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New Methods
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Super Bowl Commercials

An Overview on “The
Advertising Championship”

Meditation Tips

Reprogramming Your
Subconscious Mind



February 2022

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4011 Bailey Avenue
Amherst, NY 14226
(716) 362-7849

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Staff and Contributors

Staff Writers

Webster Tilton
Aaron Clift
Jordon Stockwell
Katy Siwinski
Caitlyn Conibear
Faizan Haq
Dr. Riffat Sadiq

Editor-in-Chief Managing Editor Graphic Design Publishing Copy Editors

Faizan Haq
Caitlyn Conibear
SunSpin Media
SunSpin Media
Elizabeth Hatcher
Katy Siwinski

Contributors

Lana Shapiro
Sydney Haen
Isaiah Kennedy
Prodda Murphy
Dee Barczak
Brody Walsh
Alex Ferrel

Advisory Board

Joe Cirillo, *Director of Public Relations and Communications, ECMC*
Dr. Riffat Sadiq, MD,
President & CEO of WNY Medical
Dr. Joe Serghany, MD,
Western New York MRI
John M. Hatcher, CEO
JMH Advisement, LLC
Elizabeth Hatcher
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4011 Bailey Avenue 716-362-7849
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Our Mission

Your Health, Wealth, Happiness and Spirit explores the power of overall wellness. We look to push past the boundaries of physical health and explore the aspects of mental health, financial health, and health of the spirit. Our goal is to bring you information and guidance that you can use to live a happy, healthy, and spirited life. We find tips for the short term as well as more expansive information for the long term.

With the ever-expanding technology, knowledge, and evolution of the health field, there is a growing supply of data to take from. With HWHS we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

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Black History Month

By: Prodda Murphy



Black History Month brings awareness to all the contributions that African Americans have made in the past into the present. It shapes and builds the structure, arts, and economy of our country. It serves as a great learning tool, not just for young blacks but for all blacks and races.

Especially, that we have always been contributors positively and progressively to society in the United States of America.

The month of February reminds me of all the black inventors, scientists, engineers, doctors, and many other fields who have made their mark in American history through their hard works and achievements. This gives me the incentive to always do my best because if they were achievers, I can be one also. I am also reminded, that some of the same issues blacks were subjected to years ago, we still have today. When I think about all the great things blacks as a people have contributed to the advancement of the American culture and quality of life, it makes me proud to be black. To me, the celebration of my African American people's contributions and achievements in our country helps to dispel the

stereotype some other groups have that black people are inferior, lazy, and violent by nature. It means so much to me to know that black people have played a key and central role in the building of the United States of America. Whenever I read and watch television shows about the bias, discrimination, and unlawful killings of black people that have endured for over four hundred years, and yet they are still thriving it makes me stronger mentally. If my black predecessor people suffered injustices and refused to give up on themselves and what they believed in, then neither shall I.

Celebrating Black History Month means recognizing and educating people from all walks of life on the accomplishments and achievements black people have made to our society. Knowing what my black people have done in the past and are still doing in the present makes me more determined to stand my ground regardless of any discrimination I may encounter in my lifetime. I had some great role models who paved the way for me. Black History Month is a reminder to me to never give up on reaching my full potential in life. Despite the roadblocks life may put in my path by negative thinking narrow-minded persons. I learn from those who came before me that I define who am I will fight peacefully to succeed.

Super Bowl: “The Advertising Championship”

By: Caitlyn Conibear



Source: Athlon Sports

It is no question that the Super Bowl is one of the few times a year that viewers actually want to watch commercials. And if you are anything like me then you can't wait to see what brands came up with for their ads this year. From the Budweiser Clydesdales to “Got Milk?”, commercials during the game have become an event themselves. While brands continue to fight for bragging rights for the best ad of the game, let's look into the history behind these ads and why this one night of the year has become “The Advertising Championship”.

