



FREE

Local Business Spotlight

*Dedicate Your Dreams into
Your Business to Help Others*

Your First Home

*What to Buy & What to
Do When Searching*

Breast Cancer

*Learn How to Properly
Perform Self-Exams*

Indigenous People

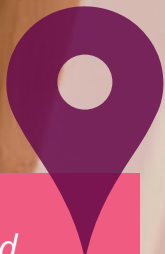
*Realize the Roots of our
Surrounding Culture*

Immediate

Job Opportunities!

October 2022





Have You Scheduled Your Annual Mammogram?

Our practice takes pride in serving the women of Western New York with easy access to a mammogram bus. Mammograms are key to successful early detection of breast cancer. It is recommended to begin testing for breast cancer at age 40. Scan the QR code to see where the bus can be found in the coming months.

*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



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

© 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
Deanna Rowser
Jordon Stockwell

Contributors

Shaquan Davis
Steven Vulpis
Sara Loft
Allison Gillette
Elizabeth Hatcher
J'arod Davis
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: Voluptuous Nail Resort
5	Financial Planning Month
6	Indigenous People: The Iroquois in America
7	Home Purchasing Basics 101: Part 3
8	Benign Lumps
9	Breast Cancer Self-Exams
10	Modern-Day Cybersecurity
11	The Savior of All Halloween's Eve
12	Media Corner: House of the Dragon
13	Chipping Away Strategy
14	Recipe: White Chicken Chili
15	Coloring / Activity Corner
15	Dera Is The Best Food

Business Spotlight

Voluptuous Nail Resort

Shaquan Davis, Owner/Founder

4023 Bailey Avenue, Amherst, NY 14226
(716) 301-5557 | VoluptuousNailResort@gmail.com



LOVE
RELAX
RECEIVE
CARE

I am Shaquan Davis, I have been in the beauty enhancement industry for 7 years.

My business mission is to provide a professional yet relaxing experience to my clients. We offer a variety of personal care services for the body, hands, and feet.

We are here to professionally service your beauty needs. We make sure you feel uplifted & educated on the services that we provide you with. We aim towards excellence in customer care diversity, quality, and versatility in our skill set. You will be provided a personalized experience based on your individual needs, with the option to choose from a variety of our pampering services.

Welcome to your destination of relaxation.



Voluptuous Nail Resort is a Gratuity-Free Business (Though your tips are appreciated!)

What made me want to pursue this kind of business is the whole relaxation experience facials, waxing, and pedicures. It gave my mind so much relief and satisfaction when receiving quality services. What makes me stand out from my competitors is the quality care and time I put into each client's service.

At Voluptuous Nail Resort we also make it our priority to do not only what the client wants but what is needed as well: from offering nail care treatments to exclusive custom designs and innovative marketing strategies that keep our clients encouraged and informed with their own personal care.

Financial Planning Month: Savings Accounts

By: Steven Vulpis



Almost everyone has heard the term “Savings Account” before, but what is a savings account? Simply put, a savings account is a place to put your money so that it grows interest over time. In a savings account it is harder to access your money than it is to access in a regular checking account. So why would you put money in an account that makes it difficult to take the money back out? The main reason is inflation. Inflation rate hovers at around 8.3% and constantly devalues your dollar. Interest rates have not kept up with the rate of inflation so do your research online to find the best rates available.

There are many types of savings accounts but the three most common are deposit savings accounts, money market accounts and certificates of deposit. The deposit savings accounts are the simplest of the group. These types of accounts can usually be started with a small minimum deposit. These accounts also have the highest liquidity of the three. This means that it is easier to turn the money in your savings account into cash in your pocket. However, it is not recommended to take money out of your savings account unless in case of an emergency. Unfortunately, due to the high level of liquidity in deposit savings accounts, these accounts also earn the least amount of interest. Money market accounts are similar to deposit savings

accounts in that they both require an initial deposit into the account. However, for money market accounts this initial deposit is usually required to be much higher than a deposit savings account. It is also possible that the bank will fine you for not keeping a certain minimum amount of money inside your money savings account. The upside of these accounts compared to deposit savings account is the interest you earn.

“
It is not recommended to take money out of your savings account unless in case of an emergency.
”

The last type of savings account, Certificates of Deposit have extremely low liquidity but offer the highest interest rate of the three. Certificates of Deposit are purchased with a specific maturation period. The maturation period is chosen by you and can vary between all different time lengths. If you were to withdraw your money from the certificate of deposit there is normally a large fee to do so, thus it is recommended to use a shorter maturation period if this certificate of deposit is your emergency fund. Finally, for certificates of deposit if you do not withdraw your money within a certain time period after the maturation period the bank will reinvest your money into another certificate of deposit for the same term. This allows the interest to compound which leads to more money in your account.

