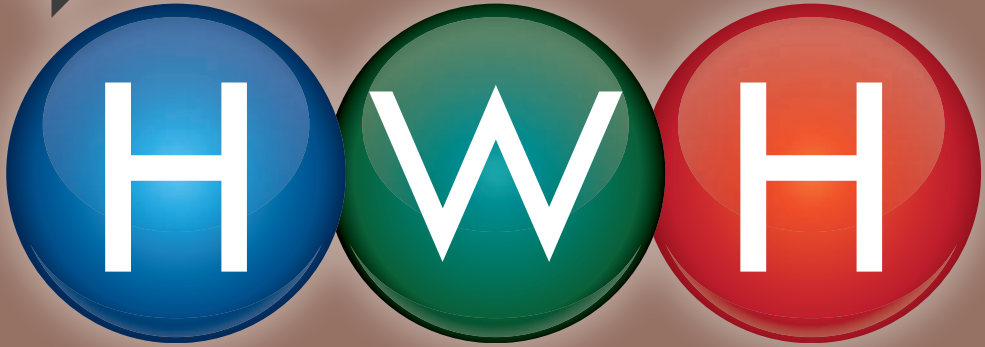


YOUR



FREE
yourHWH.com
October 2017

INVEST IN YOUR HEALTH



Health, Wealth, & Happiness
Breast Cancer Awareness Issue

SUN SPIN MEDIA

THE HOLIDAYS ARE APPROACHING!

Have your holiday needs done by us!
Greeting Cards • Invitations • Photography



FOR MORE OF OUR SERVICES, VISIT US AT SUNSPINMEDIA.COM
4011 BAILEY AVENUE | AMHERST, NY 14226 | 716.775.7776



WNY MEDICAL, PC

Competence. Compassion. Collaboration.

OPPORTUNITIES

Licensed Practical Nurse (LPN)
Nurse Practitioner (NP)
Medical Assistant (MA)
Physician Assistant (PA)
Registered Nurse (RN)
Practice Facilitator
Front Desk

Some Experience Necessary
Visit wnymedical.com for additional information.



TUTORING NOW AVAILABLE!

HIGH SCHOOL • JUNIOR HIGH SCHOOL • GRADE SCHOOL

Math • Biology • Geography • History
English • Writing • Chemistry • Physics



For more information, call 716-810-0090
or visit us at www.dlcsite.net.



Editor-in-chief

Faizan Haq

Executive Editor

Brittany Maxwell

Copy Editor

Alexander Jasinski

Contributors

Carlton N. Brock III

Katy Siwirski

Jessica Mjoen

Gabrielle Darling

Staff Writers

Lauren Antkowiak

Matthew Brooke

Timothy Kelheart

Sue Perbody

Tehniyet Azam

Webster Tilton

Canny Savanney

Graphic Design

SunSpin Media

Published by

SunSpin Media



/YourHWH



/YourHWH



/YourHWH

To Reach Us:

Advertising Department: submit@yourHWH.com

Calendar Submissions: calendar@yourHWH.com

Subscriptions: subscriptions@yourHWH.com

Editorial Submissions: brittanym@yourHWH.com

Advisory Board

Peter Cutler, VP Of Communication & External Affairs, ECMC
Philip L. Haberstro, Exec. Director, Wellness Institute of Greater Buffalo
Dr. Sonya Noor, MD, FACS, Buffalo Endovascular & Vascular Associates
Dr. Riffat Sadiq, MD, President & CEO of WNY Medical
Dr. Joe Serghany, MD, Western New York MRI
Raul Vazquez, MD, FAAFP, Urban Family Practice

Your Health, Wealth & Happiness

4011 Bailey Avenue | Amherst, NY 14226 | 716-362-7849
 submit@yourHWH.com | www.yourHWH.com

The contents herein are the property of Your HWH and not that of the customer. Contents of this publication are covered by Copyright and offenders will be prosecuted under the law. Diligence is used in checking advertising copy for accuracy but no warranty is implied or given by the publisher. Advertisers and Your HWH are not responsible for typographical errors, mistakes or misprints.

@2017, SunSpin Media Productions. All rights reserved.
 Reproduction in part or it whole without permission is prohibited.

Our Mission

Your Health, Wealth & Happiness explores the truth and facts not only within, but beyond the confines of your health, personal wealth, and individual happiness. We have one goal; to bring you the information you need to live a healthy, wealthy, and happy life. We find simple tricks to improve your health, and long term goals to stay on top of it. In this new age of ever expanding technology, there is an endless supply of new recipes, health care improvements, new operations, machines, vaccines, cures, research, even robots, and more. Keeping on top of Your HWH is crucial to living the best life possible. Cheers to growing a more healthy, wealthy, and happy lifestyle.

