



# *Your* Bliss

FREE

## **Local Business Spotlight**

*Dedicating your Dreams into  
your business to help others*

## **Your First Home**

*Going on the search for  
the Perfect House*

## **Cholesterol Education**

*Learning Important Tips  
to Avoid Unhealthy Fats*

## **Seven Chakras**

*Understanding Reiki  
and Internal Balances*

## **Immediate Job Opportunities!**

September 2022





## Welcome To Your New Country. Are You Readily Prepared?

The transition to a new environment can be stressful; let us help make it easier.

An Immigration Physical is required by the U.S. government to further your immigration status in America.

*We are here to serve you!  
Call us today to schedule an appointment.*

**Amherst**  
4979 Harlem Road

**Amherst**  
4985 Harlem Road

**Buffalo**  
135 Grant Street

**Depew**  
3218 Walden Avenue

**Derby**  
6970 Erie Road

**Cheektowaga**  
3884 Broadway Street

**Grand Island**  
2261 Grand Island Blvd

**Lackawanna**  
2600 South Park Avenue

**Orchard Park**  
3320 N. Benzing Road

**Orchard Park**  
3595 Eggert Road

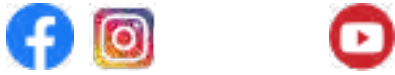


**WNY MEDICAL, PC**

**(716) 923-4380 | [WNYmedical.com](http://WNYmedical.com)**



4011 Bailey Avenue (716) 362-7849  
Amherst, NY 14226 YourBliss.us



@YourBlissWNY @YourBliss Magazine

Submit your article, recipe, or event!  
Send to: [submit@YourBliss.us](mailto:submit@YourBliss.us)

© 2022, SunSpin Media Productions. All rights reserved.  
Reproduction in part or its whole without permission is prohibited.

## 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.

## Our Team

### Staff Writers

Alex Tilton  
Faizan Haq  
Dr. Riffat Sadiq  
Samantha Barron  
Sue Perbody  
Katy Siwinski  
Deanna Rowser

### Contributors

Robert Grant  
Lana Shapiro  
Elizabeth Hatcher  
Rachael Bannen

### Video Coordinator

Brody Walsh  
Ryan Chwojdak

### Editor-In-Chief Managing Editor Graphic Design Print Publication Copy Editor

Faizan Haq  
Katy Siwinski  
SunSpin Media  
SunSpin Media  
Elizabeth Hatcher  
Deanna Rowser

### Editorial Board

Joe Cirillo  
*Director of PR, ECMC*  
Dr. Riffat Sadiq, MD  
*President, WNY Medical*  
Dr. Joe Serghany, MD  
*Western New York MRI*  
John M. Hatcher, CEO  
*JMH Advisement, LLC*  
Elizabeth Hatcher  
Tanya Hernandez  
Ralph Hernandez

## Table of Contents

4	Business Spotlight Q&A
5	Home Purchasing Basics 101
6	The Seven Chakras & Reiki Balances
7	September 2022 Event Calendar
8	Five Foods to Avoid at Night
9	Four Great Ways to Brighten your Day
10	Cholesterol Infographic
11	Maintaining Healthy Cholesterol Levels
12	Media Corner: Two Reviews
13	Building Business Strategies
14	Recipe: Mexican Street Corn Guacaole
15	Coloring / Activity Corner
15	Dera Is The Best Food

# Business Spotlight Q & A

With Robert Grant;

owner of WNY Merchant Consulting and Stay Grindin Inc.



*"Without a vision, you can't execute your mission, your values are the foundation."*

## 1) Who are you & what is your business?

### How long have you been in business?

My name is Robert Grant I'm a serial entrepreneur, artist, publisher, producer, and musician known as O'Mega Red. I have over 15 years of experience in the payment processing field. Now I run it through my own company WNY Merchant Consulting. I'm also the Founder of Stay Grindin, Inc. for 20 years+, which is an independent Music Company.

