



FREE

Black History Month

Grasp the practice of good culture
and traditions in modern society

Screen-Free Home Zones

Refresh your home life with specific
areas without screens or phones

Love, But Made Bigger

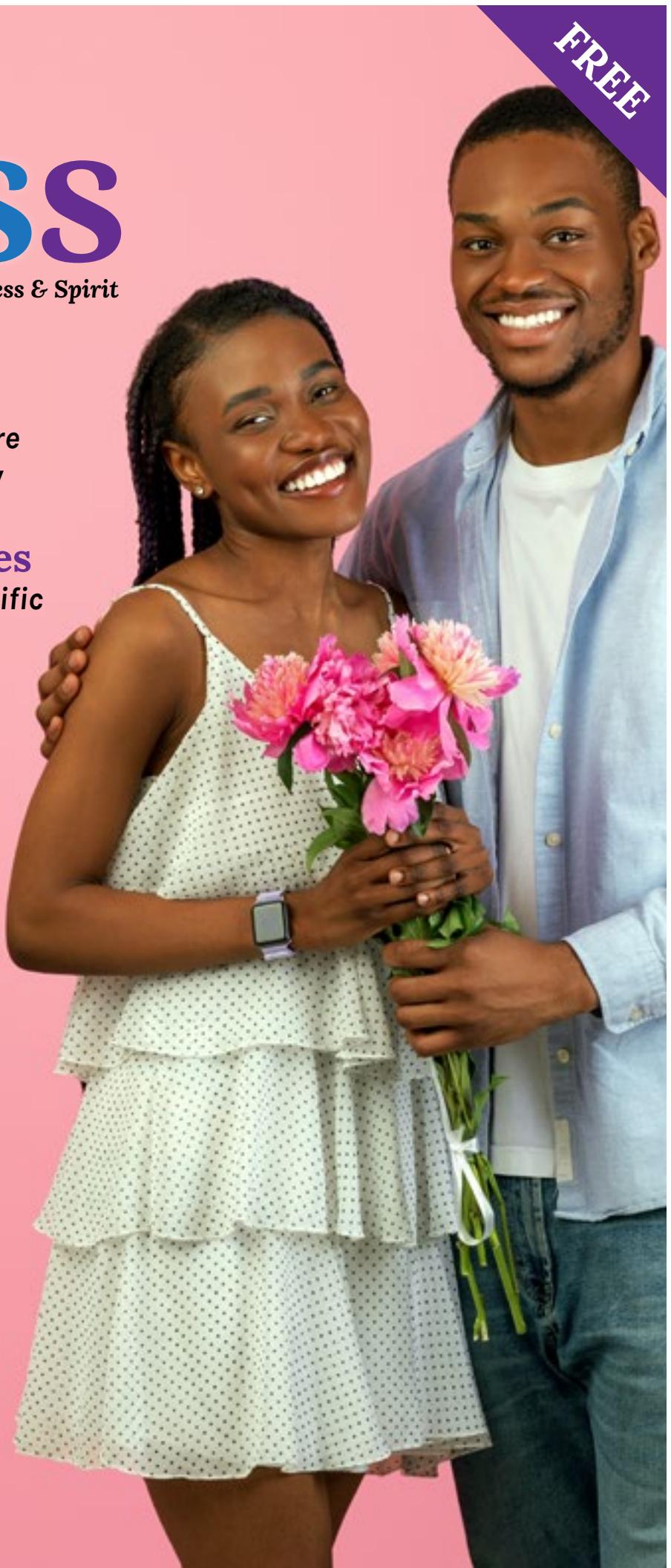
Embrace why modern happiness
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Feedback from Dr. Sadiq on
ways to support heart health



February 2026





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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.