Contents

Introduction	3
Breast Cancer: Self-Examination	4
Breast Cancer: Infographic	5
Breast Cancer: A Personal Experience	7
Cut Back on the Coffee Runs	8
How to Obtain Free Mammograms	9
Debt Consolidation	10
The New Spot of the Health Home	10
Childhood Cancer Crosswork Answers	11
Rock Your Pink Polo: Male Support	12
Healthy Fun for Halloween	13
Breast Cancer Awareness Crosswork Puzzle	14
October WNY Events	15
Recipe Corner	15

Breast Cancer Self-Examination

By Tehniyet Azam

Breast cancer is one of the leading causes of deaths in women. According to breastcancer.com about 1 in 8 women will develop the invasive form of breast cancer. In 2017, 252,710 women will be diagnosed with breast cancer.

Breast cancer can be prevented if women check for signs regularly. It is said that women should be getting mammograms after they turn 40 but self examination after you hit puberty is recommended. There are many ways to perform self examinations and if you find something suspicious you should consult your doctor. The doctor can catch the cancer at an earlier stage and it can be prevented. There are three ways you can self examine your breasts for lumps. You can do it in shower, in front of a mirror or lying down on your back. Adult women should complete the self examination at least once a month. According to research at Johns Hopkins Medical Center "Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important."

There are three ways that you can perform self examination. Please consult your doctor for any questions or concerns regarding the self examination.

1) In the Shower

Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast and armpit area. Check both

breasts monthly, feeling for any lump, thickening, or hardened knot. If you notice any changes or find any lumps, have them evaluated by your health care provider as soon as possible.

2) In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.

3) Lying Down

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

Taking these preventive measures can help save your life and reduce your risk of breast cancer. Make sure you see your doctors regularly, and if you notice any changes, schedule an appointment as soon as possible.



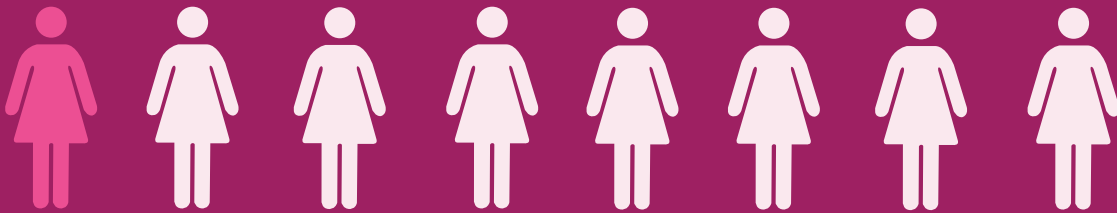
Breast Cancer Awareness

Each year it is estimated that over

246,660

women in the United States will be diagnosed with breast cancer

and more than **40,000** will die



1 in **8** women will be diagnosed with breast cancer in their life



Although breast cancer in men is rare, an estimated **2,600** men will be diagnosed with breast cancer

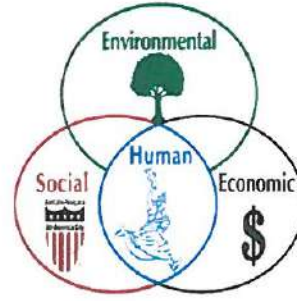


On average, every **2 minutes** a woman is diagnosed with breast cancer

#2

Breast cancer is the second leading cause of cancer death among women

breastcancer.org & nationalbreastcancer.org



WELLNESS INSTITUTE
OF GREATER BUFFALO

CreatingHealthyCommunities.org

“WALKTOBER”

FREE 30 MIN DOWNTOWN
WELLNESS WALK

EVERY WEDNESDAY IN OCTOBER
(OCT. 4TH, 11TH, 18TH & 25TH)

MEET US AT NOONTIME:

BUFFALO NIAGARA VISITOR CENTER

(CORNER OF WASHINGTON ST. AND LAFAYETTE SQ., BUFFALO, NY 14203)

WALKS DEPART @ 12:10PM

ANY QUESTIONS OR CONCERNS PLEASE CONTACT US:
BEACTIVE@CITY-BUFFALO.ORG OR 716-851-4052

Breast Cancer: A Personal Experience

By Tehniyet Azam

I studied cancer in a few of my courses while I was attending school but I did not know that I would soon be involved in caring for someone with breast cancer. You hear and read about cancers but you don't grasp the severity of these diseases till it hits home. I experienced this realization when my aunt, my mom's elder cousin, who is like a sister to my mom, was diagnosed with breast cancer.

When my aunt was diagnosed with cancer we were in disbelief, but we had to gather our emotions and be strong so that we could be there for her. One thing that I learned from my aunt was that one needs to be strong willed when diagnosed with cancer. Even when she was diagnosed with the disease she was the calmest person amongst all of the family. She went to her doctors regularly and took all the medications that she was prescribed.

