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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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THE BILLS PLAYOFF PATH

BY: STEVEN VULPIS

At the time of writing this article The Buffalo Bills have a 9-3 record, putting them in the 5th seed in the AFC Playoffs. With four games left in the season there is still time for the Bills to improve their playoff position. However, the last four games of the season will be the toughest stretch the Bills have faced all season as they will play three of the other five teams that currently hold playoff positions in the AFC. Even though there is not much time left in the season there are still many playoff scenarios that could occur.

With the Bills going through their toughest stretch of games so far this year it is also possible they will drop in the playoff standings, or potentially drop out of the playoffs altogether. If the Bills win at least two of their remaining four games including a victory against the Pittsburgh Steelers, they should solidify their spot as the 5th seed. But, if the Bills lose three of their next four games, including the game against the Steelers it is possible that the Bills will enter the playoffs as the 6th and last seed, which would put them on the most difficult path to potentially reaching the Super Bowl. In a Doomsday scenario where the Bills lose all of their remaining four games it would be highly likely that they would not make the playoffs at all.

The next scenario is the Bills win all of their last four games, beating the Ravens, Steelers, Patriots and Jets.

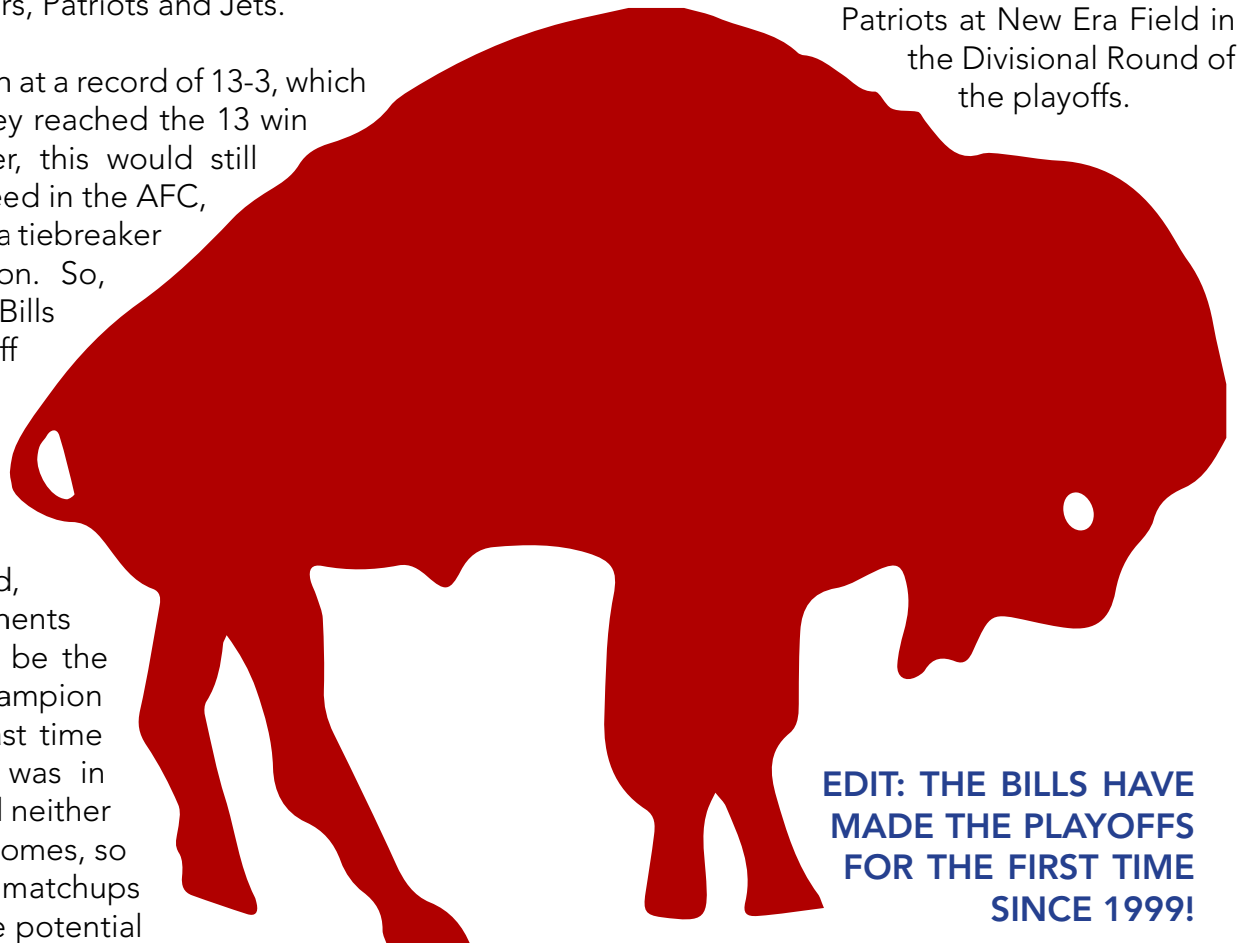
This would end their season at a record of 13-3, which would be the first time they reached the 13 win mark since 1991. However, this would still leave the Bills as the 5th seed in the AFC, due to the Patriots holding a tiebreaker over them for the division. So, in order for the Buffalo Bills to secure a home playoff game at New Era Field, they would need to have a better overall record than the New England Patriots. If the Bills enter the playoffs as the 5th seed, there are three likely opponents they will face. First would be the potential AFC West Champion Kansas City Chiefs. The last time these two teams played was in 2017, a game that featured neither Josh Allen nor Patrick Mahomes, so we are not able to use past matchups to see who would have the potential

