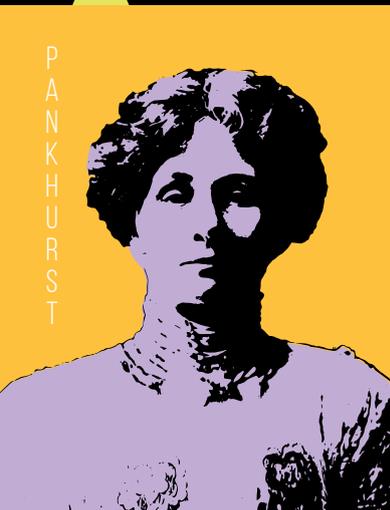
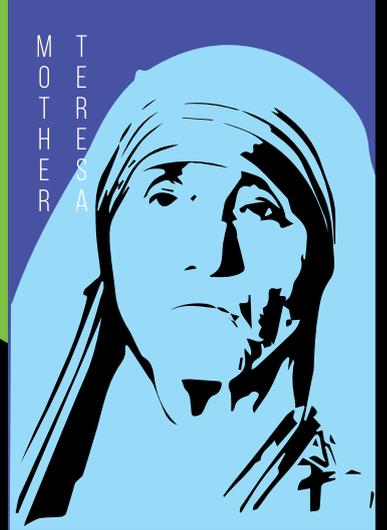
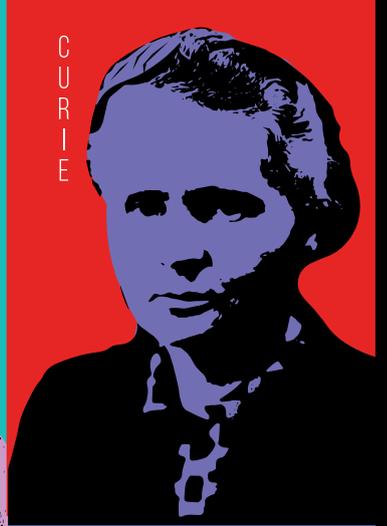
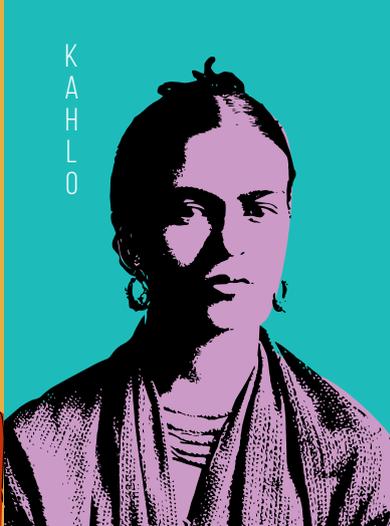
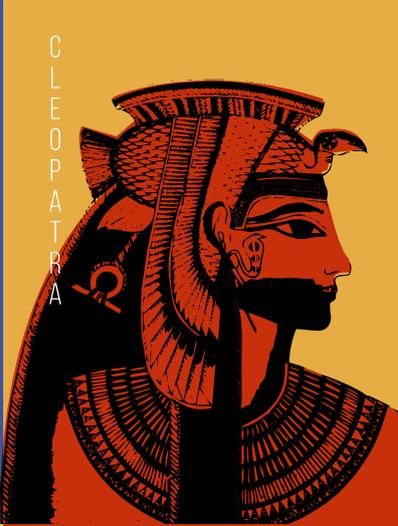
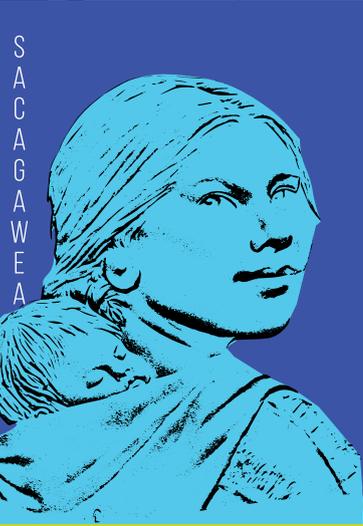
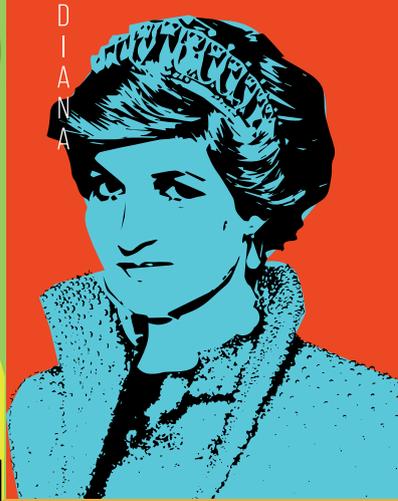


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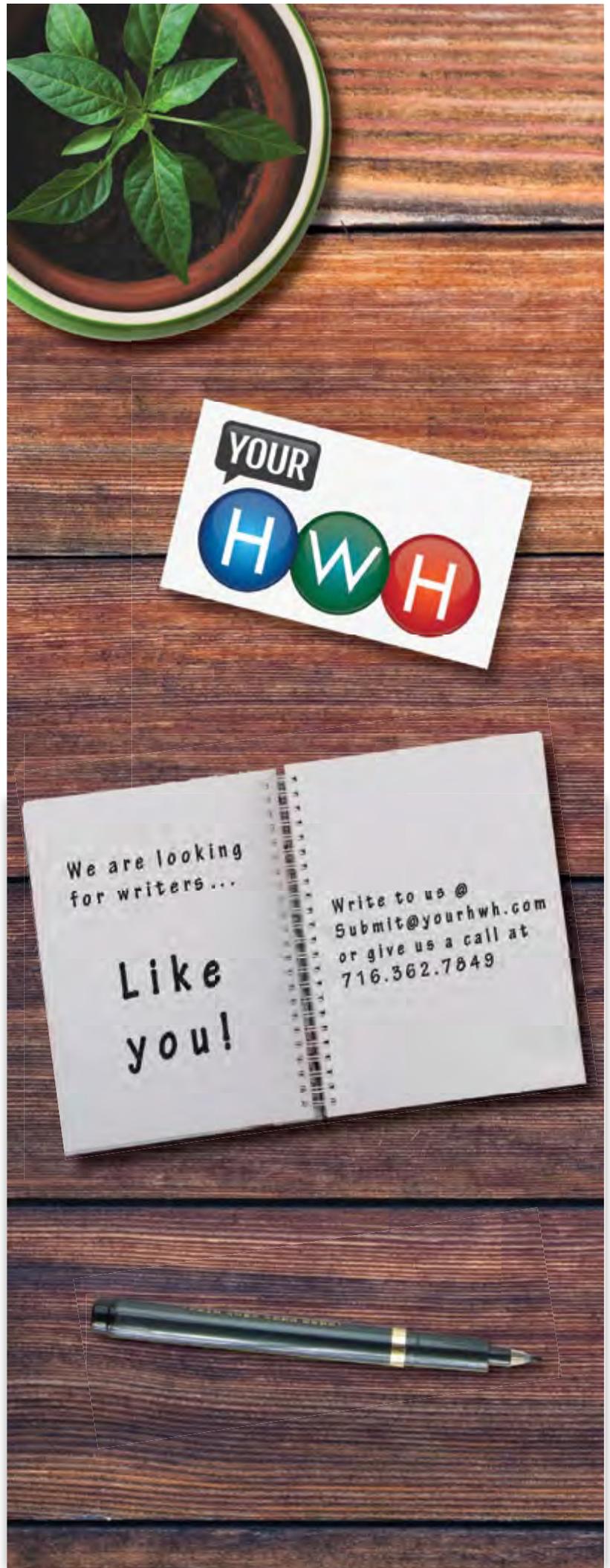
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OUR MISSION

