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**September 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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# Connecting Your Conscious and Subconscious

By: Lana Shapiro

## YOUR THREE MINDS:

**The human mind is split into three parts: conscious, subconscious and superconscious.**

The conscious mind is where most humans choose to live, it is our finite world. conscious mind is the state of living in the waking physical world that is defined by our five senses.

Our subconscious mind is where our soul lives, it is the part of us that never sleeps. Your subconscious mind is what is being activated while you sleep, your dreams, your internal dialogue that consistently gives you messages, the “divine downloads.”

The superconscious mind, which I will refer to as sacred mind, is a level of consciousness that few are able to achieve. It is a bridge that takes our subconscious mind straight to the kingdom of heaven, it is an enlightenment that allows you to bring God consciousness within yourself.

In summary, your conscious mind contains your awareness of your life, things you question and believe, your subconscious mind holds memories you have forgotten, thoughts you are not aware of, and feelings you do not understand.

Your sacred mind is what connects your conscious and your subconscious mind to the Great Divine, God, Higher Power, or whatever term you use.

## HARNESSING THE POWER OF OUR MIND:

Whatever you think of yourself and the world around you, will be reflected back into your life. When it comes to manifesting our desires, anything is possible. What keeps us stuck and prevents us from fully using the power of our minds is conscious limitations we set on ourselves.

In order to fully harness the power of our mind, it is necessary to heal our subconscious and break down old paradigms, reprogram old beliefs that no longer serve us.

Human beings are often afraid to experience life to the fullest, because it means experiencing ALL emotions fully. We hold ourselves back from fully emerging into “negative” emotions because they are painful. But in doing so, we also prevent ourselves from fully experiencing all the positive emotions. There is no light without darkness, and this is the part of healing many people often skip over.

“  
**How much of our behavior and decision-making is based on something that technically isn't real?**  
”

When we skip doing this shadow work, we go through the revolving door of suffering, we continue to repeat the same patterns over and over again. We end up causing our own suffering by living in the past. Think about it, how much of our behavior and decision-making is based on something that technically isn't real? Every time someone reacts to a recurring difficult situation, it's just a response to the past.

We also inherit all sorts of emotional trauma from our ancestors. Understanding this concept opens the potential for subconscious healing to a whole new level.

## HEALING AND TRANSFORMING:

In order to fully heal and transform all aspects of our mind, we must transform ourselves from the inside, we must shift our internal dialogue, our thoughts and our values. We must also look at things that keep us stuck, we must learn to let go of resentments, anger, and attachments. And we must allow ourselves to grieve all that we are letting go, even when it is for our highest good.



# How to Keep Animals Away From Gardens

By: Molly McGarvey



Keeping pests like raccoons, moles, squirrels, rabbits, and deer out of our gardens can be challenging, often with little success despite our best efforts. To combat these critters and protect our produce effectively, I conducted research and found several methods that work well. Deer and rabbits are sensitive to certain strong-smelling plants, which can be used as a natural protective barrier around the garden's borders.

Some examples of these plants are ladybells, poppies, lavender, geraniums, and more. Additionally, plants like garlic, onion, chives, and mint have powerful scents that deter deer and rabbits while also serving a purpose in the kitchen. You can harvest them for cooking, making it a beneficial choice. Using vinegar in a spray bottle can act as a powerful rabbit deterrent. Simply dilute white rice vinegar with water and spray it around the area surrounding your plants. Red pepper flakes also work well as a repellent for animals and insects. You can either make a spray with water and red pepper flakes or simply sprinkle the flakes around the garden. Another method involves using Irish Spring Soap, which pests dislike. Cut the soap in half, drill a hole in each half, and string them on a line to hang around the fencing or posts surrounding your garden, spaced about 3 feet apart. This can effectively keep the pests away. Sulfur is another scent disliked by animals. A product called "Liquid Fence," which contains sulfur powder, can repel deer and rabbits. You can purchase this product on Amazon for around \$25.

