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## Our Mission

Your Bliss Magazine explores the power of overall wellness. We look to push past the boundaries of physical health and explore aspects of mental, financial and spiritual health. Our goal is to bring you information 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 nature of technology, knowledge and evolution of the healthcare field, there is a growing supply of data to take from. With Your Bliss, 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.

## Table of Contents

- 4 ..... Autism Awareness Month
- 5 ..... Balancing Inflation
- 6 ..... Benefits of Chiropractic Care
- 7 ..... Get Out and Walk this Spring!
- 8 ..... Health Benefits of Plums
- 10 ..... First Things First 4: Intentions Matter
- 12 ..... Media Corner: Day of the Jackal
- 13 ..... Planet vs Pollution: Earth Day
- 14 ..... Recipe of the Month
- 15 ..... Coloring & Activity Corner

# Autism Awareness Month: Facts and Statistics

By: Victoria H

Since the dawn of motherhood, we have made significant strides in our abilities to care for our children and know more now than ever before. The collective efforts of mothers and medical providers have allowed us to provide an informed, structured environment to help our children flourish. April is Autism Awareness Month, which provides an opportunity to educate ourselves and recognize the needs of those who have Autism Spectrum Disorder (ASD). No matter where you are on your motherhood journey, it is important to understand and know the signs of Autism to help better support yourself and others.



- Preference for playing alone or difficulty engaging with others
- Unusual reactions to sensory stimuli, such as being overly sensitive to sounds or textures

If your child shows any of these symptoms, it's important not to panic! Remember that every child develops differently so contact their physician to see if an evaluation is necessary. Early intervention can make a huge impact on your child's future development with ASD. The sooner you catch it, the sooner you can take advantage of nutritionists, therapists, and support groups.

Many other families navigate having a child with ASD successfully. Autismspeaks.org has multitudes of resources to connect you with physicians, other professionals, and resource guides for events and support within your community. An ASD diagnosis should not be viewed as the end of the road but as a new beginning. Autistic children are special in that they bring a new perspective to life and have beautiful and unique talents to contribute to the world. Some famous people with ASD are award winning actor Anthony Hopkins, Satoshi Tajiri who is the creator of Pokémon, and world renowned child activist Greta Thunberg. The diagnosis does not define the individual!

We all can benefit and learn from those with ASD. Every child is unique and special and deserves to be loved, understood and celebrated no matter their diagnoses. Be sure to visit your local library this month to check out some beautiful books for you and for your child on Autism Spectrum Disorder. Education is important to creating a society that embraces our differences and allows all children to be seen and valued.

For local support, The Buffalo Autism Project has events centered around those with autism and introduces people to the resources available in Buffalo, New York. Check out their Facebook and Instagram pages for more information.

Autism is best described on Autism Speak's website as "a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication." Often people think of the spectrum as linear, but the spectrum is actually more circular in that the diagnosed person could have any combination of symptoms with different levels of severity. Those with ASD have symptoms that range from barely detectable and maskable to those that are very apparent and require special assistance throughout different phases of their life.

Every child is unique and it is true that each child develops at their own pace. Though the symptoms can vary dramatically, there are some core symptoms that indicate your child may be on the spectrum. AutismSpeaks.org defines them into 2 major categories: Challenges with socialization, and having repetitive and restrictive behaviors. The early noticeable symptoms are:

- Limited eye contact or lack of response to their name by 9-12 months
- Delayed speech or lack of babbling by 12 months
- Repetitive behaviors such as hand-flapping, rocking, or spinning objects

# Balancing Inflation: A Delicate Economic Dance

By: Ralph Hernandez

Inflation, which refers to the gradual rise in prices over time, affects us all—from everyday consumers to those making big policy decisions. While a little bit of inflation is often viewed as a sign of a healthy economy, too much inflation or deflation can lead to tricky situations. That's why it's so crucial for central banks and governments to manage inflation wisely. They must understand economic indicators and make thoughtful choices to keep things on track.

## Understanding Inflation

Inflation occurs when the overall price level of goods and services persistently rises. It decreases purchasing power, meaning each currency unit buys fewer goods and services over time. Central banks, such as the Federal Reserve in the United States or the European Central Bank, typically target an inflation rate of around 2% to signal stable economic growth. This rate is believed to encourage spending and investment without significantly reducing savings.