After two months, my aunt was scheduled for a single mastectomy. The warrior spirit she possessed did not let cancer discourage or upset her. She was always in full spirits and would help us understand that it's nothing she couldn't handle and that if we just stuck together we will conquer cancer. She went through radiation and chemotherapy during the treatment process. Those days were the most painful days of her fight. She would feel so weak, especially when she would get bone marrow injections; she told us that they were excruciating. It was hard for us to see her go through treatment or even imagine the pain and anguish she was experiencing. She was determined to get better and be there for her daughter's wedding, healthy and hearty.

My aunt would faint and was restricted from driving. She found it difficult doing anything at home she enjoyed. Blisters formed in her mouth and she could hardly eat. Her body became very frail and to see someone like her, who was full of life before being diagnosed, was beyond painful to witness. My aunt had such beautiful hair prior to losing it from chemotherapy, but even after the loss of her beautiful locks, she never lost hope. She always told us that she will get better hair than us in the future and that we will become jealous of her beauty again. Her humor along with her family's support helped her make it through these troubling times.

“
**It has been
10 years and she
is in remission,
cancer free!**
”

After a period of two years, she travelled to her daughter's wedding in India and to everyone's surprise she did all the wedding preparations herself. Today, it has been 10 years and she is in remission, cancer free! She has an implant for the mastectomy that she had but that does not hinder her in anything she does. Nothing can hinder her! She is very free spirited and is ready to take life by the horns once again. She fought very bravely to become cancer free and I admire the fortitude she possessed to not let this speedbump of life slow her down.

Breast cancer is tough, but if diagnosed at an earlier stage it can be treated. Please do a self-examination and if you are of age to receive a mammogram please do. For your sake and for the sake of your loved ones. They need you. Today and always.



Cut Back on the Coffee Runs

By Canny Savanney

Are you an avid coffee lover? Do you look forward to your afternoon coffee run out of the office? Well it's time to put a halt to it. Why? You are depleting your earnings. Take it from your savvy shopper here, coffee runs are dangerously expensive. Last month alone, I racked up at least \$70 on coffee runs! Think of all the things you could do with all that money? There is an endless list of possibilities.

Ask yourself this question, is it crucial for you to buy your coffee every day? If your budget does not have wiggle room for a coffee run, then do not do it. Easier said than done, right?! Cutting back on coffee runs doesn't mean you need to cut

back on your delicious consumption of caffeinated goodness. From one coffee lover to another, there are still other measures you can do to have your cup of joe on the regular. After all, as my motto goes: a coffee or three a day keeps the crazy away. Here are some things you can do to still enjoy your Pumpkin Spice Latte (PSL) while staying on budget.

- 1) Take advantage of the coffee maker at work. Bring in some of your favorite coffee in from home and put it in the break room to brew anytime.
- 2) If you are fortunate to live near your job, make your mocha at home during your lunch break before you head back to the office. If it gets cold, heat it up in the microwave.
- 3) Pack an extra cup with you before you venture off to the office. Invest in a thermal mug so whether you like your coffee hot or cold you can have it just the way you like it for when you finally hit that dreaded wall during the work day.

If you follow these steps, you can find a great deal of savings! Coffee is a wonderful thing but so is money. Choose to spend your money wisely so you still enjoy your brew worry free.



COMPREHENSIVE CANCER SERVICES

Providing the Most Advanced Cancer
Treatment Options for all Stages and types of
Cancer, including "Untreatable"

State-of-the-Art Technology and Services

Cancer Screening • Radiation Therapy
Chemotherapy • Hematology
Breast Surgery

Contact Us Today to Learn More —
45 Spindrift Dr., Williamsville, NY
716-810-9631
www.cconcology.com

We're Here For You

Helping You Meet Your Business and Personal Insurance Needs

Life Disability Home Auto Business Insurance



Charles J. Sellers & Co., Inc.

