

YOUR HWHHS

Health, Wealth, Happiness & Spirit

September 2021 Free

● **9/11 Remembrance**

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● **Life Out of Balance**

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● **Self Improvement**

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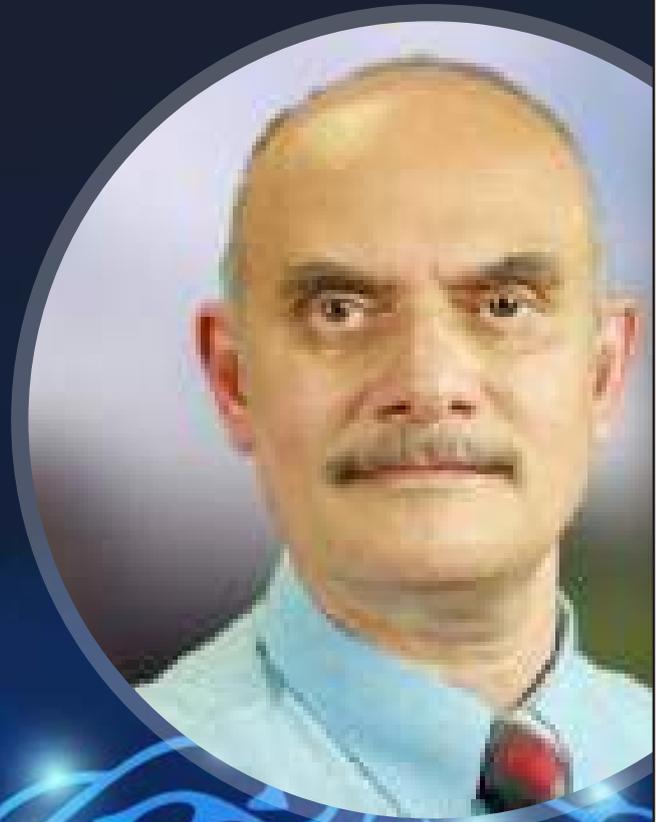
WNY Spotlight Dr. Khalid Mahran

Dr. Khalid Mahran is an experienced Nephrologist with over 20 years in General Internal Medicine, Nephrology, Dialysis and Transplantation. Physician Educator, Internal Medicine and Nephrology with clinical teaching experience of over 20 years.

Supervised and trained renal fellows, medical residents, medical students and physician extenders. Dr. Mahran has designed, developed and implemented many modules, models and courses for a variety of medical practices and continues to do great work on our WNY Medical team. He is an amazing part of our practice and we appreciate everything he has done for us thus far.

Dr. Khalid Mahran provides services at our 4979 Harlem location in Amherst.

Call (716) 923-4381 to schedule an appointment with him today!



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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 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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Childhood Cancer Awareness Month 2021

By: Brian Johnson

Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding your child's medical condition.

A diagnosis of cancer is a struggle at any age, especially so when the patient is a child. There are a number of steps that will need to be taken in order to beat this disease, and it is important to follow these steps accordingly. You can expect sporadic inconsistency, constant waiting, and overwhelming decisions. It is important that the parents be aware of these struggles ahead of time. The right preparation will allow a parent to cope with their own uncertainty, while carrying their child on the road to remission.

Your expectation is that things will go as planned. You will be given a strict schedule of chemotherapy, labs, imaging, and doctor's appointments. You will soon learn that this schedule can change at any given moment. Sudden emergencies can drastically change that schedule. Your child has a change in their blood work, and will now have to spend all day in the hospital. Your doctor will set out a strict treatment schedule, with the understanding that this is what must be done to effectively beat the cancer. It may seem clear and organized, but you will find that life does not always facilitate that schedule. Unfortunately, this is something a parent and child will have little to no control over. Communication with your doctor's office will be important, and will help to ease confusion and stress.

The unfortunate reality of a cancer diagnosis is that your doctor will dictate your schedule. Days stop being Monday, Tuesday, and Wednesday. Your schedule will feel less comprised of weekdays and weekends. You now await blood draws, chemotherapy infusions, and MRIs. Test days, and result days. You measure your months by frequency of appointments

and blood draws. You are waiting for your MRI on Friday. Once Friday hits, you have to wait until Tuesday for your results. Once Tuesday hits, you have to wait for your infusion on Thursday. Your daughter has waited all month for the school dance, but she has a new pain in her abdomen. She now has to spend the entire day in the hospital waiting for test results. The waiting will never seem to end.

It is apparent at this point that each day becomes a new decision. Decisions for parents become polarized, in that each outcome may affect the physical or emotional health of your child. Is it worth sending your child on that field trip, or is their immune system too weak to be around other children? How will your child react to the isolation, if it is not safe for them to see their friends? Parents have an innate drive to protect their children, but the next round of chemotherapy will make the child sick. The parent knows that this is what is best, but will have to balance that with the perceived guilt of 'harming' their child. An adult can understand this, but a child simply knows how they feel. This will be a very distressing idea to overcome.

Cancer will be the hardest fight that your family will ever endure. These expectations paint a frightening, and overwhelming picture. What is most important to understand is that you can do this. Everyone who has fought, and beat this disease has shared your fear and uncertainty. You will feel that things are not going as planned, but understand that they never do. You will feel that you haven't made the right calls, but understand that there may not have been a right call to make. With the help of your doctors and nurses, and the support of your loved-ones, your child can beat their disease. Be ready for change, and tackle it with courage. You are your child's hero, and you will give them their courage to fight. You can do this.



September 11, 2021: The 20 Year Anniversary

America's Longest War, As Told By Richard Polley



The troops are coming home, America's longest war has come to an end. With the anniversary of 9/11 on the horizon we have time to reflect on what has come to pass.