Let's go
BUFFALO

edge in this game. The other team the Bills may play would be the winner of the AFC South, which seems to be coming down to a battle between the Houston Texans and Tennessee Titans. The Bills lost their most recent matchup against the Texans last season 20-13. This year they beat the Titans 14-7, however that was before the Titans changed starting quarterbacks. Currently, the Titans have won 5 out of their last 6 games.

The most likely scenario for the Bills to win the AFC East would be for them to win all four games, and the Patriots lose against the Chiefs. If this were to happen not only would the Bills win the AFC East, they would be the 1st seed in the AFC and secure a first round bye and home field advantage throughout the playoffs. Additionally, in this scenario it is possible that the Bills

would host the New England Patriots at New Era Field in the Divisional Round of the playoffs.



**EDIT: THE BILLS HAVE
MADE THE PLAYOFFS
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Not Just the January Blues

By: Lucy Connery, Health Promotion Specialist, The Wellness Institute of Greater Buffalo

January marks the end of the holiday season, the beginning of a new year, and is often thought to be a fresh start for a better year and personal growth. However, for many people this time of year is the hardest of all. The holidays can bring stress, emotional distress, and unhealthy coping mechanisms like consuming large amounts of unhealthy foods, drinking more alcoholic beverages than usual, staying inside to avoid the cold weather, etc. The National Institute of Mental Health has documented that these behaviors could be indicative of Seasonal Affective Disorder (SAD). This condition is characterized by feelings of depression, anxiety, and loneliness/isolation at the same time of year – spikes in SAD often occur in the winter time.

Seasonal Affective Disorder can also be a response to: memories of losing a loved one, an emotional holiday season, weight fluctuation, and even changes in the weather. Not sure if you experience SAD? Symptoms include having low energy/problems sleeping, difficulty concentrating, feeling sluggish/agitated, changes in appetite, and feelings of hopelessness, worthlessness, or guilt.

SAD is very common, affecting millions of individuals a year. Prevention includes regular physical activity, spending time outdoors, and eating a balanced, nutritional diet. If you already experience SAD, these methods also serve as a form of treatment. Other treatments for SAD may include light therapy, medications, and psychotherapy. Accepting and recognizing mental health is not always easy or comfortable, but it is not anything to be ashamed of. If you or a loved one is struggling, seek help locally or nationally:

Mental Health Advocates of WNY at (716) 886-1242 or <https://mhawny.org/>
Erie County Warm (non-crisis) Line at 1-844-749-3848
Substance Use & Mental Health (SAMHSA) Helpline at 1-800-662-4357



Sources:

National Institute of Mental Health. (2016). Seasonal affective disorder. Mental Health Information. Retrieved from: <https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml>

S.A.D.
Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons

Signs and symptoms of SAD may include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having frequent thoughts of death or suicide

Winter on-set SAD symptoms:

- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy

SAVE MONEY AND THE ENVIRONMENT!

By: Cat Crawford



In an ideal world, we would all like to contribute to lessening the effect of living on this planet, but the reality is that doing what is better for the planet often costs more than the alternative. Here are some small changes that you can do to be friendlier to our planet, while simultaneously being friendly to your wallet!

1. Buy a water bottle.

If you don't already carry around a water bottle with you wherever you go, what are you doing? Invest in a durable, good quality water bottle (preferably not made out of plastic). Carrying your water bottle with you wherever you go and staying hydrated is extremely fashionable these days, while the amounts of plastic one-use bottles in your bedroom? Is not.

2. Stop shopping fast fashion.

Something that will always be in fashion is your essence of personal style. Find your next wardrobe staples in thrift stores or secondhand consignment shops instead of the mall this year. Shopping fast fashion is not only terrible for the planet due to the amount of toxic waste fumes released freely into the environment; not to mention the amount of water used to create said clothes, but also extremely unfair to workers in third world countries who are paid margins below minimum wage for every garment they produce.

The fast fashion cycle further hurts the environment by using less than quality fabrics designed to be thrown out after each season. Though ethical non-fast fashion brands exist, they are typically more expensive than the alternative. Thrift stores allow you to shop guilt free and find finds no one else has.

3. Walking / biking / public transporting to work more.

If you drive to work on a daily basis, consider walking or biking if your work is nearby, or taking public transport every now and then. Not only friendly to the environment and your wallet, it's also great for your health! If most of your day consists of sitting at a desk, this could be a good way to get your daily cardio in, with-out having to shell out money for a gym membership!