“  
**Another practical approach is to use noise makers and motion sensor lights near your garden.**  
”

Used in combination with the scents mentioned earlier, the most effective method to keep animals out of your garden is by installing deer fence netting at the appropriate height to prevent them from jumping over it. For added protection against moles, it's wise to dig about a foot down and place the fence below the surface to deter them from digging underneath. The ideal deer fence should be 8-10 feet tall and set at a 45-degree angle at the top to discourage deer from entering. Another practical approach is to use noise makers and motion sensor lights near your garden. Windchimes can serve as a pleasant decorative deterrent, scaring away unwanted animals. Additionally, having a bright motion sensor light can startle animals and prompt them to run off. Routine garden upkeep is also essential. Be sure to remove fallen fruits and vegetables promptly to prevent rotting, which could attract animals to your crops. Rabbits and squirrels, in particular, will avoid areas where they sense the presence of their predators, even just by smelling their urine. If you've been considering getting a dog, this could be a good reason to do so.

Rabbits will be deterred if they detect a dog's urine in your yard. By implementing these various methods, you can significantly enhance your garden's protection against unwanted pests and increase the likelihood of successfully safeguarding your produce.

# Childhood Cancer: What to Expect upon Diagnosis

By: Joe Siwinski, Nurse, DENT Neurologic Institute



**A diagnosis of cancer is a struggle at any age, especially so when the patient is a child. There are a number of steps that will need to be taken in order to beat this disease, and it is important to follow these steps accordingly.**

You can expect sporadic inconsistency, constant waiting, and overwhelming decisions. It is important that the parents be aware of these struggles ahead of time. The right preparation will allow a parent to cope with their own uncertainty, while carrying their child on the road to remission.

Your expectation is that things will go as planned. You will be given a strict schedule of chemotherapy, labs, imaging, and doctor's appointments. You will soon learn that this schedule can change at any given moment. Sudden emergencies can drastically change that schedule. Your child has a change in their blood work, and will now have to spend all day in the hospital. Your doctor will set out a strict treatment schedule, with the understanding that this is what must be done to effectively beat the cancer. It may seem clear and organized, but you will find that life does not always facilitate that schedule. Unfortunately, this is something a parent and child will have little to no control over. Communication with your doctor's office will be important, and will help to ease confusion and stress.

The unfortunate reality of a cancer diagnosis is that your doctor will dictate your schedule. Days stop being Monday, Tuesday, and Wednesday. Your schedule will feel less comprised of weekdays and weekends. You now await blood draws, chemotherapy infusions, and MRIs. Test days, and result days. You measure your months by frequency of appointments and blood draws. You are waiting for your MRI to occur on Friday. Once Friday hits, you have to wait until Tuesday for your results. Once Tuesday hits, you have to wait for your infusion on Thursday. Your daughter has waited all month for the school dance, but she has a new pain in her abdomen. She

now has to spend the entire day in the hospital waiting for test results. The waiting will never seem to end.

It is apparent at this point that each day becomes a new decision. Decisions for parents become polarized, in that each outcome may affect the physical or emotional health of your child. Is it worth sending your child on that field trip, or is their immune system too weak to be around other children? How will your child react to the isolation, if it is not safe for them to see

their friends? Parents have an innate drive to protect their children, but the next round of chemotherapy will make the child sick. The parent knows that this is what is best, but will have to balance that with the perceived guilt of 'harming' their child. An adult can understand this, but a child simply knows how they feel. This will be a very distressing idea to overcome.

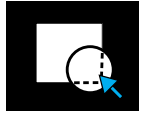
Cancer will be the hardest fight that your family will ever endure. These expectations paint a frightening, and overwhelming picture. What is most important to understand is that you can do this. Everyone who has fought, and beat this disease has shared your fear and uncertainty. You will feel that things are not going as planned, but understand that they never do. You will feel that you haven't made the right calls,

But understand that there may not have been a right call to make. With the help of your doctors and nurses, and the support of your family and loved-ones, your child can beat their disease. Be ready for change, and tackle it with courage. You are your child's hero, and you will give them their courage to fight.

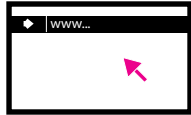
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# Distance Learning is Here to Stay!

By: Sara Loft

Did you know that in 1873, educator Ana Eliot Ticknor launched the first correspondence program at Boston, Massachusetts? Her vision of recognizing the need to make education available to a wider audience is more evident today than ever before. The internet has made access to higher education more available by many universities here in Western New York and throughout the United States. In 1989, the University of Phoenix became the first institution to launch an online education program that offered up to a Master's degree level.

