



# YOUR Bliss

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Sickness This Season

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Getting A Jumpstart  
On Your Goals for 2023

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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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# Holiday Happiness for Diabetic Patients

By: Diane Woolverton

With the holiday upon us people with diabetes may find it difficult to resist all those holiday sweets and yummy temptations. It may be easy to turn away from the candy offered in the mall as we shop, but when it comes to sitting down to those scrumptious holiday meals desserts may be hard to refuse. If you follow a smart plan you may be able to have the best of both worlds.

Whether you have diabetes or a good rule for anyone to follow is to not go overboard. If you choose to have that piece of pie, cut back on your serving of mashed potatoes. In other words, watch those carbs! Worrying about gaining weight can in itself raise blood-sugar levels, so if you want a dessert remember to reduce the amount of carbohydrates you consume. If you wish you can have a half serving of each, but not a full serving of both.

Planning ahead is important to your holiday success. Decide ahead to only have that half serving of dessert and don't feel guilty about saying, "No thank you" to the pressures of people wanting to serve you more



food. Volunteer to bring a low-sugar dessert and don't take a holiday from your daily exercise. Contact WNY Medical, PC at 716-923-4380 for additional information, or stop in at one of our offices.

## How Do You Do the Winter Holidays?

By: Oliver Clarke

Like many other children and grandchildren of immigrants, my family does Christmas a little differently. Ever since my Dutch grandmother Hendrika married my American grandfather Jim, we have celebrated it twice—Sinterklaas Day on December 6th, and Christmas on December 25th. We are the obnoxious neighbors who start hauling out the decorations immediately after Thanksgiving, or one memorable year, after Halloween.

As children, little was more fun than putting out our wooden shoes on the hearth, filled with grass and carrots for Sinterklaas' flying white pony, filled with anticipation for the next morning, when my brother and I knew that the pony snacks would be gone, to be replaced with silly riddles that had us giggling and hunting all over the house for our candy.

Of course, Christmas was a more elaborate affair. On Christmas Eve, my family would have a little special dinner together, open one present each to heighten anticipation for the rest, and set out milk and cookies for Santa Claus... Nothing for his reindeer, unfortunately. Christmas morning, our parents soon learned that if we were allowed to dive into our candy-filled stockings first thing in the morning, they would be spared an early wake-up call.

After we had sufficiently gorged ourselves on candy, the floor littered with shiny wrappers, my parents would finally get up, and we would have fresh-baked cinnamon rolls for brunch. At this point, the very peak of our sugar high, we each took turns tearing into our presents.

After we all cleaned up the living room, my mom would prepare two of her family-famous pies while my brother and I played with our new toys, excited to continue the festivities at our grandparents' house as soon as the pies were put together. I can still taste my Nama's spinach salad, roast beef, mashed potatoes and gravy, and of course, the clove sweetness of her show-stopping pickled beets (yes, really!).

The holidays now are a little less intense in their sugar-fueled, technicolor vibrancy than they were when I was a child, and instead of hunting for treats, we just buy stroopwafels and boterkoek and call it a day.

I may not have my mother's baking talent, and I've never been able to perfectly reproduce my Nama's pickled beets, no matter how many times she explains them. But still, if I have children one day, I want to give them the best double Christmas holiday season I can, just like my family did for me.

“  
**My family  
does Christmas  
a little  
differently**  
”

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## Jumpstart your New Year's Resolutions

By: Sarah Khan

Getting a Jump Start on New Year's! The last new years have made an impact on our lives in different ways. But we don't have to let problems dampen our mood for 2023. Here are some ways to get a jump start on your New Year's resolutions!

### 1) Write down your goals

It's easier to keep track of your accomplishments by writing down and sorting both your short-term and long-term goals. Set benchmarks for what you want to accomplish by when. Do your research before January 1st. Decide what is feasible for your schedule. Just getting organized is a great way to start off 2023!

