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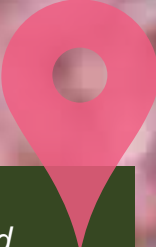
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Mother's Day

What is the Perfect Gift for Mom on a Tight Budget?

May 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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Table of Contents

4 Mother's Day on a Budget

5 Significance of Memorial Day

6 Making Proper Medical Decisions

7 Stroke Finances

8 Maintaining Mental Health

9 Mindfulness Infographic

11 Benefits of Meal Prepping

12 Small Business Month: A Spotlight

14 Celebrating Photography Month

15 Taking Smarter Photos

16 A Review of MH370: The Plane That Disappeared

17 Business Tips with Faizan Haq

18 Recipe of the Month: Chicken & Asparagus

19 Coloring Corner

Mother's Day on a Budget

By: Sue Perbody



Mother's Day is just around the corner and that means it is time to pick something out for your mother if you haven't already! We all want to pick out the perfect gift to show our mom's our appreciation on this special day, but one thing that can make this difficult or frustrating is working around a budget, thankfully there are some fun, creative and still sentimental options you can do. From simple DIY gifts to taking her out, there are some great budget friendly options.

Going along with the idea of DIY Mother's Day gifts, here are some simple, fun, and cheap DIY gift ideas for mom. If your mother has a green thumb and loves plants or gardening, you could buy clay pots which range from one to five dollars plus some cheap acrylic paint and make her some hand-painted flowerpots. You can also use these paints find some nice rocks and pebbles and hand paint them to decorate her garden. Another great option is if your mom loves snacks or has a sweet tooth, you could make her a custom snack box, showing her that you pay attention and know what she likes. Pick out some of her favorite snacks, and then get a nice small box and tissue paper or crinkle shredded paper to fill it for eye appeal. This can easily be done for under twenty dollars, and you can't go wrong with it. A great decorative option can be pressed flowers in a frame. You can find frames for under five dollars at many places and on top of that pick some flowers for free to press, preferably not flowers from your neighbor's garden! Lastly, for some

fun memorabilia you could buy a cheap frame, get one or two photos with your mom printed, plus some construction paper and glue. Cut the paper into the shape of the frame, glue on the photos and write a nice note or maybe a funny joke from the memory.

Another great way to do Mother's Day aside from gifts is taking your mother out of celebrating with her at home. You don't have to do anything expensive like lunch at a fancy restaurant, there are many fun budget friendly options too. For those who want to stay in, give your mom an at home spa day. Going out for facials and getting your nails done can add up fast, but buying some supplies and doing it in the comfort of your own home is a great alternative. Another great option for staying home and celebrating is making your mother breakfast, you can't go wrong with starting the day out right!

For those who would rather get out of the house on Mother's Day to spend some time with mom, going for a walk is free and if the weather permits it is a nice thing to do to get some sunshine and chat. In addition, you can do a picnic lunch and make a whole afternoon of it. Another great budget friendly option is taking your mom out for ice cream by a park and then going for a walk. Some great options for walking, or a picnic are Delaware Park, the Botanical Gardens and especially if you want some ice cream go to Niawanda Park on the river and stop at Mississippi Mudds.

“
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”

The Significance of Memorial Day

By: Brody Walsh

Every year in the United States the last Monday in May is designated as Memorial Day, a day to remember those who have lost their lives in service of the United States. Memorial Day is one of two federal holidays that we observe to honor our service men and women, the other being Veteran's Day. The latter honors all veterans, while Memorial Day is designated to honor those who have passed while serving. Memorial Day is the older of the two holidays and has a rich history with origins dating all the way back to the Civil War. Knowing this history is a crucial part of understanding and honoring those who've lost their lives in service.

Memorial Day is one of the oldest holidays in the United States. Dating back to 1868 when it was established as a national public holiday by General John A. Logan, who was



the head of a group of Union veterans from the Civil War. Then called Decoration Day, named for the practice of decorating the graves of soldiers lost during the civil war. The origin of this practice is even older, dating back to June 3rd, 1861 when John Quincy Marr's grave was decorated following the Battle of Fairfax Courthouse. Decoration Day would become recognized as a federal holiday in 1938, and in 1967, the name would officially change to Memorial Day.