## 2) Explain to us your business mission & goals. What products and/or services do you offer?

For most people their dream is to own their own business but this can be a challenging endeavor as they focus on operational aspects and catering to their customers. That's where we come in; to take time with each client and understand the nature of their business and customers. From there, WNY Merchant Consulting determines the programs and payment solutions that will best serve our clients.

Stay Grindin' Inc. is an all genre music company founded in 2004 in Boston Massachusetts that specializes in distribution, music retail relations, project coordination and management, artist development, and some artist bookings. Since then Stay Grindin Inc. has expanded their company in the NYC, Los Angeles and Western New York region. Stay Grindin Music LLC is the property of SGI founded in 2010 that handles music production, publishing royalty collections, and synchronized licensing.

**STAY GRINDIN.** It's a *LIFESTYLE*, a *WAY OF THINKING*. Those who wake up and have the desire to grind to reach goals. This makes you a part of the Stay Grindin movement. Therefore, Stay Grindin Lifestyle is the home for you. Endorse what you believe in!

## 3) What made you want to pursue this type of business?

Financial freedom and getting fired from every job I ever had and having a deep passion to be able to help business owners in local communities thrive! I also started to understand more about what passive and residual income was once I had some success in the music business. Royalties are how artists get paid from their musical intellectual property. I wanted to diversify my portfolio so I entered corporate America with my stay grindin' mindset.

## 4) What makes you stand out from your competition?

What makes me different then the competition is my beliefs: Mission, Vision, and Values. Without a vision, you can't execute your mission, your values are the foundation. For WNY Merchant Consulting, my vision is to create a sense of community and help small businesses thrive together. My mission was to treat small businesses as partners. I really enjoy collaborating and working with small businesses.

I like using my network to introduce them to new resources and boost their brand recognition in the community. When working with large companies, I find I can add value by offering new solutions to help them be more efficient and scalable. Customer service and technology are what drives my business, but honesty, transparency, and integrity are my core values.

For my music label, Stay Grindin Inc., my vision is to create an inclusive culture that believes in achieving their goals – no matter how big or small. As long as they get up every morning and get on their daily grind to achieve these goals they are part of the Stay Grindin family. Stay Grindin is not just a label, it's a way of life.



# Home Purchasing Basics 101 Part 2 – On The Hunt

By: Deanna Rowser



This month, I want to address some items you should consider when attending an open house. I am going to share a few tips that might help you at best, negotiate a better price, and at worst, save you from a money pit. So let us take the next step on this journey to successful home ownership... OPEN HOUSE.

As you click through countless, on-line photos that have been beautifully staged for the sole purpose of getting you dreaming about your new future in their old house, your real estate agent has been busy also; scouring the listings, based on your criteria, to narrow the assortment of potential homes from which to choose.

Now off to the "Open House". It is exciting to think that any day now, you can walk into a house, and "Eureka!" you have found "the one". Provided the homeowners' agents "did it right" you will have spent several days schlepping in and out of some beautifully staged homes. Contain your excitement. Remember, these spaces were designed with the sole purpose of influencing you to imagine YOUR life in their house.

Think about going to an OPEN HOUSE like going to a used-car dealership. Be calm, cool, and collected. Listen more than you speak. PAY ATTENTION. Do not let the salesperson lure you into thinking you want something that you don't or convince you that something is worth more to you than it is, lest the result is you paying more than you should.

While at the OPEN HOUSE take notes; take pictures if allowed; and take measurements ... lots of measurements! (There are apps for that) Particularly of the kitchen and the bathrooms. These rooms will be your most expensive undertakings, should you need/choose to renovate them, however, they will also provide the greatest return on Investment. Taking

these rough measurements might afford you an opportunity to obtain preliminary materials estimates for making the updates. Those numbers might be the deciding factors on which house is the right house for you. Old houses mean old wiring, new boxes maybe, but old wiring, and equally old plumbing. Not that I discourage the purchase of old houses, to the contrary, I love old houses. It is a rarity to find new builds with any genuine personality. It is simply to say, be aware. In my opinion, words like "cozy", "vintage", and "charming" often equate to considerable renovation dollars. Do not bite off more than you can chew. COMPLETE HOME RENOVATIONS ARE RARELY IF EVER DONE IN ONE 30-MINUTE OR HOUR WINDOW.