## Causes of Inflation

Several factors can cause inflation. Demand-pull inflation happens when the demand for goods and services exceeds supply, leading to rising prices. Cost-push inflation arises when production costs increase, forcing businesses to raise prices to maintain profit margins. Additionally, inflation can rise from excessive growth in the money supply, where too much money follows too few goods.

## The Effects of Inconsistent Inflation

When inflation becomes too high, it can lead to some economic challenges. People might find it tough to manage the rising cost of living, their savings could lose value, and the uncertainty might make them hesitant to invest. On the other hand, deflation, or falling prices, can also create issues. It may result in decreased consumer spending, as folks anticipate even lower prices in the future, which can slow down economic growth and increase unemployment.

## Strategies for Managing Inflation

Central banks use various tools to manage inflation and maintain it within target ranges. One of the primary methods is adjusting interest rates. Raising interest rates can reduce spending and borrowing, cooling off an overheated economy. Conversely, lowering interest rates can encourage borrowing and spending, boosting economic activity during sluggish periods.

Another strategy involves open market operations, in which central banks buy or sell government securities to influence the money supply. Additionally, central banks may utilize forward guidance by communicating future policy intentions to shape economic expectations and behaviors.

## The Role of Fiscal Policy

Central banks play a key role in managing inflation, but we must remember that governments also significantly impact the economy through their fiscal policies! Adjusting taxes and government spending can affect overall demand. For instance, when taxes increase, individuals have less disposable income to spend, which can help temper inflation. Conversely, when the government increases spending, it can stimulate demand in an economy that requires extra support.

Addressing inflation can often seem like a significant challenge, requiring careful consideration of economic indicators and prompt policy actions to effect change. We strive to cultivate a stable environment where the economy can thrive smoothly, free from high inflation or deflation fluctuations. Achieving this balance allows consumers and businesses to plan confidently, nurturing a vibrant and robust economic landscape. As global economies continue to shift and evolve, our strategies and tools for managing inflation will also adjust. Nevertheless, the primary focus will always be on sustaining financial stability and promoting growth.



# Experience the Benefits of Chiropractic Care

By: Heather Heim, Doctor of Chiropractic, Buffalo Chiropractic

Chiropractic care is a natural, non-invasive approach to health that focuses on spinal alignment and overall well-being. The best part? It's drug-free and non-surgical, meaning fewer effects compared to traditional treatments like medication or surgery.

## Pain Relief & Healing

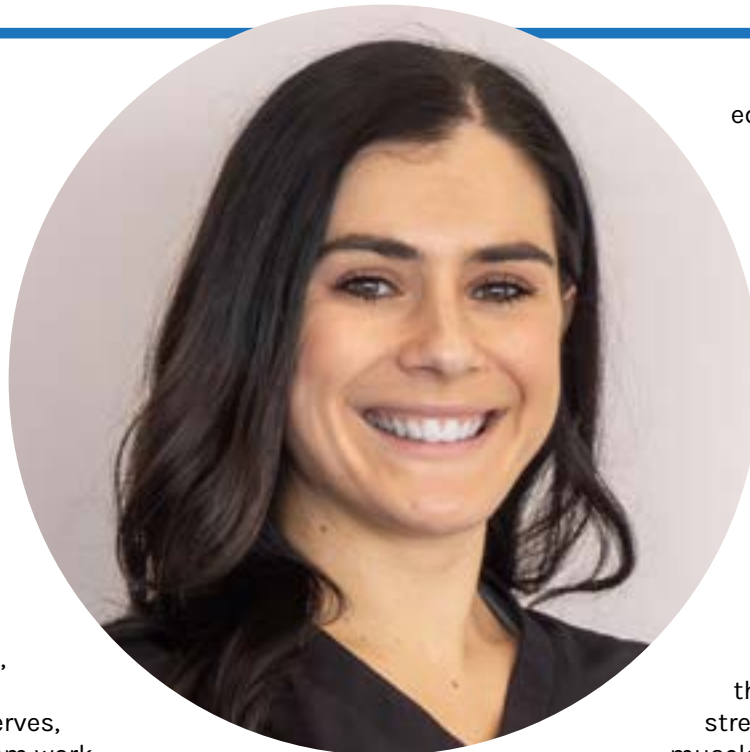
The biggest benefit of chiropractic care is its ability to relieve pain naturally. We treat a wide range of conditions, like back and neck pain, headaches, sciatica, pinched nerves, herniated discs, and injuries from work or car accidents. While medications can mask symptoms, chiropractic care addresses the root cause of pain giving you longer lasting relief.