I'll never forget my first moment registering for my classes for my first semester at college. Here I dreamt of being in big classes with a professor and their huge marker board discussing a lecture. I certainly had a few of those. However, when I went to college, I didn't realize they had online courses available. It was exciting to see I could go online and learn at home like I did in the classroom! The professor would create a digital classroom (under a portal program) for the entire class, submit documents needed for a class lesson, and we would use our school email address to submit our assigned work. I thought it was totally cool! Fellow students and I were interactive with the professor within the digital classroom (the portal) because that's how we were rated for our participation and attendance.

“  
**The internet has made access to higher education more available...**  
”

According to a study at the University of the Potomac, 70% of students agree that online classes are better than traditional classroom settings. Since the COVID-19 pandemic hit in the U.S., both students and faculty weren't allowed to enter the classrooms.

Because of Internet and leading software programs such as Microsoft and Adobe, we were able to accept the transition gracefully without falling behind in our fields of study. According to Campus Technology Magazine, a Digital Learning Pulse Survey, conducted by Bay View Analytics found that 73 percent of students prefer some courses be fully online post-pandemic. Online learning courses allow you to learn at your own pace within the semester instead of a course's specific in-person timeline.

Remember, online learning is optional. It is a nice option to consider in your academic life. For example, if there is a snow storm causing travel bans your online class is most likely still available to serve for your educational needs. If an online class doesn't work out for you, you may be able to withdraw from the class without affecting too much of your GPA. Today, there are many options to choose from - all online or a mix of online and in-person. Finding what's right for you will give you the best chance to fulfill your dreams for the future!



# A Cash or Deferred 401(k) Plan: Exploring Options

By: Tahir M. Jaffri, ChFC®, CPA®, LUTFC®, Financial Advisor

## The Basics

Any profit sharing or stock bonus plan that meets certain participation requirements of IRC Sec. 401(k) can be a cash or deferred plan. An employee can agree to a salary reduction or to defer a bonus which he or she has coming. Tax-exempt entities may also adopt a 401(k) plan.

## How It Works

- The employee has the option of taking cash or having it paid to the trust for retirement. This is equivalent to a tax-deductible employee contribution. However, employee deferrals are subject to FICA, Medicare and FUTA payroll taxes, with applicable payments from both the employer and employee.
- Any additional employer contributions are tax deductible.
- Employer contributions, if any, are not taxed currently to the employee.
- Earnings accumulate income tax-deferred.
- Distributions are generally taxed as ordinary income; at retirement from the current employer, rolled over to a traditional or a Roth IRA, or to another employer plan is that plans accepts rollovers.

## Two Types of Plans

- Salary reduction: An employee can agree to a salary reduction, e.g., 10% of compensation, which the employer then pays to the retirement plan trust. It is deductible to the employer but is not included in the employee's gross income.
- Cash or deferred: The employer can decide to pay a bonus and give the employees the following choices: Take it as cash, defer it to the trust, or take part and defer the rest.

## How Much Will There Be at Retirement?

The risk of good or bad investment returns rests upon the employee. The amount available at retirement will depend upon three factors: The frequency and amount of contributions, the number of years until retirement, and the investment return.

## Additional Considerations

- Maximum annual allocations: Employers may deduct contributions of up to 25% of covered payroll.
- Individual limits: For 2022, the allocations total of employer contributions and employee deferrals to a participant's account may not exceed the lesser of 100% of compensation or \$66,000 per year. An employee's annual elective contributions to the plan are limited to \$22,500. For those age 50 and older, additional "catch-up" contributions of \$7,500 may be made.



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- Investment of plan assets: Plan investments must be diversified and prudent. Subject to plan provisions, plan assets may be invested in equity products such as mutual funds, stocks, or debt-free real estate, or in debt investments such as T-bills or CDs. Life insurance and annuity policies may also be used.

- Automatic enrollment arrangement: An employer may adopt an arrangement under which a specified percentage of salary will automatically be contributed to the 401(k) plan for each employee unless and an employee chooses to “opt-out” of the system.

- Discretionary contributions: In addition to any matching and/or top-heavy contributions, an employer may make discretionary contributions from year to year so long as the allocation among the participants is on a non-discriminatory basis. These contributions may

be allocated in several different ways. These contributions can be made to the plan up to the due date of the return plus any extension granted to the employer. Any employer contributions made on a discretionary basis that are not required to maintain the plan qualification may have gradual vesting.

