

YOUR
HWHHS

Health, Wealth, Happiness & Spirit

August 2021 Free

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Golf Tournament





Meet Jennifer Giczkowski!

Jennifer Giczkowski joined the WNY Medical team in September of 2016. She is the first in her family to enter the medical field, due to her passion for taking care of people and helping them chose a healthier lifestyle. She is a New York State registered Nurse Practitioner in Family Health and completed her Master of Science in Nursing from D'Youville College. Jennifer is very interested in alternative therapies, and in her free time she loves spending time with her family and dogs.

Jennifer provides services at our 3218 Walden location in Depew.

Please call (716) 684-3500 to schedule an appointment with her and the team today!



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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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could use
your help!***

Scan me to assist
with targeting our
age demographics
and our overall
reading audience.

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Road Rage: The Harmful Effects on Your Health

By: Ralph Hernandez



If you are a driver, you have probably been the victim of road rage at some point. As more vehicles are on the roadways, it seems to worsen. It can vary from tailgating, someone flipping you the finger, screaming at you, and in some cases, actual physical confrontations where someone ends up seriously injured or dead. Perhaps you are the one with the road rage and get angry at other drivers.

Some attackers have even lost their jobs when the victim or a witness can videotape the verbal or physical assault and post it on places like YouTube. In any case, it can be a grave offense.

Whether you are mild-mannered but become crazy when behind the steering wheel, or you tend to have explosive outbursts, you are not only causing potential harm to those you come in contact with, but you are hurting yourself. Think of it; if you have to drive to and from work five days per week, you are on the road at least ten times that week. Road rage results from anger, and anger not dealt with in a healthy way can cause your body physical and mental harm.

What effects does road rage have on your body? When you get angry at someone else's driving, your body goes into a state of "fight or flight." Your adrenaline increases, causing your heart rate and blood pressure to increase, as does your blood glucose. People who get angry all the time tend to have more deposits in the arteries of their hearts, increasing their risk for heart attacks. There is also an increased risk for stroke.

In addition, your mindset changes; that may lead to irrational decisions. If you consistently exhibit road rage, you damage your health and emotional well-being. After all, it is not fun to get angry often. You may notice other adverse health effects, such as fatigue, headaches, insomnia, difficulty concentrating, and digestive issues. Before you even get into a vehicle, you need to do some self-talk. Remind yourself that getting angry is a choice. So, what if someone cuts you off? Is it going to matter tomorrow? The answer is, "no."

You also must learn not to take things personally when someone makes what you think is a stupid driving move. Just because someone does not start moving quickly when the light turns green does not mean they purposely try to make you late for your appointment.

If you are running late, you are already in a state of an adrenaline rush, which makes it easier for anger to result. Therefore, be sure to leave plenty of time to get where you need to go. Set up a calm and relaxing environment in your vehicle. Listen to relaxing music that you enjoy or listen to podcasts. Do things that keep your mind off the traffic congestion. When you realize these things, you will find that you can prevent the anger and consequent road rage from surfacing. You will be amazed at how much less stress you experience and how much better you feel when you let go of this anger.

"Do things that keep your mind off the traffic congestion."

Keep Your Skin Clear with a Healthy Diet!

By: Sue Perbody

According to the American Academy of Dermatology Association, acne is the most common skin condition in the United States, affecting up to 50 million individuals annually. Acne can occur in any point of one's life and can continue well into adulthood. There are several medical reasons why one has acne, but sometimes the solution to clear skin is right in front of us. Better yet, the solution is adjusting what we consume.

According to Dr. Cynthia Bailey's skin care blog, high glycemic index foods are linked to acne outbreaks. The glycemic index is a system that ranks food on a scale from 1-100, based on blood-sugar level effects. A perfect example of these types of food include refined carbohydrates; white bread, cereals, candy bars, pizza, and white rice. These foods are popular in Western culture, adding to the common acne problem we have in America. "Foods with a higher glycemic index number increase your blood sugar faster than foods with the same amount of carbohydrates but a lower glycemic index number ... When your blood sugar rises fast, your body responds by producing a lot of insulin, which lowers your blood sugar by sending the sugar into your cells for storage. It's this high blood sugar/high insulin situation that's linked to acne!"

Our diets initiate hormone activity within our skin and pores. "Basically, eating refined carbs causes your hormones to go crazy, your pores go crazy and you get zits." This is an astounding example of the complexity of the human body, showing how easily we can react and adjust to the foods and beverages we consume. For example, one may complain of a headache or lightheadedness throughout the day. The first thing that should come to mind is, what have I or what have I not consumed today? Did I eat a low carb breakfast, or did I eat a high sugar breakfast? Did I drink any water today? From personal experience, eating a higher carb lunch at work leaves me feeling sleepy for the remainder of my shift. I also aim to drink 90 ounces of water every day, if not more. It is quite astounding how some simple diet adjustments can leave us feeling physically and mentally rejuvenated.

