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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.

# Contents

Introduction	3
Thyroid Health Infographic	4
Staying Fit in the Workplace	4
How a Bad Thyroid Affects Your Health	5
Medicare OEP is Back!	5
Vitamins Essential for Surviving the Winter	6
Your HWH Overview: Mental Health	7
9 Tips for First Time Investors	8
Protect Your Identity Online	9
Have You Considered Rolling Over Your 401K?	10
December Crossword Answers	11
Review of The Ballad of Buster Scruggs	12
What to Read in 2019	13
January Crossword: Hockey	14
January 2019 WNY Events	15
Recipe Corner	15

# THYROID FACTS AND STATISTICS

## FACTS

Thyroid cancer is the most rapidly increasing cancer in the U.S. tripling in the past three decades

Women are 5 to 8 times more likely than men to have thyroid problems

The causes of thyroid problems are largely unknown

## STATISTICS

More than 12% of the U.S. population will develop a thyroid condition during their lifetime/an estimated 20 million Americans have some form of thyroid disease

Up to 60% of those with thyroid disease are unaware of their condition

## AGE FACTORS

Thyroid cancer is commonly diagnosed at a younger age than most other adult cancers

Nearly 3 out of 4 cases are found in women; thyroid cancer is the 5th most common cancer in women

About 2% of thyroid cancer occur in children and teens

Sources: American Cancer Society & American Thyroid Association

## Staying Fit in the Workplace

By Kayla Rivers

With every new year comes new resolutions. One common goal for people in a new year is to become more fit. This involves more than just eating more fruits and veggies. Exercising is crucial in maintaining a healthy body. If you're anything like me, you know how difficult it can be to do that while working at a desk job. Being sedentary for 40 or more hours a week can definitely put a strain on your body. These tips and products will help you combat the effects of desk job life and get you fit for the new year.

We live in a day and age where wacky but useful gadgets are in abundance. There are tons of products geared towards fitness in the workplace. One such product is an under desk elliptical. That's right, an under desk elliptical. It's exactly as it sounds. It's small and fits perfectly under your work desk, providing you with exercise while you work. If you often forget to get up and move around throughout the work day, a standing desk may be right up your alley. With a spot for your computer, keyboard and mouse, you place the standing desk on your desktop and raise it to the perfect height when you need to stretch your legs. It's helpful for people who can't slip away from their desk often but still want to get the blood flowing back into their legs from time to time. Pair that with a comfy mat for your feet and you'd be all set!

There are also products to remind you of things that can help

with your health. A more obvious product to discuss are fitness trackers like Fitbits and iWatches. I've personally owned both and found them extremely helpful. Since both sync up to apps, you can easily track your steps, heart rate, and exercise activity throughout your day. You can also track meals and water consumption on some fitness trackers. Speaking of water, there are smart water bottles out there now that help you track your water intake and even remind you to drink water throughout the day. Especially useful for those that struggle to drink enough water.

There are other things that you can do to increase your fitness during the work day that do not involve purchasing products. Everyone loves take out. There's just something infinitely more delicious about food that you don't have to make yourself! Unfortunately, take out food is often loaded with junk that isn't good for you. Consider brown bagging it during the week. That way, you'll know exactly what's in your food and will have an easier time tracking it if that's your type of thing. You can also do small exercises at your desk to strengthen your muscles. Work your glutes, squeeze a stressball. Both are things you can do without having to stop your work to do them. Finally, good ideas have to come from somewhere, suggest a before or afterwork company sponsored workout class of some sort. That would be a great way to get the company as a whole involved in taking their fitness seriously!

# How a Bad Thyroid Affects Your Health

By Katy Siwinski

The thyroid is a large ductless gland in the neck that secretes hormones, regulating growth and development through the rate of metabolism. There are multiple types of thyroid diseases out there today. Some of these include Graves' Disease, Hyperthyroidism, Hypothyroidism, and Thyroiditis. Each of these has a specific effect on the human body.

Hyperthyroidism is a condition in which the thyroid gland is overactive and makes excessive amounts of hormones. When the thyroid gland is overactive, the body's processes speed up. You may experience such symptoms as nervousness, anxiety, rapid heartbeat, hand tremors, excessive sweating, weight loss, and sleep problems. Hyperthyroidism can be treated with medications used to block the production of thyroid hormones. The choice of your treatment plan will depend on your underlying symptoms and their severity. The most common cause of hyperthyroidism is a condition known as Graves' Disease.

Grave's Disease is an autoimmune disease that causes the thyroid gland to overproduce thyroid hormones. This disease can run in the family, and is more commonly found in women. In Graves' Disease, your immune system creates antibodies that increase the size of the thyroid, and forces your body to make more thyroid hormones than what is expected. These antibodies are called thyroid stimulating immunoglobulins, or simply known as TSIs, and they bind to thyroid receptors. The receptors are normally docking stations for thyroid hormones. The TSIs trick the thyroid into producing too much of the thyroid hormone, ultimately leading to hyperthyroidism.