Overall, it is important to have the proper plan in place when planning for retirement. It is never too soon to start saving from both your employer and your personal funds. Use the above feedback to configure the best way to save for your post-career lifestyle. How you spend and save now will certainly have an effect on your future. Save well, and save much.

“  
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spend and save  
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your future.**  
”



# Evolving Organizations

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



Evolving individuals shape evolving organizations. The evolution of mankind has proven that our species has a special skill for adapting and advancing its quality of life based on its own inventions and discoveries. It is only natural that the collective achievements of our species exceeds its own capacity to learn at an individual level. Organizations are groups of individuals working together to achieve a certain goal or a purpose.

Every passing day changes us irreversibly, as chronologically we are growing. Consciously or subconsciously, our daily interactions accumulate as behavioral-shaping learning experiences. These behavioral patterns set habitual reactions to situations we face. This process starts early on as a child and continues until our last breath.

Our future brings us endless opportunities to start new patterns of behavior based on conscientious effort to accumulate effective interactions with our working and/or living environments. Let's take one example; setting our schedule to eat or drink. What time, what items, what amount, what type, how frequently we should be eating or hydrating ourselves are the questions we must answer. Second tier questions deal with the quality or the content of what we need to consume. Many diet programs, keep providing answers to these questions based on the latest research of what needs to be done to make our diet healthier.

The most important question we need to ask is, "Why to do all that?" The answer to "why" is the key to consistently performing those actions that will shape the behavior of the individual or the organization for the better. Our actions create habits that are based on our reaction to situations. Habits are the behavioral patterns which we develop while learning from our reactions to our environment.

Hence, if we want to be an evolving individual that helps in the evolution of an organization, we should always be embracing evolution. Evolution is change. Change is inevitable. One must control one's own evolution by deciding and setting up new patterns of behavior and learning experiences. When we do this exercise as an organization we turn our organization into a positively evolving organization. The advancement and the progress of the organization is, then unstoppable.



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# A Review of Oppenheimer

By: Alex Tilton

I think it's been two years since I went to see a movie in the theater. Beyond COVID issues I just wasn't very plugged in to the upcoming new releases. I mostly found out about movies when they got nominated for big awards at shows that I didn't bother watching. But this one was hard to miss. It had my favorite actors, directors and subjects. I didn't need much convincing to get out and go. And it's good that I did.

*Oppenheimer* is structured as a series of lengthy flashbacks being recalled by two men during important political hearings. Most of the flashbacks are Dr. J. Robert Oppenheimer giving (and reacting to) testimony during a security clearance hearing that has been blatantly rigged against him as part of an ugly vendetta by a man named Lewis Strauss, who was the head of the Atomic Energy Commission. The rest are flashbacks of Strauss himself during his confirmation hearing for the position of Secretary of Commerce under President Dwight Eisenhower. Strauss has set out to sabotage Oppenheimer and deny the renewal of his security clearance because Oppenheimer stood against him on several important issues and humiliated him during an important Senate hearing.

The movie is equal parts biography and history lesson, presented in three acts. Act 1 follows Oppenheimer's early physics career and the creation of his quantum physics program in California. Act 2 begins with the release of a paper demonstrating the possibility of splitting the atom, which sets off the race to develop the atomic bomb before the Nazis do. It shows details about Oppenheimer's political leanings and messy personal life which will both come back to haunt him later, and culminates in the successful Trinity test. Act 3 follows Strauss's successful efforts to destroy Oppenheimer by having his security clearance renewal denied at a blatantly rigged hearing, and how this comes back to destroy Strauss himself at his own Commerce Secretary confirmation hearings.

So that's what the movie is about. But how was it? Excellent on every level. Honestly there's very little to complain about except for one thing. The intense musical score that overlaid almost the entire movie

created some sensory overload that I could have done without. That's my only issue.

But the film's treatment of its main character is worth discussing. Attempts to portray a complicated person can go wrong in a lot of ways, and it says quite a lot about actor Cillian Murphy and director Christopher Nolan that nothing went wrong in this attempt. You can agree or disagree with what they did, but you couldn't argue that it wasn't masterfully done.

