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FREE

Happy Father's Day

Reflect on Life Lessons Taught
by Dads Throughout WNY

Juneteenth Awareness

Understand the Significance
of this Day of Remembrance

It's Pride Month

Learn the Importance of
Supporting the Community

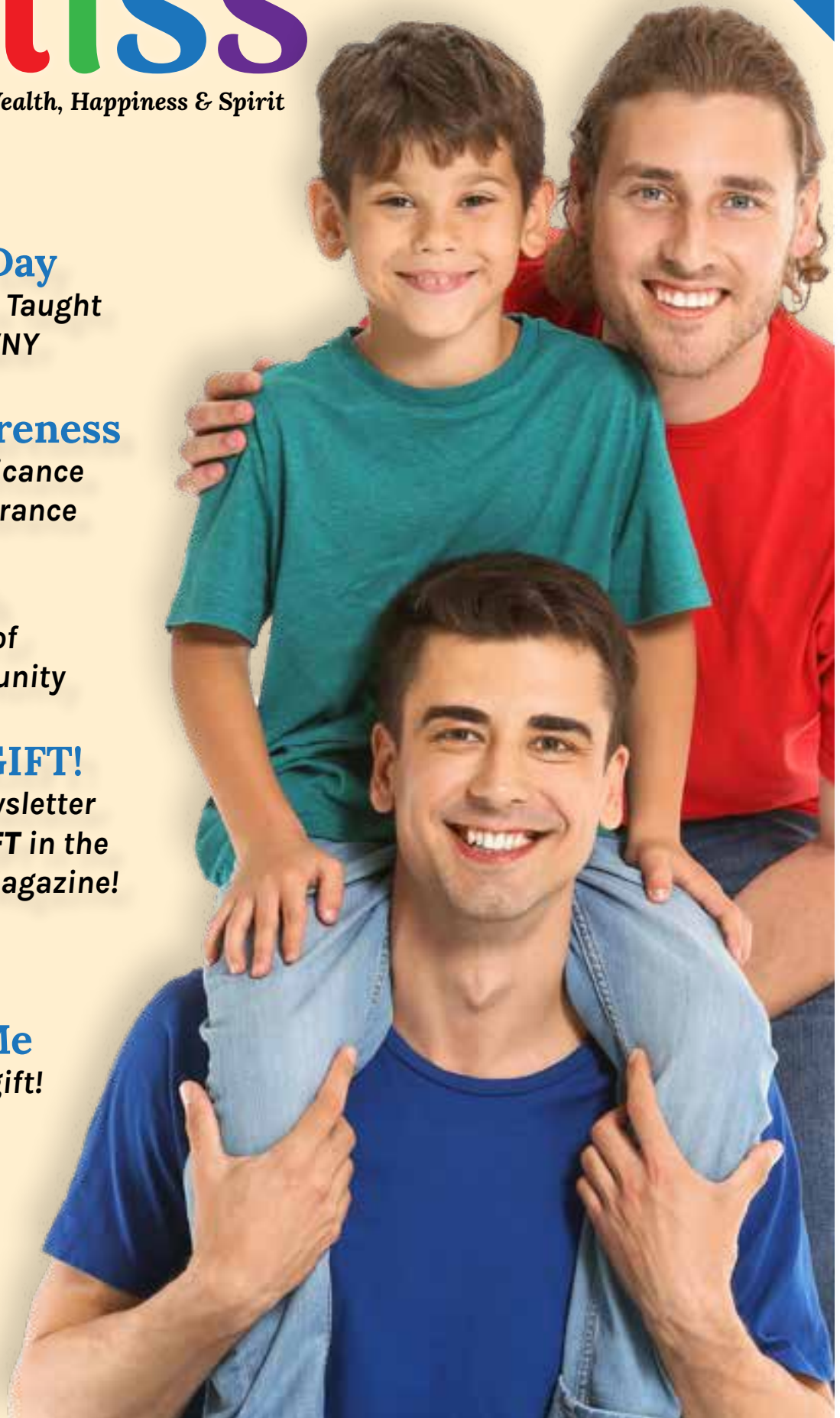
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Our Mission