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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MARCH MADNESS

BY: JEFF JOHNSON



Every year, in the middle of March, one of the greatest tournaments of the year begins, entitled March Madness. March Madness is a college basketball tournament that takes place every year, where they start with a field of 68 teams that all have a chance to win the college basketball championship. This year's selection takes place on Sunday, March 15, where they determine the 68 teams that will be in it, who will play each other, and what seed each team will be in the four different regions.

The four different regions are East, West, South, and Midwest. In each of those regions, the teams are numbered 1-16 with the best team being number 1 and the worst being 16. The first seed plays the 16 seed, two seed plays the fifteen seed and it goes so on and so forth from that point in the first round in each region.

Some might think, why is there a field of 68 when there are 16 teams in four different regions? This is because the last four teams in have to play one another on Tuesday, March 17 to get into the field of 64. Once those games are played, the field of 64 will be set to start on Thursday, March 19. The winner of those two games will be a 16 seed in one of the four regions, so therefore they will be playing a 1 seed.

The seeds for the NCAA tournament are based off of strength of schedule. That's why you usually have a team like Duke or North Carolina as a one seed or a higher seed because they have a harder schedule than most of the other teams that make the tournament. The higher your seed is the better chance you

have of getting further into the tournament because you will be playing weaker competition. Every year, you are going to have a Cinderella team that makes it to the elite eight, but typically one of the higher ranked teams wins the national championship. Another thing top seed teams typically receive is the advantage of traveling less, but not always. For example, if Duke is a 1 seed, they would most likely play in North Carolina, or the closest city that is hosting NCAA tournament games.

The first round of the NCAA tournament consists of 32 match ups, so eight match ups per region. The matchups would go as followed: 1vs.16, 2vs.15, 3vs.14, 4vs.13, 5vs.12, 6vs.11, 7vs.10, 8vs.9. Typically, the best games are in the first round. The 8 vs.9 matchup is a crowd favorite with both teams pretty even as far as their record goes during the regular season. The winner of each of these games gets into the round of 32, which is usually held in the same city as the round of 64. These rounds are played Thursday, Friday, Saturday, and Sunday, with the winners of the teams on Thursday playing Saturday, and the winners of the games on Friday playing on Sunday.

The Sweet sixteen is really when the tournament gets exhilarating because the top teams of the regions will start playing each other. It is also considered the semifinals of each region with the elite eight being the championship game for each region. Once those games are decided, each of those winning teams gets to the final four, which this year is going to be in the Mercedes Benz Stadium in Atlanta.

In this year's tournament, it looks like Kansas has a good shot at making it to the final four along with Duke, Gonzaga, and San Diego State. My prediction is Kansas Jayhawks, the underdog, winning it all because they haven't won it since 2008, and are in pristine condition. Enjoy the tournament everybody!!



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Helpful Dementia Communication Techniques

Article provided by Elite Health Care

Has your family been impacted by dementia? This heartbreaking disease affects approximately 5.7 million Americans. Studies project that this number will grow to 13.9 million by 2060.

This creates a struggle for families and caregivers as they cope with the deterioration of a loved one.

Trying to communicate can present one of the greatest challenges for both the patient and the caregivers.

Keep reading to learn some helpful dementia communication techniques. These strategies can help you connect with your loved one or patient.

Communication Problems Experienced by People with Dementia

Frustration often occurs for both the patient and the caregiver when trying to communicate. Persons with dementia may demonstrate:

- Trouble finding the right words to describe their feelings or needs
- Loss of train of thought
- Problems understanding the meaning of a word

-Problems attending to long conversations

-Trouble remembering the steps to complete tasks

-Problems blocking out background noises

People with dementia often become upset because it's hard to express their thoughts. They may also experience increased sensitivity to touch and the tone of others' voices.

Multilingual individuals may lose the ability to speak additional languages. For example, if Spanish is their first language, they may no longer understand English.

Recognize Obstacles to Communication

First, recognize and understand the barriers to communication. Next, develop a plan to overcome these obstacles.

Begin by making eye contact and using an easy, comfortable tone of voice. If they are sitting, you should sit as well with a relaxed posture. Call the person by name.

Some individuals respond well to a gentle touch or holding their hand. Approach cautiously and alter your interaction based on the person's response. If a patient becomes upset, try distracting them and change your approach.

If you feel uncomfortable in the situation, the patient will sense this and become tense. When you become frustrated, their frustration will increase as well. Be conscious of your feelings and ensure that you remain upbeat and positive.

ARTICLE CONTINUES ON PG. 6

Dementia Communication Techniques

Research has explored techniques to enhance communication with those experiencing dementia. The findings were somewhat different than earlier beliefs.

Begin with broad openings and questions instead of closed-ended questions. This study found this strategy most often resulted in long, meaningful responses.

This allows the individual to lead the conversation's direction. They can introduce topics that are important to them.

Speak to the person with respect and as an equal. Many individuals sense that they aren't in full control. This provides an increased feeling of confidence and independence.

Establish commonalities with the patient. This can lead to discussions about shared interests. Follow the patient's lead and avoid changing the subject.

At times, caregivers may need to use closed-ended questions to facilitate the completion of tasks. For example, when performing activities of daily living or taking medications.

Are You Caring for a Person with Dementia?

Providing care to persons with dementia requires you to focus on each interaction. This article has described some essential dementia communication techniques that can help you gain more positive results.