Hypothyroidism is a condition in which the thyroid gland does not produce enough hormones to maintain a proper metabolism. It is estimated that 10 million Americans are likely to have this medical condition. My mom has suffered from hypothyroidism for 24 years. She takes hormones on a daily basis to reach a neutral hormone level. Before being diagnosed with hypothyroidism, she was diagnosed with Graves' Disease, and had to be in the hospital for 5 days. Upon settling her thyroid, she began treatment for her now smaller thyroid. She describes her hypothyroid experience as being cold a lot, as well as gaining weight. This goes to show that there are many causes of hypothyroidism. The most common cause of hypothyroidism comes from autoimmune thyroiditis.

Autoimmune thyroiditis is the most common thyroid disorder in America. It affects 14 million people in the United States. Being an autoimmune disease, that means immune cells attack healthy tissue instead of protecting it. Under these circumstances, immune cells attack healthy thyroid tissue and cause inflammation. This disease affects women more commonly than men, and women are also 7 times more likely to contract thyroiditis. Once the thyroid starts being attacked, it impairs its ability to produce thyroid hormones. A result of this disease is hyperthyroidism, as described earlier, although this is not the only complication from thyroiditis. Under some circumstances, the thyroid becomes so inflamed that a goiter develops. Goiters are enlarged thyroid glands that come from the swelling of a thyroid, or from multiple growths on the thyroid. If you are experiencing any of the symptoms we have listed, please seek medical attention from your primary care physician as soon as possible.

# Medicare OEP is Back!

By Christina Finkle

A nice change to the Medicare Advantage Enrollment Period in 2019. The Medicare Disenrollment Period that used to occur from Jan. 1st - Feb. 14th will be replaced with a new Open Enrollment Period.

Medicare OEP is a period from January 1st - March 31st where beneficiaries of a Medicare Advantage plan can now make one change to a different Advantage plan. Since Medicare Advantage plans lock you in for a whole year, many beneficiaries get stuck in plans that they ultimately do not like.

The reason for the change is that Medicare advantage plans can often be confusing. Some beneficiaries may not know how these plans work, how to find out if their doctor is in a particular plans network, or even if their drugs are on the formulary. It is

also common for beneficiaries to misunderstand the copays associated with a particular plan. They may also be unaware of new options available in their area, or they have let their current plan flip without understanding the changes that have occurred.

Be aware, OEP is only for those currently in a Medicare Advantage plan. The OEP does not allow for an opportunity for an individual enrolled in Original Medicare to join an MA plan. It also does not allow for Part D changes for those enrolled in Original Medicare with a standalone Part D plan, or those enrolled in Medicare Savings Accounts or PACE plans.

As always, it is very important to review your current plan as well as any plan you are considering closely.

# Vitamins Essential for Surviving the Winter

By Brandi Aurelio

For me, winters are rough, especially living in Buffalo, New York. With the lack of sun and the illnesses circulating, it's hard to stay healthy both mentally and physically. I always try to keep up on supplementing vitamins to keep my body and mind going strong. I've found a nice list from Active Beat of supplements to take during the winter months to help keep you healthy until spring arrives again.

## 1. Vitamin C

Vitamin C isn't only for preventing colds. During the winter, fruits and veggies that are high in vitamin C become rather scarce. Take some more often to support tissue growth, healthy blood vessels, strong bones and of course to ward off that pesky cold and flu.

## 2. Iron

Low iron could cause you to feel very sluggish and run down when winter hits. Iron can help keep your energy level up, as well as encouraging healthy blood oxygen delivery. Always consult your doctor before introducing an iron supplement into your daily routine.

## 3. Vitamin A

If you are iron deficient, chances are your vitamin A levels are low as well. Vitamin A will make you look and feel more lively, putting glow back into dull winter skin. It can also help keep your bones strong.

## 4. Calcium

It's well known that calcium supports bone growth and strength. Taking calcium could be essential in protecting your bones in case of a nasty fall in the winter months. This is especially important for women above the age of 35 because their calcium levels begin to decline.

## 5. Vitamin D

Vitamin D. It's something we all lack in the winter here in Buffalo. When the skies are grey for months at a time, we don't get that necessary vitamin from the sunshine. Without vitamin D, our body can't absorb other vitamins and minerals, such as calcium. This can take a toll on our health, as well as our mental state. Be sure to supplement this extremely important vitamin to stay healthy this winter.

## 6. Omega-3 Fatty Acids

Omega-3 fatty acids can help boost your mood which, if you are anything like me, is essential during the winter months. But the benefits don't stop there. This supplement can also improve mental focus and boost your immune system.