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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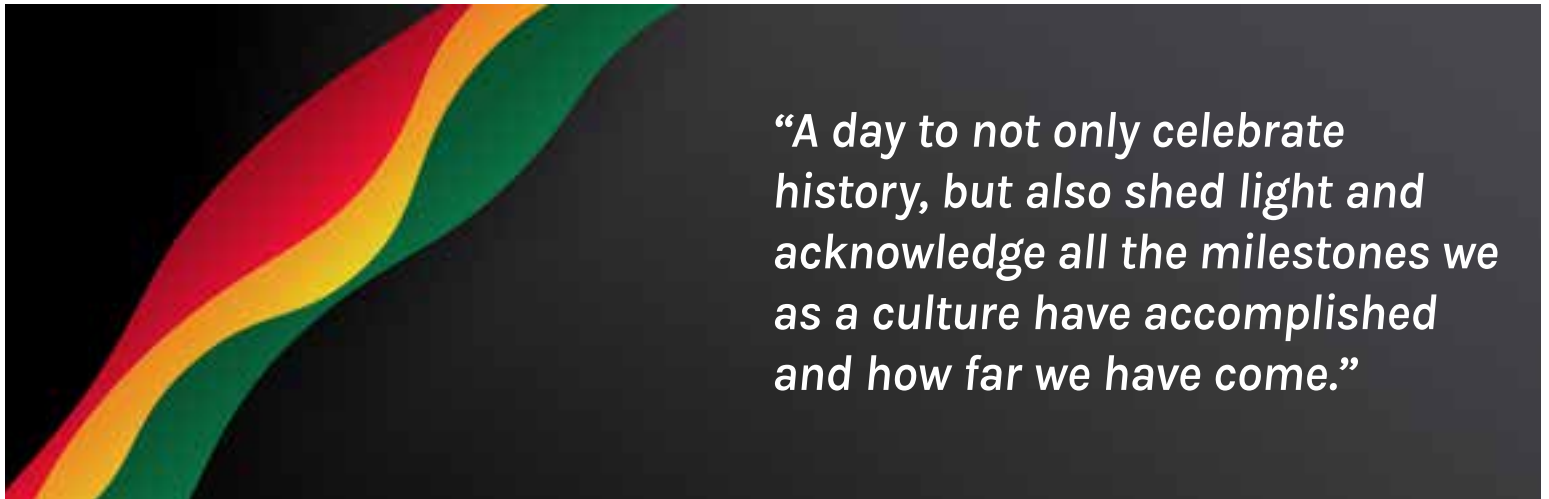
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Juneteenth in Buffalo: History and Significance

By: Lei Anna Craig



“A day to not only celebrate history, but also shed light and acknowledge all the milestones we as a culture have accomplished and how far we have come.”

June 19th, 1865, is one of the days we should never forget in American history. This day marks the end of the pain and suffering done onto African Americans with slavery coming to its rightful end and finally setting people free.

This was first made possible in 1890 when Texas declared this date a state holiday because they wanted it to become a day of remembrance, as we acknowledge the torturous events that the people went through and rejoice in the better days that are to come. Since then, many states have followed suit, but it wasn't until 150 years after Texas made it a state holiday that it became a federal holiday in 2021.

Today, we use Juneteenth as a day to not only celebrate history, but also shed light and acknowledge all the milestones we as a culture have accomplished and how far we have come. This is the perfect time to expose yourself to new things and people around you, support black businesses, and bask in beautiful food and culture.

Rightfully so, Buffalo makes this holiday a very large event and has a lot of fun and educational events to get involved in. So, here are some ways that you can celebrate the holiday this year!

Annual 49th Juneteenth Festival

Every year, Buffalo holds an extravagant festival to remember Juneteenth and what it represents. This year, it will be held in Martin Luther King Park on both June 15th and June 16th. Enjoying the festival means you will have the chance to

participate in many festivities including the renowned Juneteenth parade, food, culture, and community. This is such a large event and is a great chance to connect with different groups of people and learn something new.

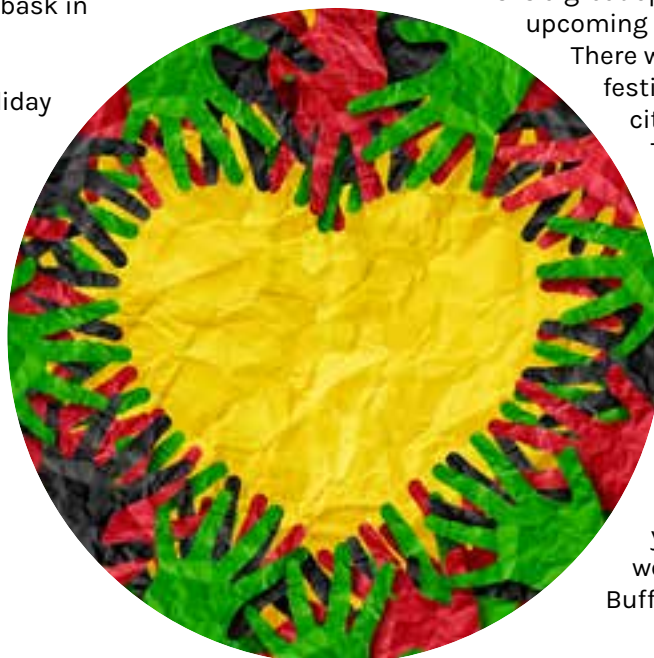
History Events

Sankofa Days held on June 8-14th are perfect opportunities to learn more about African American history and culture as there are a lot of engaging events to help get a better understanding through a combination of workshops, cultural art demonstrations and more. June 21st is the Maafa Memorial where we will show our gratitude for our ancestors and those who unfortunately lost their lives during their hardships.

Support Black Businesses

This is a great opportunity to support a lot of upcoming and well-known black businesses. There will be some as vendors at the festivals, and many others around the city that are waiting to be discovered. Try to make it your mission to visit at least one in June.