Finding the right home health care provider is often hard for patients and families. At Elite Home Health Care, we bring all the services you need right to you. We provide quality care in the comfort of your own home. Contact us to see how our services can help you.



5 TIPS TO A HEALTHIER DIET

By: Jenna Maul



Many people want to switch to a healthier lifestyle, but they think that to do that they have to live by strict diets that are miserable and difficult to maintain. Lucky for you, I'm here to provide you with some tips that will help you adopt a healthier diet that you can implement into your daily routine and won't make you miserable.

1. Drink a glass of water right when you wake up

Drinking water in general has several health benefits, such as aiding in digestive and skin health, but doing it in the morning after waking can help you feel more awake and alert, as well as it gets the metabolism working, helping detoxify the body. It also helps you feel fuller, so you tend not to eat as much during the day.

2. Ditch the soda (yes, diet soda too)

Soda has an excessive amount of sugar in each can, which makes it not only addictive, but extremely bad for your health, and can lead to problems like diabetes and obesity. Diet soda is thought to be a healthier alternative, as it typically contains zero grams of sugar and low to no calories, but the chemicals used to create the artificial sweeteners used in diet sodas can be just as bad for your health as normal sugar, and lead to similar health issues. If you really need your daily soda-fix, a great alternative is flavored seltzer.

3. Fill up on fiber and protein

It's a pretty well-known fact that protein is the component in food that makes you feel full, but what most people don't know is that fiber can fill you up as well. Plus, most foods high in fiber tend to be low calorie as well. These foods are mostly fruits and vegetables. If you struggle to meet your recommended daily fiber intake, you can try implementing fiber supplements into your diet.

4. Limit how much sodium you eat

We all love a good bag of potato chips or pretzels, but unfortunately, too much salty foods can cause serious health issues like water retention, cardiovascular issues, and increased blood pressure. But remember, sodium is necessary for normal bodily functions, so too little sodium can have just as many negative effects as too much sodium.

5. Eat at home (most of the time)

This might be one of the more obvious tips, but it is also one of the most important ones. Eating out at restaurants exposes you to foods that may not be the best for you and increases the temptation to indulge in them. To avoid this, stock up your fridge with healthy foods and snacks, so your only options are to eat those. This doesn't mean that you can't go out at all, or indulge in the occasional dessert. Just use it as a treat every now and then.

DOES MELATONIN WORK?

By: Chloe Ferney

Melatonin has been recommended and self-prescribed by doctors to insomnia-sufferers for years. But, how safe is this supplement really?

Melatonin is considered a supplement, as opposed to a drug, because our bodies actually produce melatonin. According to the article in *Critical Medicine*, "Melatonin is a chronobiotic, a hormone that adjusts the timing of the central biological clock, including the timing of the sleep-wake cycle." Basically, the hormone in your brain responds to darkness, therefore setting your biological clock.

So, who suffers from sleep disorder? Well, anyone. Particularly children with neurodisabilities and severe visual impairment, their families, the blind, those with delayed sleep-phase syndrome (DSPS), and the elderly. These people would normally seek professional medical help, which usually results in the use of hypnotics, including benzodiazepines and non-benzodiazepines. Yet, these drugs are known to induce addiction, cause withdrawal symptoms, and in turn, may even worsen the insomnia.

To steer clear of this potential addiction, people are turning to the natural supplement, melatonin. Since it is an over-the-counter supplement, self-medicators now use it in order to sleep after jet lag or even a night shift at work. However, what many of these self-medicators don't know is that melatonin helps with more than just insomnia.

According to an article in *Live Science*, "Melatonin also regulates the start of menstruation, the length of ovulation cycles and menopause." In fact, melatonin levels are linked to certain types of cancers. Most women who have breast cancer have low levels of melatonin. Similarly, men with prostate cancer also have low levels of melatonin. For this reason, there are studies that show that those working irregular hours and, therefore, with irregular sleep schedules have an increased rate of cancer.

Not only does this supplement help prevent cancer and insomnia, many conditions actually benefit from it. These include Alzheimer's disease, tinnitus, depression, fibromyalgia, and epilepsy.

While it is considered safe for those taking it for a short period, unfortunately, like many supplements or drugs, there are side effects to taking melatonin. Specifically, these include "headaches, daytime sleepiness, short-lived depression symptoms, stomach cramps, dizziness, and irritability." On top of that, it is advised that children and adolescence should not use melatonin as it could affect other hormones and interfere with their development.

Taken in the proper dosage and at the proper time, melatonin is effective. But, since it is a hormone and not a vitamin, people

tend to overlook the amount they take. According to WebMD's article on melatonin use, US consumers spent \$259 million on this supplement in 2018. In 2018, there was a rise to over \$425 million. During this time, though, there was an 86% increase in calls to poison control centers about melatonin use in children. In 2018, there were over 30,000 calls about melatonin, 24,000 of them about children 12 and under.

Despite these statistics, melatonin is still safe for children and is the second most used natural product for children. When using the supplement in a safe and correct way, children are found to sleep longer and without disturbances.

Katy Siwinski has been self-prescribing melatonin for almost a year now. "I couldn't sleep at night." Siwinski was having difficulty going to bed so she turned to the vastly used natural supplement. "I started off with the gummies, but then switched to the pills. I just take two of them and then sleep through the night." Siwinski takes 10mg of melatonin at night and has not felt any side effects.

In order to help with your own, natural production of melatonin, try putting away your electronics an hour or two before bed. Since melatonin is based off of the light you see, using the blue and green lights from your smartphone, computer, or television before bed may neutralize the effects. Additionally, during the day, spend some time in the sunlight so your body can help to program itself for bedtime.



WHICH 2020 CARS ARE THE MOST RELIABLE?

By: **Chloe Ferney**

Being that it is March in Buffalo, we can expect more snow to keep coming down. Which means more icy roads and shoveling out driveways. With constant unfavorable road conditions, it is important to have a car that you can count on. No more spinning out, sliding around, or worrying about your safety. Here's a list of the most reliable cars in the snow for 2020:

2020 Subaru Crosstrek AWD: This compact SUV is equipped with all-wheel drive, ground-clearing capability, and all-around awareness, guaranteeing increased traction on slippery roads. Starting at \$22,145, this built-to-last vehicle has plenty of trunk space, and is great for Buffalo's conditions.

2020 Jeep Grand Cherokee: As a mid-sized SUV, the 2020 Jeep Grand Cherokee offers Quadra-Drive® II, a system with Rear Electronic Limited-Slip Differential to increase traction during the dreary season. This SUV also has ground clearance and special water sealing that can go through 20 inches of water. Starting at \$32,240, this car is a little pricier than the last however, it's sleek leather interior will catch anyone's eye.

