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**Allergies 101:  
A Personal Review**

**Job Hunting  
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**How to Celebrate  
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## Your Health, Wealth & Happiness

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# 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.

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# ALLERGIES

ACCORDING TO  
THE ASTHMA AND ALLERGY  
FOUNDATION OF AMERICA:

-MORE THAN 50 MILLION AMERICANS  
HAVE EXPERIENCED VARIOUS TYPES OF  
ALLERGIES EACH YEAR

-ALLERGIES ARE THE 6TH LEADING CAUSE  
OF CHRONIC ILLNESS IN THE U.S.

-ALLERGIC CONDITIONS ARE THE MOST  
COMMON HEALTH ISSUES AFFECTING CHILDREN  
IN THE U.S.

-8 FOODS THAT CAUSE THE MOST FOOD RELATED  
REACTIONS: MILK,  
SOY, EGGS, WHEAT, PEANUTS, TREE  
NUTS, FISH, AND SHELLFISH

-PEANUT IS THE MOST COMMON  
ALLERGEN FOLLOWED BY MILK  
AND SHELLFISH

-CHILDREN  
HAVE FOOD  
ALLERGIES MORE  
OFTEN THAN ADULTS

AND ACCORDING TO  
THE AMERICAN COLLEGE  
OF ALLERGY, ASTHMA,  
AND IMMUNOLOGY:

-ASTHMA AND ALLERGIC  
DISEASES, SUCH AS HAY FEVER,  
FOOD ALLERGY, AND ECZEMA,  
ARE COMMON FOR ALL AGE  
GROUPS IN THE UNITED  
STATES

-ASTHMA AFFECTS MORE  
THAN 24 MILLION PEOPLE IN  
THE U.S., INCLUDING MORE  
THAN 6 MILLION CHILDREN

SOURCES: [WWW.AAFA.ORG/ALLERGY-FACTS/](http://WWW.AAFA.ORG/ALLERGY-FACTS/)  
[ACAAI.ORG/NEWS/FACTS-STATISTICS/ALLERGIES](http://ACAAI.ORG/NEWS/FACTS-STATISTICS/ALLERGIES)

# Allergies 101: A Personal Review

By Katy Siwinski

Spring time has arrived, and seasonal allergies are in full swing. This is a difficult time for everyone who experiences these problems, but it is important to remember that you are not alone. I am here to remind sufferers of tips and techniques to help with your allergies, as well as relate to those who experience the same issues. Remember, although we are in allergy season, individuals have allergies that they deal with on a daily basis. I conducted an interview with four people in my life to grasp an understanding of this potentially life-threatening concern, if not managed properly. I asked my candidates what their allergies are, what they use to prevent them, how they discovered they have them, and what they suggest for further prevention.

The first person I interviewed was one of the company's interns, Lauren. She is allergic to tree grass and wheat pollen, and has known of these "forever." When she experiences these elements, she sneezes and gets puffy eyes. She used to take a prescription for these symptoms, but no longer takes it. She would also take either Flonase or Nasonex twice a day. These are two different nasal sprays used to relieve symptoms. Benadryl helps at night, whereas Zyrtec helps during the day. She recommends taking medication that is accepted by your insurance company, for the sake of affordability. She also recommends hand washing, gargling salt water, and saline solution. For cat allergies, her best advice is simply to stay away. Overall, Lauren appears to be successfully treating her allergies.

The next person I interviewed was my sister-in-law, Jenna. She is allergic to pollen, all animals with fur and feathers, tree nuts, and shellfish. She takes Claritin daily, as well as Benadryl for severe reactions. She takes a Proventil inhaler as needed, too. She discovered she has allergies when she had an asthma attack from dogs and cats. She discovered her food allergies when her eyes and throat swelled shut from the reaction. Fortunately, there are benefits to having pet allergies. There are hypoallergenic animals, and she took advantage of this opportunity by adopting one. Jenna and my brother have owned their adorable puppy Benny for almost 3 years, and life sure is swell! Jenna suggests to those with food allergies to prepare before going out to eat at a restaurant. Check the menu for the foods you are allergic to, and avoid them accordingly. For other allergies, make sure you take your medication. Overall, Jenna's life with allergies isn't too shabby, and quite a bit furry.

The next person I interviewed was my dad, Jim. He is allergic to cats, pollen, and ragweed. He states that "I will only take something if they get really bad. As I have gotten older, they do not affect me as much. Claritin would be my medication of choice." He also takes a daily multi-vitamin, and states that this seems to help. He can be around our cats, as long as he doesn't pet them for much more than thirty seconds. Our cats are cuddlers, so when they hop up on his lap, they don't get to stay up very long. In terms of pollen and ragweed, he simply states that avoiding these factors helps prevent them.

He discovered he had allergies when he was four years old. His best tip of advice is mind over matter; not thinking about your allergies helps you control them. Although I hear my dad sneeze a lot, he lives a generally content life with his allergies.

