



Health, Wealth, Happiness & Spirit

April 2021 Free

HAVE YOU PAID
IT FORWARD?

*National Pay it Forward
Day is April 28th!*

● **National Pay it Forward Day**

Pg. 5

How Acts Of
Kindness Spread

● **What is Cardiovascular Disease**

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Written by:
Ralph Hernandez

● **Beginners Guide to Going Green**

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Ways To Reduce Your
Carbon Footprint

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Signs and Ways
to Treat Alcoholism





Our Mission

Your Health, Wealth, Happiness and Spirit explores the power of overall wellness. We look to push past the boundaries of physical health and explore the aspects of mental health, financial health, and health of the spirit. Our goal is to bring you information and guidance that you can use to live a happy, healthy, and spirited life. We find tips and tricks for the short term as well as more expansive information for the long term. With the ever-expanding technology, knowledge, and evolution of the health field, there is a growing supply of data to take from. With HWHS we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

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Staff and Contributors

Editor-in-Chief

Faizan Haq

Managing Editor

Sana Iqbal

Executive Editor

Melissa Rothman

Copy Editors

Katy Siwinski

Caitlyn Conibear

Graphic Design

SunSpin Media

Published By

SunSpin Media

Staff Writers

Will Berkowitz

Caitlyn Conibear

Melissa Rothman

Valeria Marquez Luna

Caleb Long

Jawad Tung

Webster Tilton

Juliet Nabinger

Stacey Brown

Contributors

Melissa Rothman

John Kolarik

Katy Siwinski

Faizan Haq

Riffat Sadiq

Advisory Board

Joe Cirillo, Director of Public Relations and Communications , ECMC

Dr. Riffat Sadiq, MD, President & CEO of WNY Medical

Dr. Joe Serghany, MD, Western New York MRI

John M. Hatcher, CEO JMH Advisement, LLC

Your Health, Wealth, Happiness & Spirit

4011 Bailey Avenue | Amherst, NY 14226 | 716-362-7849

submit@yourhwhs.com | www.yourhwhs.com

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Hello Readers!

We hope that your 2021 is bringing you a new sense of peace and control over your life. Have you tried any of our worksheets and tips for loving yourself and better sleep? Making small changes will have a long term effect on your overall health and happiness. We are hopeful our advice has helped you.

This month our tear out section features ways you can reduce your carbon footprint and how to go green. As we enter the warmer months, we wanted to focus on ways you can help your environment to cultivate a cleaner and healthier future for us and all newer generations.

Taking care of our planet is important. The way we treat it will, in turn, have an effect on us. Having a positive impact on our environment can also lead to increased happiness. The knowledge that you have made positive changes to your daily routine that will result in positive changes to our planet can give us a sense of accomplishment. On top of emotional well being, our environment and how we treat it impacts our physical health. So this month, while we celebrate the Earth and evaluate our impact on it, we can all benefit from adjusting how we live and treat our planet.

We hope that you find these tips helpful. Try them out and let us know if you have any tips of your own!



Stay safe and, as always, feel free to write to us at editor@yourhwhs.com for any topics you want covered or to submit feedback on our content.

Sincerely,

A handwritten signature in black ink that reads "Melissa Rothman".

Melissa Rothman
Executive-Editor

April 28th: Pay It Forward Day

By: JULIET NABINGER



Happiness is one of the most important life goals we all share. No matter our age, career, or geographic location, we all want to achieve that elusive goal of happiness. It can be challenging to find reasons to be happy every day, but happiness is achievable.

Psychologists at Stanford University found that **paying it forward; committing small acts of kindness every day, can increase individual levels of satisfaction.** They discovered that deliberately being kind gives people a sense of purpose, and that sense of purpose fuels self-confidence and improves personal well-being. Furthermore, psychologists found that committing to various acts of kindness has a more positive effect on an individual's mood than carrying out the same act of kindness repeatedly.

For example, the first or even fourth time someone decides to pay for the person behind them in the drive-thru, that person might feel a strong sense of purpose and accomplishment; however, the twentieth occurrence may not have the same positive psychological effects. It may start to feel more like a routine, and less like a deliberate decision to be kind. Instead, psychologists recommend a variety of kind acts. These acts might include: taking a walk and cleaning up trash, providing a homeless individual with a meal, leaving a larger-than-expected tip the next time

"At the end of the day, people won't remember what you said or did, they will remember how you made them feel."

-Maya Angelou

you eat out, calling your grandparents, or shoveling your neighbor's walkway.