I was 9 years old; my arm was clinched in my grandfather's hand. "We have to go, we have to go now. They are locking down the school," he said with a quiet roar as our feet peddled across the elementary school's floor. Outside he kept his head elevated, pivoting back and forth in the air as he entered the musky smell of the Oldsmobile.

For most of us, it was not until later in life did we understand what we witnessed that day. Our fellow citizens' plummeting out of windows is seared into our minds, the loss of life was immense and tragic. I've meet photojournalists that were on the ground, who narrated their visual diary of that fateful morning. They said it was their most challenging day, the towers sounded like locomotives as they fell, and when the gas mains burst, the whole city felt like it was up in flames.

Our nation went to war. Eventually our friends, family and classmates joined up and it felt righteous. For those who came back wounded or scarred, dealt with a Veterans Affairs department ensnared in it's own red tape, it was the first ode to Vietnam. Formerly America's longest war, the nation armed their allies, trained an army and began the process of nation-building. Yet America's troops were not greeted with open arms like the liberators of World War II.

"I had in my head the black and white newsreels I had seen on the Walter Cronkite, Twentieth Century

Show of the American troops rolling through villages in France and being showered with wine, flowers and kisses," said Vietnam Veteran Bill Ehrhart in an interview with David Hoffman, "The notion I had when I was in high school was that the Vietcong terrorized the Vietnamese population, forced them to fight against the Americans on pain of death. What I began to understand in Vietnam was that they didn't need to do things like that. All they had to do was let a marine patrol go through a village and whatever was left of that village; they had all the recruits that they needed. I began to understand why the Vietnamese didn't greet me with open arms. Why they in fact hated me, but of course that didn't change the fact that my friends were getting killed and injured every day and the only place you could focus your own anger and fear was on those civilians who were there. It was a self-perpetuating mechanism, the longer that we stayed in Vietnam, the more Vietcong there were."

In Afghanistan, the American helo airlifts have an undeniable resemblance to their iconic use in Vietnam. Yet not everything is similar between the two conflicts, the bloodshed during the fall of Kabul seems far less than that of Saigon.

At the start of the conflict, I was 9 and now I am 29 years old. I think everyone in our generation debates what did we accomplish, what did we learn, and was it worth the cost?

We must take stock of the past, and learn from it so we can shape the present for the betterment of everyone. I pray for the people caught in the middle of this conflict and those who no longer feel like their home is their own.

Business Lessons from War: Vietnam vs. Afghanistan

By: Faizan Haq, President & CEO, Manage Your Business LLC

The official casualties of the Vietnam war, now the second longest US war, were close to 60,000 lives. However, the longest lasting US war fought in Afghanistan, the US casualties were a little over 4,000, including civilian contractors. The question we must ask ourselves is, why is there a huge difference between the two war's casualties. The answer is the US strategic thinking was very different and military operations were conducted innovatively utilizing available technology to minimize the loss of life for our soldiers.

During the Vietnam war, our one soldier was supported by either one or maximum 3 soldiers in the backend, but in Afghanistan one soldier in the field was supported by 15 - 20 personnel in the backend. Our troops were assisted with technology, intelligence, research analysis, logistic preparation, training, supplies and equipment. Our one soldier was literally an "Army of one" when they engaged their enemy. It made them extremely effective, efficient and powerful on the battlefield, true to the successful public relations campaign of "Army of One". In other

words the investment made by the US in technology, innovation, training and team building among their armed forces paid off. Our hats off to the US army and it's achievement. Let not the political spin offs overshadow the achievements of the armed forces. The political outcomes could be disappointing, however, militarily, we have gained in strategy, preparation, skill set and technology.

Same is true for businesses. The strategic investment in technology, training and skill set building can lower the business casualties; losses, jobs, etc. At this time all logistic based businesses are learning from this model. Healthcare, Infrastructure development, marketplace deliveries; even hospitality and entertainment industries. Let's put this expensive know-how to work and rebuild our nation better and stronger than ever before.



Cholesterol Awareness Month

By: Dr. Riffat Sadiq, President & CEO, WNY Medical, PC



Many patients come into my medical practice to get help with controlling their cholesterol, and it's important to sit down with each patient and figure out what will work right for them. During these appointments, it has become clear that not a lot of people really know what cholesterol is and how it can either help or hurt our

bodies. So, what exactly is cholesterol?

Cholesterol is a waxy substance that flows through our veins. It comes from the foods we eat and is also produced by our liver. There are two kinds of cholesterol called LDL which is considered the "bad cholesterol" and HDL which is good. Of course too much of the bad kind, or not enough of the good kind

can increase the risk that this substance will begin building up on the walls of the arteries.

This can also increase the risk for developing many other medical conditions like heart disease, stroke, Type 2 diabetes and high blood pressure.

Thankfully there are 3 ways you can help yourself regulate cholesterol levels. An easy way to remember them is by the three C's:

- **Check:** It's key to know your numbers, so always check your cholesterol levels.
- **Change:** Diet and lifestyle are a big part, making a few small changes can help improve your levels.
- **Control:** Gaining control of your cholesterol will let you live a healthier life and don't be afraid to reach out to your doctor if you need help.



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Balance Awareness Week: Life Out of Balance

By: Dr. Salvatore Gruttadauria, AuD, CEO
Diversified Hearing and Balance Centers

What if every step you took invoked fear of falling? What if every head turn caused the world to spin around you? And what if your family, friends and even your doctor believed that your problems were “all in your head” because your symptoms were invisible to them?

This is what life is like with a vestibular or balance disorder.

When balance is impaired, it takes a toll on every aspect of our life. Most importantly, it is dangerous and life-changing. It can have a profound impact on the way we live our everyday life, can cause financial hardship due to inability to work, invoke a fear of moving especially in open spaces and elicit emotional problems in dealing with loved ones and employers.