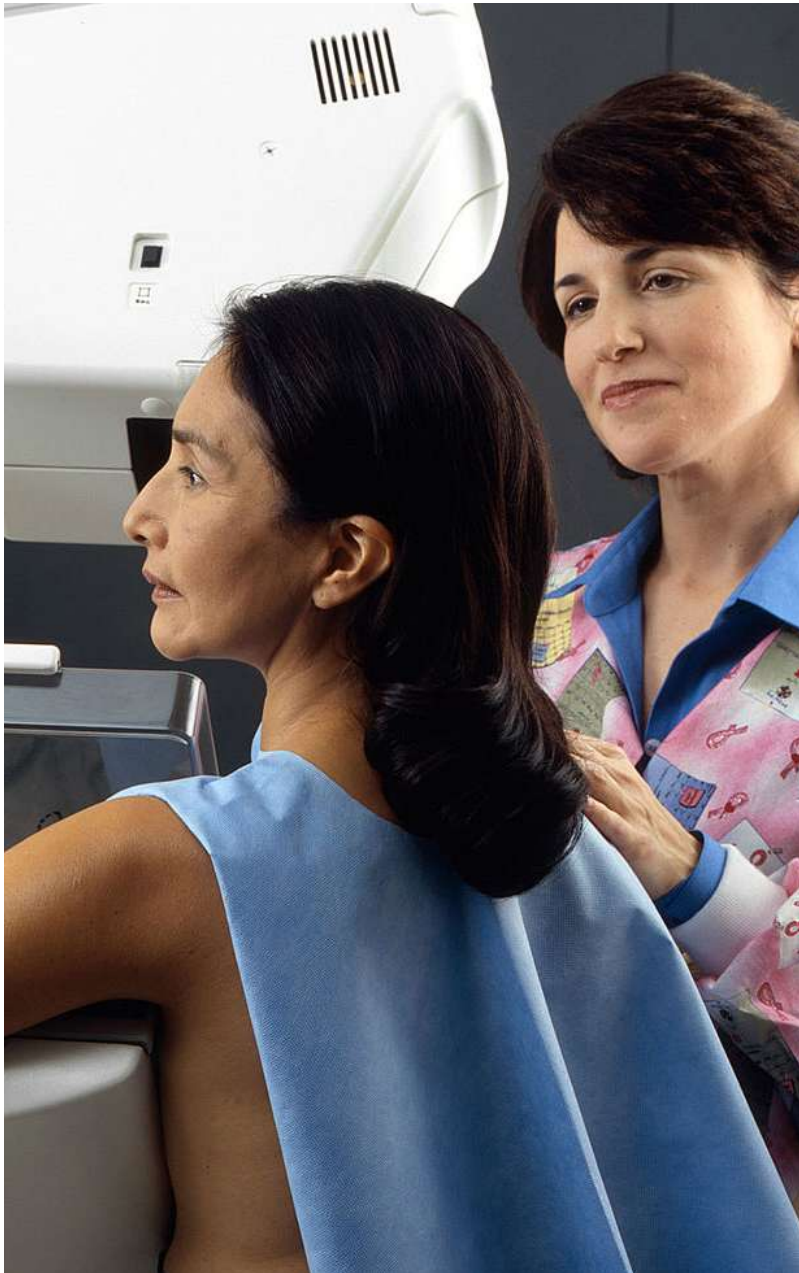
Insurance Services Since 1920

Call or e-mail us for a review of your insurance protection today!

P.O. Box 460 4300 Camp Road Athol Springs, NY 14010
Phone: 716-627-5400 insurance@sellersinsurance.com

How to Obtain Free Mammograms

By Timothy Kelheart



Erie County is offering free cancer screenings for residents that are under insured or uninsured.

The Erie County Department of Health offers free breast, cervical, and colon cancer screenings for Erie County residents that are either underinsured or uninsured. The Cancer Services Program provides free screenings for over 1,000 residents each year. Breast, cervical, and colon cancer are completely preventable and these screenings can save lives.

Don't be discouraged by your lack of coverage or your limited coverage to get yourself screened for these life threatening ailments. No person regardless of financial wellbeing will be denied access to obtain these services that can save lives through early detection and treatment.

The Cancer Services Program works with hundreds of providers across Erie County providing residents with access to a cancer screener near them. By enrolling in this service men and women across Western New York can have access to most of Catholic Health's sites to obtain these free screenings, diagnostics, and treatment services.

The Program has Eligibility Requirements of:

Underinsured & Uninsured women ages 40 or older (or younger, if family history/or palpable finding) are eligible for breast cancer screenings.

Underinsured & Uninsured women ages 40 or older are eligible for cervical cancer screenings.

Underinsured & Uninsured women ages 50 or older are eligible for colon cancer screenings.

Underinsured & Uninsured men ages 50 or older (or younger, if family history) are eligible for colon cancer screenings.

Visit <http://www.cspwny.org/> or call (716) 858-7376 for more information on this program.

Debt Consolidation

By Webster Tilton

It happens to everyone. The bills start to pile up, you put them off till the second notice...eventually you start choosing which ones you pay and which ones you let sit. From there the problem compounds itself more and more each passing month. How do you get out of this mess?

Debt can be crippling. Even when it isn't it severely limits you and delays your goals, or forces you to abandon them altogether. All it takes to find yourself in it is one serious medical issue, or one household emergency that your homeowner's policy doesn't cover.

In the midst of all that debt it might be hard to imagine taking out a loan, but that might be the key to making your debt more manageable. Debt consolidation loans aren't something that banks do out of the kindness of their hearts, they're intended to earn the bank money. But they still work wonders for many people. It isn't the right solution for everybody, but it might be just what you need.