And this is just the start! There are so many ways to celebrate and learn more about this powerful and informative holiday, and we hope that you can take the time out to learn and celebrate this year. For more information on the annual Juneteenth festival and workshops, you may visit the Buffalo Juneteenth website at the following address: BuffaloJuneteenth.com.



MySpace to Meta: The Evolution of Social Media

By: Gabrielle Guzinski

Social media has become an everyday part of our lives and has changed the way we communicate forever. Humans have access from celebrities to business in a matter of seconds; to show we have information on anyone, anywhere at any time. It has integrated its way into society close to fifteen years and it is here to stay. Technology is adapting and changing just as much as we are so we will learn from each other on how to be stronger and more functional together.

World Social Media Day was launched by Mashable on June 30, 2010. Seven years before this Myspace was launched on August 1, 2003 (which was even before Facebook which launched months later February 4th, 2004). More channels came around with the popularity of uploading videos and connecting with friends and family almost instantaneously on a global level. While everyone considers Facebook to birth the platforms we know today as Instagram, X, Tiktok and much more, the real credit goes to Myspace.

Myspace was one of the first video platforms that eventually led to the creation of YouTube. It launched the notorious careers of Lady Gaga and Arctic Monkeys. There is a concept of Myspace that has recently found its way into most social networks. Snapchat, for instance, had a feature like top eight for Myspace, basically you could see a viewer's top eight friends and while that still exists today you need a premium Snapchat account to use this feature. For any form of media you post you can include a song

with it so far you can do this on Snapchat, BeReal, and Facebook just to name a few. While this might seem like an exciting feature for any of these users, it started with Myspace.

With anything in life, there is both good and bad factors incorporated into internet-based communication. If people are waiting for a friend at an event, they will automatically go on their phone till their friend gets there, but it is considered rude. Also, just because you read something online does not mean it is right, be sure to fact check yourself and educate yourself on a topic before you speak about it. On the other hand, there are opportunities for remote employment which involves you saving money from commuting to an office every day. Online communities are another way to connect and share insightful ideas without having to talk to anyone and allow you to foster connections with people who have the same interests as you. Social media is what you make of it.

The internet community has been around shorter than humans have existed, and it already has created a big impact on the world as we know it. Social media is here to stay, but it is nice to remember that we created it. If there is something that has not been brought to attention or you want to educate people from a bigger audience, you have the power to do so! Your opinion matters and it is here to connect each other one by one and get closer to make the world a better place every day.

“
**Social Media
is what you
make of it.**
”



Dr. RS: Elderly Care and Brain Health

By: Dr. Riffat Sadiq, CEO of WNY Medical, PC, Channel Creator

Let's talk about brain health in elderly people and how we can keep our brain young when we grow older. The number one thing that we need to do to keep our brain healthier and in a young form, is get a good night's sleep. That will produce a lot of dopamine. Dopamine is known as a happy hormone and is going to help us with our attention span, and with our memory, it is one of the most important hormones. This will help us to decrease our risk for dementia and Alzheimer's. So, have a proper good night's sleep, 8 hours a day. It is extremely important for your brain health.

The next thing is if we want to keep our brain young, we have to keep using it. If you like to do puzzles, social activities, or other things, keep yourself involved. If you are not involved, and are sitting on the couch watching TV your brain is going to deteriorate faster. My dad was in his mid-90s and he could do accounting better than anyone else. He would keep doing the things which he used to do when he was younger. So, if you are an accountant, keep doing some accounting. If you are a teacher, keep teaching people. Or involve yourself in any volunteer work, go to hospitals, nursing homes and spend time there. Play a musical instrument, it's never too late to learn! Also, keep yourself involved with family members and friends because that gives you happiness and when we are happy, we produce a lot of dopamine. Increasing dopamine will help keep our brain young.

Now let's talk about mental health issues and the elderly population because it actually doesn't get that much attention. The issue with mental health is we either under diagnose it or we do not talk about it. Let's discuss a few of the things we can do to help avoid mental health issues. First, let's talk about what these mental health issues can be. Number one, is depression and then anxiety. These are the major two problems that can develop if we do not pay attention to them and can then turn into a disease called pseudo dementia. This means your memory is actually starting to be affected.

So, how we can actually take care of the elderly and why it is so important to pay attention to these issues. Because these are some simple things, we can do. I have seen a lot of people who live alone where their social lives get curtailed for a variety of reasons. So, the number one thing we can do if there are family or friends close by is try scheduling family visits with your elderly loved ones on different days of the week. That can be the number one prevention for mental health issues in the elderly. So, if we start doing that, we make a conscious effort to visit and spend some time with loved ones who are older and talk to them. That can actually help them a lot.

Second thing is, there should be planned activities outside the home. Senior centers are a great way for them to have friends around so they are not lonely.

If they are alone too often and they have no one around to talk to they start feeling very sad, and sadness leads to depression. So, we can avoid these things to a certain extent.

What are the signs and symptoms of these mental health issues?

You will see people start actually having sleep problems, they will not be able to sleep at night.