It is not uncommon to have a sweet tooth, and making diet adjustments can be a challenge. I am a firm believer of consuming things in moderation. If you have an occasional craving for that candy bar or piece of cake, eat it! But it is important to have self-control, and to know limitations. Occasional sweets may not ruin your skin, but making a habit of it can have a bad reaction on your body. Going back to the glycemic index, it is important to maintain a diet with a lower glycemic index value. Complex carbs like whole grains are a great example. Healthy proteins and vegetables are another example of a well-balanced diet. Finally, and I cannot stress this enough, please drink water! Your body will thank you later for it.



A Talk with Faizan Haq: Business & The Hawk

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



Predatory animals or birds are often used as analogies in business practices. All these metaphors have limitations; however my favorite is the hawk. A hawk has high self-esteem, is strategic in their moves and focuses on their targets. It avoids localized entanglements and hence often stays clear of entrapments. It resides in high places and only comes down for particular prey. It is disciplined, so it does not overestimate or misuse its strength. It takes care of its family and teaches their skills to their offspring. It has principles, so it does not eat the prey of others. The hawk is a symbol of strength, honor and resilience. It is used as an icon not only by the armed forces of the United States, but also in Native American, African, Asian and Middle Eastern cultures.

In business, one must be disciplined and have targeted objectives in mind. One should calculate all the possibilities before going after business objectives. So, you strategize like a hawk. One should never let one's honor be compromised in business. If you have a habit of stealing other's prey, you will eventually pay the ultimate price; the closure of your business. Overuse of a strength is a weakness, hence one should like a hawk; never overuse or misuse your strengths. Just as the hawk teaches its offspring its skillset; you teach your successors not what to do, but how to arrive at the decision on what should be done. It is good to be hawkish in business, but we should never lose our touch with humanity; as being human in business matters the most.

“Just as the hawk teaches its offspring its skillset; you teach your successors not what to do, but how to arrive at the decision on what should be done.”

Eye Exam Month: Keeping a Clear Vision

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

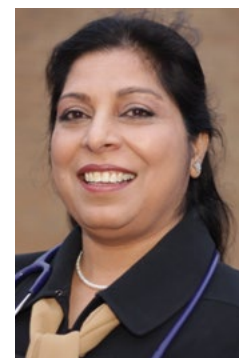
Everyone goes to their doctor and dentist on a yearly basis, but what about the eye doctor? Our eyes are one of the most important organs in our body. Receiving an eye exam at every stage of life can help keep your eyes healthy and vision strong. Eye diseases are very common, and can go unnoticed for a very long time with almost no symptoms at all. This is why getting an annual eye exam is so important. With August being National Eye Exam month, here are some of the most common eye diseases and how to prevent permanent vision loss or blindness.

Cataracts, or the clouding of the lens, tend to develop slowly over time. They will start to blur your vision and make it seem like you are looking through a cloudy window. Cataracts are currently the leading cause of vision loss throughout the United States. Glaucoma is another disease that leads to slow vision loss and blindness. Glaucoma typically has no symptoms and goes after the nerve connecting your eye, to your brain. This is often caused by an abnormally high pressure in your eye. Finally, age-related macular degeneration can develop as eyes

age. This condition will cause the loss of vision in the center of the eye.

How can you prevent these problems? Start early. The CDC estimates that of the 93 million US adults with a high risk of vision loss, only half of them visited an eye doctor within the past year. This goes to show how important it is to regularly check up on your eye health, even with children. Children should be checked regularly, especially between the ages of 3 and 5, to detect any risk factors. People with higher risk of getting glaucoma should have a dilated eye exam every 2 years, while people with diabetes should have one every year.

At WNY Medical P.C., our specialists offer a high-quality eye exam to help you take care of your vision health. For more information, or to schedule an appointment, please call our office at 716-923-4380.



Credit Card Options: What To Do & What Not To Do

By: Jackson Funds

You can't get much done without a line of credit. We all need it, and we're all concerned about maintaining and improving our credit rating however we can. So it is useful to know when you should and shouldn't apply for a new card. What factors make now a better time than later, or vice versa? Without this information, you won't know how to make an informed choice. Here are some tips you should know.

“What factors make now a better time than later, or vice versa?”

Timing is important, but it all depends on you. It turns out that there isn't a particular time of year which is better or worse for applying for credit cards. What you need to be worried about is how much time has passed since the last time you applied. Each application produces what is called a “hard inquiry” to your credit rating, and too many too quickly can lower your score.

You should also avoid having a lopsided “debt to credit ratio.” What this means is, don't apply for a new card right after you've taken on a considerable debt, like a home loan. You might qualify, but you'll get a much worse deal than you would if you waited until you'd made five or six payments and established that you are a good risk to lenders.

Lastly, keep your eyes open and pay attention. Credit card companies oftentimes come up with attractive offers that you should look into. The problem is that these offers are impossible to predict and some of them don't last very long. From time to time, the Federal Reserve raises or lowers its interest rates, and this can drastically impact what kind of sign up offers the credit card will make.

In other words, the best time to apply for a new credit card is no less than six months after the last time you applied for a card or took out a loan. Once you are into that time frame start shopping the available deals. If you don't find one that works for you, keep checking. New deals arise all the time.



