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Walkability Summit**

**12 Best Days of
Summer on a Budget**

**Buffalo Concerts
to Catch This July**



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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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OPIOID CRISIS STATISTICS



Every day, more than 130 people in the United States die from an opioid overdose

3 main types of opioids:

- Prescription pills
- Heroin
- Synthetic (ex. Fentanyl)



The yearly United States financial burden from the opioid crisis is \$78.5 billion dollars



21-29% of people are prescribed opioids for pain

8-12% of people develop an addiction to the pain medication



80% of heroin users misused prescription medications first

NARCAN STATISTICS

All 50 states allow EMS staff to administer Narcan (Naloxone HCL)

Narcan can only be used for opioid overdoses

An overdose victim is 8 times more likely to recover from an overdose if administered Narcan

Sources: cdc.gov | therecoveryvillage.com

Narcan 101

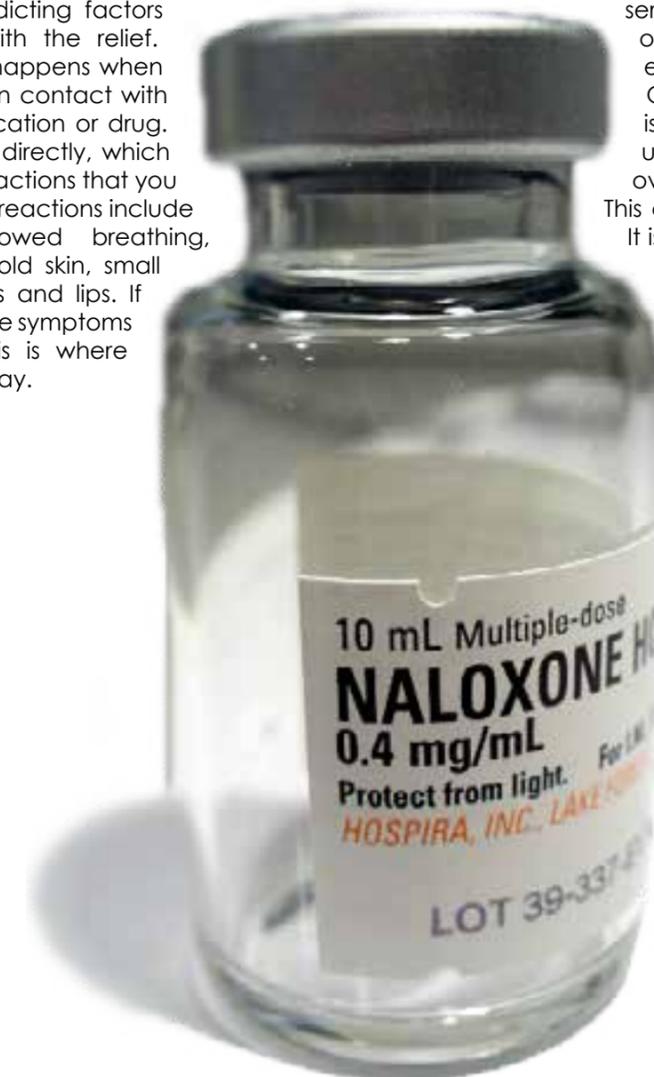
By Katy Siwinski

In today's day and age, drug addiction is something to take very seriously. There are a variety of resources out there to help with this disease, including an array of medications and therapies. Fortunately, there is an FDA-approved form of assistance to save those who may have suffered an opioid overdose. This beneficial drug is called Naloxone HCL, also known as Narcan.