We Are Still Here: Honoring Indigenous Peoples of America

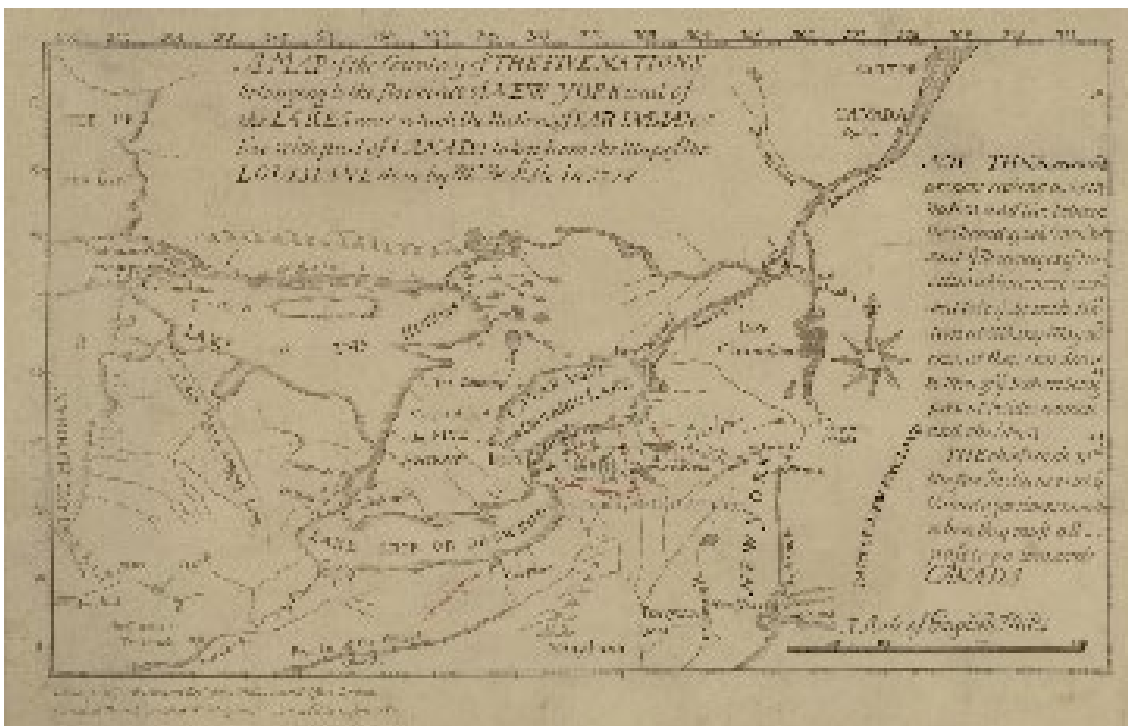
By: Sara Loft

The birth of a nation's independence does not factor in the birth of society and the Indigenous people. Indigenous people still remain in their countries. In fact, several Indigenous people have migrated to other locations for their survival. Still to this day, some Natives living on their land continue to practice their traditional roots, various customs and rituals. Despite the horrors... against all odds, the majority of Indigenous people remain proud of their heritage, cultural values and resiliency to this day. They have faced oppression, genocide, diseases and pressure to conform their values to mold into society. Is this the spoken word of life? I fully disagree!

Before notable discoveries, writer George Elmore Reaman admits that "the origin of the American Indian is obscure. ... The Indians came in bands, crossing from Siberia to the Seward Peninsula of Alaska before, during and after the last Ice Age, when Asia and America were joined by land. The North American Indians can be divided into seven cultural areas: Eastern Woodland, South-eastern, the Plains, the South-western, the Plateau, the California and the North Pacific." One of the Eastern Woodland Indians are known to be the Iroquois people (or called the Haudenosaunee; People of the Longhouse). The Iroquois Confederacy consisted of Five Nations before the Sixth formed in the 18th century. The original Five Nations are: the Mohawk, Onondaga, Oneida, Cayuga, and Seneca. The southern Tuscarora was the last addition to the confederacy. The Iroquois mostly remain locally here in the Western New York region but we are scattered across the entire state, northern Pennsylvania as well as parts of the Ontario province in Canada. There are probably more of us than acknowledged. An American ethnologist W.M. Beauchamp cited a narrator David Cusick (a Tuscarora