When you pay it forward, you're not only improving your own mood, but you're leaving a positive impact on someone else.

Happiness is contagious, and your actions can have a profound impact on the emotions of others. When you commit a random act of kindness for others, they take their happiness and pass it on. Acts of kindness can have an effect that can last hours. In a Connecticut Dunkin Donuts drive-thru, one act of kindness inspired people to pay it forward in an unbroken chain for over three hours.

On the 28th of this month Pay it Forward Day will be celebrated, take this day to think about your neighbors and perform an act of kindness. Don't stop there, though, try to do acts of kindness all month long.

For more info visit psychologytoday.com

What is: Cardiovascular Disease?

By: *RALPH HERNANDEZ*



Medical terminology can often be very confusing, especially if you do not work in the health care field.

So, what exactly is cardiovascular disease?

Cardiovascular disease is another term for heart disease. "Cardio" means heart, and "Vascular" has to do with blood vessels. Both terms include disorders or diseases of the heart and/or blood vessels within the body.

Sometimes stroke (Cerebrovascular incident) is included in the cardiovascular disease category, but a stroke is something that affects the blood vessels in the brain, not the heart.

What are the causes of cardiovascular disease?

Cardiovascular disease can occur from several different conditions including:

Congenital abnormalities
Infection of the heart or its lining
Inflammation of blood vessels
Abnormal heart rhythms (known as an arrhythmia).

What are the likely health consequences of heart disease?

It can result in high blood pressure, angina and heart attacks, heart failure, or atrial fibrillation (the atria of the heart quivers and does not effectively pump blood to the ventricles of the heart).

What are the risks for cardiovascular disease?

There are modifiable risk factors, which are those that you can control. Conversely, non-modifiable risk factors include those you do not have control over.

The following are non-modifiable risk factors:

Advancing age

The risk of having cardiovascular disease increases as you get older. Just as other parts of your body age, so does your heart.

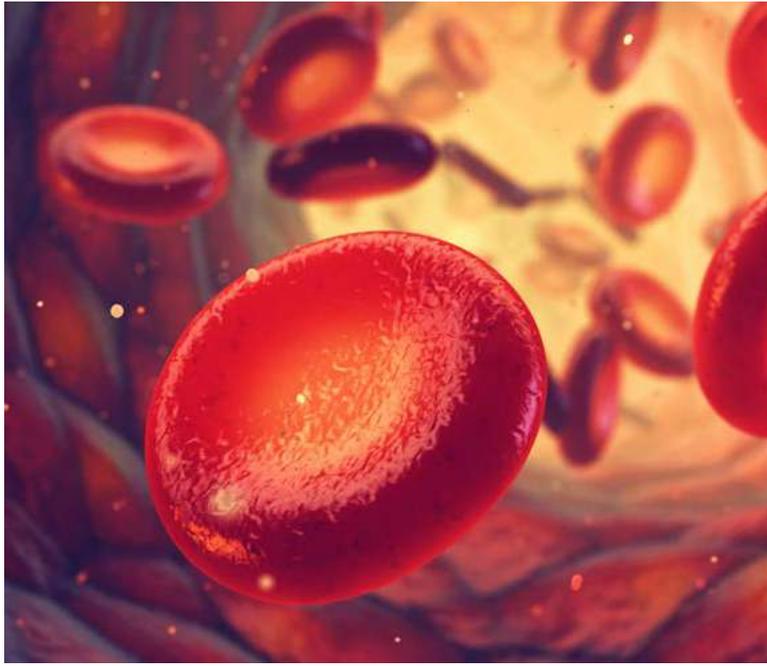
Gender

Men are at increased risk of heart disease when compared to pre-menopausal women. However, when women undergo menopause, the risks of heart disease become equal for both sexes.

Genetics and family history

If you have a relative with history of heart disease or stroke before the age of fifty-five, your risk of cardiovascular disease is also higher. In the case of women, this risk is there if a female relative has experienced heart disease or stroke before 65.

"There are modifiable risk factors, which are those that you can control. Conversely, non-modifiable risk factors include those you do not have control over."



Ethnicity and race

African and Mexican Americans are at higher risk for heart disease.

The following are modifiable risk factors:

Whether you have heart disease or not, there are things you can do to control or prevent it.

- Diet*
- Exercise*
- Quit smoking*
- Decreased alcohol consumption*

The most important thing to do when it comes to preventing or controlling heart disease, is to recognize the risk factors and start acting immediately. If you do not know where to start, the first thing you should do is visit your doctor. Your doctor can monitor your health, blood pressure, cholesterol, and overall heart health. Then there are other health professionals that can help you get started on an exercise program that is safe for your age and current health, and who can give you further advice on food choices.

