

YOUR **HWHHS**

Health, Wealth, Happiness & Spirit

October 2021 Free

● **COVID Front Lines**

Pg. 8

What it has been like
working in a pharmacy

● **World Teacher's Day**

Pg. 14

Appreciating the ones
who paved the way

● **Knowing the Signs**

Pg. 20

Domestic Violence
Awareness Month

● **Ten Lives Club**

Pg. 22

Rescuing cats from
Hurricane Ida



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Diane is a native of Buffalo. She is the daughter of a prominent OB/GYN, Dr. Dennis Heimback, who worked in the northtowns area for over 50 years. She joined him in practice, and they worked together until his retirement.

Diane attended Colgate University and UB School of Medicine. She graduated from there in 1994. Her residency was also with the University of Buffalo in general OB/GYN.

Diane has 22 years of experience in both obstetrics and gynecology. She has become knowledgeable in post-menopausal care and management of bleeding issues. Diane enjoys counseling women on their health concerns and working to make her patients a part of the decision making process when opting for treatments and care management.



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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.

Contents

September 2021

- 5) Indigenous People's Day
- 6) Cerebral Palsy: A Lucky One
- 6) The Importance of OB-GYN Visits
- 7) A Talk with Faizan Haq
- 7) Breast Cancer Awareness
- 8) Working in a Pharmacy
- 10) World Mental Health Day
- 12) Tips & Advice To End Snoring
- 13) National Pizza Month: Favorites
- 14) World Teacher's Day
- 15) Community Events
- 16) Halloween Safety Tips

- 17) Spiritual History of Halloween
- 18) Media Corner: A Netflix Review
- 20) Domestic Violence Awareness
- 21) COVID-19 Phishing Schemes
- 22) Opportunities & Ten Lives Club
- 23) Recipe of the Month



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Indigenous People's Day: Part of the Human Race

By: Sara Loft

Over 40 years ago, participants gathered inside for an international conference held at the United Nations. These participants were voicing against the discrimination toward the Indigenous Peoples of the Americas. Their proposal was to oppose the celebration of Columbus Day by not eradicating history, but to honor the Native Indigenous Americans also. In recent years, Indigenous Peoples' Day is a day to celebrate and honor the Native Americans, as well as, to commemorate their historical events and cultures.

In 1937, President Franklin Delano Roosevelt declared Columbus Day as a federal holiday to celebrate Italian born explorer Christopher Columbus upon his voyage from Spain to the Caribbean (or as early Europeans called it, the West Indies). Columbus Day and Indigenous Peoples' Day are shared on the same day; they are both held on the second Monday in the month of October. However, Indigenous Peoples' Day is a day of observance in various states and municipalities in the United States of America. It is not declared as a federal holiday – yet.

Today, Native Americans might seem as a minority but their pride and resiliency has not diminished. Colonization, diseases, and genocidal wars are just some of the tragedies that the Indigenous People of Americas have faced. Despite the horrors, Native Americans still remain strong to their cultural values like kinship and adoring Mother Nature. Still to this day, Native Americans continue to play music, dance, harvest and share food in their soils, and storytelling wisdom to the future generations.

It is easy for any human to express and fall into resentment or hatred. In 2018, I participated in a protest that expressed aggression of the horrors that were led by Christopher Columbus. The protest

was held at a former park located in Buffalo, NY. The former park held a sculpture of the famous voyager. I joined in this protest to express my pride of my Native heritage. Whilst the protest ended, a Native man invited all to join him to visit a sacred site at another part of Buffalo, NY. I followed along to discover this site. In the South Buffalo area, on Buffum Street (off of Seneca Street), there lies a park called Seneca Indian Park. The Seneca is one of 6 Tribes of the Iroquois Confederacy (or Haudenosaunee). The Seneca Indian Park is one of

the final resting places of the Buffalo Creek Reservation. The Native man took us to remember and honor his ancestors followed by music and dance.

Before performing a ritual of commemoration of the man's ancestors, I noticed the life that breathes above the soil we stood on. Young mushrooms were growing; trees were still standing tall; 3 deer running across private property (possibly formerly meadows); and 1 hawk flew above our heads. My spirit ascended into bliss and such joy to observe all this before we all danced to music from some Tuscarora Peoples (another Tribe of the Iroquois People).



Remember, there is no specific tradition on Indigenous Peoples' Day. It is to invite all to welcome with warm hearts that the Indigenous Peoples of Americas are part of the same race - the human race! There are some places across the nation holding public events to express pride, humility, and equality. No need to despair if you cannot attend to any event. Open your ears played by Native American musicians. Expand your mind by reading books created by Native American writers. Wear apparel from Native American fashion designers. Donate to places that partakes effort into societies like Native American Community Services (NACS) of Erie and Niagara Counties of New York. Together, we all can unite with the utmost respect and equality!

Cerebral Palsy: One of the Lucky Ones

By: Katie Radder

Cerebral Palsy isn't something you ask for, you're born with it. Growing up, I hated the word "disability", and so did my parents. It's not that I can't do certain things, it's that I do them differently. In my family, we like the term "differently abled". I guess I could consider myself one of the lucky ones; my CP only affects me from the waist down. Others though, aren't so lucky. Cerebral Palsy, from one person to the next, is as different as apples and oranges. It can affect a certain individual in so many different ways.

When I say I consider myself lucky, what I mean is this: I'm blessed enough to be able to take care of my daily needs on my own, hold a full time job, run a small business on the side, and manage a serious relationship. Don't get me wrong, these things aren't always easy, but I take pride in the fact that not only can I do them, but I also know when to ask for help. I am definitely comfortable in my own abilities, but I also know my limits, and that's so important.