4. Buying zero waste produce.

Zero-waste grocery stores are on the rise, boding well for the environment because it cuts down on the vast amount of plastic most foods are packaged in. These grocery stores operate on charging people with how much their groceries weigh after being put into containers and jars that people bring from home.

5. Consider going vegan (don't knock it til you try it!)

If you're scoffing at this and can't possibly fathom the idea of cutting meat out of your life permanently, consider substituting several meals a month with plant-based ones! Instead of getting the steak for dinner, consider getting that new plant-based burger. The existence of newer technology has helped companies develop plant-based burgers that more closely mimic the taste and texture of real beef (goodbye awful mushroom burger patties!)

Though it would be great if people could do their best to help out, don't feel guilty for sipping your favorite Starbucks drink through a plastic straw or wanting to drive to work in your own car! These little things help, but the bulk of the responsibility falls upon those whose power affect our planet more; large businesses and corporations, the government's public servants, and the world's billionaires, of which many are sole proprietors of the businesses that continue to pollute the environment with no repercussions whatsoever. We should all be doing the best we can to preserve our beautiful planet; including those who are mostly responsible.

You've probably heard the saying, "Everybody talks about the weather, but nobody does anything about it." While we can't do anything about the weather, we can do something about frostbite, a dangerous condition caused by exposure to cold temperatures. Frostbite can cause long-term damage, ranging from frostbite-related arthritis to the amputation of areas affected by frostbite.

Sometimes it's easy to forget to protect ourselves from the ravages of cold weather. We may be in a rush and forget to bring our gloves or even go out without a warm coat. In other cases, the weather can change quickly, going from moderate to extreme temperatures. It doesn't take much exposure to the cold before frostbite occurs, especially when there are high winds.

Preventing Frostbite

1. Limit your exposure to the cold. Naturally, the best thing to do is to limit your exposure to extreme cold, but that is not always an option. The weather can change quickly so it's best to be prepared for extremes. It's better to go out with adequate weather gear and find you don't need it than to go out without it and need it later.
2. Layer yourself. One of your best defenses against the cold is to layer yourself in warm clothing and the right combination of materials. Don't wear clothing that is tight as it restricts blood flow which in turn can increase the chance of frostbite. The Children's Hospital of Pittsburgh recommends the following method for layering yourself:
 - Layer 1 – wear clothes that will keep moisture away from the skin. Thermal underwear, moisture-reducing winter sportswear, cotton socks and mitten and glove liners are good items to use. The first layer, like the other layers, should not be so tight that circulation is impeded.
 - Layer 2 – wear loose clothing that is intended to resist dampness and maintain body temperature. Heavy pants, sweaters and sweatshirts are good items for layer two.
 - Layer 3 – wear tightly woven moisture-resistant outerwear. Moisture-resistant coats and jackets, hats, scarves, gloves and mittens and boots are good third layer items.Another benefit of layering yourself is that you can remove layers as necessary. If the weather improves you can remove a layer.
3. Drink plenty of fluids but avoid alcohol and limit caffeine intake before going outside.
4. Carry emergency supplies in your motor vehicle such as extra clothing, handwarmers, and blankets. Chemical handwarmers can be helpful in emergency situations but be sure to follow the instructions carefully.
5. Let people know when you are going out and carry your phone with you.
6. Keep moving. Keep your blood circulating, but don't tire yourself out.
7. Look for signs of frostbite (see below).

Signs of Frostbite

According to WebMD, watch out for the following signs that could mean frostbite: Exposed skin that starts to look red. It might throb, prickle, burn, or sting. These are usually the first signs. As well as areas that look yellowish-gray or white, waxy, or feel too firm, lack of feeling in a part of your body that's exposed to cold.

Conditions that Can Worsen Your Chance of Frostbite

According to the Mayo Clinic, certain things can increase the likelihood of frostbite, such as medical conditions that affect your ability to feel or respond to cold, such as dehydration, excessive sweating, exhaustion, diabetes and poor blood flow in your limbs, alcohol or drug abuse, smoking, fear, panic or mental illness, if it inhibits good judgment or hampers your ability to respond to cold or previous frostbite or cold injury. Infants or older adults, both of whom may have a harder time producing and retaining body heat are at higher risk as well. If you are at a high altitude, which reduces the oxygen supply to your skin this also increases your chance of frostbite.

Treating Frostbite

Frostbite can have serious consequences so if you believe you or a loved one has suffered frostbite, contact a medical professional immediately. While you are waiting, you can remove cold and/or wet clothing, dress the person in loose clothing that is warm and dry. However, you'll want to avoid rubbing or bumping the frostbitten areas or pop any blisters the frostbite has caused. Also do not apply direct heat to the area by using electric blankets or hair dryers.