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Table of Contents

- 4 Screen-Free Zones in your Home
- 5 Guilt-Free Spending Habits
- 6 The Slow Fitness Trend
- 7 Happiness Isn't Just Romantic
- 8 Black History Month and Culture
- 10 Falling in Love With Your Business
- 12 Review of Stranger Things, Volume 5
- 13 Heart Health Preventive Care
- 14 Recipe of the Month
- 15 Coloring & Activity Corner

Screen-Free Zones in your Home

By: Victoria H

We live in a world of screens! Technology is everywhere inside and outside of your home. So much of our lives rely on Wi-Fi, cellular data, or satellites to stay connected and be productive. With screen time consuming a lot of our day and attention, it is important to manage our time responsibly and make sure the young minds in our home are protected.

Exposure to technology is inevitable. Tech and screens are used for education, work, entertainment, social interaction, and personal assistance. You may wonder how much this really matters. After all, we grew up watching television and are presumably fine, right? However, technology is advancing so rapidly that there is a major difference between screen viewing from years ago and today. Now, unlimited content is right at your fingertips and scientifically curated to keep your attention while desiring more.

There are numerous dangers to excessive screen time. Much like harmful substances, modern usage causes a major spike in the pleasure and reward chemical of the brain, dopamine, that can lead to addictive behavior. According to the National Institute of Health, excessive screen time can disrupt sleep, strain the upper body, worsen the symptoms of mood disorders, stunt developmental growth, and negatively affect one's overall well-being. We must take it upon ourselves to protect the younger, most vulnerable, minds. Not only from the dangerous dopamine imbalance of scrolling, but the unfiltered content of the internet. The worldwide web is saturated with dangerous content disguised as child friendly. Also, keep in mind that Artificial Intelligence is still developing and cannot be trusted to respond appropriately to your children.



It is important to make sure proper parental controls are in place. For older kids with their own devices, there are apps like Kids360 or Bark that can help you filter apps, websites, monitor content, and limit screen time. For younger children, it is important to limit screens as much as possible during the most critical ages of development. Children, especially under the age of 3, need face-to-face interaction to develop proper language and emotional regulation skills. We develop best from watching micro-expressions, mouth movements, and the emotional connections of communicating with our loved ones directly.

There are many ways to help reduce screen time in your home! One way is to provide activities that replace current devices. Bring back game nights, meals around a table, read a book series aloud together, or do family arts and crafts. Having a routine where screen time is allowed in small amounts for certain times of the day can help trim excess exposure. You can keep the bedroom strictly screen free to help with healthy sleep habits. Turning off Wi-Fi at night can also discourage internet use before bed.

Most importantly, we need to lead by example and model the behaviors we are trying to encourage. We are also guilty of using our phones for everything! Navigation, schedule tracking, note taking, and everything in between. Putting your phone away, turning off the T.V. and making sure you are present in the moment can make a huge difference. There's nothing wrong with a little screen time here and there but making an effort to connect with those around you can be a healthy and grounding experience that helps your household flourish.





Guilt-Free Adjustments to Our Spending Habits

By: Usman Mehmood

Our intentions are usually good when we embark on a 30-day money and mindful challenge. We picture a better bank account and a new feeling of the control of our finances. However, somewhere between day one and day thirty, real life has appeared. Bills arrive early. Unexpected expenses appear. Old habits sneak back in. And sometimes, so does guilt.

This check-in is not whether you have been adhering to the challenge to the letter. It is concerning how you are growing more conscious, more caring, and more mindful of your money. Conscience money was never intended to be restricting and punitive. It was intended to be supportive.

Numbers do not bring money anxiety. It is a result of experiences, anticipations and emotional patterns that we might have been withholding many years. Money also has been linked to stress to most of us even before the first paycheck. When anxiety appears in the face of this challenge, it may say that you are not going to succeed. You are human, and these fears are common. The first step in being guilt-free is to become aware of the impact that money has on you. Do you check your balance when you are tense? Do you not use financial apps? Do you feel guilty of spending when you need? Awareness is progress. You do not need to make all those changes right now. The mere awareness of these emotional reactions will be a strong move towards positive change.

Conscious money practices are not supposed to inconvenience your life, but to become a part of it. A habit that might seem intimidating is not necessarily wrong, only it might require some modification. Maybe the day-to-day expense reporting was excessive. Check-ins once a week could be a better option.

