



FREE

Black Business Month

*A Look at a Local Owner Who
Boosts Business Resources*

Your First Home

*The Question is –
Where Should I Start?*

Irritating Insects

*Don't Let Them Ruin
Your Summer Fun!*

Pregnancy & Formula

*Education on the Formula
Shortage & Breastfeeding*

August 2022





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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 the aspects of mental health, financial health, and health of the spirit. 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 technology, knowledge, and evolution of the health 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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Black Business Month: A Buffalo Business Owner

An Interview with Shantelle Lynette, Owner, That Brown Bag



Who are you & what is your business? How long have you been in business?

My name is Shantelle Patton AKA the Brown Bag Ladee, owner and operator of *That Brown Bag Minority Business Directory*. I started the directory in August 2018 in the hopes of providing a community resource that helps to enrich the quality of life for my community. In March 2022 I expanded to create the *Brown Bag Business Association* which is a membership-based group centered around providing information and support to the businesses listed within the publication.

Explain to us your business mission and goals.

That Brown Bag and Business Association have a mission of enhancing the quality of life for African Americans and the WNY community through economic development, education, workforce development, community development, and legislative advocacy, and a goal of expanding the consumer base of Black-owned businesses to promote longevity, self-sufficiency, and sustainability.

What products and/or services do you offer?

That Brown Bag provides an annually published hard copy and digital business directory concentrating on highlighting Black-owned businesses in and around

Buffalo, NY. 'The Bag' also provides social media promotion for the businesses through targeted cross promotion and networking.

What made you want to pursue this type of business?

Small business is the backbone of any community. Seeing the need to support and reinforce the backbone of my neighborhood and of those around me is the fuel for this project. Seeing people who look like me in ownership keeps me going.

What makes you stand out from your competition?

Unlike others who have tried this, I didn't start *That Brown Bag* looking to get rich quick or gain notoriety. Instead, I do this from a place of love, and I like to think it shows. I spend my spare time sharing other people's businesses, going from storefront to storefront, vendor fair to vendor fair, and every networking event I can make an appearance at making sure the business owners have a face to put to the name and that they know I'm truly here to support them. I don't ask them for discounts or free giveaways, I ask for the best service levels these businesses can give me, and they know they can put their trust in me for that very reason.



Home Purchasing Basics 101 – Getting Started

By: *Deanna Rowser*

Purchasing your first home is an exciting venture in your life. It may be among the biggest and most important decisions you will ever make. Successfully doing so will be near the top of your list of major accomplishments. The question is, “Where to start?”

You have heard the adage, “get your ducks in a row”? Obtain reports from the three primary credit reporting agencies, Equifax, Experian, and TransUnion. Short of a cash purchase, if your credit is out-of-whack, home ownership may prove difficult. Review the reports carefully. This is the time to fix any inaccuracies or discrepancies, and see where, if necessary, you can boost your score. Your credit score will help determine the interest rate offered to you by lenders.

After reviewing your credit, identify a few “must-haves” for your new house and start to check real estate listings. You will start to get an idea of what it will cost to realize your purchase and establish a realistic budget. If you are serious about purchasing a house, you do not want to waste time, energy, and emotion attending open houses that are outside of your current reach. There are so few things more frustrating than having champagne taste on a beer or tap water budget.

Now that you have gotten your credit information in order, narrowed down options, and established a preliminary budget, it may be time to find a reputable, licensed, real estate professional that you can trust. This person should listen to your concerns about location, size, and most importantly, budget. He or she will help you source lenders that can make your dream a reality, but BEWARE; do not let anyone talk you into spending more than you can afford. An agent that has your best interests in mind will be able to address your concerns and find a property that fits the needs you have outlined.

Congratulations on taking the leap into home ownership! It can be a lot of work, but it can be extremely rewarding. It is often the first step in building wealth for you and your family for generations to come.

Next month, I will address some items you should look for when attending an open house. I will share a few tips that might help you at best, negotiate a better price, and at worst, save you from a money pit.

Good luck on getting your piece of the American pie!

Physical & Mental Health Benefits of CBD

By: *Samantha Barron*

According to healthline.com, Cannabidiol, better known as CBD, is a popular natural remedy used for many common ailments. Tetrahydrocannabinol, commonly known as THC, is the primary psychoactive component found in cannabis. Unlike THC, CBD does not produce psychoactive effects. With momentum in the health and wellness world expanding, is CBD the right choice for you?