Having a great support system behind you is crucial to success & independence. Everyone around me; family, friends, coworkers and my boyfriend;

are aware of what I can and can not handle and if someone isn't sure, I know to speak up.

Relationships are challenging for anyone, but when you're a person that has extra needs, finding a person who's willing to take on the extra responsibility can be even more difficult. I find myself extremely fortunate that when I met my boyfriend, the last thing he saw was my disability. Right off the bat, he understood that I came with some fine print, but was willing to do whatever we needed in order to make a long term relationship work. Finding work & holding down a steady job can also be challenging, but nowadays it's easier with laws against discrimination. But I've found that the most important aspect is being able to speak up for yourself and communicate with your leaders in order to be successful.

Moral of the story? Disabled, or differently abled, people should be treated just like everyone else. You shouldn't base your opinions of what we can and cannot do based on physical appearance. Yes, life is a bit more challenging for us, but that doesn't mean we can't live it just as well as someone else.

The Importance of OB-GYN Visits

By: Diane Morrison, OB-GYN, WNY Medical PC



Because women have such unique bodies, it is important to take care of your body and mind as such. Women that do not exercise are more likely to have cardiovascular disease, obesity, and diabetes according to the NIH. It is important to eat the right things for your body as well as exercise as much as

possible. Joining a gym or nutrition program and having a community behind it can be very helpful.

On top of taking care of your physical health, it is important to know about new common diseases that you could see yourself in countering. Polycystic Ovary Syndrome is a disease that is starting to become more common in women in their childbearing years. It is caused by a change in hormones levels such as androgens, insulin, and progesterone. A good way of noticing this disease is by paying attention to your cycle and making sure that it is regular and normal.

To make sure that you are keeping your body healthy, it is important to make a yearly checkup with your primary and your OB-GYN doctor. They can make sure that you are following all the safety measures to make sure that you are keeping your body and mind healthy. If you are feeling overly depressed or overly angry, talking to your doctor and getting blood work done can be a good way to make sure that you are not having experiencing hormone imbalances.

Another important thing to do to take care of your body is to make sure that at home, you are caring for it properly. A woman's body has a pH level that is very sensitive so when you are washing your privates in the bathroom, it is important to use organic or fragrance-free feminine washes and to make sure that you are washing every day. This can prevent yeast infections and other undesired complications.

By making sure you are exercising and moving your body, washing yourself correctly, and staying up to date with checkup appointments, you can make sure that if anything does arise, you know a soon as possible and can treat it.

A Talk with Faizan Haq: Scary Things in Business

By: Faizan Haq, President & CEO, Manage Your Business LLC

During Halloween, many people pay to go to made-up haunted houses to experience fear and get scared. The Halloween industry experts are always working to find new ways to startle their customers. In business, scary things are always lurking around you and if you do not have a good grip on your business operations, they raise their ugly head at the most critical time. In a business setup, experts are hired to do a SWOT analysis, (Strengths, Weaknesses, Opportunities, and Threats) to identify those scary things, whether they are part of internal weaknesses or external threats.

Running a successful organization requires periodic operational review and at times, imagined business transactional scenarios to test the organizational tenacity. This is the only way to reduce the scary moments in one's business. A lax approach towards the happening of such possibilities can make a business experience "Halloween" every other day. So how do you know if your business is suffering from Halloween days and nights?

If you find yourself spending most of the time in your business operations or workplace putting out fires and in putting out those fires, you are constantly engaged in nonproductive activities that don't generate direct revenue, you are living through Halloween. This is probably because of one of the following three reasons:

1. Capacity deficit
2. Procedural flaws
3. Communication breakdown

The best strategy to counter such scares is to sit down with the stakeholders and come up with a plan in writing, that is subjected to review but hold all stakeholders accountable.



Breast Cancer Awareness: Self-Exams

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



Every October, the nation observes Breast Cancer Awareness. Breast cancer is the most common cancer in women, and happens with men as well. Although you have an annual checkup including mammograms to detect cancer, you can be your own doctor. By performing a self-exam on your breasts, you can

better understand how your breast is supposed to feel. Many lumps are normal and not cancer. It is important to conduct these monthly self-checkups for early detection because many times there are no visible symptoms in the early stages. Please inform your primary care physician of any changes you find so that the problems can be diagnosed and treated. Be sure to check these tips on how to self-examine.

How to perform a self breast exam

Laying down:

- Place a pillow under the shoulder and arm for the breast that is to be examined.
- Using the opposite hand, move the pads of your fingers around the breast and armpit
- With light, medium and firm pressure, feel for any lump, hard knot, thickening or any breast changes. Squeeze the nipples and check for discharge.

This can also be done standing up in front of a mirror.

For additional information, you may visit nationalbreastcancer.org



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What Has it Been Like Working in a Pharmacy?

By: Savannah Dunning



It's undeniable to say life has changed in the past few years, and the same is true of working in a pharmacy. I've been a pharmacy technician at Walmart for 5 years, certified for 3. I thought I had it all down three years ago, being freshly certified and ready to take on the world. My store was slow, but I'd only ever worked there, so slow was relative. We had regulars we cared about, and who cared about us, who knew aspects of our personal lives and had seen pictures of our kids. I spent my days inputting, filling and cashing out prescriptions, interacting with the patients and hearing their stories. It was similar to the other retail jobs I've had, just more private due to HIPPA laws.

In the last week of February 2020, the week started normal. We started hearing patients talk about a disease in China, but there wasn't much concern at first. Just a few mentions here and there, and articles popping up when we opened the news. Then Italy was shut down. Everyone got a little more nervous, we started looking for news, reading up. We're on the front lines after all. We may not get the severity of an emergency room, but over time I've realized we come in contact with more early contagious people than most other professions. Those with a nagging cough or sneeze that just want a little relief.

