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JULY 2018

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THE FUN!**

**Animals in
the Workplace**

**5 Secrets for
Building Wealth**

**Hidden Gems
of Buffalo**

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Our Mission

Your Health, Wealth & Happiness explores the truth and facts not only within, but beyond the confines of your health, personal wealth, and individual happiness. We have one goal; to bring you the information you need to live a healthy, wealthy, and happy life. We find simple tricks to improve your health, and long term goals to stay on top of it. In this new age of ever expanding technology, there is an endless supply of new recipes, health care improvements, new operations, machines, vaccines, cures, research, even robots, and more. Keeping on top of Your HWH is crucial to living the best life possible. Cheers to growing a more healthy, wealthy, and happy lifestyle.

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Hep A is a short term infection that doesn't become chronic. There are vaccines for prevention which is why the rate of hep A infections has declined 95% over the years.



1 in 20 Americans have been infected with the Hep B virus. Up to 40,000 Americans will become newly infected each year. Hep B however can be prevented with a vaccine.

HEPATITIS

More than five million Americans are living with hepatitis, a disease which causes the liver to become inflamed. There are five known types: A, B, C, D, E; the most common types being A, B, and C. Known causes of hepatitis are viral infections, overconsumption of alcohol, forms of toxins entering the body, autoimmune diseases and fat accumulated around the liver. Symptoms of hepatitis include loss of appetite, nausea and vomiting, diarrhea, dark colored urine, pale bowel movements, stomach pain, and jaundice (yellowing of the skin and eyes). Mild forms of hepatitis can be vaccinated or go away overtime. Sometimes it can last a lifetime, resulting in liver cancer or cirrhosis (scarring) of the liver.

Sources:
U.S Department of Health and Human Services
www.medlineplus.gov
www.hepmag.com



More than 3 million people in the U.S. are living with chronic Hep C. There are approximately 17,000 new Hep C cases each year, many of which go unreported.

What You Need to Know About Hepatitis

By Shahneel Ahmed

Hepatitis is an inflammation of the liver. The liver is the largest internal organ in the human body and serves many metabolic functions. The liver converts nutrients in our diet into substances our body can use and stores these substances. Furthermore, the liver takes toxic substances and converts them into harmless substances or ensures that they are released from the body.

Hepatitis can be self-limiting or progress to scarring, cirrhosis, or liver cancer. The most common cause of hepatitis is viruses. There are five hepatitis viruses – type A, B, C, D, and E. The type of hepatitis is named after the virus that causes it – hepatitis A, hepatitis B, etc. Drug and/or alcohol use can also cause hepatitis. Hepatitis A is transmitted from person to person through the fecal-oral route. Consumption of contaminated food or water is the most common cause. Hepatitis A is a self-limiting type of hepatitis that does not lead to chronic infection. Common symptoms are fatigue, low appetite, stomach pain, nausea, and jaundice (yellowing of the skin and/or eyes). Such symptoms usually resolve within two months after infection. The antibodies produced by the body in response to infection by the hepatitis A virus last indefinitely and protect the body for reinfection. Hepatitis A can be prevented with vaccination.

Hepatitis B is transmitted from person to person through blood, semen, or another bodily fluid. Sexual contact, sharing needles and/or syringes, and mother to baby during birth are some common causes. Hepatitis B may only lead to an acute infection in some cases, but in other cases, it can become a chronic infection. Chronic hepatitis B can lead to cirrhosis or liver cancer. Hepatitis B can also be prevented with vaccination.

The hepatitis C virus is a blood-borne virus. Most people become infected with hepatitis C by sharing needles and/or syringes to inject drugs. In some cases, hepatitis C only leads to an acute infection. In most cases; however, it leads to a chronic infection. Many of those who are infected may not be aware of the infection because they do not have clinical symptoms. Unlike hepatitis A and B, there is no vaccine for hepatitis C. Hepatitis C can be prevented by avoiding behaviors that may involve the transfer of contaminated blood, such as sharing needles and syringes.