A common form of CBD seen today is in the form of oil. CBD oil is made by extracting the chemical from the cannabis plant and diluting it with coconut or hemp seed oil. Although most popular, CBD can also be found in dietary supplements, bath soaks, muscle rubs, drinks, and food. This allows for a variety of relief options for your symptoms. What types of symptoms allow for relief from the use of CBD?

The use of cannabis to treat pain dates back as far as 2900 BC. Recent studies have discovered that certain components of cannabis, including CBD, are responsible for the pain-relieving elements. According to an article from the National Library of Medicine, CBD may help reduce chronic pain by affecting endocannabinoid receptor activity, reducing inflammation, and interacting with neurotransmitters. Additional research suggests that CBD alone can be effective for nerve and back pain. However, it seems to be most effective when combined with THC.

Mental health is just as important as your physical health. Mental illness is often treated with pharmaceutical drugs. Although some chemical imbalances in the brain can only be treated by these medications, CBD has shown to have benefits, too. CBD oil has shown promise as a treatment for some mental health disorders, such as anxiety disorders, leading many people who live with these conditions to become interested in this natural approach. According to an article from PubMed Central, although some people find that CBD improves symptoms related to depression, human evidence of CBD’s potential antidepressant abilities is currently limited. However, results from several studies suggest that it may help reduce depressive symptoms in those with cannabis use disorders.

Overall, CBD oil has been studied for its potential role in easing the symptoms of many common health conditions, including anxiety and neurological disorders. Remember that some of these health benefits are related to the use of CBD combined with THC, not CBD alone. If you wish to include CBD in your health management routine, please consult with your primary care physician to determine the best addition to your lifestyle.

For more information on legalities of cannabis in New York, visit cannabis.ny.gov/cannabis-conversations-0

Avoiding Summer's Irritating Insects

By: Caitlyn Conibear & Elizabeth Hatcher



The start of long, hot days filled with endless swimming, hiking, gardening and family outings are here; but along with all the fun comes some pesky and irritating insects that you want to avoid. Mosquitos and tick bites are mostly a nuisance but can transmit diseases in some instances. As long as families take the right precautions these insects should not be a threat to your summer fun.

Mosquitos and deer ticks can cause certain diseases. Deer ticks are small about the size of a sesame seed or smaller and can transmit Lyme Disease, a potentially serious bacterial infection that can cause fever, chills, headache and fatigue as well as joint pain and weakness in the limbs. According to the New York State Department of Health, in tick-infested areas, your best protection is to avoid contact with soil, leaf litter and vegetation. Ticks can be active any time the temperature is above freezing and infected deer ticks can be found throughout New York State. If you do find a tick, please contact your primary care doctor immediately. If antibiotics are given early, they can prevent you from developing Lyme Disease which can be quite dangerous if left untreated.

Take some extra steps to protect yourself from those unwanted bites and enjoy all your favorite outdoor activities.

For both ticks and mosquitos:

Experts would agree that DEET is the most effective repellent for both mosquitos and ticks. It is available in a variety of lotions and sprays but should be used

with caution in children. Visit Treehugger.com for some DEET-free alternatives.

CDC Guidelines for using a repellent are as follows:

- Apply only to exposed skin or clothing, as directed on the product label. Do not apply to skin covered by clothing.
- Never use on cuts, wounds, or irritated skin.
- When using sprays, do not spray directly on face—spray on hands first and then apply to face. Do not apply to eyes or mouth, and only sparingly around ears.
- Wash hands after application to avoid accidental exposure to eyes or ingestion.
- Children should not handle repellents. Instead, adults should apply to their own hands first and then gently spread on the child's exposed skin. Avoid applying directly to children's hands. After returning indoors, wash children's treated skin and clothing with soap and water or give the child a bath.
- Use just enough to cover exposed skin or clothing. Heavy application and saturation are generally unnecessary for effectiveness. If biting insects do not respond to a thin film of repellent, apply a bit more.
- If you've purchased treated clothing, wash treated clothing before wearing it again. This precaution may vary with different products—be sure to check the label.