Before educating yourself on Narcan, it is important to know the signs of an opioid overdose. According to Narcan.com, "opioids are prescription medicines that can be used to treat pain. Opioids work by attaching to structures in your brain called 'receptors' and send signals that block pain, slow breathing, and calm the body down." Examples of opioids include morphine, codeine, oxycodone, and hydrocodone. People often take opioids without knowing how their body will react to it, as well as not knowing the addicting factors that come along with the relief. An opioid overdose happens when the body has come in contact with too much of a medication or drug. This affects the brain directly, which causes a variety of reactions that you should look for. These reactions include unresponsiveness, slowed breathing, slowed heart rate, cold skin, small pupils, and blue nails and lips. If you notice any of these symptoms on an individual, this is where Narcan comes into play.

Narcan is commonly given as an injection to individuals that have overdosed on opioids. More recently, it is being distributed as a nasal spray for the ease of the giver and the receiver. Narcan nasal spray is available from your pharmacist without a prescription from your doctor. It is also covered under most major insurances. It is important to know that Narcan is used to temporarily reverse the effects of an overdose. Use Narcan immediately if you think an individual has overdosed. The Narcan nasal spray is simple to use, but it is important to remember that the signs and symptoms of an overdose can return, and side effects may also return. Upon the first dose of Narcan, it is crucial to call 911 right away, even if the person wakes up. If difficulty of breathing continues after a few minutes, proceed to giving an additional dose of Narcan using a new device in the alternative nostril.

Overall, drug addiction is something to take very seriously. If you or a loved one is suffering from opioid addiction, you should certainly consider educating yourself on how to use Narcan. On July 17, 2019, West Falls Volunteer Fire Hall is offering a free training for those wishing to understand the use and importance of opioid overdose recognition, as well as Narcan use. This class is free for the public, ages 16 and older. It is located at 1864 David Road in West Falls, NY, and runs from 6:30 PM to 8:30 PM. You can register online at erie.gov/opioidtrainings. Do the right thing, and educate yourself on this public concern. You never know when you may need the knowledge.



If you or someone you know is suffering from opioid addiction, reach out to the 24/7 Substance Abuse and Mental Health Services Administration National Helpline

1-800-662-HELP

Salt + Water = Benefits



By Kristen Peek

We have all heard before that a person should drink at least 64 ounces of water each day. Water keeps the body hydrated and healthy. However, adding a little bit of natural sea salt to your water can provide even more benefits to your body and overall health.

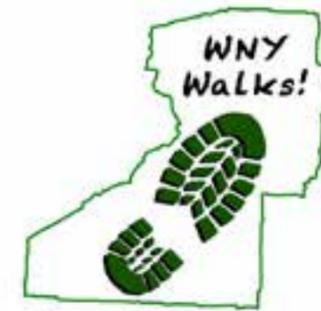
Salt water helps with overall digestion and ridding the body of toxins. The natural salt pushes waste through the digestive tract and stimulates hydrochloric acid, as well as digestive enzymes in the stomach to help digest food.

Natural Salt has also shown to provide better sleep for some people. Stress is a leading factor in sleep loss for most people. Studies from the Journal of Neuroscience have concluded that salt helps to decrease stress levels. Having more sodium in the blood stream has led to a lower stress response, leading to less anxiety and furthermore, a good night of sleep.

Salt can also be very beneficial to a person's skin. Natural salt contains minerals that can keep the skin looking healthy and younger. More specifically, chromium can help to fight acne and can reduce skin infections. Sulfur can help to keep the skin clean and soft. Iodine can increase the skin's oxygen consumption and metabolic rate.

The best way to consume salt water is with warm water and pure salt (pink Himalayan salt or grey Celtic salt) mixed together until you cannot see any grains of the salt. You do not want to drink too much salt water everyday, as it will dehydrate your body and cause imbalance of electrolytes. Drinking salt water in the morning is the most ideal time.

WNY Walks! Walkability Summit: A Strategic First Step!