If you live in a cold weather climate or plan on visiting one, it is essential that you know these fundamentals. You can find more detailed information on preventing frostbite at the following sites:

The Mayo Clinic <https://www.mayoclinic.org/diseases-conditions/frostbite/symptoms-causes/syc-20372656>

Wilderness Medical Society: [https://www.wemjournal.org/article/S1080-6032\(14\)00280-4/fulltext#s0015](https://www.wemjournal.org/article/S1080-6032(14)00280-4/fulltext#s0015)

WebMD: <https://www.webmd.com/first-aid/understanding-frostbite-prevention##1>

FROSTBITE

Frostbite is the freezing of skin and extremities on the body. The nose, cheeks, ears, fingers, and toes are most commonly affected. Everyone is susceptible, even people native to Buffalo who are used to the cold.

Symptoms

There are two types of frostbite called superficial and deep. In superficial frostbite there is burning, numbness and tingling in the affected areas. The regions appear discolored and cold to touch. In deep frostbite there is an initial decrease of sensation that becomes completely lost over time. Blood filled yellow like blisters over the skin turn purplish blue as it rewarms. The area is hard, has no resistance when pressed on and may even appear blackened

Treatment

First, get the person to a warm place - a building, shelter or vehicle, as soon as possible and then seek immediate medical care. Second, softly handle or warm the area gently by slowly soaking the affected area in luke warm water (100-105 degrees F) until it appears red and feels warm. Lastly loosely bandage the area with dry, sterile dressings, avoid breaking any blisters and do not allow the affected area to refreeze.

Prevention

- Limit time you're outdoors in cold, wet or windy weather.
- Dress in several layers of loose, warm clothing.
- Eat well-balanced meals and stay hydrated
- Keep moving to keep your blood flowing.
- Seek Shelter if you notice any signs of Frostbite.

DUAL HEALTH PLANS FROM UNITED HEALTH

Sponsored Ad from United Health Care

Dual health plans: Designed to make life easier.

It's not easy for the average person to find their way through the health care system. But it's much more difficult for those who are elderly or have complex health conditions. And for those who also rely on government-assisted health care like Medicare or Medicaid, it's even harder. What plan covers what, which bills are which — it can get very confusing.

Dual health plans are designed to help make life easier for those who have both Medicaid and Medicare. These people are known as "dual-eligible" because they're eligible to have Medicaid and Medicare at the same time. Dual plans are also known as dual special needs plans or DSNP for short. These names all mean the same thing.

More coverage than either Medicaid or Medicare alone.

Dual plans are for people who could use some extra help. That may be because of income, disabilities, age and/or health conditions. Dual plans are a type of Medicare Advantage plan. They work together with state Medicaid plans. With a dual plan, members keep the same Medicaid benefits they get today.

Dual plans must provide the same coverage as Original Medicare.

Original Medicare covers hospital stays and doctor visits. But most dual plans also include extra benefits and features. Things like dental, vision and hearing coverage, and much more. As a result, a dual plan can help members cover more of their care and costs. Members may also enjoy more choice and flexibility when it comes to doctors, hospitals and prescription drugs.

The leading dual plan in America¹

Dual special needs plans are offered by private insurance companies. That includes UnitedHealthcare, which calls its dual plan UnitedHealthcare Dual Complete®. This is the most popular plan of its kind in America.¹ UnitedHealthcare has been serving people with special health care needs for more than 40 years. Today, UnitedHealthcare serves more dual-eligible members in more states than any other health care company.¹ And that includes here in New York State.²

Extra benefits at no extra cost.

With UnitedHealthcare Dual Complete, New Yorkers can enjoy many extra benefits and features for a \$0 plan premium. In fact, according to current members, the top five benefits are:

1. \$1,200 in credits to buy health products with their OTC Network card.
2. Dental care with \$1,000 for dentures, root canals and other dental work.
3. Hearing coverage with a yearly exam and \$1,100 credit every two years for hearing devices.
4. Vision coverage with a yearly exam and \$300 credit every two years for eyewear.

The added benefit of care coordination.

Care coordination is another big benefit that members get with UnitedHealthcare Dual Complete. Each member is assigned a personal care coordinator. This is someone who gets to know the member and works with them, their family, caregivers and doctors to help coordinate care.

A personal care coordinator helps each member with their individual health challenges. They make sure the member understands their Medicaid and Medicare benefits. They help manage all their doctors, specialists and care services. And they make sure members get all the services they qualify for.

Growing popularity.

Given how much simpler dual plans can make life for members, it's not surprising that they're becoming more and more popular. Indeed, UnitedHealthcare is seeing big increases in its Dual Complete plans across the country and also in New York state. In Erie County alone, the company's dual plan enrollment has grown more than four times since 2016 to nearly 4,700 members today. The company also reports rapid growth in Chautauqua, Genesee, Orleans and Wyoming counties, where UnitedHealthcare has only offered dual plans for the last two years.