Other options to protect you and your family:

For mosquitos:

- Citronella candles are not enough according to Joseph Conlon, a technical advisor for AMCA, "in the amount

and concentration that is put in via candles, it is not very effective.”

- Long pants and sleeves when possible.
- Use a fan. Because most mosquitos are weak fliers, they will have trouble navigating a decent breeze. Plus, this breeze will dissipate body odors and other scents that mosquitos are attracted to.
- Remove their habitat by draining or changing any standing water.
- change any outdoor lights to the yellow “bug” lights.

For ticks:

- Wear light-colored clothing with a tight weave to spot ticks easily. Preferably as much coverage for body and feet as possible.
- Stay on cleared, well-traveled trails. Walk in the center of trails. Avoid dense woods and bushy areas.
- Avoid sitting directly on the ground or on stone walls.
- Keep long hair tied back, especially when gardening.
- Bathe or shower as soon as possible after going indoors (preferably within two hours) to wash off and more easily find ticks that may be on you.
- Do a final, full-body tick check at the end of the day (also check children and pets), and remove ticks promptly.

And if you do find a tick don't panic!

Dr. Linden Hu, a professor of Medicine at Tufts University states the proper technique for tick removal includes the following:

- Use fine tweezers to grasp the tick as close to the skin surface as possible.
- Pull backwards gently but firmly, using an even, steady pressure. Do not jerk or twist.
- Do not squeeze, crush, or puncture the body of the tick, since its bodily fluids may contain infection-causing organisms.
- After removing the tick, wash the skin and hands thoroughly with soap and water.
- If any mouth parts of the tick remain in the skin, these should be left alone; they will be expelled on their own. Attempts to remove these parts may result in significant skin trauma.

Alison Hinckley, a CDC epidemiologist specializing in Lyme disease, said several studies show that a tick “needs to be attached for 48 to 72 hours to even be able to transmit the infection to a person.”

Most importantly, contact your primary care doctor to see what next steps should be taken.

August 2022 Event Calendar

182nd Erie County Fair - Hamburg, NY

August 10-21, 11AM – 10PM daily

#12BestDaysofSummer

Adults - online \$13.50, at gate \$15.00 Credit/debit card only • Kids under 12 - FREE
For information, ecfair.org

Arctic Dinosaurs at The Buffalo Museum of Science, Buffalo, NY.

Now through Sept 4, Monday to Sunday 10 AM to 4 PM.

Come along on a dramatic adventure to Antarctica – one of the most isolated and dangerous environments on Earth—and witness the latest discovery: dinosaurs.

Adults: \$24 • Children (Ages 2-17): \$21
Museum Members: \$6 For information, sciencebuff.org

Children's Programming at Canalside: EPIC Storytime, Buffalo Waterfront – Pierce Lawn at Canalside

Every Wednesday in August 10:30AM - 1:00PM, Free

EPIC's annual summer literacy program is back and better than ever!

Register online at epicforchildren.org

Niagara Power Vista, Lewiston, NY

Open daily from 9AM to 5PM: Free Admission

From seat-gripping virtual reality to hands-on experiments to the power of nature, the Power Player experience at the Niagara Power Vista is a must-see for all in the Niagara area!

Call 716-286-6661 or visit, nypa.gov/communities/visitors-centers

“A beautiful, happy pregnancy leads to beautiful, happy children.”
- Dr. Riffat Sadiq



Start the conversation with your primary care doctor prior to your pregnancy.

Having an early conversation and care with your doctor can help manage and identify the best ways an individual can optimize their own health.

In a study done by the National Institute of Health, it sought to understand how and when women wanted to receive information on preconception. Nearly all of the women in the study (98.6%) realized the importance of optimizing their health prior to a pregnancy, and realized the best time to receive information about preconception health is before conception. The vast majority of patients surveyed (95.3%) preferred to receive information about preconception health from their primary care physician. A majority of

women do understand the importance of optimizing their health prior to conception, and look to their primary care physician as their preferred source for such information. Study participants demonstrated deficiencies in their knowledge of risk factors that impact maternal and fetal health suggesting that many physicians are not addressing preconception healthcare during routine care.

When choosing your primary physician be sure you have a conversation about your preconception health. For those wanting parenthood in the future it's never too early to start the conversation and plan for the healthiest outcome for you and your baby.