The final person I interviewed was my best friend's mom, June. She experiences seasonal allergies, which include pollen, trees, grass, wet leaves, and mold. She is also allergic to cats, dogs, and bees. She discovered these allergies when she was a child. When she was younger, she got stung by a bee and almost died. She was taken to an allergist, where she discovered the reasoning. When she was a child, she used to get allergy shots. As she grew older, her allergies didn't seem to bother her as much. She used to take Benadryl, but did not like the drowsy side effects. She began taking a prescription medication called XYZal. After that stopped working, she began taking an over-the-counter medication Clor-tab. She states that it helps a lot. The best way to prevent these allergies is to simply avoid the factors, all together. Overall, June lives a happy life with her family, and does not notice her allergies.

To say the least, allergies are not the most pleasurable experience for those who suffer from them. Based on my research, the younger candidates that I interviewed have more problems maintaining their allergies, and ensure to take their medication on a daily basis. The older candidates that I interviewed treated their allergies at a young age, experiencing relief as they continued to get older, ultimately tending to forget about the problem, all together. Take the right steps in treating your allergies now, and they will likely get better and easier to maintain, over time.



Photo of Benny the dog

# Tips for Picking a Medicare Plan

By Christina Finkle



So you've reached that time in life to enter the world of Medicare and are unsure what your options may be. Hopefully this article will help!

You have 3 options available to you:

## Option 1: Original Medicare

You automatically qualify for Part A when you turn 65 and have enough Social Security work credits. Part A is for hospital services. Before Part A will cover any services, you must first meet a deductible of \$1,364.00 before hospital services become a 20/80 split. Once you have met your deductible, you will then be responsible for 20% of the Medicare allowable for services rendered. Medicare will pay the other 80%.

Your Part B covers your medical. Services such as your doctors, diagnostic tests and some injectable drugs that must be administered in a physicians office or hospital setting. Part B does have a monthly premium based on your income. The average person pays \$134.00 per month. Again, there is a deductible associated which is \$185.00 before the 20/80 split comes into play.

Original Medicare does NOT include Part D (drug coverage), which you MUST have to avoid a penalty later on, regardless of if you take any medications. Stand alone Part D (PDP) does have a monthly premium and it varies between carriers and coverage.

## Option 2: Medicare Advantage (MAPD)

Most people are better served on these types of plans. Basically a MAPD plan becomes the blanket on top of your original Medicare. I say this because instead of services being billed to Medicare, they are billed to whatever carrier you choose. There are several advantages to this option.

Many of these plans include:

- Your drug coverage
- Have flat copays associated with many services
- Include extra benefits above Original Medicare such as, eye wear benefit, fitness etc.
- They range in monthly premium starting as low as \$0.00 on up to over \$200.00.

Please do not think that because a plan costs more that you are getting far superior coverage. That is not true. Review the benefits in comparison to a lower cost plan offered by the same carrier and do the math. I haven't found a high cost plan yet that reflects enough of a difference from a \$0.00 by the same carrier that warrants spending so much more per month in premium.

## Option 3: Medicare Supplement (Medigap)

Medigap plans are all depicted by the word "Plan" followed by a letter. All Medigap plans follow Medicare guidelines to the letter, do not include Part D or extra benefits. All plans do have a monthly premium associated and although the plans are identical on each carrier, the premiums range a lot. Make sure if you choose a Medicare Supplement, you shop around between the carriers for the best monthly premium and do not forget, you will also have to purchase a stand alone Part D and it does not have to be with the same carrier you purchase your Medigap plan from.

If you have further questions or would like some guidance on which option would be best for your particular health care needs, feel free to email them to:

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# Expos are the Next Big Thing

By Emma Jackson

You might have heard the term “expo” being thrown around recently. But what is an expo exactly? What are the benefits of attending an expo as an exhibitor? What about attending as a guest? What kind of expos are there? These are all great questions that I will discuss and answer in this article.

## What is an expo?

Essentially, an expo is a large-scaled event that serves to educate the public. They achieve this by exhibiting inventions, new or updated products or services, or through demonstrations. An expo brings people together that share the same interests. Expos are held for almost every genre imaginable. Makeup, cooking, fans of movies and TV shows, gardening, weddings, etc. You name it, there's probably an expo for that! Personally, I have been to many. When I was planning my wedding, bridal expos were a godsend! I was able to book my DJ and photographer right there at the expo, saving me tons of time and energy. I have also been to expos for TV shows and movies. These are super fun and an amazing way to meet fans that share the same interests as you. It's also the perfect opportunity to meet stars that you've always dreamed of meeting!

