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#MeToo

**Ways to Save on
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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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#MeToo

By Katy Siwirski



Participant Bryan Stacy, the co-founder of a sexual health app, encouraged the participants to tap into their feeling as a way to release lingering frustration, anger, fear, or confusion. There was an important acknowledgment that men are, in fact, important allies in the #MeToo Movement. Men have the ability to call out bad behavior when they see it. The men also were curious as to how they would participate without being seen an intrusion to a woman's voice. Overall, readers wished to see more discussion in how men are supposed to behave in various situations, and especially how both men and women can flirt and pursue without frightening the other party. I can only hope that more groups like this are held in the future to spread more awareness and diverse culture about how men and women treat each other in the workplace.

The Me Too Movement is a social media movement that is against sexual harassment and sexual assault. Multiple studies and researches have been done to show the affects of this movement on today's culture and society. Just because you are a male in today's world, doesn't mean you need to be looked down on. This is just as much a woman's game as it is a man's game. Be cautious about your actions, and take responsibility for those actions. #MeToo

The Me Too Movement is a movement that is against sexual harassment and sexual assault. The movement began to spread in October 2017 as a hashtag on social media in an attempt to spread knowledge, reality, and overall prevalence of sexual assault and harassment, primarily in the workplace. The saying began showing up as early as 2006 when American activist Tarana Burke began using the phrase to spread awareness. In October 2017, the phrase was encouraged by actress Alyssa Milano, allowing victims to tweet to give people a sense of how big the problem really is.

According to a 2018 study done by HealthyDay.com, there is evidence that the #MeToo movement sparked more than mere conversation about sexual abuse in the United States. "On the afternoon of Oct. 15, 2017, Milano responded to public accusations of sexual harassment and assault against film producer Harvey Weinstein with a tweet sent to her followers: 'If you've been sexually harassed or assaulted write 'me too' as a reply to this tweet.'" During this period, searches related to reporting sexual assault harassment were thirty percent higher than usual. Eighth months after the initiation of the hashtag, millions of victims are expected to reach out for help and support. The National Women's Law Center created the Time's Up Legal Defense Fund in January 2018, in the wake of #MeToo. Since this time, nearly 4,000 people have reached out, seeking assistance for workplace sexual harassment. According to trauma psychologist Karestan Koenen, "sharing one's sexual assault experiences can be very validating and healing for people, but beyond that, what we want to see is change."

According to the New York Times, an event called "I'm a Straight Male. Now What?" took place in the beginning of 2018. It was "branded as a place for men to 'unpack aggression' and share 'not-so-politically correct thoughts' in the midst of the cultural movement that has become highly politicized." This was a group of ten men, ranging in age from twenty to fifty, with one woman in the group, who promised not to speak. This took place in a small event studio in downtown Manhattan.

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SEXUAL ASSAULT AWARENESS

ACCORDING TO THE NATIONAL SEXUAL VIOLENCE RESEARCH CENTER:

ONE IN FIVE WOMEN AND ONE IN 71 MEN WILL BE RAPED AT SOME POINT IN THEIR LIVES

ONE IN FOUR GIRLS AND ONE IN SIX BOYS WILL BE SEXUALLY ABUSED BEFORE THEY TURN 18 YEARS OLD

MORE THAN ONE THIRD OF WOMEN WHO REPORT BEING RAPED BEFORE AGE 18 ALSO EXPERIENCE RAPE AS AN ADULT

NEARLY TWO THIRDS OF COLLEGE STUDENTS EXPERIENCE SEXUAL HARASSMENT

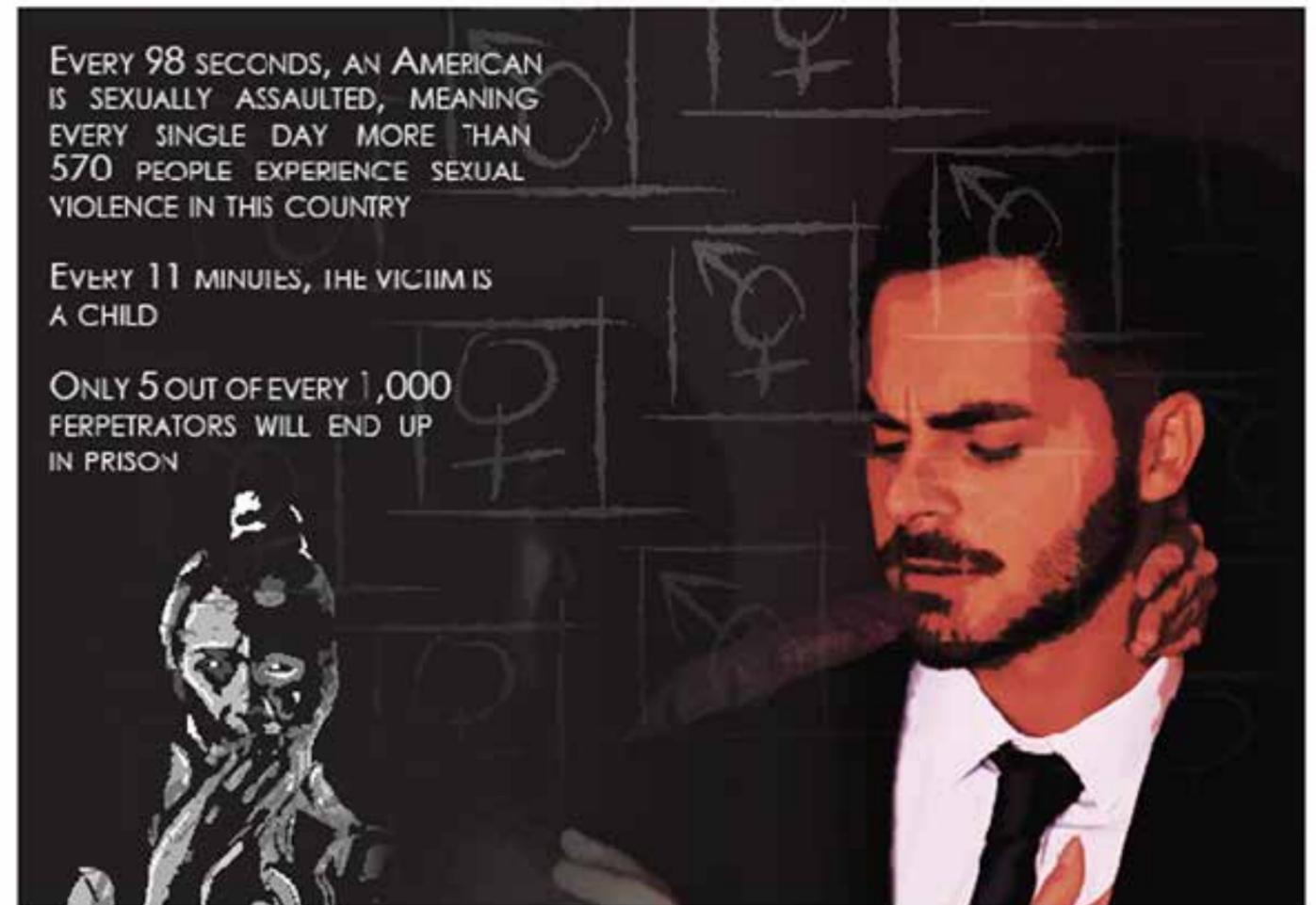
RAPE IS THE MOST UNDER-REPORTED CRIME; 63% OF SEXUAL ASSAULTS ARE NOT REPORTED TO POLICE

Sources: www.nsvrc.org/statistics
www.rainn.org/statistics

EVERY 98 SECONDS, AN AMERICAN IS SEXUALLY ASSAULTED, MEANING EVERY SINGLE DAY MORE THAN 570 PEOPLE EXPERIENCE SEXUAL VIOLENCE IN THIS COUNTRY

EVERY 11 MINUTES, THE VICTIM IS A CHILD

ONLY 5 OUT OF EVERY 1,000 PERPETRATORS WILL END UP IN PRISON



Vaccinations and Autism

By Emma Jackson

Vaccinating your children has been a hot topic in the public eye as of recently. More specifically, whether or not vaccinations cause autism in children. More and more parents have been choosing to refrain from vaccinating their children out of fear of causing that child to develop autism. However, the lack of evidence connecting the two is concerning. It's hard to understand why anyone would choose to refrain from giving their child potentially life-saving medicine. Is autism the worst thing your child could have? Is autism worse than life-threatening diseases, such as measles? I've pulled information from three reputable sources that explain that vaccines do not cause autism.

A large reason that many believe that vaccines cause autism is the correlation in time between a child receiving their vaccinations, and when they begin to exhibit symptoms of autism. But it is important to remember, correlation doesn't equal causation. Children receive vaccinations at specific times in their early childhood. It just so happens that autism is often diagnosed in early childhood as well. To an ill-informed person, that could be pretty credulous information. There is no scientific evidence to back this, however. I can see where some would believe otherwise. Autistic children can exhibit symptoms from birth as they don't develop as typically as they should. And around 1 to 2 years of age they begin to regress. This is all after the child receives the necessary vaccinations. I think that is why people think there is a correlation between the two.

A more obvious issue with not vaccinating a child is that the child will be exposed to other health concerns and preventable diseases, as well as exposing other children to those diseases. Deadly diseases, such as measles, diphtheria, and mumps, are now starting to make a comeback ever since people have been choosing not to vaccinate their kids. That's just plain scary!

Finally, let's talk about an ingredient in vaccines that many believe could be the cause of autism in some children, thimerosal. Thimerosal is a mercury-based preservative added to vaccines. Many people were worried about the mercury in thimerosal so before testing was even performed, thimerosal was removed or at least drastically reduced as an ingredient. This was done to reduce mercury exposure in children. However, when thimerosal was finally tested, research showed that it does not cause autism.

Whatever your stance is on the topic, I ask again, is autism really the worst thing a child can have? Is it worse than that child dying from a preventable disease? No. It is not. The research is there. Vaccines do not cause autism.

- References:
autismcenter.org
www.cdc.gov
www.autismspeaks.org



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Energy From the Sun → Human-Inedible Plants → Upcycle → High-quality Protein, Leather & Other Products

CAST, 1999. Animal agriculture and global food supply. Task force report No. 135 July 1999.

WHAT DOES 25 GRAMS OF PROTEIN LOOK LIKE?