## Preventative Care & Overall Wellness

Many people incorporate chiropractic care into their wellness routine, not just for pain relief but for prevention. Regular adjustments keep the spine aligned, reducing the risk of injury and keeping your body feeling its best. Many of my patients look forward to coming to their appointments, even if they aren't experiencing any discomfort!

## Better Posture & Reduced Stress

With so much time spent sitting and looking at screens, poor posture has become a common issue resulting in neck and low back pain. Chiropractic adjustments help correct spinal misalignments that occur from poor posture. An important part of our job is



education. At my office, I provide stretches and exercises that you can do at home to have longer lasting relief.

## What to Expect During Treatment

A chiropractic session typically begins with an assessment of your pain and posture. We then perform gentle spinal adjustments to relieve pressure on nerves, improve blood flow, and restore alignment—often with a satisfying “pop.” Additional therapies like massage, stretching, heat therapy, and muscle stimulation may be included.

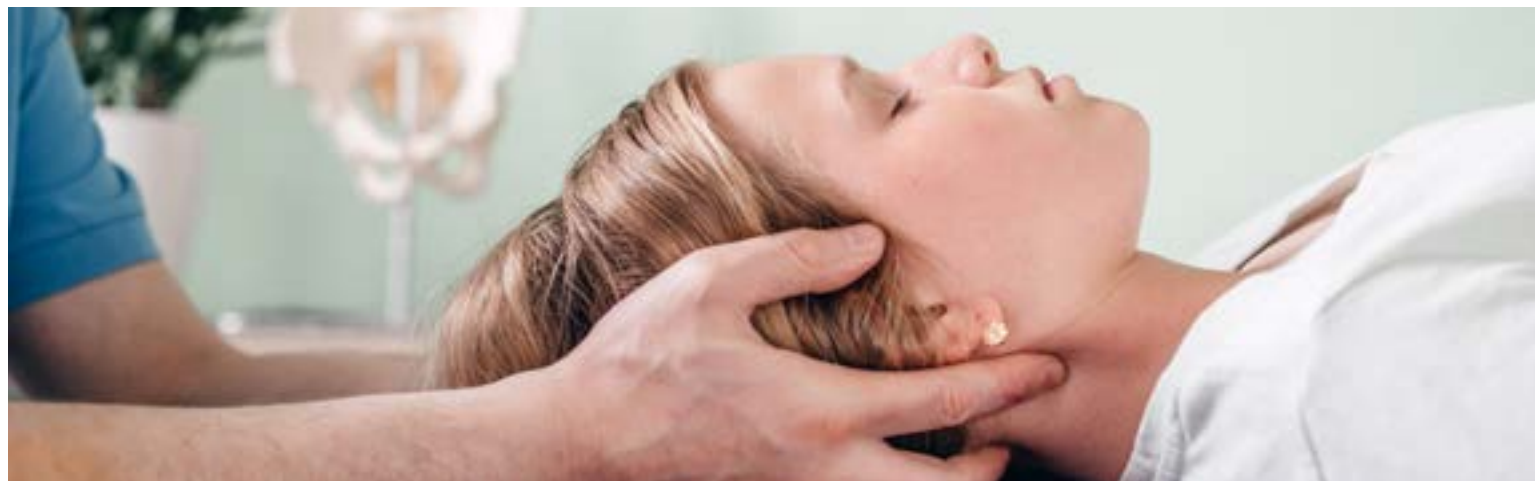
Many patients feel instant relief, while others experience gradual improvement over multiple visits.

## Why Choose Buffalo Chiropractic?



At Buffalo Chiropractic, we are dedicated to helping you feel your best through personalized, effective care. Whether you're dealing with pain, recovering from an injury, or looking to maintain overall wellness, we're here to support your health journey. We accept all insurance, including workers' comp and no-fault. We also work with a network of providers in other specialties like massage therapists, orthopedic surgeons, neurologists and pain management doctors. That way, no matter what pain you are experiencing we can come up with a solution.

We would love to help you start feeling better! For more information on how to schedule an appointment, visit our website at BuffaloChiropractic.com.



# Get Outside and Walk this Spring!

By: Megan Plevniak

Have you ever heard someone say they want to join a gym or that they'd love to get healthy, but gym memberships cost too much? What if I told you that working out is actually free? Yes, free. You can enjoy a variety of workouts outdoors and obtain vitamin D in the process. Mother Nature gifted us the very Earth beneath our feet, and as we transition into spring, you have the opportunity to be active outside and take in the advantages of vitamin D, serotonin, and more.