The Ear's Involvement in Balance

The inner ear is the part of the ear that houses organs that help in hearing, but also contains our “balance control system”. This system is constantly monitoring the movements of our head and body, thus keeping us in perfect balance. Each of your ears have this control system and they need to work together perfectly to maintain our balance. One system needs to know what the other system is sensing. A balance or vestibular disorder occurs when the communication between these systems become disrupted and the signals are not clear. This poor communication between the balance systems in your ears can cause the world to become unstable and a balance or vestibular disorder is the result.

If you are experiencing dizziness or balance problems, you are not alone! This is the #1 complaint that seniors make to their physician and the #3 complaint for all age groups. Yes, the problem is of pandemic proportions.

What can you do if you are experiencing dizziness or imbalance symptoms? Visit your physician for a

medical evaluation. You need to rule out things like medication interactions and high blood pressure. As a side note medications that are often prescribed for these problems often times ineffective or even contribute to the problem.

Ask your doctor to refer you to “Diversified Hearing and Balance Centers” for a completed Audiological (hearing) evaluation to assess the health of your hearing system. You may subsequently be evaluated in our clinic “Greater Buffalo Centers for Dizziness and Balance” for a completed dizziness and balance work-up. At this time, it is determined the type of treatment that is needed and along with your physician, a plan is developed that is aimed at correcting your problem.

This may involve specialized Physical Therapy called Vestibular Rehabilitation Therapy and is done right at our center.

The bottom line is this. You do not need to suffer from dizziness, Imbalance, fear of falling, and depression related to your balance problems. YOU CAN BE HELPED! Many of the problems can be solved in one or two treatment sessions! Call Diversified Hearing and Balance Centers at 716-871-9915 (10 locations in Western New York) or the Greater Buffalo Centers for Dizziness and Balance (Williamsville) at 716-427-6743.

Dr. Salvatore Gruttadauria, AuD is an Audiologist and CEO of Diversified Hearing and Balance Centers, Greater Buffalo Centers for Dizziness and Balance. Winner of the Distinguished Clinic Award given by the New York State Speech, Hearing and Language Association. He can be reached at: salg@rehabwny.com.

Websites:

Diversified Hearing and Balance Centers:
www.diversifiedhearing.com

Greater Buffalo Centers for Dizziness and Balance:
www.fallpreventionwny.com

“If you are experiencing dizziness or balance problems, you are not alone!”

The Complete 401(k) Picture

By: The Alliance Advisory Group

Many Americans have struggled financially due to their “over reliance” on their 401(k) strategy. Following guidance to always “max out” their 401(k) contributions... they may have placed all of their eggs in that basket while often ignoring other important financial issues. Many build their personal retirement solution around 401(k) plans. And for good reason. There are multiple benefits to 401(k) ownership... which make them a powerful way to save. Systematic. Tax deferral. Potential company match. Long term growth potential. Millions have tied their entire financial future to their 401(k) as a means of someday achieving financial independence. Consider looking at your 401(k) options with a “wide angle lens”. Worry in the proper order.

Before embarking on preparing for the rest of your life, make sure your todays are covered. Have your financial representative perform a thorough review of your Protection portfolio to make sure you have protected yourself against death, disability, lawsuit, a medical emergency, and even mother nature. A sound retirement strategy must be designed to work in all scenarios. If your protection is lacking, you may consider adjusting your retirement resources until proper levels of insurance are in place.

Short Term Liquidity

Your 401(k) plan has limited liquidity features and may trigger tax and penalties if you withdraw money too soon. So, ensure you have enough liquidity in the event that a sudden need for cash presents itself. The loss of a job, college tuitions, divorce, or even an attractive investment opportunity may require ample levels of liquid funds. In addition, tackling debt can make your 401(k) strategy even more powerful. The presence of Liabilities like credit card debt, student loans, car payments, home equity lines, and revolving credit balances can erode the possible gains inside your retirement strategy. If you find yourself in debt or without the funds to address an unexpected financial matter... you should consider how much you are contributing to your 401(k).

Tax Savings?

Consumers have been told that, by contributing to their 401(k) plan, they can improve their cash flow! That by deferring taxes, they may have more money in their pocket now! However, one’s current cash flow position may not be improved by participating in a 401(k) plan and, may potentially limit their liquidity.



Balance Sheet Impact

As your money inside your 401(k) grows, the deferred tax on that money also grows creating a future tax liability. The future tax will be at whatever the ordinary income tax rates are at that time that funds are withdrawn. People receive regular statements from their employer indicating their current 401(k) balance. Remember, those statements may not include the future tax liability. When looking at your finances today or forecasting how much money you might have for retirement someday, it is important to look at how much you will get to keep “after taxes”. Financial Balance is the key.

Building a sound strategy for your retirement is important, and 401(k) plans are often an important element. Being protected, having sufficient liquid funds, living without debt, and having other forms of wealth (personal investments) in addition to your 401(k) itself can provide a more balanced approach. Financial Balance® is the key. Rather than a one dimensional approach, see how your 401(k) plan fits into your entire financial picture. Improving your Financial Balance® may allow you to be better protected, build more wealth for the future... and better distribute that wealth to yourself during retirement.

“Maxing Out” Might be Right for Some

From the time you became eligible to participate in a 401(k) plan it was probably drilled into your head that you should “max it out.” What that means is that, regardless of your overall financial status, you should contribute the maximum amount allowable. While this may be appropriate for some, it may not be the best guidance for you. Let your financial representative help you build a 401(k) strategy that contains the proper level of Financial Balance®.

It’s your life... after all.

Hypertension Facts & Statistics

By: Sue Perbody



What is hypertension?