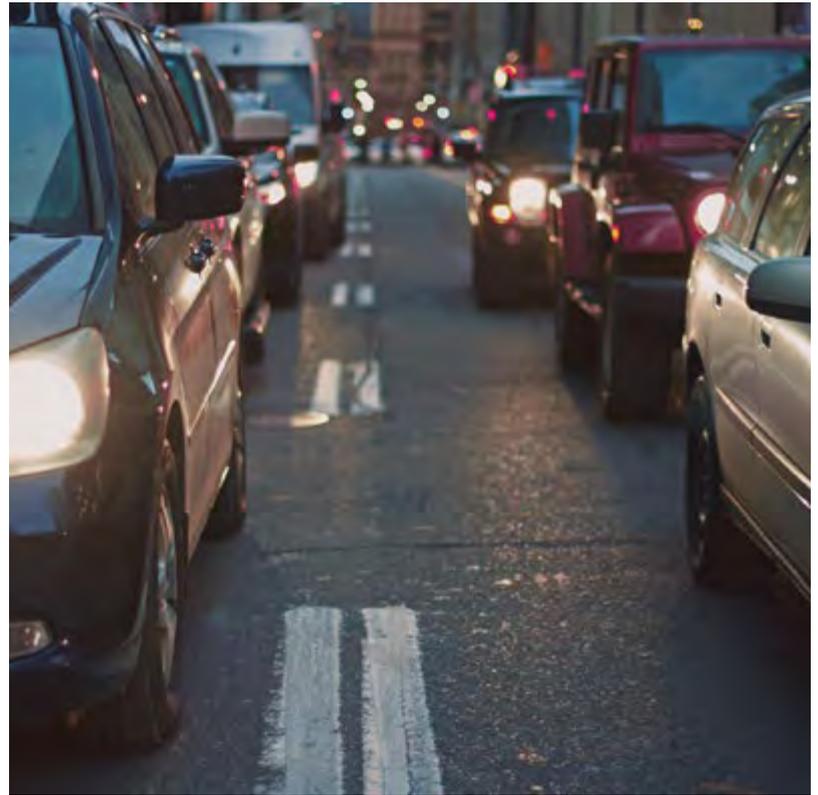
2020 Acura RDX: Starting at \$37,800, this mid-sized crossover SUV controls the amount of power that goes into each wheel, meaning more control in the snow. With AcuraWatch, their Land Keeping Assist System keeps you in your lane and the Road Departure Mitigation can help prevent going off course. On top of that, this SUV offers a Multi-View Rear camera to ensure you are safely backing out. With plenty of cargo space and a Wi-Fi hotspot, what's not to buy?

2020 Volvo V90: Another mid-sized crossover SUV, however starting at \$51,450. Comfortably fitting five with the cargo space of a crossover, this vehicle is sure to fit the whole family. The 2020 Volvo V90 can detect a collision and warn you. If you do not react in time, the brakes will be applied for you. Additionally, the SUV is complete with Park Assist Pilot and a 360-degree SurroundView Camera.

2020 Ford Expedition: This SUV comfortably seats eight and starts at \$52,810. Equipped with auto high-beam headlights, Pre-Collision Assist with Automatic Emergency Braking, Lane-Keeping system, rear view camera, and Park Assist, the 2020 Ford Expedition has it all. However, that's not where it stops. It also has dual headrest entertainment systems and B&O Sound Systems.

Not looking for an SUV? Keep reading to see which sedan is the right fit for you.

2020 Subaru Impreza: Starting at only \$18,695, this sedan has four-wheel-drive, rear-vision camera, and reverse automatic braking. It has EyeSight® Driver Assist Technology which monitors your movements to ensure you are staying in your lane. To prevent an accident, the Automatic Pre-Collision Braking feature will bring your car to a stop if a collision is



about to occur.

2020 Mazda3: With Active Safety Technology helping to prevent accidents and a sleek leather interior with Bose speakers, this sedan is likely to make heads turn. This vehicle also includes Smart Brake Support, Lane Departure Warning System, and rain-sensing windshield wipers. Pricing starts at \$21,500.

2020 Nissan Altima: Starting at \$24,100, this sedan has a Traction Control System that can sense wheelspin. From there, it will slow the throttle in order to gain traction and control. All of the backseats fold down to allow for more cargo space and with heated seats and a heated steering wheel, you're sure to never get cold!

2020 Ford Fusion: This sedan also has heated seats and steering wheel, but includes cooling seats for the summertime. Similar to the Ford SUV mentioned above, the 2020 Ford Fusion is equipped with Co-Pilot 360™ which incorporates a Blind Spot Information System®, Lane-Keeping System, rear view camera, auto high-beam headlamps, and Pre-Collision Assist. This vehicle starts at \$23,170.

2020 BMW 330i xDrive: This sedan offers all-wheel-drive and an Active Protection System that can detect accidents and prepare the car by tightening seatbelts, closing windows and moonroof, and activate post-crash braking. With its automatic start function, you can pre-heat your car on those extra cold winter days. This sedan starts at \$42,750.

Do any of these cars sound like they are right for you? Happy shopping!



St. Patrick's Day is a global celebration of Irish culture.

It remembers one of Ireland's patron saints who ministered Christianity across Ireland in the 5th century.

It originally started as a religious celebration in the 17th century to commemorate St. Patrick's life and his bringing of Christianity to Ireland.

This "Feast Day" takes place on the anniversary of his death, which was believed to be March 17th, 461 AD.

Emigrants to the US transformed this day into the largely secular holiday of revelry and celebration of things Irish.

Corn beef and cabbage are associated with the holiday. Along with beer dyed green to celebrate the day.