Hepatitis D only occurs in people infected with hepatitis B. This is because the hepatitis D virus is incomplete on its own and needs the hepatitis B virus to replicate. Hepatitis D can cause either an acute or a chronic infection and is transmitted from person to person through percutaneous or mucosal contact with infected blood. There is no specific vaccine for hepatitis D; however, hepatitis D can be prevented in those who are not infected with hepatitis B with the hepatitis B vaccine. Hepatitis D and E are uncommon in the United States.

Hepatitis E; however, is common in many other parts of the world. Hepatitis E does not cause chronic infection and is transmitted from person to person through the fecal-oral route. Contaminated water and poor sanitation are common causes. There is no vaccine for hepatitis E.

Tips for Allergy Season

By Katy Siwirski

Summertime is here, and that means allergy season is in full swing. The prevalence of allergic rhinitis has increased substantially over the past 15 years. Some theories to this include climate change, which makes allergy season longer. Regardless, it is important to take your allergies seriously, and treat them accordingly to avoid times of sickness and misery.

If you have recently experienced allergies, it is important to determine if it actually is allergies or just similar symptoms. The sudden transition from cold to warm weather can make it hard to tell an allergic reaction from a cold or virus. Suspect that you have allergies if you have congestion lasting longer than two weeks. If symptoms worsen after being exposed to triggers, such as spending time outdoors, you may be experiencing allergies. Are you ready for relief? Head to your local drugstore to pick up some over-the-counter medication to relieve symptoms. Decongestants will relieve a stuffy nose, and antihistamines will take care of stuffiness. If your allergies are severe, seek out some prescription relief from your doctor. Do you dislike the tired and foggy feeling from allergy medication? Try a saline nasal rinse, or gargle salt water.

Are your allergies outdoor related? Be sure to take off your shoes and work clothes upon arriving home. Take a shower at night to wash off any remaining pollen. Exercise inside, and keep your windows closed. Wear a surgical mask outdoors to minimize your exposure to pollen particles. Eating healthier will also relieve allergy symptoms, especially grapes, apples, oranges, and tomatoes. Drink plenty of fluids to thin out the mucus in your nasal passages for extra relief. Hot fluids are also good because the steam can help to alleviate your congestion. Bring natural cleaners into your home because harsh chemicals can irritate the nasal passage. Don't be afraid to take these extra steps to relieve allergy symptoms.

Last, but not least, treat your allergy symptoms seriously. Allergy symptoms can take a big toll on your personal well-being. Don't be afraid to rest up, go to bed early, or take a sick day. If you overdo it and run around feeling awful, you're only going to feel worse in the long run. Treat your allergies seriously, and take care of yourself to relieve symptoms.



The Benefits of Maintaining a Healthy Relationship With Your Parents

By Tehniyet Azam

Humans are social animals. We were made to live in groups. When we come into this world, we are welcomed by the people who have given their DNA to us. I was welcomed by my parents, grandparents, uncles and aunts. I was, from my very first day in the world, blessed to be born in a family like mine. Born a girl in a society where the birth of a girl is not a happy moment, instead it is a sign of God's wrath. My grandparents welcomed me, my parents were happy, and my uncles and aunts were celebrating. One of my uncles came all the way from the USA to Pakistan to see me. I couldn't be more thankful for the family I have. Their love for me has no comparison with anyone in the world.

My parents have always been my best friends. Don't take me wrong, we do have our arguments, we sometimes have differences, but we figure it out and work through them instead of creating distances amongst each other.

Having a healthy relationship with your parents is very important. At least that's how I see it. The reason is that they are the people who love you and care for you the most in the world. No matter what you do or whatever you get into, your parents will help you get out of a bad situation. I have been through a lot in the past couple of years, if it was not for my parents I wouldn't have been around. I was depressed to an extent that I became suicidal. I was planning on killing myself because I was so done with my life. I was financially unstable back in 2011 and had no job. My degree was not completed, and I had no purpose in life. It was my parents who walked me through each step along the way. I am who I am today because of them. It was their hard work, their trust in my capabilities, that empowered me to solve my issues and I was able to take my life by the horns. Parents give you the satisfaction that you are important in this world and help you to follow your dreams. You can have the best spouse, partner, siblings and friends but there is no one, absolutely no one in this world who will be closer to you or will think about you like your parents do. I agree that we all have different experiences in life but no matter what, the people who brought us into the world are the people who love us more than anyone else. Take a moment to tell your parents how much you love them and if you have serious or small differences please solve them. There is no point in waiting and then regretting it when the time is gone.