Health Tips With Dr. Sadiq

Have a Happy, Healthy Pregnancy!

Can you promote a healthy pregnancy before getting pregnant?

- Develop a plan for your reproductive life.
- Increase your intake of folic acid.
- Talk to your health care provider about your diabetes or other medical conditions.
- Adopt a healthy diet and lifestyle.
- Get up to date on vaccines.

Schedule a preconception appointment with your primary care doctor. During your visit, your doctor will go over your health history, evaluate any medical concerns and advise you on how to have a happy, healthy pregnancy.

- Maintain a healthy, balanced diet
- Get regular exercise.
- Know your family's genetic history for birth defects.
- Take folic acid.
- Make a quit plan.



Feeding Your Baby With a Formula Shortage

By: Dr. Riffat Sadiq



According to the CDC, breastfeeding has many known health benefits for infants, children, and mothers and is a key strategy to improve public health. The American Academy of Pediatrics recommends infants are exclusively breastfed for about the first 6 months with continued breastfeeding while introducing complementary foods for at least 1 year.

Even though the American Academy of Pediatrics recommends breastfeeding your infant for the first six months this is not always an available option for all parents whether for health reasons, working hours, nursing issues or for adoptive parents.

In an article by Martine Paris published in The Washington Post “By six months, only a quarter of babies in the US are exclusively breastfed, according to CDC data. About 20% of breastfed infants were supplemented with infant formula in their first two days of life, according to the CDC. The US is the only high-income country that doesn’t guarantee paid maternity leave, meaning many moms are back to work soon after having a baby, leaving them little time.”

Without guaranteed paid maternity leave for many breastfeeding can be prohibitive:

- time-consuming for the mother, pumping multiple times during the day

- many workplaces do not provide adequate privacy for pumping
- the expense of pumping equipment
- breast milk storage at home
- safe transportation and use of breast milk at daycare

Stopping the Baby Formula Shortage and preventing it from happening in the future

According to CNN, Rep. Rosa DeLauro, D-Connecticut, chair of the House Appropriations Committee, has also been critical of the FDA’s handling of safety concerns at Abbott’s Michigan facility and has introduced a bill that would create a Food Safety Administration as a single HHS agency that would be responsible for food safety.

“First, let me be clear: we should not have to choose between supply and safety, especially when it comes to a product we feed our babies. This product should face the most rigorous standards of safety, to ensure that it is safe to feed our children,” she said in a statement to CNN. “The shortage persists because we are overly reliant on one manufacturer to get infant formula back on the shelf.”

Contact your representatives in Congress to take action so this will not be an issue for those in need of healthy and safe baby formula.

“We should not have to choose between supply and safety, especially when it comes to a product we feed our babies.”

BENEFITS OF BREASTFEEDING



BENEFITS FOR MOTHERS

Breastfeeding burns about 500-600 calories a day.

Prolongs the time before periods return to around 6 Months.

Releases the hormone Oxytocin which acts to return the uterus to its regular size, and reduces postpartum bleeding.

Lowers risk of breast cancer, ovarian cancer, heart disease, stroke, type-2 diabetes, and postpartum depression.

BENEFITS FOR BABY



Breast milk contains all the nutrients needed by your baby for first 6 months.

Helps develop the eyes, brain, and jaw.

Lowers baby's risk of common illnesses.

Breast milk has antibodies and white blood cells. This helps the baby fight against infection.

FACTS ABOUT BREASTFEEDING

Your baby can smell you!

Newborns have a strong sense of smell, and knows the unique scent of its mother's breast milk within days of being born.

Colostrum does what?

Colostrum (the first milk) contains proteins that coat your babies intestinal tract to protect from harmful bacteria.

Breast milk contains live cells!

The live cells in breast milk contain things such as stem cells that become other body cells such as the brain, heart, bone tissue and the kidney.

Breaking the Stigma of Breastfeeding

A Q&A Interview with Allison Siwinski



Since the beginning of time, breastfeeding has been a special bond between mother and child. We sat down with Allison to get a modern viewpoint on this method to not only education fellow mothers, but to break the stigma of breastfeeding seen commonly today.

What made you decide to breastfeed your child?