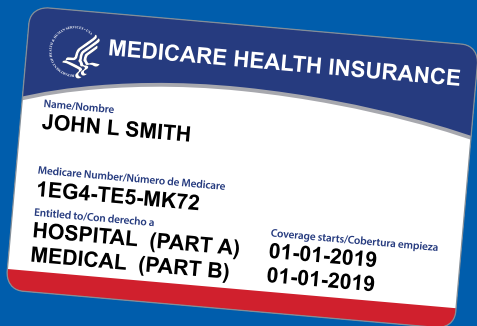
According to the Centers for Medicare & Medicaid Services (CMS), there are about 12 million Americans who are dually eligible for Medicare and Medicaid.³ But only a fraction of these people are currently enrolled in a dual plan. The main reason is that many people who are eligible to get a dual health plan may not know that they exist.

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MEDIA CORNER



Review of the Netflix Original Movie: **THE IRISHMAN** R | 3.5 HRS

BY WEBSTER TILTON ★★★★★

The problem with reviewing a really good movie is that sometimes there isn't much to say. Honestly, what did anyone expect?

Martin Scorsese put Al Pacino, Robert De Niro, Joe Pesci, Harvey Keitel, Anna Paquin, and Ray Romano in a gangster movie together and then Netflix gave him total control to make it however he wanted. Some statements aren't so much accurate as they are definitions: Circles are round, day follows night, The Irishman is a superb movie.

Al Pacino has been my favorite actor ever since I saw the movie Heat back in 1995. Like The Irishman, Heat was a contemplative movie (which also starred De Niro). It took the time to show its characters thinking through their actions and deliberating on the consequences. They felt like real people struggling against inevitable changes to the world they thought they knew; decisive, intelligent, self-destructive men who learned long ago that they couldn't fight their basic natures, waiting for an outcome they know they can't change; and only admitting at the very end that they never intended to try.

The basic details of the rise and fall of Jimmy Hoffa are well known, but the movie assumes the audience knows nothing and supplies all of this information. Which is fine, because this film has the luxury of taking its time. It clocks in at three and a half hours, contains zero filler, and never drags or bogs down.

By the time Hoffa (Pacino) enters the film, he's already the president of the Teamsters union. His first appearance, and Pacino's first scene, doesn't even have the two actors in the same room together, but it's amazing. A simple phone call layered with subtext has more dynamism between two actors than you'll see in almost any other film. The obvious point of comparison, and only other example I can think of involving a scene of dialogue that good, is the famous Restaurant Scene between Pacino and De Niro in the movie Heat.

And every scene is like that. The acting is so good at every moment that you could be forgiven for not noticing the rest of the movie. Even the minor parts are cast with the finest actors doing their best work, and even the least important scenes are fully executed with intense attention to period detail. Movies

that are heavy on dialogue also need good sound editing, and this movie has the best.

That being said, I did have one problem with the movie. The first act takes place in the mid-1950s when De Niro's character Frank Sheeran and Pesci's character Russell Buffalino are supposed to be 35 and 50 years old respectively. They managed to make De Niro look about 50, but Pesci looks his real age of 76. As the film moves into later and later time periods, their actual ages clash less and less with what we're being asked to believe, but during those first few scenes it's pretty jarring. I thought they should have used younger actors for that first segment of the movie.

But that is literally my only complaint. The rest of the movie is perfect, and you should watch it at your first opportunity. De Niro carries the film wonderfully, and his co stars Pacino and Pesci are the best they've ever been. The grand old men of American acting, going out for one last ride together. We're lucky to have been around to see it.



SUNSPIN MEDIA EMPLOYEE SPOTLIGHT



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BRITTANY MAXWELL
MARKETING DIRECTOR

Brittany has been working hard with SunSpin for over 4 years. She specializes in social media marketing making the presence of many local small business be recognized all around Buffalo including Your Health, Wealth and Happiness a local magazine free publication.

In her free time, you can find her socializing with friends in a local coffee house and catching up on a delightful book while listening to classic 90s music. Her favorite thing at SunSpin Media is being able to decorate her office windows, which she refers to as the fishbowl, and her coworkers who have all great personalities and make office feel more like a home than work.



KATY SIWIRSKI
ASSOCIATE CREATIVE DIRECTOR
OF DESIGN & PRINT

Katy has been with SunSpin Media since February 2017. She was an intern in the Fall 2016 semester before getting hired on permanently. She received her Bachelor of Fine Arts Degree in Graphic Design from Buffalo State College in December 2016. She also received her Associate of Applied Science Degree in Graphic Design from Bryant & Stratton College in December 2012. It's hard to say how an average day goes for her, because there are always new clients and jobs coming in. Client jobs vary from booklets and concert posters, to invitations and social media content. Her favorite part of SunSpin Media is her co-workers. "We're a small company, so we have to work closely with each other every day. It gives you a chance to get to know one another of a whole new level."

Katy loves cats, rock and metal music, and her niece. You'll find her around the office showing off adorable pictures of her family's pets, and her niece, Chloe. But most importantly, you'll see her hard at work getting your creative media designed and printed. Get in touch with Katy today to move forward with your creative needs!