Dehydration Prevention

By Diane Woolvertan

It's been a pretty hot summer and by now many of us are really feeling the heat. Dehydration prevention is one of the most important things you can do this summer to keep yourself healthy. With such a wonderful summer to enjoy this year many of us forget that we need to keep our bodies hydrated while outdoors engaging in all those fun activities. Since we live in a humid area our bodies are easily depleted of moisture. It is important to know how to keep ourselves hydrated and how to recognize the symptoms of dehydration.

When engaging in active activities we must remember to drink before, during and after. Lemonade, sports drinks, and iced tea can help the body to retain the necessary fluids to keep ourselves both cool and keep our internal organs working properly. Adding a splash of lemon to water helps the body absorb the water better, and juices can help the body replace any lost fluids. Eating fruits and vegetables will also help the body to maintain good fluid levels, and during this time of year both of those are plentiful either from your own garden or from the grocer's. Another dehydration prevention measure we can take is to refrain from too much time in the sun. During times of high temperatures the shade can be your friend. Wear light-colored and loose-fitting clothing to allow air flow between the clothing and your body. Any outdoor activities that can be done early morning or in the evening should be done so.

If you are experiencing light-headedness, feel faint, notice swelling in your legs or feet, or notice the color of your urine is darker than it normally is you may be suffering from dehydration. If you notice any of these symptoms notify your physician. The medical staff at WNY Medical, PC, located at 4979 Harlem Rd is always available to attend to your needs. Do not hesitate to call them at 716-923-4383.



A New Kind of Therapy

By Cryo-Wellness of America

If you could improve the quality of people's lives would you? Well the folks at Cryo-Wellness of America think they can. Cryo-Wellness of America is a new kind of Pain Management Company using Whole Body Cryotherapy (WBC). Since opening on February 12, 2018, feedback from clients has shown that using this new kind of cold therapy has a positive impact on relieving joint pain, aiding in recovery from sport's participation and even post-surgical recovery. Individuals also notice they experience a deeper, more restful night's sleep. Some clients have cited becoming less reliant on prescription medication.

The first Cryo-Chamber, was constructed in Japan by Dr. Yamauchi in 1978, to treat rheumatoid arthritis. It has been used successfully in Europe for more than 30 years in the treatment of various inflammatory disease processes, and is becoming increasingly popular in the United States. So what is it? WBC involves exposure to extreme sub-freezing temperatures in a specially designed chamber consisting of two rooms, a Pre Chamber cooled to -76 F, and a Main Chamber cooled to a minimum of -164 F. The short 3 minute session stimulates the body's natural response to decrease inflammation, pain, and spasms. In his book Power from the Cold, Dr. Papenfuss refers

to WBC "as a short-lasting physical therapy with a long-lasting effect".

Cryo-Wellness of America hopes to add to the evidence based research on cold therapy and is currently organizing a pilot study to examine the "Effects of Whole Body Cryotherapy on Sleep, Pain, Mindfulness and Anxiety". The study is being conducted in co-operation with Dr. Jennifer Scheid and Dr. Nicole Chimera of Daemen College. To participate in the study or for more information contact James Kenney Ed.D, Vice-President and Director of Research, or Capt. (Ret) Daniel Lang BSN, RN., Director of Member Services.