**While  
at the OPEN  
HOUSE take notes;  
take pictures if  
allowed; and take  
measurements!"**

My apologies, got off on a little tangent there... After the OPEN HOUSE ... Now, you are back in your apartment, swiping through the dozens of pictures you took while out on your quest to find the perfect house. Ahhh, the living room and master bedroom are so spacious, but what are those weird spots in your picture. Is the phone screen dirty? No, it is fine, however your hi-def photo enhanced the highlights and lowlights that could be the sign of a quick and/or shotty paint job. Hmm, what else? Didn't notice that similar weird shading, but on a larger scale, on the ceiling? Could it be that there was a recent paint job to cover up WATER DAMAGE? Are the floors relatively level? Paying attention to small imperfections could be a roadmap to issues of what you want no part. Scrutinize this purchase like your life depended on it because it does! Your financial life anyway. Remember first homebuyer, this may be your first step to building wealth. Be patient, be diligent, and choose wisely.

Good luck on getting your piece of the American pie!

Next month, which renovations to complete first.

# The Seven Chakras & Reiki Healing Balances

By: Lana Shapiro, Holistic Life Coach, Shapiro Holistic Health



## YOUR SEVEN CHAKRAS

Chakras are a part of a spiritual energy system located within your body. The word “chakra” literally means “wheel” as it translates from Sanskrit. This chakra system originated in India between 1500 and 500 BC. There are seven main chakras that run along the spine, neck and top (crown) of your head. Each of the chakras correspond to specific organs within the body as well as influencing your physical, emotional and spiritual health. All humans are energetic beings, and although there is very little scientific evidence that support energy healing concept – there is a belief that when the chakras are fully opened and aligned, life-force energy is able to flow freely.

### ROOT CHAKRA

Root chakra (Muladhara) is located at the base of your spine, it is often represented by the color red, and mainly associated with grounding, security, safety, and survival. When blocked – it may be experienced in the form of anxiety, fear, nightmares, feeling disconnected from the world around you. Physically it may manifest in problems with colon, bladder, lower backs, and leg/feet pain.

### SACRAL CHAKRA

The sacral chakra (Svadhithana) is located just below your belly button, it is represented by the color orange, and mainly associated with pleasure, passion,

emotions. When blocked you may be feeling uninspired creatively, experience emotional instability, physical sexual disfunction, addictive behaviors, depressive feelings.

### SOLAR PLEXUS CHAKRA

The solar plexus chakra (Manipura) is located in your stomach area, it is represented by the color yellow, and mainly associated with self-esteem and individual power. When blocked you may experience feeling of low self-esteem, difficulty with decision making, anger issues, procrastination. Physically it may show up as digestive issues.

### HEART CHAKRA

The heart chakra (Anahata) is located near your heart, in the center of your chest, represented by the colors green or pink, associated with love, compassion, forgiveness and spiritual awareness. When blocked you may experience grief, anger, jealousy, fear of betrayal, hatred towards self and/or others. Physically it may show up with chest, breast, heart, and lung pain/discomfort.

### THROAT CHAKRA

The throat chakra (Vishuddha) is located in your throat, represented by the color blue, it is associated with our ability to communicate verbally, speak our truth. When blocked you may find it difficult to clearly communicate

and express yourself verbally, experience fear of judgment from others. Physically it may show up as problems in your throat, neck/shoulder discomfort, headaches, jaw pain.

### THIRD EYE CHAKRA

The third eye chakra (Ajna) is located between your eyes, it is represented by the color indigo, it is the chakra that governs your intuition and the ability to tap into your higher self. When blocked, you may have difficulty accessing or trusting your intuitive feelings. Physically it may show up as headaches, dizziness, and other brain health issues.

### CROWN CHAKRA

The crown chakra (Sahasrara) is located at the top of your head, it is associated with the color purple and associated with your spiritual connection to yourself, others, and the universe. It also plays a role in your life's purpose. When blocked you may experience feeling disconnected, lack energy, lack feelings of purpose in life.