In summary, cardiovascular disease is the same thing as heart disease. There may be several different reasons why people may have heart disease, but there are still ways this disease can be prevented or controlled.



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Beyond World Health Day: Environment and Health

By: MELISSA ROTHMAN



Each year on April 7th, the World Health Organization (WHO) holds World Health Day (WHD). It aims to bring awareness to a health theme and expand action to help combat or improve it worldwide. This year, the WHO is focusing on building a fairer and healthier world.

This year's topic is focused on the struggle of many around the world who do not have regular access to basic life essentials such as stable shelter, clean water, and clean air. These factors lead to unnecessary suffering and illness that could be prevented.

These situations are avoidable when education is paired with systemic changes. **The WHO is calling upon leaders to ensure everyone has healthy living and working conditions in place to ensure good health.** It also urges the leaders of the world to monitor inequalities in health and put in place methods and systems to ensure quality health services for all.

With COVID-19 hitting the world last year, the impact of the virus on already vulnerable and struggling communities has been highlighted. This year we are tasked with bringing awareness to the inequity of healthcare and how the environment around us is a major factor on our health status. The air we breathe, the water we drink, the places we live and the education we receive all have an impact on our health.

Be sure to visit your health care provider to discuss how your environment can impact your health and any changes you can make to improve your situation. If you know of someone in need, try to help them access healthcare. As always, consult with physicians before making any major medical changes. And visit who.int for more on WHD.

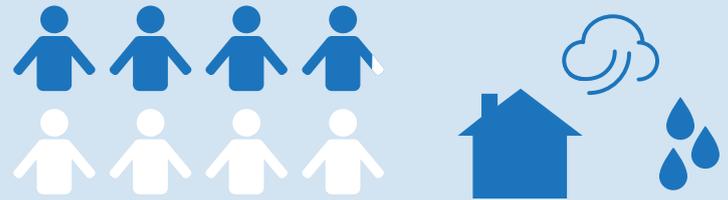


World Health Day

April 7th, 2021

The World Health Organization aims to bring awareness to a health theme and expand action to help combat or improve it worldwide. This year, the WHO is focusing on building a fairer and healthier world.

Nearly **HALF** of the population does not have easy access to basic essentials such as shelter, clean water, and clean air.



These situations are avoidable and preventable with the right systems in place.

WHO urges the leaders of the world to monitor inequalities in health and put in place methods and systems to ensure quality health services for all.

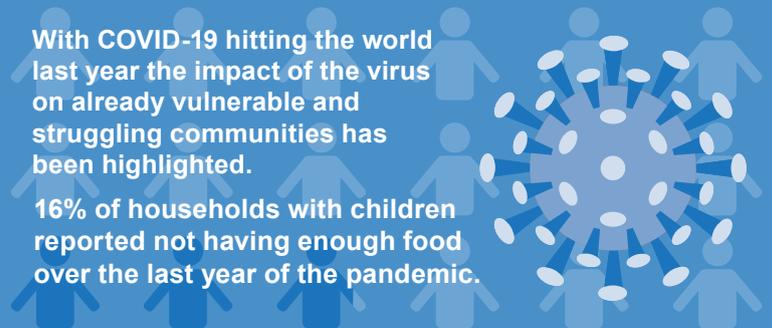


The WHO is calling upon leaders to ensure **EVERYONE** has healthy living and working conditions in place.

This year we are tasked with bringing awareness to the inequity of healthcare and how the environment around us is a major factor on our health status.

With COVID-19 hitting the world last year the impact of the virus on already vulnerable and struggling communities has been highlighted.

16% of households with children reported not having enough food over the last year of the pandemic.



Be sure to visit your health care provider to discuss how your environment can impact your health and any changes you can make to improve your situation.

If you know of someone in need, try to help them access healthcare.

As always, consult with physicians before making any major medical changes.

BEGINNERS GUIDE TO GOING GREEN



Why We Celebrate Earth Day

By: STACEY BROWN



Every year, Earth Day is a holiday dedicated to raising awareness for environmental protection. On April 22nd, millions of individuals around the globe are united in the common effort to both celebrate nature and remind society of the progress that is yet to be made. Since we are all inhabitants of this planet, issues such as climate change, species endangerment, and the pollution of our natural world all affect every person. Collectively maintaining a healthy planet is a necessity and is also key to supporting one's own individual health as well.