tribe member) that the Iroquois was "in the reign of King Atotarho IX , perhaps 350 years before Columbus discovered America. [They became] a powerful nation, occupying the country lying between the Genesee and Niagara rivers." In fact, the Mohawk, has been considered to own the oldest language of the entire confederacy. A few centuries later, there was a French navigator named Samuel de Champlain recorded as the first European settler who created maps and marks of the Iroquois Nation. Wars broke out including the famous American Revolutionary War. However, after the American Revolutionary War, Mohawk Indian Captain Joseph Brant led a handful of people for survival to the now Ontario province in Canada departing New York state.

In the 2010 Census, more than 45,000 are enrolled as Six Nations people living in Canada. However, we have over 81,000 members in the United States alone. Regardless of race status, there are large amounts of people who are at least part Native American Indian. The Indigenous peoples are not to be dismissed but recognized for their existence. Last year on October 8th, President Joseph R. Biden Jr. has proclaimed the very day as a national day to honor and forevermore celebrate Indigenous Peoples' Day. "They hold vital ancestral knowledge and expertise on how to adapt, mitigate, and reduce climate and disaster risks." This is an example of the great things Native Americans do to help our nation, words from President Joseph R. Biden Jr. In my humble opinion, I was pleased to hear about this proclamation because it brings unity and equality among the entire race. They hold vital ancestral knowledge and expertise on how to adapt, mitigate, and reduce climate and disaster risks. After all, we all are part of the same race – the human race!



The original Five Nations are: the Mohawk, Onondaga, Oneida, Cayuga, and Seneca. The southern Tuscarora was the last addition to the confederacy. The Iroquois mostly remain locally here in the Western New York region but we are scattered across the entire state, northern Pennsylvania as well as parts of the Ontario province in Canada.

Image Source: Darlington map collection, Archives Service Center, University Library System, University of Pittsburgh, Pittsburgh, PA US

Home Purchasing Basics 101: Part 3

By: Deanna Rowser



What type of homebuyer are you? Choosing what type of house to buy for your first home can be as important a choice as the decision to buy versus rent. There are several factors to take into consideration when choosing your first home:

Ask yourself if you are a person who loves to take on projects. Then ask yourself if you are a person who FINISHES projects. **There is a difference.** If you are contemplating taking on a fixer-upper, you need to have access to the time, skills, and resources to complete the job in a timely manner and to code.

What if you are an older first-time homebuyer? Do you need to consider how you intend to “age” in the home? Then you might consider purchasing a single-level ranch-style home or a home with a first-floor master bedroom and a same-level laundry.

Does the idea of having assistance paying your mortgage appeal to you? Also, does the idea of evicting a tenant make you feel uneasy? Purchasing a multi-family home might be an option but know that not everyone is cut-out to be a landlord. However, a big perk to purchasing a multi-family as your first home, is that when you are ready to purchase a single-family home, it would be as if you are purchasing a first-home again, eligible for first-homebuyer interest rates and incentives. Whereas, if you buy a single-family home first and a multi-family home second, the multi would be considered an investor property and would be subject to a larger down-payment and higher interest rates.

Do you need to consider accommodations for your extended family? At least two-and-a-half bathrooms is necessary for minimum harmony in a multi-generational household.

In today’s post-pandemic world, do you need a home office where you can work quietly or a dedicated space for homeschooling? Then a spare or bonus room, a finished basement or attic will be a must. Make sure the house is wired for internet and gets great reception.

There are so many factors about your lifestyle that you need to consider when choosing the type of home to buy to ensure that it will serve your existing needs and address many of your future needs as well. Doing so will reduce the amount of stress and headache you will experience while you make your new house a home.

Now that we have decided on the type of house, what to tackle first? The general rule is the exterior. If there are any deficiencies on the exterior left unaddressed, they may negatively impact any work you are considering on the interior. Make sure the roof, windows, gutters, and foundation are sound. If any of those items need to be addressed, **do so immediately.** In multi-level houses, it is easier to work from the top down than the bottom up. This will generally keep you from having to re-open walls and pay for double labor. Upgrades to the plumbing and electrical systems, if necessary, must be among your priorities. In this cold-weather zone, the heating and cooling systems need to be fully functional and efficient. None of these items are inexpensive undertakings, but all are extremely important in ensuring any cosmetic or structural changes you are considering are not completed in vain.

Next month, defining and designing the renovation.