## Benefits of being an exhibitor

Being an exhibitor at an expo is the perfect way to get your name or business name, as well as your service or product, out there to tons of people all at one time. It gives you a chance to make a face-to-face connection with potential buyers or interested people. According to Spingo, 72% of exhibitors get new leads from buyers and prospects. Above all else, an expo is a great way for you to meet existing customers and to obtain new customers. Be sure to bring your best and most interesting products to display, as well as some take-aways such as brochures and business cards for the client to remember you by. If you are looking to re-vamp your current take-aways, or just need some more printed for you, be sure to contact SunSpin Media. With great prices, friendly personnel and a quick turn around time, you'll be glad you went with them! There's also the added benefit of SunSpin Media being local so you won't have to pay those pesky shipping fees!

## Benefits of being an attendee

Chances are, you're attending an expo to scope out new products or services. It can be a great way to broaden your horizons on some hot items on the market. You can make lasting connections with not only businesses but other attendees as well. For example, if you're at a gardening expo, you're going to meet others that are there for gardening as well. Connecting over a common interest should be easy! Not to mention, if you are having problems there are tons of people who can help you out right there on the spot. Often times, exhibitors will also be running specials and discounts for expo attendees, which is a great way to get the best bang for your buck!

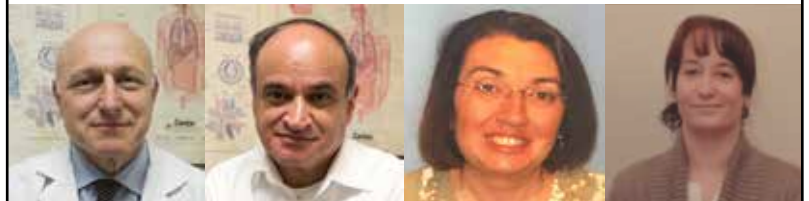
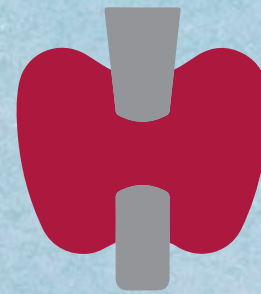


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# Jobsapalooza: 6 Steps to Ace a Job Fair

By Oliver Clarke

On June 29th, Your Health Wealth and Happiness is holding an Expo at Buffalo Riverworks from 10 AM – 4 PM, which will include job opportunities, among other things. Career fairs are a great way to get your foot in the door with multiple exciting companies all at once. However, with so many people rising to the occasion, how can you stand apart and give yourself the best chance to succeed? With perfect preparation and fantastic follow-up.

1. **First impressions are everything.** Although warm weather brings out the desire to wear shorts and sandals, dress business casual or better. When introducing yourself to a representative, give a well-practiced “elevator speech” giving important details about your background and goals in a few short sentences.

2. **Rock your resume.** Triple check that your resume contains no errors, especially in your contact information. Bring many copies of your resume in a folder so they don't get bent. It's not a bad idea to choose a unique template or print it on nice paper, but it is very important that your resume is easily readable and not unwieldy.

3. **Prepare for a mini interview.** Think of some intelligent questions to ask the representative, as it shows interest and

forethought. Consider closely what skills, traits, and experience you have to offer the company, and be sure to highlight that when speaking with the representative.

4. **Respect the materials.** Companies who table at job fairs will usually have pamphlets, flyers, or promotional “freebies” for attendees who come by. Treat the items with respect, and don't take more than is necessary.

5. **Ask for the card.** Always ask for a representative's business card, especially for companies you are particularly interested in joining. That way you can...

6. **Send a thank you message.** This vital step is often overlooked. Companies who table at job fairs will come away with dozens of resumes, but very few attendees will follow up with the representatives. As soon as you get home, compose thank you messages that contain the kind of information you would put in a cover letter: thank them for speaking with you, remind them who you are, and explain once again what skills and experience you have that could really help the company. If you take a minute to read through the promotional materials and view the website first, you can really tailor the message in a way that will secure a callback.

# Bank Smarts for You and Your Small Business

By Lauren Kontos

Whether you are a college grad or a small business owner, it's never too early or too late to learn about smart banking. Doing your proper research on how to bank properly can save you hundreds. For instance, be wary of ATM fees. Some banks, like KeyBank offer reimbursement if you are charged at an ATM. Make sure to always check if there is a charge before you withdrawal or deposit.

Another important element to know when banking, is to not be afraid about having separate accounts. For personal use, have a checking and savings account. When you get a paycheck, split up what amount will go into checking and what amount goes into savings. Use your checking account for your day-to-day activities, like groceries, shopping, and taking out physical cash. I'd suggest checking to see if your bank allows overdrafts. If it does not, then when you do not have sufficient funds, the transaction will be declined. If they do, then an overdraft can kick with the amount you overspent, which can lead you to paying overdraft fees. Some banks offer overdraft protection so that you will not be charged when you pay with insufficient funds. Savings account should be used for big expenses (or things you are try to save up for). If you have a credit card bill, it may be better to use your savings account to pay for it.