This year, Earth Day will be celebrating its 51st anniversary. The annual event began in 1970, sparked by an emerging awareness of environmental degradation after an oil spill caused devastation on the environment the year prior. Dennis Hayes, a young activist, organized and united different activist groups nationwide to bring about reform. The success of the first Earth Day inspired the event to continue and to this day still engages people from around the world, amassing one billion supporters from 190 countries.

This Earth Day, we can all take steps toward living a greener lifestyle. First, the standard of reduce, reuse, recycle is a great rule for reducing plastic waste. By shifting away from single-use plastics towards more sustainable options, we can all make a positive impact. Additionally, when going outdoors for a walk or any other activity, it is easy to bring a bag and pick up trash. **This can not only help keep our community spaces clean, but can help protect wildlife too.** Also, even small changes to your diet can be a simple way to improve your carbon footprint. By lessening your meat consumption and opting for plant-based meals, you can help to curb the carbon emissions produced through the livestock industry. Finally, while personal actions are important, Earth Day is equally focused on advocacy and education.

In simply sharing these tips with your friends and family and reminding them of the importance of Earth Day, the movement can have an even greater impact and further benefit the environment.

EARTH DAY 2021

The first Earth Day was celebrated on April 22nd, 1970. Earth Day was founded by former US Senator Gaylord Nelson.

During the 1990s, Earth Day went global, with people in 141 countries working to help preserve our environment.

Going green helps reduce water and power bills, eliminates air pollutants, and reduces our dependency on fossil fuels.

Going green also means improving the quality of the food we eat, in addition to helping save the ecosystem.



The Economy of Nature

By: JAWAD TUNG

“An important first step investors can take is to assess how their investments would impact nature as well as their portfolio risks from biodiversity loss. ”

Time is running out for many of the delicate ecosystems that support the great diversity of life on earth. Greenhouse gases are causing global warming; with CO₂ levels rising in the ocean water, acidification of oceans is taking place. This is disrupting the large-scale circulations driven by global density gradients created by surface heat and freshwater fluxes. This impacts the entire planet in the form of deforestation, forest fires and floods. Unsustainable business practices are putting the survival of all at risk.

Nature is a critical contributor to the global economy, with products like corn, wheat, coffee and timber being heavily traded commodities. All these products support the livelihood of many families and individuals. **Animals and plants play a critical role in making our planet habitable.**

One of the most pressing global issue is that, despite the importance of biodiversity for a functional planet, we are losing animal and plant species at an alarming rate, which in turn will impact our lives in one way or another. There are conservation efforts in place, though have not been in place long enough to stop or reverse the current damage.

Biodiversity supports billions of those who are dependent on agriculture and fishing for livelihood. The loss of biodiversity poses a threat to the global economy as well because almost half of the world's Gross Domestic Product (GDP) is moderately/highly dependent on nature.

However, two of the least invested areas of the UN's sustainable development goals involve life on land and life below water.

How can individuals and investors take action now to contribute positively?

An important first step investors can take is to assess how their investments would impact nature as well as their portfolio risks from biodiversity loss. There is a growing trend of environmental, social, and corporate governance investing and highlighting a more responsible ways of doing day to day business.

Thinking about everyday decisions in an environmentally conscious and eco-friendly manner would contribute positively towards a more sustainable planet.

Governments and financial institutions should take steps to make the case that nature and conservation capital is an investable asset and give monetary incentives to investors, making nature a profitable investment.



Go Green or Go Home

By: CAITLYN CONIBEAR

For many people, when they hear “going green” they think of recycling or buying that cool reusable water bottle they stumbled upon in the checkout line; when instead there is so much more. Going green is about embracing a new way of life that helps preserve the environment by reducing, reusing and recycling items. The aim of this lifestyle is to:

- Reduce resource consumption
- Reduce pollution
- Eliminate wastes
- Conserve natural resources and forests.

Learning how and practicing an environmentally-minded lifestyle is the first step of protecting the sustainability and habitability of the planet. Thankfully, there are plenty of small, easy changes one can make in their life that will contribute towards a healthier and more livable environment.

Renewable energy is a great way to conserve natural resources; by switching to alternatives like wind, solar, hydroelectric, and geothermal, companies and homeowners can reduce energy costs and consumption amounts.

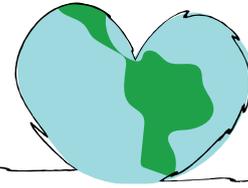
Start picking green and organic food at the grocery store instead of ones with chemicals and contaminants. By choosing organic, shoppers are supporting responsible farming practices and land use which reduces greenhouse gases and lowers air pollution.