They will actually start eating less. If they are not eating properly or sleeping properly, it is going to affect their health overall. You will also start seeing that they will be withdrawn. Then you also will see they will start forgetting names, and things such as where they put their keys. That is where the memory is getting affected. So, we have to work on it if it's avoidable. Some medications can affect the elderly and there are side effects that should be considered.

If you see anyone around you, or if you are elderly and having these symptoms then talk to your doctor. There are treatments available, there is counseling available. There are some medications which can help you. Also, there are senior centers or activities available for you. So please talk to your doctor and don't ignore these symptoms.



Dr. Riffat Sadiq: Restoring Self

*Want more tips on improving your wellness and restoring yourself?
Watch videos on YouTube, DrRSMD.*



National Hydration Day

June 23



Set Reminders

Make it a habit to hydrate regularly throughout the day. You can write down reminders or use an app that prompts you to drink a certain amount of water daily.



Spread the Word

Encourage your loved ones to stay hydrated, especially when outdoors or participating in strenuous activities. Sometimes a reminder can make all the difference.



How Much Water Should I Drink?

Typically, the common recommendation is to try and drink about half a gallon of water daily. You may need to adjust your total fluid intake depending on several factors including any physical activity you engage in, if you live in a more hot or humid climate, and considering the overall health of your body. People dealing with sickness or other conditions may require increased fluid intake and should consult with their doctor about different solutions.

Benefits

- healthier skin
- aids digestion
- supports organ and cell function
- regulates body temperature
- boosts alertness
- lubricates your joints
- supports brain function
- promotes waste removal

Summer Solstice and the Strawberry Moon

By: Lana Shapiro

The June Strawberry Full Moon, named for the ripening of strawberries that occur during this time, is more than just a visual marvel; it is a celestial event infused with deep spiritual significance. This year, its occurrence aligns closely with the Summer Solstice, creating a powerful conjunction that amplifies the spiritual energies of both events.

The Strawberry Full Moon is a time of abundance and fruition. Spiritually, it represents a period of harvesting the efforts and intentions set earlier in the year. This full moon invites reflection on personal growth, encouraging individuals to recognize the fruits of their labor and to celebrate achievements. It's a time for gratitude and for sharing these blessings with others, fostering a sense of community and interconnectedness.

This moon also signifies a peak of vitality and creativity. The ripening strawberries symbolize sweetness and the reward of patience. Spiritually, it's a moment to savor life's pleasures and to indulge in self-care and joy. The light of the full moon illuminates our paths, offering clarity and insight into our spiritual journeys. It encourages letting go of what no longer serves us and embracing the fullness of our authentic selves.

The Summer Solstice, occurring on June 21st, marks the longest day and the shortest night of the year. It is a celebration of light, warmth, and the life-giving energy of the sun. Spiritually, the solstice is a time of peak energy, enlightenment, and personal power. It symbolizes the triumph of light over darkness, encouraging individuals to seek illumination and to harness the maximum potential of their inner light. Traditionally, the Summer Solstice is seen as a time for renewal and transformation. It's a period when the Earth is at its most fertile, mirroring the human spirit's readiness to grow and expand. The solstice invites introspection about one's life direction and purpose, urging a realignment with one's true path and goals. It is a powerful time for setting new intentions and for making commitments to personal and spiritual development.

When the June Strawberry Full Moon coincides with the Summer Solstice, the combined spiritual energies create a profound period for reflection, celebration, and

transformation. This convergence amplifies the themes of fruition and renewal. It's a time when the veil between the physical and spiritual worlds is thin, allowing for heightened intuition and deeper spiritual insights.

The alignment of these two events emphasizes a harmonious balance between receiving and giving, between harvesting the fruits of past efforts and sowing new seeds for future growth. The full moon's energy of completion and the solstice's energy of new beginnings create a unique opportunity for individuals to release old patterns and to embrace new, more aligned ways of being.

During this time, rituals and ceremonies can be particularly powerful. Practices such as meditation, journaling, and intention setting can help harness the potent energies at play. It's also an ideal time for communal gatherings, where the collective energy can amplify personal intentions and create a supportive environment for transformation.

In summary, the spiritual significance of the June Strawberry Full Moon and the Summer Solstice, when occurring together, presents a momentous occasion for spiritual growth. This period encourages a deep connection with nature and the cycles of life, reminding us to celebrate our journey, acknowledge our achievements, and prepare for the next phase of our personal and spiritual evolution. Embracing the energies of these events can lead to profound insights and a renewed sense of purpose and direction.



Indigenous History of the Strawberry Moon

By: Sara Loft

In most Indigenous cultures, we believe everything in Creation has a Spirit. One of our major life lessons is to respect others including your elders. The cycles of the Moon helps us determine our yearly calendar. However, did you know that in Iroquoian beliefs, the Moon is called the Grandmother Moon? According to Allan Jamieson Sr. (Director of Neto Hatinakwe Onkwehowe), Grandmother Moon is known as “the leader of women all over the world because she watches over all of us.” Besides, Grandmother Moon watching over all of us,

Allan Jamieson Sr. mentioned that “she regulates the waters, controls the rip tides and guides us all with our time on Turtle Island” (or better known as North and Central Americas).