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BUFFALO CONCERTS: JANUARY

BY KATY SIWIRSKI

January 3
Strictly Hip
Tralf Music Hall

January 4
Emo Night
Mohawk Place

January 6
The Dead South
Babeville

January 17
Glorious Sons
Town Ballroom

January 18
The Neotheater
World Tour: AJR
Shea's Buffalo

January 20
Motionless in White
Rapids Theater

January 21
G. Love and Special Sauce
Tralf Music Hall

January 23
96 Bitter Beings
Mohawk Place

January 24
Atmosphere
Town Ballroom

January 28
Trampled By Turtles
Tralf Music Hall

January 31
The Music of The Eagles
Kleinhans Music Hall

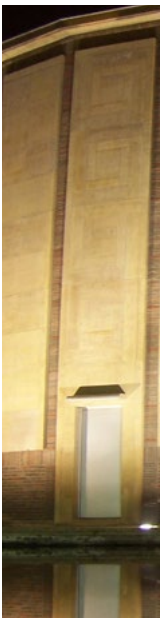


Buffalo Philharmonic Orchestra performs.

The frigid Buffalo winter may be in full swing, but the concerts are still hot, hot, hot! The most wonderful time of the year may have just passed, and funds may be tight, but it is important to take a break away from reality every now and again. Check out this list of shows coming to Buffalo and its surrounding areas this month.

A popular indoor venue in Downtown Buffalo is the Town Ballroom. On either (or both) January 17 and 18, you can view a performance from The Glorious Sons! The Glorious Sons are a Canadian rock band, originating from Kingston, Ontario. These talented folks have one EP and three full-length albums available for listening on various platforms. Their first album, *Shapeless Art*, released independently in 2013 as a five-piece band. Their hit single on the album entitled "Mama" reached #6 on the Canadian rock radio charts. They also re-released their EP single "White Noise" on this album, which reached #2 on the Canadian rock radio charts. 2014 came along, and the band's success continued to grow. Their debut full-length album *The Union* was produced and released in June 2014. This album included remixed versions of their two hits from the previous record, as well as their hit singles entitled "Heavy" and "Lightning." Overall, the album reached #3 on the Canadian rock radio charts. The popularity sure didn't stop there. Their 2017 song "Everything Is Alright" reached #1 on the Canadian Alternative rock radio charts. Unfortunately, tickets for this show are sold out. You can find some heavily increased third-party tickets available throughout the internet. Please proceed at your own risk if you choose to purchase through a third-party source. If you were about to get tickets for this show, it will be one to enjoy!

A re-scheduled show for an alternative/electric pop band will be hitting the stage at Shea's Performing Arts Center on Saturday, January 18. AJR is a set of compositions by brothers Adam, Jack, and Ryan Met, hence the name AJR. These gentlemen got their career started in the living room of their Manhattan, NY apartment, beginning with covers. They transitioned into a sound that is heavily influenced by such popular artists as the Beach Boys, Vampire Weekend, Imagine Dragons, Macklemore, and Twenty One Pilots. The band released their debut EP in December 2013. By 2014, the band was named iHeartRadio's "Artist of the Month" for the Top 40 January chart. Their EP, later re-named "I'm Ready," now has over 29 million views on YouTube. Their fame hasn't stopped there, though! Their third EP has, according to Spotify, their most popular song, entitled "Weak." This song has over 400 million listens, as well as 54 million views for their official music video on YouTube. Long story short, this is a show that you won't want to miss. Since this is a re-scheduled show from November, Ticketmaster does not have anymore tickets listed. However, third-party options for tickets are available at rather fair prices. As a reminder, please proceed at your own risk if you choose to purchase tickets through a third-party source. As one of their hit songs says, "Dear winter, I hope you like this song," as well as the overall astounding performance!



On January 31, the Buffalo Philharmonic Orchestra will be putting on a beautiful performance entitled, *The Music of the Eagles*. For those unfamiliar, The Eagles are an American Classic Rock band that formed in Los Angeles in 1971. This talented group of gentlemen is considered one of the most successful music groups of the 1970s, producing five number-one singles, six number-one albums, six Grammy Awards, and five American Music Awards. Needless to say, you'll find people of many generations jamming out to their hits. I'd hate to be clique, but I'm a sucker for Hotel California. The song opens with a smooth acoustic riff, ultimately transitioning into a driven soft rock track with the help of percussions. The song transitions into a catchy jam, backed by their legendary vocalist Glenn Frey. Several other favorite include, but are not limited to, "Take It Easy," "Life In the Fast Lane," "One of These Nights," and "New Kid in Town." There have been a few line-up changes throughout the years, but the major member difference, or should I say depletion, is the death of vocalist and guitarist Glenn Frey in the beginning of 2016. Despite his passing the band is still continuing to tour and live on the legacy that is, The Eagles. Following a performance on their Hotel California album a few months ago, the band announced the *Hotel California 2020 Tour* that is set to take place in six cities between February 7 and April 24. Various tour dates can be viewed on the Rolling Stones website. Although the real band is not reaching Buffalo, I would say the next best thing would be to attend this beautiful rendition of the band, as performed by the Buffalo Philharmonic Orchestra. Tickets are available on the official BPO website, and are ranging from \$39 to \$75. This is one you won't want to miss!