By Lucy Connery

Health Promotion Specialist, Wellness Institute of Greater Buffalo

The WNY Walks! Initiative inter-sector partnership held its first annual Walkability Summit June 13th and 14th with the goal to increase community social capital while addressing walkability and increased regular physical activity in WNY. The Summit unfolded as expected as it promoted networking across multiple sectors (civic, public, private, and non-profit), raised community awareness by sharing best practices on creating walkable communities and improving physical activity. Another direct outcome of the Summit is the formation of the WNY Walks! Community Advocacy Team (CAT) and the formation of a draft strategic plan to initiate change in walkability and improved physical activity. The Summit featured keynotes Dr. Ian Thomas of America Walks and Amanda O'Rourke, Executive Director of 8-80 Cities in Toronto. The speakers spoke passionately and helped attract developers, planners, citizens, officials, students and media, bringing many different perspectives to the table.

Attendees participated in brainstorming breakout sessions to draft The WNY Walks! strategic plan that will address regional walkable communities and improved physical activities in rural, urban and suburban communities. The variety of perspectives and experiences will help the WNY Walks! Team to continue the on-going, year round initiative to improve ability to engage in regular physical activity around Western New York.

The Strategic Plan draft will be reviewed by members of the WNY Walks! Community Advocacy Team (CAT) to create a culture-changing plan to be implemented throughout the 2019-20 year. This strategic plan will officially launch in Fall 2019. The WNY Walks! CAT will meet in mid-July to begin its work; the team will continue initiatives similar to that of the Downtown Wednesday noontime walks series, while supporting other organizations' policy change efforts and facilitating sustainable changes in our communities to improve the ability to achieve new levels of health, wellness and fitness in WNY to positively impact our economy and quality of life.

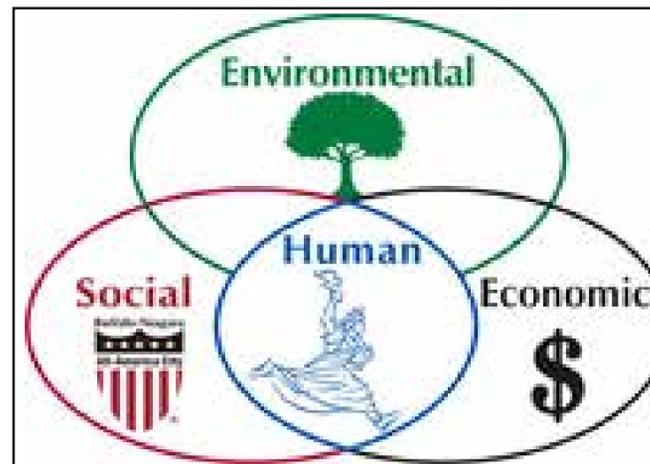
For more information on the WNY Walks! Initiative or the Summit, visit CreatingHealthyCommunities.org. Please contact BeActive@City-Buffalo.org or call Phil Haberstro/Lucy Connery at (716)851-4052 with questions. Thank you!

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CreatingHealthyCommunities.org

Staying Active Outdoors

By Alexa Rusin



After a particularly long and painful winter, it seems as though summer has finally arrived here in Buffalo. If you are like me and complained about the cold to anyone who would listen, you are not allowed to stay inside on the couch all day blasting the AC and watching Netflix. Get out of the house and get some fresh air and sunshine! Here are some great outdoor activities to get you moving and taking advantage of our one month of decent weather.

Walk It Out – Grab a friend (friend can have four legs and a wagging tail) and go for a stroll. Get out early in the morning or a little bit before sunset to get your steps in while beating the heat. Bonus points if you snap a pic of a sunrise or sunset.

Hit the Trails – There are lots of spots in and around Buffalo where you can get in touch with your inner explorer without it turning into a Man vs. Wild situation. A personal favorite of mine is the Niagara Gorge Hiking Trail because of the beautiful river.

On the Water – Head to one of Buffalo's kayak rentals like Silo City Paddling Co. and take a kayak or paddle board out onto the water to tackle arm day. This is also a great way to see all the restoration and clean up happening around the harbor.