Grandmother Moon is whole but she has many phases just like life does. For those who believe in Grandmother Moon, we are reminded that our time on Turtle Island is ceremonious upon each phase that she sets her face as. When Grandmother Moon radiates in her Full Moon face, women can ask for her help for renewal energy to our Spirit, at best!

In Iroquoian tales, they believe there are 13 Moons.

Traditionally speaking, there are 12 months throughout the year but they like to pay homage to the rare thirteenth Moon - The Blue Moon. In great consideration, let us rejoice this month of June and honour the Strawberry Moon! The Strawberry Moon is the first Full Moon of the Summer Solstice season. The Strawberry Moon will not change its hue necessarily. However, Allan mentioned that “it is a reminder that good heart medicine is available for us – the strawberry.” The strawberry is known

as the “leader of all berries” as he puts it, because its formation of weeds sprout earlier than all other berries. According to the lore of Creation, before the world existed there was an island in the sky with Sky People. One day a pregnant Sky Woman graciously fell out of darkness and rested on the Great Turtle’s back. Sky Woman began life as she brought tobacco and strawberries as it was her medicine. Based on scientific facts, strawberries are rich in vitamin C and other antioxidants that may reduce the risk of several diseases! Therefore, mark your calendar to view the “large and golden hued Moon” of June! According to the Old Farmer’s Almanac, you must “look southeast from the horizon and the Strawberry Moon will rise shortly after the sunset on Friday, June 21st at 9:08PM Eastern Time.”

In celebration of the Strawberry Moon, there will be a public event with the surrounding indigenous people hosted at Artpark. On the last Saturday of June held on the 29th from 12:00PM to 8:00PM, the Strawberry Moon Festival will take place at 450 South 4th Street in Lewiston, New York. The Strawberry Moon Festival is the perfect event to start your Summer with a banger! Together, we can rejoice the Strawberry Moon with dancing, live music, storytelling, shop from vendors and more! The Strawberry Moon Festival will have a Smoke Dance Competition for all participants at the Artpark’s Emerald Grove section. This year, the Strawberry Moon Festival will have a new live score and performance by Geneviève Gros-Louise Salamone (a Huron-Wendat violinist and major film composer). For more information on the event, scan the QR code below.



Father's Day: Love for all Dads and Grandpas

By: Miscellaneous Contributors

From Sara: My Dad was the first human I laid eyes on while crying in the ICU at the hospital. My mom became very sick after childbirth, but he assured me that I wasn't alone. He knocked on the glass window facing me. He waved to me and talked to me. As soon as I heard his voice calling my name, I immediately stopped crying and felt less alone. I was trying to wave back with just one of my fingers.

My Dad taught me nearly everything I know. During my childhood, he was a busy man taking care of his sick mother or his disabled wife or repairing appliances for his clients, all while raising me also. At a young age, I have seen the passion he offered in his work and the love he has for his family. He's retired now. I'm imagining without seeing his passion, I wouldn't be as hard working in life and driven to pursue my creative endeavors. He will always be my rock because his passion and determination forever inspired me the most throughout my life.

From Katy: The earliest memory I have of my dad is during the winter when I was in preschool. He was taking me to my parent's vehicle to take me to my care facility when he slipped and fell on the ice, instantly shattering his ankle. I have vivid memories of people coming to our home to take my dad to the hospital to put a metal plate into his ankle.

I've always known my dad Jim as a hard-working, handy, smart, and dedicated man. He worked two jobs for a long time to be sure his family was taken care of and supported. My brothers and I had a good life growing up; we lived in a ranch-style house, and we went on occasional vacations. We didn't always have the fanciest clothes, the coolest toys, or the latest trends. What we did have was a dedicated, loving household with so much support during tough years of bullying and hardship. What we still have is that same support, as adults.

My dad is now a grandpa, and I love seeing his face light up around my niece and nephews. He's in great health, and I aspire to live a life like he got to at a younger age. Maybe one day,

I'll drive a fancy 1963 Chevrolet Impala that I will call the "Jim-pala."

From Rachael: I remember having a childhood filled with love, laughter, activity and support to grow and be myself. A huge part of this was thanks to my father, which I will always be grateful for. Now being an adult and seeing how exhausting working and life can be, I think back on how after a long day my father would come home and make time for me.

This still blows my mind. I remember often walking to the park, going on bike rides or him helping me to practice any sport I was currently playing or with my schoolwork. My father was one of my best teachers, no matter what it was he always took an interest in what I wanted to do and pushed me to pursue the things I loved. I believe that I wouldn't have the motivation or be who I am today had it not been for him.

From Gabrielle: My father is a businessman, son, nephew, doctor and much more. He inspires me to work hard, follow my dreams, while being my own personal cheerleader and is proud of how far I have advanced myself both professionally and as a person. I owe it all to him and my mom for being the person I am today. My dad is a chiropractor with his practice at Lancaster Depew Chiropractic and has opened my family and myself up to a holistic way of living. I learned to take care of myself by taking certain supplements that give my body the proper balance of vitamins,

how important exercise is and how certain food can help you live a healthy lifestyle.