Many American soldiers have lost their lives in service to the country, and Memorial Day is an important part of honoring their sacrifices. It's much more than an extra day off or an unofficial start to the summer. So, this year take a moment to remember those who've made the ultimate sacrifice in service to our country.

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Who Makes Medical Decisions When I Cannot?

By: Tahir Jaffri



Today's advanced medical technology allows physicians to keep a person "alive" in situations that formerly would have resulted in death. Individuals who do not wish their lives to be prolonged by such artificial techniques must plan ahead and put their desires in writing.

In the now famous case of *Cruzan v. Dir. Mo. Dept. of Health*, 110 St. Ct. 2841 1990, the U.S. Supreme Court held that a state may demand clear and convincing proof of a person's wish to refuse or withdraw medical support. Ms. Cruzan was an accident victim who had not made clear her desire to have medical support withdrawn. Because of this failure, she could have been kept alive, in a vegetative state, for years, at an estimated cost of \$200,000 per year.

When Should Medical Treatment Be Withheld?

As the following examples are read, one might ask, "would I want medical support withdrawn in this situation?"

- In a coma with no hope of recovery.
- In a coma with a small likelihood of recovery with permanent brain damage.
- Afflicted with brain damage or disease, severe in nature and a terminal illness.
- Afflicted with brain damage or disease, severe in nature, but without terminal illness.

In these situations, and others, difficult decisions must be made as to the treatment to be provided or withheld (for example, artificial respiration, medicine,

food, water, etc.).

When a patient is incapable of expressing his or her wishes, some other way must be found to guide the decision-making process. The "living will" and "durable power of attorney for health care" (advance health care directives) are useful in this regard.

Living Will

Most states recognize some form of what has been called a "living will", or "directive to physicians." Such a document sets down in writing a person's wishes as to the type of medical treatment to be provided, or withheld, and the general circumstances under which the directive applies.

Durable Power of Attorney for Health Care

Many states also have provision for a durable power of attorney for health care, which allows an individual to appoint another person to make health care decisions for them if they became unable to do so. The agent is generally empowered to make decisions beyond end-of-life issues, such as admission to a nursing home, consent for surgical operations, and care in the event of senility or other disability.

Seek Professional Guidance

In preparing the documents to guide those who will make medical decisions for you if you are no longer able to do so, the advice and guidance of a trained, experienced attorney, licensed in your state of residence and familiar with local law, is highly recommended.

Stroke Finances: How To Support a Hardship

By: Sue Perbody

Diseases like heart attack, stroke, spinal injury are something that will come unannounced and without any prior notice. The patient might not be prepared for it. The biggest problem after the in-home care are the finances. Stroke can happen to anyone at any time. This can happen to someone who is the family's sole breadwinner or to someone retired but has to work to make ends meet. There are government and non-government programs to take care of the patients when they are fighting disease like stroke.

Social Security Administration Benefits has two programs that help patients get disability benefits. One is Social Security Disability Insurance or SSDI. Through this program the patient can receive benefits depending on two factors - their duration of work and the age that they had the stroke. These factors will determine the eligibility and the amount of disability benefit they can receive. The process is lengthy and may take three to five months for the benefits to start. It is advised that the patient or the authorized care giver start the process as soon as possible. The patient is required to be disabled for five full months before they start receiving the disability checks. These benefits will continue until the patient recovers from the disease. After the patient receives SSDI for 24 months (2 years) the patient will then be eligible for Medicare.

The second program is Supplemental Security Income or SSI. This program makes monthly payments to people who have limited resources and income, are 65 or older, and are blind or disabled. The payments start as soon as the approval is given. Any recipient of SSI will also have Medicaid that will help to pay the hospital bills and fees from the healthcare providers. This varies from state to state. Some states provide additional funds for their residents.

To apply for the benefits, patients can go on www.socialsecurity.gov or call their local social security office to make an appointment to file the disability claim. Their toll free number is 800-772-1213.

There is another program under the Social Security administration called the Ticket to Work Program. The patients who are recipients of SSDI or SSI can get "tickets" to go to assistance programs that will help them get back into the work force, free of cost.

The Patient Advocate Foundation helps patients navigate through the headache of some health care systems. It can be an ordeal or overwhelming especially when the patient and the family have ongoing needs. This foundation helps by facilitating patients and caregivers with information on the process and procedures that may or may not be required to complete. The foundation assists uninsured

patients by negotiating with hospitals and insurance companies as well as helping with the co-payment if the patient is unable to make those payments. They also can negotiate with banks to help patients with mortgage payments. The foundation is reachable through their toll free number 800-532-5274 or by visiting their website at www.patientadvocate.org.