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Financial Awareness Day: The Myths of Planning

By: Daniel Schlein, Financial Advisor

Whether you intentionally think about it or not, you are making financial decisions daily. You earn money, you spend money (and hopefully you save some money, too). Making choices about your finances can be easy on a day-to-day scale, but we all need to consider the long-term. Thinking about your financial future can be intimidating and can leave you with a more questions than answers.

To de-bunk some of these myths of financial planning, we teamed up with Daniel Schlein & his team at Alliance Advisory Group.

Myth 1: You should pay down all of your debt instead of saving.

Should you pay debt first? Or save? The answer is save! Look at the big picture. Student loan debt is something that many young professionals deal with. But it's not necessarily bad debt. You should have a plan to pay off student loan debt in the most efficient way possible, but you should also have a plan to save money and make sure you're not leaving yourself vulnerable in other areas. For example, having credit card debt is a symptom of a bigger issue caused by lack of planning and savings.

Myth 2: You need to earn "X" number of dollars before you consult a financial planner.

When it comes to income, Alliance Advisory Group works with clients in various situations. The best time to start planning for tomorrow is today. "Tomorrow" means different things to different people. It could mean saving for a house, paying down debt, retiring, being protected, leaving a legacy, and a lot more. It's important that you learn little tricks to make sure you are being efficient and effective with your cash flow/paycheck.

Myth 3: I need to find the financial planner who has all the answers

The truth is, there is no silver bullet when it comes to finances. There is no single product that solves all of life's challenges. If there was, we would all own it and there wouldn't be much of a reason to read this article. Just as it is the job of a contractor to use the right tools when building a house, it is

the job of a financial planner to understand the proper application of different financial tools and products. The best advisor for each of us is the one who communicates clearly, takes time to understand our goals and, perhaps most importantly, proves themselves trustworthy.

Myth 4: Rate of Return vs. Rate of Savings

Conventional wisdom says that in order to achieve a high reward on your money, you have to accept high levels of risk. But that's fiction! The truth is that achieving a high overall reward on your money is possible while taking minimal risks. Here's how:

- Become a world-class saver by setting aside 15-20% of your gross income.
- Accumulate one year of annual household income in accounts you can easily access if necessary.
 - Protect yourself and your cash flows against life events that could wipe out the money you've already saved and hamper your ability to save more.
 - Become more efficient by lowering taxes and other expenses that can erode your savings and investment returns.

Myth 5: There is some magical number we must save for retirement

This is a question we come up against quite often: "How much do I really need in retirement?" We answer this question by asking some questions: How long do you plan on living for? What will Social Security provide when you decide to retire? What will your future health care needs be? What will interest rates be when you retire?

Most of the questions would require a crystal ball to answer, and there are no easy answers. But I think most of us can agree that, when it comes to our retirement, we would like to have "as much as possible." This leads us to the true answer. Planning for the future is not all about how much we will need or when we will need it. It is more about developing sound habits to protect our future, save for it, and plan for it. This is where a financial planner or coach can help you develop a plan of action.

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"Planning for the future is not all about how much we will need or when we will need it. It is more about developing sound habits to protect our future, save for it, and plan for it."

Left-Hander's Awareness & Statistics

By: John Kolarik



International Lefthanders Day is Friday August 13. Growing up, I never knew it was “rare” to be a lefty. I always just thought it was a 50/50 thing. As I got older, I learned some scientific, interesting, and weird facts about being a lefty.

First and foremost, its NOT a 50/50 thing. Only 12% of the population is a lefty. In some countries, they still try and force children to write with their right hand. Another fact that has bothered me my whole life is

that lefties are 11 times more likely to have allergies, which I have a generous amount of. As I was growing up, I was always told that lefties were more prone to migraines. Although it is a fact, it's something I've never had an issue with, luckily. Left-handed people use the right side of their brain more fluently. Those functions include things like left-handed control, 3D perception, music awareness, insight & intuition, imagination, creativity, and art awareness. This all makes sense, and maybe led me to my field of Graphic Design and my passion for Advertising.

Something about lefties that most people don't realize is that most lefties are male. Lefties are also much better at multi-tasking. This is something that came in very “handy” when going to a top art school and having to juggle multiple major projects with short deadlines. I was able to stay ahead and schedule my days out and manage all those projects at once.







One major advantage us lefties have are in the world of sports! Lefties are especially good in baseball, tennis, swimming, boxing, bowling, and fencing. Almost 40% of the top tennis players are lefties. The Great Rafael Nadal is actually a righty who learned to play as a lefty to gain an advantage over his competition. Being a lefty in bowling is very special and rare, since there are less lefties the left side and oil on the lanes are used a lot less. This gives the lefties an advantage of a fresher lane and more oil to use and help their ball move. One last fact that I love is that lefties have typing advantages, and what do I mean by that? On a standard QWERTY keyboard, there are over three thousand English words typed solely with the left hand, where as there are only around three hundred typed with just the right hand.

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Tips for a



*Fun &
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Community Events

Eden Corn Festival

August 5-8th | TBD

American Legion Post 880 | 12pm-11pm

The Eden Corn Festival is a four-day annual event. Buttery, juicy, sweet corn on the cob, served fresh and piping hot, will be the highlight of the weekend, a festival like no other! This corn is home grown by the most skilled farmers in the State of New York, as evidenced by the taste of these ears!