It's a simple decision, really. Banks, such as M&T, offer debt consolidation loans at a given interest rate. If that interest rate amounts to less money than the collective interest you're paying on your various other debts then you save money. And from that point on there's exactly one bill to pay instead of having to keep track of many.

Helping you find a way to pay back your loan is in the bank's best interest. They'd rather have some of the money you owe than none of it. Consequently, many banks offer loan repayment assistance. M&T Bank, for example, has such a program. They work with their customers to restructure their debt payments and make them more manageable. Everybody wins. M&T also has a program which allows those who are experiencing financial hardship to have their mortgages reviewed in light of that situation, which allows them to make need based adjustments on a case by case basis. You aren't the first person to find yourself in debt. Do yourself a favor and research these programs to see what help your bank can offer you.

The New Spot of the Health Home

By Carlton N. Brock III
GBUAHN Corporate Trainer

The phrase "new building coming soon," is typically met with expectations of a long drawn out process and an increase in cost for all business patrons. GBUAHN, the Greater Buffalo United Accountable Healthcare Network, was able to open a new facility at 564 Niagara Street in the West Side while undercutting both of these expectations. They did this by building a multi-million dollar facility in just over a year, all while remaining a free resource for the community. GBUAHN is a Health Home, an organization designed to assist Medicaid patients with two or more chronic illnesses. The new facility makes its stated vision, "to become the Health Home of choice for our chosen market place," an easier goal to achieve.

The new building, which had its grand opening on September 21, boasts four floors. The lower level is home to GBUAHN's wellness program, diet and exercise classes for GBUAHN's members. The gym and kitchen are both state of the art, designed to give GBUAHN's members the best possible advantage in bettering their fitness and diet. Outside of Wellness, there is a training room which is used for monthly employee classes. GBUAHN hopes to hire more than 300 employees in the future.

The ground level is comprised of the Urban Family Practice medical office, allowing more than 1,500 UFP patients, that



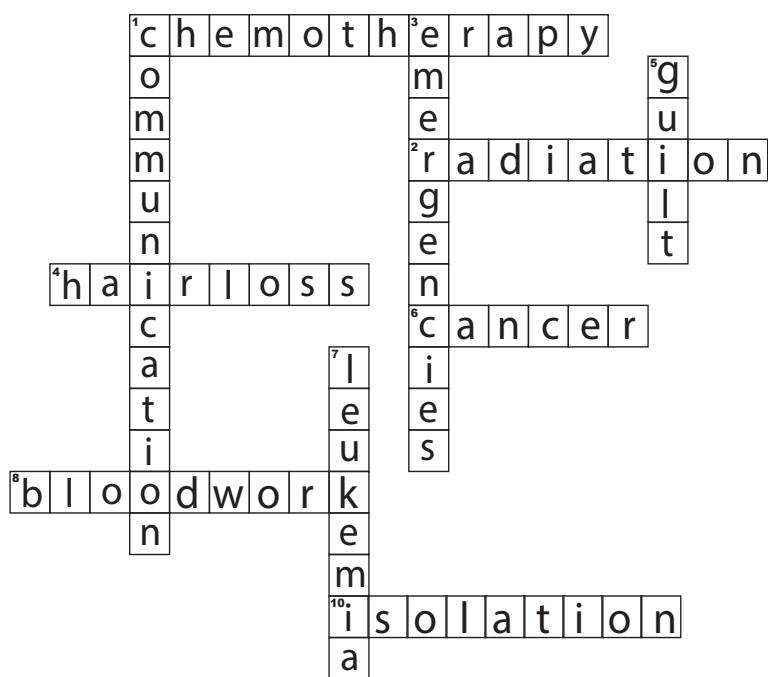
The Greater Buffalo United Accountable Healthcare Network

are also GBUAHN members have access to both at the same time. Patients of Dr. Raul Vazquez, GBUAHN CEO, along with Dr. Jesslyn Perry and Dr. Chet Fox, all of which are Medicaid recipients can now have an easier access to GBUAHN assistance.

The second and third floors are populated by GBUAHN's staff of Patient Health Navigators and administrators. The GBUAHN staff is made up of over 150 people that speak 14 languages among them. Languages that the staff speak include Spanish, French, Arabic, Hindi, and Urdu.

Overall, if you are GBUAHN member, or think you qualify, the new building is a very exciting prospect and one that is free for you to use.

Childhood Cancer Awareness Crossword Puzzle



How did you do?
Check your answers here!

100 High St. Suite C1
Buffalo, NY 14203
(716) 859-3301



Dr. Noor is a clinical assistant professor with the Department of Surgery, University at Buffalo Jacobs School of Medicine. She has considerable experience delivering highly skilled care in the area of endovascular surgery. She is fellowship-trained in peripheral and endovascular surgery and is board certified in vascular and general surgery. Dr. Noor is a member of the American Medical Association, Western New York Vascular Society, and Eastern Vascular Society. Dr. Noor is affiliated with several Western New York Hospitals including: Buffalo General Medical Center, Millard Fillmore Suburban Hospital Buffalo. She is also medical director of the Amputation Prevention Program at the GVI where she is also a physician board member.