Night Bike – Strap on your helmet and take to the streets with dozens of other cyclists for Buffalo's Sunday Night Bike Ride. Go with a group or fly solo, you're guaranteed to make some new friends that you can head out with next week.

Fitness in the Parks – Break a sweat at one of Independent Health and YMCA Buffalo Niagara's outdoor fitness classes. Just check out their schedule, pick a class, and show up – no hassle or registration required.

12 Best Days of Summer On a Budget

By Kristen Peek

The Erie County Fair will be back this summer before you know it, returning to the Erie County Fairgrounds August 7-18, 2019. We have ways for you to take full advantage of everything the fair has to offer without making your wallet cry.

Buy your tickets early and take advantage of admission promotions. July 1 – August 6, 2019, you can buy admission tickets to the Fair at a discounted price from your local Tops Friendly Markets. Presale admission is \$7 for adults, and \$5 for seniors (60 and older). Admission at the gate is \$12 for adults, and \$9 for seniors. Kids 12 years old or younger can get in free everyday. The Erie County Fair also offers different promotions depending on the day. Plan ahead and go on one of the following dates to save on your admission:

August 7 (Opening Day): Free admission when you bring a donation of 2 canned food items for the Food Bank of Western New York.

August 9 (Firefighters Day): Free admission for Firefighters or Auxiliary members with your proper ID,

August 11 (Veterans Days): Free admission for Veterans, Active Military, or Auxiliary members with your proper ID.

August 13 (Channel 7 Day): \$5 admission

August 15 (Channel 4 Day): \$5 admission, students can get into the fair (with their valid student ID) for \$7 after 5 p.m. daily. And for the early birds, the Erie County Fair offers early bird admission, \$7, before 11 am on weekdays only.



Carpooling to the fairgrounds is another way to keep your fair experience cost-effective. Parking for the day cost \$5 per vehicle, \$15 for passenger vans, and \$20 for buses.

Now that you are in the fair, there is so much to see and do! There is free entertainment around every corner so make sure you check out the schedule. The GUSTO Grandstand provides free shows on select days that can be entertaining for the entire family. Some shows require a ticket, however, if you choose to go to one of those shows, your ticket provides free same day admission to the fairgrounds.

Finally, what everyone loves about the fair: the food! The Erie County Fair is bringing back the "Taste of the Fair" on Monday, August 12, 2019. Select vendors will have food items for \$2, so that you can try everything! Food coupons will also be available. Check the Erie County Fair website for more information on coupons and vendors.

We are looking for writers like you!

If you would like to write for Your HWH, or have something you would like to submit,

Please contact us at 716-362-7849



or at submit@yourhwh.com





Movie Corner

Review of the Netflix Original: I Am Mother

By Webster Tilton

I'm a little bit in awe of this movie. Everything about it was so clean and so smooth...and refreshingly plausible...Let me back up and explain.

Entertainment ceases to be entertainment if its predictable. You can fix this by subverting expectations, but eventually the subversion itself becomes predictable. Things get to a point where you have basically two options; the twist ending or the expected ending. Rare is the film where things end in a way that is satisfying and surprising but somehow not a twist. In this regard I Am Mother strikes the perfect balance.

My verdict up front: Watch it. You'll be treated to a taught, tense, engaging, believable and immersive film that you'll gladly recommend to other people. They did this one right folks, sit down and enjoy it at your earliest opportunity. What I want to say about this movie necessitates a plot summary, so; Spoilers ahead, be ye warned.

As the teaser will tell you, I Am Mother is a story about a human girl being raised by a robot after the extinction of the human race. Mother is a very gentle, tender and affectionate caregiver who teaches Daughter (no name given...why would you need one) until one day Daughter discovers something that wasn't supposed to exist; a human survivor. And according to her, there are more survivors, and they're all hiding from the robots; who look exactly like Mother. Daughter seeks more information from the Survivor by skulking around at night while Mother is recharging.