Walking twenty to thirty minutes a day can improve your physical health whereas dedicating just ten minutes each day can positively impact your mental health. Engaging in this straightforward exercise has the potential to extend your lifespan significantly. Research indicates that this simple exercise can lower blood sugar levels, enhance the immune system, promote cardiovascular health, reduce symptoms of depression and anxiety, improve memory and cognitive function, and reduce cortisol levels (the stress hormone). Another study done by Stanford found that walking boosts creativity by up to sixty percent.

Many individuals find working out tedious and strenuous, but by shifting your exercises outside there is more opportunity to find greater pleasure in them. In addition to engaging in light walks, there are various methods to connect with nature during your exercise. Examples include taking a walk with a friend or partner, engaging in sports, enjoying music while strolling, walking your pet, biking on a trail, doing yoga in a park, hiking, and opting to walk to the store rather than driving. An effective suggestion is if you have a vehicle, park it at a greater distance from the entrance encouraging you to engage in more walking.

One of the most valuable gifts that the Earth offers is sunlight.

Obtaining 10 minutes of sunshine each day offers a sufficient amount of vitamin D, which is essential for maintaining a healthy body and mind. Vitamin D is important for many reasons—it boosts overall mood by increasing serotonin levels, ensures good bone health, and regulates many cellular functions in the body which boosts the immune system. A deficiency in vitamin D may lead to symptoms such as a low mood, heightened anxiety and depression, as well as an increased susceptibility to illness.

Being outside is one of most beneficial ventures an individual can do for their mind, body, and spirit. Connecting with the Earth allows us get in tune with ourselves on a spiritual level. Meditation is substantial in helping us feel grounded, which in turn supports healing, managing past traumas, and reducing anxiety symptoms—that's a win-win.

Spring equinox is just around the corner, bringing longer days with more daylight each day, warmer temperatures, and the beautiful sight of flowers and trees beginning to blossom. The equinox represents time of new beginnings, significantly known as a period of renewal and growth, marking the transition from winter to spring. As the arrival of spring and Earth Day approaches, take a moment to ponder this: “In what ways can I engage with nature to enhance my overall well-being?” Catch some rays, engage in outdoor activities to stay active, and soak up some vitamin D!

*The information provided in this article is for general knowledge and informational purposes only, and does not constitute medical advice. It is essential to consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health.*



# Health Benefits of Plums

By: Dr. Riffat Sadiq, CEO of WNY Medical PC, Channel Creator



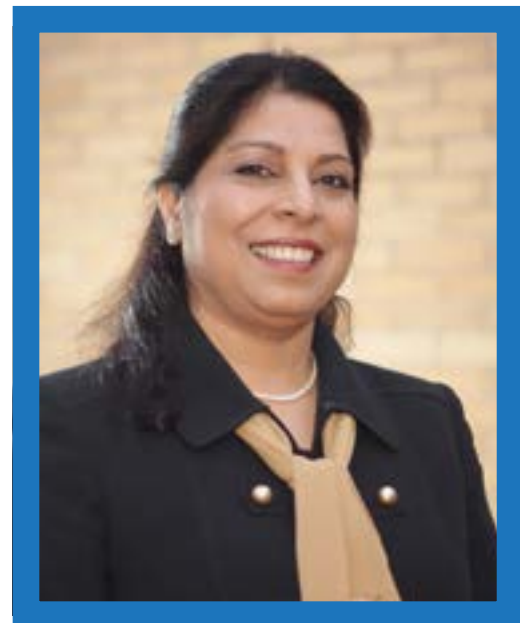
Plums become sweeter as the temperature rises. If you have a sweet tooth, take a bite of nature's candy, which comes in all different colors, shapes, and sizes. Most of us stroll past plums at the store, but these little purple powerhouses are bursting with nutrients that could be a game-changer for your health! Let's look at all the amazing things this one bite of plum can do for your body. There are a variety of ways to eat plums, including in salads, plum-prunes, jam, plum sauce, over oatmeal, yogurt, and even fermented Umeboshi, a popular Japanese dish.

Plums are packed with antioxidants, which help protect your cells from damage. These antioxidants include vitamin C, and polyphenols that contain other antioxidants that support eye health, such as chlorogenic acid. Chlorogenic acid in plums helps regulate your blood sugar. The high fiber content of plums also helps to control blood sugar levels. Plums have been shown to improve bone health by preventing future diseases. Plums may help you control your weight, which is its health advantage. They make you

feel full and reduce hunger because they are low in calories and high in fiber. The high flavonoid content in plums boosts brain health and reduces the risk of brain stroke.