Dr. Curl is a Clinical Professor with the Department of Surgery, University of Buffalo Jacobs School of Medicine. He is well respected and known to the community for delivering complete vascular care and has considerable experience delivering highly skilled care in both open and endovascular surgery. Dr. Curl is fellowship-trained and board-certified in vascular and general surgery; a member of the American Medical Association; Peripheral Vascular Surgery Society; the American Academy of Surgeons; the International Society of Cardiovascular Surgery; Western New York Vascular Society; Buffalo Surgical Society; and the Eastern Vascular Society. Dr. Curl is affiliated with several Western New York hospitals including: Buffalo General Medical Center/Gates Vascular Institute Buffalo; Millard Fillmore Suburban hospital, Amherst and Children's hospital, Buffalo.



Dr. Ivan Dominguez, MD, FACS, is a vascular surgeon who practices in Buffalo, NY. Having more than 13 years' experience. Dr. Dominguez is affiliated with Degraff Memorial Hospital, Millard Fillmore Suburban Hospital, Erie County Medical Center and Kaleida Health Buffalo General Hospital. Dr. Dominguez received his medical degree from Ponce School of Medicine. He is fellowship-trained and is board certified in vascular and general surgery. He also speaks fluent Spanish.



Give to Save Lives at Our Community's Hospital

We've always been there for our community. And as we look to build a new Trauma Center, we are asking for you to be here for us.

Today, more patients than ever need our expertise and excellence in trauma and emergency situations. In our current circa 1970s facility, built to accommodate 45,000 patients, we treat 70,000.

With your help, we will rebuild our emergency department into a state-of-the-art trauma center and emergency department and continue to provide life-saving care to more patients than ever.

Visit supportECMCtrauma.org to make a donation.



ecmc.edu



BUILDING WNY'S **ONLY** ADULT TRAUMA CENTER AND ER



Rock Your Pink Polo: Male Support

By Matthew Brooke

Show your support! Men groups all around the United States choose to wear pink during the month of October to demonstrate their support for the cure, treatment, and prevention of breast cancer.

The American Cancer Society (ACS), a leader in cancer research and prevention organization, has hosted many events through the years encouraging men to wear pink and support breast cancer awareness. The Real Men Wear Pink group is made up of community leaders, in a location near you, to raise awareness and money to support the ACS's mission to "save more lives than ever before from breast cancer." The ACS's mission is to increase early detection and prevention, cancer research, and to support the patients that have been diagnosed with breast cancer.

The American Cancer Society (ACS) has also partnered with the NFL for the past nine years in having the football players, crews, coaches, and all members that head to the gridiron wear pink in their support of breast cancer awareness. In addition to these athletes, coaches, and crews wearing pink

and increasing awareness, the NFL gives 100% of the proceeds from Pink products sales to the American Cancer Society. "Since 2009, the partnership has raised nearly \$15 million for the American Cancer Society, with the majority of contributions coming from the sale of pink merchandise"

Strength through solidarity is a common mantra during ill health and troubling times. By showing support for the other gender, men can stand alongside women hand in hand in conquering a terrible condition. It is can be troubling to experience such grief if your partner, mother, sister, grandmother, or female friend has been diagnosed with breast cancer.

Men like women can be diagnosed with breast cancer. "While less than 1 percent of all breast cancer diagnoses are men, they make up one in every thousand who will be diagnosed with breast cancer." Wear Pink to not only support the women of our lives but also to support all people who are diagnosed with this cancer.



Healthy Fun for Halloween

By Gabrielle Darling

**HAVE A BUSINESS?
PLACE YOUR
AD HERE!**

Contact Us Today!

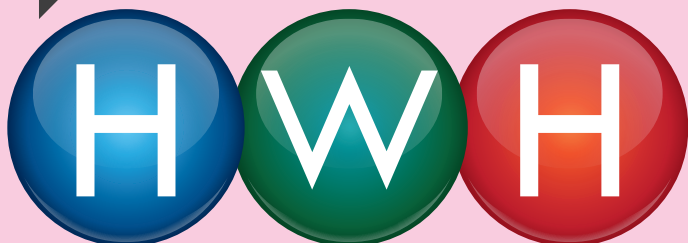
**4011 Bailey Avenue
Amherst, NY 14226**

716.362.7849

submit@yourHWH.com

www.yourHWH.com

YOUR



It's that time of year again so bring on the gummy worms and dust off those skeletons in the basement - it's Halloween time. This is an exciting time of year, full of spooky fun and an unbeatable sugar high, unfortunately it also takes place during cold and flu season. We all want to enjoy carving pumpkins and going trick-or-treating, but is it possible to do that and stay healthy? With these tips and tricks kept in mind it will be a fun and virus free Halloween.