ST. PATRICK

HOW SUGAR AFFECTS YOUR SLEEP

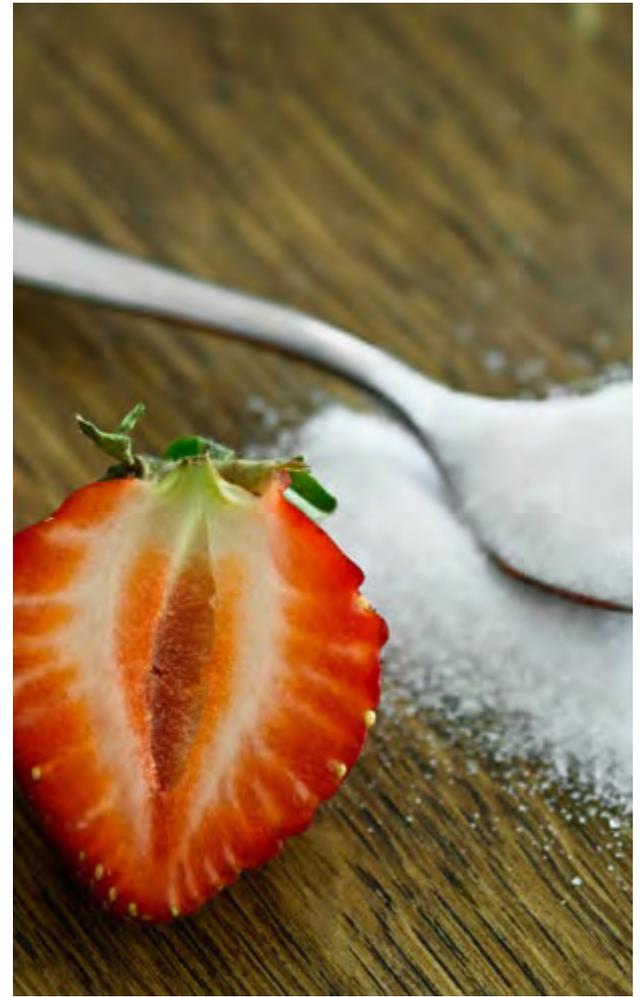
BY: KAYLA KENIG

Many of us like to have a small late-night snack or after dinner dessert right before bed. Whether it's a bowl of ice cream or chocolate bar, we all have our preferred taste. However, recent studies have gone to show the negative effects sugar consumption has on our sleep patterns.

More sugar has led to many sleepless nights for those who had high sugar in their diets. In 2016, a study was conducted between those with high sugar in their diets and those with low sugar and their sleep patterns. Those who had higher sugar in their diets tended to sleep less deeply and display greater restlessness at night. Increased sugar also causes for a person to wake up more often in the middle of the night. The sugar itself overstimulates the body with energy, causing for the body to awake multiple times in the night. Sugars also use a lot of magnesium, a vitamin that is useful for deep sleep.

Sleep doctors recommend that you stop eating about two hours before going to sleep, that way the body is not over processing any sugars in your sleep that cause for a restless sleep. To ensure a good night's rest, doctors also recommend not having any caffeine before bed and turning off the TV to let the mind go to rest. Working out, healthy-eating, and a proper night time routine produce long nights of rest.

If you have any further questions or concerns, please consult your doctor. This article is not meant to be substitution for physician's directions.



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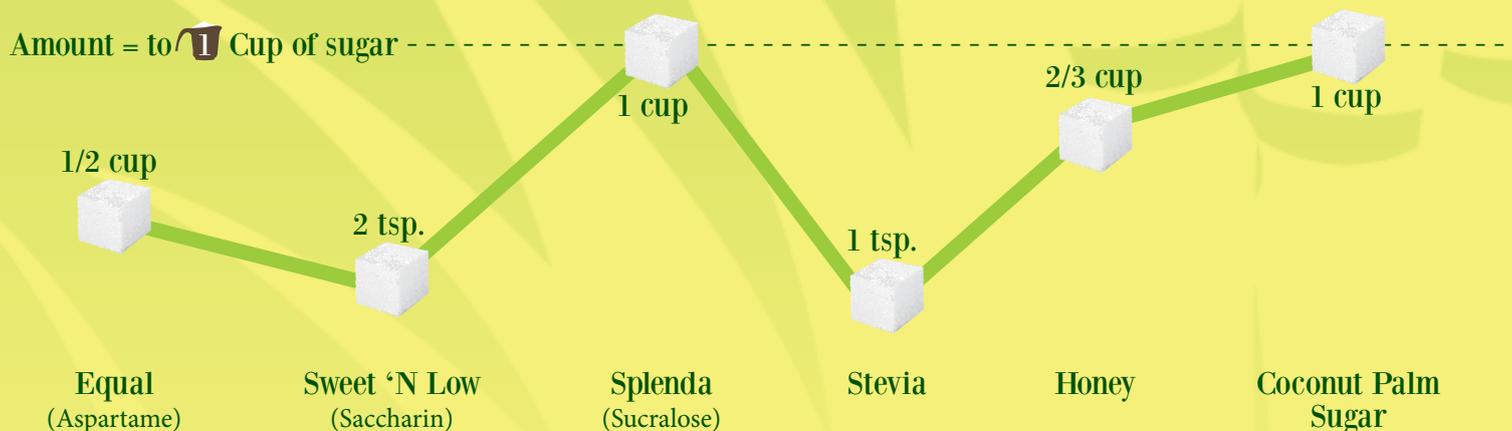
Sweet Substitutes: A Guide To Sugar Replacements

Sugar substitutes are food additives that maintain their sweetness, but none or few of the calories. Sugar substitutes may be derived through manufacturing of plant extracts or processed through chemical synthesis.

		Commercial Names	Pros	Cons	Uses
Chemical Synthesis	Aspartame	Nutra Sweet, Equal	- Zero or negligible amount of calories.	- Can leave an unpleasant aftertaste	- Soft drinks, powdered drink mixes and other beverages
	Acesulfame	Sunnett, Sweet One	- Concentrated Sweetness (a little goes a long way)	- Flavor may change when used for baking	- Baked goods
	Saccharin	Sweet 'N Low, Sweet Twin, Sugar Twin	- Glycemic index of zero	- They add no volume to baking recipes	- Candy
	Sucralose	Splenda, Nevella			- Industrial food production
Plant Derived	Stevia	A Sweet Leaf, Sun Crystals, Steviva, Truvia, PureVia	- May change flavor of food when added	- May cause baked goods to bake and taste differently	- Baked goods
	Honey	n/a			- Hot Beverages
	Coconut Palm Sugar	n/a	- Can be expensive	- Stevia is the only plant derived sweetener with a Glycemic index of zero	- Jams and jellies - Dairy products

How sweet it is...

Sugar substitutes are often much sweeter than table sugar. Certain recipes may need modification, because unlike sugar, artificial sweeteners may provide less bulk or volume in addition to varying sweetness levels. How much sugar substitute does it take to equal one cup of sugar? Here is a guide to get you started...