Benign Lumps

By: Dr. Riffat Sadiq

Many women are aware of the importance of breast self-exams for the early detection of breast cancer. A woman finds a lump, it is important that she contact her health care provider immediately to have the lump examined. But if the lump is not cancer, what is it? There are three types of benign lumps. Cysts are non-cancerous collections of fluid that develop anywhere in the breast tissue. Fibroadenomas, which are also benign, are a group of cells that often develop closer to the surface of the breast, and usually in younger woman. Pseudo lumps may be scar tissue, fat, or simply a rib bone pressing into the breast tissue and compressing it. They often appear after any type of breast surgery.

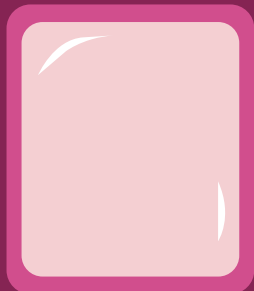
Women experience various kinds of breast lumps and other changes that normally occur during the menstrual cycle, during pregnancy, and with aging. Some studies show that the chances of developing benign breast changes are higher for women who have never had children, have irregular menstrual cycles, or have a family history of breast cancer. If you discover a lump in your breast be sure to contact your primary care doctor for further diagnosis. Early detection can save lives. For more information or to schedule an appointment with WNY Medical, please call our office at 716-923-4380.

Breast Cancer Awareness

Self-examinations can help in prevention. When performed monthly post puberty. Which can be performed in 3 different ways:



In The Shower



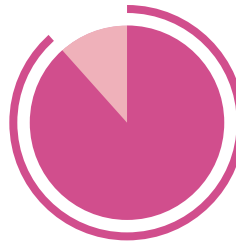
In front of a mirror

Lying Down



1/8

Women in the U.S. are diagnosed with Breast Cancer in their lifetime



About 85% of breast cancer occurs in women who have no history of breast cancer.



Breast cancer is the second leading cause of cancer death among women



A woman's risk of breast cancer nearly doubles if she has a first-degree relative who has been diagnosed with breast cancer.



Breast Cancer Self-Exams

By: Dr. Riffat Sadiq

Breast cancer is one of the leading causes of death in females. According to breastcancer.com about 1 in 8 women will develop the invasive form of breast cancer. In 2017 252,710 women have been reported to have developed breast cancer.

This type of cancer can be prevented with regular self-examination.. It is recommended that people have a mammogram after they turn 40 but self-examination after you hit puberty is the best time to begin. See below for tips on how to do a self-examination and if you find something suspicious you should consult your doctor immediately. The earlier the diagnosis the better the outcome. Every adult woman should perform the test at least once in a month. According to research at Johns Hopkins Medical Center “Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.”

The three ways that you can do a self-examination are explained below: (please consult your doctor for any questions or concerns regarding the self-examination)

1) In the Shower

Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to

Breast Cancer Awareness Month, Self-Exam Tips, Benign Lumps + More

the center, checking the entire breast and armpit area. Check both breasts each month feeling for any lump, thickening, or hardened knot. Notice any changes and get lumps evaluated by your health care provider.

2) In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high above your head..Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few woman’s breasts do, so look for any dimpling, puckering, or changes, particularly on one side.

3) Lying Down

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

“
Forty percent of diagnosed breast cancers are detected by women who feel a lump.
”

Don't delay! Early detection saves lives.

Cybersecurity in the Modern World

By: Jordon Stockwell

Despite being identified in boardrooms for years as a business issue, IT leaders are still primarily responsible for cybersecurity. The capacity to react fast and accurately to constantly evolving attacks that can hit anywhere within an organization's IT infrastructure is necessary to defend against modern cyber threat activities. Cyber risk incidents can have expensive operational, financial, reputational, and strategic impacts on a business. As a result, conventional security solutions are no longer as effective, and the majority of businesses must now increase their cybersecurity efforts. Organizations require an integrated security architecture that can support automated and coordinated threat prevention and response across the entire corporate IT infrastructure, full security visibility, and access to real-time threat intelligence.

Common Cybersecurity Attacks:

1. Phishing Attacks -

Attackers persuade authorized users with the appropriate access credentials into performing an action that lets unauthorized users in and allows them to transfer data and information out (data exfiltration).

2. Account Breaches Due to Compromised Passwords-

Unauthorized users utilize software or other hacking tools to find frequently used passwords that they can use to access private assets, data, or systems.