Amount	Calories	Protein
Quinoa 3 cups	666	25g
Peanut Butter 8.5 tbsp	483	25g
Black Beans 1 2/3 cups	379	25g
Edamame 1 1/3 cups	248	25g
Beef 3 ounces	173	25g

To Beef or Not to Beef; That is the Question

By Mary McCabe
 Dietic Intern CUNY School of Public Health

The benefits of eating lean beef far outweigh the myths on why not to eat beef. Beef is considered lean meat when a 3.5 oz (100 grams) serving of cooked beef has the following: 1) less than 10g total fat 2) less than or equal to 4.5g saturated fat 3) less than 95mg cholesterol. Beef contains excellent sources of nutrients that your body needs, such as Vitamin B12, zinc, selenium, iron, and Vitamin B6. In 3oz of beef you receive 10 essential nutrients that are about half of your Daily Value (DV) from protein. Beef nutrition comes in a small package packed with a large punch. For example, to receive the same amount of iron in 3oz of beef you must consume 8oz cooked chicken. Also, for zinc in 3oz beef you must consume 20oz cooked chicken. Overall beef gives your body more essential nutrients with small amounts.

health and increased productivity. When humans consume a variety of whole grains, fruits, vegetables and lean proteins, it leads to less waste in landfills, and creates a sustainable global food system to provide for all.

Reference: New York State Beef Council

Consumers do not realize that some cuts of beef are as lean as a 3oz skinless chicken thigh. All lean beef cuts have less than 10 grams of total fat, 4.5 grams or less than saturated fat and less than 95mg cholesterol per 3.5oz cooked serving. A 3oz serving of lean beef provides 25g of the DV of protein. Research studies show evidence that includes lean beef (95% lean) that is consumed daily as part of a heart healthy diet along with whole grains, fruits, and vegetables and increased physical activity decreases the risks of heart disease, and shows improvement in cholesterol levels. Consumers should not consume beef or meat that has been processed with added sodium and/or fat, such as cold cuts, that can lead to the increased risk of heart disease, cancer and other health complications.

The US produces the same amount of beef today with 33% fewer cattle as compared to 1977, and 18% of the world's beef with only 8% of the world's cattle. This is due to improved animal health and welfare, animal nutrition and animal genetics, and is supported through the Beef Quality Assurance Program. Ranchers and beef farmers depend on veterinarians and nutritionists to assist with this process of focusing on herd

BURGER BATTLE: Ground Beef vs. Ground Turkey

Before you decide to swap Ground Turkey for Ground Beef, check the Nutrition Facts Label to make sure you're making the best substitution for your health. Ground Beef has more of many essential micronutrients and can be lower in calories, fat and cholesterol than Ground Turkey. Here are the facts when comparing USDA's data on 93% lean/7% fat cooked patties.

	Ground Beef (93% lean/7% fat)	Ground Turkey (93% lean/7% fat)
Serving Size 3 oz Cooked	Daily Value	Daily Value
Calories	168kcal 33%	168kcal 33%
Total Fat	7.5g 15%	7.7g 15%
Saturated Fat	3.1g 6%	3.5g 7%
Cholesterol	89mg 18%	90mg 18%
Protein	44.3g 89%	37g 74%
Iron	4.4mg 88%	3.9mg 78%
Zinc	4.4mg 88%	3.7mg 74%
Vitamin B12	0.41mg 17%	0.41mg 17%
Vitamin B6	0.39mg 32%	0.39mg 32%
Selenium	13.8mcg 25%	N/A 0%

Ways to Save on Your Medication

By Christina Finkle

Are you one of those people who cannot afford your medications or would like to at least save on your overall costs? I know many of my clients consider these issues, so I've done a lot of research to help in that regard and am going to share some of that with you this month.

Many of us do not realize that we don't always have to use our "insurance" when we go pick up our prescriptions. All insurance carriers have what is known as a formulary. What may be considered a tier 1 on one formulary may be listed as a tier 2 or higher on another. There are times when not having your prescription go through your insurance could save you money.

Here are some great ways to save. Many pharmacies have a generic savings list or club. Some you must pay a monthly fee to participate in it, some you may not. My personal favorite generic list is Walmart's. It is the largest I have found at 5 pages. Their prices are great. \$4.00 for a 30 day supply, \$10.00 for a 90 day supply. You can find out if your medication is on their list by either looking online or next time you're in Walmart, stop by the pharmacy counter and ask for a printout. If your medication is on that list and is less expensive than your copay, you simply tell them when you pick it up that you do not want it to be run through your insurance. You're going to pay for it out of pocket.

Another great way to save is through Blink Health. There are no membership fees or monthly charges. Blink offers everyone access to negotiated prices on over 15,000 medications. They allow you to pick it up at a participating pharmacy and also offer free home delivery. You must have a valid prescription on file with them for delivery or with your participating pharmacy. No insurance information is needed. Your prescription is filled locally. Simply go online to blinkhealth.com, order your medication, pay for it, select pickup or delivery. If you choose to pick it up, make sure you have proof of payment with you to show.

Newer to the market prescriptions are highly expensive even with insurance. I recommend checking out needymeds.org. It is a fantastic website that can show you patient financial assistance programs offered by the Pharmaceutical company that produces your particular medication, it will show you program guidelines and link you right to that particular assistance programs website. There is no charge whatsoever to utilize this website and you do not have to register an email before having access.

I hope you all save this page. You may not need the help right now, but you probably know someone that does. If you cannot find help for your medication or have questions, feel free to email me at s.o.s.seniorsolutions@gmail.com.