Most people know to cover their mouth with their elbow when they cough or sneeze, but for kids the habit can take a while. Get them in the mood for Halloween early by encouraging them to cough into their elbows so they too can look like Dracula. A shifty gaze and an elbow over the mouth makes for a germ-free atmosphere and a little seasonal fun.

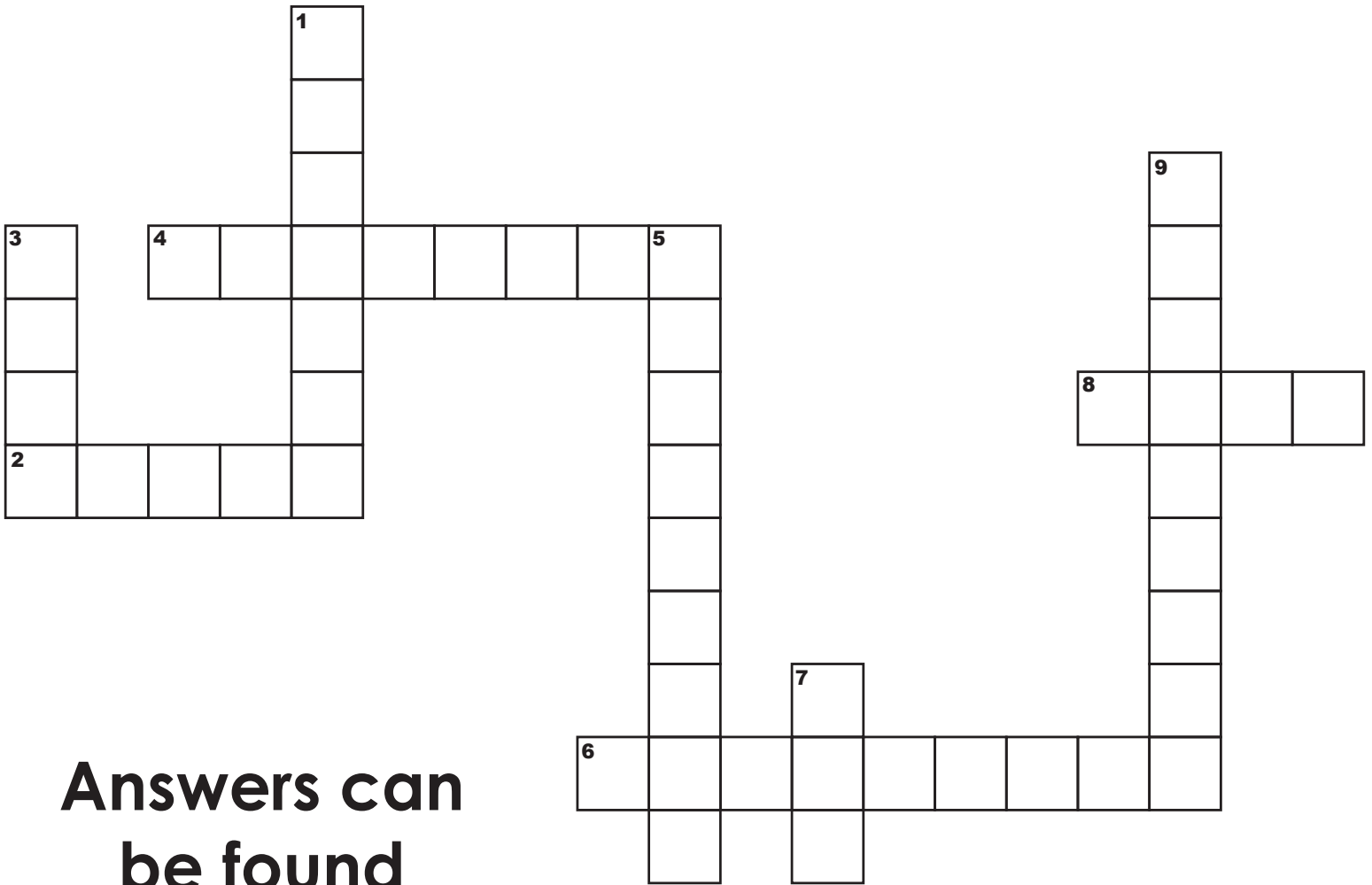
Anyone who has ever bobbed for apples knows it can be a lot of fun, but also a close encounter for the flu. Here are a couple alternatives that are fun for everyone. Bobbing for doughnuts has become a big hit for kids in recent years. Simply tie your favorite doughnut on a string and hang it at an appropriate height for participants. Everyone gets a doughnut and you can race to see who finishes faster. If you really don't want to give up your apple fun then consider an apple themed scavenger hunt. Another substitute is a test of bravery. Create a Halloween board with a hole for reaching hands. Have curious fingers move past various textures and slimy things in order to reach their apple. Everyone gets their own apple and it can easily be washed when they obtain it from those spooky holes.