Overall, breastfeeding is much more affordable than formula with a variety of benefits. Your body can recognize illnesses the baby has, allowing antibodies from any past infections to be created to fight off various diseases. In general, I have noticed that my baby has not become as severely sick or ill as other babies. In addition to the antibody creation, you can also pass along the antibodies in your body to the body of your baby. I contracted the COVID-19 virus, which allowed me to pass my antibodies to my son. Baby formula is efficient, but it will never match the exact antibodies that your body will respond to and provide to the baby.

Do you feel there is a breastfeeding stigma?

Yes! A good friend of mine posted a photo on social media of her breastfeeding with no nipple exposure. Various comments on the photo made her feel ashamed, simply due to the fact that she was feeding her child. Another point to the stigma of breastfeeding is sexuality, as a whole. People get freaked out seeing a breast at a public park but will turn around and pay money to go to a strip club. Overall, a woman should not feel afraid or ashamed to feed her baby.

What are the pros of breastfeeding?

Antibodies are a very important pro to breastfeeding. Skin to skin contact, as well as the actual milk, can recognize antibodies needed to produce a healthy life. Due to the nationwide shortage of formula, breast milk is available whenever needed. Overproduction of breast milk can allow you to freeze it for up to one year, although it is best to use it within 6 months. It is important to watch what you consume. Different foods produce different tastes in milk, so you can change your diet to adjust to different foods for the baby. Also, formula stays fresh for 2 hours at room temperature, whereas breast milk will stay fresh for 4 hours.

What are the cons of breastfeeding?

When it comes to pumping breast milk, there are time restrictions. You have to take the time to pump the milk, as well as complete it at specific times. This can produce anxiety, especially while waiting for the pumping to be complete. I initially began breastfeeding for the first 2 months of postpartum. Unfortunately, my son had a bad latching issue. Some babies simply cannot latch properly. Thankfully, pumping breast milk will continue the bond between you and your baby.

Overall, breastfeeding is a special bond between mother and child that should be cherished as such. Although the initial bond can be painful, you can use exclusive pumping methods to continue the connection. The baby can also continue to benefit from specific nutrition benefits from the breast milk for a long time to come.

A Review of The Umbrella Academy (Season 3)

By: Alex Tilton

I need to begin this review by defining a term. TVtropes.org defines 'hand wave' as "any explanation involving the backstory, a retcon or a use of [plot device], which is noteworthy for its lack of detail or focus."

I'm going to be using this term a lot because UA:S3 does this constantly. Some spoilers ahead.

For the uninitiated, UA is a Netflix series based on a series of comic books. It concerns the Hargreevs family, a group of biologically unrelated people who were all born on the same day to women who weren't pregnant the day before and have superpowers. They were raised by an eccentric billionaire named Reginald Hargreevs, who was not at all nice, and exclusively concerned himself with making them learn how to use their powers. Consequently they hate each other, they're dysfunctional, and it takes extreme circumstances to bring them together.

Season 1 consisted of, very briefly, six adults trying to reconcile their horrible childhood while unraveling a plot to destroy the world. Or, more accurately, a plot to allow the world to be destroyed. Season 2 dealt with the aftermath of the failed attempt to prevent the destruction of the world in season 1. Both seasons involve a lot of time travel, and split their focus about 60-40 in favor of character development over action. This is a good thing. It means we actually care about the people we're watching and the action now has consequences.

Season 3 begins with the Hargreevs siblings going back to their own time to discover that things have changed. And although it's very well done overall, we see the same problems we saw before with the first two seasons. The drama is a little convoluted and hard to believe. If the world is demonstrably about to end, any sane person would put aside their differences and deal with it. But, somehow, these people just can't quite manage that and extreme measures have to be taken to unite them. And, again, we see that the previous attempt to save the world has created the next threat to the world.

This isn't a problem in and of itself because the characters and the plot take the time to deal with this. There's an explicit conversation about whether or not it would be better to let the universe end this time rather than try to fix it again, since two out of two times previously their efforts have made things worse.

However, it becomes a problem later when they do try to solve it.

More or less out of nowhere, the solution to the crisis is made known. It has been hinted at across the series, but (and this is critical) at no point is the audience given a clue as to why this solution will work. And it turns out that this is because there isn't a clue to give. The Hargreevs go on a mission to find a literal 'reset the universe' device. But it's never connected with what's happening. It's built up so that the reveal isn't completely out of nowhere, but it completely unconnected with the crisis.