Although the first Super Bowl game was aired back in 1967 and there were many ads aired including Coca Cola's 1972 “Hilltop” ad, the commercials did not start to become prime TV real estate until Apple's “1984” commercial. Rich Silverstein and Jeff Goodby, co-founders of Goodby, Silverstein & Partners, said that this ad set the stage for a new era of show-stopping ads and paved the way for the advertising showcase we see today. Silverstein and Goodby have been behind many Super Bowl commercials including E*trade, Budweiser, and Pepsi.

By the 1990s a creative era kicked off and brands were taking all the risks to keep viewers entertained for those 30 seconds. Then by the late 2000s and early 2010s, many advertising campaigns became more serious. Silverstein and Goodby explain that in today's climate it is important for brands to be funny but in an intelligent way. In the past, it was easy to plan a Super Bowl ad four to six months in advance but now with things changing overnight, it can be challenging to nail the message. Many advertisers are focusing on topics like immigration, gender inequality, and other social issues. The Super Bowl is a time to not focus on selling hard, but instead make a simple point of entertaining the client, says

Goodby. So by finding that sweet spot between what the brand stands for and what is culturally relevant, brands can be sure they will have a top-ranking ad.

Now 30 seconds might seem quick, but for the companies paying for them, it is the longest 30 seconds of the year. Super Bowl ads do not come cheap and it seems despite the steady decline in viewership in the past few years, their costs are continuing to rise. When the first game aired back in 1967 a 30-second spot cost \$42,000. By the 1980s, Apple's blockbuster “1984” ad cost about \$525,000 and was well worth the additional investment of \$370,000 to produce it as it continues to rank as one of the most famous ads in Super Bowl history. In 2011 NBC, CBS, and Fox each paid \$1 billion for the game's broadcasting rights and have been switching off year to year, this year being NBC. The Comcast-owned media conglomerate is selling 30-second spots for a price tag of \$6 million. This new high watermark is a 9.1% increase over the \$5.5 million CBS sold ad spots for just last year. This year NBC is also telling potential sponsors that they may have to buy an equal ad spot in the 2022 Beijing Winter Olympics, scheduled to take place this month as well, if they want a guaranteed slot during the first quarter of the game.

It may be crazy for a company to spend most of its annual budget on a measly 30-second commercial but studies show that the economics work. A study done at the University of Stanford revealed that after a Super Bowl, Budweiser's sales showed a boost of almost twice the cost of the commercials themselves. Silverstein explains that “you cannot ignore the Super Bowl”.

Sports are proving to be a significant driver of business and it seems that companies will continue to spend millions on an ad during “The Advertising Championship”.

WNY Medical, PC Provider Spotlight

Howard Yao
MSN, FNP-C



A compassionate Chinese-speaking provider with extensive medical experience!

Nurse Practitioner Yao has over 30 years of medical experience both as a physician in China and as a licensed Nurse Practitioner in both New York State and Ontario, Canada. He is fluent in both English and Chinese, specializing in Family and Internal Medicine.

He has published research articles in over 20 medical journals in China and the U.S. relevant to his experiences throughout medicine and patient care. He is scheduling appointments at our 4979 Harlem Road office, located in Amherst. Call (716) 923-4381 to book an appointment. Howard joined WNY Medical practice at the Harlem Road location in 2020.



WNY MEDICAL, PC

The History of Saint Valentine

By: Dee Barczak

You all may think of Valentine's Day as a day of bliss and romance. When you're thinking about it, your first thoughts may be stuffed bears, wine, champagne, or chocolate-covered strawberries. How about what gifts your significant others are going to get you? Will it be a big heart-shaped box of Godiva? Will you get a dozen roses? Whatever your thoughts may be, have you ever thought about the history of the holiday?