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Tips for Adulting After Graduation

By Lauren Kontos

The time is approaching where we must don our caps and gowns, and celebrate the hard work we've put into earning our degrees. You can proudly say that you are a master (or bachelor) in your field of study and are ready to take on any problem the working world has to offer. But there are some things your introduction classes did not teach you. Here are five things to know before moving out into the world.

1. Learn to budget

One of the most common mistakes and frustrations many college graduates overlook is learning how to budget your money. Getting that first big pay check can feel amazing, but make sure you don't spend it all in one place.

One of the best ways to monitor your spending is to create a spreadsheet. Start by figuring out how much you already have saved up, and add in your income. Then start subtracting out necessary things you must pay for, like rent, utilities, groceries, transportation costs, and loans. Then you can see whatever money you have left over to use for the things you want. But make sure you mark down how much you are spending for each thing, such as clothes, subscriptions, entertainment, etc. This is also an easy way to determine in what areas you are spending the most money. If you need to save up, it helps you to visually see where you may be able to cut some spending. You should always ensure that you have some money in an emergency fund because you never know when disaster may strike. This way, you won't have to skip a month's rent, in order to pay for medical bills or a new car part.

If you'd rather not take the time setting up a whole excel document, you can just download an app! Yes, thanks to the age of technology you can find an app for anything, including helping you budget your money. But whether your budget sheet is homemade or premade, learning to monitor and budget your money is an extremely important aspect to know when going out into the real world.

2. Learn to cook

Many people have accepted the fact that they cannot cook and decide ordering food is the only way they can eat. But don't give up! Cooking can take practice but it's a lot cheaper and more rewarding than eating at your nearest Applebee's every night. If you have roommates, you could split cooking duties from week to week. Or if you are so bad at cooking, that you can't be trusted to be in the kitchen alone, then trade another chore/job with your roommates so that you are still contributing somewhere (like trash, washing dishes, etc.).

But if you live by yourself or have roommates that would rather cook for themselves then don't fret! You can easily look up cooking recipes online that include videos with step-by-step instructions shown so you don't get confused. Also if you cook too much food, then you can meal prep. That way if you are in a rush or don't feel like cooking one night, all you have to do is throw your already made meal into the microwave or oven.

One important thing to remember when you are cooking for yourself is to include healthy options! Your parents aren't going to be around as much to remind/force you to eat your vegetables, so make sure that you are including some greens into your diet. Be wary of all the junk food you consume.

3. Job hunting

Many of you may not have a job lined up right when you graduate, and that's okay! It happens to many people, so don't stress out about not having your 401K set up immediately. When job searching, look for companies big and small. Smaller companies may be a great place when looking for an entry-level job. Plus it's a great way to gain experience that many larger companies may require if you decide to move on.

There are many different websites to help you look for a job and find more about the company you may be interested in. LinkedIn and Indeed are great sites that many companies post their job opportunities. They also offer an easy way to apply to some positions by having you upload your resume or fill out a profile with information from your resume on it. These are also great channels for companies to recruit potential employees. If you have your resume uploaded or a profile filled out, employers can do keyword searches for the type of person they are looking for, and that could be you! If you are ever curious about a company, or want to get the perspective of a current/past employee, sites like Glassdoor offer that exact option. You can see reviews from employees, see what interview questions people have been asked in the past, salary, and find more job opportunities.

4. Remember to pay your bills

Paying your bills can sometimes slip from your mind when having a busy lifestyle, but try to remember them as best you can. It's also hard to keep track of how much you're spending when all you have to do is swipe and be done with the transaction.

The best way to keep on top of paying your bills is by keeping track of when each bill is due, and setting a time each month to sit down and pay for everything. It's also important to go through your bills thoroughly, so that you can ensure that everything you're being charged for is what you are supposed to be charged for. If you have trouble remembering what you bought, then keep your receipts! Having a budget sheet is a great way for you to keep track of your bills and see if you have any money left over in case you need to spend a little more on utilities for a month.

Credit card bills are extremely important to pay. A lot of college students tend to get credit cards once they graduate, which makes it hard to get a decent apartment or car loan when you don't have a credit score. So, the only thing that you can do is bring it up to a good score, and that includes paying your

Continued on page 10...

...Continued from page 9

bills on time and in the full amount.

5. Create a routine and stick to it

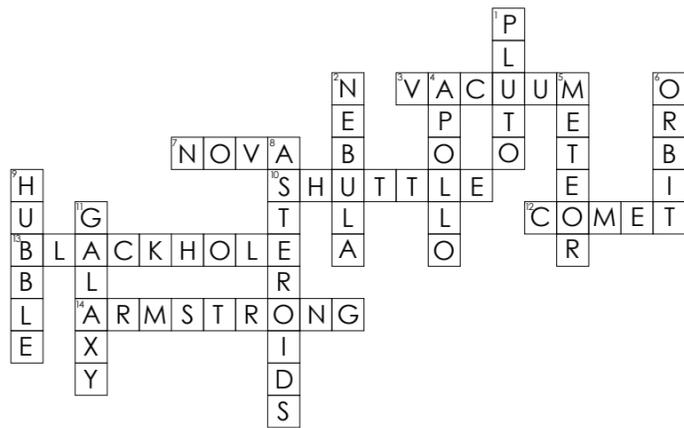
Last, but certainly not least, is making sure that you have a routine down for your daily activities. It's one of the best ways to prevent you from slacking off as your body becomes adjusted to doing certain activities throughout the day. Having a routine prevents you from getting behind on work and personal health.