Mac & Cheese Festival

August 14th | \$15-\$45

Buffalo RiverWorks | 12pm-8:30pm

Top Chefs, Food Trucks and Food Vendors Serving up the World's Most Amazing (and Cheesiest!) Dish. More than just a Food Festival, we'll also have an amazing selection of Craft Beers, Wines and Ciders. You'll get:

- Over 30 Kinds of Mac and Cheese to sample from top chefs and food vendors
- Craft Beers, Wines and Ciders
- Live Music and Entertainment



EID-UL-ADHA

August 15th | Free

Island Park | 12pm-7pm

WNYMuslims invites the public to join and celebrate the festivities of Eid-ul-Adha, and the Independence Day of Pakistan along with the commemoration of Erie County's Bicentennial at Island Park in Williamsville. The event promises something for everyone – live music, clothing & jewelry, henna, food & ice cream, games, and much more.

Visit: www.wnymuslims.org to register.



Erie County Fair

August 11-22nd | \$12-\$13.50

Fairgrounds in Hamburg | 9am-10pm

The Erie County Fair is the 3rd largest county fair in the nation. Come view the live animals, and visit their caretakers. Then head over to the James E. Strates Shows midway, with over 70 rides and 100 games. Enjoy continual entertainment on a number of stages, then visit the food vendors, whose options range from the casual to the extraordinary!

Tickets must be purchased on-line in advance, beginning July 1.



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Buffalo Opening Back Up: Activities & Fun

By: Brody Walsh

With Buffalo opening back up, there seems to be no shortage of great events to choose from. If you can't make it to any of the great events from the last page, there are a slew of weekly events all over Buffalo that will be going on through the rest of the summer.

Food Truck Tuesdays

A summer staple in Buffalo since 2013, Food Truck Tuesdays have always been a fun, reliable excursion for Buffalonians. From 5 to 8 PM every Tuesday until August 31st, a large selection of food trucks gathers at 745 Seneca street in Larkin Square, creating a fun and exciting environment for the whole family. Food selection varies greatly between the different trucks, so every week you could try something new, or even treat yourself to a sampling of several different culinary styles all in the same place on the same night! What's more, most if not all food trucks in attendance are locally owned, so you get a delicious bite all while supporting local business. It's a win-win scenario for everyone. Luckily, August 2021 has five Tuesday's, which means you still have five chances left to experience what has long been a Buffalo favorite activity!

Best of Buffalo Double Decker Tour

Buffalo is a beautiful city with rich history and brilliant culture. With so much to see, a tour can be a great way to spend an afternoon with your family. Offered daily, the Best of Buffalo Double Decker tour takes you all around the Queen City. A great tour for history buffs, aboard the Double Decker bus you'll explore great history. This includes things like how Buffalo got its name, the plights of Irish grain scoopers, Pirates and Portuguese Fisherman in Buffalo, and even a stop at the Erie County Military and Naval Park. All in all, the Best of Buffalo Double Decker tour is a great way to spend an afternoon with your family and friends and learn a little more about our amazing city while you are at it.

Thursdays in Larkin Square

For our third summer activity, we're heading back to 745 Seneca street in Larkin Square, this time on Thursdays. Everyone loves live music, and Thursdays in Larkin square are a great way to fill that void that the pandemic caused. From 4-8 PM on Thursday's all throughout the summer, Larkin Square hosts a variety of bands and musicians. So, if you're itching to make up for missed music this last year, Larkin square has you covered. Larkin Square is offering shows all the way up through September 30th, so you have plenty of opportunity to add some fun into a Thursday night! These events are weather dependent, so it's important to stay updated. For these sorts of updates, and line up news, be sure to check the event website just to make sure.

Outdoor Film Series at ArtPark

The final event we will be covering here is a great for film lovers of all ages. With offerings ranging from "Finding Nemo" to "This is Spinal Tap" the Artpark film series has something for everyone. Whether you're looking to enjoy a movie alone, or with the family, this is a fun and socially distant way to an evening. Entry is only \$10, and that includes concessions, and don't forget to bring your own chairs or blankets to sit on. Dates and times can be found on the Artpark website. The Outdoor Film Series at Art Park is an affordable and fun way to experience classic films, or maybe even see something new.



Gardening 101: Tips On Getting Started

By: Caitlyn Conibear

When it comes to starting a garden, many people think about all the hard work that needs to go into it; but many people forget the reward when those buds finally start blooming or your veggies start to flower. The truth is, gardening is not as difficult as many believe. Follow these five tips and soon your garden will be overflowing and bountiful!

1. Get To Know Your Garden

When starting a garden, it is really important that you understand the space and soil you are working with. Whether it be a few flower pots on the porch, a raised garden box or tearing up half of your yard, you must analyze your soil. After tilling the soil, head to a garden center for an affordable kit and find out exactly what nutrients you have and ones you are lacking. This will also help you decide on the type of plants to bring in and how to fertilize.