Don't let the frigid winter cold hold you back from enjoying the steamy concerts inside warm venues. There are still plenty of shows that you can go see this month! If you see any upcoming shows that you would like us to mention, please write to us at submit@yourhwh.com.



Kleinans Music Hall at night.

SETTING THOSE 2020 GOALS

..... AND KEEPING THEM

1. WRITE THEM ALL DOWN

Visualizing your goals will help you keep it in the forefront. Put your reminders in a place you see every day.

2. BREAK DOWN LARGER GOALS INTO SMALLER ONES

Larger goals can be overwhelming. Break that larger goal into small ones. You will reach the larger goal in no time!

3. BE REALISTIC!

Do not reach too high all at once. If you set too high a goal and do not reach it, you are more likely to give up. Think small.

4. CELEBRATE VICTORIES!

Let yourself feel proud and celebrate when you achieve even the smallest of goals. This will make it more likely to keep going.

5. GIVE YOURSELF TIME, BUT NOT TOO MUCH OF IT

Set time limits for each goal, but do not give yourself too much of it. If you give yourself too much space to achieve goals you may become too relaxed and stop efforts to keep at it.



DECEMBER'S CROSSWORD SOLUTION

STRESS RELEASE

THINGS THAT HELP



CONTINUED FROM PAGE 10

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Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare.

^{1,2} Based on State/national market share, as of 2018.

³ <https://go.cms.gov/2LiMbuS>

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IT'S A NEW YEAR!

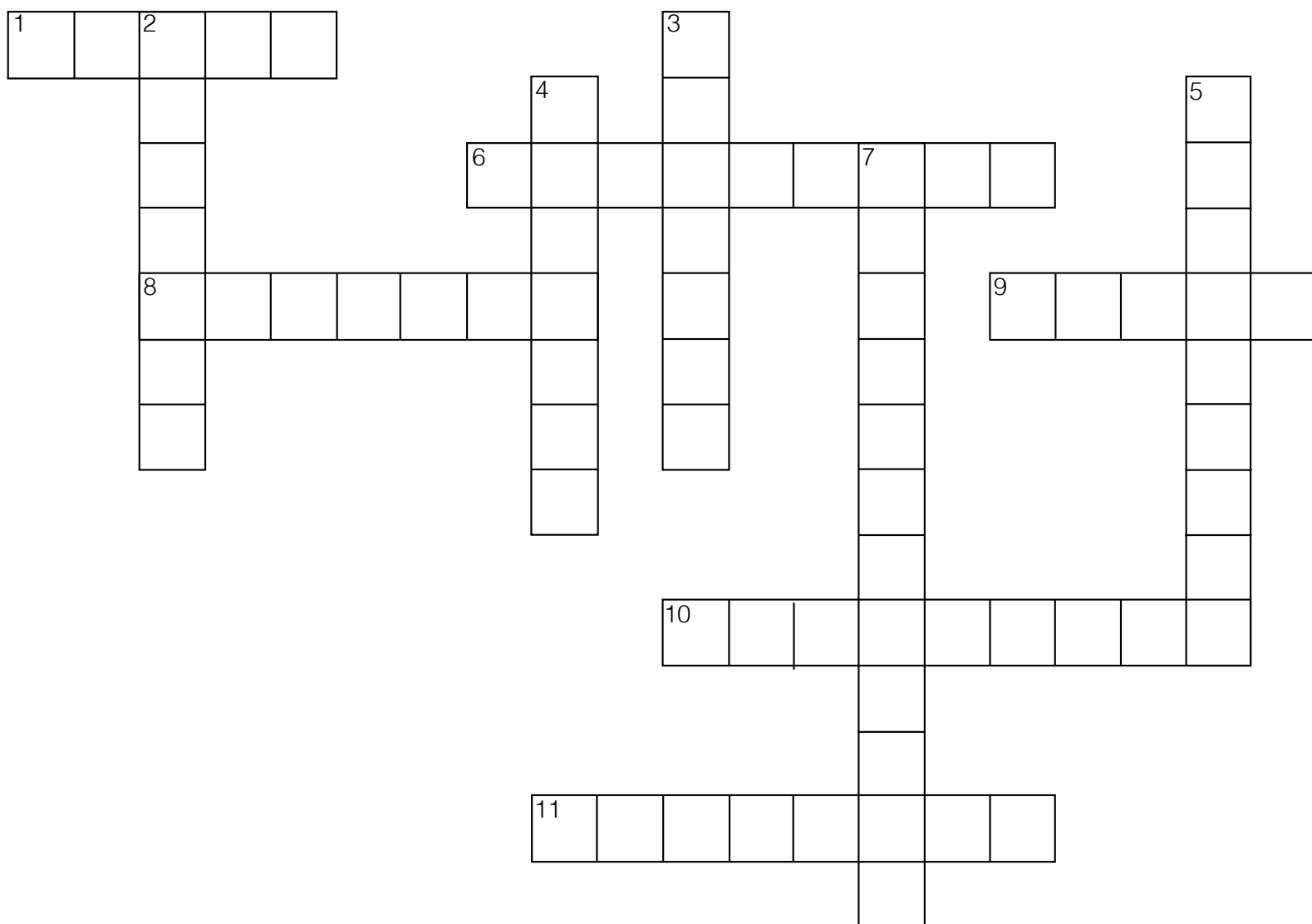
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RESOLUTION
HAPPINESS
OPTIMISTIC
FOCUS
DETERMINED
JOY