Hypertension is the medical term for high blood pressure. Blood pressure is communicated and measured in two numbers: one on top (systolic) and one on the bottom (diastolic), like a fraction. The top number refers to the amount of pressure in your arteries during the contraction of your heart muscle. For example, 120/80 mm Hg is known as systolic pressure.

There are no precise rules to determine what blood pressure reading represents hypertension. However, if your systolic pressure (representing when your heart contracts) is over 140 or your diastolic pressure (when your heart is at rest) is around 90 on more than one occasion, your blood pressure is too high.

What is the reason for hypertension or high blood pressure?

High blood pressure results from an increase in blood flow resistance through the blood vessel walls due to constricted (this can happen due to smoking) or narrowed by atherosclerosis (the fatty plaque build-up within the artery walls). This resistance makes it harder for the heart to work, which can damage the heart if hypertension is left untreated.

What are the causes of high blood pressure?

The exact reasons are not always evident. Hypertension can be genetic for some people or related to another disease or condition in the body, such as kidney disease, an overactive thyroid, or unhealthy lifestyle choices.

Why is high blood pressure dangerous?

High blood pressure is a severe condition that can result in damage to your blood vessels, heart, kidneys, and eyes over time or if left untreated. It can also cause heart attacks and strokes in people; therefore, it is vital to have your blood pressure checked regularly to ensure that it is within a normal range.

What if your blood pressure is not within the normal range?

If it is not, it is essential to follow your physician's advice, including prescription medications. Anti-hypertensives drugs are used to treat hypertension.

Other than taking medications, are there different ways to lower or control your blood pressure?

In some cases, you may be able to lower your blood pressure to a normal range by losing weight, reducing the salt in your diet, quitting smoking, and becoming more physically active. You should always consult with your physician, who will know your physical condition best, and may need to adjust any medications accordingly.

To conclude, understanding what hypertension, also known as high blood pressure, is and how it can affect your body's blood vessels and organs are vital in getting treatment for it as soon as possible. Many people can live long and healthy lives when treated early and follow their physician's advice and make healthy lifestyle changes.

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HYPERTENSION

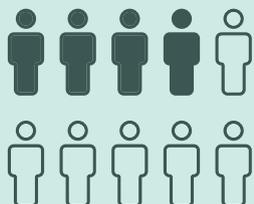
PREVALENCE AND LEADING RISK FACTORS

Hypertension is the medical term for high blood pressure. Blood pressure is communicated and measured in two numbers: one on top (systolic) and one on the bottom (diastolic), like a fraction. The top number refers to the amount of pressure in your arteries during the contraction of your heart muscle. For example, 140/90 mm Hg is considered high blood pressure.



40%

of Americans are living with hypertension



LEADING RISK FACTORS



Eating fruits and vegetables fewer than 5 times per day



Being less physically active



Having diabetes increases risk



Being overweight or obese increases risk

Assisted Living vs. Nursing Home Living

By: Joe Siwirski

September 12 thru 18 is National Assisted Living Week. This type of living facility is often compared to Nursing Home living. What are the pros and cons? What is to be expected in both communities? We did an interview with Joe to gain more experience on these matters.

What are pros and cons to assisted living facilities?

Pros: Personal Independence. In an assisted living setting, there are often more activities and clubs available to a resident. They are able to come and go as they please, which offers a much greater sense of control over their day-to-day life.

Cons: Assisted Living is Expensive. Medicaid and Medicare often do not cover assisted living. Costs can range from \$2,500 to \$7,000 per month, depending on area. This is unattainable for most people of average income.

What are pros and cons to nursing home living?

Pro: Can provide a level of care that would not be attainable at home, or with assisted living. A nursing home is able to provide total care, 24/7 for residents who may no longer be able to engage in any self-care or ADLs (activities of daily living).

Con: Loss of Personal Independence. Life in a nursing home tends to be very structured. Medication administration times, mealtimes, and activities times typically remain on a fixed schedule. This can become boring as years pass. Frequent visits and outings with friends and family are crucial to break this monotony.

What are some duties of an assisted living caregiver?

(Disclaimer: I do not have personal experience as an employee of an assisted living home. I have taken care of many patients who happened to live in an assisted living environment, however that was on an individual basis. Based on that, and with some research, I've gathered the following).

Assisted living facilities differ in such details as number of residents, housing style, type of food service, extra amenities, and cost. Licensed facilities provide the basics of all meals, housekeeping, laundry, transportation to errands and appointments, recreational activities, and exercise and wellness

programs. Minimal assistance with ADLs can be provided, but often not relied upon. It would be the job of a CNA to assist with this. This may include occasional apartment/room visits to help with some tasks (reaching a high shelf, lifting a heavy laundry basket, limited bathroom assistance etc.). Guidance and oversight of medication may be available, but again, the resident will need to be responsible for their own medical care. It would be the job of a nurse to assist with this aspect if needed. Think of this as independent living, but with a safety net. So long as an individual can do something for themselves, they will be expected too. Staff is here to assist, rather than to be relied upon.

Do you notice differences in living conditions?

A nursing home can be very hectic at times, but also must remain very structured and routine. This will feel more clinical. A resident may often feel like a patient in a facility, rather than a person at home. I would describe this like a hospital dressed up as a home.

An assisted living will be quieter, with a less structured atmosphere. This is done intentionally to make the environment feel more like a home to its residents. The focus is on doing things your way, on your time. I would describe this like an apartment, but with a helpful neighbor who gives you a hand when you need it.

“My only hope is that I will have the family support to guide me to the safest decision when that time comes.”

If you were in this situation, what facility would you prefer to live in?