3. Network Related Attacks -

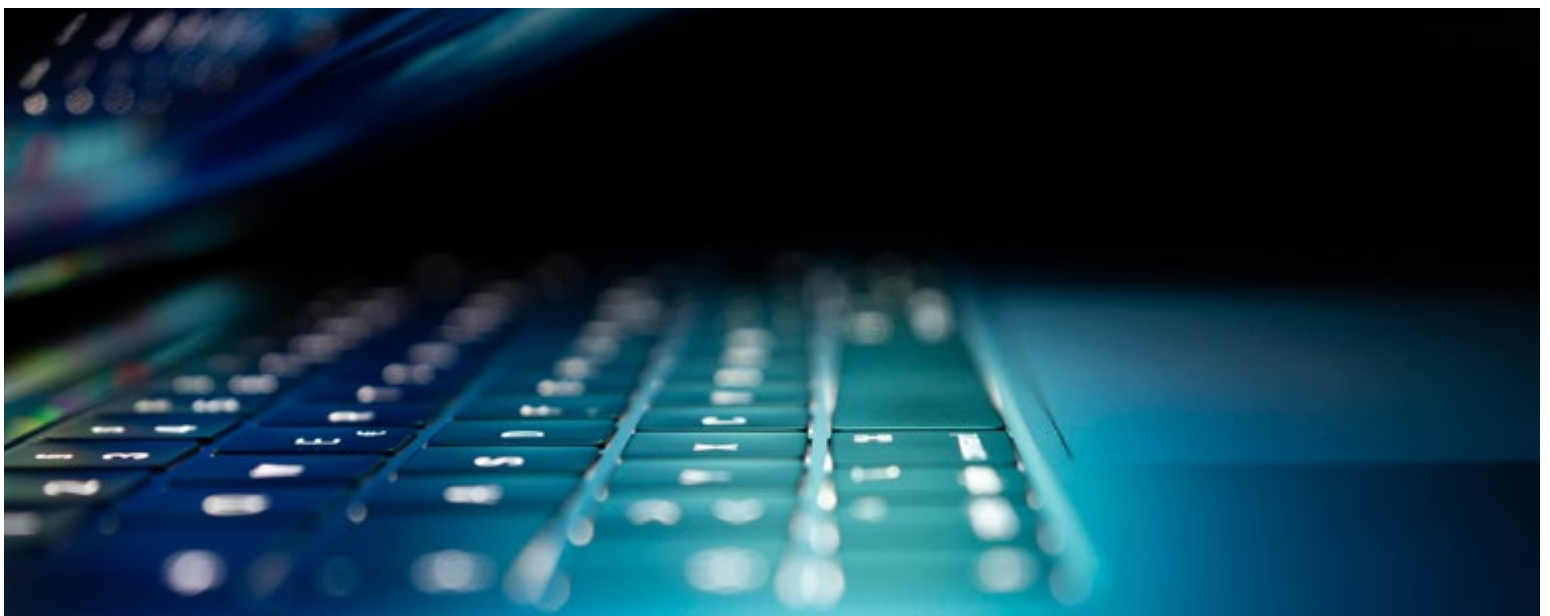
Failure to encrypt messages inside and outside

an organization's firewall could allow attackers to eavesdrop on unencrypted network traffic, divert, or interrupt traffic.

So why does an organization's cybersecurity fail? Simply put, the failure of cybersecurity is a result of insufficient controls. There is no organization that is completely secure, and unfortunately malicious people or threats are outside of their control. Only investments and priorities in security preparation are under the control of your organization. Notably, cybersecurity concerns heavily involve the human aspect. Cybercriminals have perfected the art of psychological manipulation, and they use increasingly sophisticated techniques to persuade employees to click on dangerous links.

Cybersecurity is associated with a variety of different business risks, while both the threats and the technologies are expanding rapidly. Given this, a variety of stakeholders must collaborate to guarantee the proper level of security and prevent blind spots. The responsibility for cybersecurity still mostly rests with IT management, despite the rising perception that it is a business risk. "A 2021 Gartner survey found that the CIO, CISO or their equivalent were held accountable for cybersecurity at 85% of organizations. Non-IT senior managers held accountability in only 10% of organizations surveyed, and only 12% of boards have a dedicated board-level cybersecurity committee." CIOs should collaborate with their boards to make sure that all parties who make business choices that have an impact on enterprise security share responsibility, accountability, and governance in order to provide adequate security.