### 2) Treat yourself with tools

Motivate yourself to stick to your goals by buying what you want/need. Want to become more active? Get an activity tracker

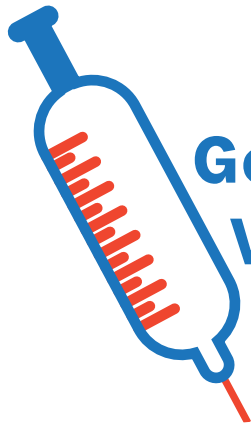
or smartwatch. Want to drink more water? Buy that cool insulated water bottle that also tracks your water consumption. Positive reinforcement is an effective tool for promoting healthy behavior, so treating yourself could be the key to success!

### 3) Enlist your friends

It can be easy to lose track or lose sight of your goals if you're the only person managing them. Enlist your friends in your journey to better yourself. You could be helping both of you while having fun doing so!

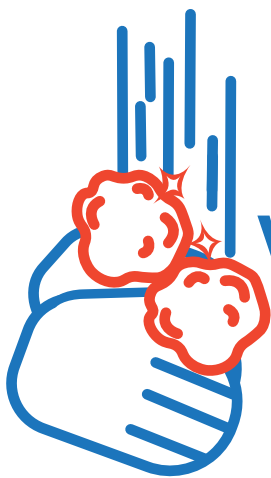
Beginning your New Year's resolutions may seem intimidating at first, but these steps can easily get you on your way to become a better you. Don't let a hard year ruin your future, bounce back from 2022 by getting a head start on your New Year's resolutions today!

# **Prevent the Flu**



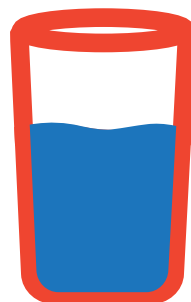
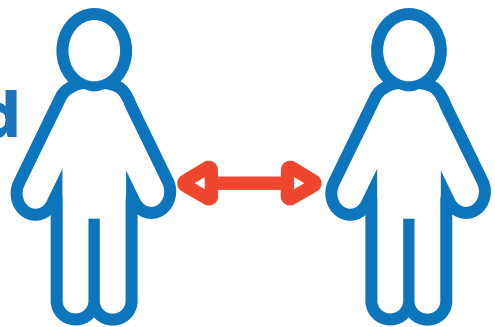
**Get  
Vaccinated**

**Avoid touching  
Your Face**



**Wash  
Your Hands**

**Avoid  
Close Contact**



**Drink  
Lots of Fluids**



## 5 Helpful Tips for Avoiding the Flu

By: Tenny Azam

According to the Center for Disease Control and Prevention, the flu attacks the lungs, nose, and throat. Young children, older adults, pregnant women, and people with chronic disease or weak immune systems are at high risk.

Symptoms include fever, chills, muscle aches, cough, congestion, runny nose, headaches, and fatigue. The flu is treated primarily with rest and fluid to let the body fight the infection on its own.

### The five ways to avoid the flu are:

#### 1. Avoid close contact:

Try to stay away from people who are sick. Their germs can get to you very easily. If you are sick yourself, try to stay away from people who are healthy. Your germs can be transferred to them through a sneeze, handshake or even just breathing in the air. We should be considerate and stay at home if we are sick so that we are not spreading our germs to healthy individuals.

#### 2. Avoid touching your face:

When you have the flu try avoiding rubbing of eyes, touching of nose and mouth. This way the hands get contaminated and we can transfer our germs to others or if someone else has transferred their germs via a

handshake, the healthy individuals will get the flu if they rub their eyes or touch their mouth and nose with the contaminated hands.

#### 3. Keep your hands clean:

Whenever you sneeze, or cough cover your mouth but right away wash your hands so that you are not transferring your germs to others. Also, if you are scared that someone else might have transferred their germs through hands or sneezing washing your hands and face will prevent you from getting the disease.

#### 4. Practice good habits:

Leading a healthy lifestyle will help prevent the disease. Drinking lots of fluids, keeping the mouth covered, leading an active lifestyle, managing stress these can be a few things that will prevent the flu. If you do get the flu cleaning and disinfecting the surfaces at home, work and school can be helpful, and you can prevent other people from getting it.

#### 5. Get Vaccinated:

During the flu season one should make sure that they are getting vaccinated for the disease. This will help build immunity against the influenza virus and will protect from contracting the disease.