## 7. Vitamin E

Vitamin E is very important for those who suffer from seasonal dry skin, nails and hair. Vitamin E is a moisturizing antioxidant that infuses with the skin, hair and nails, and soothes dryness.

## 8. Folic Acid

Folic acid is commonly found in green, leafy vegetables. So if you're the type of person who doesn't like their spinach and arugula, you could be lacking in folic acid. Because we take more hot baths and showers in the winter months when humidity is low, our skin can become severely dried out. Supplement folic acid to help remedy this issue.

## 9. B Vitamins

Commonly referred to as the B Complex, these vitamins are used to convert carbs into energy. This in turn metabolizes fats and proteins into fuel for our bodies. Supplementing B vitamins can help with metabolisms, as well as lessening feelings for depression and anxiety.

## 10. Magnesium

If you are a woman, then adding magnesium to your diet could be a game changer. Magnesium has been known to lessen the pain of menstrual cramps, particularly during winter. It achieves this by lessening muscle contractions and severe nerve impulses.

Winter is always a hard season to get through. Be sure to take care of yourself with the proper supplements to improve your health. As always, be sure to consult with your doctor if you feel you are deficient in any of the above vitamins and minerals before introducing supplements on your own.



# Your HWH Overview: Mental Health

By Sue Perbody



Maintaining a strong mental health is important in one's life, but that is a lot easier said than done. Most of the time, our mental health is something we do not have much jurisdiction over. Chemical imbalances can happen beyond our control, but what can we do to prevent or help these disorders? Is there any way to avoid mental illness from happening, all together? How can we break the stigma against mental health awareness?

Various mental health disorders include, but are not limited to, anxiety, mood, personality, and obsessive compulsive disorders. Each of these have their own contributing factors, and should be maintained properly. For example, anxiety can cause an increased heart rate and sweating, as well as trembles and a wide range of emotions. Everybody experiences anxiety, and it is important to notice the difference between nervousness and actual anxiety. Does the thought of this idea or task affect your ability to perform daily tasks? Does it cause extensive meltdowns and a wide range of emotions that you have little to no control over? If so, you may have an anxiety or mood disorder.

Mood disorders are a combination of anxiety and depression. There is a chemical imbalance in your brain that affects your ability to perform daily activities. It is also important to understand the difference between general sadness and depression. Are you losing interest in activities that used to exceed your desires? Do you have thoughts of self-harm or suicide? Are you having trouble sleeping, and are feeling constantly fatigued? If so, you are likely experiencing some type of clinical depression.

While on the topic of mood disorders, let's touch onto Bipolar Disorder. As an individual that lives with Bipolar Disorder, I can say that it certainly is a journey. Bipolar Disorder is a brain illness that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks. Now, what makes this different from depression? These cycles go up and down, from feeling manic to feeling depressed. Manic episodes are described as having a lot of energy, talking fast, being easily agitated, and doing risky activities. Depressive episodes are described as having little energy, not being able to enjoy the little things, forgetting things a lot, and lingering thoughts of suicide. If you think you are experiencing these symptoms, contact your primary care physician immediately.

Personality disorders are best described as the involvement of thoughts and behaviors that are unhealthy and inflexible that

can have an effect on relationships and work. I am most familiar with Borderline Personality Disorder, also known as BPD. My best friend has been experiencing this disorder since a young age, receiving her diagnosis at age 18. Borderline Personality Disorder shows signs and symptoms that include an intense fear of abandonment, a pattern of unstable relationships, periods of stress-related paranoia and loss of contact with reality that can last a few minutes or a few hours, and impulsive behaviors. It is important to know the difference between Borderline Personality Disorder and Bipolar Disorder, because they are often misinterpreted. BPD can occur via genetics, or a stressful childhood. Many people with the disorder report being sexually or physically abused during their childhood. Exposure to hostile conflict and unstable relationships can also play a large factor. Studies show that individuals with BPD can have structural and functional changes in the brain, specifically in the areas that control impulses and emotions. Overall, it is important to give yourself the right diagnosis to ensure proper treatment.

Obsessive Compulsive Disorder, also known as OCD, comes in two major forms. It occurs as a regular disorder, and it also occurs as a Personality Disorder. OCD is a chronic, long-lasting disorder in which an individual has uncontrollable, reoccurring thoughts and behaviors that feel the need to be repeated over and over again. These obsessions can interfere with all aspects on one's daily routine, including work, school, and personal relationships. Not all habits or rituals are compulsions. Everyone double checks things sometimes. But for a person with OCD, they can't control their thoughts or behaviors, spending at least one hour a day on the thoughts.