Located at 6301 Transit Rd in Depew, NY., Cryo-Wellness of America offers the first of its kind, state-of-the art technology not available anywhere else in Western New York. Four to six guests can be accommodated at one time. There are separate changing rooms for men and women and the facility is fully accessible. Learn more about WBC by calling 716-473-5004 and visiting www.CryoWellnessofAmerica.com

Submitted by Robert Fronckowiak, President Cryo-Wellness of America



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Trade War? Bracing for the Future

By Timothy Kelheart

With today's political economic climate of tariffs being levied on one nation after another and retaliatory tariffs being implemented as a result, the world is heading towards some difficult times. But what will this mean to us the everyday person of the U.S.? Will we have to pay drastically higher prices for the goods and services we use and need each day? The answer as surprising as it is, is no.

The world will not catch aflame and there will be not be more people starving in the streets because of these tariffs and claimed "trade war." The price of some commonly used goods might increase slightly if these additional costs caused by these tariffs are not absorbed by the manufacture or reseller who then will displace these additional costs on the consumer and end user. At this point, this is where it becomes interesting. When the price of goods increase consumers will begin to consider whether to buy the good at the new higher price, a substitute good that is cheaper than the new higher price, or the consumer will not purchase the good at all.

The increase in price of imported steel and aluminum will mainly effect its producers and manufactures that import these products into the U.S. Aluminum and steel are used in a magnitude of products that are consumed and used within the United States, but can you the consumer really get ahead of the rise in prices for these goods? The answer is, it depends. It depends if you want something that is made out of these goods prior to the price increase. Not many people are going to stockpile aluminum cans with their favorite beverage in it as it will be shortsighted and not save your wallet from the price increase in the future. But if you were going to be buying tools or car accessories that are mainly made of steel and aluminum you should consider buying them now before the tariffs are felt across the board.

All in all there is no reason to fear that these tariffs will start a "trade war" and you should go about your business as usual. Remember to always stay informed, look ahead for future trends, and stay out of the red.



4 Buffalo Bargains

By Canny Savanney

Buffalo is an old breathtaking city. Once known as the city of lights. The city is filled with mystic beauty and wonders that illuminates its rich history that is free for anyone to consume. One of the world's greatest seven wonders sits in our backyard and we can go and look at it anytime we want! Today, trying to find any activities that have zero to no cost is like finding gold. I mean what's better than free?

1) Niagara Falls

As previously mentioned, this is something most Buffalonians do not take enough advantage of. I mean not everyone can claim that they can go see this natural phenomenon anytime they want. Weekends are the best days to go and see the falls illuminated by spectacular rays of light with an awe-inspiring fireworks display that depending on weather conditions starts at 10 PM Friday – Sunday.

2) Outdoor movies

Everyone loves a good movie, but no one wants to be stuck inside during the summer when the weather is nice You can catch some great free movies all throughout summer outdoors at the University of Buffalo North and South Campus, Buffalo Harbor, Delaware Park and many other locations. For a full list of locations and the movies playing at those locations visit buffalo.kidsoutandabout.com and search for free movies.

3) Glen Falls

This is by far one of my favorite places in all of Buffalo! This beautiful little gem is centered right in the heart of Williamsville. You can go and explore this public park's natural beauty up close and personal. Glen Falls is small compared to Niagara Falls but it is still breathtakingly beautiful. You can even see a smaller scale of the falls right beside the old Red Mill that has been converted into Sweet Jenny's. Which if you have a chance and are willing to spend a few dollars Sweet Jenny's has some of the finest homemade ice cream in all of Buffalo. Their orange chocolate is out of this world and you will surely enjoy it while continuing your walk in the park.

4) Zumba at Canalside

Nothing says summer like exercising outside by the beautiful water front. After a long stressful day at the office all you want to do is unwind. What better way to relax than to dance away your worries? Enjoy this free classe Wednesday nights for an hour session from 6-7 PM on the Boardwalk. You'll add a little bit more pep back to your mid-week slump.

There's plenty of free activities to enjoy around Buffalo, you just have to find the ones that best suit your needs.



5 Secrets for Building Wealth

By Webster Tilton

Research what's new: Everything you use every day of your life (your phone, your computer, etc....) was once a new thing. Be prepared to take a chance on an emerging technology or consumer trend. Get in ahead of the game and reap the benefits.