February has long been celebrated as a month of romance, but many people do not know how the holiday came to be. Who is this mysterious saint that we celebrate every February 14th? Well, Valentine's Day celebration is a tradition of both Ancient Rome and Christianity. The Catholic Church recognizes at least three different saints named Valentine or Valentinus and all of them were martyred. The first legend is one about Valentine, who was a priest of his time during the third century Rome era. When Emperor Claudius II decided that single young men made better soldiers than those with wives, he quickly outlawed marriage for young men. St. Valentine saw through the injustice and went on his own beliefs to secretly perform marriages for young lovers. When Emperor Claudius discovered this, St. Valentine was ordered to be put to death. The second legend is that Saint Valentine of Terni, a bishop who was beheaded by Claudius II, which could be the true namesake of the holiday.

The third legend is that another Valentine who was helping Christians escape harsh Roman prisons was also imprisoned and then killed. While he was imprisoned, Valentine is said to have sent the first Valentines' greeting after he fell in love with the jailor's daughter. Before his death, it is alleged that he wrote her a letter and signed it "From your Valentine" Although the truth behind these legends is murky, one thing stays true; the characters are romantic figures.

Many people, including myself, believe that around early A.D. the holiday was originally known as a Pagan holiday, but it was quickly taken over as a Christian holiday. For Pagans, February fifteenth was known as Lupercalia. It was a fertility festival dedicated to Faunus, the Roman God of agriculture, as well as to the Roman founders Romulus and Remus. This festival survived the initial rise of Christianity, but it was soon outlawed. Towards the end of the 5th



century, Pope Gelasius declared February 14th as the Feast of St. Valentine but the day wouldn't be associated with love until the Middle Ages. Valentine's Day greetings became popular during this time and soon around the 1400s, written cards became the new craze. The oldest is one written in 1415 by Charles Duke of Orleans in the form of a poem for his wife while he was imprisoned in the Tower of London. By the 1900s it was common for friends and lovers to exchange small tokens of affection and printed cards as printing technology had advanced. Cheaper postage rates also contributed to the increase in the popularity of sending Valentine's Day cards. This new holiday eventually made its way to the New World and by 1913 Hallmark Cards of Kansas City began to mass-produce cards and February has not been the same since.

Today, according to the Greeting Card Association there will be an estimated 145 million cards sent and the United States is expected to reach approximately 22 billion USD in holiday purchases. So whether you are in a relationship or not, take the day to cherish every moment. Life is short and it is not always about getting the gift of your dreams. It is about spending time with the ones you love. Happy Valentine's Day!

How To Use Meditation To Connect With

By: Lana Shapiro, Holistic Life Coach, Reiki Master & Lifepath Astrology Reader



If you have been feeling misaligned lately, chances are your conscious and subconscious mind are not in sync. Understanding and nurturing our subconscious mind can help us greatly improve our daily life. One of the ways we activate our subconscious is through the power of meditation.

WHAT IS THE SUBCONSCIOUS MIND?

Before we learn how to activate it, we first need to understand what subconscious mind is and how it actually works. Your subconscious is like a data bank, its main function is to store and retrieve data. That includes your beliefs, your previous experiences, your memories, your skills. Everything that you have ever seen, done or thought is stored there. The subconscious also handles everything your body needs in order to function properly: eating, breathing, digesting and anything else you can think of that you currently do “automatically” without thinking. We actually spend about 95% of our time doing things subconsciously.

MEDITATION AND HOW IT ACTUALLY WORKS

What do you think of when you hear about the concept of meditation? So often, people feel that they cannot meditate because they are unable to quiet or shut off their mind. In reality, that is not actually what meditation is. The purpose of meditation is to lower your brain waves, so that you can redirect your attention from external to internal. When you are able to focus inward, you can communicate with your subconscious mind. In order to do that, our brain waves need to be lowered to theta range.

In theta range, your analytical mind turns off and you have the capability to have an open communication between your conscious and subconscious minds.

HOW TO ENTER MEDITATIVE STATE

The first step would be to concentrate your thoughts on something immutable and keep them there. This process forces your mind into feeling or sensing mode. Feeling is the language of the body, and the idea is to feel more and think less.