In terms of Obsessive Compulsive Personality Disorder, also known as OCPD, it involved rigid adherence to rules and regulations, an overwhelming need for order, and a sense of righteousness about the way things "should be done." People with OCPD think that their way is the "right and best way" and usually feel comfortable with such self-imposed systems of rules. People with OCPD are also fixated with following procedures to manage daily tasks. As an individual that has characteristics of OCPD, I must say it is a very interesting diagnosis to live with. I pick up certain tasks and rituals that, to me, are the only way that they can be done. If these tasks are not done the way that I know is considered "correct," I get anxious and stressed out. I have to re-do the task the way that my brain tells me is the right way to do it. I must say, it drives my boyfriend absolutely insane. But, he works alongside me to ensure that my worries don't go overboard. It's important to have a support system in place, and have people who understand your diagnosis

People sometimes say that mental illness is "all in your head." Surprise, that's actually the case! Medication, alongside therapeutic techniques, can make a world of difference in mental health maintenance and recovery. If you are experiencing any of the symptoms described above, or are having suicidal thoughts or self-harming actions, contact your primary care physician immediately for professional assistance. There is always help available.

# 9 Tips for First Time Investors

By Emma Jackson

I have to be honest, before doing my research I knew nothing about investing. And I do mean nothing. I've never been good with finances so it makes sense that I've never even considered investing money into anything. It was interesting, though, learning about investing in stocks for the first time. It has made me wonder if investing might actually be right for me after all. With these 9 tips from Money-wise, you might find that investing your money into stocks might be right for you as well.

## 1. Investing isn't just for high rollers

You don't have to be filthy rich to invest in the stock market. That's definitely something that I learned from doing research. I thought investors were all wealthy individuals who threw down thousands at a time into the market but that's not true. You can invest as much or as little as you want. If you don't know where to begin, start by finding a financial advisor to help assist you in making the wisest investments.

## 2. Beware reckless caution

Gambling of any kind can be nerve-wracking. This can be especially true when it comes to the stock market. Stocks are constantly rising and falling in value daily. Research before you invest so you know the trend of what you are about to put your hard earned money into. Investing is long-term. Be prepared to lock your money away for a minimum of 5 years.

## 3. Think about what you want to invest in

Cash is typically viewed as the least volatile asset class. Your money is protected if the banks go under. Fixed interest investments, also known as loans to companies or governments, provide reliable returns to the investor. They are also regarded as lower risks than equities. Shares or equities offer stake in

a company. They typically rise in value when a company is doing well, and fall in value when it is not. You can also invest in things such as property funds, or commodities such as steel, oil or gold.

## 4. Don't put all of your eggs in one basket

If you funnel all of your money into shares in one company, you will lose it all if that company tanks. You should divide up a lump sum of money and invest portions into varied companies instead. That way, if something happens to one company, you still have others to fall back on and you won't be out all of that money.

## 5. Think about investing through a fund

You can buy shares of a company directly, but this could be difficult, not to mention risky as well. For a beginner investor, it would be better to invest through a collective fund. A collective fund offers an affordable way to buy different assets without the hassle of making your own investment decisions. In a nutshell, you buy units, which are then pooled with others, and a fund manager buys and sells shares on your behalf. This could be a great option for someone like myself who doesn't know much about the stock market.

## 6. Spend time choosing the right fund

You need to do your research before choosing the right fund to invest into. It's important. This is your hard-earned money that you are trusting will be taken care of. Pick a fund that meets your financial needs and isn't too risky for your liking. Remember that this is a long-term investment. Monitor some funds over a long period of time to verify performance before just jumping in to investing.



# Protect Your Identity Online

By Oliver Clarke

In 2017, consumers lost \$905 million to fraud, according to the Federal Trade Commission. Of course, that's only counting what was caught and reported. Identity theft has become so commonplace that it is very likely that someone you know was a victim, or potential victim, of this type of fraud. So what can the average person do to protect themselves?

## 1. Beware of phishing attempts

Have you ever received an email that sounded a bit too good to be true? Or conversely, did it hold some extremely alarming information? Phishing attempts are when criminals try to lure you into giving out your personal information (like usernames and passwords) by misleading you into thinking you're actually just logging into a trusted website, or speaking with a customer service representative of a trusted company. Instead of following links within emails, google the website and find it yourself. If it's not a phishing attempt, you'll be able to find the information.

## 2. Be cautious on social media

Many things that seem innocuous can actually be bids to gain information. For example, social media "games" where you combine your first pet's name with the street you grew up on, or other such games, are used to get the answers to common security questions. Additionally, you may freely provide those sorts of answers by mentioning them on your social media, so be cautious about your privacy settings and how much information you really want to give out. Remember that once you put information out there on the internet, there's no taking it back.