It was at this point that I began to suspect that the movie was heading down the all too familiar road, subversion or expectation... and then it didn't. To my absolute delight it turned out that the truth was, brace yourself, more complicated than that.

Kind of. Giant Spoiler...they're both lying. Mother lied about a 'contaminant' wiping out humanity (robots did it) and Survivor lied about their being a community of living humans. Everything Daughter was "getting away with" while Mother was "shut down" every night for recharging were orchestrated experiences to test Daughter's reactions to this new scenario. Because Mother isn't just one robot raising a human child in a lab, Mother is all of the robots. The nightly charging ritual, which seemed sadly convenient to me, turns out to have been faked for Daughter's benefit. The Survivor really is a human survivor, but her survival was also orchestrated so that Daughter could learn.

It turns out that long-ago Mother determined that the human race was going to wipe itself out, so she took a hand and did it for them and decided to raise a new humanity that wasn't quite so bloodthirsty. She achieves this by raising child after child, and euthanizing them all, until Daughter comes along and finally makes the cut.

So, does Daughter raise a ragtag army of survivors and fight back? No. This movie has a brain. That isn't plausible when you're one person and the rest of the planet is well-armed killer robots. It also isn't desirable given that Mother is fixing the environment on behalf of a generation of humans yet to be born. Instead Daughter does the only thing she can do. She reasons with Mother that she is, after all, the one who survived all the tests and has finally satisfied Mother's standards for what constitutes a human worth saving. Mother concedes that this is indeed the case and allows Daughter to destroy the drone body that she's been raised by, knowing full well that Mother has an unlimited number of other bodies at her disposal. Daughter is left alone with her new baby brother and thousands of embryos to raise as she chooses. Mother did what she set out to do, and the humans get another chance. I sense that some people will be tempted to make a Noah's Ark comparison here. Don't. God never lied to Noah for the sake of a teachable moment...and Mother never promised that she wouldn't wipe out humanity again.

Learn About Some of WNY Medical's Endocrinology Providers



Dr. Jack Cukierman is an endocrinologist in Amherst, New York. He received his medical degree from University at Buffalo, School of Medicine and Biomedical Sciences and has been in practice for more than 30 years.



Dr. Quijada has been a physician for over 20 years and specializes in internal medicine along with Endocrinology, Diabetes, and Metabolism. She is a board certified physician in Internal Medicine. She accepts the following insurances: BCBS, IHA, Fidelis, Medicaid, and Medicare and others are in the process of being added.

What is the Endocrine System and How Does it Affect me?

By Brandi Aurelio

The endocrine system is an extremely important network of glands in your body. This system is responsible for almost everything and every function in your body. A bad endocrine system can result in complications like developmental issues, weight gain, bone weakness and fatigue.

The endocrine system and your body's hormones go hand in hand. The endocrine system is responsible for making hormones that control things like your mood, development, metabolism, reproduction, and even your organs. It also regulates how those hormones are released into your bloodstream.

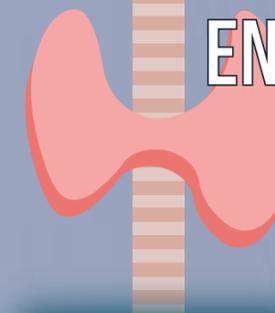
There are many glands that make up the endocrine system. The glands in your brain include the hypothalamus, pituitary, and pineal. Then there are the thyroid and parathyroid glands. The thymus and adrenal glands, the pancreas, and ovaries in women, testes in men. Essentially, the endocrine system spans throughout the entire body.

WNY Medical has an amazing group of endocrinology providers that are ready to help you should you feel like something may be off. Visit wnymedical.com or call 716-923-4383 today to set up an appointment.



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your endocrine system today!