By learning about these factors, I try my best to incorporate them whenever possible to achieve my personal goals.

I am thankful to have someone as great as he is as a dad and I enjoy taking family vacations with him, us both bonding over Imperial Pizza, him inspiring me to be a college athlete where I competed at the Division 1 level at Canisius University on the rowing team, just to name a couple things.

He is my biggest fan just like I am too his biggest fan, Happy Father's Day to all that celebrate!



Taking a Stand: The True Spirit of Pride

By: Jordan James

Pride Month is a time to celebrate our identities, honor our history, and assert our rights. It's a vibrant and powerful reminder of the progress we've made and the challenges we still face. However, sometimes Pride isn't just about the parades and celebrations—it's about making difficult choices and taking stands, even when it feels like you're standing alone.

In April of 2023, I made the painful decision to pull my TV show (Good Deeds Buffalo) from a local television station. This wasn't a decision I made lightly. It came after the station's owner made public hate-filled, anti-LGBTQ+ comments that remain on his social media platform. As a long-time LGBTQ+ advocate, I couldn't, in good conscience, continue my association with an entity that promotes hate and intolerance.

This decision was fraught with personal and professional risks. It jeopardized my career and even my personal safety, as death and physical threats poured in. But standing up for what's right often comes with costs. The LGBTQ+ movement is built on the courage of individuals who risked EVERYTHING to pave the way for a more inclusive society. From the Stonewall Riots to today's battles for equal rights, progress has always required bold, sometimes solitary, stands.

In taking this step, I was reminded of an essential truth: Sometimes in life, you will have to take a stand. Not everyone will stand with you. In fact, you might find yourself more isolated than ever. But if you believe in the cause, if you know in your heart that it's the right thing to do, then taking that stand is worth every risk.

Yet, it's equally important to recognize that not every fight must be yours to lead. If you choose not to engage in a particular battle, that's okay too. Advocacy and activism take many forms. Supporting friends, educating others, or simply living your truth can be powerful acts of resistance. We all have different capacities and thresholds for conflict and risk. The key is to contribute in ways that align with your strengths and circumstances.

Our community needs both the bold voices that lead the charge and the quieter ones that provide support and solidarity. Both roles are crucial. The true spirit of Pride is not just in the loud declarations, but also in the silent, steadfast presence of those who stand by our side, in every way they can.

As we celebrate Pride, let's honor the diversity of our community—not just in our identities but in our ways of contributing to the cause. Let's support those who take visible stands and those who fight their battles more quietly. Remember, the path to equality and acceptance is paved by both the marches in the streets and the silent, daily acts of courage and kindness.

In the end, Pride is about living authentically and standing up for love and acceptance, whether that means taking a public stand or supporting those who do. Each act, no matter how small, contributes to the larger movement. Together, we create the mosaic of resistance and resilience that defines our community. Happy Pride Month. Stand tall, live proudly, and support each other in every way possible.



Summertime Bucket List in Buffalo

By: Sue Perbody



It's that wonderful time of year again, sun shining, birds chirping, warm weather and the perfect opportunity to get outside. We should all motivate ourselves, especially with living in Buffalo, to break out of our homes and take advantage of the short window of time we have for warm summer weather. I'm sure that many can relate not only to the change in our moods after spending months bundling up to go outside and shoveling driveways. But additionally, the frustration of when the snow comes back and we realize we didn't take advantage of getting out all summer.

What are the biggest things that hold us back from getting out? I believe for the majority of us it is one of these things or a culmination of money, time and energy. Although I can't make anyone have the energy for getting out, I will say sometimes you have to just rip off the band aid and do it even though you don't feel like it. Most likely, you will wind up enjoying yourself once you are there. As far as time and money goes, everything in my itinerary that I am recommending is free and likely not too far away from your home. Let's get motivated together and enjoy this summer. There are some specific places I will be sure to make it to this summer, which I highly recommend having on your summer bucket list as well.

First on my list for making sure to get to this summer is the eternal flame hike, in Chestnut Ridge Park. This hike is beautiful and not too strenuous either, with a mix of hiking through a wooded trail and through a stream, not to mention the small flame behind a waterfall at the end of it, if you haven't been it's definitely worth a visit. Another

one that's perfect for those feeling ambitious or trying to get their steps in is the Devil's Hole State Park trail. Yes, there are a lot of stairs going down which means a lot coming back up, but it is unbelievably worth it. After trekking down stairs, you get to hike along the rapids and come to a wide opening where you can sit and relax watching the water crash through before heading back on up. Another personal favorite is Tiff Nature Preserve. A mellower trail walk with also a boardwalk and potential for seeing birds, frogs, deer and more. This one is not only perfect for a leisurely hike, but wonderful for bringing the whole family. Growing up this was one of my favorite hikes to get out and do with my father, and keep my eyes peeled for spotting wildlife.

Hiking not your style? Lucky you, it's not the only thing on my getting outdoors bucket list for this summer.

Sometimes the nicest things in summer are getting to lounge out in the sun and read a book, have a picnic, play yard games or chat with friends. Some great places to go and do this which I will definitely be making my way to this summer are Niawanda State Park, Ellicott Creek Park, the Outer Harbors and Delaware Park.