Resveratrol is known as a natural polyphenol compound found in the skin of grapes and plums, as well as red wine. It is known for a wide variety of potential health benefits, when taken at the proper dosage. The antioxidants in this compound assist with cell boosting and protection, while also serving as an anti-inflammatory aid. The anti-inflammatory aid may assist with joint pain, reducing flare-ups throughout the body. Resveratrol may also assist with brain health, diabetes, and cardiovascular health. Although found in the skin of grapes and plums, this can also be taken as a supplement. It is important to consider your existing health status on all levels before including this compound into your daily life. Please consult with your doctor or primary care physician before adding this to your vitamin and mineral intake. As per usual, too much of anything is not good for our bodies. A side effect of this supplement in higher doses include an upset stomach, so pay attention to your body as you consume this compound.

Now that you know the power of plums, will you grab one next time you pass by them as the weather warms up? Don't forget all the incredible benefits they bring to your body, give one a try!



**Dr. Riffat Sadiq: Restoring Self**

Want more tips on improving your wellness and restoring yourself? Watch videos on YouTube, DrRSMD.



## Power of Plums

### Boosts Brain Function

May support memory and cognitive health.

### Packed with Antioxidants

Helps protect your cells from damage.

### Glowing Skin

Nutrients in plums may improve skin health.

### Weight Friendly

Low-calorie and fiber-rich to help with weight management.

### Balances Blood Sugar

May help regulate blood sugar and control appetite.

### Strengthens Bones

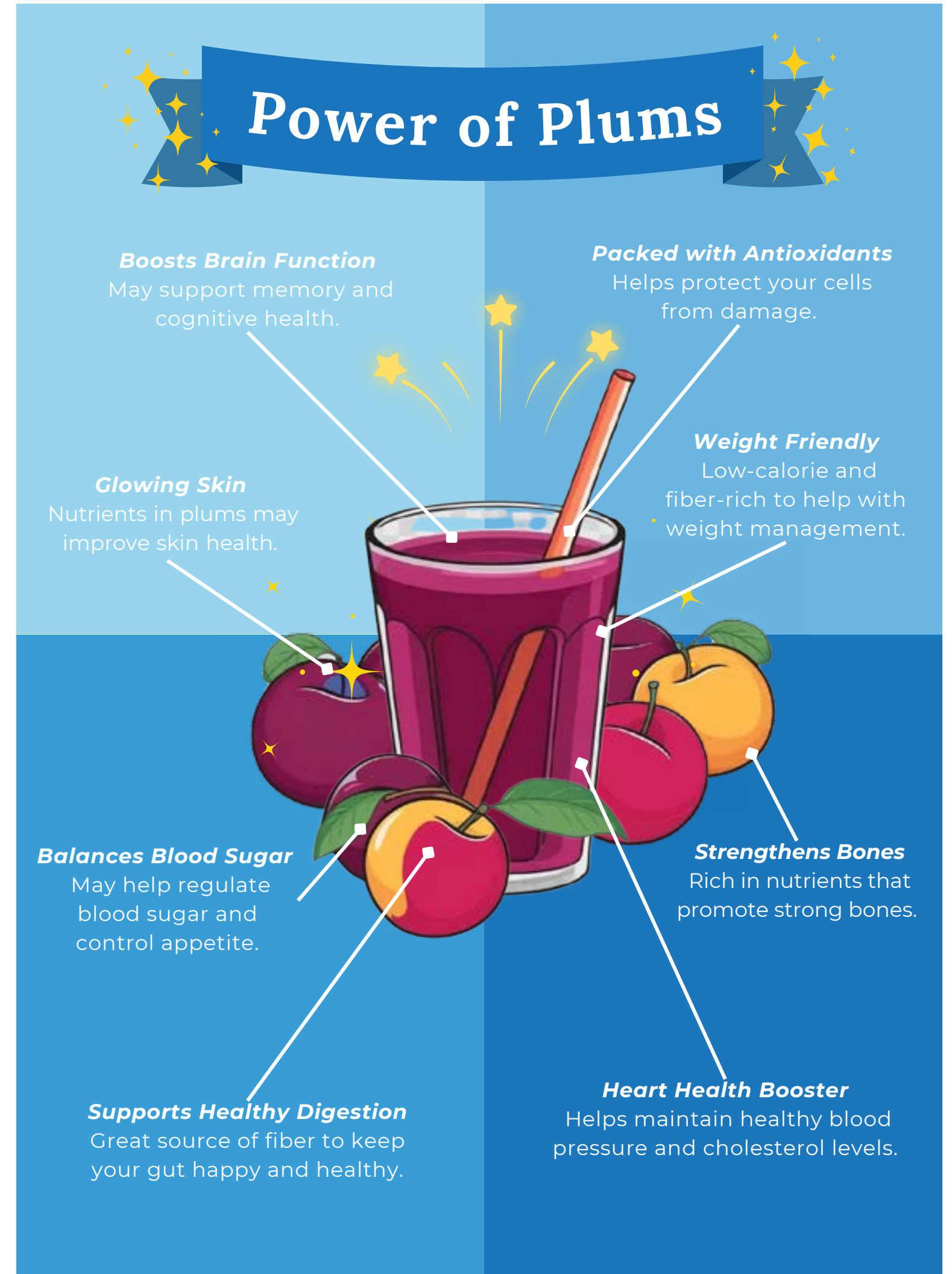
Rich in nutrients that promote strong bones.