Go digital in the office and save the trees. **Saving the rainforest not only saves the place thousands of animals and insects call home, but also purifies the air we breathe.**

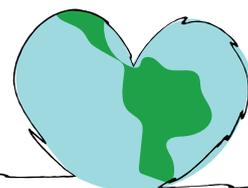
According to the World Health Organization (WHO), air pollution causes around 2 million premature deaths globally, every year. If we continue to push pollutants into the air and engage in excess use of natural resources, we will soon find our planet in grave danger. By embracing a “green” life and practicing environmentally conscious choices we are building a healthier environment for all living creatures, both now and in the future.

GOING GREEN CHECKLIST

Easy ways to reduce your environmental impact.
Check them off as you go!

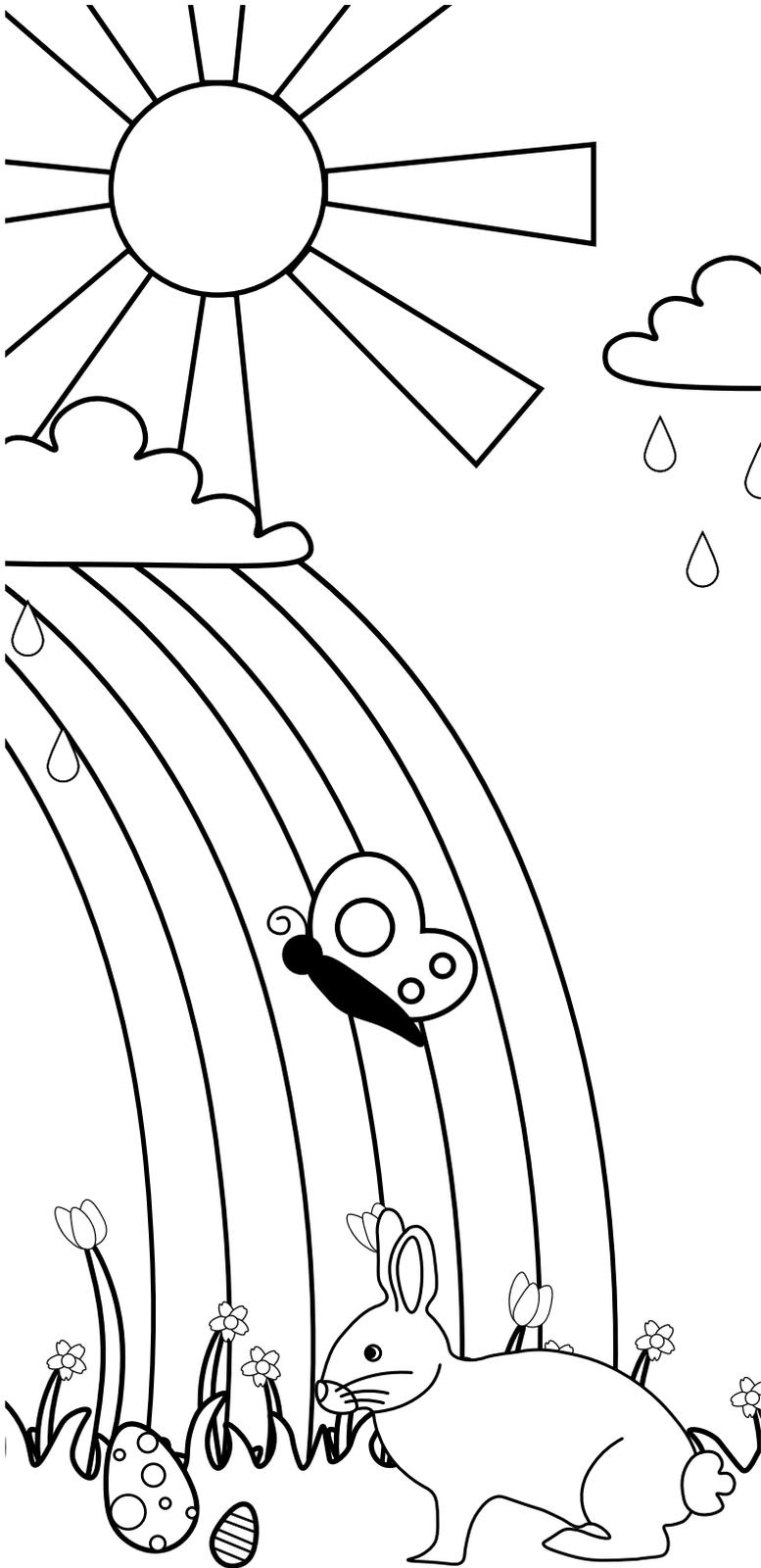


- Change One Light Bulb To A Compact Fluorescent
- Recycle Some Glass
- When Not Using Computers, Turn Them Off, Instead of Sleep Mode
- Pick One Day a Week to Go Meatless
- Switch out Plastic Toothbrushes for Bamboo
- Turn off Lights When Not in the Room or Not Home
- Find a New Use for an Old Thing
- Sign up for Paperless Billing
- Recycle Old or Broken Electronics
- _____
- _____
- _____





Activity Corner



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

EASTER
 PASTEL
 EGGS

FAMILY
 GO GREEN
 EARTH DAY

SUCCESS
 ECO FRIENDLY
 GRASS

March's Word Search Solution

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

- Shamrock
- Spring
- Green
- Rainbow
- Lucky
- Rain
- Blossom
- Irish
- Flower
- April

Alcohol Awareness Month

By: VALERIA MARQUEZ LUNA AND CALEB LONG

Alcohol use disorders affect about 5.8% of our population according to the National Institute of Alcohol Abuse and Alcoholism. Alcoholism does not just affect one certain age group, but people of all ages. Whether you are 16 or 85, it can cause major health problems that can eventually take your life.

Early signs of alcohol abuse can be difficult to notice. Many of the warning signs can be seen as minor issues, but these minor issues can develop into dangerous habits over time. According to the alcohol rehab guide, some of the most common symptoms and warning signs are: Making excuses for drinking such as to relax, drinking alone or in secret, becoming isolated and distant, and feeling hungover when not drinking. A commonly used questionnaire to assess someone for alcoholism is called the four CAGE screening questionnaire. The questions are: *Have you ever felt you should cut down on your drinking? Have people annoyed you by criticizing your drinking? Have you ever felt bad or guilty about your drinking? Have you ever had a drink first thing in the morning to steady your nerves or get over a hangover?*

Treatment for alcohol abuse has gratefully gotten better. Instead of focusing on the disease itself, treatment centers have started to incorporate mental, physical, spiritual, and emotional health to be able to help their patients beyond just their alcoholism. The slogan now is that "recovery is just the first step". Because of the relationship that you build with alcohol, it is important to become aware of your mental state and work to find an appropriate way to deal with emotions and stressors in your life.