This all depends on the level of care needed. I would like to care for myself at my highest possible level of function. However, through the normal aging process, a day will come when I am no longer able to do so. Perhaps I won't be able to shower safely because of strength or balance issues. In this case, it would be safer for me to enter assisted living, so that I have staff available in an emergency. Eventually my level of need may increase to the point where I need physical assistance, rather than monitoring. In that case, I would be likely to transition to Skilled Nursing care. Often times, the decision of which level of care to choose is not made based on preference, but on necessity. My only hope is that I will have the family support to guide me to the safest decision when that time comes.

Why Do We Celebrate Labor Day?

By: Alex Ferrel

Labor Day is the celebration of the American Labor movement and the efforts the laborers and workforce put in that led to the technological advancements and achievements this country has today. Around the late 19th century, trade unions and labor movements started to grow in the United States. Trade Unions and labor movements were all about bringing a group of people together with a common goal in mind, while also sharing similar ideals such as wage changes and work hours. Before the turn of the century, some labor unions had emerged like American Federation of Labor, and the Western Federation of Miners. But, it was only just starting. This caused more labor unions to be created and more business's to be under strikes.

Coal mining was one such business that was under heavy criticism from its workers. Due to unsafe conditions inside the mines and lack of protection from the contaminated air thanks to the smoke emitting from the coal, miners saw this as reason enough for change. They demanded higher pay, less work days, and for their union to be recognized. This was one of the few times the president had to step in as President Theodore Roosevelt made a compromise with the workers. There was even a Women's Trade Union which was created to provide women financial assistance, moral support and even helped them learn more trades which gave the more

“Labor Day is the celebration of the American Labor movement and the efforts the laborers and workforce put in that led to the technological advancements and achievements this country has today.”

job opportunities. Its unclear how the holiday we know, and love came to fruition, but it's hypothesized that it was created by the Knights of Labor in 1882 which held a parade event to celebrate labor.

The other theory is that this was created by one man named Peter J. McGuire, who was the vice president of the American Federation of Labor. It's said that back in 1882, Peter visited Toronto and saw parades celebrating labor something which had not been done yet in the United States. He then forwarded a proposal in the spring of that same year asking for a day to be set aside to celebrate the laboring classes.

Regardless of who created the event, it became a huge success and by 1887, Oregon was the first state to make Labor Day an official holiday. By 1894, 30 states had officially celebrated the holiday which prompted Congress to pass a bill recognizing it as a federal holiday which meant only federal officials could celebrate.

Thanks to the power of the unions they encouraged workers to go on strikers during those days, causing the U.S government to rollback that decision, ultimately creating what we have today a national holiday on the first Monday of September meant to celebrate the workers of the United States for all their achievements advancements and hard work.





Healthy Shepherd's Pie

visit: Themodernproper.com

Ingredients

- 2 Tbsp Olive Oil
- 1 Medium Diced Yellow Onion
- 4 Cloves Of Garlic, Minced
- 2 Large Carrots, Diced
- 3 Ribs Of Celery, Diced
- 2 Lbs Ground Beef 90/10
- 28 oz Diced Tomatoes
- 2 Tbsp Tomato Paste
- 2 1/2 Cups Chicken Stock
- 4 Cups Sliced Green Cabbage
- 8-10 Parsnips, peeled, cut



Directions

Step 1

Heat oven to 375° F.

Step 2

Heat the oil in a large sauté pan set over medium-high heat. Add the onion, garlic, carrots, celery and beef. Cook until browned, about 8 to 10 minutes.

Step 3

Add the tomatoes, tomato paste and 1 cup chicken stock. Stir until tomato paste is blended into the meat mixture. Add the cabbage. Simmer until the sauce thickens and cabbage is tender, about 10 minutes. Season with salt and pepper.

Step 4

Place the mixture into a 5 quart baking dish, set aside.

Step 5

Bring a pot of salted water to a boil over high heat and add the parsnips. Cook until tender, about 10-15 minutes; drain.

Step 6

Place the parsnips in a food processor. Slowly add the remaining chicken stock while pureeing, until the mixture is smooth. Season with salt and pepper to taste.

Step 7

Spread the puréed parsnips over the meat mixture creating small “swoops” as you go.

Step 8

Bake until top begins to brown, 30-35 minutes.

Step 9

Sprinkle with parsley and chives, if desired.

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Ten Lives Club

Cat Adoption Group



Meet Theon. He's a 5-year-old cat who is FeLV+. Feline Leukemia is a disease that greatly weakens a cat's immune system, which means infections and illnesses that may not normally affect a healthy cat can cause severe illness for FeLV cats.

This sadly means their lifespan is shorter than the average cat. It can be transmitted through grooming and sharing food bowls, so FeLV positive cats either have to be the only cat in your home or reside with another FeLV positive cat. They are not visibly sick and act just like your average cat! They are some of the most loving and affectionate cats and deserve all that life has to offer.

Ten Lives Club will waive the \$90 adoption fee and also send you home with a year supply of food. If you are interested in Theon, please call 716-646-5577 or email info@tenlivesclub.com. For more information on Ten Lives Club, visit www.tenlivesclub.com or follow Ten Lives Club on Facebook!



Ten Lives Club, located in Blasdell, N.Y., is asking for the community's help! The rescue has more than 100 cats available for adoption searching for their forever homes.

Self-Improvement Month: Fighting Negativity

By: Ralph Hernandez

If you tend to think of negative things, often due to depression or other issues in one's life, it is essential to try to turn that around. The only way you can have a happy life is if you take control of your thought process. Don't tell yourself that you have no control over your thoughts; you do. There are several things you can do to make it easier to get rid of those dreaded negative thoughts.