If you are a small business owner, then make sure that you make a separate banking account for your business. Not only

will you prevent your personal savings from being depleted from all the costs, but also banks tend to have more benefits and options for business accounts, such as tax deductions, multiple signers, and lines of credit.

If you are new to banking or are trying to change your primary bank, do your research! Look up opportunities each banks have, like overdraft protection, interest payments on loans, credit card fees, and of course the bank's overall reputation. This applies regardless if you are a business owner or for personal finances. But once you've decided on which bank to work with, start establishing a good relationship! Having a good relationship with your banker allows for both of you to gain trust for one-another. If your banker knows who you are, and knows that you are a good client, they'll be more likely to offer you better finance opportunities or approval for things such as loans.

One last thing to know in order to bank smart is to keep up with your finances! Make sure you know how much you are spending in relation to how much you have. Get into mobile banking so you can easily see your balances without needing to go to the bank or ATM. And make sure that what you are being charged for is something that you've actually bought; many banks offer fraud alters and prevention in case of suspicious activity.

# Job Hunting Made Easy

By Canney Savanney

You finally decided to change your career. Congrats! Hopefully you already have a new job lined up, if not that's okay too. It may be harder for you if it has been a while since you last job hunted. For some, it may be decades, for others the search has been a continuous process. Today, there are more resources to job hunt than ever, so I am here to help narrow down those options to the best tools that are FREE to the public to use.

## 1) Department of Labor

Often this option is overlooked by a vast majority of people. Don't knock it 'till you try it. These paid, trained professionals are basically like your Career Development Office (CDO) representatives that you never took advantage of in college. They will help you review your resume and help you think of job categories to apply for that you may have never thought of before. Also, they will let you know about all the local job fairs that will take place because they are usually the first to know about them.

## 2) Businesses Websites

Often another source overlooked. Businesses will often post the newest job postings on their website before other resources and

advertising. Make sure if the job is in a field you are interested you look at the details. If you want more information, call them and ask to speak to their HR department. Usually, they can let you know if they are still accepting applicants or of any new opportunities you may have missed. You will be one of the first to hear about it and have the odds be your favor.

## 3) Indeed.com

Many job seekers have, over the last few years, utilized this resource on numerous occasions to advertise their job openings. Indeed.com has thousands of jobs posted daily. Most employers today can post what they are looking for at no cost to them. The key to finding a job that will be hiring immediately is looking for the ones that say they are sponsored. The jobs that are being sponsored are often the ones that they need filled immediately.

One thing you must be careful with on Indeed is if you share your resume online, it can be picked up by other job recruitment agencies. This means your email may become flooded by other recruiters saying they have job matches that are perfect for you. On one hand, it is great to have more resources working in your favor to find you help. On the other hand, it can be easily become bombarded with emails. Once you land a job make sure you hit that unsubscribe button, so you are not stuck receiving messages.

## 4) The classifieds

It may seem like a dated format, but it still works. If paper is too expensive to receive those postings, check for them at your local super markets. Often there are publications that are free and have specific sections dedicated to classifieds. Especially in the Buffalo area, there are several free tabloids that have these special sections.

Whatever way you choose to job hunt, just remember to never give up. On average you will be lucky if you hear back from about 1% of the jobs you apply for. I have heard from people that have been at their new current jobs and hear back from jobs they applied to over several months ago. Do not be discouraged. Make this job hunting your new Full-Time job until you land something. Do you have a method your favorite Savvy Shopper didn't mention? Send your comments to submit@yourhwh.com or go to yourhwh.com and leave your comments on the digital copies page.



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# Review of the Netflix Original Paddleton

By Webster Tilton

In my mind there's a chalkboard with two columns, labeled "Good" and "Bad." Above the columns is written "The Existence of Netflix is a \_\_\_ thing." Not everything on Netflix earns a tally mark in one of those columns because the vast majority of what's on there is inert. What some people describe as 'offensively inoffensive'.

But there are those titles that distinguish themselves at the far ends of the bell curve. Some months ago, I was delighted to write about *The Ballad of Buster Scruggs*, and last month a lack of other options led me to the surprisingly good "The Boy Who Harnessed the Wind." Each of these earned a tally mark in the "Good" column. But even my first review, of a lethally bland Christmas movie whose name I won't repeat, didn't earn a mark in the "Bad" column. Everyone has some filler in their lineup. To earn a spot in the "Bad" column, a movie needed to constitute an abuse of the platform.

But yesterday I read something that made me think the debate was settled forever. I read that Netflix had green lit a Goop.com TV show. Yes, they'd decided to give snake oil saleswoman Gwyneth Paltrow a show from which to peddle her bogus 'wellness' products. The chalkboard seemed irrelevant after that. Promotional gimmick medicines makes me angrier than anything else in this universe. I mentally drew an infinity symbol in the "Bad" column and called it a day. But then...then I heard about a Netflix original film called "Paddleton."