This routine should include things not only pertaining to work, but remembering to eat (because sometimes you can forget), having some downtime, working out, personal goals and making sure you are staying on top all your necessary to dos. It may be hard to start getting into a routine, but once you keep at it for a while, your body will naturally adapt to the schedule that you've set it at. As in, if you usually eat around 2 p.m. everyday, your body will start letting you know it's time to eat once 2 p.m. starts approaching.

There are a lot more things you will need to do once you graduate and start living on your own. But one thing to always keep in mind is to be responsible! Your parents/parental guardians are not going to be around to remind you to do your work or pay your bills, so you have to start assuming the responsibility. The world is scary but remember to keep calm, stay focused, and try your best to succeed!

Resource:
www.forbes.com

March 2019 Crossword Space & Astronomy



How did you do?

Are Brick & Mortar Stores Becoming a Thing of the Past?

By Oliver Clarke

As familiar chain stores, such as Abercrombie & Fitch and Wet Seal, close down locations or even file for bankruptcy, some consumers are left wondering about the fate of shopping malls, strip malls, and department stores. While currently e-commerce only represents less than 10% of all retail sales, it is a strong sector, growing at a consistent rate of 15% per year, ever since the US financial crisis. Increasingly, shoppers are turning to the internet to complete transactions that used to be conducted in person. These include books, clothing, household goods, and even groceries and restaurant meal delivery are all arranged online.

This is good news for some; investors who choose e-commerce stocks with revenues over 20% can look forward to continuing growth ahead of the curve. This means shoppers can continue to enjoy competitive pricing and increased convenience. However, it does come with a downside.

While the loss of jobs in traditional department stores has been compensated for by an increase in jobs in the e-commerce sector, these new jobs are not in the same geographical regions as the defunct jobs. Brick and mortar stores have to be spread out, in order to reach the widest customer base, but online retail has no such limitations. Therefore, online retail companies tend to operate in hubs—they reduce overhead by accumulating their work in a few places. If you lose your retail job in a more rural area, the job that opens to replace it may be in New York City or San Francisco. That is too far away for you to take advantage of, if you even have the skillset they desire.

Overall, online shopping does not pose a current threat to brick and mortar stores, especially as they offer free in-store pickup options, as well as both online and in-store deals. These adaptations to the online shopping trend have helped companies with physical retail locations remain relevant. However, as the e-commerce market steadily grows, it is certainly a sector to watch out for.



Planning a Wedding on a Frugal Budget

By Canney Savanney

Do you smell that? Yes, spring is finally in the air in Western New York. With that comes Wedding season. According to Business Insider stats, the average cost of weddings in the United States in 2018 was over \$30,000. With the cost of living being high in New York State and minimum wage being only \$11.10, what's an eager bride to do on a tight budget? The odds seem pretty stacked against those millennial couples who are starting to branch out in to their careers and family lives.

Well, it is a good thing that so many millennials seem to be resilient. Here are some tips to help have the wedding of your dreams on a fixed budget. For starters, sorry to all fiancés out there, but your TV will soon be compromised. The channel TLC will be in full swing with Say Yes to Dress and Four Weddings playing as your soon-to-be partner will be frantically scribbling down notes for creative ideas. If you have a tablet and leave it open, the next time you check it, it will be flooded with Pinterest posts of all sorts of wedding pins. Saving all you can seems impossible, but here are some tips to help you enjoy your big day without being in a ton of debt after the party.

1) Display Vendor Cards

When you go to hire people providing services at your wedding, it can add up quickly. Try as you might to negotiate the price down, you may find it hard to do so if you decide to go with someone who does this for a living. You may be able persuade a vendor for a discount. Offer them an opportunity to display their product or service information at place settings on your special day. This method tends to be a good form of advertising for them and saves you money!

2) Arts & Crafts

Get crafty when it comes to your big day. Places like Michael's or Joann Fabrics are constantly running specials and coupons. Consider making your own flowers. Flowers don't last forever, but an artificial bouquet will. Now a days, most people cannot tell the difference with what is real and fake. By making your own, you'll have something to treasure for years to come, plus it makes a nice take home gift for the bridesmaids. Don't completely cut out real flowers. Mix a few in the artificial bouquet and considering having a small display at the reception.

3) Contact Your Local Colleges

If you have always envisioned walking down the aisle to a beautiful melody of live accompaniment, consider looking at your local colleges. Music departments at local colleges may know students who are looking to build their resumes. Often, those students are willing to work for a reasonable rate.

4) Rent Your Tuxedos

Today groomsmen can get away without having to buy a tux. They can often rent them for the day. It is better to rent as a full

group, to get a better rate. If you find the price for renting is still too steep, consider asking the groomsmen to wear matching suits for this formal celebration.