2. Water Matters

“Less is more” has never been more true than when it comes to watering your garden. If you overwater your plants, they can develop immature and shallow roots. Without extended roots, your plants will solely depend on your hose for water, versus getting it from deep in the ground. This can also lead to a weaker plant, as the roots are not as fully incorporated into the ground as they should be. So how much should you really water? Only once or twice a week, but feel free to give them a little more if they are wilting in the heat. Also keep your watering to the early morning or later afternoon as the water can evaporate too quickly in the mid afternoon, leading your plants to miss their meal.

3. Rays For Days

Each plant type has their own “personality”. When planning out your garden or pots, keep in mind that the ideal location will give your plants about 6-8 hours of direct sunlight. Be mindful though; some plants are more shade tolerant. Make sure to read up on the plants or veggies you are planning to grow and place them accordingly.

4. Take The Time To Care For Your Garden

Weeding is by far the worst part of growing a garden, but it doesn't need to be a back breaking task. There



are many things you can do to keep the weeding minimal. First off, plant thickly. By doing this, the plants can create a natural canopy and help shade out the weeds. Second, add some mulch. By covering the ground with dead grass, leaves or hay, you can cut down on the weeds ability to spread. Finally, weed little but often. If you keep up the weeds and pull them when they are tiny, you will help keep them from growing too large and invasive. Finally, fertilizer! Although it doesn't help fight weeds, it will help your garden flourish. The best kinds are homemade composts, but if this is not an option for you, there are some great organic and eco-friendly brands out there!

5. It Will Take Some Time

Unfortunately, we cannot reap the benefits of our garden overnight; proper timing makes all the difference. Before planting, learn how long each plant will need in order to grow to maturity and what season they should be planted in. Knowing these small details will make a huge difference in the success of your plants. Not sure where to start? Check out “The Old Farmer’s Almanac” to find out the exact dates for your gardening zone.

Starting a garden is not always easy, but if you start small, grow what you love and try not to stress out. Gardening is a great hobby that not only benefits you, but the ecosystem. So get out there and start digging!

The Benefits of Adopting Locally

By: Katy Siwinski

There are several local pet adoption rescues and shelters around Western New York. The benefits of adopting from a locally run facility are endless. By supporting a local pet adoption center, I was able to find a sweet, adorable, loving cat to call mine “forever.” Here is my story.

Me and my boyfriend recently moved into our first apartment together. We have a comfy little apartment here in Western New York, but something didn’t feel complete. Our personal company to each other was swell, but there was something missing. Something was lacking that made our house feel like home.

We had visited the Purrfect Car Café on Hertel Avenue in Buffalo on a number of occasions. We had both grown up with cats in our lives, so this seemed like the perfect fit. We spontaneously went to the café on April 25, browsing this familiar setting for our furry companion. I have always been a sucker for orange cats, but someone else caught my attention that day. There was a sweet black and white boy in a cage away from the other cats. I asked the owner why, and she stated that the other cats were mean to him. I was instantly drawn to his cage; his sweet, loving energy lured me over time and time again during that visit. After some pets and a good conversation, we applied to adopt Hopper. We took him home May 1.

Not only do local rescues and shelters involve supporting a local business, but you are also getting a new furry friend from a dedicated rescue or shelter in the area. You also get to assist with controlling the pet over-population cycle by giving this little critter a “forever” home. Overall, it is important to support local in any way possible. Save an animal today.



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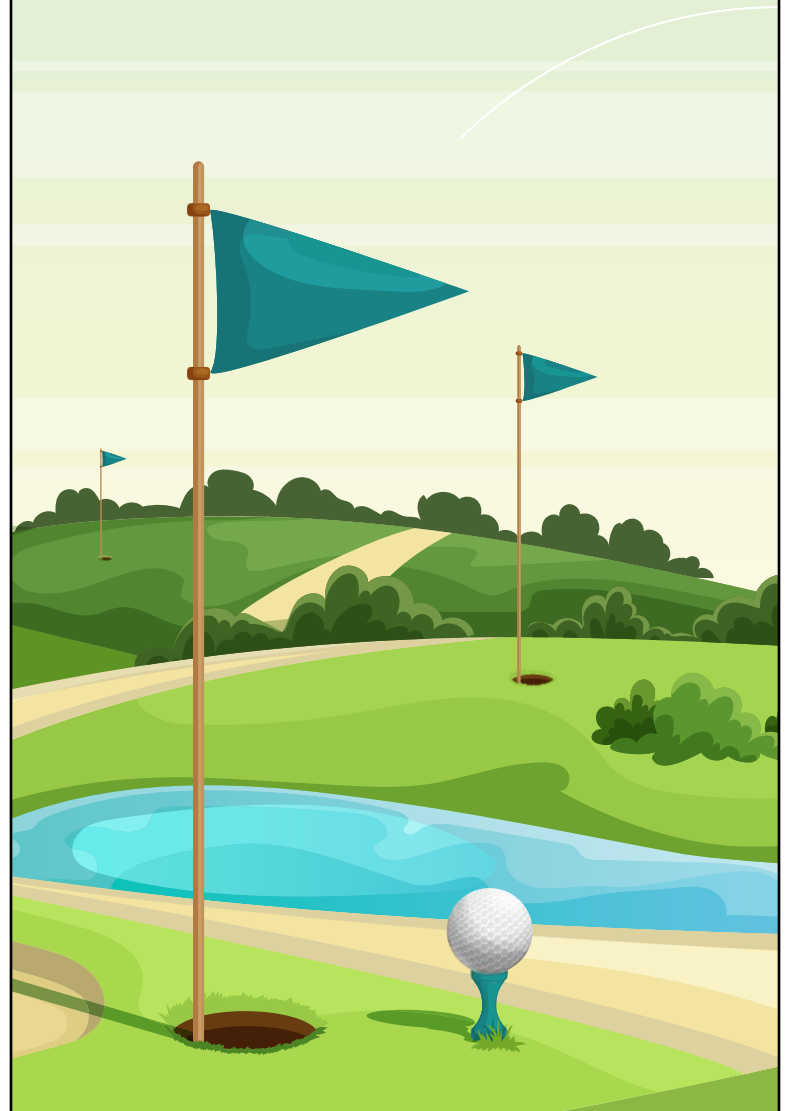
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How to Stay Focused and On Task