Guilt-free adjustments imply that you should allow yourself to change the challenge according to your energy, time and duties. A habit that you cannot fully keep is much more effective than the one that you give up altogether.

Guilt keeps us stuck. It makes us believe that we are characterized by mistakes and that we need to grow and hurt. A conscience-free practice mildly opposes that. Monetary errors do not constitute ethical errors. They are feedback.

They indicate to us where we need support, where our systems can be made better and where we need to offer compassion in place of criticism. In instances of guilt, attempt to re-frame it: I didn't do it, rather, I am learning. This transition creates a room of change devoid of emotional burnout.

The checklist is not the most valuable lesson as this challenge persists or even concludes. It is the attitude that you bring along. Mindful money entails not being obsessive but taking regular checks. It refers to adapting on a change in life.

Celebrate your progress, even at times when it goes unheard and unnoticed. You have the freedom to proceed at your own speed. You can spend your money in pleasure. You may relax and stop appraising yourself.

This is a reminder that in order to reach financial growth, you do not have to feel guilty. Compassion brings about consistency. Confidence is created through awareness. And little, deliberate decisions make a difference. And in case all you had learned during this struggle is a gentler relationship with money, then above all you have already achieved a lot. Go on, quietly, sincerely, and unapologetically.

Slow Fitness: Mindful, Controlled Exercises

By: Hana Dawood

Our minds and bodies are more deeply connected than we often realize. Research consistently shows that mental states influence physical health, just as physical movement affects emotional and cognitive well-being. Strengthening our mind-body connection is a useful tool in decreasing stress, anxiety and overall balance. Here are some mindful exercises to practice for a better mind-body connection.

1. Body Scan Meditation

Body scan meditation is a technique where you bring awareness to any physical sensation for your body, strengthening the connection between the two. You can do this by simply lying down, closing your eyes and taking a few deep breaths. Once your body relaxes, you bring your mind awareness to your feet, notice any sensations and pain that may be associated in this area. Then gradually go upward, bring awareness to each area of your body, notice any stress or tension and breathe into it. Bringing awareness to your body forces us to be present and helps prevent the mind from fixating on any stresses or anxiety.

2. Walking Meditation

Walking is the act of mindfully walking and bringing awareness to every movement involved. Walking is a low impact exercise that is associated with many physiological benefits. When bringing awareness into the mix, it creates a stronger connection between the mind and body. Before you start walking, take a



moment and notice your breaths. Take deep breaths and focus on the pace to help prevent your mind from wandering. Once you begin walking, notice all your senses such as your feet touching the ground, the smell of outside, the lighting of the environment, any sounds that surround you. Simply observe and acknowledge your senses. As you keep walking, stay at a steady pace and keep a comfortable posture. If it's hard for your mind to not wander, try a guided meditation walk, which is easily accessible through any YouTube video or any audio/video platforms. This exercise can enhance awareness and physical movement, bringing the mind and body together.

3. Yoga

Yoga has stood the test of time for good reasons. With roots stretching back thousands of years, it seamlessly integrates physical movement with mental awareness. Physically, yoga improves strength, flexibility, circulation, and mobility. Mentally, it's known to support emotional balance, focus, and improve mood. Research has shown that people who participate in yoga have healthier body and mental habits showing the importance of the two when practicing yoga. There are many types of yoga and seeing which one is best for you is a good place to start. Yoga can be done from the comfort of your own home or a studio close to you. Yoga offers an accessible and effective way to strengthen the mind-body connection while promoting long-term well-being.





Why Modern Happiness Isn't Just Romantic

By: Usman Mehmood

Valentine's Day has traditionally been sold as one narrative. flowers. chocolates. candlelight dinners. A romance reel which indicates that love has to appear a particular way so as to be authentic. This form of love is inspirational to most individuals. To some, this love is draining. Happiness of the present day has become more than that limited definition.