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MEDIA CORNER



Review of the Netflix Original Series: **THE WITCHER** TV-MA | 1 HR / EP

BY WEBSTER TILTON ★★★★★

Screen adaptations of video games are awful. All of them. The reverse is also true. Movies do not make good video games, and video games do not make good movies / TV. Usually they're embarrassingly bad. The world is better off forgetting the Doom movie (starring The Rock) as well as the movie adaptations of Max Payne, Hitman, Bloodrayne, Tomb Raider and far too many others to list here. Most of them were low quality, painfully awkward, soulless cash-grabs. A handful managed to ascend to the lofty heights of mediocrity by making the brave decision to use the video game source material sparingly and focus on an original story. And therein lay the first glimmer of hope, because that isn't a problem when you're talking about The Witcher: it started out as a book.

My verdict up front: watch The Witcher. Its only real flaw is a slightly confusing plot structure which becomes clarified by the end of the second episode. The acting is very good, but not quite excellent. The same can be said of special effects, and the writing. The practical effects are excellent, demonstrating (again) that CGI is no substitute for filming a real effect made by a craftsman. For once my review is spoiler free. Proceed at will.

The Witcher is a Polish franchise that began life as a series of successful novels which were subsequently adapted into a series of video games. The games are heavily story driven with enough cinematic sequences to almost qualify as movies in their own right. They were also extremely well reviewed by critics, insanely popular with fans, and generated massive piles of money; A screen adaptation was inevitable. And while Netflix does have an impressive catalogue of high-quality original series, they were also responsible for an ocean of low-quality filler content, and a lot of fan-service pandering.

For the first twenty minutes of the first episode that's what I was afraid had happened. But by the end of the episode I knew I'd been wrong. The show is quite good. If Carnival Row, The Boys and The Expanse were all A++, then The Witcher is an A-. Not quite in the same league, but still great.

The series is composed of three separate storylines which eventually merge into two, and then down to one. What isn't obvious right at the beginning is these storylines are also

different time periods, which may confuse newcomers to the series. Also, each episode is both self-contained and part of a larger arc, so it can be enjoyed on two levels. The stories are drawn primarily from the books rather than the games, with elements of the games thrown in like highlights in a good haircut. It's also very much a series for grownups with enough adult content to make it an obvious M rating. But then again, so were the books and the games.

The world is well constructed with a texture that is certainly familiar, but which never feels ripped off. The plot never wanders, bogs down, or preaches. It's also complex enough



to be very interesting but doesn't require a flow chart to follow. The three series leads are all well written and well performed. They're easy to identify with, morally complex, and decisive, with individual arcs that intersect without becoming codependent. The action is very good, and the dialogue is tight and clever. The CGI is good enough, but not great; this show doesn't have an HBO budget.

And while we're on that subject; I've heard some people accuse The Witcher of being a low budget Game of Thrones. It isn't. There are similarities because they're both sword-and-sorcery fantasy series, but there the similarities end. Beyond the fact that many of the stories in The Witcher are self-contained, the show just has a different flavor to it. Its central theme is about being a powerful freak that people are only willing to tolerate

CONTINUED ON PAGE 15

SUNSPIN MEDIA EMPLOYEE SPOTLIGHT



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MELISSA ROTHMAN
MARKETING AND GRAPHIC
DESIGN COORDINATER

Melissa joined Sunspin in July 2019. She graduated with honors from Buffalo State College's Graphic Design program.

She loves to continue to learn and grow as a graphic designer. She loves traveling and seeing new places and new cities. One of her favorite places state-side to visit is Los Angeles. Overseas she loves Paris the most. Her dream one day is to be fluent in French and return for a visit.

She has two nieces, aged 4 and 9 who she loves spending time with. She has a cat named Airr Jordan who she loves snuggling up with after a long day.

Working at Sunspin has been a great learning experience for her. Every day is a new lesson and opportunity to grow.

Her philosophy is to always keep learning. No one is ever done with their education. Especially in an industry that keeps growing and changing so rapidly and so often.

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BUFFALO CONCERTS: MARCH

BY KATY SIWIRSKI

March 3
Real Big Fish
Town Ballroom

March 7
Blue Man Group
Shea's Buffalo

March 7
Kane Brown
Key Bank Center

March 12
TCHAMI: Elevation Tour
Town Ballroom

March 12
Letterkenny Live!
Klienhan's Music Hall

March 18
The Wonder Years
Town Ballroom

March 19
Coco Montoya
Tralf Music Hall

March 27
Donna The Buffalo
Tralf Music Hall



Reel Big Fish performs in Santa Cruz, 2008. Photo Credit to Miles Ghem

Springtime is right around the corner, and the desire to get out and enjoy the outdoors is lurking upon us. Buffalonians can only hope the weather will stay nice, right? There is still time to enjoy the indoor concerts, before we break into the sunshine. There is lots to see and lots to hear, so check out some of the shows coming this month!

Ska music is a music genre that originated from Jamaica in the late 1950s, combining the musical power of rock and reggae. It has developed and modernized into a variety of sub-categories and generations for many listeners to enjoy. One of the most well-known modern ska punk bands, Reel Big Fish, will be at Town Ballroom on Tuesday, March 3. These guys gained mainstream attention during the third wave of ska music in the mid-to-late 1990s. They have been signed to an independent label since 2006, and only has one remaining founding member of the band. Fortunately, this music rock out hard enough to enjoy through the years! Two of the bands biggest hits are recognized heavily, included Beer and the classic A-ha song, Take on Me. The song Beer is featuring, as well as many other hits by the band, in South Park creators Trey Parker and Matt Stone's movie *Basketball*, released in the late 1990s. The song gives the overall goofy, party vibe to the movie that Parker and Stone intended to get across to its audience. But now, let's not forget about A-ha's classic song, interpreted into a modernized upbeat rendition. Most young adults recognize the music video on YouTube, approaching 1 billion views since its release 10 years ago. The classic video is represented in a sketchy drawing format, combined with a real-life perspective, surely going ahead of its time for this type of music video. Thankfully, Reel Big Fish "takes on" a fun perception of this classic, hitting nearly 20 million views on YouTube. If this has won your heart over, be sure to catch these funny dudes at Town Ballroom! Tickets start at \$25 before taxes and fees. As someone who has seen the band live several times, it is an experience that you sure won't want to miss.