“  
**The Flu is treated primarily with rest and fluid to let the body fight the infection on its own.**  
”

# Hasselback Sweet Potatoes with Garlic-Yogurt Sauce

## Directions

1. Position rack in bottom of oven; preheat to 425°F. Line a large rimmed baking sheet with parchment paper.
2. Cut off and discard about ¼ inch from top of garlic head, exposing the cloves. Place the garlic head on a piece of foil and drizzle with 1 teaspoon oil. Wrap completely with foil. Transfer to the prepared baking sheet.
3. Make crosswise cuts every 1/8-inch along each sweet potato (see Tip, above), slicing almost to the bottom but not all the way through; place on the baking sheet with the garlic. Mix together cumin, 1/2 teaspoon salt, cayenne and the remaining 3 tablespoons oil in a small bowl. Brush the oil mixture onto the sweet potatoes until they're completely covered, then drizzle any of the remaining oil into the cuts. Roast until the garlic is soft, about 30 minutes. Transfer the garlic to a clean cutting board to cool. Continue roasting the sweet potatoes until the insides are tender and the outsides are crispy, about 20 to 25 minutes more.
4. Squeeze the garlic cloves from their skins into a small bowl. Add yogurt, parsley, pepper and the remaining 1/8 teaspoon salt; mix, mashing the garlic cloves, until well combined. Serve the sauce with the sweet potatoes. Garnish with parsley and/or lemon zest, if desired.

## Ingredients

- 1 head garlic
- 1 teaspoon extra-virgin olive oil plus 3 tablespoons, divided
- 6 small sweet potatoes, scrubbed
- 1/2 teaspoon cumin
- 1/2 teaspoon salt plus 1/8 teaspoon, divided
- 1/8 teaspoon cayenne pepper
- 1/2 cup plain strained yogurt, such as Greek-style
- 1 tablespoon finely chopped flat-leaf parsley, plus more for garnish
- 1/4 teaspoon cracked pepper
- Grated lemon zest for garnish

*Recipe Source: [eatingwell.com](http://eatingwell.com)*





# Holiday Parties on a Budget

By: Cat Crawford



**Has the holiday season got you scratching your head on how to plan the perfect party that won't break the bank? Do you dream of hosting the party everyone still talks about well into the new year, on a budget? These tips will help you navigate your party planning while still making sure there's enough money to buy some extra presents.**

## **1. Make a budget and stick to it.**

Most budgeting mistakes start with the insatiable need to host the party of a lifetime. Outline a budget that allocates exactly how much money you're willing to spend. Prioritize what you need and get the most important things first! Your guests won't remember the \$20 glass decorations on your shelf, but they will remember the delicious homemade appetizers you greet them with.

## **2. Pick a theme and stick to that, too.**

Whether your party is winter wonderland-themed or ugly Christmas sweater-themed, sticking to a theme will help you zone in on the necessities. Theme your décor, food, drinks, and party games around one cohesive theme to really make your party stand out from the rest.

## **3. When your guests ask, "What can I bring?" Say "Anything!" (potluck is your luck!)**

Your guests probably have a signature dish or family recipe they would be proud to whip up and bring to your party. Cut down on stress (and your budget!) by having everyone bring an appetizer or a tray of their favorite holiday treats. You'll be pleasantly surprised by the variety of choices you'll have on your hands!

## **4. Get your guests in the Christmas Spirit by having them... literally bring their favorite spirits.**

If you want to handle the night's menu, send out a BYOB notice with your invites so that your guests bring a bottle of their favorite wine or liqueur to your party. There will be plenty for everyone to share and have a taste of everyone's picks!

## **5. Deco-ration your money on one-time-use décor and make it yourself instead.**

Don't go holiday crazy and try to deck your halls with boughs of fake Target holly, but do accentuate the most prominent parts of your home instead. If your home has a fireplace, make it the centerpiece of the room by surrounding it in lush evergreen-ery or handmade paper snowflakes. Create the open and cozy atmosphere you want your guests to experience by utilizing your very surroundings!