Paddleton stars Ray Romano as Andy and Mark Duplass as Michael. Andy and Michael are best friends and neighbors in a small apartment complex in northern California, and the very

first scene in the movie tells us that Michael is terminally ill with stomach cancer.

He makes the decision to die medically rather than let the cancer eat him alive, but the decision isn't the focus here. It gets a minute or so of screen time because it has to, and that's it. The film is about two very simple guys, who don't have any other friends, coping with the fact that one of them is about to die. Not once do they speak in movie dialogue. They only ever sound like two ordinary men trying to figure out how to deal with a situation for which "there aren't any instructions." It's a picture about two men who have no idea how they're supposed to feel about something, right up to the moment when it's impossible not to feel.

This movie hurt. It felt so damned real, and honest, and authentic at every moment that it made all my snarky cynicism vanish and left me feeling ashamed of ever having brought it into the room with me.

Many reviewers have recently pointed out that the only films that get theater runs anymore are the mega-blockbusters. If it isn't an Avengers or Star Wars type film you probably won't ever even hear about it. But films like Paddleton can still get made, and distributed, because of platforms like Netflix. And if the platform facilitates the continuing existence of high-quality art that would otherwise die off, then I can get past them using it for things like Goop.

So, for now, the balance of the chalkboard favors "Good."

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# How to Celebrate Mother's Day...

By Lauren Antkowiak

Mother's Day is quickly approaching. Gifts need to be bought and plans need to be made. But if you are like me and always wait until the last minute, have no fear, we are here to help.

Gifts are a big part of Mother's Day. For most it may be easy to find something for their mom while others have trouble. Either way you can never go wrong with something personalized. Etsy is a great website to find almost anything that you can add a personal touch to. Pillows, necklaces, tumblers, socks, cutting boards, picture frames; the options are endless. If being crafty is not your thing, Esty also helps you get that homemade feel without burning yourself with a hot glue gun. But if you still want to put your art skills to use, creating a unique and heartfelt card with just paper and a pen is a safe bet. One gift that has become popular recently are subscription boxes. There are many different subscriptions options, most customizable, so you are bound to find something perfect for your mom.

Eating a family meal together happens in most households on Mother's Day. Some have brunch while others do dinner. However, except for getting reservations at a restaurant, moms are usually the ones that cook and plan these meals. This year don't let mom help with anything. Get other family members to help you cook, let kids decorate the dining table, and Dad can help with dishes. So, with your meal taken care of what activities can you do with mom to help her relax and that she will appreciate? Well that depends on your mom, but some of these suggests might be helpful. Go shopping, take a yoga class, binge watch one of her favorite shows, tackle a home décor or DIY project, plan a spa day, or take a weekend trip to some place she has always wanted to go. These are perfect ways to get some quality time with mom.

There are always high expectations for Mother's Day but be thoughtful in whatever you decide to do. If you focus on mom, show her how much you love her, and enjoy the time together, you can't go wrong.

Day but be thoughtful in whatever you decide to do. If you focus on mom, show her how much you love her, and enjoy the time together, you can't go wrong.



Photo designed by John Raymond

# 2019 Major League Baseball Bold Predictions

By Rob Santander

It brings me great pleasure to tell our readers that the 2019 Major League Baseball season is underway! Below, I sort through the league division by division, projecting a general outcome for each ball club.

## NL East

**Braves:** The defending division chaps from a year ago are still a young team. They'll be in the middle of the race for the division title, but the failure to veteran add depth [outside of the injury prone Luke Donaldson], in the offseason results in a third-place finish behind Washington and Philadelphia.

**Marlins:** The weakest team in the division will lose about 100 games, but could absolutely play spoiler for the teams above them in the division standings.

**Mets:** The offseason additions of Robinson Cano, Jed Lowrie, and All-Star Edwin Diaz will pay off and the Mets will manage to hang around, but ultimately they're the second or third best team in the division.

**Phillies:** Adding Bryce Harper to any lineup makes it playoff caliber. I believe the Phillies will be battling the Mets and Nats down the stretch in what may be a coin-flip in a 3 team race. This would be Philly's first division crown and postseason trip since 2011.

**Nationals:** People will be surprised at the success the Nationals experience given the departure of superstar Bryce Harper. Filling the void won't be easy but will be aided with the help of young studs Juan Soto and Trea Turner. They will fare better than their disappointing finish last season, battling with the Phillies and Mets for a division crown.

## AL East –

**Orioles:** Baltimore will be in a full blown tanking race for the number one draft pick against the likes of the Royals and Miami Marlins. Their major league roster is so bereft of even average major league talent, I'd be surprised if they won 60 games. Unfortunately for Baltimore fans, there is no optimistic, rosy red picture to paint here. With a roster full of mostly triple-AAA players, the Orioles will be looking to play spoiler to their opponents all year long – because they are going nowhere this season.