One of the easiest ways to accomplish this is by scanning your body, from your toes to your head. Pausing at each body part and focusing on all the sensations you are feeling. Then imagine your entire

Your Subconscious Mind

body filling up with air or light and imagine yourself lifting out of your physical body and observing it from the outside.

During this process observe and accept any and all thoughts that surface up, don't try to push them away, as that will hinder the entire process. Simply observe and imagine the thoughts as clouds floating by.

REPROGRAMMING YOUR SUBCONSCIOUS MIND

Once you fully enter theta range meditation and are able to separate your body from your mind, you can start to communicate with and re-program your subconscious mind. This is the time to learn about your limitations and blocks, ask your subconscious what are the things holding you back from accomplishing your desires. When the blocks are identified, ask your subconscious what steps you can take to change or stop certain ways of thinking and behaving.

After you come out of deep meditation, grab your pen and journal and start writing immediately. Your brain waves will still be in meditative range and the journaling will come from your subconscious, not your analytical mind. Start writing and don't stop until you are finished. Don't pay attention to the grammar, punctuation, don't judge or analyze the content. In fact, it is better if you don't pay attention to the content of your writing until you are finished, so you don't interfere with the flow of your subconscious mind.

You may even notice that your handwriting changes while you're writing or that your hand keeps moving and writing without your conscious effort - those are all great signs that you have connected with your subconscious mind.



Lana Shapiro was born in the Soviet Union into a military family life, where she spent most of her childhood, then immigrated to the United States in 1993 at the age of 12.

Lana is a holistic mentor for awakening Starseeds, she is a practicing reiki master, astrologer, and mystic. Her work is all about mind, body and soul connection. She gained initial recognition after co-authoring a chapter in the book "Our Transformative Journey".

In the beginning, Lana studied psychology and the human mind and spent the first 16 years of her adult life providing traditional mental health counseling.

Feeling the urge to teach people the importance of connecting mind, body, and soul, she enrolled in an integrated health and nutrition program, which focused on biodiversity. During this time, she also completed her certification to become a group fitness exercise instructor.

In the second phase of her life, starting around 2017, Lana began studying energy work and delving into esoteric and mystical studies. She connected with her angels and spirit guides, as well as her past lives and the higher self.

In the third phase, beginning in late 2020, Lana began incorporating Lifepath Astrology and Tarot into her work, which led to the Starseed Mystic movement and training program for the purpose of guiding Starseeds to embrace their wholeness.

In early 2021, Lana founded the Starseed Mystic methodology and later created a movement to help awaken the Divine Feminine energy.

Lana is a community leader who is nurturing and offers understanding and intuitive guidance. She understands there are many solutions to any given problem, but bases her philosophy on a belief that "All the answers are already within you".

3D Printing in Today's World

By: Jordon Stockwell

A term that you may hear a lot in today's world is 3D printing, so what exactly is it?

3D printing, also known as additive manufacturing, is the technique of creating three-dimensional solid items from a computer file. Additive manufacturing technologies are used to create 3D printed objects. An object is built in an additive technique by laying down successive layers of material until the object is complete. Each of these layers can be viewed as a cross-section of the item that has been lightly cut. When compared to traditional production methods, 3D printing allows you to create complicated shapes with less material.

To start 3D printing, you will need some type of 3D software. There are numerous software applications available. From commercial to open source, there's something for everyone. An entry-level application for 3D printing is TinkerCAD®. It is a free browser-based application, so there is no software that you need to install on your computer. The software uses an easy-to-understand block-building idea to let you create models from a set of basic forms. Users can choose shapes that suit them best and manipulate them as they wish thanks to a library of literally millions of files. It also features direct connectivity with third-party printing services, allowing you to print and have it delivered to your door at the touch of a button. It's an excellent approach to learn about 3D modeling, even if it's a little too simplistic to the point of limiting.