Us full time technicians started wearing masks. My coworkers' dad bought a big pack of N95's for his moving company and brought her in enough for everyone. Come March, New York was shut down and everything changed. Now I wasn't just filling and putting in prescriptions, cashing them out at the register; I was delivering them to people in their cars, mailing them, taking payments over the phone or just waiving them if we couldn't manage it. My coworker had a car, and they assigned her as a driver to deliver prescriptions to patients' houses. This was a whole new world for us, and adjusting was difficult.

Not all people are the most patient when they need their medication, and we had plenty of complaints. Then there's the company expectations, we'd just gone through extensive training on good patient care. The higher ups don't want that wasted, so we're doing everything with a smile. We were scared, bundled up with masks and gloves, and armed with hand sanitizer and alcohol, but we did our jobs. The patient's well-being always came first and we worked hard to protect our patients.

After a while, we started facing shortages, things you'd expect and otherwise. Certain vitamins, zinc,

elderberry, sambuccal, masks and gloves, pulse oximeters. Prescription drugs started going on back order at an alarming pace. We saw a surge of hydroxychloroquine and filled a few before we found out why it was being prescribed so often. People started improvising everything, masks, gloves, hand sanitizer. We got a million questions a day on how to protect yourself from this new illness. Other than the basics, we had nothing to tell them.

Months of this new world later, the breakthrough; a vaccine! A light at the end! Maybe we can go back to normal now, the world thought collectively. For pharmacy, a new vaccine meant work was going to pick up again. After seeing a pharmacy in flu season, I thought I knew what we'd be in for, until they told certified technicians that we could train to vaccinate. We had an opportunity to really fight this invisible enemy, and with the approval for one vaccine, there was no reason a tech couldn't be approved to do other vaccines in the future.

Pharmacy was changing around me. I spent a day with my coworker at our training store, practicing on an orange and then each other with saline. We took a CPR course to go with, and then we waited. The vaccine wasn't in Walmart for a few weeks to start, at least not in New York. We got questions every day on when it would be available. I've never witnessed anything more highly sought after than a covid vaccine.

First we received Pfizer, and Jen, my fellow immunizing technician, and I gave each other our first shots. We were only allowed to schedule 6 appointments a day and people were mad. We hadn't known what to tell everyone except when we were expecting the vaccine, and when we got it, we weren't allowed to waste a drop. We handled the irate customers for weeks until we opened up to the J&J and Moderna shots. We stopped receiving Pfizer and life seemed easier again. One of

my pharmacists revealed she was expecting her second child, and then Jen and I were handling all the Covid vaccines on her shifts. It was a new world for us, not only reminding people to get this lifesaving concoction, but administering it ourselves!

We weren't very busy at first as the state tested our outreach, until the day Walmart allowed us to "help the customer no matter what!" And administer a covid vaccine, no matter the waste, without an appointment. Now let me tell you, we wasted a LOT of vaccine. But getting people to get that first shot and be somewhat protected was the goal. I'm proud to say I honed my craft in vaccinations during the pandemic.

Now, certified immunizing technicians have been approved to administer the flu vaccine. Another door has opened. I've stepped into this and tasted success, and I'm ready to see what I, and other technicians like me, are really capable of.

“After seeing a pharmacy in flu season, I thought I knew what we'd be in for, until they told certified technicians that we could train to vaccinate. We had an opportunity to really fight this invisible enemy, and with the approval for one vaccine, there was no reason a tech couldn't be approved to do other vaccines in the future.”

World Mental Health Day: Uncovering Self Love

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

Affirmations can be very powerful tools for our subconscious mind. Simply defined, affirmations are positive statements that help you overcome negative thoughts, through the cycle of repetition. When done correctly and with intention, affirmations have the power to purify our thoughts and restructure our brain to believe that anything is possible.

How To Make Affirmations Feel Authentic

One of the biggest struggles people experience when it comes to affirmations, is they don't feel the statements to be authentic, because they simply don't believe them yet. It is important to pick statements that you resonate with on some level, you don't have to fully believe them, but they need to be meaningful. It is best to write your own affirmation statements.

Before you begin an affirmations ritual, it is also important to focus on your mindset. Affirmations only work when you are able to put yourself at the center of your decision making. That means putting yourself and your needs first, making this process a priority.

When Is A Good Time To Recite Affirmations?

Affirmations are powerful when they are both written down and spoken out loud. One way over the other may be more affective for some people, but I encourage you to practice both written and verbal affirmations to figure out which works best and feels most authentic to you personally.

This ritual is all about re-programming your subconscious mind to change how you think and feel about yourself and your abilities. Repetition will be the best way to make this ritual most effective. Begin with morning affirmations recital. When you first awaken, when your brain is still in the lower brain waves and you are most connected to your subconscious mind, read/speak your affirmations.

Before you go to sleep at night, turn off all electronic devices, do a breathing and/or meditation for 5-10 minutes and then recite your affirmations. At this stage you are once again most connected to your subconscious mind. You can repeat this process any time throughout the day, especially if you feel nervous, anxious or uncertain.

This process is even more powerful when you can make eye contact with yourself in front of a mirror, as you are reciting the affirmations. You can record yourself reciting your affirmations and fall asleep while listening to them on repeat. Your words will be impressed into your subconscious mind while you are sleeping and because your conscious mind is turned off, there will be no analytical blocking of the words and messages entering your subconscious mind.

Why Use Affirmations?