**Red Sox:** Defending champs get back to the postseason, but will not match their impressive 108 win campaign like in 2018. A 3-9 west coast road trip to start to the season has not done them any favors either.

**Yankees:** Boasting the deepest bullpen in baseball, the Yankees have everything to lose this year and are going full World Series or bust. The playoff series loss to Boston surely still stings in the minds of Yankees players. I believe this will motivate them further and get them over the proverbial 'hump' to capture their first division crown since 2012.

**Rays:** Seemingly always playing baseball on a tight budget, the most under-appreciated [nice way of saying the worst fan base] team in baseball will hang around the big boys in the division and fight their way to a wild-card spot with a group of pitchers as "bullpenning" continues to become a trend in the league.

**Blue Jays:** The worst place to be for a pro sports team is



hovering around that "mediocre" label. The Blue Jays have Vladimir Guerrero Jr. who is as good as advertised. The Blue Jays finish around .500, but that's only good for fourth place in the deep division.

## AL Central –

**White Sox:** The young core of Eloy Jimenez, Yoan Moncada and stud pitching prospects Mike Kopech and Lucas Giolito will have some flashes of greatness and provide some excitement and visions of the future of the ChiSox. However the South Siders must overachieve if they want to have their first winning season in seven years.

**Indians:** The Indians enter the season as the favorites to win the division that is largely regarded as the weakest division in Baseball. The pitching staff will serve as the strength of the team, as it has for the past 4 seasons, but the race will be closer than people will expect.

**Tigers:** The most recognizable name on this roster is Miguel Cabrera, and his contract is looking more and more like an albatross in the payroll department, being owed \$30 million every season for the next five seasons. In a best case scenario for tiger fans, Cabrera stays healthy unlike in years past and reaches the 500-home run and 3,000-hit plateaus come 2020.

**Royals:** Alex Gordon and Sal Perez are the last links to the repeat AL- Pennant teams of 2014 – 2015. Ned Yost's teams always compete but will ultimately lose 100 games for the second year in a row.

**Twins:** The offseason acquisitions pay off as Minnesota hangs with Cleveland in the division and competes for a wild-card spot. Their postseason fortunes may fare similarly to 2018 as they lost the wild-card game to the Yankees.

## NL Central –

**Cubs:** Early season bullpen woes, a slow start from stud Kris Bryant and underachieving performances from pitchers and other position players are starting to wither away at the core of the 2016 World Series Winners.

**Reds:** An off-season of veteran acquisitions (Matt Kemp, Sonny Gray, Yasiel Puig) gives Cincinnati hope for the future, but a strong offensive division will prove too much for the Reds to

Continued on page 13...

## Major League Predictions Continued

overcome with a weak pitching staff in a hitter friendly ballpark. Brewers: The Brew Crew's high powered offense flourished in 2018 thanks to the likes of Christian Yelich, Jesus Aguilar and Lorenzo Cain. I say that is more likely to happen again in 2019, but the lack of elite starting pitching may deliver the team a second straight division title, but will ultimately hold the team back from getting to the World Series.

Pirates: Jameson Taillon further develops into the team's ace but the unimpressive lineup struggles as they finish fourth or fifth in the division.

Cardinals: The trade for Paul Goldschmidt proves to be the biggest move of the winter as the Cardinals fight for their first division title since 2015.

### AL West –

Astros: Justin Verlander has managed to turn back the clock and Gerrit Cole has incentive to pick up where he left off, entering a contract year. MVP Jose Altuve and studs Carlos Correa and Alex Bregman will put up gaudy numbers as Houston will eclipse 100 wins for the third consecutive year.

Angels: Mike Trout has another Mike Trout season as the best player in Baseball and sophomore sensation Shohei Ohtani hits some home runs but the club wilts in the summer months, finishing with another disappointing below .500 record.

Athletics: Following up on a successful year in which the Athletics made the post season; they stay competitive and ultimately will be in good shape for another wild-card berth, but the pitching staff just isn't deep enough to see the season into October.

Mariners: The longest postseason drought in professional sports will extend for another year as Seattle's rebuild flops in its first year as the team's record dips below .500 in a weaker division. Rangers: Pitching and washed up veterans (see Hunter Pence, Shin- Soo Choo) continue to be a problem for the Franchise that made back to back world series appearances in 2010 & 2011 and they finish in the AL West basement for the second year in a row.

### NL West –

Diamondbacks: They hang around for the first few months as most teams do, but the departure of Paul Goldschmidt proves too big a void to fill for the D-backs as they fight to finish with a .500 record.

Rockies: They hang with the Dodgers in the division as Daniel Murphy reaps the benefits of a hitter friendly Coors Field. Franchise cornerstone Nolan Arenado has a new contract, so Rockies fans won't be worrying about his potential departure. Late in the season they will be in a fight for a third consecutive postseason berth.