There are other programs that can help with the costs of prescription medications, which can drain savings accounts. These programs exist throughout the government level as well as throughout the private sector. They can help with patient coverage for the high costs of prescription drugs. New York State has the EPIC Program to help seniors with drug costs and they can apply for assistance any time of year. For all these programs, the patient or the concerned family member should apply as soon as possible to avoid any gap in care that can become a difficult hurdle to overcome. The hospitals' social workers or the Patient Advocate Foundation can be very helpful resources.

Other programs for patient care include the AARP Tax Aide. This is the foundation under the AARP group and is linked with the Internal Revenue Service (IRS). They help with empowerment, security and protection of the disabled and low-income seniors.

There are numerous organizations that are willing and ready to help patients who are uninsured or even insured and do not have the means to either pay the bills or have other issues related to their health situation.



Maintaining Mental Health

By: Karen Battaglia, Psy.D., Licensed Psychologist



According to the World Health Organization, “mental health is the foundation for the well-being and effective functioning of individuals.” Our mental health affects our functioning in all facets of life, including our professional and personal lives, our relationships with friends and family, and our physical state. The brain-body connection is powerful and there is a great deal of evidence to suggest that poor mental health increases risk for long-lasting physical conditions such as heart disease, Type II Diabetes, Stroke, and Cancer. Mental health, like physical health, can change over time and is impacted by short-term and long-term stressors. Maintaining good mental health is an ongoing commitment, but there are actions you can take that will help.

Nutrition - Research has established a correlation between certain nutrients and the development of anxiety and depression. Good mental health can be promoted by a diet rich in high quality proteins, Omega 3 fatty acids, whole-grain carbohydrates, fruits, and vegetables. Your diet does not need to be perfect to enjoy the benefits of better nutrition. Making small changes can go a long way. For example, start by introducing a fruit or vegetable at one meal a day. Challenge yourself to do that every day and go from there.

Exercise - There is a great deal of scientific support for the positive impact exercise has on mood. Just 30 minutes of exercise a few days a week can improve

mood and reduce symptoms of anxiety and depression. This does not mean spending hours at the gym, unless that is what you love to do. Walk the dog, take a bike ride, or play a friendly game of basketball with friends and family. Spending time outside, even without exercise, has shown to improve mood.

Sleep - According to the Sleep Institute, poor sleep is associated with higher rates of mental illness, such as depression and anxiety. Brain activity fluctuates during sleep, so it is important to give your brain the opportunity to move through these stages.

Nurturing Relationships

- Human beings are social creatures and do better when they have an emotional connection to others. It is easy to lose contact with friends due to the demand of the workload and home. Commit to your relationships and carve out small bits of time to stay connected to others.

Setting Boundaries - it is impossible to be everything for everyone. Give grace to yourself and say no when you can.

Get Help - About 1 in 5 Americans will experience a mental health issue at some point in their life and there should be no shame in getting treatment for a mental illness. Often mental health is intertwined with mental illness, but they are different things. A person who has a mental illness can maintain good mental health by following treatment recommendations and employing the suggestions above.

“
**There are
actions you can
take that will
help.**
”

Maintaining Mindfulness



Ground Yourself with The Five Senses Exercise

Mentally note five things you can see
Four things you can feel
Three things you can hear
Two things you can smell
One thing you can taste

Practice grounding exercises multiple times a day to improve focus and reduce negative emotions

Calm Your Mind with Walking Meditation

Find an open space that you can easily move in
Take 20 small, steady steps forward
Turn around and walk another 20 steps
Pay attention to the sensations of your body
Continue for at least 10 mins

Practice walking meditation daily to decrease stress, collect your thoughts and boost your mood



Catch Your Breath with The 4-7-8 Technique

Inhale through your nose for 4 seconds
Hold for 7 seconds
Exhale through your mouth for 8 seconds
Repeat for 3 more cycles

Practice breathing techniques twice a day to control emotional responses, improve sleep quality and decrease anxiety



Break the Stigma. Be Part of the Solution, Not the Problem.