Anticipate need: This goes beyond just buying and selling to others. Anticipate your own needs as well. Buy items in advance that you think others will need to profit on the future increase in demand, but items you yourself will need to take advantage of lower prices. If you're planning on having a family and the housing market is a buyer's market then buy now.

Invest in infrastructure: Be prepared to sacrifice lifestyle comfort for long term security. If you can find it in yourself to get by on sandwiches and staycations instead of eating out and flying to Vegas you'll have the cash for serious upgrades and investment, or an emergency fund for when things go wrong.

Proactively search for and use every available tool: There are probably job benefits you have, but have never used. There are probably government programs that can help you, but you've never heard of. The simple act of sitting down and

Google searching "How to save money on [insert topic here]" is something we don't often think to do. Whatever financial needs you have there are millions of others like you and solutions exist. Don't just assume you're doing 'it' as efficiently as possible.

Demand a better deal: Call your internet provider and threaten to switch to their competition. Do the same with your cell phone provider, car insurance, home insurance, health insurance, and any other service provider you've been using for any length of time. Their survival depends on your dollars, and they'll fight to keep them. As the consumer you have the power in these situations. Leverage that advantage for a better deal and watch the savings pile up in your account.



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Animals in the Workplace

By Lauren Antkowiak

The workplace can be a very stressful and overwhelming place. A rising trend has emerged to combat this negative environment, animals in the workplace. In the last few years, more and more companies are allowing employees to bring their pets to work. While this sounds amazing, it might not be for everyone.

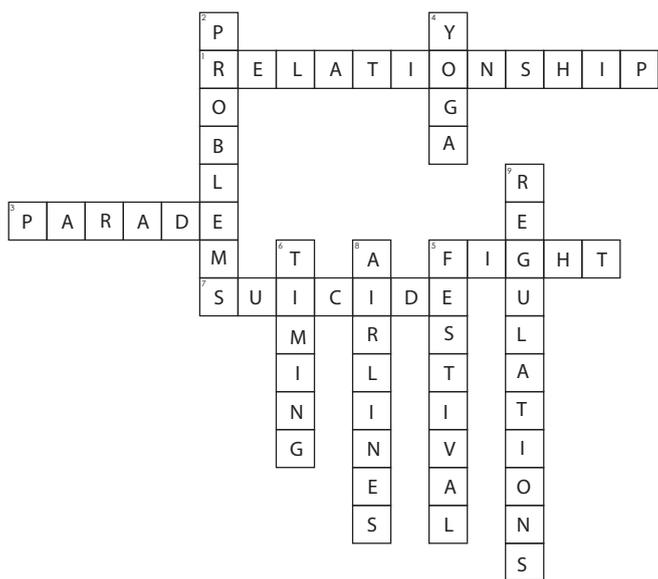
Some pros to having animals in the office are obvious. Research has shown that being around animals reduces stress and boosts morale. They can even jump start a conversation between employees who would normally not interact with each other, which increases internal communication. Also, when employees see that they have something in common, they are more willing to work together.

Animals in the workplace can also increase productivity. Employees feel supported by their employers, have fun and humor added to their work day, and are not distracted worrying about their animals who are home alone. It also encourages employees to decompress from their stressful work with a break to give their animal some attention or get a little exercise in by taking them for a walk. Work can become more positive, productive, and enjoyable by having animals around.

However, there are some negative sides to this. Many employers don't think animals increase productivity but rather hinder it because animals can be disruptive, noisy, and overall distracting. There is also the issue of allergies and some employees having fears of animals. There are simple solutions to these issues, such as having designated areas for the animals or having certain days animals can be brought to work. Even though there are solutions, these issues are only related to how people would react to having animals in the workplace; what about the pets themselves? Pets have all types of personalities, some of which may not be compatible to the work environment. These include being shy and uncomfortable in new environments or needing more attention than someone can give or destroying things in the office. Take in to account how the animals would handle being in this type of environment, and all the other issues, before any animal is brought into the workplace.