Dodgers: I consider this division likely a two team race this year, similar to last year. The defending national league champs will be given a run for their money from the improved Rockies, but win the NL West for the seventh year in a row.

Padres: Notable signs of progress are blossoming in San Diego in their first year with Manny Machado. Machado, second year Padre Eric Hosmer paired with one of the hottest prospects in the game in Fernando Tatis Jr. will set up a solid core in San Diego for years to come.

Giants: Future Hall-of-Fame manager Bruce Bochy's last year will end in forgettable fashion, as the pressure mounts to begin a rebuild, it will start with the jettisoning of stud pitcher Madison Bumgarner.

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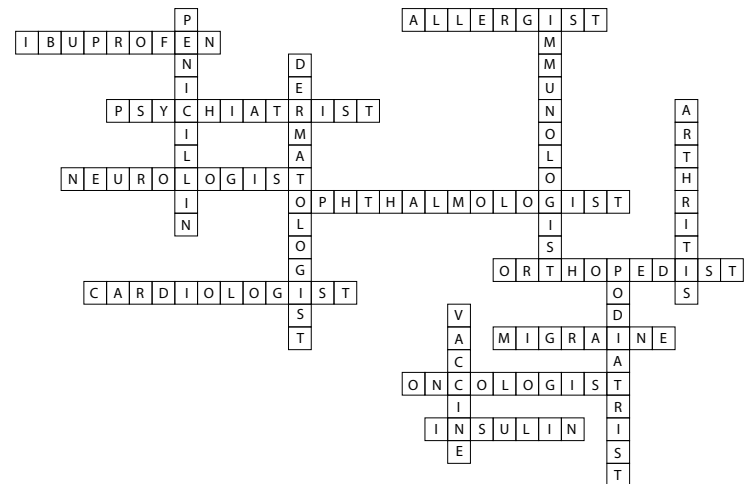
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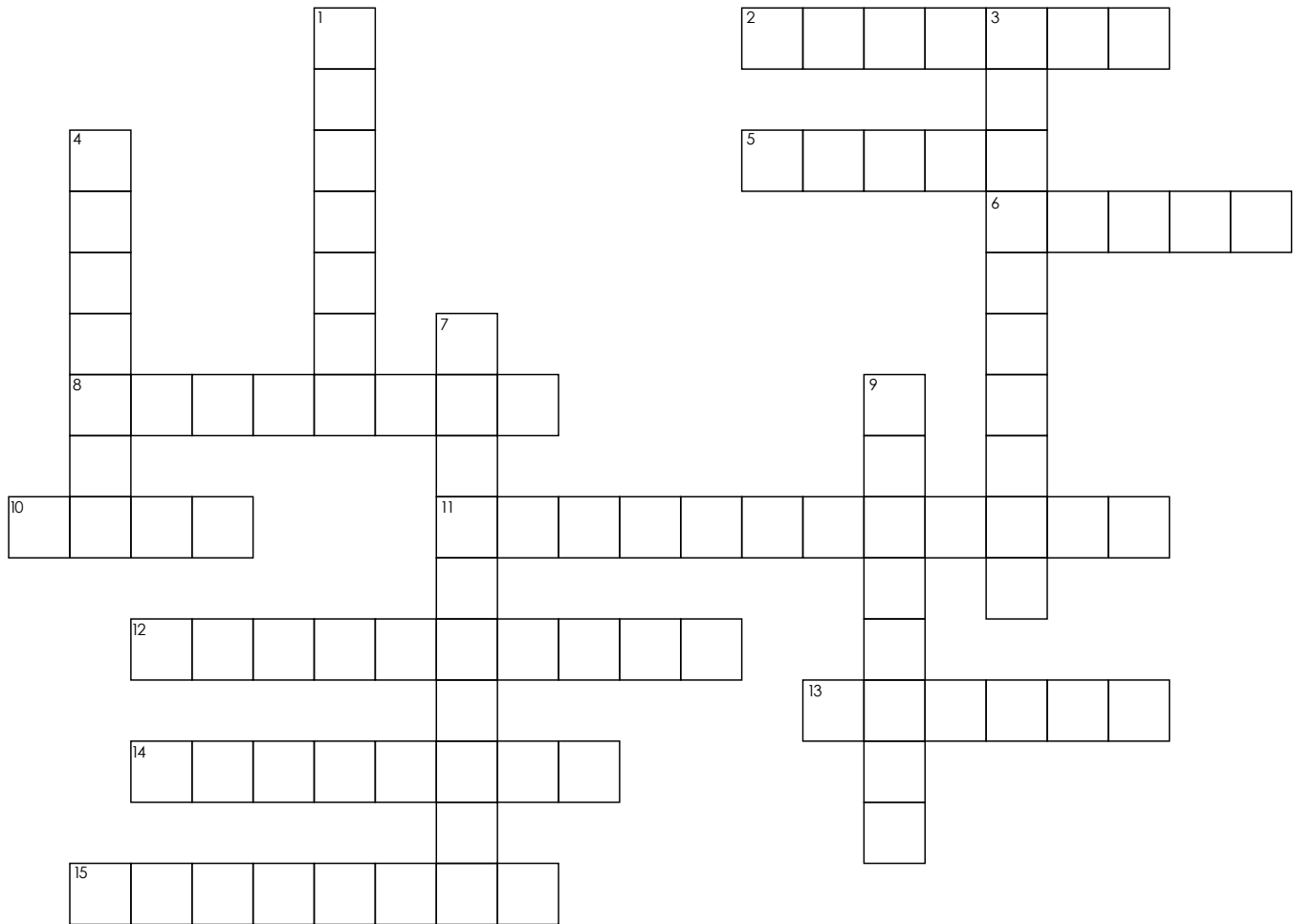
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## April 2019 Crossword Medical Medley Answers