According to the Mental Health American 2023 survey, 21% of adults are experiencing at least one mental illness. 55% of adults with a mental illness have not received any treatment. Our mental health providers at WNY Medical are consistently here to help you during your best of times, and during your worst of times.

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The Benefits of Meal Prepping

By: Food as Medicine; Dr. RS Youtube Channel



Healthy Wealthy and Wise!

Meal prepping is a great way to keep on track with what you are eating, it can help with weight loss, saving money, minimizing waste and can also save a ton of time throughout the week that can be used to benefit your good health.

According to *Good Housekeeping Magazine* there are three common techniques for food prepping:

- Make big recipes at once (like on the weekend) and freeze or save for later use
- Individually proportion prepared food into individual or dinner size portions
- Prepped ingredients – chopping, peeling, slicing or roasting beforehand to use throughout the week in your preplanned recipes

Taste of Home has some great recipe ideas to get you started! Visit tasteofhome.com to get started.

Your Health benefits:

Weight Loss

- Helping us make healthier choices by having good, healthy options ready
- Helps us avoid temptations such as fast foods or snacking
- Helps with portion control
- Helps with hunger management

Reduce Stress

Throughout the week you will know you have food ready and do not have to figure out things at the last minute every day.

- Prepping and planning out your meals helps reduce stress and lets you stick to a more routine way of eating which will help your weight and physical health.

Saves Time and Money

- Buying in bulk helps to save money
- Spend less on last minute options like unhealthy fast food
- Helps make healthy eating more affordable
- Save yourself the time of cooking or going shopping every day.
- This extra time each day can be used for exercising or meditation and can be a great help to your overall health.

There are a few things to pay attention to when you first start:

- Make sure you're making balanced meals
- Pay attention to portions and make sure there's plenty of fruits and vegetables
- Choose healthy options
- Make sure you invest in good, sealable containers so the food stays fresh.

Meal prepping can be a great way not only to save you time and money but is also a great way to be healthier through better and more consistent food choices.



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Lana Shapiro

Owner of Shapiro Holistic Health
Soul Healing Center



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

Lana Shapiro is a holistic mentor for awakening Starseeds, she is a practicing reiki master, astrologer, and energy worker.

After studying psychology and the human mind, Lana spent the first 16 years of her adult life providing traditional mental health counseling. Feeling the urge to teach people the importance of connecting the mind and body, she enrolled in an integrated health and nutrition program, which focused on biodiversity. Starting around 2017, Lana began studying energy work and providing Reiki healing sessions, eventually becoming a Reiki Master Teacher.

In late 2020, she added Lifepath Astrology and Tarot readings to her holistic life coaching services. In May 2022, Lana opened the doors to the Soul Healing Center, a one-of-a-kind wellness center that offers unique classes and services, with the intention of providing a sacred space for people who are looking for a place where they can heal their mind, body, and soul.

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

The mission of Soul Healing Center is to provide a space for people who are new to spirituality, where they can feel heard, understood, and not judged for their beliefs and have the ability to gain support and understanding about their healing journey.



Services offered: Energy healing sessions which include: Reiki, Deep Release Point Therapy, Guided Meditation/Visualization, PEMF (pulse electromagnetic frequency) Meditation.

Other services: Life Coaching, Lifepath Astrology readings, Tarot and Oracle Card Readings, Low Impact Fitness Classes, and coming soon - Ion Cleanse Detox Foot Bath.

Group services: Spiritual ceremonies, workshops on various holistic topics, trainings for Reiki practitioners and Tarot Card readers.

We have a retail area with a selection of holistic and metaphysical items.

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

My own healing journey has led me to pivot my practice from offering traditional mental health therapy to incorporating all aspects of mind, body and soul healing.

4) What makes you stand out from your competition?

I offer multiple services all in one spot, my background as a licensed mental health counselor, certified health/nutrition coach, certified Reiki master, and certified fitness instructor give me an array of skills and expertise to be a one-stop shop where my clients can work on all aspects of their wellness.

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Celebrating National Photography Month

By: Catherine Hartman



May revolves around life's transitions and new beginnings; spring season, proms, and graduations flash by. Photography has aided our busy lives by freezing time and allowing us to relive moments with great detail. We can look back on the past and celebrate our achievements through images.

Ways to Celebrate

Visit the CEPA Gallery. CEPA Gallery is a local photography center that offers workshops and rentals. Browse their gallery featuring local photographer's works or hop into their darkroom for \$6/hour. They are located at 617 Main St. in Buffalo NY.