### Supports Healthy Digestion

Great source of fiber to keep your gut happy and healthy.

### Heart Health Booster

Helps maintain healthy blood pressure and cholesterol levels.



# First Things First 4: Intentions Matter

By: Faizan Haq, Editor-in-Chief and Publisher, Your Bliss Magazine  
President & CEO, Manage Your Business LLC



After reconciling demands of the mind and the feeling of the heart, the priorities become clear. Here we are using heart and soul as one. I have submitted to you in my earlier articles on the First Things First theme that heart is the seat of the soul. Once again, let me clarify that heart and mind both play a vital role in business. From taking on the challenges of the daily business grind to making crucial HR appointments the coordination of the intellect (mind) and gut feeling (heart) remain key instruments that require constant calibrations to make sound decisions.

The next step after finding the balance between the two, and settling on the reconciled priorities, is to question the **intentions**. The intentions define the direction of the business and communicate the ambition of leadership. The priorities are lined up in the order of needed intentional outcomes. If the intention is to streamline a department and the immediate priority is to maximize effectiveness and productivity, collecting the data on operational process and employees' roles are prerequisites before shuffling or displacing personnel. We are witnessing the havoc that is unleashed in the federal government by DOGE.

We shall examine the real intentions behind the decisions of DOGE. These intentions could be to promote efficiency, or reduce federal workforce at any cost, or minimize federal departments to a rubberstamp, or promote an ad hoc decision-making culture with least resistance from an established bureaucracy. There could be other hidden or obvious intentions that we may not know. At the end the key implementors of this plan will only know what are the real intentions?

The scope of these articles is not to get into political debate about DOGE but to explore the business sense or management wisdom that is defining the parameters of these intentions. The historians will eventually dissect this issue and bring it to our attention what really took place and why. Proactively analyzing the true intentions of the program is difficult. The best we can do is guess.

The clarity of the intentions and then communicating that clarity to the stakeholders facilitates the process, mobilizes resources and minimizes resistance and disruptions. The intentions in place can also prepare for the changes that are expected to take hold. If the intention is to create an environment of fear and panic in the columns of federal employees and shake their confidence in their job security, then the plan is doing exceptionally well. Otherwise, a looming national crisis is waiting for us.

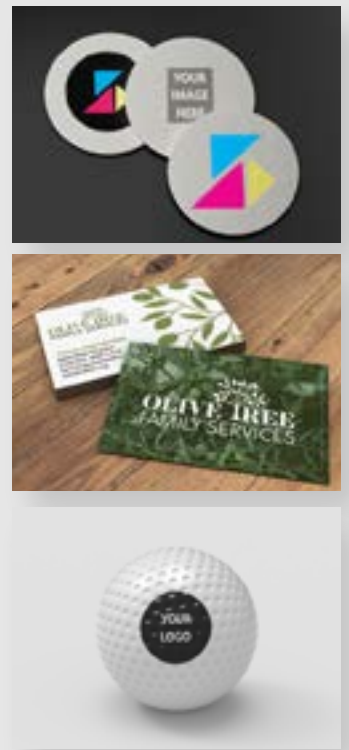
Business efficiency is subject to intentional outcomes. The same principles govern efficiency at a personal level that do at the national. The intentions of the leadership regardless of the size of the business decide the destiny of the venture. My two cents is to clarify intentions before launching the action plan so you can achieve intended outcomes with the least cost to you and the business.