## 3. Use Two Factor Authentication

Many websites now will allow you to use a process called Two Factor Authentication (or alternatively, 2FA or Multi Factor Authentication) which ensures that you are the only one who can use your account, even if someone gets a hold of your password. For example, you log into your bank account on your computer, and then it automatically sends a text message to your phone containing a code to enter in as well within a set period of time. If you do not have possession of your username, password, and unlocked cell phone, then you cannot get into your account.

## 4. Consider upgrading your passwords

It's difficult to create memorable, secure passwords. And since it is recommended to have a different password for each account, it is nearly a herculean task to keep track of them. Most people just have a few passwords of medium security value that they reuse, against the advice of experts. But you don't have to be one of them. Password managers like LastPass and 1Password create ultra-secure randomized passwords for your accounts and store them in a single, safe location, hidden behind a master password and 2FA.

## 5. Take advantage of your free annual credit report

This tip is a little different than the rest, but in the age of online banking, you can access your financial information online to monitor fraud. Visit [AnnualCreditReport.com](http://AnnualCreditReport.com) every year to review your credit history. If anything seems strange, report it immediately. In the same vein, keep track of your banking history online. Hackers will usually withdraw a smaller amount here and there before they clean out your account. It's better to catch them early.



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# Stay tuned...

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## Don't miss it!

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## Have You Considered Rolling Over Your 401K?

By Canney Savanney

So, it's a new year and a new you. You are thinking of starting over with a new career path and seeing what other opportunities await for you beyond the four corners of your cubicle. Congratulations on following your ambitions and dreams, but what are you going to do with your savings and investments you currently have with your current employer? Here are four steps you try to adjust to your 401K without having the unpleasant surprise of incurring any unforeseen taxes being deducted. Here are some great tips from Nerd Wallet.

### 1. Make a choice between opening a Roth or traditional IRA

If you decide upon this method, you will still owe taxes on your rolled over amount in a Roth IRA. But, if you do not want to accumulate any taxes, then making an investment in a traditional IRA would your wisest choice.

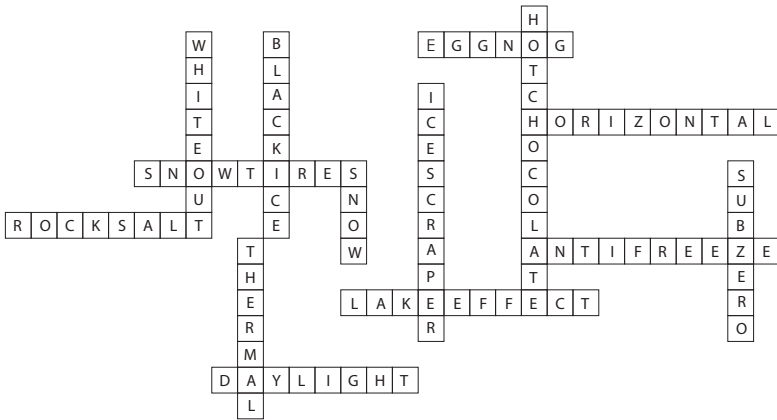
### 2. Open a rollover IRA

For starters, what does a rollover IRA mean? It is taking an Individual Retirement Account (IRA) and transfers one's assets from an old employer retirement account to a traditional IRA. The purpose this serves is keep the status of being tax-deferred maintained. Meaning you will not be penalized when you withdraw at the time of making the transfer or without

Continued on page 11...



# December Crossword Answers



How did you do?

paying current taxes. A rollover IRA is pretty much identical to a traditional IRA. The only difference between the two is you are not contributing money annually to a rollover IRA like you would a traditional IRA. Instead, your money is transferred from a previous retirement plan such as a 401(K) into your rollover IRA. With said, if you want to keep your assets safe for your future, you should seriously consider talking to a professional financial adviser about it.

### 3. Ask you 401(K) plan for a “direct rollover”

What this means is that the current 401(K) plan you have will cut you a check that will not go directly to you but to your new IRA account. Again, what this means is you will not be taxed or penalized for an early withdrawal.

### 4. Choose your investments

Once you have decided to have your 401(K) funds entered into an IRA, it will go in as a cash transaction. This means that you will have to make investments with that money. There are plenty of great financial advisors in our Buffalo area than help guide you into making the wisest decisions for yourself. I would highly recommend sitting down and having a consultation with a financial advisor, for example someone from Mass Mutual. They will help guide you into making the best choices for your future.

Want more coverage of articles like this? Submit what you would like to hear from your Savvy Shopper to [submit@yourhwh.com](mailto:submit@yourhwh.com). Until then readers, stay healthy and have a great start to the New Year!

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# Review of The Ballad of Buster Scruggs

By Webster Tilton

The Ballad of Buster Scruggs comes to us courtesy of the Cohen brothers who also gave us No Country For Old Men and True Grit. Slapping their name on a project immediately conveys high expectations and, once again, they deliver. This time presenting us with six stories set in the old west. Each told with flair, panache, and a sense of humor like the Gobi Desert at midnight; cold, dry and merciless.