Photograph your daily routine. Taking a moment to reflect on our routines can help boost gratitude.

Create a family tree with old photos. Using photos from around the house, compile a family tree. Add fun captions and family history.

Set up an Instagram account for your pet. Is your furry friend adorable? Then the world needs to know! Create an account and post those hundreds of photos you've snapped. You can set the account to private so that only people you know can follow it.

At-Home Photography Effects

Wine Glass Reflection.

Fill a wine glass with water and put it in front of your subject. Focus the camera lens and you will find the subject is flipped upside down inside the glass. Snap a shot and rotate the photo 180.°



Free Backgrounds Online. For taking photos of small objects, google background images. Increase the brightness of your screen and snap photos of your object in front.

CD Reflections. You will need a CD and sunlight. Hold the CD out to reflect the light onto the subject. This effect can be easier with a tripod system or a friend.

Sunglasses Filter. Place the sunglasses over your camera lens. Sunglasses with a brown tint will add a sepia quality. Polarized lenses help with decreasing reflections.



Vaseline. This effect can be achieved on a phone camera using saran wrap, Vaseline and a rubber band. Secure the saran wrap tightly over your lens and apply Vaseline to the outer corners. This gives a soft, dreamy look to your photos.

From Snapshots to Storytelling, Take Smarter Photos

By: LJ Caldwell; an observer of life through the lens.

Here are three areas for consideration to improve your photos.

When I first started taking photos I remember thinking, this could be a better photo. The problem was I didn't know how or what would take them from okay to amazing. I learned these three principles along the way and they are a starting point from which you can explore. As you practice with them, your photos will improve and you will know how to get amazing photos.

Photography is light. Light the subject you are photographing!

Light is how you and I and your camera "see". An image is then produced by exposure. If this is an unfamiliar principle to you Professor Peter Corke gives a brief history of light and how we perceive it. "Light illuminates an object but it also can reflect and bounce around. So, it is critical to know the direction or where the light source is coming from. It is then possible to place the subject in a well-lit area. Light can get very complex as in studio lighting for television or movies. For our purposes, let's stick to the natural light you would encounter around you. Outside this will be mostly overhead unless it is sunrise or sunset - sometimes called the magic hour due to the color of the light. To determine where the light source is coming from so you can place your subject accordingly, let's do this simple trick. Hold your hand out in front of you, and look at the back of your hand. Notice if it has shadows, is bright or dark? Now turn 90 degrees and do the same thing. You should be able to determine which direction your hand, the subject, was lit and which was not. Shoot your photo in the direction where your subject is well-lit. In general, the light will shine toward your subject and not behind it. When it is behind the subject it is called a silhouette. This may be a technique to use in telling the story of your subject. Utilize that intent as a technique, and avoid the mistake of not knowing your light source."

Frame your shot. Composition can make it dynamic.

A basic technique for composing your shot is called the Rule of Thirds. This is a simple concept but one that takes practice to learn. So, what is it? It is not a hard and fast rule but more of a guideline to place your subject on the left or right of an image and leave the other two-thirds more open. Your frame is divided into three columns and three rows. Most smartphone cameras actually have a grid you can turn on in your settings so you can see this grid on your screen. This will be visible when you take the picture, but not appear on the image itself. This is how you can practice

where to place your subjects as you photograph. But like all rules, this one too may be broken. Play with what works for your subject and setting. Using the Rule of Thirds will make you aware of the whole frame of the image and what you want your viewer to see in it. Now you are starting to craft a story with your imagery.