Exercise – Moving around each day, whether it's a quick walk, a swim, or going to the gym, is perfect for getting the positive thoughts flowing into your brain. If you start each day with just a ten-minute, brisk walk, you will be surprised at what a difference it can make in your life. Shoot for thirty minutes of activity each day for the best results.

Meditate – Sitting quietly and breathing deeply while thinking about nothing at all can be amazingly uplifting. Sit in a comfortable position that enables you to breathe well and clear your mind. Try to focus on having zero thoughts.

Listen to Positive Music – Hardly anything is better at lifting the spirits than music. It's one reason music is so popular and has been for centuries. Find music that you can go to right away when negative thoughts become overwhelming. When you listen, if you can, then sing along with the song.

Find Positive Friends – The saying that misery loves company is pretty accurate. Look around you and determine whether you have positive friends. If you don't, it's time to cultivate some. Join a book club or other group to help you find positive people.

Jump out of your Life for a Day – Helping others can do wonders for your mindset and self-image. Take the focus away from yourself and put it on someone else for a day.

Watch Positive Movies – Find your go-to movie that you can watch over and over that makes you feel hopeful and perfectly positive. Even if it is just a silly movie that makes you laugh, laughter is excellent for breeding positive thoughts and feelings. My favorite go to movie for laughter is like "It's a Mad, Mad, Mad World", great cast.



Read Positive Quotes – Collect positive quotes that you can read anytime negative thoughts come to mind. If you memorize the positive quotes, so much the better. Then, you can call them to you when you're waiting in line at the bank or supermarket and the negative thoughts overcome you.

"If you have a bad day, remember that tomorrow is a brand new day, and a brand new chance to get it right and be happy."

Eat Right – It is amazing how much eating can play into negative thoughts and emotions. If you eat a lot of processed food, sugar, and junk, try to eliminate those foods from your diet for at least 80 percent of the time. Add in more whole foods, like fruits, and vegetables to keep you nourished.

See the light – Many people around the world suffer from something called Seasonal Affective Disorder, or SAD. This is feeling sad and even depressed during dark times or wintertime, when daylight hours are shorter (in the northern hemisphere). Some people who don't get enough sunshine even feel this way in the summertime. Just getting outdoors in the summer, can do wonders for your mood.

Following these tips will help you fight the negative thoughts that come to your mind any time day or night. But remember that practice makes perfect. If you have a bad day, remember that tomorrow is a brand new day, and a brand new chance to get it right and be happy.

Harnessing The Energy of the Fall Equinox

By: Lana Shapiro, Holistic Life Coach
Reiki Master & Lifepath Astrology Reader

Our sun is the source of light and life for all the beings on Earth. The fall Equinox and the summer Solstice are the pivotal moments in the solar cycle of the seasons.

The History of the Equinoxes

The word “Equinox” means equal night in Latin. On this day, the sun is in perfect alignment with the Equator, which means day and night have nearly the same length. Ancient observatories of the sky can be found all over the world. Ancient people were aware of the fact that locations of sunset and sunrise vary day by day, and built sacred sites to measure and celebrate changes of the seasons.

In Europe, the Stonehenge is one of the most famous sites composed of huge monoliths placed in concentric rings. People still gather there today performing rituals and celebrating harvest season. Native American tribes in the Northern hemisphere, perform harvest festivals during the Equinox, placing significant importance on the Harvest Full Moon. In the South Hemisphere, Incas used to honor the Equinoxes at the top of sacred mountain of Machu Pichu in Peru. Australian Aboriginals have celebrated Equinox as a time of renewal and rebirth for thousands of years.

What Is The Fall Equinox?

The fall Equinox marks the official beginning of Autumn in the Northern Hemisphere. This special time is a vital part of enlightenment and spiritual growth for the human race collectively, but often people ignore its importance. The Equinox is

traditionally considered a time of transition, contemplation and gratitude. An energetic portal opens, which allows us an opportunity to align with the cosmic flow.

The day of the Equinox is the day of balance, it is a day when light and dark energies are equal and we feel them as one. It is the day to feel one with the planet: one world, one soul. A time to increase our self-awareness, allowing us to meet our own shadows with compassion. The Earth is cyclical and so are we as humans. Fall is the time when mother nature prepares for a type of death and re-birth. Consequently, during this time, we may feel called to let certain things go or release out attachment to making certain decisions or taking actions on certain projects.

After the fall Equinox, nights become longer than days, bringing us into a period of darkness. This is the time to respect and appreciate darkness, since it is a necessary part of our growth. Introspection and reflection happen when life slows down.

Spiritual Associations With The Equinox

In the past, people have believed that during Solstice and Equinox, the veil between dimensions gets thinner, and that is becomes easier to communicate with entities, spirits and beings from other realms. It is considered to be a potent time to align with the energy of the sun and perform healing practices, such as Sungazing. Sungazing has the potential to raise our vibration, remove energetic blockages, and activate the Third Eye Chakra.

Fall Equinox is a sacred time for us to identify our intentions and desires to manifest into our physical life as well as our spiritual ascension. It is time to let go of self-imposed limitations, doubts, fears and allow ourselves to connect to the higher power within.

This energy of letting go can feel overwhelming, intensity comes when we forcibly hold on to the past instead of freely letting it go. During this time, many of us may feel like we are going backwards, but we are actually progressing. Fall Equinox is a time to tune into gratitude and honor how far we've come, to release into the light and transformative energy of the planet. it is an opportunity to return to balance and presence before continuing on our life's journey.



Media Corner: Gunpowder Milkshake

By: Webster Tilton



I really need a word for this.

I'm trying to describe movies and series that have all of the appropriate gloss, production value, and general filmmaking competence you'd expect from something really good, but which plateau at a B+ and never threaten to make a solid A. How about... McNetflix?