Many of us walk around with a cycle of negative thoughts running through our minds. Sometimes those thoughts become so automatic for us that we don't even realize the frequency of sabotage that we bestow on ourselves daily. This negative thoughts process can often become a self-fulfilling prophecy of failure, we actually unconsciously talk ourselves into believing that we are not good enough, essentially dragging ourselves down.

You might think that affirmations are unrealistic or sound more like wishful thinking, but so are all those negative thoughts you keep on repeat. Affirmations are actually no different than any other exercise you do repeatedly. Think about physical exercise, when you first begin to exercise you will not see immediate results, but if you stay consistent and repeat it daily, you will begin to see gradual results. These mental exercises will eventually reprogram you thinking patterns where you will notice yourself thinking and acting differently.

How To Write Your Own Affirmations

As mentioned above, writing your own affirmations will yield the most authentic statements for you personally. Think about which areas of your life you feel least satisfied with and where change needs to happen. Don't set a limitation on your statement, even if you don't yet believe it to be realistic, you only need to have faith that it is achievable.

If you are struggling with a specific negative thought patterns, re-write a positive statement that will help you break that pattern. Write and say these affirmations in the present tense and speak them with emotion and conviction. Don't just mindlessly repeat these statements, make sure you are emotionally connected to them.

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Tips and Advice to End Snoring

By: Ralph Hernandez

Most people snore occasionally in their lives, but not everyone does it on a regular basis. According to the American Sleep Association, three out of ten women snore compare to four out of ten men. It can vary from mildly to severely irritating to those sharing a home with the snorer, as their own ability to fall asleep or stay asleep declines significantly. In addition, the person doing the snoring can also suffer negative health effects, if there is something more serious going on. So, if you snore regularly, it is something that you should speak to your physician about, especially if you find that you are often still tired after a night sleep.

What Causes People to Snore?

Snoring occurs when the air that flows through your nose and mouth are obstructed and the airways are narrowed, resulting in the soft tissues of your nose and throat vibrating and making loud noises. There can be many physical reasons for snoring, including nasal passages obstructed by nasal polyps, or when the throat and tongue muscles relax, and the tongue falls back into the throat. People with enlarged adenoids and tonsils often snore too, as do those under the influence of alcohol or certain medications. People who are overweight are more at risk of snoring and having sleep apnea.

Sleep apnea can result in a poor sleep and fatigue the next day. In many cases people with sleep apnea require medical attention, and possibility the need for a CPAP (Continuous Positive Air Pressure) mask to during sleep.

Techniques That May Help Reduce Your Snoring: Stop Sleeping On Your Back

If you have always been a back sleeper, this may sound like something that is just not do-able. The best position is to sleep on your side. To make yourself even more comfortable, buy a body pillow as this will allow you to position your arms and legs without twisting your spine.



Elevate the Head of Your Bed

You can raise the head of your bed a few inches by buying and using a wedge pillow. This can sometimes help to prevent the tongue from falling backwards into your throat as you sleep.

Speak to Your Dentist

A dentist can design an anti-snoring device to help you sleep better without snoring.

Limit Alcohol Consumption Before Bed

Limit alcohol consumption before bedtime. Alcohol causes relaxation of the structures in your throat, and results in increased risk for snoring. Abstain from alcohol at least five hours before bedtime. If you are taking prescription medications, you should also speak to your doctor as certain ones (sedatives) can cause snoring.

Lose Weight

Being overweight does tend to increase your propensity for snoring. Losing weight has many other health benefits and should be considered strongly.

Take Care of Your Nasal Passages

This tends to help the snorer with clogged nasal passages. A salt-water rinse administered with a Neti Pot (Little teapot with long spout) is a great way to clean out stuffy nasal passages. You can also try nasal strips that help open your nasal passages.

Quit Smoking

It has been found that people who are smokers, snore more often. Second-hand smoke exposure also increases the risk of snoring. Smoking increases snoring because the smoke irritates the tissues in the upper airways of your body.

National Pizza Month: Buffalo Favorites

By: John Kolarik



As someone who loves pizza as much as the person reading this hopefully does, I can tell you that coming to Buffalo has opened my eyes to more styles of pizza. My family and I have pizza every Friday, it's a time where we all get together and enjoy a nice slice. Every week someone picks a new place to try. Its always exciting to try new styles of pizza, and I don't mean with different toppings on them. I mean whether its thick or thin, sweet sauce or traditional, the type of cheese do they use, or how long they even cook their pizza for. We've lived in Buffalo for about a year now, so we've tried some pretty good throughout our journey.

Here's my list of the top 5 pizzas I've enjoyed so far!

Coming in at number 1 for me is...

Hearth and Press (Downtown Buffalo)

The Margherita Pizza here compares to the pizza I've had in Italy. By far the best Pizza here, the sauce and the fresh mozzarella is totally unmatched in my opinion. Brick oven pizza has always had a soft spot in my heart, but every bite of this took me right back to Naples.

Number 2 on my list is...

Gino's NY Pizza (University Plaza)

Gino's surprised me and my family, it has thin soft crust but a great crisp to every bite. It has the perfect amount of grease, and it's the best pizza to fold. Its my go-to when I want to grab a quick slice on lunch. I know that every time I have it, it's going to be as consistent as the last time.

Number 3 on the list is...

Macy's Place Pizzeria (Cheektowaga)

Macy's Is my favorite Buffalo style pizza! In my opinion, there's no such thing as too much cheese, and Macy's is not afraid to just lay it on! The crust has a sweet taste to it, as well as not using as much sauce, which is a nice switch from traditional pizza. This hot spot is undeniably worth the extra drive and the money!

Number 4 is none other than...

Bocce Club Pizza (Various Locations)

This to me is the definition of Buffalo Pizza.