## **6. Entertain your guests the best way they know how.**

Your guests might enjoy a party game or two, and they might enjoy making their own hot chocolate at a hot chocolate bar or icing their own gingerbread houses at a gingerbread decorating station, but what they'll enjoy the most during these activities is even better company. Your job as a host is to create an environment your guests will enjoy no matter what they're doing. That's what they'll remember the most.



# Spread Good Cheer

By: Lauren Antkowiak

The holidays are here and it's time to spread good cheer!

The holidays are upon us and during this time it is very easy to get caught up in the logistics of it all. You think you must get someone that perfect gift, or have the best decorated tree, or host your holiday dinner without any problems. People tend to go a little crazy during this time of year and forget all about the wonder and joy of the holiday season. So here are just a few simple ways to get back into the spirit and spread some cheer this holiday season.

One of the best ways to get back into the holiday spirit is by thinking about others. While you are waiting in that long coffee line, take that opportunity to spread some cheer by buying coffee for the person behind you in line. Not only will you improve their day, that person may just follow your example and spread that cheer to someone else. Remember that the holiday season can be a challenging time for those that are away from their families. Keep those people in mind by sending holiday cards to troops overseas or to your local nursing home. One holiday card could really mean the world to someone. Show your neighbors how important your community is to you by starting a volunteer group to help others that may need it when that wintry weather blows through. Shovel their driveway, help them with grocery shopping, and make sure they don't spend the holiday alone. Nothing spreads cheer like knowing you have people who are willing to take time out of their day to help you.



Shopping has become synonymous with the holidays. This year instead of spending time in stores, spend that time making presents with your family. Giving someone something that you made with your own hands specifically for them will show how much you truly care.

Everyone spends many months shopping and preparing for the holidays, only for it to be gone in a blink of an eye. Take some time this year to slow down and enjoy the holidays. Find ways to make it extra special with a dose of holiday cheer.

# “Cuffing” Season

By: Sue Perbody

Now that winter is here, it is time to focus on the holidays and your surrounding loved ones. It is important to embrace friends and family during the holiday season. If available, it is quite typical to spoil your significant other during the holidays. This can elevate into the concept of “cuffing” season. Cuffing is best described as the psychological necessity to have a significant other during the holiday season, so that you don't feel lonely or left out. This can also be beneficial for those chilly nights by the fireside, when all you want is someone to snuggle up with. Although it may seem like a good idea, at first, you should ultimately avoid it at all costs.

Cuffing season pretty much means that you are setting yourself up for heartache. Falling in love is always a risk, so doing it forcefully can be even riskier. On the bright side, think of all the money you will save by being single! You don't have to worry about buying gifts for your significant other, and you can spoil yourself even more. If you break down the system logically, you will realize that humans do not particularly have specific mating patterns. It makes more sense to cuff in the fall/winter months because people are attending fewer events and staying indoors more than warmer



months. It leads humans to believe that we do in fact have a mating pattern, giving a strong desire to cuddle up during the winter months.

Humans are guilty of feeling insecure at some point in their lives, but you do not want to become part of the insecure cuffing statistics. Cuffing, simply to have a partner during the holiday season, is a typical sign of insecurity. Avoid the fear of being seen as less just because you are single. Use this absence to get to know yourself better. The best way to find your soulmate is to be in touch with your inner self. There are thousands of other singles that are on the same boat as you, except you're too busy being with someone for the season. Take the time to get to know someone, instead of just coming up with a temporary solution.

Cuffing season can work for some, but you shouldn't feel obligated to join the club. Cuffing helps develop a physical bond with someone, and it will make the break-up more difficult in the end. If you are looking for something long term, you deserve that, and should avoid cuffing all together. If you do decide to take the risk, maybe you'll get lucky and find your happily ever after. Or maybe you'll just find a hot babe for the season. Give it a shot, and find out!

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# A Review of *All Quiet on the Western Front*, a Netflix original film

By: Alex Tilton



Books matter a great deal to me. Over the years there've been a few in particular that formed the core of who I turned out to be. *1984*, *Watership Down*, *Lord of the Rings*, *Neuromancer*, *The Road*, and others that won't come to mind until after this is already printed. But one that always makes the list is our current subject. Erich Maria Remarque only spent about six weeks in the trenches of World War I. But it was enough for him to take shrapnel wounds that took the rest of the war to recover from. And ten years after he got home he wrote a book which earned the following praise from the French newspaper, *Le Monde*: "It should be distributed by the millions and read in every school."