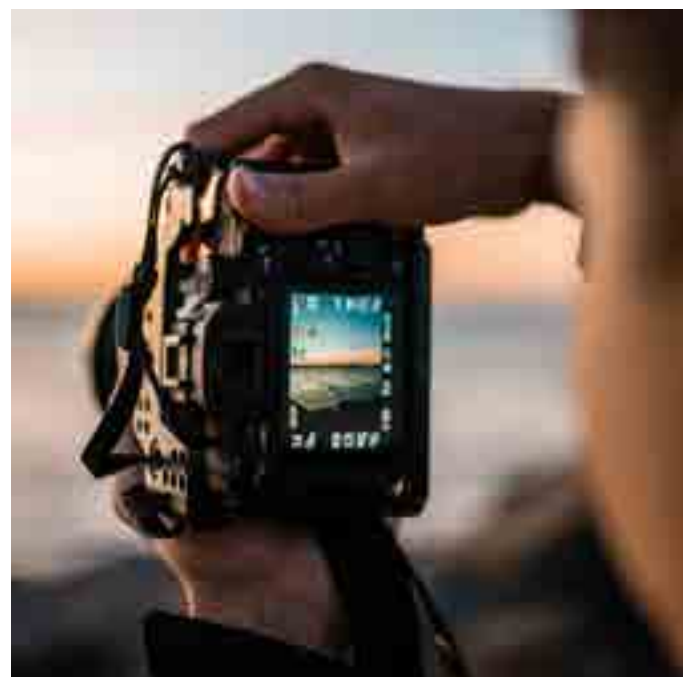
A unique point of view.

Just like the movie camera director making a frame with both thumbs and index fingers to look through, you too have your own point of view available to you. Here are three basic P.O.V.s (points of view) to think about:

- Eye-level
- Above eye level
- Below eye level

You might have a foreground and a background to your image. Ask yourself, what do I want to focus on, where do I want to place it and what angle would I like others to see it from? A dog shot from below eye level - at the dog's eye level - will say something different than shooting down from the top of the dog. P.O.V. will be another tool you can use to effectively tell a story in a photo to bring it from being an okay photo to a fantastic one. And if it is not, we can edit it later due to the amazing non-destructive nature of digital photography. But that is another subject for another day.

How do you think you can improve your photos? What areas do you think your photos are missing? Did you find a story in the photo above?



A Review of MH370: The Plane That Disappeared

By: Alex Tilton

I hate true crime as a genre. Making a profit by dramatizing the misery of others seems inherently wrong. And even if this series isn't technically true crime, it has all the same problems. Here's a very brief summary of the real-life event.

ON March 8th 2014 flight MH370 out of Kuala Lumpur with 239 people onboard vanished and was never seen again. The immediate suspicion, confirmed by a lengthy investigation, was that the plane crashed into the ocean, albeit not where they originally expected it to. The plane took an unexplained southward turn into the Indian Ocean where it ultimately crashed. Nine years later Netflix monetized this tragedy by making simultaneously interesting and shameful documentary. Shameful for its mere existence, and interesting because it demonstrated the lengths people will go to so they can feel like they're important.

In addition to the legitimate experts who were involved in the investigation, the documentary spends a lot of time interviewing people who think that they were involved in the investigation. In fact, they're civilians and had zero involvement. But Netflix needed to pad the running time, so these hacks got interviewed. One of them is a nice lady named Cyndi who is apparently retired and has nothing to do all day but search satellite photos for interesting details. She thinks she identified debris from the plane by spotting some indistinct white blobs as part of a crowdsourced effort by an organization called Tomnod. Listening to her talk wasn't even cringy, it was just painful. A handful of nebulous smears in a picture she was randomly assigned to visually inspect are, to her eyes, definitely pieces of the missing plane. Yep, she personally found it. We're only halfway through the first of three 90-minute episodes but she solved it. I wonder which of the producers she's related to.

Then we meet the odious 'aviation journalist' Jeff Weis, who spawned a deeply insulting crackpot theory about Russian agents breaking into the electronics compartment of the plane and hijacking it with a laptop. While he's whining about becoming a pariah

for this theory he says that the people attacking him for this fantasy he published lose track of the fact that, even though he admits the idea was crazy, "it was at least an attempt to explain the disappearance"...as if this were an inherently noble thing to do, and people should stop being mean to him.

Then there are the semi-pros who have legitimate aviation experience, but who were not part of (and did not contribute to) the official investigation. They don't sound like fools when they talk but, once again, they weren't involved in the actual investigation, so why are they on camera? Towards the end they include a guy named Blane who has the qualification of being an 'adventurer'. He's being interviewed because he actually found wreckage from the plane.

This would be impressive if he'd done any real work, but as he himself tells us, he asked experts where debris from the plane might be expected to wash up... and then he went where they said to go. That's his contribution. It wasn't even the first debris that was found it was just... more. But as he says "I knew I wanted to be the one to find it"...so, good for him?