It's a New York slice but with more cheese and sauce. It's a personal favorite for game day. Every slice has a mountain of cheese overflowing down the sides of each slice. It creates a gooey, but crunchy texture and its simply a beautiful slice of pizza.

Last but never least when it comes to pizza, is...

La Nova Pizza (Various Locations)

It might be 5th on this list, but it's certainly not last. La Nova is like Bocce Club, but with a thinner and crispier crust. One thing that stands out about this place is the ability to customize your crust. My perfect pizza here is a regular cheese pie with garlic crust! It's something magical that just happens while you're biting into this. It's also the only pizza where I need to bite into the crust first because getting that garlic flavor in before every other bite is just perfect!

"Coming to Buffalo has opened my eyes to more styles of pizza."

World Teacher's Day: A Dedicated Journey

By: Roberta Schlehr

My journey began when I was in high school. I struggled due to experiencing terrible headaches. I did not have a clear focus for my future. There were no plans to go to college, as I was not encouraged to go that route. My parents thought I would get married and have a family; so why did I need college? My boyfriend, at the time, his parents encouraged me to go to ECC (Erie Community College) and get a 2-year degree. I did enroll in some random program but then switched to the Graphic Arts and Printing program, a brand-new program that just started in the fall.

I managed to maintain a 2.0 average, which was the minimum to stay on the bowling team! I did not have a lot of self-confidence in my abilities at this time of my life. I often think back to the instructors who encouraged me to do my best and not settle for anything less. They did not give up on me! I draw on this memory as my foundation to help every student to be successful when they cross my path.

I continued my education in Texas and finished the degree at Buffalo State College (BSC) with a Bachelor of Science in Design. I worked for a variety of small print companies and eventually branched out to freelance work. After many years, both of my parent's health deteriorated, they passed within seven weeks of each other. Because I took a lot of time to help them, my freelance work declined. It was time to decide: do I rebuild my freelance business or go back to college? I always wanted to be an English teacher. I chose to go back to school. However, when I investigated the English degree, I would need about four more years! I explained that I had an AAS in Graphic Arts and a BS in Design, is there something I can do with this? Yes! I can get certification in Vocational Technical Education!

I completed the coursework needed and applied for the certificate to teach. My first teaching job was at ECC as an adjunct, teaching in the department where it all started. I attained a full-time instructor position at Erie 1 BOCES (E1B). While

“Even if you don't think you are smart enough or have the skills to go to college, don't give up on yourself! You will be amazed at what you can accomplish...”



working at all three buildings throughout my time, Kenton, Harkness, and Potter Centers, I developed my teaching style. I believe every student deserves the opportunity to learn! Students participated in contests including the Allentown Art Festival poster design, the Taste of Buffalo, and the Association for Career and Technical Education. The contests provided a real-world experience, not only designing for a school project but a community. Many students received awards in the contests.

I continued at BSC, earning a Master of Science degree in Vocational-Technical Education. Completing coursework in Educational Leadership met the requirements for the School District Administration certificate. Participation in Lumens Circles and other professional development is important to me to stay updated on current trends. Adobe EdEX is a great resource where I take many courses to help me advance software skills and pass this knowledge and experience on to students. I plan to continue my education by attending UMass online in January.

Currently, I am Department Chair and Assistant Professor at SUNY Erie Community College in the Graphic Communications Technology program with recently updated curriculum. My message is that even if you don't think you are smart enough or have the skills to go to college, don't give up on yourself! You will be amazed at what you can accomplish – coming from the girl who didn't believe she would go to college!

Community Events



Erie County Fall Festival

October 2nd | TBD

Como Lake Park | 10am-2pm

Vendors, Food Trucks, Giveaways, Entertainment, Family Fun - you'll find all of it at the Fall Fest in Como Lake Park. A wonderful way to celebrate the beautiful Fall season with the family.



Our Famous Halloween Flea Market

Oct 16, 2021 9am to 3pm

Other Market Dates: 11/13, 12/11, 2022: 2/5, 3/5, 4/2

St Mary of the Lake Hall, 4737 Lakeshore Rd
(Rt 5 near Rogers Rd) Hamburg, NY 14075

Famous Halloween Flea Market

October 16th | Free

St. Mary's of the Lake Hall | 9am-3pm

This unique market has long been considered Buffalo's Favorite. Free appraisals of antiques & collectibles this month. We obey NY laws regarding Covid 19. Free admission, ample parking.

IF YOU'RE INTERESTED IN SHOWCASING YOUR EVENT
EMAIL US AT SUNSPINMEDIA@GMAIL.COM
FOR MORE INFORMATION.



Great Pumpkin Farm

Recurring weekly Sat & Sun | \$12

Great Pumpkin Farm | 10am-Dusk

All your favorite things to do will be found this fall. Come enjoy the Cornmaze, Boo Barn, Amusement Rides, I Got It Game, Cow Train, Jumping Pillows, Magic Show, Halloween Store, Bakery, Cider & Donuts and much more...and plenty of great food! Come and buy pumpkins, gourds, stalks, and did we say pumpkins?! Check out what's new this year! Craft beers will be available as well as specialty Halloween drinks!



Bewitching Buffalo

October 30th | \$29-\$89

Kleinhans Music Hall | 7:30pm

Broadway favorites in a Halloween revelry from shows such as Sweeney Todd, Phantom of the Opera, Rocky Horror Picture Show, Little Shop of Horrors, Jekyll & Hyde, Young Frankenstein, and Wicked. Come in costume for an evening of fiendish fun and fabulous frolic! For tickets and info please visit, bpo.org/event/bewitching-broadway



HALLOWEEN SAFETY TIPS



From the wide array of costume choices to the endless bowls of candy, Halloween is a fun and magic-filled time for both kids and parents. So to help ensure adults and children can have a safe holiday we consulted safekids.org and put together a list of easy safety tips to follow!