RENEWAL
CHANGE
INSPIRED
CELEBRATE
INTENTION
VOW
HOPEFUL

MEMORIES
WISHFUL
GOALS
STRIVE
MEANING
GROW

January Crossword: Vaccine Preventable



ACROSS

1. Painful, swollen Glands
6. The Formal name of Hep
8. The "R" MMR
9. Paralysis causing illness defeated by Jonas Salk
10. The formal name of the flu
11. _____ Cough

DOWN

2. Tropical disease spread by mosquitos
3. Red itchy rash, highly contagious
4. Lives on rusty metal
5. The chickenpox virus
7. Usually called TB

[EVENTS]

JANUARY

January 11th

BUFFALO ON TAP BEER FESTIVAL

Bundle up and visit Larkin Square for family fun all day long! Kids games, alpacas, local vendors, food trucks and more will fill the heated, covered boardwalk from 11am – 3pm. Free admission thanks to KeyBank and Independent Health.

January 18th

SAUSAGE FEST 2020

An evening filled with music, games, beer, spirits, cider, wine, non-alcoholic craft soda's, hot cocoa and more. Food & Drink will be available for purchase all evening, food items will include a variety of Sausages! FREE entry to attendees. Registration required for competitors of the Homade Sausage Competition. Categories include "Best in Show" & "Best Sausage." The event is located at Rusty Nickel Brewing Co. from 1 PM - 11:30 PM.

January 23rd, 24th, 25th, 26th

DISNEY ON ICE

Your favorite Disney stories come to life at Disney On Ice presents Celebrate Memories! Sail along with Moana on her high-seas adventure and dance with Woody, Buzz and all the Toy Story friends. Feel inspired when love wins in Frozen and dreams come true for the Disney Princesses. Share the excitement and make new memories the whole family will treasure forever! This family event is held at key bank center and tickets can be found on their website ketbankcenter.com.

January 25th

BUFFALO WINE AND CHOCOLATE FESTIVAL

Wineries and wine enthusiasts from across the region will gather in January 2020 for an unlimited sampling of dozens of fabulous wines and distilled products of all styles and tastes. Then, buy bottles of your favorites, all for great prices!! . Everyone gets a free commemorative wine glass. You can also enjoy a fabulous selection of tasty nibbles and treats, chocolates, cheeses and sweets. Take a stroll through the Candy Bar. Then get some serious shopping done. Browse through fantastic mini boutiques featuring purses, jewelry, clothing and more. Event is from 1 PM - 8 PM at Buffalo Grand Hotel & Event Center. Tickets \$10-\$30 on eventbrite.com.

LARKINVILLE ICE FESTIVAL

Bundle up and visit Larkin Square for family fun all day long! Kids games, alpacas, local vendors, food trucks and more will fill the heated, covered boardwalk from 11am – 3pm. Free admission thanks to KeyBank and Independent Health.

Recipe Corner

OVEN ROASTED VEGGIES

You can use any vegetables and seasonings you like for this recipe, some yummy combinations include:

Root vegetables with ginger, cinnamon, & nutmeg

Brussels sprouts with salt, pepper, and garlic, after roasting you can toss them in some balsamic vinegar and pop them back in the oven for a few minutes to caramelize

Broccoli & cauliflower with garlic & pepper, or curry powder

The best thing is that the basic recipe is the same, no matter what veggies and flavors you're using!

- 1** | Preheat oven to 400°F, line a large sheet pan with foil or parchment paper for easier clean up.
- 2** | Chop vegetables into pieces that are approximately 1" - 2" thick.
- 3** | Place veggies and spices in a large bowl, add 2-3 tablespoons of your oil of choice and toss well to coat evenly. If more oil is needed, add 1 teaspoon at a time to avoid oversaturation.
- 4** | Spread in an even layer on lined baking sheet, and bake for 20-45 minutes until tender, turning halfway through. Approximate cook times below, but may vary, so be sure to check for softness & color.

Asparagus • 20 min - Bell Peppers • 20 min
Broccoli • 25 min - Zucchini • 20 minutes
Brussels Sprouts (halved) • 25 min
Butternut Squash • 30 min - Cauliflower • 25 minutes
Cabbage (1 in slices) • 30 min - Onions • 35 minutes
Carrots (1in chunks or baby carrots)• 30 minutes
Corn (cobs left whole with husks) • 40 minutes
Green Beans • 20 minutes - Sweet Potatoes • 30 minutes
Kale • 15 minutes - Yellow Squash • 20 minutes
Potatoes (russet, red, yukon) • 45 minutes
Tomatoes (grape or cherry) • 15 minutes

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