The concept of love today is not only romantic. It is about understanding. It is not perfect communication, but safe communication. It is the support that presents itself on ordinary days and not only special days. Removing the commercial veneer of Valentine's Day provides the possibility of redefining love in a manner that highlights the way individuals live, relate and develop.

The world in which relationships are built in is more complicated than ever. Individuals are juggling with jobs, management of caregivers, mental health, financial strain, and changing individual identity. That is a fact in this world where love cannot live on big gestures. It needs structure. It needs empathy. It requires communication that transcends I love you and goes to I understand you.

Romantic gestures are beautiful, but no longer the basis of a long-lasting relationship. Love is not at its very essence about saying the right thing. Good communication is not dramatic or poetic. It is consistent. It is the expression of needs, with the absence of fear of rejection. It is what transforms conflict to connection rather than distance.

The interpretation of love languages does not require certain types of behavior. It has to do with getting to know what the people we love feel, are seen and treasured. There are people who are loved by words.

Love languages include works of service, physical proximity, or considerate presents. None of these are superior. It is only the desire to observe and act. Contemporary love understands that even love that is

shown using the wrong words may be lonely. The thing is that love is still communicated in such a way that it becomes genuine and accepted.

Romance is inclined to pay attention to the appearance of love. Support is calling in on a problematic day. It is the promotion of rest rather than productivity. It is rejoicing in its expansion without any need to be acknowledged. It is standing next to another person as they are existing, attempting to mend things.

Emotional support has become a necessity in the current relationships. People are ceasing to find partners who can just complement their lives. They are in search of partners who will walk with them, empathize and stand by in life. Support constitutes creating a space of vulnerability. It entails the consideration of independence and provision of reliability. It refers to knowing that love does not necessarily have to be loud but needs to be everywhere.

Valentine's has also come out of the couple's scenario. Friendships, the chosen family, self-love, and community are now being celebrated by many. The change is not the denial of romance; it is the acknowledgment that there are numerous types of love. A judgment-free friend. A spouse who encourages growing beyond your fullest potential.

Love does not require being fancy to mean something. It needs to be intentional. This year on Valentine's Day, love can resemble sincere communication. It may appear as a joint effort. It may appear in the form of seeing how one feels loved and meeting him at that point. Romance is deeper than it is loud, when it is combined with communication, respect and support.

It turns into sustainable and not performative. And joy is not acted out, but a communion. When you make love bigger, it ceases to be about the day per se, it begins to be the way people show up for each other not just for that particular day but for many times in the days to come.

BLACK HISTORY MONTH



This is a time to reflect on Black history, as well as looking toward the future; one including community, culture and the right to an equal and fulfilling life.

What traditions have you learned, and how have they influenced who you are today?

Black History Month: A Reflection on Culture

By: Local Contributors

Leopard Cleopatra: Private Investigator

February is Black History Month, and I'm stoked to share my thoughts! Growing up, I didn't really get a chance to learn about Black history in school, but I've been making it a point to educate myself lately. One tradition that really resonates with me is the celebration of Kwanzaa. The principles of unity, self-determination, and community are everything!

I've been learning about the rich history of Black culture, from the Harlem Renaissance to the Civil Rights Movement, and it's inspiring to see how music, art, and activism have shaped the community. I've been vibing to artists like Kendrick Lamar and J Cole, and it's got me thinking about how I can use my own voice to uplift others.

As a Private Investigator, I'm all about seeking truth and justice. I've been working with local organizations to support marginalized communities, and it's amazing to see how small actions can add up. I'm proud to be part of a community that values resilience, creativity, and perseverance.

Learning about Black history and traditions has made me more intentional about how I show up in my career. I'm all about amplifying voices and contributing to a more just and equitable world.

I've also been reflecting on my own privileges and biases, and how I can use my position to support others. It's a journey, but I'm committed to listening, learning, and growing. I'm excited to continue exploring and celebrating Black history not just in February, but all year round.

Navigating the world as a Black woman in the criminal justice system, I've seen how systemic injustices impact communities of color. It's not lost on me that my work is about seeking truth and justice – and that's a powerful thing. My experiences have shown me the importance of empathy and understanding, and I'm committed to using my skills to uplift and support marginalized voices. It's a complex balance, but one I'm passionate about navigating.