By: Karion Carter

I am a student pursuing a degree in the creative profession of graphic design. Staying on task and focused is a crucial skill to have as a student and soon-to-be professional. I found that creating clear rules, boundaries, and challenges for myself helps with productivity. Rules and boundaries help move me forward in the creative process, while allowing me to enjoy the work I create. It gives me parameters to fulfill and check off while giving off a sense of achievement.

The rules I make for myself regulate my behavior and pacing throughout assignments and tasks. My rules for myself include powering off the cell phone, limiting the time, numbering resources for the research and definition phase of the creative design process, creating a limited number of sketches for the ideation phase, and breaking assignments into smaller tasks. Rules and boundaries push forward the creative process by allowing me to notice the phase is coming to an end.

Having control prevents me from following negative thought patterns or procrastinating. Procrastination for me is refusing to move forward in the creative process. Without limits, I stay in the research and definition phase or the ideation phase of the overall creative process.



“Rules and boundaries help move me forward in the creative process, while allowing me to enjoy the work I create.”

When I stay in a phase too long, I fall into a pattern of doubt and judgment. Doubt causes me to question every aspect of the concept and my direction. If I give in to this thought, I could restart my assignment multiple times with a new idea. The concern and anticipation of a bad result will be stronger than the deadline. I would be in a cycle of research and sketching. Goal creation helps me spend less time in trouble phases of the design process and keep myself moving forward in the assignment.

Another way I stay on task is by making my assignments into smaller chunks and creating challenges. When given an assignment or task, I break it down into smaller attainable chunks for me to complete. I create myself a mini list that only has six total items. The list stays in my line of view for the rest of the day. Within that list, I would rank my task in two ways of being productive. Objective one ranks objectives in order of most desired objective to least desire. Objective two lists closest deadline to furthest deadline. These steps help me stay motivated and helps me enjoy my work. The final way I motivate myself to stay focus and on task is to make challenges to complete. I have a daily challenge to finish at least two objectives a day or four goals. It motivates me to keep moving forward in the design process. Having small tasks for me helps build momentum and build a sense of achievement. Having small objectives helps give the feeling of progression.

Setting up clear rules, boundaries, and challenges is a great way to focused and stay on task. I found this to help me through the creative process and its many decisions. It gives a clear direction to move forward, prevents remaining in a phrase for too long, regulate patterns of thoughts, and have clear motivations. Rules set specific ways to control your behavior and your progress through an assignment. Boundaries are a stopping point that alerts you to the next step of the process. The final goals are to make challenges because they can be great for motivation. Having these rules and boundaries for myself keeps me on task. I hope my methods help someone stay on task as much as it helps me.

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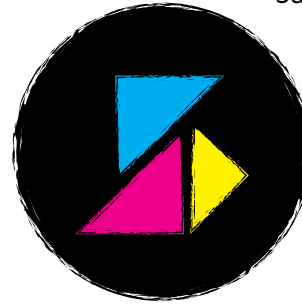
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International Overdose Awareness Day 2021

By: Dee Barczak

International Overdose Awareness Day is a global event held on August 31st of each year. This day aims to raise overdose awareness, and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury, as a result of drug overdose.

Symbols of International Overdose Day include the silver badge, the purple wristband, and purple lanyard. Together, they raise awareness of the detrimental effects overdoses have on those who suffer from them, as well as the people closest to them. Wearing these symbols is a demonstration of support for all who have experienced such loss. They are also a reminder that every life is precious and holds meaning and value as well as encouragement to seek help if your struggling with addiction.

Some of the things you can do to help spread awareness in the workplace and community are as follows. You may provide a safe space for telling the stories of overdose victims. You may offer a large canvas and washable paint, so that survivors can add

a handprint in memory of their loved one. You may also display empty hats or shoes to represent the number of lives lost in the community. If you know anyone who lost or is mourning someone due to addiction you can hold a candlelight in remembrance. Another great way to help is by doing research on your state and federal legislation that addresses opioid overdose prevention. You may write to your representative, as well as spreading awareness by word.