### WHAT IS REIKI AND HOW IT CAN UNBLOCK/BALANCE YOUR CHAKRAS


Reiki is an energy-healing modality originated from Japan. It involves a practitioner using hands-on or -off technique of channeling life-force energy from the Universe onto the recipient. In Reiki, the practitioner acts as a conduit of energy transfer. In a world full of stress and negativity, our chakras get blocked when they come in contact with negative influences. A "block" is a place where your energies are confined or forbidden to flow freely. If the energy cannot flow freely, that is a major source for any type of illness and mental diseases. Reiki meditation helps you to declutter those blocks and get the energy flowing. When the energies flow freely, it helps your body to create harmony within and it releases imbalances created by negative influences. During a reiki session, the practitioner will spend 3-5 minutes channeling reiki to unblock stagnant energy and allow it to flow freely.

Most practitioners will use their intuition to feel which chakras require more time and attention during a reiki session. Additional tools such as guided meditation, crystals and essential oils may be incorporated into a reiki session. As with any other modalities, Reiki becomes more effective with recurrent treatment sessions, although many people experience constant relief from a single session.

## September 2022

### 21st Annual Niagara Celtic Heritage Festival & Highland Games

 Niagara County Fair Grounds  
4487 Lake Avenue, Lockport 14094

 September 17-18, 10 AM — 10:30 PM daily

*Adults – online \$12-28, at gate \$15-33 CASH ONLY*

*Kids under 12 – FREE*

For information, [niagaraceltic.com](http://niagaraceltic.com)

### Borderland Music + Arts Festival


 Sep. 17th - 18th, 11 AM - 11 PM


 Knox Farm State Park

*music, art, food and more.*

For more info and ticket purchasing options, visit: [borderlandfestival.com](http://borderlandfestival.com)

### NERDS GONE WILD at Williamsville Oktoberfest

 Island Park  
5565 Main Street, Williamsville, NY


 Sep 16, 7 PM - 11 PM

*Playing New Wave favorites and 80s hits*

For more information visit: [nerdsgonewildwny.com](http://nerdsgonewildwny.com)

### The Great Pumpkin Farm

 11199 Main St, Clarence 14031

 Sat, Sep 17 - Mon, Oct. 31  
Daily from 10AM to 7PM

*Free Admission on Weekdays;  
On weekends & Columbus day:  
\$12 per person (kids 2 and under are free, 65+ years \$10)*  
[greatpumpkinfarm.com](http://greatpumpkinfarm.com)

## Event Calendar

# Five Foods to Avoid at Night

By: Katy Siwinski

From early morning risers to late night prowlers, it can be agreed that once we finally decide to lay our heads down, we want to sleep. But did you know that the food you eat before bed can affect your ability to get a good night's sleep? There's nothing wrong with a nighttime snack, but choose wisely, or else you may be tossing and turning in bed for a while. Here are some foods to avoid late at night.

## Red Meat

Red meat is loaded with protein and fats that will make your body work hard throughout the night. If you want a good night's sleep, you want your body to be at rest when you go to sleep. Meat takes longer to digest than any other food, so it is best to avoid them at nighttime. This is not saying to avoid red meat, all together. Red meats have high levels of iron and tryptophan, which is important for one's daily intake of food. Simply avoid this type of food close to bedtime.

## Cereal

Most cereals are high in sugar and carbohydrates. This can cause a spike and crash in your blood sugar levels, leaving your body feeling very off. This is not a good way to maintain your levels before bedtime. If you feel like cereal is the answer for your late night snack, pick a cereal with whole grains and low levels of sugar.

## Chocolate

Chocolate is loaded with calories, sugar, and caffeine. It's not particularly a very filling snack, either. You may crave it, but that doesn't mean you're hungry. Your sweet tooth is simply looking for some attention. Chocolate also contains stimulants, such as theobromine, which is known to increase one's heart rate. If you insist on satisfying this craving at night, give white chocolate a try. It does not contain theobromine and usually has low caffeine levels.