1 *Walking Safety* 🦴

- Watch for cars and always walk on the sidewalks or paths
- Cross the street at corners and always follow traffic signals
- Keep your eyes up and off electronic devices

2 *Driving Safety* 👁️

- Slow down and be observant, especially in residential areas
- Turn on your headlights earlier in the day to better spot kids in the distance
- Peak trick-or-treating time is between 5:30 – 9:30 p.m. so stay alert

3 *Costume Safety* 🎃

- Have kids carry glowsticks or flashlights to be seen sooner by drivers
- Choose light colored costumes and decorate with reflective tapes
- Masks can be hard to see and breathe through, choose face paint and makeup instead.



The Spiritual History of Halloween

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

It happens every year, as soon as the leaves start turning fall colors – the shelves at most stores get stocked with candy, costumes and everything pumpkin. But, Halloween is so much more than the commercialized holiday we know it as today.

Origins of Halloween

Halloween, which gets its roots from a pagan festival of Samhain, is thought to date back over 2000 years. It began as one of the four Celtic traditions, celebrating different seasons throughout the calendar year. The festival began at sunset of October 31st and ended with sunrise on November 1st.

What made festival of Samhain special was that it was the final harvest festival of the year. It marked the end of the growing period and the beginning of winter. Due to its transition into the dark and murky winter, many believed that during that time, the boundary between the living and the dead became blurry.

When Paganism Meets Religion

By the 9th century, most pagans embraced Christianity as their religion or blended it with Celtic beliefs. During that time, the church, under the rule of the Roman Empire, made November 2nd – All Soul's Day. This became known as the day to honor the dead, and may also have been an attempt to replace the old Pagan festival. Around the 11th century, the church celebrated a 3 day festival, which began on October 31st and lasted until November 2nd. With the intention of fully eliminated the Pagan holiday, the church added November 1st to its calendar as All Saints Day and November 2nd as All Souls Day.

All Saints Day is still celebrated to this day on November 1st, it was referred to as All-Hallows or All-Hallowmans, which means "All Saints Day" as translated from middle English. Overtime, the night before All Saints Day became known as All-Hallows Eve – to be celebrated on October 31st, the day of the original Celtic Festival. While All Hallows Eve was primarily celebrated as a Catholic holiday, over time,

Halloween gained commercial appeal, which allowed for it to be celebrated as a non-religious holiday by many different cultures and belief systems.

Spiritual Symbolism Behind Halloween

Original festival of Samhain was about celebrating the cycle of death and re-birth. Death cycle is witnessed in nature constantly, but it is also mirrored in all of us. Human beings go through their own process of shedding, releasing and re-birthing, just as nature does.

Samhain was a time to honor the "deaths" that we have experienced throughout the year, release and make peace with all the things that no longer served us and make room for new things birthing within us and around us.



It was believed that on 11/1, spiritual activity was at one of its highest points, mainly due to rising of the Pleiades. Pleiades is a cluster of seven stars, also known as the Seven Sisters. In Celtic traditions, the Seven Sisters were linked to death, loss and grief – but also believed to bring comfort to those in mourning. The Seven Sisters were also linked to the rising of feminine energy, which has the ability to bring healing and deep connections to our lives.

It was also believed that the veil between the living and the dead was thinnest at this time, due to Sun's position in the constellation of Scorpio. Scorpio is known for its deep intuitive energy and is associated with transformation, death and re-birth. In numerology, the number 111 is an angel number linked to protection, divine intervention, and angelic support. It is believed that on 11/1, our guardian angels and loved ones who have passed on to the spiritual realm, are all nearby and sending us messages.

Halloween is not a night to be feared, in its origins, it is a night of celebration. Mother Nature is ever evolving, around us and through us. Energy can never be destroyed, it shifts from one form to another and that is exactly what we honor and celebrate during the sacred time of Samhain.

Media Corner: Worth, A Netflix Original Movie

By: Webster Tilton



There are a few things I especially hate about bad movies. A short list would include condescension, cheap emotional manipulation, predictability and oversimplification. But what I really hate is being suckered. All of this happens in the movie 'Worth.'

Worth is a movie about the 9/11 victims' compensation fund...and this movie takes what could have been a gritty, painful, interesting story and waters it down to a 'lawyer rediscovers his humanity' story...because that's a lot simpler and it's a recipe audiences are familiar with and their brains won't have to work very hard.

But it looked a lot better than that on the outside. I like Michael Keaton as an actor. I like him a lot. Enough that I trusted that this movie wouldn't be bad just on the basis of seeing him in it. And for a little while at the beginning, it looked like I might have been right.

But no. No. I was terribly wrong.

Everything, and I mean everything is spoon fed to the audience on the director's assumption that if we aren't basically told exactly what's happening, we won't figure it out for ourselves. But this is film. The acting is supposed to tell us what's going on, as is the scenery, the music, and the context. This movie doesn't do any of that. This movie is about a lawyer named Kenneth Feinberg who volunteered for a job nobody wanted, spending a lot of time getting lectured by Stanley Tucci about how it's wrong to apply a formula to calculate the worth of a human life. Which would be fine if anyone in the movie ever disagreed with him. But nobody ever does. Even the most cynical, selfish, business motivated characters in the film admit that this formula is an ugly necessity. Stanley Tucci's character is talking and emoting about how apparently nobody understands

that the value of human life can't be captured by an equation...except that everybody agrees with him, they just don't agree that there's a practical way to do what he wants.