House music is a popular genre nowadays, livening up the mood of its listeners. Another Town Ballroom event this month will bring energized listeners to its venue to enjoy the glory of French record producer and DJ, Tchami. Simply known as Martin Joseph Leonard Bresso, this talented individual will be making his way to Buffalo on Wednesday, March 11 for his Elevation Tour. As an initial heads-ups, this is strictly an 18+ show, and tickets start at \$25 before taxes and fees. Tchami is most known to produce future house music. He has also done many successful tours, alongside other famous electronic artists, such as Skrillex, Diplo, and DJ Snake. His distinct "future house" style was used on his SoundCloud account, ultimately getting popularly recognized in the electronic music industry. Tchami has been recognized on DJ Magazine's Top 100 DJs list, reaching number 62 in 2015 as his highest peak. Spotify listeners can enjoy several of his songs and collaborations, many reaching over 1 million listens. After giving this DJ a good listen, it is certainly a performance I could

see myself enjoying. If your looking for an elevating experience at a popular Buffalo venue, this is one that will certainly be worth the experience.

Pop punk music is a sub-genre of music that is an ever-growing stream of popularity for a variety of listeners. Pop punk music includes fast tempos, distorted guitar sounds, and power chords, alongside a vocal styling of pop-influenced melodies inspired by teenage romance and rebellion. If this sounds like your cup of tea, then you are in luck! The Wonder Years will also be at the Town Ballroom on Wednesday, March 18, along with Free Throw, Spanish Love Songs, and Poor Kids. The Wonder Years originated from Pennsylvania and completed their first tour in the United Kingdom in 2007. Their once-small fan base grew substantially, upon the release of their first full-length album, *Get Stoked On It!* By 2010, the band had released their second full-length album, which helped them land on the Billboard charts in many categories. The band has remained mainly consistent throughout, member-wise, but has changed in terms of sub-genre categories. The Wonder Years are mainly described as pop punk, but some albums are described as emo pop, alternative rock, indie rock, and post-hardcore. Some members, primarily lead singer Dan Campbell, have released side projects for other listeners to enjoy. The most popular one would be Aaron West and the Roaring Twenties, pushing Campbell "to make a piece of fiction feel just as raw and personal as longs about my life." If this variety of sounds peaks your interest, be sure to catch Campbell and his team on their tour! Tickets start at \$23.50 before taxes and fees, and can be purchased in-person or online.



MEDIA CORNER

CONTINUED FROM PAGE 12

of necessity; the very things that frighten the common people about the lead characters are the same things they need them for. The exact kind of hypocrisy you see directed at criminal defense lawyers in the real world. The Witcher also takes a serious look at racism, xenophobia, and religious zealotry. And while it certainly condemns these things, it also takes the time to examine how they come to be. The Witcher doesn't cheaply or unnecessarily demonize its villains. It makes a point of acknowledging that the worst kinds of monsters are those who are deluded into believing that they're doing good, and it makes a solid case for neutrality as the best or least destructive course of action.

GoT did have a lot to say about sexism and the corruptive influence of power, but it was focused on telling a story rather than making a point. And while GoT ranks among the best series ever made, The Witcher actually does a better job of weaving in a message. Though it would only be fair to point out that this is, perhaps, out of necessity; when you don't have \$8,000,000 per episode to spend, you're forced to focus more on developing the characters. There are also far fewer of them, and so you spend more time with each. This series is worth the episode and a half that you'll need to really get into it, and then it'll pull in with its own gravity and you'll be glad that it did. And remember, this is a notable first. The Witcher is a book, a video game and a show...and they're all good.

february
WORD SEARCH RESULTS

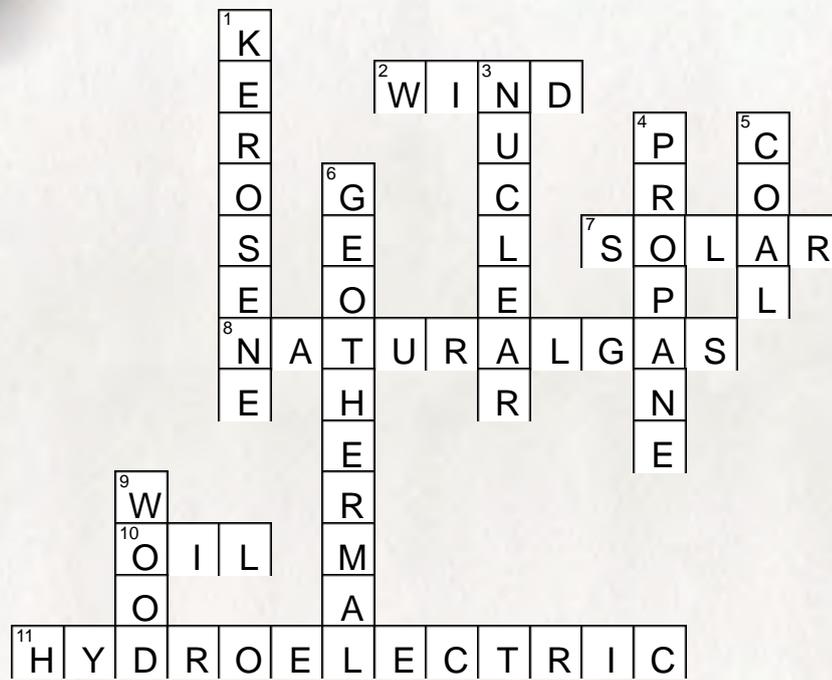
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CARDS-
GROUNDHOG-
SPRING-
LOVE-