## Spicy Foods

Spices are a natural cure for a variety of ailments, but should be avoided when craving something late at night. Spicy food may upset your stomach, which is never fun when trying to peacefully fall asleep. Chemicals in spicy food may also stimulate your senses, which will make it even harder to fall asleep.

Most of these foods are high in fat and calories, too. If you can't satisfy your late night craving for spicy food, try making a cheese quesadilla with corn tortillas, low-fat cheese, and cooking spray. If that isn't enough, there are low calorie frozen burritos out there that can satisfy that spicy desire.

## Chicken

Chicken works alongside with red meats on the nighttime snack list. Chicken is loaded with protein that will force your body to work harder during the night while you are trying to rest. It is said that your body digests food 50% slower when you are asleep, compared to when you are awake. Once again, do not avoid chicken all together.

Chicken aids in maintaining vitamin and mineral levels, losing weight, and reducing the risk of cancer. Simply avoid eating chicken when you're about to go to bed.

There are a variety of benefits and disadvantages of food, but it is important to be careful with what you consume before bedtime. It is also recommended to avoid caffeine, alcohol, and soda before bedtime. These three things work alongside each other for the fact that they are usually empty calories that can trigger heartburn and stomach aches. If you really are craving something to drink before bed, try low or non-fat milk, hot tea, or water. It may not satisfy your cravings, but you'll definitely get a better night of sleep, and that's what matters most.

**“If you really are craving something to drink before bed, try low or non-fat milk, hot tea, or water.”**





# Four Great Ways To Brighten Your Day

Things in Buffalo to Make You Happy, by Sue Perbody



● Go for a walk/hike. From Canalside to Liberty Island to Niawanda Park, Buffalo is filled with scenic trails weaving through nature, city skylines, and suburban landscapes. For more advanced hikers, there are more adventurous and challenging trails like Zoar Valley, the Niagara Gorge, and Chestnut Ridge. Plug in your headphones and pull up Spotify's "Confidence Boost" playlist, or use your own upbeat, positive music to complete your hiking experience with the perfect soundtrack.

● Read a book. Not everyone loves the outdoors, but through the power of a good book, you can go on an adventure without ever leaving your home. If you've already read everything on your bookshelf, take a stroll through Barnes & Noble and settle down in their café by the fireplace to start a new adventure. Or check out Pulp 716, a comic book café in Lockport where you can sip coffee and bubble tea while reading your favorite vintage comics.

● Take a coffee break. Speaking of coffee, why not settle down in a local coffee shop with your favorite latte or hot chocolate? You can spend some time alone or with friends, and the caffeine will give you an energy boost to help you through the rest of your day. Go mainstream at Starbucks, Tim Horton's, or Dunkin Donuts, or try someplace more unique like Spot Coffee, Daily Planet Coffee Co., or Caffe Aroma.

**"From Canalside to Liberty Island to Niawanda Park, Buffalo is filled with scenic trails weaving through nature, city skylines, and suburban landscapes."**

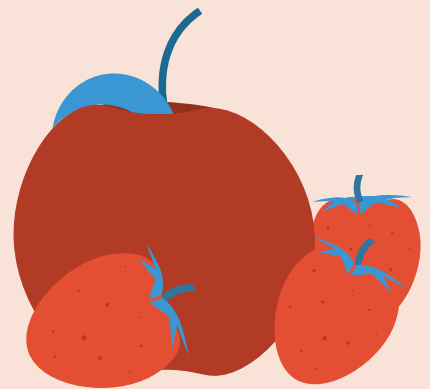
● Go for a photo shoot. Take a quick trip to the nearest beach, park, or city square and model your newest outfits for the camera. Or if you prefer, adjust the lighting and snap some selfies in the comfort of your own home. Get a new look for your social media accounts and spend time with your friends in the process. While you're at it, update your Facebook profile picture. Refreshing your online profiles is a great way to lighten the mood.