I had a similar reaction the first time I read it. And every other time.

Very few books are powerful enough to be talked about a century after the fact. They're the handful that hit so hard as to leave a permanent mark on the collective unconscious. *All Quiet on the Western Front* sits at the head of this table. Without ever once taking an ugly tone with his readers, Remarque paints a picture of a poison gas smothered, shell cratered nightmare so vivid and devoid of hope that just sitting down to read it takes a certain amount of courage. Wide-eyed young men become hollowed out, ruined, savage butchers of other wide-eyed young men. They live and die in conditions unimaginable to anyone who hasn't been to war. Or they wouldn't be, except for Remarque's devastating skill at describing it.

*All Quiet on the Western Front* is everything that Art should be. It serves humanity by telling an important story, and profoundly changing those who read it. It does not condemn or judge anyone. It simply lays out the reality of war in painfully clear human terms and leaves you with it. And therein lays its power. Telling someone what to believe will never work unless they already agree with you. Changing minds requires a different approach. You must bridge your audience's humanity with that of your characters, or yourself, and

then make your case. Remarque did this better than anyone. The book is devastating to read, painful to remember, and hard to resist.

The filmmakers responsible for this new telling of the story in cinematic form have achieved a stunning success. I do not need to tell you about the movie, because I have already told you about the book, and that is the movie they made. I don't need to, but I will. The film takes a slightly different progression than the book, which begins with the main character, Paul Bäumer, already in the field. His recollections of getting into the army being interspersed with the stygian horror of battles, and the mind numbing tedium in between. We start with Paul faking his age on some paperwork to join slightly earlier than he legally should, and follow him and a small group of schoolmates as they arrive, fight, suffer, and die during the closing months of the war.

Some films depict battle as a heroic clash and try to make the audience want to be one of the soldiers. Other films focus on technical and historical accuracy.

Director Edward Berger uses the battles in *All Quiet on the Western Front* to take his audience to the heart of hell. A place of coldly indifferent bleakness, horror, and pain.

I cannot overstate the impact of these scenes. The actors, directors and crew put in a combined effort that yielded the most soul-rending cinematic experience you will ever have. They demonstrate why artistic freedom is worth defending regardless of the cost. If you have found yourself enraged at the crap that sometimes gets passed off as cinema, and the ways in which some films cheapen and abuse freedom of expression, *All Quiet on the Western Front* is the answer.

This being said, the film took a significant liberty with the source material that I didn't like. One of the best things about the book was that the only villain was the war itself. But this movie introduces a prideful German general to serve as the personification of the war, and he orders a pointless attack with only minutes left to go until the armistice takes place. It's not a terrible artistic choice, but it was unnecessary and it undermines the faceless, impersonal all-destroying nature of war in favor of making it one man's fault. This aside, the movie is a masterpiece. It should be distributed by the millions and watched in every school.

Image source: [IMDb.com](https://www.imdb.com)



# Packing Your Message

By: Faizan Haq, Editor-in-Chief & Publisher, Your Bliss



A gap in communication. Communication breakdown. Lost in translation. The message didn't get through. We hear this in organizational meetings all the time. Something said in a hurry gets misinterpreted, written instructions are followed to the letter but the outcome is the opposite of what was intended, or a misread policy causes setbacks to the organization. In such situations, the problem may not be the communicate' but it may very well be creating, packaging, shipping and delivering of the message. So, my conclusion is, "Always engage in proactive and contextual communication."

Contextualizing the message forces the clarity of the message, first in your own mind and then in the mind of the messenger and the receiver. The choice of communication technology as a medium to carry the message is equally important. One needs the right tool for the right job; such as, in-person meetings, direct emails, a group chat, or a simple phone call. Think before you speak (communicate). A century old cliché so true it shall be followed to the letter.

Practicing proactive communication requires anticipating the reactions to your message. It means to know and understand your audience; their capacity, their limits, their position, their history and if possible, their cultural identity. It is not easy, however, if one continues to practice, eventually you get good at it. The key is to remain consistently interested in the lives of the people around you. This also helps in promoting productive teamwork and forging life-long friendships. This holiday season, while you sit with your coworkers or loved ones, don't forget to contextualize your communication, and proactively engage in their lives.