Of the more than 72,000 preventable drug overdoses in the country in 2017, more than 47,000 involved opioids. 2021 is the 20th anniversary of International Overdose Awareness, with over half a million people dying as a result of drug use annually. This is why now more than ever is the time to spread awareness, as well as mourn and remember the lives lost to drug addiction. This is the time to prevent beautiful lives from being taken, and encourage them to seek the help that they need. This is the time to let their loved ones know that their memory will remain and that others can seek the help that their lost loved one did not get the chance to do.

Media Corner: Castlevania Season 4 & Love Death and Robots Season 2

By: Webster Tilton

Sticking the landing is hard. Many series finales have failed spectacularly, and others have polarized fans or just been mediocre. I've gone on at length about this many times before. But proud are the few that nail it, and they tend to stick out as the benchmarks for how it should be done. The finale of Castlevania isn't quite a landmark, but it tried real hard and it got real close. Certainly, there was nothing objectively wrong with it. It is slightly predictable with a few twists that aren't set up very smoothly but even then everything is executed extremely well. Some spoilers ahead.

There is one significant problem though. The final season necessitated a new villain to drive the central plot mechanic, and I don't like the way they did it. The heel turn they use to accomplish this is just way too quick to feel natural. The character in question required only one brief conversation with someone he'd never met before to convince him that he had to do something incredibly evil, or he would never see the woman he loved again. And then he did it. And while the character does the villain job admirably once he's committed to his course of action, showing considerable sadness for the pain he's causing, I couldn't help but get hung up on how he turned. The previous season did set up finding his lost love as his long term goal, but he helped the heroes all the way and never acted selfishly at any point. They needed to drop some hints that he'd do anything to get what he wanted, or at least have the choice agonize him more and take a lot longer. I understand that they had a limited number of episodes to work with, but this choice just wasn't good.

That being said, season 4 is overall excellent. They called in an all star lineup of voice talent including no less than Malcolm McDowell for one of the new villains. No expense was spared to make sure the series went out with a bang, and they succeeded. A+. Well done. I hope the same team comes back to do more shows.

When I finished Castlevania I wasn't sure what I'd watch next, but to my



surprise the very next day, season 2 of Love Death and Robots dropped. To which my response is a resounding "Eh, not bad." I really wanted to give it higher praise, but it just didn't hammer it out of the park the way the first season did. Season 1 had 18 vignettes and at least 12 of them were awesome. But season 2 only has 8 vignettes, of which only 3 were really good. I still liked it, I'll probably go back and watch it again at some point, but I'm confused as to how they hit so much lower this time. The best vignettes of season 2 are undoubtedly 'Pop Squad' and 'Snow in the Desert'. Pop Squad would have been the standout if it hadn't been a little predictable, but even then it was very good. Snow in the Desert wins because it wasn't trying to do anything deeply philosophical and therefore didn't fail at it. It was just a really, really well told story about an old man. There's more to it than that, but I don't want to spoil it even mildly.

The other story worth mentioning is a deliciously dark Christmas short called 'All Through The House'.

I won't say anything other than that you should watch it all the way through.

Once again, by not trying to get overly philosophical they pulled out a winner. So, season 2 is something of a let down, but since 'let down' is a relative to the mind blowing standout that was season one, let me encourage you to take the time for it anyway. Or at least sit down to watch the three I mentioned.

Taken together these two items will keep you going for a while.

Hopefully until they drop something else worth binging, whatever that turns out to be.

"It was just a really, really well told story about an old man. There's more to it than that, but I don't want to spoil it even mildly."

August 2021 Word Search

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

**Gardening
 Focused
 Adoption
 Contactless
 Events**

**Clear Skin
 Workout
 Left Handed
 Castlevania
 Buffalo**

July 2021 Word Search Results

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



Is Contactless Delivery The New Normal?

By: Jordon Stockwell



Let's envision the customer experience in a post-Covid world. We should expect the changes in consumer preferences and business models to outlast the Covid crisis. Now that consumers have gotten used to the new digital or remote models, some of them will change people's expectations permanently.

The U.S. has seen a 20 percent increase in preference for contactless operations, with various industries implementing many new procedures. No-contact delivery has become the new normal. DoorDash, Grubhub, Postmates, and Instacart all offer drop-off delivery options, which stem from the needs of customers wanting to minimize physical contact. Grubhub and Uber Eats also expanded their contactless delivery options and will continue to do so in 2021 and in the upcoming years.

China-based delivery apps like Meituan, which was the first major company in China to implement contactless delivery in Wuhan, began using autonomous vehicles to assist fulfill grocery orders by bringing them to customers. Meituan was testing

this technology last year, but only recently launched this service publicly.

China is not the sole country looking to push robotic deliveries into their new models. U.S.-based startups Manna, Starship Technologies, and Nuro are tackling this problem using robotics and artificial intelligence-based applications. Starship Technologies started by two Skype co-founders in 2014, has developed a six-wheeled robot that navigate around people and public spaces without a human driver. The demand of these devices has risen dramatically since the beginning of the pandemic. They are used in many different environments, such as restaurants, grocery stores, and other delivery service companies.

The company has said "These bots have already completed 100,000 autonomous deliveries and traveled more than 500,000 miles."