“
IT leaders are still primarily responsible for cybersecurity.
”



Trick or Treat: The Savior of All Hallows Eve

By: Allison Gillette



All Hallows Eve, a night of fun filled terror. Witch's fly through foggy moon lit skies, skeletons dance from their caskets to fill grave yards with eerie rattles and clanks, and children clad as horrifying beasts belt out a familiar phrase in seek of a sugary snack to celebrate. But it may surprise you to know the saying "trick or treat" is just five years shy of being 100 years old.

Blackie, Alberta Canada, 1927. Over the past few decades All Hallows Eve celebrations have become increasingly destructive and violent. Rampant reports of property damage and theft. A rash of violent attacks under the cover of dark and costume. The citizens are scared, fed up, and if this year's festivities are anything like last year's the town may very well ban the celebration of all hallows eve. Deciding it was enough one reporter set out to find out if their town could be spared another yearly night of horror, or were they doomed to see their quaint town become hell on earth. Through some sleuthing they find a few properties that

have managed to escape the mayhem each year. One, owned by an elderly woman, even seemed to garner protection from otherwise destructive partiers. Could it be age? No, not all of the spared are the same age, one couple in their 30s with a new young child had nothing that set them apart from their nearly identical neighbors across the street who never seemed to escape the torment. But there is one thing the spared share in common. Each spared home owner confides they offered a bribe of sorts in exchange for their property's safety, a treat of sweets. It began to make sense, the couple with the child, the elderly woman, all those spared were only granted mercy from their generosity.

With that idea a tradition was born. Just days before All Hallows Eve is set to take place an article reaches the people of Blackie in time to bring a saving grace, when the celebrators offer mischievous tricks disarm them with sweet treats!

“
But it may surprise you to know the saying “trick or treat” is just five years shy of being 100 years old.
”

A Review of House of the Dragon (Episodes 1-4)

By: Alex Tilton

Game of Thrones: House of the Dragon had an interesting problem. How do you follow up on the most popular show in HBO history? To complicate things even more, how do you redeem the most popular show in HBO history from its infamous train-wreck of an ending? Factor in an unpleasable fanbase and an author who famously doesn't get his books finished on time and you've got a real problem on your hands. What to do?

Go back to base clay and start over, apparently. The very first thing that *House of the Dragon* tells us is that this is 174 years before the events of the original show. They're being as clear as possible that this will not be the same show. And it isn't.

Individual episodes are set anywhere from several months to several years apart. In midseason the show is set to jump forward a full decade in its internal chronology. We don't examine each and every development in the lives of our characters. Rather we catch up with them at crucial moments. This has some benefits and some drawbacks. On the plus side, the writers don't have to break their brains stitching every moment of the show to every other relevant moment to prevent continuity errors, thus giving the show a much freer feeling. On the down side, we now have to sit through a bunch of expositional scenes where someone just flat out tell us what happened during the two years these characters lived through since last we saw them. Those scenes are done well, this is HBO after all, but expositional dialogue is better when it's happening during some kind of plot action.

Aside from a few out of character moments that the plot needs in order to move itself forward, I have no real complaints. The show does a good job of humanizing most of its characters, with a few requisite exceptions. You can't have a plot without an antagonist, and this person is necessarily hard to empathize with. Matt Smith does a superb job playing the casually violent Daemon Targaryen. He's the clear standout in this cast, but he benefits from being the only really colorful character in the story. Daemon believes in the supremacy of his bloodline, and the natural

right of his family to rule in whatever way they see fit. Everyone else spends most of their time being stoically uncomfortably in their position at court. Our protagonist, Rhaenyra Targaryen, has what you might call 'princess problems'. Milly Alcock is a good enough actor to make them feel real, and painful, but no matter how good she is her character isn't written with enough flare and flash to really stick out. The same can be said for Alicent Hightower (Emily Carey). Her character is supposed to be a well raised, obedient, stoic young woman...and she is. So, what is there to talk about? Carey does as good a job as anyone could do but there just isn't a lot there. King Viserys Targaryen (Paddy Considine) has a little more to work with. His character is bent under the weight of the throne, driven to drink by the various nobles hectoring him for one thing or another, and desperate to find some way of keeping the kingdom from civil war without ruining his daughter's life in the process.

But all of these judgments are provisional. Remember that the season is only halfway complete (at the time of this writing). A lot more remains to unfold, and we're also getting a new cast of adult actors to go with it. We can assume they'll all be good, but that won't help them if the characters aren't interesting. I get it that not everybody can be a core character, but the original *Game of Thrones* did a good job of giving every character that you spent significant time with some kind of a gimmick. Even Podrick Payne (Tyrion's / Brienne's squire) had big moments and an interesting personality. I'm hoping to see more of the same in the second half of the season.