For more information or to get help, please contact your local abuse clinic or call the national substance abuse and mental health services phone number at **1-800-662-HELP**

ALCOHOL ABUSE

14,400,000

Are affected by Alcoholism. Whether you are 16 or 85, it can cause major health problems that can eventually take your life.

5.8%

CAGE SCREENING

- Have you ever felt you should cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt bad or guilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or get over a hangover?



Treatment centers have started to incorporate mental, physical, spiritual, and emotional health to be able to help their patients beyond just their use of alcoholism.

“RECOVERY IS JUST THE FIRST STEP”

For more information or to get help, please contact your local abuse clinic or call the national substance abuse and mental health services phone number at 1-800-662-HELP



**A Conversation
with Faizan Haq,**
Communication Educator
& Entrepreneur

People are Children at Heart

There is a child that lives inside all of us. As adults we are disconnected with our childhood because we have aged, have become more educated and mature. In fact, the child within us lives there forever. This is why behavioral therapists try to explore childhood memories, experiences and feelings. Imagine, all the people around us are children, including ourselves. So what do children need to better their lives? They need attention, nourishment, recognition, encouragement and incentives. **We get happy when we are recognized by our superiors.** We feel encouraged when our friends and coworkers pay attention. People are children.

Children perform better if we appreciate them for their presence in our lives, reward them for their better behavior and at the same time nourish them emotionally, psychologically and materially. We discipline them exactly the same way as you incentivize them. Simply asking people how their childhood was is not a bad way to start. This kind of question may raise some eyebrows and we should also refrain from acting like expert psychologists, as little knowledge can be dangerous. Share your own childhood stories. This is only to get to know each other better, not to pass judgements.

We should try to find the child lost behind the facade of a pretentious adult. A pretentious adult uses aggression, boasting, exaggeration, false beliefs and prejudicial assumptions to alienate oneself and others. Children don't have these problems. They want to play with others and have a good time doing it. The challenge for today's workplace is to bring about an environment that helps children to perform better at work.

"The challenge for today's workplace is to bring about an environment that helps children to perform better at work."