If you're printing at home, once you complete your model, it will need to be sliced. This is the process of transforming your 3D model into hundreds if not thousands of layers that the printer can recognize. You then can transfer the sliced file to the printer via USB, SD card, or over Wi-Fi.

3D printing adoption has reached critical mass, with those that have yet to include additive manufacturing into their supply chain joining an ever-dwindling minority. In its early phases, 3D printing was only suited for prototype and one-off manufacturing, but it is rapidly evolving into a production technique. The majority of present 3D printing demand is for industrial purposes.

It is expected by 2026 that the 3D printing market will reach \$41 billion USD.



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February 2022

Events Happening in Buffalo

Wine and Investing 101



Date/Price: Tuesday, Feb. 8th
6:00 PM - 7:30 PM / FREE!
Location: 5110 Main Street,
Suite 100, Buffalo, NY 14221
More information? Visit:
TheEstablishmentBuffalo.com

Sweet Heart Skate Silent Disco



Date/Price: Friday, Feb. 11th
6:00 PM - 10:00 PM / \$10, \$14, \$16
Location: Canalside, 44 Prime
Street, Buffalo, NY 14202
More information? Visit:
tixr.com/groups/buffalowaterfront

Buffalo on Tap Festival



Date/Price: Saturday, Feb. 12th
12:00 PM - 9:00 PM / \$40, \$60
Location: Buffalo Convention
Center, Buffalo, NY 14202
More information? Visit:
EventBrite.com

Pearl Street Wedding Show



Date/Price: Sunday, Feb. 20th
12:00 PM - 3:00 PM / \$10, \$14, \$16
Location: Pearl Street Grill,
76 Pearl Street, Buffalo, NY 14202
More information? Visit:
PearlStreetCatering.com



Raja

Cat Health Month

Troubles

Q: Why do you take hundreds of photos of me?

A: You are Cute!

If you want to get your cat in the frame, try not to use the flash. The flash will scare them.



Q: Why do you yell at me for scratching the soft scratching post?

A: They are expensive to replace.

Scratching is normal for cats. Your couch is one giant scratching post to help with their claws. Scratching is also stress and boredom relief for them. Make sure that you have a scratching post for your cat.



Hopper

Q: Why can't I have milk?

A: Cats are lactose intolerant.

Like most mammals, cats slowly lose the enzyme to break down lactose after the breastfeeding period.



Kingsley

Q: Why do humans declaw their cats?

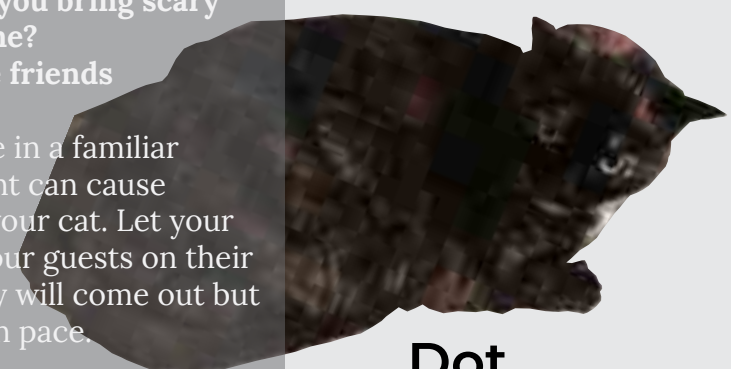
A: A common reason to declaw cats is to keep them from causing damage.

However, declawing your cats can be dangerous. Cats need their claws for many reasons. Protection, balance, exercise, stretching and many other things. It can be compared to fingertip removal.

Q: Why do you bring scary people home?

A: They are friends and family.

New people in a familiar environment can cause anxiety in your cat. Let your cat meet your guests on their terms. They will come out but at their own pace.



Dot

Q: Why can't I eat the plants in the house?

A: There are plants that are harmful to cats.