But at least it shut Jeff Weis up. Kinda. He admits his crazy theory was wrong but he still needs to justify his existence, so he goes on at length about needing to convince himself that this debris really was from the same flight.

The debris didn't manage to quiet some of the grieving relatives though. Of the family members Netflix was interviewing only a minority acknowledged that the debris settled the question of where the plane ended up. The rest of them, oddly, think there was a conspiracy or coverup and they refuse to accept this new evidence. And Netflix just happens to feature a lot of them. Funny that.

MH3700: The Plane That Disappeared is a textbook example of an exploitative pseudo-documentary that didn't need to be made. Don't watch it. Human dignity deserves better.

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



Have a Mindful Conversation

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



The most important conversations are the ones that we have with ourselves. These conversations are the internal communications that take place in our minds as a reaction to all the stimuli that exist around us. It is not only what defines the state of our minds also affects the outcome of our behavior and achievements. These conversations are the keys to our successes, triumphs, failures, or our disappointments. Minding these conversations requires asking yourself challenging questions and trying to find those honest questions. We can objectify those questions by communicating with our trusted family members and friends, and at times with our trusted life coaches, mentors, counselors or psychiatrists. When we go and see a counselor or psychiatrist, we are actually trying to find a safe place to lay out our conversations with ourselves. This is the reason that from commanders and athletes in training, to CEOs; having these inspiring conversations helps optimize their overall performance.

The more we train ourselves with healthy conversations, the more we prepare for positive outcomes. Before we indulge in a consequential self-conversation, we must visualize the dreams we want to realize and goals that need to be attained. Let's start today to become more mindful of the conversations that we are having ourselves to achieve our true potential.



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Chicken & Asparagus



Garlic Butter Chicken Bites Recipe with Asparagus – So much flavor and so easy to throw together, this chicken and asparagus recipe is a winner for dinnertime! - *C. Cherrier*

DIRECTIONS

1. To prepare the chicken bites recipe and asparagus in garlic butter sauce: Start to slice chicken breasts into bite-sized chunks and season with salt, pepper, and onion powder. Let sit on a shallow plate while you prepare the asparagus.

2. Wash and trim the ends of the asparagus, blanch them in boiling water for 2 minutes, then soak them in ice water to stop the cooking. This way, asparagus will cook faster and evenly in the skillet. You can skip this step if you have skinny asparagus. Drain and set aside.

3. Melt half the butter (1/4 cup) with olive oil in a large cast-iron skillet over medium heat. Gently stir-fry the chicken bites on all sides until golden brown. Lower the temperature, and add one teaspoon of minced garlic and Italian seasoning. Stir and cook the chicken bites for one minute more until the garlic is fragrant. Remove the chicken bites from the skillet and set aside on a plate. You might work in batches to avoid crowding the pan and have steamed chicken bites instead of browned ones.

4. In the same skillet over medium-high, add the remaining teaspoon of minced garlic, then deglaze with chicken broth (or wine). Bring to a simmer and allow to reduce to half the volume. Add the remaining 1/4 cup butter, lemon juice, hot sauce, and parsley. Give a quick stir to combine.

5. Add the blanched asparagus and toss for 2 minutes to cook it up. Push asparagus on the side and add the sauteed chicken bites back to the pan and stir for another minute to reheat. Garnish the chicken and asparagus with more parsley, crushed chili pepper, and lemon slices, and serve your garlic butter chicken bites and asparagus immediately. Enjoy!

INGREDIENTS LIST FOR THE GARLIC BUTTER CHICKEN BITES AND ASPARAGUS RECIPE

3 boneless, skinless chicken breasts cut into bite-sized chunks

2 bunch of asparagus, rinsed and trimmed

1/2 cup butter, divided (1/4 cup for browning the chicken and 1/4 cup for the sauce)

1 teaspoon olive oil

2 teaspoons minced garlic, divided

(1 teaspoon for the chicken bites and

1 teaspoon for the asparagus and sauce)

1 teaspoon Italian seasoning or Herbes de Provence

1 tablespoon hot sauce, optional (we used Sriracha)

1/2 cup (125ml) low-sodium chicken broth

Juice of 1/2 lemon

1 tablespoon minced parsley

Crushed red chili pepper flakes, optional

Slices of lemon for garnish

For the chicken seasoning:

1 teaspoon salt

1 teaspoon fresh cracked black pepper

2 teaspoons onion powder

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