Allowing animals in the workplace could significantly change the atmosphere of the office, for better or worse. Start out on a trial basis to see how it would influence your office. Partake in the national Take Your Pet to Work Week, which occurs every June, or set up different dates that work best for your office. The only way to know is to test it out. And if you are lucky enough to work at a place that allows animals, enjoy that extra time with your favorite furry friend!

June 2018 Crossword Puzzle



How did you do?
Find your answers here!





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Are you Diabetic?

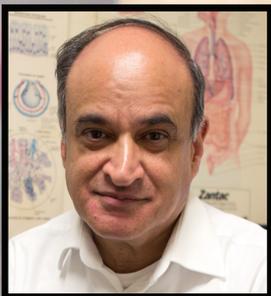
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Dr Norma Quijada



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Hidden Art of Buffalo

By Lillee Bellia

Let me ask you a question, Buffalo. When was the last time you switched up your daily routine and ventured out of your neighborhood? Some people say that they don't have the time, or perhaps that they've explored all that they feel there is to explore. I'm here to tell you that these are simply excuses, and the Queen city is thriving with art and beauty for you to admire! After taking an adventure of my own, I round up a few of my favorite pieces of public art that are worth your time and attention. I challenge you to call a friend, grab a camera, and drive to these murals!



Daniel Glas
72 Jewett, 2016
72 Jewett Ave., Buffalo, NY

Named after the address of the building's previous owner, 72 Jewett was created to represent Buffalo's Main Street. Daniel Glas used abstract art and a range of shapes to connect the various establishments within the mural. On a sunny day, the light reflects off of the gold in the painting, creating a radiant glow that captures the viewer's attention and elicits a feeling of pride in being a Buffalonian.



Shantell Martin
Dance Everyday, 2017
537 East Delavan St., Buffalo, NY

In 2017, Shantell Martin not only showcased her artistry within the Albright Knox Art Gallery, but directly within the community as well. The complex linework and imagery in Dance Everyday creates a bold energy that draws in the eye, and well, makes you want to dance! Today, Martin has continued on to work with influencer and videographer, Casey Neistat, along with creating a collaboration with Puma.



Team Razor Wire
Bailey Fights Blight, 2016
3148 Bailey Ave., Buffalo, NY

Located on the corner of East Amherst and Bailey stands a lion with its head held high, staring at the horizon. Created by Team Razor Wire, this mural is one of their many works dispersed throughout Buffalo, in fact, you can find one of them located right across the street!



Casey William Milbrand
Greetings From Buffalo, 2016
461 Ellicott St., Buffalo, NY

Although it is relatively new, Greetings From Buffalo has already sparked major buzz in Buffalo. Whether it be the immensity of the panting or the colors within, visiting this life-size postcard is a must for every Buffalonian.

Photos taken by Alexis Abramo



Designed by Michael Morganti

Overcoming Your Biggest Fears Releases Endorphins

By Oliver Clarke

Scary movies, roller coasters, running, and acupuncture: what do these things have in common? When a body is placed under certain stressors, such as fear, physical exercise, or pain, endorphins are released to try to help you get through a difficult situation. Some people's brains are wired differently, and receive more dopamine, whereas others' brains produce less from a fear response, which is why not all movie-goers enjoy horror flicks. The setting also counts, as a person must understand that they are truly safe. Bringing a young, monster-fearing child to a haunted house. Not a great idea. Not every frightening situation will produce a flood of endorphins; it depends on the person. However, everyone can achieve the hormone boost that we experience as a feeling of accomplishment from voluntarily facing your fears.

The next time you are faced with a situation that scares you, think through it instead of running from it. Think of the worst reasonable scenario—the most likely negative outcome, not the outlandish one only possible in an alternate reality—and remind yourself that you can live through it. If there's a spider in the corner, instead of calling out to your spouse to take care of it, think: even if the spider crawls on me, I may not like it, but I am capable of handling it. After you get rid of the very first spider, you may enjoy an endorphin peak. Perhaps after a couple, you may still never love spiders, but you may not be so afraid anymore.