Sago Palm, Daffodils, Autumn Crocus, Hyacinth, Azaleas, Dieffenbachia, Cyclamen, Tulips, Oleander, Lilies, Rhododendrons and Poinsettias are a few of the most common that harm cats. There are many that will harm your cats.



Erika

Wednesday



This month is Cat Health Month! Some of the cats of HWHS have some questions to ask about their health!

You Are Your Own Business

By: Faizan Haq



Many of us work for someone else and get paid on an hourly, salary, or contractual basis. Then there are others who have their own businesses selling products or services they choose to supply, manufacture, or tailor to meet

market demands. There are instances when business ideas are based on an imagined world that is about to be shaped by those ideas. Those ideas are sold to the rest of us to impact our lifestyles forever. These scenarios are meant to create transactional activities that can be monetized in the future. Hourly and salaried individuals monetize their activities every two weeks or monthly. Contractual workers reap the benefits according to their contract, while the people who are shaping the future of the world, hope to cash in when the future arrives.

The secret is, whatever transactional activity you are involved in, that is your business. Ask yourself, who do you really work for, yourself or someone else? When you realize you work for yourself, you are

supervising your own work, capacity, and quality. You are constantly improving yourself and the products and services that you offer. You are advancing in the market. You are making yourself more and more relevant to the needs of the world in general, in your field, and for your clients, who could also be your employer.

The new online work environment, where people are working without direct supervision from their homes has made this mindset of you as your own business entity even more essential to survive in the evolving business world. The flexibility of working from anywhere for the worker gives the employer the freedom to hire everywhere. As a business person, keep in mind that businesses work on margins. If something is available at a discounted rate, why would you pay twice as much, unless the quality of that service or product has become so relevant that you cannot survive without it? When you build your own capacity, commit yourself to quality, and acquire marketable relevance for who you do business with, you have secured yourself as a business entity.

Health Tip: How to Beat the Cold and Flu Season

By: Dr Riffat Sadiq, President & CEO, WNY Medical



With the cold and flu season upon us, here's some tricks on how to avoid getting sick this season!

Stay hydrated. Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration.

Make sure to rest; your body needs it in order to heal!

Add moisture to the air using a humidifier.



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Making Your Workout Plan: Recovery

By: Isaiah Kennedy; Professional Wrestler



Recovery is as important as the workout itself, without recovery there can be potential injuries from simply overworking your muscles. Recovery is not just other movements one can do after a workout or before it also involves sleeping and what you eat. In this article, I will give tips on what to do to recover.

One thing that is always beneficial after a workout is using a foam roller to roll your muscles. After each workout, I roll out legs and other muscles on a foam roller. It can be intense but doing it can help with soreness and lactic acid build-up which can result in muscle fatigue and cramps. Another form of recovery I like to add is walking on the treadmill. Once completing an intense cardio workout, a 10 minute walk can bring down your heart rate and help with soreness and flush out that lactic acid. Something you can do after working out or before going to bed is stretching. Stretching helps with releasing those tight muscles and in the long term makes your workouts more effective. The last thing that I always do before I go to bed is use a massage gun. This is optional but if you can get a massage gun it can help break up scar tissue and adhesions, muscle soreness, and relax that specific muscle.

After a challenging workout, I like to drink a protein shake preferably GNC AMP Pure Isolate Whey Protein strawberry flavor or any other protein powder that is strawberry flavored. I also like to add a spoon of peanut butter for a little bit of extra protein and carbs. The

reason why I do this is that when you have protein in your body after a workout it helps repair and build muscle while adding carbs after a workout can help with overall recovery. You do not have to follow what I eat or drink after but finding something that has good protein and carbs in it will help with the recovery process.

What To Add To Your Workout Plan

For people that want to work on their chest, chest flies are a great exercise to do.

Chest flies help build strength in your chest, shoulders, and arms. It is also a great exercise to help with opening your chest more if you have rounded shoulders.