*Oppenheimer* is presented as a mostly very ordinary man without much ego, who nevertheless hungers to discover new things. By his own admission there are other physicists who are better at the math, and he is terrible at lab work. But he has a talent for theory and program coordination that make him an obvious choice to run the show. He's considered so important in this capacity that he gets his security clearance in spite of being married to a woman who was formerly a member of the communist party, and having flirted with socialism himself. Had he not been at the center of the Manhattan Project his flaws would have been completely uninteresting. But under the microscope of anti-communist paranoia, they become lethal in the hands of a political enemy.

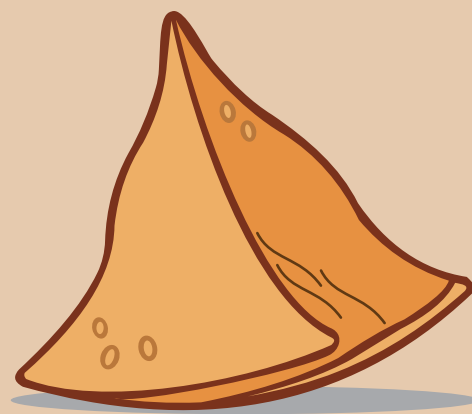
Much time is also spent on Oppenheimer's feelings of guilt. Reckoning with the aftermath of his weapon and its effect on living people takes a toll on him. This and his attempts to slow nuclear proliferation are used against him under the logic that a loyal American wouldn't mourn the deaths of enemies or bat an eye at making their military stronger. Never mind the insanity of a nuclear arms race, your loyalties had better be proudly on display and you'd better say all the right things to all the right people.

A conversation that takes place at the beginning of the movie, but isn't revealed till the end sums it all up: People will ask things of you. You'll do your best to deliver it, and they'll destroy you for it. After they've eventually forgiven you for giving them exactly what they asked for, they'll finally let you be.

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

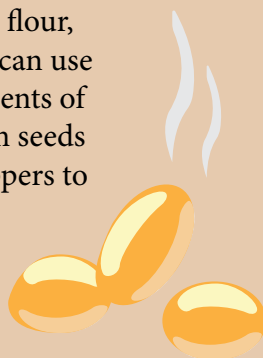


# Easy Samosa Recipe



## Samosa Dough and Samosa Wrapper

Traditional samosa dough is made with maida flour, which is a type of flour available in India. You can use all-purpose flour as a substitute. Other ingredients of the dough include butter, salt, water and carom seeds or ajwain. I usually use frozen spring roll wrappers to save time. After deep-frying, you get the crispiest Samosas.



## How to Fold Samosa

To fold a Samosa into a triangle shape using spring roll wrappers, you want to start by scooping a teaspoon of the filling and place it at the top center part of a piece of wrapper.

Brush the outer edges of the wrapper with egg white, fold and form the shape into a triangle. Pinch the edges and all corners to make sure it's sealed tight and there is no leakage.



## Ingredients (Yields 5 people)

- 1/2 lb. potatoes, peeled
- 2 tablespoons oil
- 1/4 small onion (diced)
- 1/4 cup green peas (smashed)
- 1 tablespoon curry powder
- Spring roll wrappers (cut into 3 equal-sized rectangle pieces)
- 1/2 teaspoon chili powder
- 1 teaspoon sugar
- Salt to taste
- 1 egg white
- Oil for deep-frying