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# Media Corner: Review of Day of the Jackal, Season 1

By: Alex Tilton

I tried for a long time to come up with a suitable description for this show. My wife and I binged it together and eventually we settled on "It's more good than stupid." But to be absolutely clear, there's plenty of stupid. Spoilers ahead.

DotJ revolves around some billionaire oligarchs paying an absurd sum of money for the best assassin in the world (the Jackal) to kill another billionaire oligarch named Ulle Dag Charles, who goes by the initials UDC. UDC is about to release some software (called 'River') which will, (somehow) make all financial transactions in the world completely transparent. This in turn will (somehow) enforce economic fairness on the entire world, and the billionaires will (somehow) be forced to stop hoarding wealth. Mercifully the show makes no attempt to explain how any of this will work. The characters all just agree that if this app is launched, it will indeed do everything UDC says it will do. They also agree that killing UDC will (somehow) prevent this. The plot follows the efforts of an MI6 officer named Bianca to identify and locate the Jackal, as well as the Jackal's preparations for the assassination.

We'll start with the good stuff. For the most part I thought the show was well directed, well-acted, and very addictive. We binged the entire thing over a weekend. The cast was (mostly) excellent, as were the action scenes, the locations, and a lot of the dialogue. The pacing was mostly good but got bogged down whenever the show shifted gears into a character development interlude. Eddie Redmayne was superb as the Jackal. The plot was easy to follow and (mostly) made sense. The problems begin when this show forgets to stay in its lane.

Bianca and the Jackal each have a tedious subplot about their personal life. Bianca is slowly alienating her husband and daughter by being away at work too much. It's boilerplate, but it does at least fulfill its purpose and it makes sense. The Jackal's family subplot is too asinine and annoying to adequately summarize here, but amazingly enough, it does manage to humanize him. In spite of not being criminals themselves, the Jackal's wife, brother-in-law and mother-



in-law come across as so incredibly unlikable (and stupid) that you do actually feel bad for the sociopathic contract killer.

The main plot moves forward with UDC and his team, and every intelligence agency in the world, being fully aware that the Jackal is on the hunt. UDC's behavior is stupid enough, disconnected enough, and arrogant enough that in spite of his good intentions you don't feel bad for him when he does eventually get killed by the Jackal. It's hard to, because if he had the tiniest grain of sense he wouldn't have gotten killed. He all but actively cooperates with the assassin who is out to get him. It was frustrating to watch and I felt like it let the air out of the ending. But then an interesting thing happened.

Whenever a movie or novel is adapted into a TV show, you can expect them to deviate from the source material because if they don't then everyone knows exactly what will happen and you probably can't have a Season 2. But one thing I definitely didn't expect was for the Jackal to kill Bianca and her partner in the finale, escape detection yet again, and go off in pursuit of his family. The show leaves some room for doubt about Bianca's fate. Right after the Jackal drives away following his shootout with her, someone rams his car and the camera fades to black. We get a quick scene where Bianca's corrupt boss tells her other, not-corrupt boss that Bianca is dead. The show then cuts to another location where the Jackal reappears walking to a meeting with one of his contacts who asks him "how did you survive that?"

He makes no answer, and tells her that before he goes after the oligarchs who hired him to kill UDC (and stiffed him on the check) he has to find someone first. If I had to guess, I would say Bianca is coming back and she will work with the Jackal to expose her corrupt boss. That would be the obvious move anyway, but this show does seem to enjoy a swerve.

To the surprise of no one, Season 2 is already confirmed. I'm honestly not sure if I'll watch it, but Season 1 was certainly a painless way to kill a weekend.

Image Sources:  
RottenTomatoes.com and PeacockTV.com

# Planet vs. Pollution: Join the Fight this Earth Day

By: Tara Belizaire

Every day, we do small things without realizing how much they harm the environment. Our planet is in danger, and we, like superheroes, must battle to protect it. We only have one Earth with one trillion living organisms, including ourselves and some that we have yet to discover. On April 22, let us make it our duty to remember how essential our planet is to us and to our solar system, as well as to raise awareness about how to maintain it. But first, let's examine some of the most pressing problems confronting Earth and what we, as its guardians, can do to keep it safe.

## 1. Global Warming

Global warming has become an increasingly pressing issue. It is gradually harming our planet and endangering the existence of several species. A lot of us are unaware that these issues affect not only the planet but also ourselves, our health, our atmosphere, and the generations to come, "of the past ten years (2015-2024) being one of the ten warmest years on record," said Earth.org. One of the main reasons why species are going extinct this century is global warming.