# Maintaining Healthy Cholesterol Levels

*Keeping your heart and arteries healthy*



Keeping a healthy diet

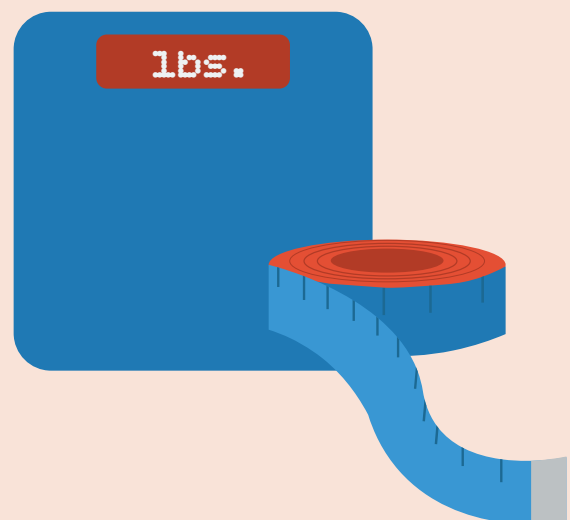


Exercising and staying active



Don't Smoke

Maintaining a healthy body weight



# Maintaining Healthy Cholesterol Levels

By: Dr. Riffat Sadiq & Elizabeth Hatcher



**We hear about cholesterol all the time. What exactly is it, and what do I need to know?**

Cholesterol is an essential chemical compound belonging to the steroid family that the body requires as a building block for cell membranes, Vitamin D and for hormones like estrogen and testosterone. Your liver produces about 80% of the cholesterol in your body and it is present in all blood plasma and in all animal tissues.

## **If this is a compound that is essential to life, why is it harmful in some people?**

It is important to have the right amount of cholesterol in your body. It is a wax-like substance and normally your body can handle too much cholesterol but sometimes the system that controls it can break down and this can cause a build-up of plaque in your arteries that slows the flow of blood to the organs in your body.

It is important to see your primary care physician at least once a year to help manage your health and risk factors. It is particularly important as you get older to have your cholesterol checked. A blood test will show your lipid panel results for HDL (high-density lipoproteins) or good cholesterol and LDL (low-density lipoproteins) or bad cholesterol. Talk with your healthcare provider about your results and what lifestyle changes might be taken to improve your health. The more you know about your risk for cardiovascular disease the more chances you will have to prevent major health issues in the future.

## **What foods should I eat and what should I avoid?**

Cholesterol is also ingested when you eat certain foods that are high in cholesterol. Certain foods that are high in cholesterol are nutritious like eggs, cheese, shellfish, pasture-raised steaks, organ meats, full-fat yogurt and can be eaten by most people but need to be eaten in moderation by those with high cholesterol. Everyone should try to avoid fried foods, fast food,

processed meats and desserts which are high in cholesterol, salt, and sugar, and lead to obesity, type-2 diabetes and cardiovascular disease. According to the National Institutes of Health there are certain foods that can help lower your cholesterol:

- Soluble Fiber foods – beans, legumes, whole grains, flax, apples and citrus
- Fruits and vegetables
- Herbs and spices – garlic, turmeric and ginger are packed with nutrients – for example one clove of garlic a day can reduce your cholesterol level by up to 9%.
- Unsaturated fats like avocados, olives, fatty fish and nuts
- Drink green tea

Following a Mediterranean-style diet for three months can reduce your bad cholesterol (LDL) levels. The diet includes lots of vegetables, whole grains and herbs with low levels of red meat. Healthline.com has lots of information on what to eat on a Mediterranean-style diet.

Avoiding ingredients like trans fats and added sugar while increasing your quantity of fruits and vegetables can help lower your bad cholesterol levels and keep your cholesterol at a healthy level.

Diet changes, such as eating more fruits and vegetables, cooking with herbs and spices, consuming soluble fiber and loading up on unsaturated fats, can help lower cholesterol levels and reduce these risks.

Avoid ingredients that increase bad (LDL) cholesterol like trans fats and added sugars to keep cholesterol in healthy ranges. Regular exercise and maintaining a healthy weight level will also help raise your good cholesterol (HDL) levels leading to a healthier lifestyle.