Ok, fine. This can still work because, after all, the crisis is just an excuse for the family drama to play out against an interesting background. But the solution needs to be connected to the problem somehow, not just something that incidentally exists alongside it.

And then the technical aspects of it don't make any sense either. The Hargreeve siblings themselves are, coincidentally, the keys to making this universe reset machine work. How handy! But why? That would make sense if this reset machine were in some way connected to the crisis that they caused, but since it isn't then it doesn't. And it's driving me insane. The first two seasons paid a lot of attention to detail. The relationship between the crisis and its solution made sense.

This time it doesn't even try. The acting, the production value and the character chemistry are all great. The character development is the main focus of the series and it's done well because the writing and script are very good. But the core plot mechanics are a blatant, incoherent hand wave, and then the crisis solution is the hand-waviest hand wave that ever waved its hand in Handwavia.

It wouldn't bother me so damn much if it hadn't been so easy to fix. The plot could have been restructured to make this all make sense, but they didn't bother, and so for me the series ended on a note of angry frustration.

It's still one of the better things I've seen recently and I do recommend it for what it's worth, but it doesn't live up to its own previous standards of internal consistency, and I just can't ignore that.

Image source courtesy of www.sportskeeda.com.



Proactive Communication

By: Faizan Haq, Executive Editor, Your Bliss Magazine



Not too long ago, in my organization we were encountering a challenge of anti-communication. Some might wonder what anti-communication is? Just like there is miscommunication, and dis-communication, there is a phenomenon known as anti-communication. In anti-communication the intended communication effort is replaced with exactly the opposite of what is intended. This is far more severe than miscommunication or we can call it extreme miscommunication. There is only one way of dealing with such a catastrophe. The solution is proactive communication, before one even starts a project the process of communication and the intended outcomes of such communication must be thought out in its entirety.

Proactive communication requires the communicator to provide contextual information enabling all stakeholders to ask critical questions, to clarify the intended outcomes of the process and the results that are intended by the communicator. The most difficult thing is to decide who are the stakeholders. They vary from project to project and process to process. Bringing them all to the same platform where communications are taking place and creating a mindset to understand the project milestones, decision thresholds and protocols of security is a complex undertaking.

The solution is; Prioritize Organize Simplify (POS).

Prioritize is what exactly needs to be accomplished to move the project forward.

Organize the communication pieces available accordingly including the choice of communication systems and technological platforms available.

Simplify the purpose or attainable objectives, so the stakeholders can be empowered to be independent sources of proactive communication.