But the reason I'm spending this much time on the blandness of certain characters is because the rest of the show is completely fine. Even the bland characters are done really well...they just don't pop out. But the background they're blending into is a richly detailed, highly believable, and fascinating one. It's just nice being back in the world of Westeros again, and so far they've given me good reason to want to stay.

“
Aside from a few out of character moments that the plot needs in order to move itself forward, I have no real complaints.
”

Chipping Away Strategy

By: Faizan Haq, Executive Editor, Your Bliss Magazine



Just like life, in business one fears big decisions and big projects. The mode of indecision and suspension of big projects feeds into anxiety that further paralyzes a business. The entrepreneurs and business leaders are sometimes faced with such situations that may force them into a state of fear and panic. An entrepreneur is constantly balancing his or her decisions between two states of risk and security. In either state, projects are waiting for decisions and teams need directions. What to do when you are in a jeopardy? How do you overcome a state of indecision?

The answer is one should always chip away at those projects by taking small steps. Focus on what is immediately ahead of you that will further either the decision itself or prepares oneself to be in a more informed position. This may need a healthy debate within your own team or reaching out to a consultant or a trusted advisor. In the meanwhile, the real action of one's core business shall never stop. If in any case one feels stuck or anxious, chip away at current projects. The more one will focus on what is at hand, the clearer will be the objectives for big projects.

What I learned from my business and personal life is that the big projects always start with very small steps. The first step is always the inception of idea, then comes nourishing of the ideas into an imagined world. Then, one works on the details of that world that you want to create. Hence, a project is born. Of course, one needs to consult with experts and team members who are going to help you in delivery of those projects. The quality of delivery depends on one's capacity to communicate the vision and having your team members buy into that vision. Turning that vision into a reality starts by chipping away at the details. So, my friends, chip away a little at a time on the big projects that you have planned for yourself or your business.



I am dedicating this article to my mentor and sincere friend, late professor Carmen Iannaccone (seen bottom right) who always advised me, "Chip away Faizan, chip away!"

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

APPLY FOR IMMEDIATE CAREER OPENINGS TODAY!

OLIVE TREE FAMILY SERVICES

Independent Contracting Skill Builders

Qualifications include:

- Valid NYS Driver's License
- Completed Background Check
- Experience with at-risk youth
- High School Diploma/equivalent

4015 Bailey Avenue, Amherst, NY 14226
offs@olivetreefs.com (716) 332-1637 • olivetreefs.org



The Best White Chicken Chili!

as presented by cookingclassy.com

This White Chicken Chili is hearty, warming, creamy and perfectly comforting. It's a great alternative to traditional beef chili and makes a simple, yet completely delicious dinner! This recipe makes 8 cups.

Instructions:

1) Heat olive oil in a large pot over medium-high heat. Add onion and saute 4 minutes. Add garlic and saute 30 seconds longer.

2) Add chicken broth, green chilies, cumin, paprika, oregano, coriander, cayenne pepper and season with salt and pepper to taste. Bring mixture just to a boil then reduce heat to medium-low and simmer 15 minutes.

3) Drain and rinse beans in a fine mesh strainer or colander then measure out 1 cup. Set whole beans aside, transfer 1 cup beans to a food processor along with 1/4 cup broth from soup, puree until nearly smooth**.

4) Add Neufchatel cheese to soup along with corn, whole beans and pureed beans and stir well. Simmer 5 - 10 minutes longer.

5) Stir in chicken, fresh lime juice and cilantro. Serve with Monterrey Jack cheese, more cilantro, avocado slices and tortilla chips if desired.