The brothers' usual attention to detail and directing skill is on display. It takes good storytelling to make you care what happens to people you've never met before in the space of two hours, it takes superb storytelling to do the same in twenty minutes.

Crucial to that is the ability to generate tension. The rule here is "show, don't tell," and very few can show it as well as the Cohens do. They seem to particularly enjoy the use of shadows and, like Quentin Tarantino, they expect the audience to pay close attention if they want to follow the plot. Lose focus for a moment or two and you're likely to miss something important. My favorite was a story about a traveling storyteller. Apart from his actual recitations, the story is almost completely devoid of dialogue. The ending seems to be known to both of them almost from the beginning of the vignette, and no power on Earth seems able to stop it.

The longest story runs about 35 minutes and is the only one with the length to do character development. It concerns itself with a woman who finds herself without friends or means on a wagon train to Oregon. The Cohens use the opportunity to show that they know how to bide their time and throw a punch

at the crucial moment. Best of all, they make it hard to see it coming.

More impressive still is when they drag an emotional response out of you slowly, and inexorably by making sure that you do know the hook is coming and then make you sit and wait for it. Like the slow climb up the track of a roller coaster. The Ballad of Buster Scruggs is excellent, and you should definitely watch it.

Ah, Netflix. For every Stranger Things they make they also shovel eight or nine wish-fulfillment space filler projects at us. Behold what they shoveled out (and this is just the Christmas stuff) during November 2018: "The Christmas Chronicles" "A Christmas Prince: The Royal Wedding", "The Holiday Calendar" and "The Princess Switch".

It's doubtful they'll be swayed by one cynical curmudgeon in Buffalo, New York but in the hope of a Christmas miracle, here is my plea:

Dear Netflix,

Please refrain from trying to compete with Hallmark. They're better at making crappy feel-good movies than you will ever be. Please concentrate on using your platform to do innovative new things that can't be done anywhere else, or at least stuff that doesn't suck.

Sincerely, Webster

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# What to Read in 2019

By Lauren Antkowiak

One of my New Year's Resolutions is to read more, which is perfect considering that January is National Book Month, and the third full week in January is National Book Week. Here are some of the top books of 2018 and some of the most anticipated books coming out in 2019!

2018 was a huge year for literature and it's not too late to catch up. Many of the most popular books came from the world of politics and entertainment. The current White House administration has produced several books that were the talk of the town including Michael Wolff's *Fire and Fury: Inside the Trump White House* and Bob Woodward's *Fear: Trump in the White House*. Former First Lady Michelle Obama ended the year on a high note with her memoir *Becoming*, which became the best-selling book of 2018.

For those looking to take a break from politics, there are plenty to choose from. J.K. Rowling's *Harry Potter* franchise is always a fan favorite and this year readers were treated to a new addition, the screenplay for the film *Fantastic Beasts and the Crimes of Grindelwald*. Other books that have been adapted into popular films include Angie Thomas' *The Hate U Give* and Kevin Kwan's *Crazy Rich Asians*. Theaters won't be the only place to watch great film adaptations. Netflix released Jenny Han's *To All The Boys I've Loved Before*. All these books, and many more, made 2018 a momentous year for reading.

2019 is shaping up to be an even bigger year for literature. Angie Thomas' next book *On the Come Up* is highly anticipated after her debut novel was a smash hit and adapted for the screen. Blake Crouch, well known for his *Wayward Pines* series and 2018's *Dark Matter*, returns in 2019 with *Recursion*, which is being adapted into a film and TV series by Shonda Rimes at Netflix. Some other highlights include *The Night Olivia Fell* by Christina McDonald, *The Suspect* by Fiona Barton, *Merchants of Truth* by Jill Abramson, and *Era of Ignition* by Amber Tamblyn. There are several others that readers are excited about, with more to come as most books being released next year aren't even announced yet. Stay tuned to see what 2019 has in store!

Let us know what some of your favorite books from 2018 are, and what you are looking forward to reading in 2019!