Robot deliveries are the newest technology trend, and their development has gotten a boost thanks to coronavirus. It is a matter of time that these devices will become widespread, and you will begin seeing them everywhere.

"The U.S. has seen a 20 percent increase in preference for contactless operations, with various industries implementing many new procedures."

Air-Conditioning: Save Money in the Heat

By: Jawad Tung

Air conditioners consume large amounts of electricity, and the fluorocarbons they use as refrigerants deplete the ozone layer and contribute to global warming. If used smartly, the impact on environment and pocket can be reduced. Here are the top 5 ways to keep the electricity consumption low.

1) Planting trees around the house

Planting leafy trees around the outside of your home will help block the sun and keep your house cooler.

2) Cover your windows

Some of sunlight enters windows in the form of heat. Solar screens, or mesh-like window screens, can intercept the energy before it gets into the house.

3) Get “smart” about your thermostat

If no one is home during the day, you can save energy by keeping the thermostat higher. Set the AC fan speed on high, except on very humid days. On humid

days, set the fan speed on low. Why? The slower speed will remove more moisture from the air and improve the comfort of your home. The location of the thermostat is also important. To work efficiently, it should be on an interior wall away from direct sunlight, drafts, doorways and windows.

4) Install ceiling fans

If possible, run ceiling fans on your home’s upper level and open the windows on the lower level. If you live in a one-story house or apartment, close windows near the fan and open windows in rooms far from the fan to circulate air inside the house.

5) Service your AC

An inefficient air conditioner raises your cooling costs. Maintaining your AC unit on a regular basis is important and can save you money.



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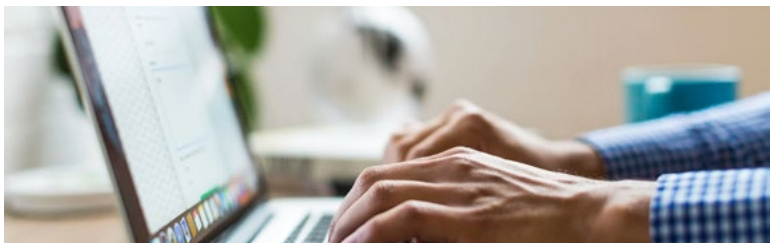
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Workout of the Month

Legs

Day 1 - x2

- 10 Lunges
- 20 Calf Raises
- 30 High Knees
- 20 Plie Squats
- 10 Toe Touches

Day 2 - x2

- 20 Plie Squats
- 25 High Knees
- 35 Toe Touches
- 20 Calf Raises
- 15 Lunges

Day 3 - x2

- 10 Jumping Jacks
- 20 Mountain Climbers
- 30 sec Wall Sit
- 20 Calf Raises
- 10 Side Lunges

Day 4 - x2

- 10 Sumo Squats
- 20 Side Lunges
- 30 sec Wall Sit
- 20 Jumping Jacks
- 10 Mountain Climbers

Day 5- x2

- 10 High Knees
- 45 sec Wall Sit
- 30 Plie Squats
- 25 Calf Raises
- 15 Toe Touches

Saturday & Sunday

Rest, you've earned it!



Cheesy Chick Mac N' Cheese

visit: Thecheesybuffalo.com

The Cheesy Chick started out as a food truck that made only a few grilled cheese sandwiches. Their menu quickly doubled due to their popularity. Looking to add to that they decided on a side of Mac N' Cheese, and from there it grew. From adding toppings to people requesting bigger portions. Their side of Mac N' Cheese grew to full meal size portions, and the The Cheesy Chick grew with it. As if their food truck wasn't already successful enough, they were able to open their own cafe located on [5385 Main Street, Williamsville NY](#).

On one of the busiest days of the year (National Mac & Cheese Day) The Cheesy Chick Cafe opened their doors for us to try some of their ever so popular, Mac N' Cheese. We tried their Buffalo and their Bacon. First bite of their Buffalo and right away I knew why people were requesting bigger portions.

Their chicken strips are seasoned perfectly, it complements the Mac N' Cheese so well, To be honest I wasn't so sure about hot sauce and BBQ sauce together, I thought they'd clash. I was wrong, the tanginess of the BBQ sauce worked perfectly with the mild hot sauce. It was literal heaven to my taste buds. Then I tried their Bacon version. To me there is nothing better than pairing the saltiness and crispiness of fresh cooked bacon to Man N' Cheese, it added a nice crunch and texture to the Mac N' Cheese that just made me feel at home.

It's a MUST to go and try if you haven't yet. Easily one of the best I've had in Buffalo. Check their website for locations of their truck or visit their cafe.

Ingredients

- 2lbs of Cooked Pasta
- 1 cup of Heavy Cream
- 1lb of Shredded Cheddar
- 2 cups of Water
- 1/4 Cup of Flour

Directions

Step 1

Heat a Saute pan on Medium heat.

Step 2

Add your water and heavy cream.

Step 3

Slowly add your flour while stirring.

Step 4

Mix until creamy, start to add your cheese while still consistently stirring.

Step 5

Add salt, pepper and adobo for taste. Mix with Cooked pasta and stir until you are ready to enjoy.



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