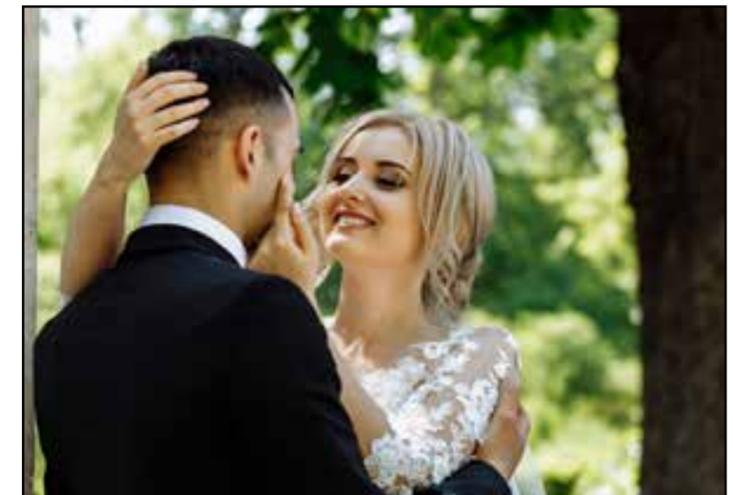
5) Ask to Supply Your Own Bar Stock

People go to weddings to help rejoice in loved ones getting married. Chances are, a good chunk of the people you invited may be taking some time off of work to travel to your special day, and still need to rent a hotel room. Be considerate to your guests who are making the effort to be there for your big day. Give back to your guests by not expecting them to shell out more money by having to pay for drinks.

Opt for an open bar stocked with plenty of wine and beer. You can either go by the case for either options or just get a keg for the beer. Just remember, you cannot take a keg home, but you can always take the bottles. Also, if you want liquor for cocktails, stock up on your basics of vodka, gin, whiskey and rum. Look at local liquor stores for discounts when buying in bulk. Don't forget to stock up on your mixers, soft drinks, sodas and juice.

If you decide supplying your own stock is too much, or if you are afraid of running out, consider doing an open bar at cocktail hour. This has become a more common theme. When the bar opens up again after dinner make it a cash bar then. This gives your guest an opportunity to still enjoy a few complimentary drinks and leave you not paying too much after the party is over.

No matter what, just remember that this is your special day. However, you do not want to be continuously paying for one day for a lifetime. Put your money where you think it is most relevant for you. Today, many people find it easier to ask for money so that they can use it to pay off their debt or pay for a honeymoon to enjoy their time recouping from all the planning. Whatever you chose make it reflects both you and your partner's personalities and have fun! Congrats to all the couples getting married!



Can the Buffalo Sabres be the Next Stanley Cup Champions?

By Rob Santander

Head Coach: Phil Housley

Sabres 2017-2018 record- 25-45-12 (62 points), Finished 8th in NHL Atlantic Division

Sabres 2019-2020 Summary:

The eighteenth of February was the eight year anniversary of Billionaire Terry Pegula's purchase of the Buffalo Sabres, the price tag – a cool \$189 million dollars. This inspired me to write a column to give the loyal, starved fan base an update on the team's quest for the Stanley Cup.

Fast forward to the 2017 off-season when the Franchise named two of its former players, Phil Housley and Jason Botterill, Head coach and General Manager, respectively. Other notable additions from this offseason include the acquisitions of veterans Jason Pominville and Marco Scandella.

Unfortunately these additions were not enough to propel the Sabres to consistent winning, but there was some silver lining. In the 2017-2018 campaign, fans witnessed tremendous growth from their franchise cornerstone Jack Eichel, who agreed to a lucrative 8 year- 80 million dollar extension, and soon after was dubbed team captain.

Despite loftier expectations, Buffalo finished at the bottom of the NHL standings for the third time in five seasons. While disappointing at first, this lack of success again blossomed into something that Sabres fans everywhere can be proud of.

The 2018-2019 campaign started off with a much more competitive atmosphere than previous years. The Sabres' good fortunes continued into the 2018-2019 draft lottery.

Entering the 2018-2019 draft lottery, the Sabres only had an 18.5% chance at landing the top draft pick. Despite the odds, the ping-pong balls bounced in the Sabres' favor for only the third time in franchise history and first time since 1987. With the pick the team drafted 18 year old Swedish sensation Rasmus Dahlin.

Through 69 games played, the rookie has tallied 8 goals, 29 assists and 37 points. Granted those numbers don't necessarily jump off the stat sheet, but considering he's not even old enough to legally purchase a beer, scouts and executives around the league acknowledge that Buffalo has found their franchise defense-man for the next 15 seasons.

The influx of young elite talent coupled with the acquisition of star LW Brian Skinner jettisoned the Sabres to first place atop the league standings to open the season. In their first 22 games, the team went 16-6, highlighted by a 10 game winning streak. Naturally the club's early success commanded league wide attention and had the city of Buffalo buzzing with energy and optimism.

Despite the early season success, Buffalo came crashing down to earth, playing a disappointing 12-24 record in the 36 games following the 16-6 start. This streak of poor quality hockey has caused the Sabres to fade from the Eastern conference playoff race. The front office would be wise to view these final 13 games as an evaluation period for next season. Every player on the roster is movable, with the exception of young studs Jack Eichel, Rasmus Dahlin, Casey Middlestadt and goaltender Carter Hutton. So Jason Botterill, whether you're reading this or not: you must leave no stone unturned in order to meet Mr. Pegula's goal he set back in 2011 – that is to make The Buffalo Sabres Stanley Cup Champions. Stanley Cup Champions... that has a nice ring to it.



Tidy Up This Spring

By Lauren Antkowiak



2019 is the year of "Tidying Up," apparently. In January, Netflix released a new show based off Marie Kondo's book "The Life Changing Magic of Tidying Up: The Japanese Art of De-cluttering and Organizing" called Tidying Up with Marie Kondo. Over the course of the show Kondo visits people's homes to help them tidy up. It has created new terminology, created a new movement and has cemented a place in our pop culture.