Here's the official description of the movie: "When an assassin veers off mission to rescue a child, she triggers a war with a powerful crime syndicate – and reunites a gun-wielding sisterhood". And this is exactly what we get. Nothing more, nothing less... just that.

It isn't awful and there are some things here to like. The movie has an unpretentious 'here's what we've got for you, we hope you like it' kind of an attitude. It has no cynicism and no pretensions. It's using a very familiar formula but it's doing an honest job. And so, in spite of how hammy it is, I have to give it credit for being a nicely cooked ham with all the fixings. But oh man is there a lot of ham. Even the fundamental honesty of this flick can't alter the fact that janky tonal shifts and absurdly on the nose dialogue make it hard to enjoy certain parts.

Like some other comic book style movies before it this movie needed to do a better job of picking a lane. It kept trying to find a middle ground between darkly-violent-comic-book and comedy-violence-farce, which isn't a great idea to begin with, and then

transitions weren't smooth. When I eat a burger, I don't want half of it medium rare and the other half well done. Tonal consistency is important, and this movie doesn't stay in one lane long enough at any given stretch for the audience to get comfortable.

The action is somewhere between decent and good but the bad guys, with one exception, don't feel very threatening and are mostly just there to get mown down by a group of women assassins. The lead actress Karen Gillian (previously best known as a Dr. Who sidekick) does a pretty good job but she's got some cringy dialogue to work with and there's only so much she can do. Lena Headley (a.k.a. Cerci Lannister from Game of Thrones) does a good a job as her screen time and dialogue will allow, and the kid they got to play the...kid...is pretty decent and we'll see more of her later on I'm sure. The rest of the cast is composed of high end B-listers, which is appropriate for such a high end B-movie.

I wish they'd tried to do something better here, but at the same time I appreciate that whoever was running this show followed the old casino maxim of 'know your limit, play within it'. A far, far better version of the same story is The Replacement Killers, Kill Bill or John Wick. One of which I'm going to put on now to cleanse my palate.

My recommendation is don't watch Gunpowder Milkshake. It tries really hard, but in the end it just isn't good enough to justify two hours of your time.

September 2021 Word Search

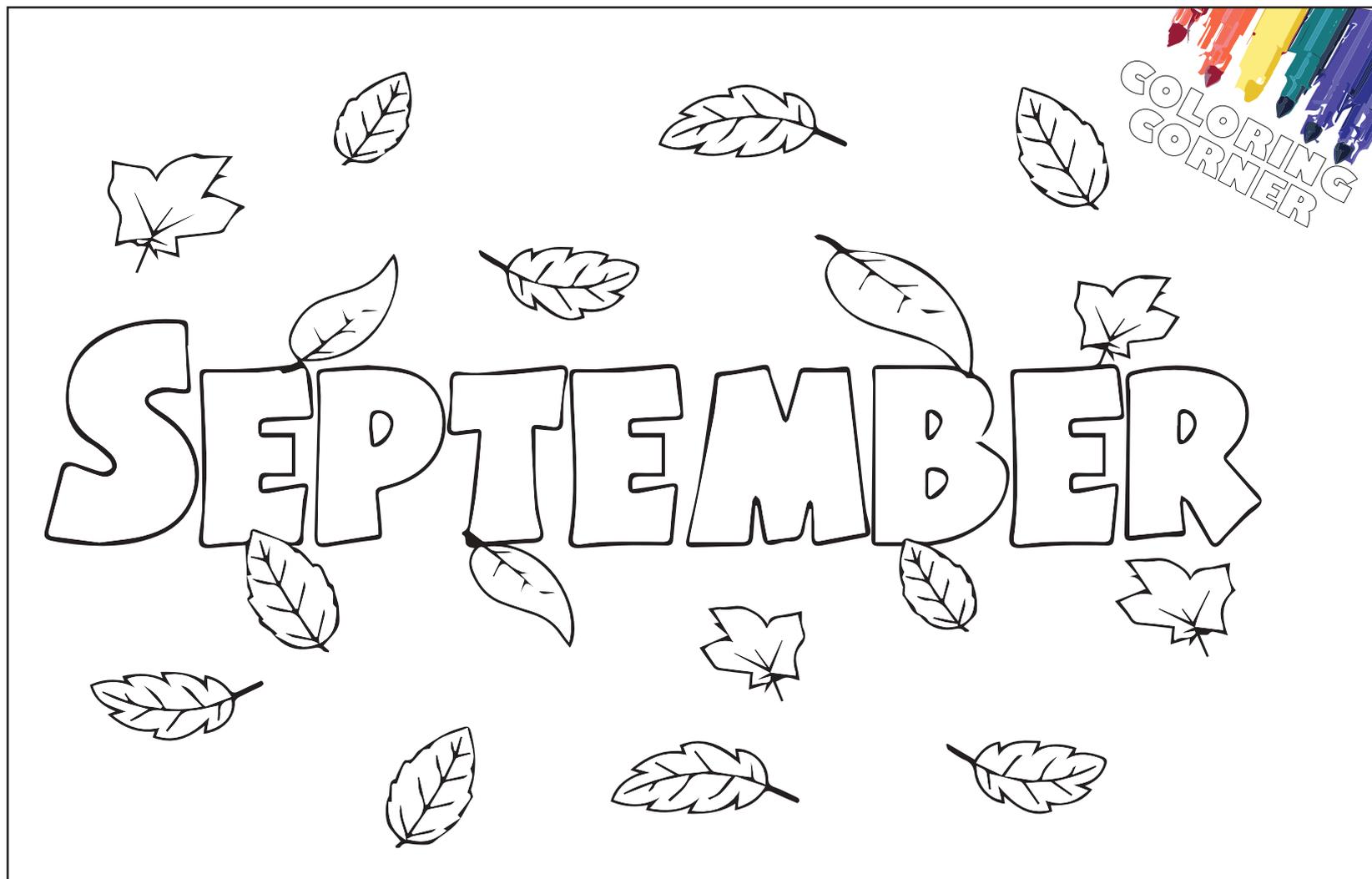
A R C I T S X N A O L N L N
 F E O P L E P D S L R N D E
 A E H E A E E Y S L E T A V
 L W Y B B E C D I H T S I E
 L V P L O E H Q S N I A F L
 E O E U R R O N T I R T E E
 Q E R L D M L O E O E W R E
 U C T E A R E H D C M O V N
 I N E S Y O S T L R E R I I
 N A N D E S T N I E N K S N
 O L S L N N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