**Health Tips with
WNY Medical's
Riffat Sadiq, MD**

Good vs. Bad Cholesterol

While lowering levels of low-density lipoprotein (LDL) cholesterol is beneficial to health, the best approach is to increase amounts of good high-density lipoprotein (HDL) cholesterol and lower triglyceride fats. Combining the popular statin drugs, which lower LDL levels, with a medication that increases HDL levels and lowers triglyceride levels has achieved the healthiest cholesterol levels, according to a recent study. Controlling your cholesterol levels is easier when you know your body and are aware of your health issues and options. The first step to healthier cholesterol levels is finding out your current levels of HDL, LDL and triglyceride fats. At WNY Medical we think that knowledge is power in caring for yourself, and we are happy to share the knowledge in our columns. We are accepting new patients so please call our office to discuss your personal health.

Media Corner: Disenchantment Season 3

By: WEBSTER TILTON

“The best thing about the show is that the characters have a way of taking up residence in your head and you can’t help but like them and care what happens to them.”

Disenchantment, for those who haven’t watched, was created by Matt Groening who also created The Simpsons and Futurama. And if you read these reviews then you’re aware that I’m fond of saying, “This show/movie is like X, if X were actually good.” And the temptation exists to do the same thing here, but there’s a problem. Futurama is one of my favorite shows of all time, and I haven’t seen an episode of The Simpsons in 20 years. Let me confess up front that I hate The Simpsons just for existing. Nothing could possibly remain fresh, interesting and uncompromised for that long. And if memory serves (though I grant, this is an iffy proposition) the show started to suck around season 7, which was why I stopped watching.

And it might not be a reasonable comparison in any case. **While Disenchantment clearly came from the same mind, it’s a very different creature.** It has season long story arcs, a relatively small cast of characters, and the freedom to use adult language and situations. The best thing about the show is that the characters have a way of taking up residence in your head and you can’t help but like them and care what happens to them. Having accomplished the most critical (and difficult) goal of any show, Disenchantment has earned some flexibility on everything else.

Rather than being hysterically funny, the humor of Disenchantment is more of a constant undercurrent that gets tapped into now and again for a solid, snarky laugh. The show does have excellent writing, snappy dialogue, excellent animation, great voice acting, and a good story arc. Its tone is cynical and slightly sad, because every character in this world wishes it was a better one. But they’re stuck with what they’ve got, and they do their best to cope. The main character, Princess Tiabeanie, is the unwilling heir to the kingdom of Dreamland. She has no interest in or talent for ruling a nation.



She doesn’t understand or like herself very much, but she knows what loyalty means and she cares about doing the right thing. In the first episode of season one, a group of conspirators summon up a personal demon to help ruin her. But Bean is already a hard drinking, self-loathing slacker and all the demon (Luci) has to do is just roll with it. The third member of the core trio is Elfo, an elf who escapes from Elfland because he finds it endlessly repetitive and boring.

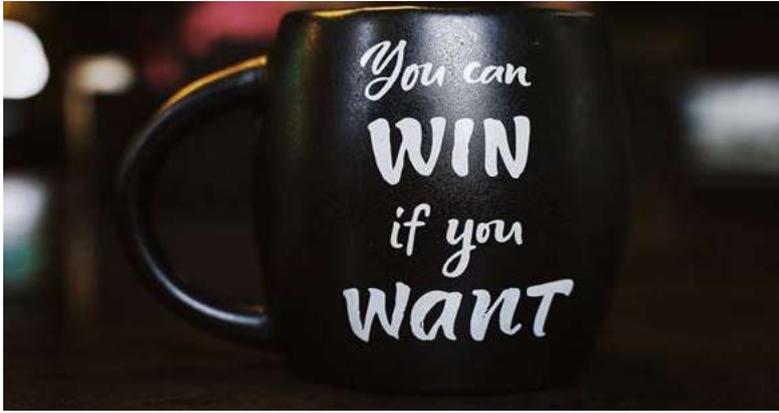
As events progress, Elfo becomes less of a naïve fool, Luci outright defects from his assigned task of destroying Bean, and Bean discovers some self-worth by learning that the things she’s good at are valuable. And by having two deeply flawed friends that depend on her. She was always the center of the story, but season 3 gives us major evolutions to her character that forges a deep emotional connection with the audience. Now, instead of just finding her amusing and quirky, we genuinely care what happens to her.

The same thing happens to her father, King Zog, and several other secondary characters who were previously nothing more than human (or humanoid) catalysts to set events into motion. The show is still evolving, and **I believe the best is yet to come**, but the existing 3 seasons give us good reason to hope for more.