Leah Underwood: Business Entrepreneur

February is Black History Month, but for me, Black history and Black excellence are lived every single day. It's more than a month on a calendar, it's a reminder of where we come from, the resilience we carry, and the responsibility we have to build something meaningful for the generations coming after us.

One of the most important traditions I've learned and live by is simple but powerful; treat people how you would like to be treated. That principle has guided not only who I am as a person, but how I run my business, Prime Like Whine LLC. Respect, fairness, and genuine care for people are at the core of everything we do.

Being a Black entrepreneur, especially as a Black woman, is not easy in today's society. The journey often comes with added barriers, limited access, and the constant need to prove your worth, your talent, and your legitimacy. Despite these challenges, I've learned that perseverance, faith in yourself, and staying rooted in your values are essential. Black history has shown us that even when the system isn't built for us, we still find ways to build for ourselves.

Prime Like Whine LLC was created to be more than just a brand. It's a space for connection, creativity, and community. Through pop-ups, collaborations, custom creations, and community-focused events, we intentionally support other local businesses, uplift creatives, and create environments where people feel welcomed, celebrated, and seen. Giving back and pouring into the community is not optional, it's part of our foundation.

Black history has taught me the importance of ownership, unity, and resilience. It has influenced me to build something rooted in purpose, not just profit. It's why collaboration over competition matters to me, and why community impact will always be part of the mission.

As we look toward the future, I envision one where Black-owned businesses continue to thrive, where culture is honored, and where equality isn't something we ask for, it's something we live and experience daily. Black History Month is a time to reflect, but more importantly, it's a time to recommit ourselves to building a future filled with opportunity, dignity, and fulfillment for our community.



Falling in Love With Your Business

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



It is time to fall in love with your business all over again. To do so, you need to truly reflect on the important aspects of your business and how hard you've worked to keep it going. It's easy to rush past milestones in pursuit of the next goal but taking time to admire how far you've come creates a powerful foundation for sustainable growth. Pausing to acknowledge its evolution, the obstacles you've overcome, and the success you've earned allows pride and clarity. Gratitude grounds you, reminding you that progress is the result of intention, resilience, and commitment.

A thriving business is never built alone. Just as in any meaningful relationship, appreciation must extend beyond yourself. Employees, partners, contractors, mentors, and loyal customers are all part of the ecosystem that keeps your business alive and moving forward. You can show respect for their contributions through fairness, recognition, and aligned values. This ultimately strengthens trust and loyalty. Honoring the values you've instilled and enforced over time have shaped the culture of your organization with care. When people feel respected and appreciated, they invest more of themselves, and the business benefits in return.

Like a loved one, your business also requires patience. Growth is rarely linear, and challenges are inevitable. Like a relationship, there will be moments when compromise is necessary. You must be willing to adapt strategies, reevaluate priorities, or let go of approaches that no longer serve. Respecting your business means adapting to its needs in every season, rather than forcing it to meet unrealistic expectations. Patience allows space for learning, creativity, and re-calibration.

Cherishing your relationship with your business on a daily basis will transform how you lead. When respect, gratitude, and care guide your decisions, the work becomes more meaningful and sustainable. In doing so, you show up with intention, protect what you've built, and nurture its future with confidence. Over time, this mindset creates a business that flourishes. By falling in love with your business as it is today, you give it the best chance to become what it's capable of being tomorrow.





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The Entitled Fan Reaction to *Stranger Things*, Volume 5

By: Alex Tilton

When I was a teenager in the '90s the internet was new. Social media didn't exist and the news didn't care what anyone was saying in online forums. Now, everyone with an opinion can broadcast it to the entire world. Entitled Fans (EFs) scream their heads off on social media about how they've been cheated, and they spread conspiracies about missing footage and studio meddling. I also had some complaints about SF-5, but I have a superpower that helps me avoid the histrionic reaction the EFs are having: I can just change the channel. It's a power that the *Stranger Things* EFs need to learn. They also need to learn that being a fan of something does not convey ownership. So in this article I'm going to argue against what I call 'booking by proxy'.