Lastly, I highly recommend keeping an eye out for all the summertime events happening in Buffalo. Such as the Music is Art festival, Allentown Art Festival, Farmers markets and other things such as these. There are plenty of affordable or free ones to go check out on your own, with the family or meeting up with some friends. Hopefully something in here strikes your interest and helps in getting out of the house.

“
What are the biggest things that hold us back from getting out?
”

Respect Firework Safety this Summer

By: Katy Defazio

Summertime is nearly here, and it's time to take firework safety into consideration. It is important to check your town's laws on fireworks before proceeding further. Setting off your fireworks in the right place can make a huge difference in your display, making preparation essential. What steps should you take to ensure proper firework safety?

Before planning your firework display, ensure that you are aware of the laws and regulations for fireworks in your town. Upon verification, ensure that a responsible, sober adult is present to supervise all firework activities. You should never handle fireworks if you are under the influence of drugs or alcohol. Secondly, make sure any pets you have are safe and secure indoors. Ensure that your pet has an identification tag under the circumstances that they get loose outside if they become startled from loud noises. It is important to remember that fireworks are to be used only outdoors, and should be lit one at a time. Don't be afraid to take extra precautions when using fireworks. Wear safety goggles when shooting off



fireworks, and keep a bucket of water close by in case anything goes wrong. Light one firework at a time, and quickly move away from it.

If your fireworks malfunction, it is important that you do not use them again. Wait 20 minutes upon malfunctioning, and soak the firework in a bucket of water. "Dud" fireworks still have the possibility of detonating and shouldn't be handled until they have been doused with water and left to sit before they are disposed of. Read all directions before using your fireworks. If you notice someone using illegal explosives, such as M-80s, report them to the police or fire department immediately.

It is important to ensure the safe usage of fireworks for the protection of yourself, and those around you. Follow the suggestions above, and you'll be able to enjoy splendid firework displays this summer, while being safe at the same time. Do not expose yourself to fireworks displays if they are illegal in your town. Remember, always be safe.



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Personal Achievement: Skill Set versus Mindset (Skill Set and Mindset)

By: Faizan Haq, Editor-in-Chief and Publisher, Your Bliss Magazine and CEO, Manage Your Business, LLC



How does a person become successful? If a person is successful, how do we determine the level of success. Is the person a high achiever or just successful or just getting by? Judgements such as these can be misleading and inconclusive. It is the mindset that directs the skill that does what needs to be done. When the mindset is not aligned with the skill set success can be difficult and at times impossible. So, the question what should one work on first?

In my opinion, mindset is far more important than skill set. Skill set can be learned, hired, or acquired. However, the mindset needs a lot more work as it is made of assumptions, narrative, brought up failures, successes, attitude, values, belief systems and cultural background. It is hard to pinpoint at any given instant what caused which decisions and why. This also explains that many people of great skill sets have not been able to engage their mindset to acquire their potential.

So, in this short article, we will specifically focus on the mindset. I can only share what I have discovered about me and how it has at times helped me and at other times challenged me. When I must make a decision, no matter how small in detail or amount, I attempt to align it with a bigger vision. Many times, the vision is so big that the small detail or the amount in question seems trivial or insignificant. As you add up many of these small details and amounts before you know it you have created a financial Grand Canyon for you to fall into. The lesson learned is to have a team member with a different mindset who can prevent the accumulated or the snowball effect of these small details and amounts.

Now the next challenge is to get along with the team member who's mindset is analyzing the details and amounts. This is where the negotiating skills and communication capabilities are tested to be able to find a balance between the grand vision and a detailed, orientated mindset. Sometimes, the grand vision determines the outcome of the decision-making process as the odds for overall success may be better than the probability of losing it all. Other times, the gods of details may just punish the subjects of the grand vision for dreaming big. It is a long conversation, and we shall continue this topic for the next month. Until then, Happy Father's Day!



Media Corner: A Review of Dune: Part 2

By: Alex Tilton

Dune: Part 1 was an all-around winner. They did essentially everything right, and it paid off for them. It was a huge hit and everyone agreed it was great.

Dune: Part 2 is an extension of all those things. Nobody could possibly complain about the acting, the dialogue, the writing, the pacing, the effects or the overall quality. What I do want to complain about is something that the filmmakers probably couldn't have fixed. This isn't strictly fair, but it stuck out to me and it impacted my otherwise extremely positive viewing experience. To be clear, I recommend *Dune: Part 2* in the strongest terms. The following criticism has to do with story structure. I realize they were making the film version of a huge novel, but even then, the plot often moves forward by leaps and bounds, which shouldn't happen when you have a gigantic budget and over 5 hours of running time to work with. I have to explain a bit, bear with me. This gripe mostly concerns our main character Paul Atreides and his mother Jessica. **Spoilers ahead.**

At one point Jessica realizes that for her son to succeed in his revenge quest against House Harkonnen who murdered their family, he needs the full support of the indigenous Fremen people of the planet Arrakis (our main setting). Some of them already recognize him as a messiah they've been promised, but not nearly enough. So, she decides to convert the unbelievers. There is exactly one brief scene where she instructs existing followers to spread the word. The next time we see her she mentions that almost everyone is converted. It was jarring and it took me out of the film.