“Disenchantment is more of a constant undercurrent that gets tapped into now and again for a solid, snarky laugh”

How to Get Out of a Slump

By: WILL BERKOWITZ



Sometimes it just feels damn near impossible to get the motivation to do things. This lack of motivation can be stressful because sometimes it often comes after a span of time of absolute productivity. In these moments, we seek inspiration, but sometimes it is arduous to find. Sometimes it just feels like it would be better to do nothing at all.

Instead of seeking out inspiration, you can create it. This might sound backward, since when you don't have the motivation to do anything, how could you produce anything? However, this is just because of the way we have conditioned our minds to think. Rather than looking to take action after finding something inspiring and that gives you motivation, you could reverse the order of these steps.

This is called the "Do Something" Principle.

It might seem too challenging to get up and get everything that you need to get done all of a sudden... So don't. Start slow. First things first, you can try to get the little things done that you may have been putting off for a while. You can start filtering through that stack of papers that have been on your desk all week, do a load of laundry, or even limit yourself to getting one assignment done for work or school.

While doing this, try your best to minimize distractions. I don't mean put your phone in your pocket. Instead, put it in a less accessible area and be mindful of your urges to pick it up. The convenience of such always-accessible technology

has given us a way to feed our brains with fast and cheap dopamine that provides us with nothing but instant gratification. When you make these distractions less accessible, you will naturally seek amusement from more productive tasks, even if they are as microscale as organizing papers.

As you continue to do things, you will subconsciously inspire yourself to do more. Even though you're now on the road to being productive again, it's imperative to take a break and reward yourself. It might seem counterproductive to sit down and relax after organizing your room, but you want to take things one step at a time. It's still important to avoid distractions while you're on this break. Otherwise, you'll likely extend your break till the rest of the day and fall back into a rut.

Willpower fades away.

Because willpower doesn't last forever, it's essential to institute an achievable routine for yourself. Make this realistic. Some examples are: making your bed every day, doing daily stretches, eating a healthy breakfast, reading a chapter of a book, meditating, and writing down goals for the next day before going to sleep.

It's time to inspire yourself, and that starts with knowing that you can. Start small and aim big. Once you pick yourself out of that rut, create healthy habits that will last in the long-term – ***even on days when you feel unmotivated.***



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Workout of the Month

4 Week Plan

Day 1 - x3

- 15 Squats
- 15 Knee Push Ups
- 12 Tricep Dips
- 30 Step Ups
- 45 Jumping Jacks

Day 2 - x2

- 16 Forward Lunges
- 15 Bicep Curls
- 20 Lunges
- 30 sec. Run in place
- 50 Calf Raises

Day 3 - x3

- 20 Russian Twist
- 30-sec Plank
- 20 Leg Raises
- 20 Mountain Climbers
- 30-sec Floor Plank

Day 4 - x2

- 15 Squats
- 15 Push Ups
- 12 Tricep Dips
- 30 Step Ups
- 45 Jumping Jacks

Day 5- x3

- 25 Squat Jumps
- 20 Burpees
- 25 Push-Ups
- 30 sec. Run in place
- 30 Shoulder Taps

Day 6 - x2

Walk outside or on a treadmill for 40 mins. Switch up your pace if you feel its getting to easy.

Recipe of the Month

Broccoli and Bacon Muffin Tin Frittatas



Nutrition Facts

Calories: 168
Fat: 12g
Saturated Fat: 5g
Carbs: 3g
Fiber: 1g
Sugar: 1g
Sodium: 395mg
Calcium: 13% DV
Potassium: 6% DV

Ingredients

- Cooking Spray
- 2 cups Broccoli, cooked until tender
- 3 Bacon slices, cooked and crumbled
- 8 Large Eggs
- 1/4 cup of 2% reduced-fat milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 oz sharp cheddar cheese
- Top with Chives for taste.

Directions

Step 1

Preheat oven to 350°F.

Step 2

Coat a 12-cup muffin pan with cooking spray. Divide broccoli and bacon evenly among muffin cups.

Step 3

Crack eggs into a large bowl. Add milk, salt, and pepper; stir with a whisk until well combined. Divide egg mixture evenly among muffin cups. Sprinkle cheese evenly on top. Bake at 350°F for 18 minutes or until just set. Cool on a wire rack for 2 to 3 minutes. Carefully run an offset spatula or butter knife around edges to loosen frittatas.

visit: cookinglight.com for more recipes

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