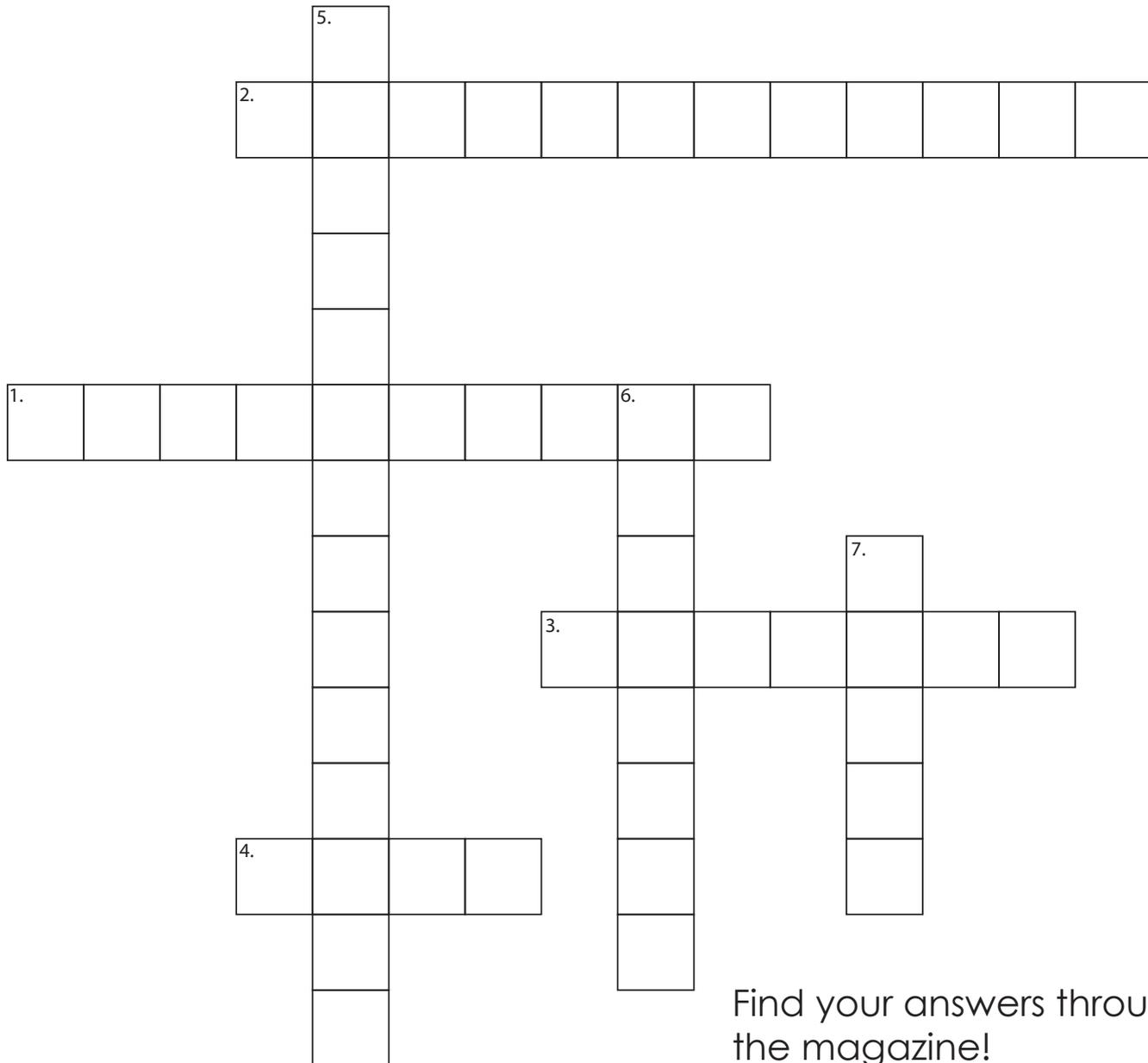
This is especially important for people with anxiety. An anxiety disorder may cause you to be fearful in normal, everyday situations, such as when speaking on the telephone, meeting new people, or driving to work. Avoiding the situations that cause fear not only hampers your life, as these situations are common, but it worsens the anxiety; regardless of whether a person has an anxiety disorder, avoiding your fears only increases the fear response. This may cause an aversion to transform a small fear, into a big fear.