As we all know it's not Halloween until dusk falls. Part of the fun is staying up late, but exhaustion can also open a gateway for potential colds. Try to avoid that overtired feeling by taking a short nap before the big party. A half an hour can make a world of difference after midnight. If you can't manage it before the big party then try to catch a catnap the next afternoon. Set your alarm so you don't oversleep and you can decide whether you need a half an hour or more. Just a short time will drastically increase your brain activity and boost your immune system. Rest is the surest way to staying healthy after the big day.

Halloween is about having fun, but it doesn't mean you have to pay for it with a cold afterwards. Cut down on that post-party sneezing by trying something new. You just might find a new tradition or two!



Breast Cancer Awareness Crossword Puzzle



**Answers can
be found
throughout
the magazine!**

Across

- 2) One in ____ women will be diagnosed with breast cancer in their life.
- 4) 40% of diagnosed cases are detected by completing a _____.
- 6) The holiday revolved around carving pumpkins and trick-or-treating.
- 8) Men wear the color ____ to support breast cancer.

Down

- 1) Women receive an _____ after undergoing a mastectomy.
- 3) Erie County offers ____ cancer screenings for residents without insurance.
- 5) Women should receive a _____ upon reaching the age of 40.
- 7) Bobbing for apples can cause the _____.
- 9) Treatments for breast cancer include _____ and chemotherapy.

October WNY Events

Fashion Show with a Twist: October 5th from 5:30 PM to 8:30 PM at Samuel's Grande Manor in Williamsville, NY. For more information, please visit cfsbny.org

Honey Harvest Festival: October 7th & 8th at Masterson's Garden Center, Inc. in East Aurora, NY. For more information, please visit mastersons.net

American Cancer Society's Making Strides Against Breast Cancer Walk: October 14th at 10:00 AM at Canalside in Buffalo, NY. To register and for more information, please visit Making Strides Against Breast Cancer's official website.

Indie Author Day: October 14th at the Central Library in Buffalo, NY. For more information, please visit indieauthoraday.com.

15th Annual Female Musicians Fighting Breast Cancer Benefit: October 15th at 2:00 PM at Sportsmen's Tavern in Amherst, NY. For more information, please visit fmfbc.com

3rd Annual Miles for Michael 5k Run/Walk: October 28th at 10:00 AM at Delaware Park Ring Road in Buffalo, NY. For more information, please visit savethemichaels.org

Ongoing Events

The Great Pumpkin Farm: All month long from 10:00 AM to Dusk in Clarence, NY.

Good for the Neighborhood: Various dates and locations throughout the month. For more information, please visit goodforthenighborhood.com.

Fall Foliage Excursion: Various dates and times throughout the month at the Medina Railroad Museum in Medina, NY. For more information, please visit medinarailroad.com/fall-foliage-train-rides.

Recipe Corner

Chicken Enchilada-Stuffed Spaghetti Squash

Ingredients:

- Two 8 oz boneless, skinless chicken breasts
- One 2 ½ to 3 pound spaghetti squash, halved lengthwise and seeded
- 1 ¼ cups red enchilada sauce, divided
 - 1 medium zucchini, diced
- 1 cup shredded pepper Jack cheese

Directions:

1. Position racks in upper and lower thirds of oven; preheat oven to 450 degrees Fahrenheit.
2. Place chicken in a medium saucepan, add water to cover and bring to a boil. Cover, reduce heat to low and gently simmer until an instant-read thermometer inserted into the thickest part registers 165 degrees Fahrenheit, 10 to 15 minutes.
3. Transfer the chicken to a clean cutting board and shred with 2 forks. Transfer to a large bowl.
4. Meanwhile, place squash cut-side down in a microwave-safe dish and add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake in a 400 degree Fahrenheit oven until the squash is tender, 40 to 50 minutes).
5. Use a fork to scrape the squash from the shells into the large bowl. Place the shells on a broiler-safe pan. Stir 1 cup enchilada sauce, zucchini, ½ teaspoon pepper and ¼ teaspoon salt into the squash and chicken. Divide the mixture between the shells; top with the remaining ¼ enchilada sauce and cheese.
6. Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes. To serve, cut each shell in half.



MIYB

Manage **Your** Business

We are interested in the success and growth of small businesses.

Our services include:

Information Technology
Branding & Advertising
Web Development
Real Estate Management
Human Resources
Accounting

716.923.4385 | manageyourbiz.com