July 17
Blink 182 & Lil Wayne
Darien Lake Amphitheatre

July 19
Thomas Rhett
Darien Lake Amphitheatre

July 21
Wiz Khalifa
Darien Lake Amphitheatre

July 23
Weird Al
Lewiston Artpark

July 25
The Struts & Glorious Sons
Canalside

July 26
Heart & Joan Jett
Darien Lake Amphitheatre

Buffalo Concerts to Catch this July



By Sue Perbody

Summer is in full swing, and it's time to get out and enjoy the music! There are a variety of concerts happening this month, coming perfectly in time for the best season of all. Did one of your favorites make the list? Check out below!

On Wednesday, July 17, Darien Lake brings a diverse set of groups to the Amphitheatre. Pop punk trio Blink 182 and rapper/hip hop artist Lil Wayne will be taking over, bringing a vast array of sounds to this Buffalo suburb. The Darien Lake Amphitheatre is a popular outdoor venue in Western New York that can hold over 21,000 guests in its seats, and on its large lawn. Blink 182 consists of Mark Hoppus, Travis Barker, and, in recent years, Matt Skiba. This iconic trio has been producing catchy tunes since the mid-1990s. Such hits from this band include All The Small Things, What's My Age Again?, and I Miss You. Rapper/Hip Hop artist Lil Wayne has been producing work since the mid-1990s, as well. Throughout his years, he has collaborated with many other artists to produce hit songs that include Sucker For Pain, Scared of the Dark, Drop the World, and Mona Lisa. Lil Wayne reached high popularity in 2004 with his fourth album, entitled Tha Carter. This album consists of popular singles that include Bring It Back, Go D.J., and Earthquake. Ticket prices begin at \$37.50 for the lawn, excluding additional service fees, and seem to be escalating in price rather quickly. Grab the good seats before it's too late!

While we are on the topic of rappers, another popular rapper is coming to the Darien Lake Amphitheatre on Sunday, July 21. Rapper Wiz Khalifa joined the scene in 2006, and made a break-thru in the scene in 2008 with his single Say Yeah. He switched from Warner Bros. Records to Atlantic Records in 2011, where he produced his hit single Black and Yellow. The following album produced additional singles, including Work Hard, Play Hard and Remember You. Tickets for this show begin at \$29.00, excluding additional service fees, and go into the \$100-\$200 range for the good seats. You won't want to miss out on this one!

Don't worry country fans, we didn't forget about you! Popular Country artist Thomas Rhett is coming to Darien Lake two days after Blink 182 and Lil Wayne. For those who are not familiar with this genre, both him and his father are popular Country musicians. Rhett joined the music scene in 2010 with his album My Kinda Party, signing a recording contract with Big Machine Records. In early 2012, his debut single Something to Do with My Hands made the top 30 Hot Country Songs chart. His third single, It Goes Like This, peaked at number two on the same chart. Additional hit singles from recent years include Marry Me and Unforgettable. Tickets for this show begin at \$39.00, excluding additional service fees, and seem to be increasing quite steadily. Come on down with your hat and boots, it's going to be a Grande ol time!

Do you want to go to a concert for humorous entertainment? Look no further than Lewiston's famous venue Artpark! Join the fun on Tuesday, July 23 for a performance by "Weird Al" Yankovic for the Strings Attached Tour. Weird Al is the biggest-selling comedy recording artist in history. He has earned four Grammys and fifteen career nominations. Some of his parody hits include Eat It, Like A Surgeon, Smells Like Nirvana, and White & Nerdy. This show will consist