Rising temperatures are ruining their habitats and endangering wildlife in regions with lower temperatures. According to Earth.org, "recent data shows that there will be almost no summer sea ice cover left in the Arctic in the next few decades. The effects won't just be felt by the habitats and species such that rely upon this area - they'll be dramatic in the entire Northern Hemisphere." Many of us are unaware that sea levels rise because of melting glaciers, which contributes to other global problems like typhoons and storms. It may appear to be far away, but all of these concerns migrate since we share the same bodies of water, such as Canada, the United States, Eurasia, Iceland, and Greenland.

## 2. Deforestation

The environmental issue of deforestation is impacting our carbon dioxide levels, and rising temperatures are destroying our trees, contributing to the release of greenhouse gases. The destruction of trees due to climate change and tree-cutting is a violation of our duty as guardians of the planet. Not only are our forests vital for tons of wildlife, but they are also vital to our health. Agriculture is the primary source of deforestation, according to Earth.org. One of the biggest environmental problems of our time is caused

by the frequent clearing of land to produce crops like sugar cane and palm oil or for the rearing of cattle. Among the many advantages of trees is their ability to detoxify the air, particularly considering the pollution problem.

## 3. Plastic Pollution

Plastic was created in 1907, and we have gradually come to take it for granted. Since the late 1960s and early 1970s, the plastic crisis has gotten worse. There have been reports of 220 million tons of plastic trash in 2024. Plastic never completely dissolves like numerous other materials do, which is one of the reasons plastic waste is such a major problem. 90% of seabirds have plastic in their stomachs, and 1 in 2 marine turtles have consumed it, according to World Wildlife Fund. Every year, 8 million tons of plastic are discarded into our oceans. That is a significant

problem that we can simply solve. Making minor adjustments, such as purchasing reusable cups and bags, visiting your local recycling center, or utilizing paper bags, will help you reduce plastic usage.

### What can you do to help?

Reduce your carbon footprint. Carpool, walk, or bike instead of driving alone. Use energy-efficient appliances and switch to renewable energy, when possible, to help fight global warming.

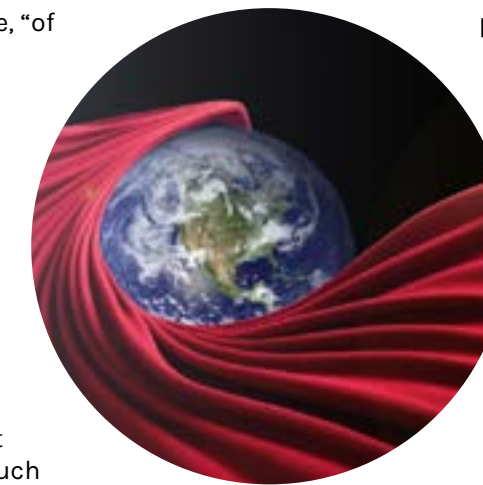
Help by planting more trees. Support local tree planting initiatives or plant trees in your community. Trees help reduce carbon dioxide levels and provide cleaner air.

Support businesses that practice sustainable farming and responsible sourcing, especially for products like palm oil, coffee, and beef.

Recycle and reuse every day! Reduce your use of single use plastics by switching to reusable items like water bottles, bags, and containers. Make recycling a daily habit.

Participate in community clean-ups, volunteer for environmental organizations, and spread awareness about these issues in your circles.

Use your voice and your superpower to advocate for the Earth this April!



# Mango Lassi

As presented by Apna Dera & Mister Dee's



## Instructions

1. Add to your blender your ingredients.
  - Milk
  - Mango
  - Mango pulp
  - Sugar
  - Plain yogurt
  - Ice cubes
2. Set your blender to a high speed, then blend your ingredients together until it is smooth.
3. Taste test!
4. Add more sugar or mango pulp to your liking.
5. If adding more ingredients; blend again on low.

## Ingredients

- 3/4 cup fresh or frozen mangos
- 3 large or 8 small ice cubes
- 1/2 cup whole milk
- 1/3 cup + 1 tbsp plain yogurt
- 2 - 4 tbsp mango pulp
- 1.5 - 2 tbsp sugar

*Spring into deliciousness with our homemade Mango Lassi, guaranteed to satisfy your sweet tooth!*



## Coloring Corner







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