Booking by proxy is when the creators of a story cave in to EF screaming and rewrite the plot to appease them. This generates a lot of problems, the first and worst being that you are no longer in control of your own creative product. You are now at the beck and call of a fundamentally unpleasable angry mob, because you made the mistake of negotiating for hostages.

Secondly, allowing whiney EFs to book by proxy encourages other whiney EFs to do the same. The more often this works, the more legitimate it appears to be.

Third; caving to EFs ruins stories by removing all tension. If the audience knows for sure there's going to be a happy ending then there's no reason to worry about the character's safety, and consequently no reason to care about the plot. If you knew a basketball game was going to be a massive blowout, would it be worth watching? The uncertainty is your whole reason for being there.

Fourth; EF whining ignores the realities of writing, producing, and filming. *Stranger Things* Season 5 took 3 years to be released, and it must've been an enormous task. Stories had to be written, sets had to be built, funding had to be secured, actors had to be recruited, and then they had to actually film the damn thing,

then there was editing, post production and a hundred other tasks. But EFs tend to interpret anything they don't like as a personal attack.

So, the EFs conversation about SF-5 revolves around a conspiracy theory about deleted scenes which they believe were removed to appease homophobic studio executives or to reduce the episodes running times. This is certainly possible, such things do happen. Whether it happened here or not I don't know. What I do know is that it took an army of people and several years to put together the last season at a cost of 460 million dollars. A massive undertaking like that requires vast amounts of prep work, and once the train gets rolling it can be difficult or impossible to stop it, reroute it, or change the contents.

In spite of that, there's a change.org petition where EFs demand that Netflix "release the uncut version" because they'd "devoted years of their life to this show". This petition currently has over 369,000 signatures. Clearly, a lot of people are furious about how this season went down. And SF-5 certainly has problems worth complaining about. Here's a short list:

- 1) The villains lack a well-defined and sensible motive.
- 2) Major plot twists come out of nowhere.
- 3) The narrative is fragmented because there are too many characters with not enough to do.
- 4) There are so many 'just had a great idea!' moments that they become predictable and boring.
- 5) Conflict between the main characters feels manufactured for the sake of amping up the drama.
- 6) The town of Hawkins has been taken over and quarantined by the army, but the military has completely failed to notice a cell of heavily armed resistance fighters based out of a radio station, and the resistance has no trouble at all smuggling weapons in and people out.



7) The actors who were kids when this show started are now in their early 20s playing high school students.

8) Characters with superpowers conveniently lose those powers whenever the plot requires it.

9) The military knows that fire will work on the monsters but pointlessly insists on using guns anyway losing dozens of men in the process.

10) Neither Vecna nor the military have succeeded in killing any of the good guys yet because they're all wearing impenetrable plot armor.

I've said many times before that sticking the landing is hard. And the ending of a show this popular was never going to please everyone. There are legitimate complaints to be made here, and the EFs aren't wrong to point them out. They are wrong when they assert ownership of a thing they had no part in making and demand that the people who did make it should now change that thing because 'we deserve it'.