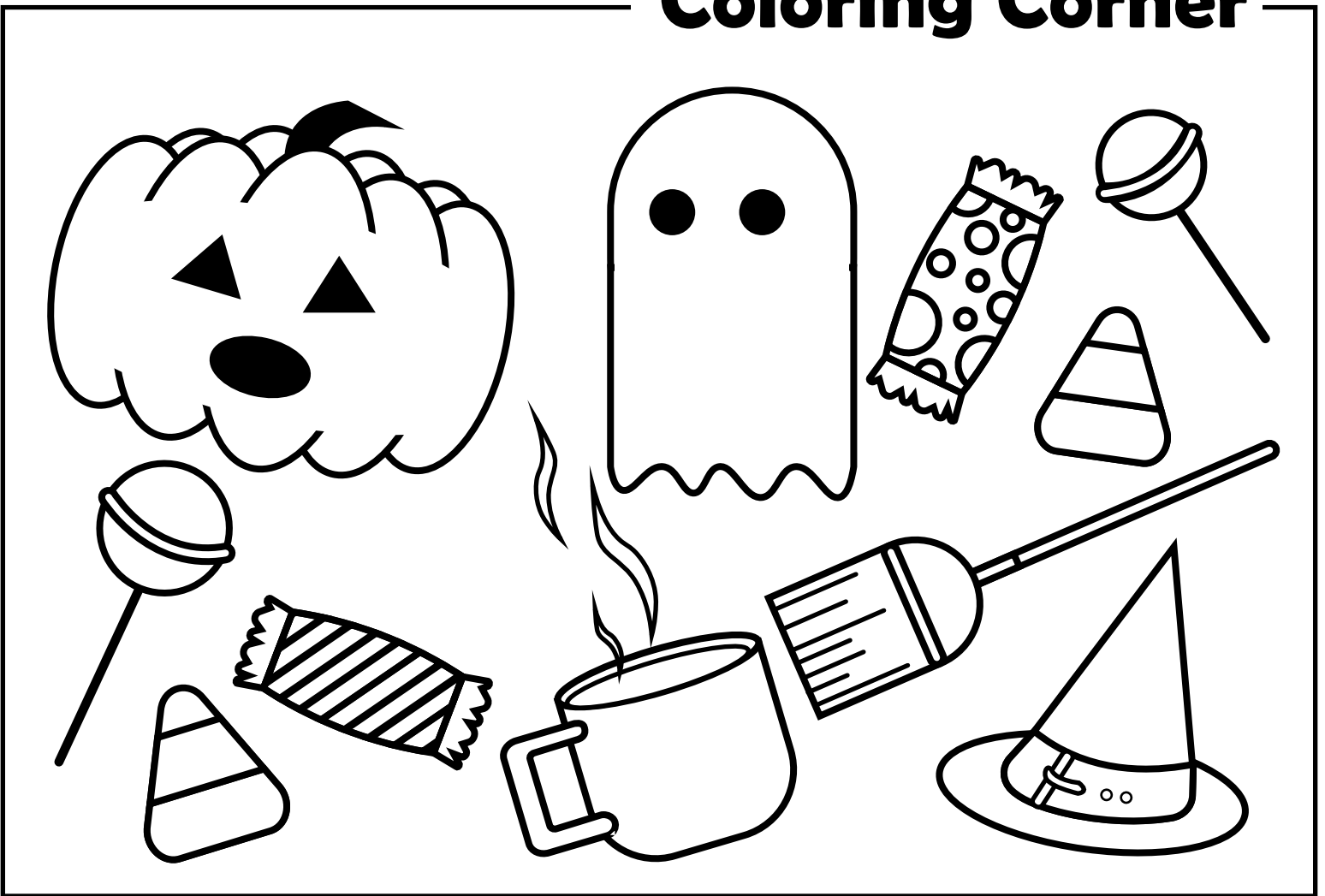
*Recipe updated to use pre-cooked shredded chicken (previously used raw chicken in this recipe and cooked at the beginning). I like the flavor of rotisserie chicken better plus this way you don't end with over-cooked chicken breasts.

**If you don't own a food processor you can skip the pureeing step, the soup just won't be quite as creamy.

Ingredients:

- 1 small yellow onion , diced
- 1 tbsp olive oil
- 2 cloves garlic, finely minced
- 2 (14.5 oz) cans chicken broth
- 1 (7 oz) can mild diced green chilies
- 1 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp dried oregano
- 1/2 tsp ground coriander
- Salt and black pepper, to taste
- 1 (8 oz) pkg Neufchatel cheese (aka light cream cheese), cut into small cubes
- 1 1/4 cup frozen or fresh corn
- 2 (15 oz) cans cannellini beans
- 2 1/2 cups shredded cooked rotisserie or left-over chicken*
- 1 Tbsp fresh lime juice
- 2 Tbsp chopped fresh cilantro, plus more for serving
- Tortilla chips or strips, monterrey jack cheese, or sliced avocado for serving

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 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.

Formerly known as Mister Dee's Restaurant, we decided to choose the name Apna Dera, meaning "Our Place" in Urdu. We wanted to bring the essence of Punjab to Buffalo, serving home-cooked style food while also bringing a café-like atmosphere.

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





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