VALENTINE-
WASHINGTON-
KINDNESS-
FRIENDS-

CHOCOLATE-
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FEBRUARY CROSSWORD SOLUTION:
POWER SOURCES



LUCK OF THE MARCH MADNESS

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BASKETBALL
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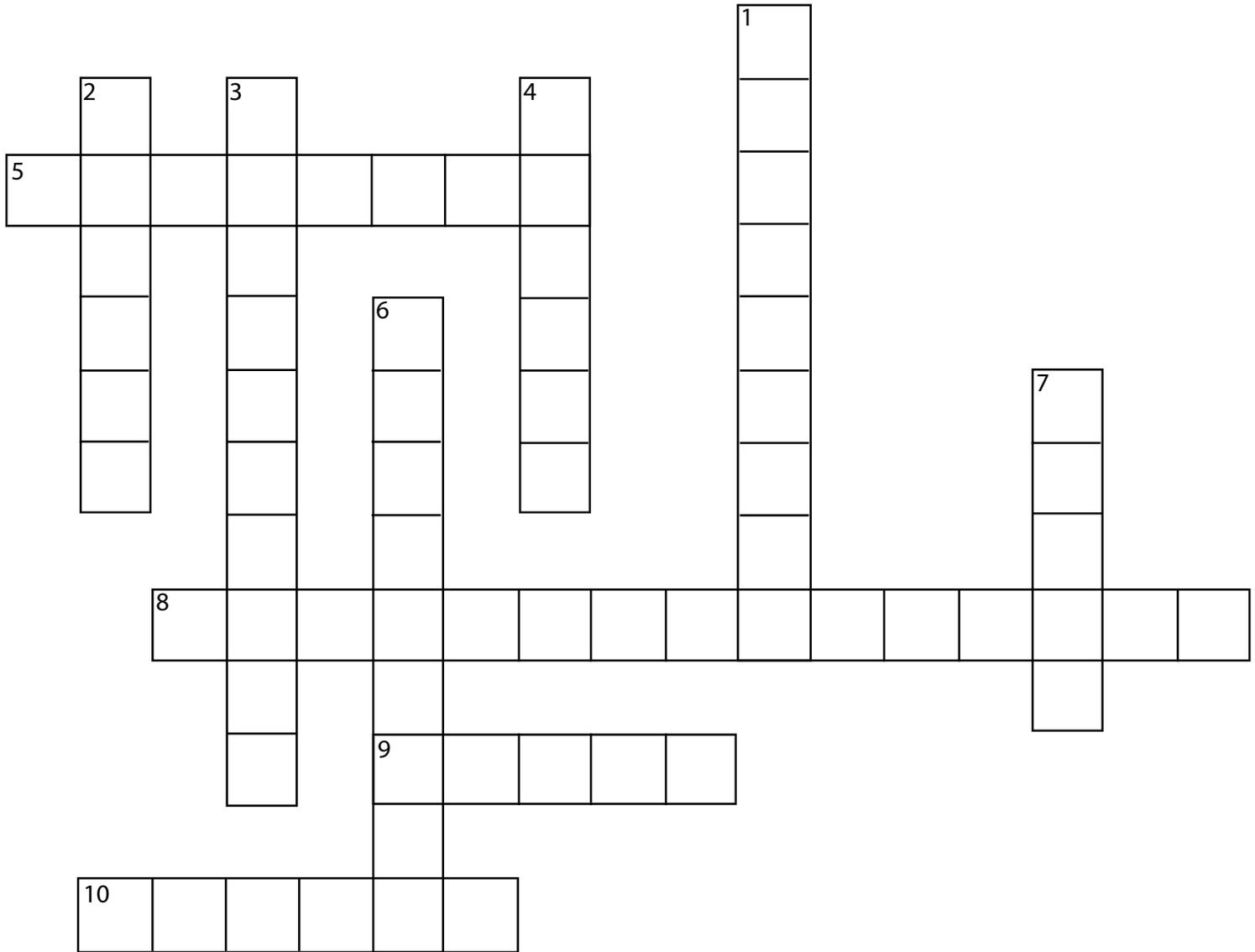
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PREPARE FOR SPRING!



ACROSS:

- 5. Let's Go Bisons!
- 8. Spring Ahead
- 9. "April showers bring May flowers" ... that will be in full ____.
- 10. Famous Christian Holiday

DOWN

- 1. Flower; one of the first signs of Spring
- 2. Best color scheme for this time of year
- 3. See this at the end of a rainbow with a pot of gold!
- 4. Four leaves, good luck charm
- 6. BZZZZZZ
- 7. "here comes Peter Cottontail"

[EVENTS]

MARCH

March 6th - 8th, 13th - 15th

BUFFALO HOME SHOW

Come over to the Buffalo Niagara Convention Center for two weekends in March to visit the Buffalo Home Show. There will be on-stage presentations and workshops, a garden market, and designer rooms. Plus, if you come by on Friday March 6th between 5 PM and 7 PM, you can enjoy a craft beer tasted sponsored by WEDG / 103.3 The Edge!

March 8th

BUFFALO BLOODY MARY FEST 2020

Step Out Buffalo is hosting the 5th annual Buffalo Bloody Mary Fest on Sunday, March 8th at Buffalo River Works. Come out and see which of ten local bars and restaurants makes the best Bloody Mary in town! Ticket prices range from \$35-\$60 on the event's page on Eventbrite.com. Hope to see you there.

March 15th

ST. PATRICK'S DAY PARADE

Join the whole city downtown on Sunday, March 15th for the annual Saint Patrick's Day Parade hosted by the United Irish American Association. The parade will start at 2 PM in Niagara Square and move north on Delaware Avenue to North Street. Come on down and enjoy great food, great people, and great fun!

March 21st, 22nd, 28th & 29th

MAPLE FESTIVAL 2020

The Buffalo Niagara Heritage Village will be hosting the 5th annual Maple Festival for two weekends this March. The festival will go on each day from 10AM to 4PM. Featuring a maple tree tapping station, a maple sugar exhibit, live demonstrations, and a traditional sugar shack and sugar arch. It's bound to be a fun time! For tickets, go to their website bnhv.org.

March 28th

TACO AND MARGARITA FESTIVAL

On Saturday, March 28th between 2 PM and 6 PM, Bar Crawl Unlimited is hosting a taco and margarita bar crawl through Downtown Buffalo. They will take you to multiple locations offering discounted drinks and offer FREE giveaways. Tickets will be on sale on Eventbrite.com and prices range from \$14.99 (general admission) to \$34.99 (VIP package). Hope to see you there!

March 29th

SWEET TOOTH FESTIVAL 2020

Calling all sweet teeth! On Sunday, March 29th, Step Out Buffalo and The Cheesecake Guy are hosting the 'sweetest' festival of the year at Buffalo River Works. There will be two sessions, the first from 12 PM-2 PM and the second from 3 PM-5 PM. Tickets are \$35 plus tax, which includes a free sample from all dessert vendors. To purchase tickets and to see the full list of dessert vendors, visit their event page on Eventbrite.com.

Recipe Corner

HOMEMADE SAUERKRAUT

1 Medium Head of Cabbage

1-3 Tbsp. sea salt

YEP! JUST TWO INGREDIENTS!

30 MIN PREP | 14 DAY "COOK"



- 1** | *Chop or shred cabbage. Sprinkle with salt.*
- 2** | *Knead the cabbage with clean hands, or pound with a potato masher or Cabbage Crusher about 10 minutes, until there is enough liquid to cover.*
- 3** | *Stuff the cabbage into a quart jar, pressing the cabbage underneath the liquid. If necessary, add a bit of water to completely cover cabbage.*
- 4** | *Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.*
- 5** | *Culture at room temperature (60-70°F is preferred) for at least 2 weeks until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.*
- 6** | *Once the sauerkraut is finished, put a tight lid on the jar and move to cold storage. The sauerkraut's flavor will continue to develop as it ages.*
- 7** | *The cabbage did the work, now you can enjoy!*

5TH COLOR AT SSM

LET'S YOUR INVITES STAND OUT



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