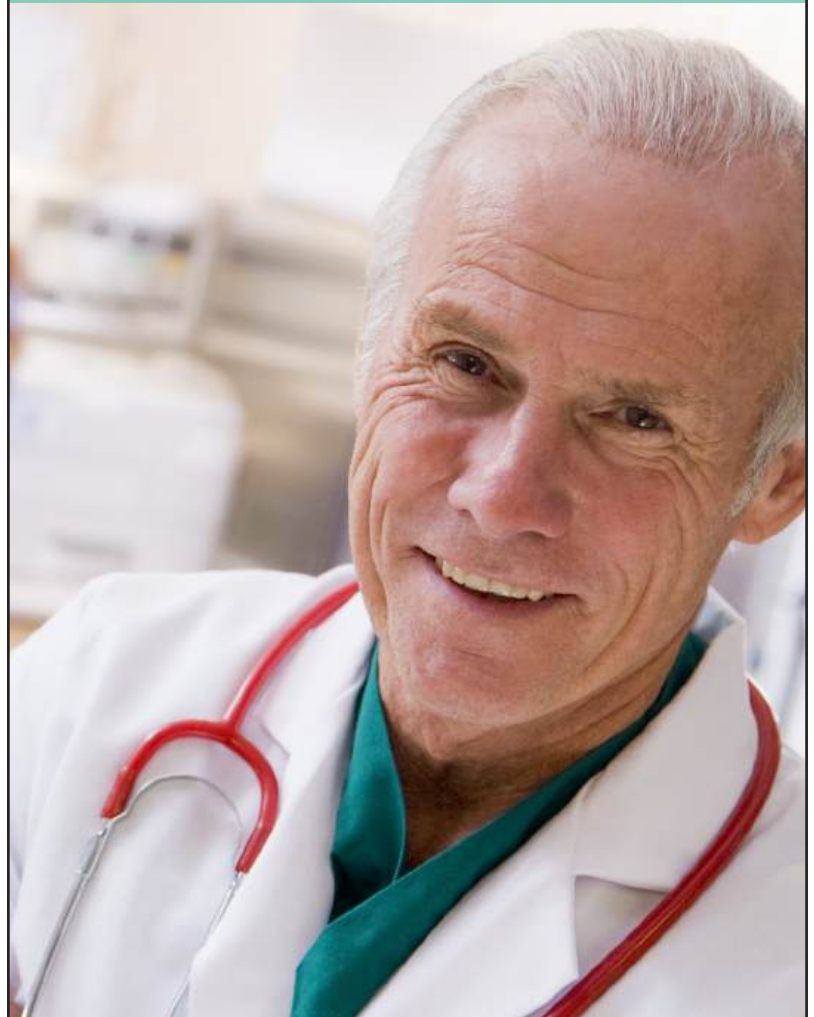


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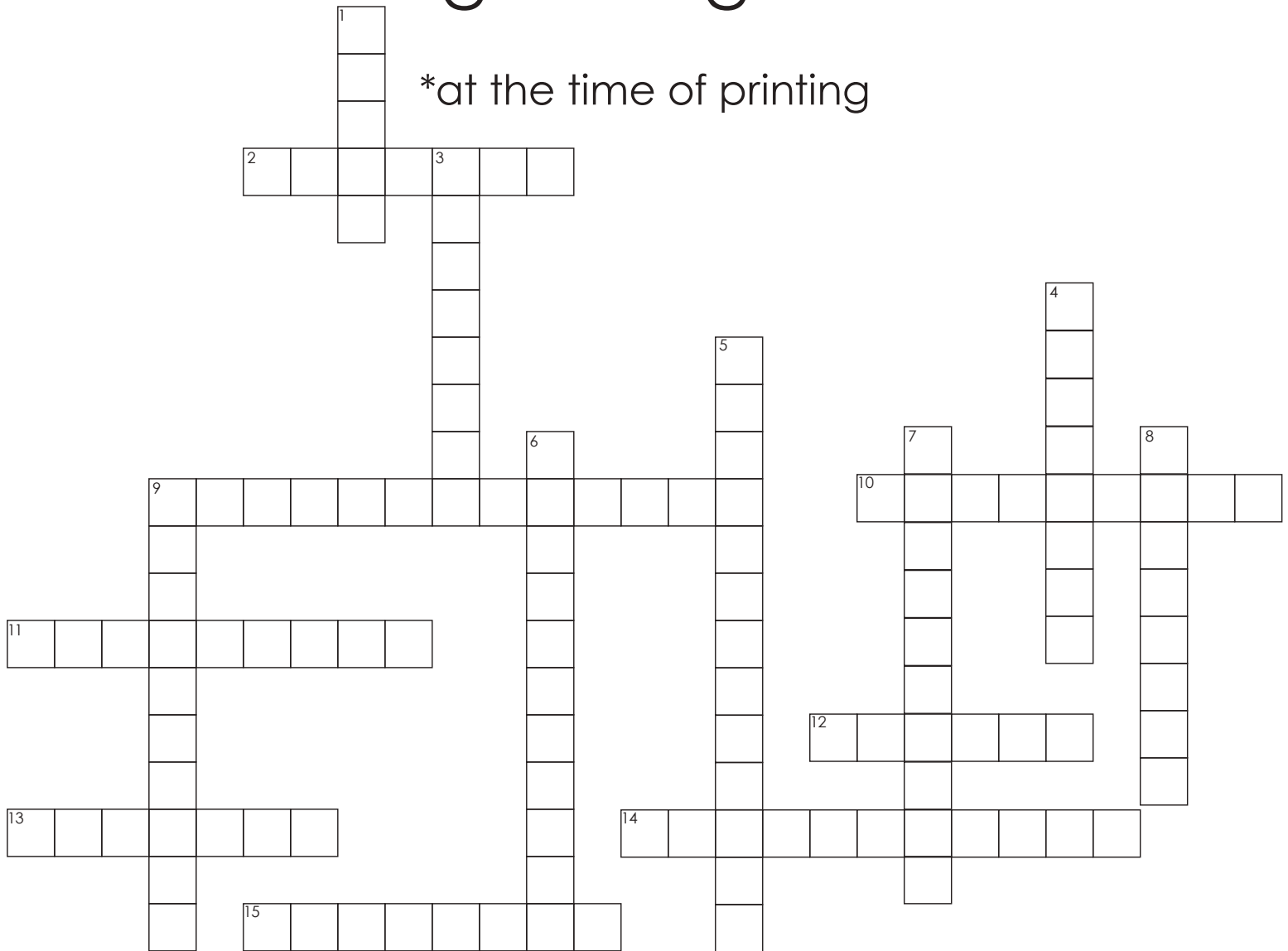
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# Hey, our hockey team is good again!\*