Nine Eleven
 Cholesterol
 Workout
 Labor Day
 Recipe

Hypertension
 Fall Equinox
 Assisted Living
 Retirement
 Balance

August 2021 Word Search Results

C A S T L E V A N I A L B R
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 E N V G A A G E T N E F F E
 E T E T F R A X R I S N A L
 U N N A L S R A S K K O L O
 C O T T E F D E R S W A O A
 E F S R A O E D O R O D C T
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Suicide Prevention Month 2021

By: Dee Barczak

September is the month of suicide awareness. Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. Suicide is a very common and very hard loss to many friends, family and loved ones. September is a time to raise awareness and end stigma on suicide and suicidal thoughts.

This is the month to spread hope and remember those who struggled with suicidal thought or ended their lives, to encourage those who struggle with mental health or suicidal thoughts know that you are not alone and can safely seek help before it's too late. Know that it is OK to talk about suicide.

Suicide is the 2nd leading cause of death among people ages 10-34 and the 10th leading cause of death overall in the United States. The overall suicide rate in the U.S. has increased by 35% since 1999. 46% of

people who die by suicide had a diagnosed mental health condition. That is nearly half of those who die from suicide who were diagnosed with mental health and the other half were most likely to never get tested or diagnosed.

“Know that many people struggle with mental health and they’re are ways to get through the dark times and thoughts.”

It is time to change those statistics and end the stigma. The stigma has made it feel like you are alone or that you should be ashamed of having these thoughts. Know that many people struggle with mental health and they’re are ways to get through the dark times and thoughts.

If you have mental health issues, you could have been born with it and they’re are ways to cope and manage your mental health. You can still achieve great things! Seek help if you are not feeling yourself or just need someone to talk to. You’ve got this! And you never know what beautiful things life has in your future.

Augmented Reality

By: Jordon Stockwell

Augmented reality, or AR, means adding a combination of digital elements to real life through visual effects. People are exploring its many applications, from entertainment to medicine to education.

It has become one of the most interesting technology trends in recent years. This is something straight out of a Tron movie! Until now, it has been applied to real life situations and possibilities due to advanced innovations.

Apple finally adopted AR in 2019 and carried out a revolutionary integration into its iOS operating system. This will make the immersive visual content seamlessly become part of daily browsing. A simple Google search for "Apples" will display 3D models instead of pure 2D images on smartphones in the upcoming years is one of many powerful AR applications.

Even in the field of healthcare, this revolutionary technological trend helps to reconstruct tumors in

3D so that surgeons can view X-rays in real time and avoid any harmful patient exposure to radiation. It is predicted that by 2021, the augmented reality market will grow to nearly \$50 billion USD.



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Goals for September

Our goal here with our Fitness program is to give you goals for each and every month that help push you to be a better you.

- Drink a total of 1000oz of water
- Workout for 15 straight days
- 30Min walk after every dinner

We put together a fitness plan that will keep you sweating and burning those calories!!

Mon, Wed, Fri (x3)

- 25 Crunches
- 30-sec Planks
- 30 Plank shoulder taps
- 50 Russian Twist
- 50 Heel touches

Tues, Thurs, Sat, Sun (x2)

- 20 Push Ups
- 15 Burpees
- 30 sec Run in place
- 20 Mountain Climbers
- 25 Front Kicks

Keep your heart rate high, and keep pushing! Remember to follow the number of sets listed next to the days of your workouts.

Community Events

National Buffalo Wing Festival

September 4-5th | \$20 per Ticket

Highmark Stadium | 5 available session

Labor Day Weekend, Sept. 4-5, for the 2021 National Buffalo Wing Festival - as we celebrate our 20th Anniversary at our biggest venue to date: Highmark Stadium! Home of the Bills and now home of the WINGS! Purchase your tickets in advance, selecting from 5 available sessions.



Taco & Margarita Fest

September 4th | \$10-\$39.50

Buffalo RiverWorks | 11am-6pm

Are you ready for some tacos and margaritas, plus some great entertainment!?

GA advance purchase - \$10

VIP advance - \$39 - includes 1 event t-shirt, 2 tacos, 2 margaritas and access to the special VIP area to enjoy the band!



American Resilience

September 11th | Free

Kleinhans Music Hall | 7:30pm

20th anniversary commemoration to 9/11 heroes. In the spirit of healing, remembrance, and honoring both the fallen and the heroes that saw America through. This special tribute performance, conducted by Principal Pops Conductor John Morris Russell, features the full orchestra performing repertoire that allows for moments of quiet reflection and celebrations of the triumphant American spirit.



Buffalo Bills 50 yard Finish

September 24th | \$35

Highmark Stadium | 6pm

The Buffalo Bills will hold their annual "50-Yard Finish" 5K race on Friday, Sept. 24 at 6 p.m. with proceeds benefiting the Buffalo Bills Foundation. The race is presented by Independent Health.

The race will begin outside Highmark Stadium and conclude on the field at the 50-yard line, where participants will be invited to receive their medals and enjoy refreshments along with music provided by DJ Milk.



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