The same is true of Paul's training. It's stated that he's going to train with the Fremen, but the next thing we see he's out in the sand being an unstoppable badass...so I guess that happened at some point? Then there's the question of whether Paul can ever really be one of the Fremen, since he isn't a native. 'You'll never be one of us' rapidly

becomes 'you might become one of us' which quickly turns into 'he is one of us' once Paul rides a sandworm. From the conversation immediately beforehand he's apparently been training for this, but it's never shown.

It happens again with Paul's plan for revenge against the 'Emperor of the Known Universe', who colluded with House Harkonnen to exterminate House Atreides. We get to see Paul and the Fremen blowing up spice harvesters to shut down production to get the emperor's attention, which is extremely cool and fun. But then Paul just sends the emperor a written note, challenging him (to...something) and the emperor obliges Paul by coming to Arrakis in person. I don't know if there was more to it in the book, but in the movie that's the whole deal. Paul sends the 'Emperor of the Known Universe' a note, and then the 'Emperor of the Known Universe' does exactly what he wants. Wraps things up rather neatly, doesn't it? I have a few other gripes relating to the internal consistency of the story, but I'm not sure how valid they are because it's understood that enjoying any story like this requires the audience to relax their brain a little. When people asked J.R.R. Tolkien why the eagles didn't just fly the ring to Mount Doom his answer was, famously, "Shut up."

So, I'm not going to ask why the Fremen, who taught Paul how to ride giant invincible sandworms, didn't use the worms to wipe out the Harkonnen long ago. And I'm not going to ask why the 'Emperor of the Known Universe' responds to a hand-written challenge by going to a war zone in person with his daughter, who is then conveniently present to marry Paul when he wins, so he can take the throne. Or what Paul would've done if the princess didn't just happen to come along. I won't ask why the Harkonnen's giant flying battleship, which was so effective it forced all the Fremen to flee south, was completely missing from the final battle. I'm not going to look too deeply into how the Harkonnen (who have satellites and



“
**The atmosphere
is so immersive
and convincing...**
”



spaceships) somehow managed to be completely ignorant of millions of Fremen living in the southern hemisphere of Arrakis. The emperor is furious when he finds out that they missed this, even though he only finds out because he gets a note from Paul. I certainly won't ask why the Fremen didn't all relocate south a long time ago to get away from the Harkonnen who were constantly murdering them.

Better stories build their plots around the rules of their universe. Other stories rely on amazing spectacle and hoping that the audience doesn't ask too many questions about inexplicably convenient events. *Dune* pulls this off masterfully. The atmosphere is so immersive and convincing, and the characters so well performed, that none of these gaping, horrendous,

obvious, sloppy, lazy plot holes are likely to bother you. I'm being completely sincere. This movie was awesome in spite of all that. Go watch it immediately if you haven't already.

Also, I really liked the romance plot between Paul and Chani. It was very well done and believable. I liked them as people, I liked them as a couple, I rooted for them, and it hurts when things don't work out. Well done to both actors.

That being said, I'm in no hurry for the next sequel. This one needs to breathe for a while before it comes back.

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Classic Pasta Salad

Recipe presented by www.acouplecooks.com

— Instructions —

- 1.) Start a large pot of well-salted water to boil. Boil the pasta until al dente according to the package instructions. Drain the pasta and run cool water over it until it's room temperature.
- 2.) Meanwhile, slice the tomatoes, dice the bell pepper and slice the red onion. Chop the fresh herbs.
- 3.) In a large bowl, whisk together the vinegar, sugar, dried dill, oregano, garlic powder, kosher salt, and plenty of fresh ground black pepper. Then whisk in the olive oil and neutral oil.
- 4.) Once the pasta is done, add it to the large bowl of dressing and toss with the chopped vegetables. Add the olives, pepperoncini, mozzarella cheese, and Parmesan cheese and stir to combine. Taste and add more salt to taste. Serve at room temperature or cold. Stores up to 5 days refrigerated (leftovers taste great; allow to come to room temperature and add a swirl more olive oil or a bit more cheese or salt as necessary).

— Ingredients —

For the dressing

- 1/3 cup white wine vinegar
- 1 tablespoon granulated sugar
- 1 teaspoon each dried dill, oregano, and garlic powder
- 1 teaspoon kosher salt
- 1/4 cup olive oil
- 1/4 cup neutral oil
- Fresh ground black pepper

For the salad

- 1 pound fusilli spiral pasta
- 1 pint cherry tomatoes, sliced in half
- 1 green bell pepper, diced
- 1/4 red onion, sliced
- 1/2 cup chopped fresh herbs (basil and parsley or dill)
- 3/4 cup black or green olives, sliced
- 3/4 cup sliced pepperoncini or banana peppers
- 6 ounces small mozzarella cheese balls (Ciliegine)
- 3/4 cup shredded Parmesan cheese

Coloring Corner






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