Source of Information: Cleveland Clinic, Healthline.com

# Media Corner: A Netflix Review of What We Do In The Shadows (Season 4) & Sandman (Season 1)

By: Alex Tilton

Back when I reviewed season 3 of 'Shadows' I said that while I didn't know how many seasons of this masterpiece of dark comedy we would get, I hoped for six or seven. Midway through the current season (4) FX renewed it for both 5 and 6.

It was anything but guaranteed. Netflix has continued its grand tradition of TV infanticide and HBO's new parent company is killing off properties left and right in a desperate bid to get out of debt. We no longer expect a show to get renewed just because it was good. We now expect them to get canceled for being anything less than a smash hit. If you're not *Squid Game*, *Stranger Things*, *House of the Dragon* or *The Boys* then your future is in considerable doubt.

But FX seems to know what it's got on its hands with 'Shadows'. The creators have retained their freedom to do unapologetically dark adult comedy, and they've given their writers and actors the freedom to deliver that comedy at its peak. Season 4 of 'Shadows' delivers much of the same as the past three seasons, essentially demolishing my fears that it would decline like so many other shows have done. This season did have one irritation though. Or at least it felt like it was going to.

Season 3 ended on a cliffhanger with the vampires going their separate ways to explore the world. So, I thought season 4 would be a radical departure with each of them doing their own thing. I was wrong.

The first episode of the new season hand waves the previous season's ending, but gets away with it without making me mad. They simply declare that the vampires individual journeys didn't work out so well and they all decided to say forget it and go back home. And if you know these characters then you know that this is exactly what they would do. Yes, it's a cheap way of getting them all back together under more or less the same circumstances as before, but it works so well I can't hold it against them. Every episode is good, but my particular favorite is called 'The Night Market', because of how gleefully absurd and violent it is. I have no complaints; the show continues to be the standard to which other comedies aspire. Or should.

On the dramatic front I watched season one of *Sandman* on Netflix. In spite of having a similarly devoted fanbase to *Cowboy Bebop*, *Sandman* avoided the fanboy wrath *Cowboy Bebop* suffered by (mostly) copying the graphic novels scene for scene.

I'm not *complaining* exactly, it's just that there aren't any surprises. If you've read the comics, then you know precisely what'll happen and when. It was, of course, done with a reverence for the source material and with superb casting, but still...I'd hoped for an interpretation rather than a remake.

But if this is what'll get it renewed for season 2 then I'm down for it because season one was nearly flawless. The only real issue I had with it is that I happen to find Patton Oswalt annoying and choosing him to be Dream's companion crow irritated me a lot. He also gets some hammy audience surrogate dialogue that took me out of the moment a few times. But it was necessary to keep newcomers to *Sandman* informed enough to follow the plot.

The sky-high production costs that put *Sandman* in jeopardy of not getting a season 2 paid off visually and aesthetically. The thing is as visually glorious as any show you're going to watch except possibly *The Expanse*. Tom Sturridge was a superb choice to play Dream, The Corinthian was flawlessly played by Boyd Holbrook, Vivienne Acheampong nailed the part of Lucienne and even the minor part of Fiddlers Green was perfectly filled by Stephen Fry.

Nothing is certain given Netflix's current financial problems but this show has as good a chance as any serious (and expensive) drama to continue and flourish. Maybe they can siphon off some *Squid Game* profits to keep it afloat. One can only hope.

**"The first episode of the new season hand waves the previous season's ending, but gets away with it without making me mad."**

The Netflix logo is displayed in a bold, red, sans-serif font against a black rectangular background.

# Building Business Strategies

By: Faizan Haq, Executive Editor, Your Bliss Magazine



Strategy is the key factor that makes or breaks a business. Before you indulge in strategizing, one should know the priorities of the business. It requires you take a complete account of your business's vulnerabilities, objectives and resources at hand. One should also take into consideration the competitors and their possible advantages over one's business. When devising a strategy, along with objectives, one always must take into consideration organizational capacity as well as the capacity of its leadership.