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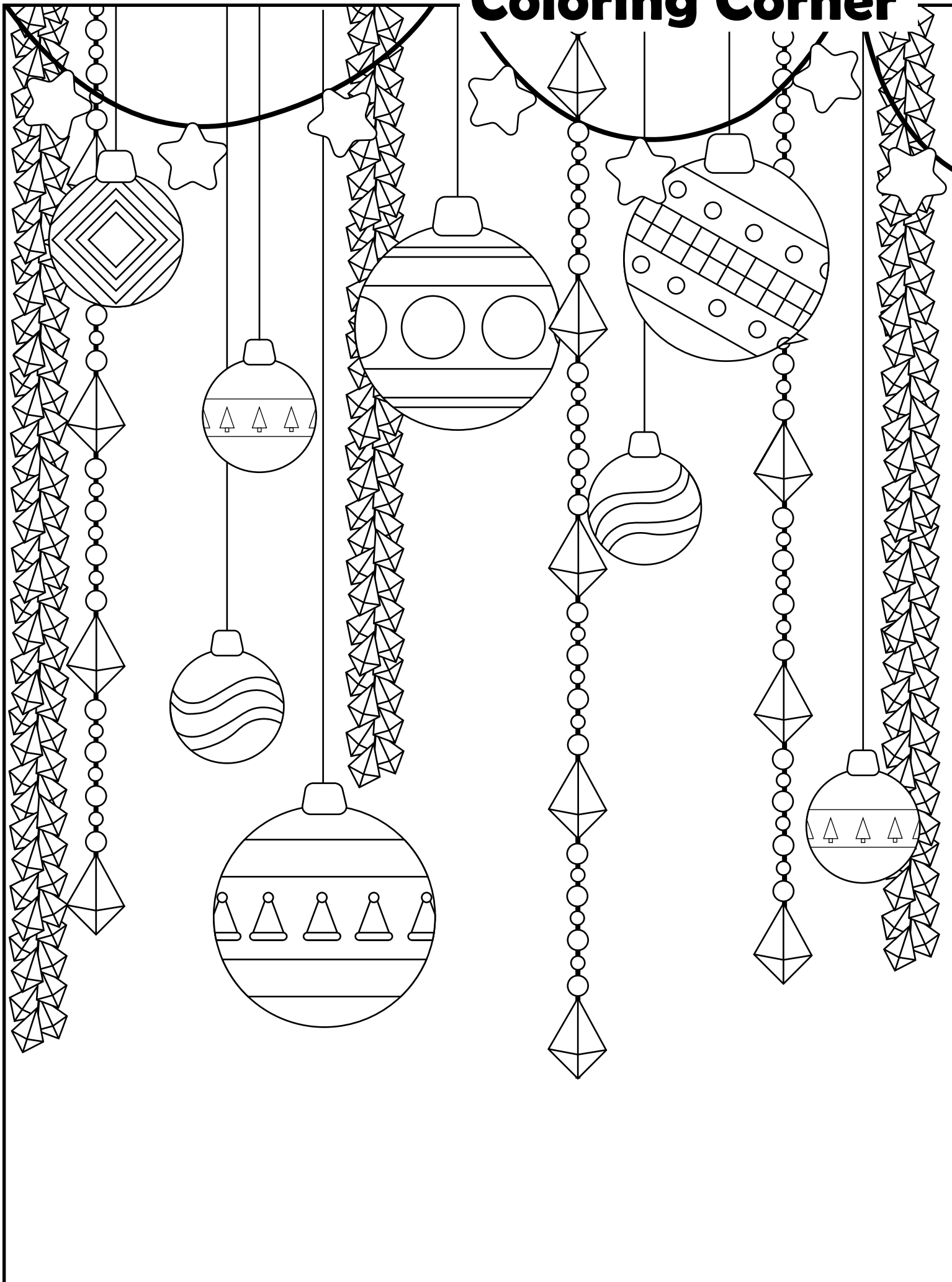
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