A Review of The Expanse: Season 6

By: Webster Tilton

Source: Amazon Prime Video



You had to wonder how they were going to end it. The series was getting a final season of only six episodes, the books are way ahead of where the series is...so what are they going to do? They picked an interesting way of handling it. But we'll get to that.

From the first moment I sat down to watch *The Expanse* I was aware that the creators had managed something special. The show was airtight in its continuity even though the plot was complex. The story, pacing, acting, production value, effects and direction were all being done by people who were not only the best, but the best at working together. There was nothing janky or unpolished, nothing corny or poorly executed. You could just submerge yourself in it and be carried away by the current without worrying for even a moment that some aspect of it was going to be unexpectedly bad. I knew I could trust this show. I could watch it without clenching my

teeth, waiting for some clunky, kludgy, poorly thought out plot point or a forced motivation that didn't make sense. I knew there wouldn't be any hand waving of the show's internal logic or plot holes. Someone did the difficult work of making sure that everything was not only done at the highest professional level, and well integrated, but that it made flawless sense overall.

So after six seasons they had the difficult job of sticking the landing. Was it a perfect 10 of an ending? Kind of. There's a lot of good space battles. There's a lot of good acting, a lot of good everything.

Plot structure spoilers ahead. I will not reveal specific details, but I will discuss generalities.

I had one problem with the ending. In order to set up a workable finale you have to lay the groundwork in advance, which they did. But in order for the set-piece ending to take place, a number of anticlimactic things had to happen, which frustrated some of the dramatic tension. And the set-piece itself comes about in a less than climactic way. Someone more or less just...suggests the solution, and then, albeit with tremendous emotional difficulty, they just do it.

It involves a bitter personal sacrifice for one member of the team, and this is handled very well. So they do have to pay a price for it, and that makes the ending work. I just think it could have worked better. Having read a summary of what happens in the books that inspire the show, this is true to the source material.

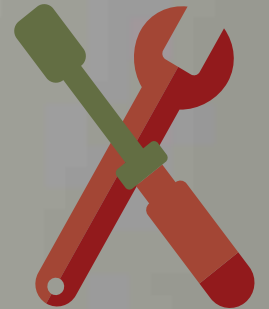
As for the rest of the season I can't complain. Everything was built up in the service of the final episode and all of those episodes were done with the usual excruciating cleanliness and attention to detail. No notes, as the expression goes, well done.

But I mentioned earlier that they picked an interesting way of wrapping up the series. What did I mean? They didn't try to conclude all of the story lines that were going on. The series ends with a clear admission of the fact that a lot of things didn't get neatly tied up, that these characters still have a lot to do, and this is only where the TV series is ending. I've never seen a series end quite that way before. It worked pretty well, and I salute *The Expanse* creators for thinking of it. I will miss this show rather badly. It's a benchmark example of how this sort of thing is correctly done. I just hope we get something else like it soon, because it was a hell of a good place to get lost in.

Source: Amazon Studios



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The Health Benefits Of Wine Consumption

By: Katy Siwirski

We all know the classic saying, “an apple a day keeps the doctor away.” What about the inclusion of grapes in our diets? Those juicy bundles of joy show all sorts of benefits. But I am of course referring to them in the fermented form; red wine!

According to WhiteHallLane.com, “studies have shown that consuming a moderate amount of red wine, which has an alcohol content of 12% - 15% on a daily basis helps in prevention of a number of diseases including heart disease.” As a reminder, too much consumption is potentially detrimental to your health. Too little consumption does not give drinkers the benefits seen by moderate drinkers. Fortunately enough, one glass a day for females, or two glasses of wine for males, can provide health benefits from its antioxidant, anti-inflammatory, and lipid-regulating effects.