Since the premiere of the show everyone is talking about sparking joy and how they "Kondo'd" their homes. For those not in the know, these terms relate to Kondo's specific method of de-cluttering. She suggests that you commit, imagine your ideal lifestyle, finish discarding before organizing, tidy by category and ask yourself if it sparks joy. These steps insure that you properly "tidy up" and get the most out of your experience. Kondo suggests that you clean by category instead of location because people more than likely store the same things in various places. This way, you make the most of your time, and don't miss anything.

The categories she refers to are clothes, books, documents, miscellaneous, and mementos. As you go through each category, she recommends you put everything in one pile to go through one at a time. If it sparks joy, you keep it, and if it doesn't, you get rid of it.

Kondo believes your home should be filled with things that mean something to you. We as a society have become very materialistic and we don't value the things we are lucky enough to have. Kondo helps with this problem by allowing us to think about our belongings and evaluate what they mean to us. With so much going on in the world, it's comforting to have a place filled with positivity and the things that matter most to us. And it's good not just for you, but for others, as well.

There have been reports of an increase up to 30 percent in donations to organizations such as Goodwill after Kondo's show aired. People are not only de-cluttering their lives, but are trying to bring joy to others with the things they no longer need. This method may not be for everyone, but it may be the different approach you need to tackle your spring cleaning and start living a de-cluttered and tidy life.



Review of "The Boy Who Harnessed the Wind"

By Webster Tilton

A "family friendly" movie to watch this Spring is The Boy Who Harnessed the Wind, a "Netflix" original film made by the BBC. It's an impressive film that raises an interesting question; if your movie about one of the poorest countries on Earth feels authentic because it was filmed on location, does that count as good production value? Just food for thought (you'll get the joke later).

My verdict: watch it. This isn't one you need to be in a forgiving mood to enjoy, it's just really, really well done. Spoilers ahead, here we go:

"The Boy" is theoretically a film about William Kamkwamba (Maxwell Simba) building a primitive wind turbine to save his village from a protracted famine. But the meat of the story is the desperation and determination of a small community trying to survive on next to nothing. Throughout the film William assembles the knowledge that he needs to save the family farm (is it still a cliché if it's a true story?) and clashes with his father (same question) who doesn't know enough to realize that his son's idea for a windmill is the only chance they've got.

We watch as the situation in Wimbe village goes from bad to worse, beginning with a pitifully bad harvest and culminating in food riots when the government issued emergency supply trucks don't show up with enough grain to go around. We see the strain of the situation turn William's father Trywell (played masterfully by Nigerian actor Chiwetel Ejiofor, who also directed) from a kind and thoughtful man, to a desperately angry tyrant lashing out at everyone he loves as he tries to exert some tiny amount of control over the downward spiral of his family's situation. Set against this is William's ironclad belief that he can repair and power a decrepit water pump he found in the town dump, if only he could catch the finest of breaks.

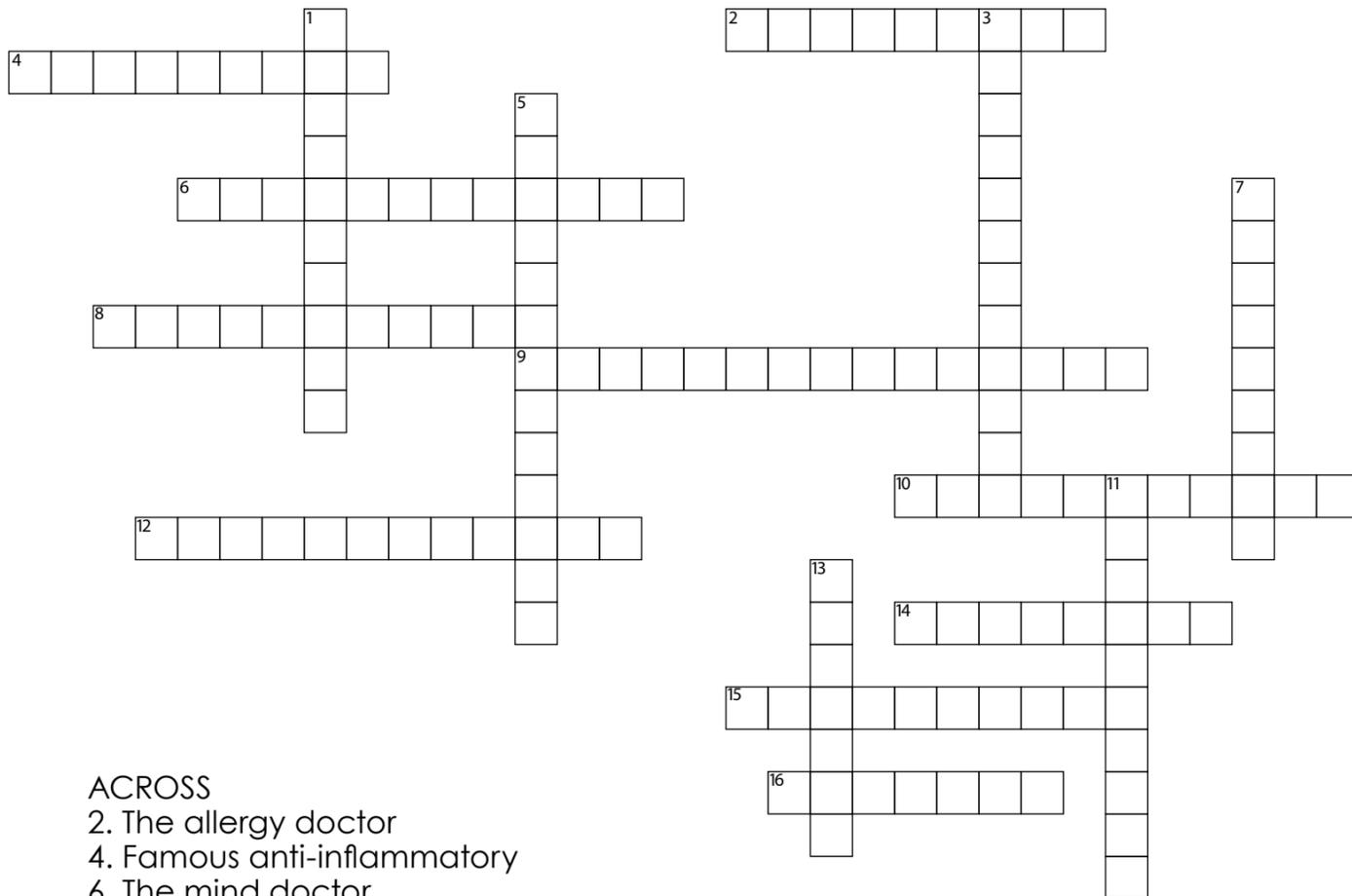
And on that note, let me take a moment to praise the performance of Maxwell Simba. He's completely believable from start to finish. Even more so than most of the adult actors, his acting never feels like it's acting. We should keep our fingers crossed that this movie gets him the prominence he needs so that we can enjoy more of his work.