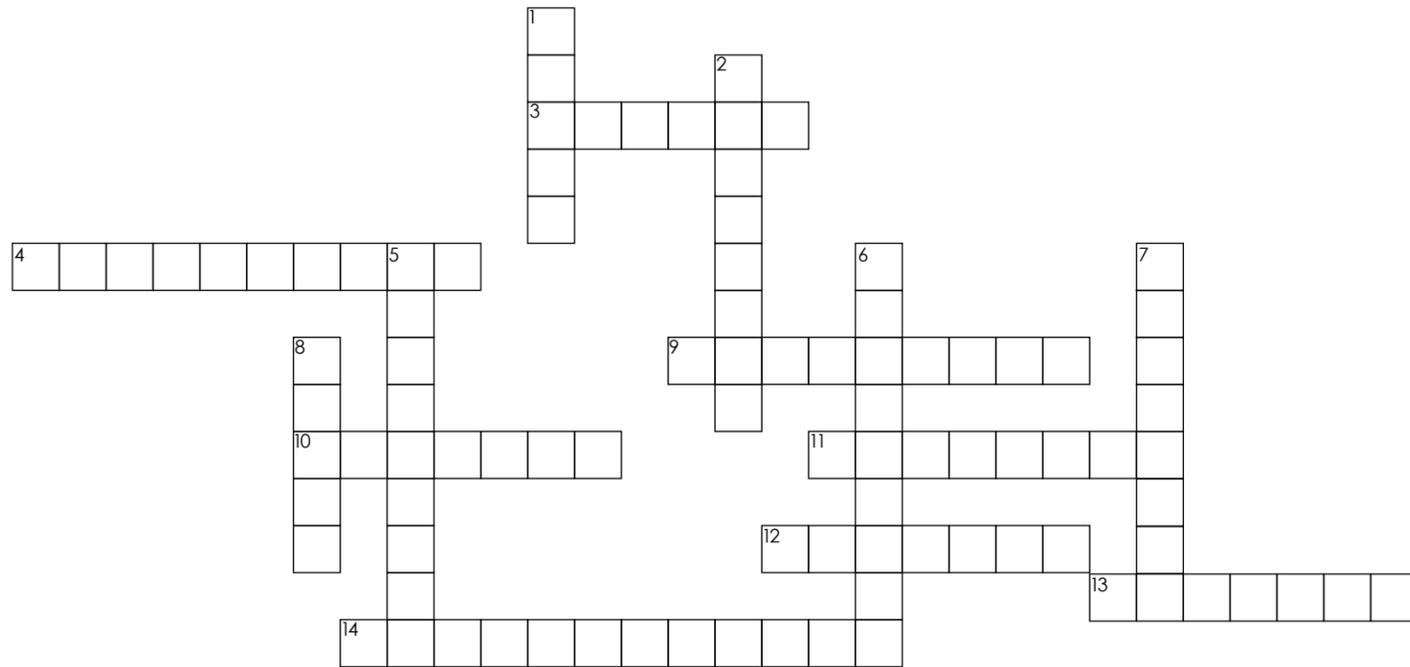
of "high-energy rock and comedy production featuring his original band, costumes, props, a video wall, and – for the first time – background singers and a full symphony orchestra. Tickets for this show range from \$17-\$77, depending on your viewing choice and time of purchase. Gates open at 5, and the show begins at 7.

Modern alternative rock music has been expanding in popularity quite rapidly, and bands like The Struts and The Glorious Sons are no exception to this booming admiration. These foreign bands formed in the 2010-2011 time range, and are joining Buffalo's Canalside for their affordable summer concert series. The Struts originate from England, booming the industry with such hits as Could Have Been Me and Kiss This. The Glorious Sons come from Kingston, Ontario, Canada, and have produced hits such as S.O.S. (Sawed Off Shotgun), Everything Is Alright, and Heavy. This Canalside concert event has tickets that start at just \$5. For a catchy night of rhythmic guitars and wicked vocals, come check these guys out.

Look no further for a rock concert than the iconic classic rock bands Heart and Joan Jett & The Blackhearts. Heart is a classic rock band that formed in the 1970s, breaking through the industry with a powerful front-man, or should I say, woman! Ann Wilson makes this hand what it is with her distinct sound and vocal range. Popular hits include Barracuda, Alone, and Crazy On You. Joan Jett & The Blackhearts formed in the last 1970s, helping the breakthrough for women in rock and roll music, alongside Ann Wilson. Popular hits from this iconic group include I Love Rock 'N Roll, I Hate Myself For Loving You, and Bad Reputation. These iconic groups will be taking over the Darien Lake Amphitheatre on Friday, July 26. Tickets begin at \$29.50, excluding additional service fees, and are selling hot. Grab the chance to see these legendary artists while you still have a chance!