Let me be clear, so long as they were making a sincere effort to do the movie respectfully (which they did) I could not care less what they fictionalized to make it work as a film. The much, much, much, much better movie 'The Insider' with Russel Crowe and Al Pacino, fictionalized a lot of aspects of tobacco scientist Jeffrey Wigand's life, but this didn't hurt the movie, because instead of using ham fisted expository dialogue to spell out every feeling that everyone is having the actors show the audience what they're feeling.

Not that there isn't any acting in Worth. Tucci does a decent job, as does Keaton, but neither of them was given much to work with. However good they may be, you can't act your way out of a paint by numbers script, mediocre dialogue, and manufactured drama. What does that mean? I mean they invented a fictitious sub-plot where the special master in charge of the fund has to decide what to do about the mistress and two children of a married firefighter who died in the attack. This was so painfully on the nose that it just made me want to turn the movie off.

In the movie the resolution is to simply abandon the formula and give everyone money based on a personal evaluation. And this ruins the film because if this was ever an actual option...then why wouldn't they just do that to begin with? The film does provide a reason: Feinberg thinks that only an equation can take bias out of the award decisions and keep things fair. But in order to manufacture 'tension' the film has him refuse to do the case-by-case approach until the 11th hour, because nothing else will get the necessary 80% of victims families to agree, resulting in the

death of the airline industry and the collapse of the economy. But the consequences of failure are never given any weight, and we only hear about them from slimy airline lawyers who are one moustache twirl away from tying a lady to the railroad tracks.

Then we get to the feel-good ending where the families of the poor working-class people finally decide to trust special master Feinberg and his commitment to getting them what they need, and he is able to avoid paying out tons of money to the small number of rich families of company executives that died in the attack. I looked it up. In reality Feinberg was always going to use his discretion to tweak the awards to families to reflect their individual situations and he personally conducted 900 of the 1,600 sit down interviews with them and 97% of families took the payments and agreed not to sue the airlines. That would have made a good film.

But that isn't a cookbook movie formula, so they didn't do that, and consequently the movie was mediocre.

Final verdict: Read Ken Feinberg's book What is life worth? and skip Worth. It's not awful, but it's a story that deserved to be done well, and this movie didn't.

September 2021 Word Search Results

A	R	C	I	T	S	X	N	A	O	L	N	L	N
F	E	O	P	L	E	P	D	S	L	R	N	D	E
A	E	H	E	A	E	E	Y	S	L	E	T	A	V
L	W	Y	B	B	E	C	D	I	H	T	S	I	E
L	V	P	L	O	E	H	Q	S	N	I	A	F	L
E	O	E	U	R	R	O	N	T	I	R	T	E	E
Q	E	R	L	D	M	L	O	E	O	E	W	R	E
U	C	T	E	A	R	E	H	D	C	M	O	V	N
I	N	E	S	Y	O	S	T	L	R	E	R	I	I
N	A	N	D	E	S	T	N	I	E	N	K	S	N
O	L	S	L	N	N	E	O	V	C	T	O	T	A
X	A	I	U	H	L	R	E	I	I	E	U	A	O
A	B	O	B	R	R	O	E	N	P	C	T	E	T
O	T	N	I	I	E	L	A	G	E	A	E	O	A

PUFFY GHOST CRAFT



Supplies needed:



- White card stock
- Black construction paper
- Scissors
- Glue
- Cotton Balls
- Yarn (optional)

Step 1: Start by drawing a ghost shape on the white card stock.

Step 2: Let your little one glue cotton balls until the ghost is covered.

Step 3: Cut out some eyes and a mouth from the black paper and glue them on. Have fun with this part and make all kinds of funny faces!

Step 4: If you want, tape some yarn on the back and hang it up!

Domestic Violence Awareness Month

By: Dee Barczak



October is Domestic Violence Awareness Month. Domestic Violence Awareness Month is a time for all of us to speak up about domestic violence, raise awareness, and support survivors of this devastating but common issue. Domestic violence can happen to anyone and it is present in every community, regardless of age, gender, sexual orientation, race, or religion. According to the National Coalition Against Domestic Violence, “Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a pattern of power and control created by one intimate partner against another. It includes physical violence, sexual violence, threats, economic, and emotional/psychological abuse. The frequency and severity of domestic violence varies dramatically.”

Unfortunately, the pain emotionally caused by this act can be damaging long term. Survivors of domestic violence most likely will need to seek mental health Providence and suffer from PTSD also known as post traumatic stress disorder. As a survivor of emotional domestic abuse myself, I needed therapy and medication to learn how to live daily life again, understand that there was nothing I did to deserve it to know the problem was not myself, learn to love myself again as well as establish trust that not every human will treat me the way that individual did.

Domestic violence has significant impacts on survivors other than psychological trauma including physical injury, psychological trauma, and even death. The COVID-19 pandemic and the accompanying lock-downs, social distancing, and other mitigation measures have only increased. Worldwide, incidences of domestic violence are increasing while the usual

escapes for survivors by shelters, police restraining orders, friends and family, and others may not be accessible now due to fears of contracting and/or spreading the virus, social distancing, and limited services. Therefore, it is more important than ever to raise awareness about domestic violence and know the warning signs of abuse.

Below are some important signs that you may be in a abusive, toxic, unhealthy or dangerous domestic violent relation. If your partner is telling you that you never do anything right, showing extreme jealousy of your friends and time spent away from them. Preventing or discouraging you from spending time with friends, family members or peers, Insulting, demeaning, or shaming you; especially in front of other people. Preventing you from making your own decisions; including about working or attending school, controlling finances in the household without discussion including taking your money or refusing to provide money for necessary expenses. Pressuring you to have sex or perform sexual acts you're not comfortable with, pressuring you to use drugs or alcohol. Intimidating you through threatening looks or actions. Insulting your parenting or threatening to harm or take away your children or pets. Intimidating you with weapons, or destroying your belongings or your home.