Costar and director Ejiofor blends excellent performances with excellent pacing and locations. He generates tension and emotion and makes his characters feel real. It isn't a perfect movie, but it's very solid and it has no serious defects.

Truth be told, there isn't a lot more to say because although each of the film's elements are well executed and gritty realistic, this isn't a complex movie. But that, in and of itself, is something of a refreshing change. So take a break from the CGI superhero buffet and sit down for a couple of hours with a real movie.

You'll be glad you did.

April 2019 Crossword Medical Medley



ACROSS

- 2. The allergy doctor
- 4. Famous anti-inflammatory
- 6. The mind doctor
- 8. The nerve doctor
- 9. The eye doctor
- 10. The bone doctor
- 12. The heart doctor
- 14. A recurring intense headache on one side of the head
- 15. The cancer doctor
- 16. Treatment for diabetes

DOWN

- 1. Famous antibiotic
- 3. Immune system specialist
- 5. The skin doctor
- 7. Inflammation and stiffness of the joints
- 11. The foot doctor
- 13. Prevents illness

April 2019 WNY Events

Healthy Options Cooking Classes: April 3rd from 6:00pm to 8:00pm at Artisan Kitchen & Baths Culinary Loft in Amherst, NY. For more information, please visit healthyoptionsbuffalo.com

Surviving Any Holiday or Vacation Through the Year – Keep Focus on Health: April 11th from 5:30pm to 7:00pm at Balanced Nutrition of WNY in Amherst, NY. For more information, please visit balancednutritionwny.com

New York Bridal & Wedding Expo: April 18th from 5:00pm to 10:00pm at the Hamburg Fairgrounds in Hamburg, NY. For more information, please visit the-fairgrounds.com

Dyngus Day Parade: April 22nd at 5:00pm at the Corpus Christi Church in Buffalo, NY. For more information, please visit dybgusday.com

57th WNY Maple Festival: April 27th and 28th all day at Franklinville Elementary School in Franklinville, NY. For more information, please visit franklinvilleny.org/maple-fest

Ongoing Events

Free Tax Preparation at UB: April 7th, 13th, and 14th from 9:30am to 4:30pm at University of Buffalo North Campus in Amherst, NY. For more information, please visit mgt.buffalo.edu/freetaxprep

Restorative Yoga: Various dates and times at Start With Sleep in Buffalo, NY. For more information, please visit startwithsleep.com

Independent Health and Buffalo Bills Health & Wellness Challenge: All month long. For more information, please visit bills.sparkpeople.com/myspark/bills-login.asp

Recipe
Corner

Chicks & Bunnies

Ingredients

- 2 large eggs
- 2 pieces whole-wheat bread, toasted
- Pinch of salt and ground pepper

Directions

- 1.) Place eggs in a small saucepan and cover with water. Bring to a simmer over medium-high heat. Remove from heat and let stand for 2 to 3 minutes for soft-set yolks.
- 2.) Use 3-inch bunny-shaped cookie cutter(s) to cut the toast into bunnies.
- 3.) Transfer the eggs to egg cups or a bowl. Tap the top of each egg with a spoon to crack the upper part of the shell and remove. Season with salt and pepper. Serve with the bunny toasts and any left over toast.



ATTENTION THE DATE HAS CHANGED!

HEALTH & WELLNESS EXPO!

10 AM - 4 PM

Saturday, June 29, 2019

**Location:
Buffalo Riverworks
359 Ganson Street
Buffalo, NY 14203**

Visit YourHWH.com for more details!