\*at the time of printing



## ACROSS

2. A term used to describe a terrible point in which a team hits the puck into their net scoring a point against themselves.
9. The term for a desperate play where a team removes a very important person from their post in order to have more players out on the ice.
10. Occurs when the opposing team is down a player because of a penalty and the team has a numerical advantage.
11. An unfair or unsportsmanlike remark or action taken against an opposing team.
12. These break out often in hockey, they are the reason why many people watch the sport.
13. A vehicle that cleans the ice between periods.
14. This type of goal occurs when a team is outnumbered on the ice but still manages to score a goal.
15. Term for an unofficial role where their job is to respond to dirty or violent plays from the opposing team.

## DOWN

1. Term for passing the puck to nobody that results in a whistle and a face off.
3. Extra periods where normal hockey rules apply.
4. Occurs when a player scores three goals in a single game.
5. Fans often have these, beliefs that their team will do well if they do or wear certain things on game day.
6. Consists of a left wing, a center, and a right wing.
7. The rarest kind of goal, where a specific player that typically doesn't attempt to score makes a goal.
8. A series of games resulting in the two best teams playing each other to win the \_\_\_\_\_.
9. Where a player is sent as a punishment, they can not come out for a certain amount of time.

# January 2019 WNY Events

**Bridesworld 2019:** January 6th from 11:00 AM to 3:00 PM at the Buffalo Niagara Convention Center in Downtown Buffalo, NY. For more information, please visit [bridesworld.com](http://bridesworld.com)

**Live Well Buffalo Festival:** January 13th from 10:00 AM to 4:00 PM at the Hamburg Fairgrounds in Hamburg, NY. For more information, please visit [the-fairgrounds.com](http://the-fairgrounds.com)

**Winter Blues Weekend:** January 18th to January 20th in Ellicottville, NY. For more information, please visit [ellicottvilleny.com](http://ellicottvilleny.com)

**Larkinville Ice Festival:** January 26th from 11:30 AM to 4:00 PM at Larkin Square in Buffalo, NY. For more information, please visit [larkinsquare.com](http://larkinsquare.com)

**Chestnut Ridge Winter Festival:** January 27th at Chestnut Ridge in Orchard Park, NY. For more information, please visit [chestnutridgeconservancy.org](http://chestnutridgeconservancy.org)

## Ongoing Events

**Healthy Options Cooking Classes:** January 9th, 15th, and 29th from 6:00 PM to 8:00 PM at Artisan Kitchen & Bath's Culinary Loft, D'Avolio Kitchen, and Sun Cusines in Amherst and Williamsville, NY. For more information, please visit [healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com)

**The Ice on Canalside:** All month long at various times at Canalside in Downtown Buffalo, NY. For more information, please visit [canalsidebuffalo.com](http://canalsidebuffalo.com)

**Ice Skating at Rotary Rink:** All month long at various times at the Fountain Plaza in Downtown Buffalo, NY. For more information, please visit [buffaloplac.com/rotaryrink](http://buffaloplac.com/rotaryrink)

**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

## Healthy Hot Chocolate

### Ingredients:

- 1 tablespoon unsweetened cocoa powder
- 1/4 teaspoon powdered stevia, or 6-9 drops liquid stevia
- 1 cup low-fat milk
- Add-ins like orange peel and ground cloves, ground cardamom and vanilla, or chili powder and cinnamon (optional)

### Directions:

- 1.) Combine cocoa powder and sugar in a mug and swirl in warmed milk. Add in one of the flavor additions, if desired



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Lauren Antkowiak



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