If you are experiencing domestic violence, know that none of these things are acceptable and you do not deserve to be treated less than you are, know that you are not alone and that help is out there! If someone you know is experiencing domestic violence and you are someone they know and trust, talk to them about the next steps to avoid this abuse.

Cybersecurity: COVID-19 Phishing Schemes

By: Jordon Stockwell

People are increasingly searching for vaccination information, such as where it is being administered and who has been approved to receive it, as the COVID-19 vaccine continues to be released. Unfortunately, this has resulted in a large increase in COVID-19-related phishing schemes. Email phishing attempts disguised as vaccination appointment communications, as well as attacks against pharmaceutical businesses and vaccine distributors, are on the rise.

Phishing assaults are becoming more common as a result of the large remote workforce, and attackers are focusing their efforts on employees who access to their company's network from home because they're the simplest targets. To fight this, businesses should review their identity management and security strategies to ensure that only the proper personnel have access to the resources they require at any given time. To comply with this goal, organizations will need to properly review their current infrastructure, giving specific emphasis to company-wide deployment.

Here are some signs that you can use to determine if you believe some is trying to scam you:

1. You are asked to pay out of pocket for the vaccine.
2. You are asked to pay to put your name on a vaccine waiting list or to get early access.
3. Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
4. Marketers offering to sell or ship doses of the vaccine for payment.



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Retirement Plan Solutions

The most appropriate retirement plan depends on your goals and the demographics of your business. Generally, if you are older and receive a higher salary than your employees, you may benefit the most from an Age Based or New Comparability plan. Under either of these plans you may receive a larger share of your company's contribution without violating IRS nondiscrimination rules.

Retirement Plans

- An Aged Based Profit Sharing Plan
- New Comparability Profit Sharing Plan
- Nonintegrated Profit Sharing Plan
- Integrated Profit Sharing Plan

Employer costs can be further reduced if the Age Based or the New Comparability Profit Sharing Plan is combined with a 401(k) plan, which gives employees an option to defer on a pre-tax basis.

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(716) 362-1558

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(716) 256-1673

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Contact: jobs@wnymedical.com
(716) 923-4380

Internships: Marketing,
Video & Photo, Journalism,
Graphic Design & Print

Contact: ssm@sunspinmedia.com
(716) 775-7776

September was a very busy month for Ten Lives Club, a nonprofit cat rescue located in Blasdell, N.Y., as they helped save 45 cats and kittens from shelters in the path of Hurricane Ida thanks to the national animal welfare organization Best Friends Animal Society who sponsored transport and brought the cats (and one dog for Buddy's Second Chance Rescue) in the Mystery Machine!

Ten Lives Club is always in need of donations and community support to continue their mission of saving as many cats as they can so there will be two big events held in October to help raise funds.

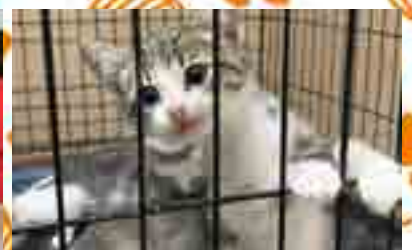


Ten Lives Club teams up with Best Friends Animal Society to rescue cats from Hurricane Ida

EVENTS

Starting Oct. 1 & every weekend up to Halloween, the 870 Lee Home Haunt in North Tonawanda will be raising funds for Ten Lives Club. Come on out to 870 Lee Avenue to get a good scare to help the cats!

Oct. 30, From 11 a.m. to 4 p.m., Ten Lives Club will be hosting a "Fall Fest" at Woodlawn Beach in Blasdell. Enjoy fall vendors, a basket raffle, adoptable dogs and kitties, food and more to benefit homeless cats. Admission is free.



We are on track for saving 3,000 cats this year! For more information, visit TenLivesClub.com or follow Ten Lives Club on Facebook, Instagram, TikTok and Twitter!



Classic French Onion Soup

visit: Tasteofhome.com

Ingredients

- 5 tablespoons olive oil, divided
- 1 tablespoon butter
- 8 cups thinly sliced onions
- 3 garlic cloves, minced
- 1/2 cup port wine
- 2 cartons (32 ounces each) beef broth
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 24 slices French bread baguette
- 2 large garlic cloves, peeled and halved
- 3/4 cup shredded Gruyere or Swiss cheese



Directions

Step 1

In a oven, heat 2 tablespoons oil and butter over medium heat. Add onions; cook and stir until softened, 10-13 minutes. Reduce heat to medium-low; cook, stirring occasionally, until deep golden brown, 30-40 minutes. Add minced garlic; cook 2 minutes longer.

Step 2

Stir in wine. Bring to a boil; cook until liquid is reduced by half. Add broth, pepper and salt; return to a boil. Reduce heat. Simmer, covered, stirring occasionally, for 1 hour.

Step 3

Meanwhile, preheat oven to 400°. Place baguette slices on a baking sheet; brush both sides with remaining 3 tablespoons oil. Bake until toasted, 3-5 minutes on each side. Rub toasts with halved garlic.

Step 4

To serve, place twelve 8-oz. broiler-safe bowls or ramekins on baking sheets; place 2 toasts in each. Ladle with soup; top with cheese. Broil 4 in. from heat until cheese is melted.

Nutrition Facts

172 calories, 9g fat (3g saturated fat), 10mg cholesterol, 773mg sodium, 16g carbohydrate (3g sugars, 1g fiber), 6g protein.

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