According to a 2018 study linked to MedicalNewsToday.com, “polyphenols from red wine can improve the gut microbiota, contributing to a healthy gut.” Polyphenols are micronutrients that occur naturally in many supplements, such as fruits, vegetables, teas, and spices. Polyphenols may potentially help in lowering your blood sugar levels because they prevent the process of starches breaking down into simple sugars. Polyphenols can also regulate cholesterol levels, and keep a healthy heart.

Are you feeling the winter blues? Well, let’s warm those up with some red wine. The antioxidants in wine can treat the common cold because these supplements protect cells against the harmful effects of free radicals. You may also be feeling blue this winter, due to some memory loss concerns. Resveratrol, a popular polyphenol, slows the formulation of beta-amyloid protein, which is a key ingredient in the plaque of the brain of someone with Alzheimer’s.

It is important to remember that a dependency on alcohol is not beneficial to one’s health. Overconsumption of alcohol can have a negative effect on the mind and body. However, slight indulgence and moderation of red wine can add these benefits to your daily living situation. You can also consume your wine via food preparation to experience the same benefits. There are a plethora of ways to stay healthy, and wine enthusiasts all around the globe can express their happiness in a glass.

Disclaimer: Your HWHS does not promote excessive drinking of alcoholic beverages of any type. Please speak with your doctor before considering red wine consumption into your daily life.





My Favorite Banana Bread Recipe

as provided by SallysBakingAddiction.com

Ingredients

- 2 cups all-purpose flour (spoon & leveled)
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 cup (1 stick) unsalted butter
- 3/4 cup packed light or dark brown sugar
- 2 eggs, at room temperature
- 1/3 cup plain yogurt or sour cream
- 2 cups mashed bananas (4 large ripe)
- 1 teaspoon pure vanilla extract
- optional: 3/4 cup chopped pecans/walnuts

Instructions

1) Adjust the oven rack to the lower third position and preheat the oven to 350°F (177°C). Grease a 9×5-inch loaf pan or coat with nonstick spray. Set aside.

2) Whisk the flour, baking soda, salt, and cinnamon together in a large bowl.

3) Using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the butter and brown sugar together on high speed until smooth and creamy, about 2 minutes. On medium speed, add the eggs one at a time, beating well after each addition. Beat in the yogurt, mashed bananas, and vanilla extract on medium speed until combined. With the mixer running on low speed, slowly beat the dry ingredients into the wet ingredients until no flour pockets remain. Do not overmix. Fold in the nuts, if using.

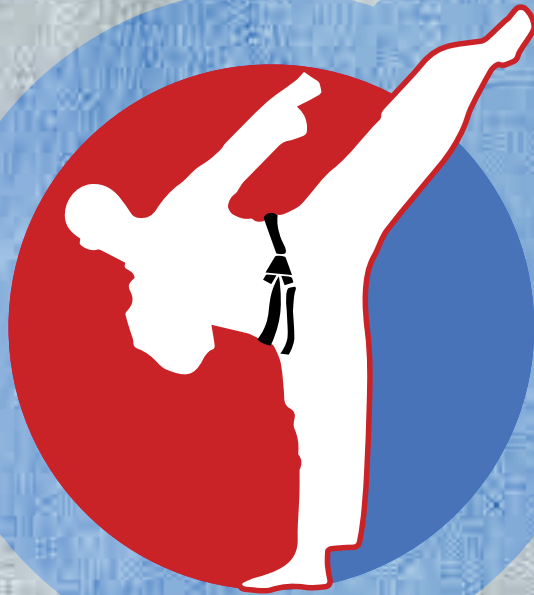
4) Spoon the batter into the prepared baking pan and bake for 60-65 minutes. Loosely cover the bread with aluminum foil after 30 minutes to help prevent the top and sides from getting too brown. A toothpick inserted in the center of the loaf will come out clean when bread is done. Remove from the oven, allowing the bread to cool in the pan set on a wire rack.

5) Cover and store banana bread at room temperature for 2 days or in the refrigerator for up to 1 week. We believe the banana bread tastes best on day 2 after the flavors have fully settled together.



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