## Instructions

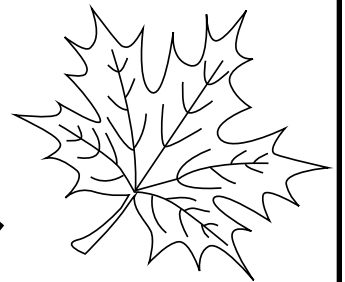
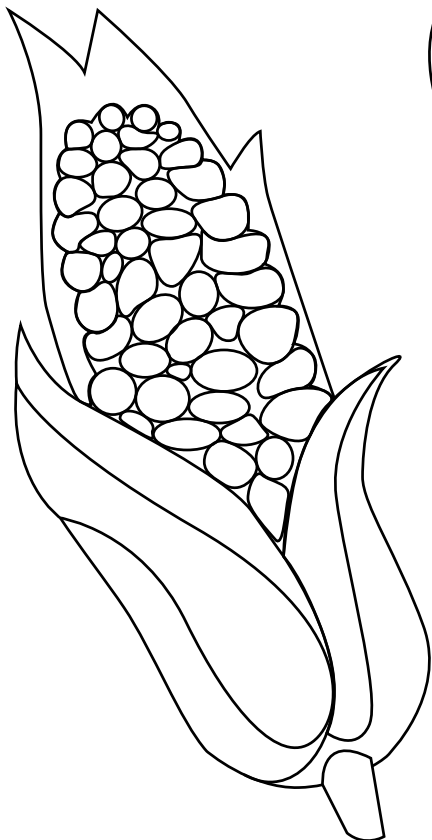
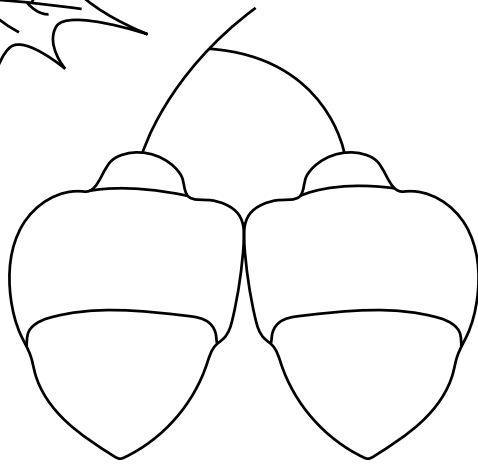
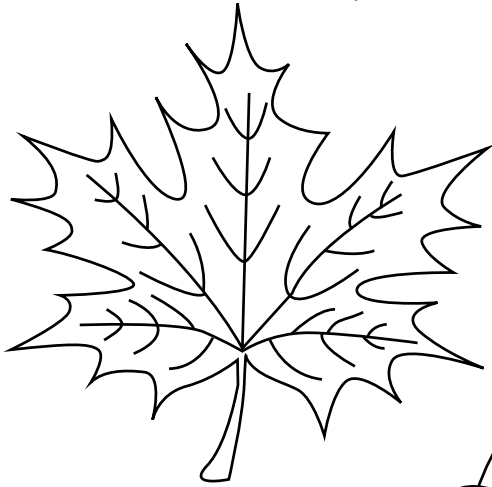
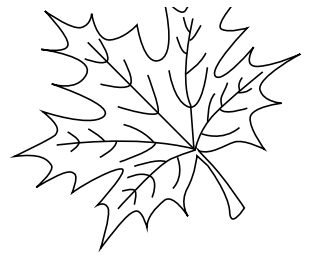
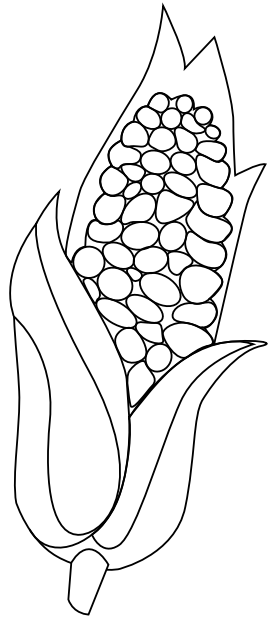
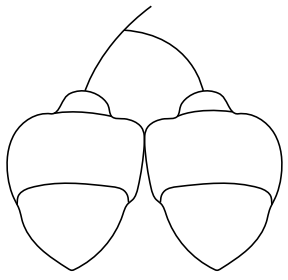
1. Boil the potatoes for 10 minutes or until they are completely cooked through. Drain and let cool. Peel off the potato skin and break and mash the potatoes using the back of a spoon.
2. Heat up a skillet and add the oil. Saute the onion until aromatic before adding the potatoes and green peas, curry powder, chili powder, sugar, and salt. Cook for a few minutes. Remove from the skillet and let cool.
3. Scoop 1 heaping teaspoon of the filling and place at the top center part of a piece of wrapper. Brush the outer edges of the wrapper with the egg white, fold and form the Samosa into a triangle. Pinch the edges and all corners to make sure they are sealed tight and there is no leakage. Repeat the same until the filling is used up.
4. Deep fry the samosa at 350°F (176°C) until golden brown. Remove from the oil using a strainer or slotted spoon, and transfer to a plate lined with paper towels. Serve warm.



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



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