July is the season of concerts, and there certainly is something available for everyone! Search Live Nation and Ticketmaster for additional concerts, including, but not limited to, Kidz Bop, a Grateful Dead cover band called "John Kadlecik Band," and Carvin Jones Band. Now, get out and enjoy the music before the snow starts piling in!

July 2019 Crossword Publishing Process



ACROSS

3. The writer
4. Full but unpublished version
9. Making it legally yours
10. Taking out what doesn't work
11. A second or third version
12. A different version with substantial changes
13. Fixing the issues with the book
14. Finding the mistakes

DOWN

1. First attempt
2. The one who wrote it with you
5. The company that puts out your book
6. Telling the world about what you wrote
7. Information below the text to help explain
8. Person who helps you get a contract

[EVENTS]

July

July 4

TALL SHIPS ARE COMING!

A weekend of family fun right by the water! Come see and board 12 magnificent tall ships as they make their first port appearance in Buffalo. Visit [Eventbrite](#) for ticket details and the itinerary.

July 13

TASTE OF BUFFALO 2019

Taste all of the delicious cuisine that Buffalo has to offer. Visit old favorites and maybe even discover your new favorite restaurant!

THE EAST SIDE FESTIVAL AT CENTRAL TERMINAL

1:30PM to 9PM. Celebrate the cultures and heritage of Buffalo's East Side in the historical Central Terminal. Enjoy a variety of food and drink vendors and live musical performances including a concert by the BPO.

July 14

CANAL FEST 2019

Food, music, rides, and more offer fun for everyone along the Historic Erie Barge Canal. Visit their website at [canalfest.org](#) for daily activities and musical lineups.

July 16

OLD HOME DAYS

A smaller scale family fair in the heart of the Village of Williamsville. Rides and games for the kids and a beer tent for the grown ups. Visit [oldhomedayswilliamsville.com](#) for more information about scheduling and special events.

July 19

ROCK THE BARN MUSIC FESTIVAL

A two day music festival to rock out and benefit Meals on Wheels. Jam to great performances and enjoy food and drinks from some of your favorite vendors. Visit [rockthebarn.com](#) for more information and to purchase tickets.

July 20

WATER LANTERN FESTIVAL

Experience a festival centered on love, friendship, and hope on Buffalo's Outer Harbor. Start the night with music and food trucks before decorating lanterns then launching them out onto the water. Go to [waterlanternfestival.com/buffalo](#) for more information and to purchase tickets.

July 27

GLEN PARK ART FESTIVAL

10AM to 5PM on Glen Ave in Williamsville. Come support local artists and check out all of their beautiful work.

Recipe Corner Greek Pasta Salad

Ingredients:

- kosher salt
- 1 lb. farfalle
- 1/4 c. extra-virgin olive oil
- 3 tbsp. red wine vinegar
- 1/2 tsp. dried oregano
- 1/2 tsp. garlic powder
- 1 large cucumber, chopped
- 1 c. cherry tomatoes, halved
- 1/3 c. Kalamata olives, pitted and chopped
- 1/2 red onion, chopped
- Freshly ground black pepper
- 2 tbsp. dill, finely chopped
- 1/2 c. crumbled feta

- 1 | In a large pot of salted boiling water, cook farfalle according to package directions until al dente. Drain and transfer to a large serving bowl.
- 2 | Make dressing: In a small bowl, whisk together olive oil, red wine vinegar, oregano and garlic powder.
- 3 | To serving bowl add cucumbers, tomatoes, olives and onions. Add dressing and toss until evenly coated. Season with salt and pepper and add dill, then top with feta.



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