## How did you do?

# May 2019 Crossword House Hunting



## ACROSS

2. On street or off street
5. The price of living there
6. Often cracked or peeling
8. Fireproof material that causes cancer
10. Toxic substance in old paint and pipes
11. Location, location, location
12. Regulates how much heat your house retains
13. An area for your stuff
14. Check the pipes
15. Storage and laundry area, usually

## DOWN

1. These can be a pane to replace
3. A must do before you buy to find hidden problems
4. Home heating element
7. Don't want any cracks in this
9. Financing option for many

# May 2019 WNY Events

**AIDS Walk Buffalo:** May 4th from 9:00 AM to 12:00 PM at Hoyt Lake in Delaware Park in Buffalo, NY. For more information, please visit [aidswalkbuffalo.org](http://aidswalkbuffalo.org)

**Lung Force Expo:** May 11th from 8:00 AM to 4:00 PM at Grapevine Banquets in Depew, NY. For more information, please visit [action.lung.org/buffaloexpo](http://action.lung.org/buffaloexpo)

**Nickel City Con:** May 17th to May 19th from 3:00 PM to 8:00 PM at the Buffalo Niagara Convention Center in Downtown Buffalo, NY. For more information, please visit [nickelcitycon.com](http://nickelcitycon.com)

**Apple Blossom Festival:** May 19th at 10:00 AM at the Newfane Country Village in Newfane, NY. For more information, please visit [newfanehistoricalsociety.com](http://newfanehistoricalsociety.com)

**Buffalo Marathon:** May 25th and May 26th at the Buffalo Niagara Convention Center in Downtown Buffalo, NY. For more information, please visit [buffalomarathon.com](http://buffalomarathon.com)

## Ongoing Events

**Healthy Options Cooking Classes:** May 1st and 22nd from 6:00 PM to 8:00 PM at Artisan Kitchen & Baths Culinary Loft in Amherst, NY and Be Healthy Institute in Hamburg, NY. For more information, please visit [healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com)

**Downtown Country Market:** Every Tuesday and Thursday from 10:00 AM to 2:00 PM at the Buffalo Place in Downtown Buffalo, NY. For more information, please visit [buffaloplacemkt.com](http://buffaloplacemkt.com)

**Restorative Yoga:** Various dates and times at Start With Sleep in Buffalo, NY. For more information, please visit [startwithsleep.com](http://startwithsleep.com)

Recipe  
Corner

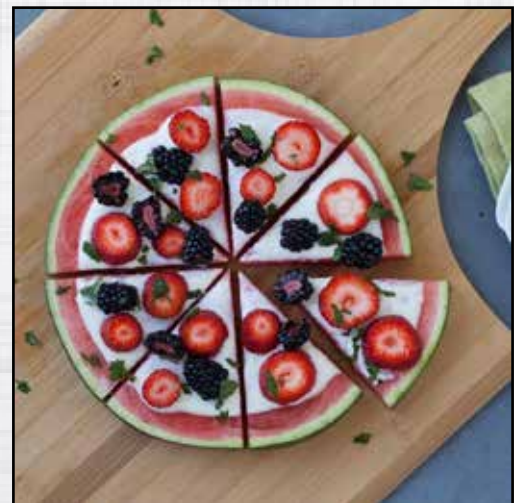
## Watermelon Fruit Pizza

### Ingredients:

- 1/2 cup low-fat plain yogurt
- 1 teaspoon honey
- 1/4 teaspoon vanilla extract
- 2 large round slices of watermelon (about 1 inch thick), cut from the center of the melon
- 2/3 cup sliced strawberries
- 1/2 cup halved blueberries
- 2 tablespoons torn fresh mint leaves

### Directions:

- 1.) Combine yogurt, honey, and vanilla in a small bowl
- 2.) Spread 1/4 cup yogurt mixture over each slice of watermelon. Cut each slice into 8 wedges. Top with strawberries, blackberries, and mint





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