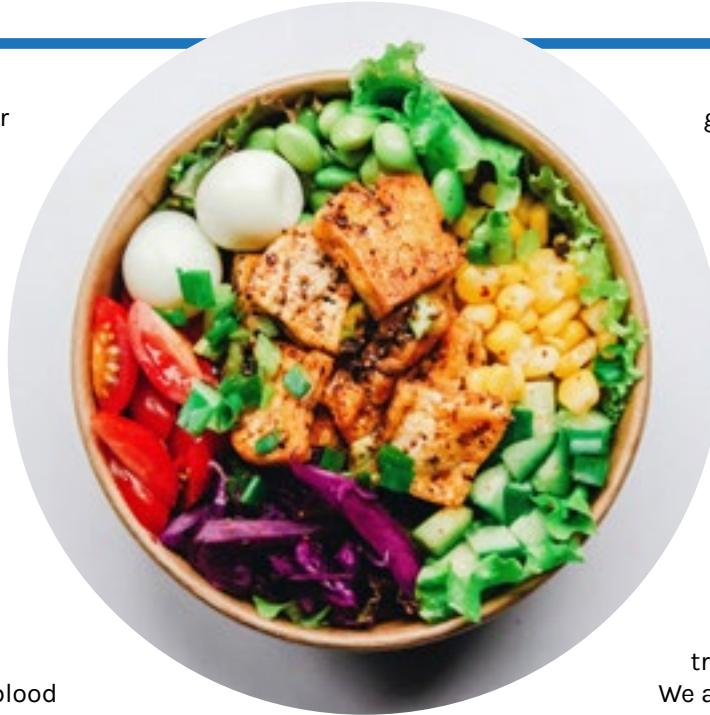
This should need to be said, but sitting on your couch watching a TV show for years does not entitle you to dictate how that show ends. If the ending is crap, then it's crap. Call it what it is...and just change the channel.

Heart Health Preventive Care

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

There are several ways to keep our hearts feeling healthy year-round. Preventive care is key for a lifetime of happiness and health. When do I know if I need to improve my heart health? Cholesterol, blood pressure, and blood sugar levels are three critical factors. After a visit with your doctor, they will show these levels through rounds of bloodwork. I cannot stress enough how important it is to manage these levels. Adapting to healthier lifestyle choices is an important factor to manage cholesterol, blood pressure, and blood sugar levels.

You may think you are consuming enough nutrients, but your bloodwork levels may tell otherwise. Food consumption should be focused on fruits, vegetables, whole grains, lean proteins, and healthy fats. Maintaining an active lifestyle will also be of



great assistance to your health. Managing your weight, quitting smoking, and sleeping well are also essential factors to keep your heart happy and healthy. If you are experiencing issues with keeping up with these specific health levels, you should consult with a medical professional.

If you notice abnormal levels with your weight or your sleep activity, you shouldn't hesitate to have a conversation with your doctor. If our heart is in trouble, our whole body is in trouble. We all want to live a long, healthy life surrounded with love and compassion.

Make the right decisions today, in order to improve and maintain a healthier tomorrow. We only have one life, and we want to live it as long as we possibly can. With the right actions, you will excel in both life and health, keeping up with the energy and fun of life. After all, we are only given one heart.



Dr. Riffat Sadiq: Restoring Self

Want more tips on improving your wellness and restoring yourself? Watch and subscribe to Dr Sadiq's videos on YouTube, DrRSMD.





Chocolate Lava Cakes for Two

The Perfect Valentine's Day Treat

Ingredients:

- 1/4 cup butter
- 1/3 cup bittersweet chocolate (chopped)
- 1/4 cup granulated sugar
- 1 large egg
- 1 egg yolk
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon instant coffee powder
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt

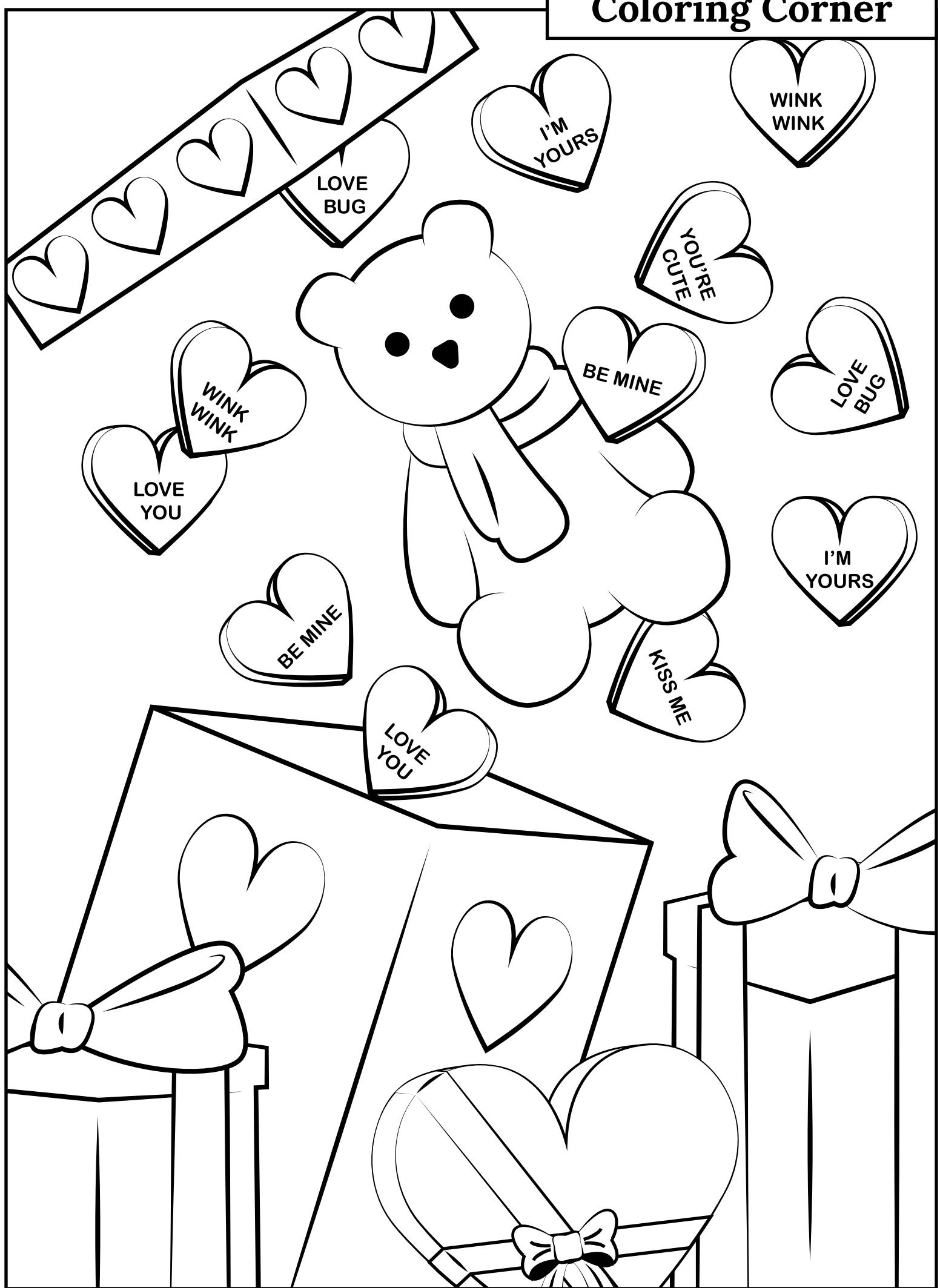
Directions:

- 1) Preheat the oven to 400°F (200°C). Butter two 6-ounce ramekins or oven-safe mugs and place on a baking sheet. Set aside.
- 2) In a medium bowl add in the butter and chocolate and gently melt either in the microwave or over a ban-marie.
- 3) Once melted, whisk in the sugar, eggs, vanilla, and coffee until well combined.
- 4) Lastly, stir in the flour and salt and mix until just combined. Evenly divide the batter between the two prepared dishes.
- 5) Bake for 20-22 minutes or just until there is a jiggle in the center and the edges are set. A soft center ensures lovely, lava on the inside.
- 6) Remove from the oven and allow to stand for 1 minute before carefully turning out each cake onto your serving dish. Enjoy straight away with some vanilla ice cream.

Recipe Source: Bigger Bolder Baking, Gemma Stafford



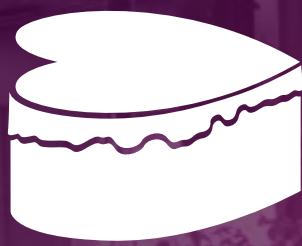
Coloring Corner





Enjoy a date night done deliciously, because love deserves dessert.

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