So make this summer an opportunity to face your fears! Practice public speaking, try mountain-climbing, or visit the snakes at a zoo. You can walk out feeling accomplished, as your brain chemistry supports you for conquering your fears.



July 2018

Crossword Puzzle



Find your answers throughout the magazine!

Across

- 1) Allowing animals in the workplace could significantly change the _____ of the office.
- 2) Hepatitis is an _____ of the liver.
- 3) An _____ disorder may cause you to be fearful in normal, everyday situations.
- 4) Although it is relatively new, Greetings From Buffalo has already sparked major _____ in Buffalo.

Down

- 5) Invest in _____.
- 6) The prevalence of allergic _____ has increased substantially over the past 15 years.
- 7) Adding a splash of _____ to water helps the body absorb the water better.

July WNY Events

Strike Out Breast Cancer Night: July 7th from 3:00 PM to 9:00 PM at Cathedral Park and Coca-Cola Field in Buffalo, NY. For more information, please visit bcwny.org/strike-breast-cancer-walk/

Taste of Buffalo: July 7th – 8th all day on Delaware Avenue in Downtown Buffalo, NY. For more information, please visit tasteofbuffalo.com

Kickstock Kickball Festival: July 21st at Wilkeson Pointe in Downtown Buffalo, NY. For more information, please visit kickstock.sabahinc.org

Eat Rite Foods Buffalo Health, Wealth and Fit Expo: July 28th from 9:00 AM to 11:00 PM at Buffalo RiverWorks in Downtown Buffalo, NY. For more information, please visit buffaloexpo.eatritefoods716.com

Live Well Buffalo - A Feel Good Fest: July 29th from 11:00 AM to 6:00 PM at the Outer Harbor in Downtown Buffalo, NY. For more information, please visit their Facebook page

Ongoing Events

Hamburg Farmer's Market: Every Saturday from 7:30 AM to 1:00 PM at the Hamburg Village Municipal Parking Lot in Hamburg, NY. For more information, please visit, villagehamburg.com

Fitness in the Parks: Various locations, dates, and times throughout the month. For more information, please visit independenthealth.com

Yoga: Every Wednesday from 5:30 PM to 8:15 PM at Buffalo & Erie County Botanical Gardens in Buffalo, NY. For more information, please visit buffalogardens.com

Recipe
Corner

Best Backyard Burger

- 1 pound of ground sirloin
- 1/4 cup grated Spanish onion
- 1 1/2 teaspoons Worcestershire sauce
- 1/4 teaspoon kosher or sea salt
- 1/4 teaspoon pepper

Directions:

1. In a large mixing bowl, combine ground sirloin, Spanish onion, Worcestershire sauce, and kosher or sea salt. Mix gently with clean hands until the ingredients are well combined. Pack a 1/2-cup measuring cup with beef. Remove and mold into a slightly flattened patty about 1 inch thick. Place the burgers on a platter and grind 1/8 teaspoon pepper over them. Flip them and grind another 1/8 teaspoon pepper on top.

2. For charcoal or hardwood grill, ignite the coal or wood and bring the coals to an even red flame. For a gas grill, heat grill to a high heat and rib grate with a folded-up paper towel dipped in olive oil then reduce the flame to medium.

3. Place burgers on grill and cook for 5 minutes. Flip the burgers, cover the grill, and continue cooking for another 4-5 minutes for medium well. Don't press the burger down with a spatula or you'll squeeze the flavorful juices out. For cheeseburgers, now is the time to top the burger with a slice of cheese. Using tongs or a heatproof spatula, transfer burgers to a clean plate or platter.

4. Dress up your burgers with your favorite condiments and enjoy!



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