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Chicken Salad Sandwich

With Raisins and Curry Powder Recipe

Recipe presented
by eatthis.com



**Celebrate
National
Sandwich
Month
with this
delicious
recipe!**

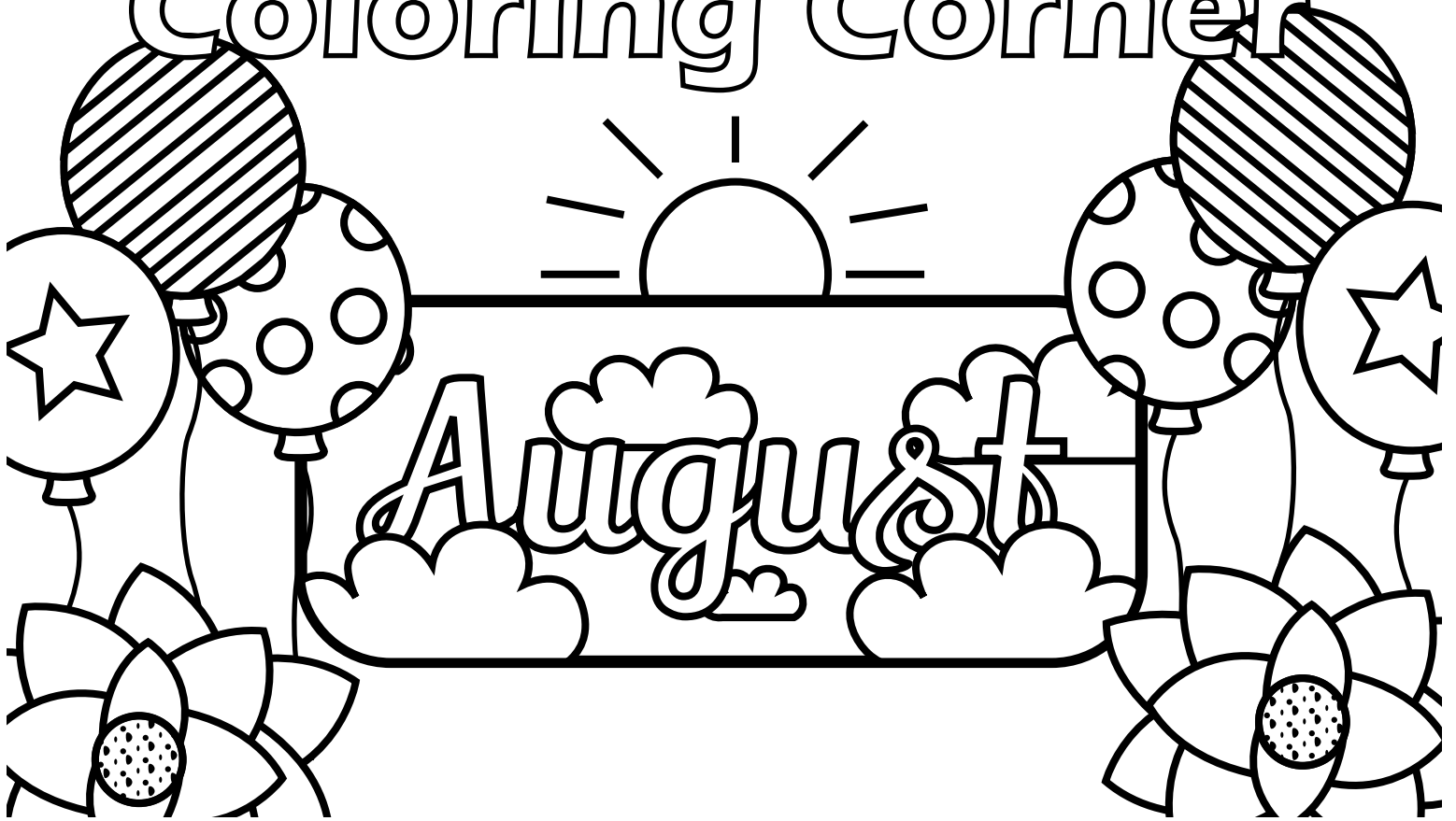
Ingredients

- 3 tbsp golden raisins
- 3 cups chopped cooked chicken
- 2 stalks celery, thinly sliced
- 1/2 onion, diced
- 1 carrot, shredded
- 1/2 tsp curry powder
- 1/4 cup olive oil mayonnaise
- salt and black pepper
- 4 large lettuce leaves
- 8 slices whole-grain bread or english muffin halves, toasted
- 2 medium tomatoes, sliced

Instructions

1. Cover the raisins with hot water and soak for at least 10 minutes (the warm water will help the raisins plump up); drain and place in a large bowl.
2. Add the chicken, celery, onion, carrot, curry powder, and mayonnaise. Mix well and season with salt and pepper.
3. Place the lettuce leaves on top of 4 bread slices, then top with tomatoes, chicken salad, and the remaining bread.

Coloring Corner



Dera Is The Best Food!

**MISTER
DEE'S**



In Pakistan, a Dera is a place to gather and enjoy food, talk, tell stories, and hold debates among the community members. And that is what we wanted our restaurant to be as well, a place for people to enjoy a snippet of Old Lahore with a modern twist, to relax and enjoy a hot cup of Chai or a cool glass of freshly made Lassi from our Lassi Bar. We want people to relive memories of Punjab or come make new ones with us if you've never been to Pakistan!

Formerly known as Mister Dee's Restaurant, we decided to choose the name Apna Dera, meaning "Our Place" in Urdu, because we want Apna Dera not to be just another restaurant out there, but to be a home away from home. We wanted to bring the essence of Punjab to Buffalo, serving home-cooked style food while also bringing a café-like atmosphere. So whether you are a family looking to have a night out or a homesick student looking for a taste of home, we have a seat for everyone.

Watch for our grand opening at 450 Beach Rd in Cheektowaga!





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