The areas of leadership deficit must be identified and a plan should be put in place to make up for those shortcomings. A common sense approach will be to create teams of people with diverse strengths, to complement their efforts. A business strategy is like playing a game of chess with multiple players without fully knowing their countermoves. One is constantly challenged with internal and external challenges that may cause diversions and prevent the organization from achieving its goals and objectives. At this juncture, it is a must that the leadership keeps a clear vision and focus on the organizational mission.

It is highly recommended to have defined values by which the organization is going to meet those challenges and overcome difficulties. Once the vision is clear and well defined, with values in place, long-term and short-term goals can be effectively achieved. Defining these goals again will require a sound and practical but ambitious strategy to be in place. The confidence of leadership is tested through the strategy that they choose to lead their organizations with.

Mistakes and difficulties and at times failures do not necessarily reflect on the abilities of the leadership. However it requires for them to keep their mind open about tweaking and adjusting the strategic plan for the organization.

**SUN SPIN MEDIA**

Print  
Design  
Video  
Marketing  
Photo

SunSpin Media is here to serve all your media needs with dedicated creatives, committed to quality, efficiency and creativity, to exceed your expectations.

- ✓ Quality
- ⌚ Efficiency
- 💡 Creativity

4011 Bailey Ave, Amherst, NY 14226  
(716) 775-7776 • sunspinmedia.com  
ssm@sunspinmedia.com

**PAID INTERNSHIPS AVAILABLE NOW!**

**MYB**  
Manage Your Business

5792 Main Street  
Williamsville, NY 14221  
hiring@manageyourbiz.com  
(716) 923-4385 • manageyourbiz.com

**OLIVE TREE FAMILY SERVICES**

4012 Bailey Avenue  
Amherst, NY 14226  
offs@olivetreefs.com  
(716) 332-1637 • olivetreefs.org

# Mexican Street Corn Guacamole

Recipe Source: [Celebratingsweets.com](http://Celebratingsweets.com)



## Ingredients

- 1 cup cooked and cooled fire roasted corn, fresh or frozen see note
- 2 tablespoons sour cream
- 1 tablespoon fresh lime juice
- teaspoon chili powder
- 2 tablespoons crumbled cotija cheese
- 2 large avocados, mashed
- 1 teaspoon finely minced red onion
- 1 clove small garlic, finely minced
- 2 tablespoons diced tomato
- salt and black pepper
- Garnish: additional crumbled cotija cheese, chili powder and/or chopped cilantro
- Tortilla chips, for serving

## Directions

1. In a medium bowl, combine corn, sour cream, lime juice, chili powder, cotija cheese, and a pinch of salt. Stir to combine. Set aside.
2. In a separate large bowl, combine mashed avocado, red onion, garlic, tomato, ½ teaspoon salt, and a pinch of black pepper. Once that's combined, stir in a little more than half of the corn mixture. Taste and add more salt if necessary. Transfer to a serving bowl. Spoon the remaining corn mixture on top of the guacamole and sprinkle with additional cotija cheese, chili powder, and/or chopped cilantro. Serve immediately or refrigerate tightly covered for an hour or two (any longer and it might begin to turn brown).

# 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!**



## Lead Your Best Life by Managing Your Diabetes.

Your primary care doctor is your first line of defense in managing your condition. Our experienced team at WNY Medical will partner with you to provide the proper preventive care measures to help you manage your diabetes.

*We are here to serve you!  
Call us today to schedule an appointment.*



**Amherst**  
4979 Harlem Road

**Amherst**  
4985 Harlem Road

**Buffalo**  
135 Grant Street

**Depew**  
3218 Walden Avenue

**Derby**  
6970 Erie Road

**Cheektowaga**  
3884 Broadway Street

**Grand Island**  
2261 Grand Island Blvd

**Lackawanna**  
2600 South Park Avenue

**Orchard Park**  
3320 N. Benzing Road

**Orchard Park**  
3595 Eggert Road



**WNY MEDICAL, PC**

**(716) 923-4380 | [WNYmedical.com](http://WNYmedical.com)**