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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 aspects of mental, financial and spiritual health. 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 nature of technology, knowledge and evolution of the healthcare 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 ..... Self-Care Guide for Busy Moms

5 ..... Financial Planning and Well-being

6 ..... Immigration Visibility

7 ..... Practices to Improve Mental Health

8 ..... Understanding Anxiety in 2026

9 ..... Meditation for Beginners

11 ..... Business Image Improvement

12 ..... A Review of *The Night Agent*

13 ..... Expert Guide to Stroke Risks

14 ..... Coloring & Activity Corner

15 ..... Recipe of the Month

# A Busy Mom's Guide to Self-Care

By: Victoria H

Before becoming a mother, I believed self-care required time, quiet, and intention that could always be planned. It wasn't until motherhood redefined my days that I realized how unrealistic that belief was. Caring for a child is a constant act of giving, often leaving little space to refill your own cup. Over time, I learned that peace doesn't always come in long breaks or spa days. Sometimes, it arrives in intentional moments woven into the chaos of everyday life.

Motherhood demands presence in ways nothing else does. From the moment your day begins, someone else's needs take priority. Meals are rushed, sleep is fragmented, and personal time feels like a luxury rather than a necessity. Yet caring for others so intimately requires a level of emotional and physical energy that cannot be sustained without pausing to care for yourself. These pauses don't need to be grand. They just need to be intentional.

Small moments of peace are simple, accessible acts of self-care that fit into even the fullest schedules. They help ground us within the chaos and remind us that we are more than our to-do lists. They serve as reminders that we are still individuals with needs, not just caregivers moving from task to task. Some quick self-care routines that have made a meaningful difference for many busy moms include the following:

**Intentional breathing:** Take three slow, deep breaths before getting out of bed, starting the car, or responding to a stressful moment.

**Mindful hydration:** Drink a full glass of water and pause before moving on to the next task.

**Sensory reset:** Step outside for fresh air, feel the sunlight, or notice the sounds around you for one minute.

**Gentle movement:** Stretch your neck, shoulders, or legs while cooking, rocking a baby, or waiting in line.

**Quiet indulgence:** Savor the first sip of coffee or tea without multitasking.

**Mental gratitude check:** Name one thing you're grateful for during a transition in your day.

I've found that slowing down, even for a minute, can completely change the tone of a day. Stepping out on the porch for fresh air while the baby naps, stretching between chores, or turning on relaxing music during a busy afternoon can restore a sense of calm. These small rituals don't erase stress, but they soften it. They offer a quiet reassurance that peace is still possible, even in the midst of responsibility.

Self-care for mothers often carries unnecessary guilt, as though taking care of yourself takes something away from your family. In reality, it gives back. Children learn resilience, balance, and compassion by watching how we treat ourselves. When we model self-respect and emotional awareness, we teach them that wellness matters.

There is also beauty in letting go of perfection. Some days, self-care might mean accepting unfinished tasks, asking for help, or choosing rest over productivity. Peace can be found in releasing expectations and allowing yourself grace. Motherhood is not about how much you can endure, but how thoughtfully you can sustain yourself through each season.

These small moments remind us that we don't need to wait for life to slow down to feel whole. We can create pockets of peace right where we are. Caring for yourself doesn't require more time, but instead, a gentle shift in attention. In honoring these small moments, busy mothers can rediscover calm and a deeper connection to themselves amid the beautiful responsibility of raising a child. Remember to be kind to yourself. You are doing a great job!





# Financial Planning Habits That Improve Well-being

By: *Usman Mehmood*

Budgeting can be considered a constraining activity. A well-created budget can become one of the most powerful tools of creating a feeling of peace. It is not so much cutting down on it but rather being more transparent and in control of your financial life.

Consider budgeting an individual map. The absence of a budget means that, most likely, there will be no money that is noticeable. The result is some sense of stress or uncertainty in an ambiguous manner. Every dollar has its use. You not only start to realize where your money goes but why it goes there, too. Such awareness should be able to greatly decrease financial anxiety since in most cases uncertainty is the cause of stress.

One of the best habits is a simple one of monitoring your spending. Not by force, but by choice. As you start to start paying attention to how you spend your money, you will see that there are some things that happen a lot, a little, or not often enough. Purchases add up in a short time, or you spend more than you have to, merely because you have always done so. It is not an issue of guilt, but consciousness. You can make conscious decisions when you are in clear focus.

The other behavior that is necessary is the capacity to concentrate on needs instead of wants. It does not mean the absence of fun. Instead, it is a question of spending in a manner that is in keeping with your values. In case there is something of utmost importance to you, like spending time with your family, then this should be incorporated in your budget. You will be more satisfied and less ambivalent if your priorities are reflected in your money.

Another financial tip is to create an emergency fund. Life is unstable and any unexpected expenses can

easily disrupt your stable life. Even a small reserve can act as a buffer and convert potential crises into manageable situations. However, knowing that you have a safety net makes you change your attitude towards financial uncertainty and makes it less frightening and easy to manage.

It is crucial to establish achievable financial targets. You can save to buy something big, to clear debts or to invest in the future. You have set targets so that you can get your budget to work. It will make budgeting a plan and not a habit. Even the gradual development is a feeling of accomplishment and inspiration.

Consistency is more important than perfection. Most individuals give up on budgeting since they anticipate perfect performance. Financial planning is in fact a dynamic process. Months will come when all is not going according to plan. The trick is to change, not to give up. Flexibility will enable your budget to adjust to reality and will be sustainable in the long run.

Lastly, budgeting provides a healthier relationship with money. You begin to believe that it is something to manage and to lead, rather than considering it a source of stress. What leads to real peace of mind is the reason why this change of mind takes place. You are no longer answering your money, you are making it.

Finally, budgeting is free. The skill of making wise decisions and confronting issues with confidence helps to live a life that satisfies you. These financial behaviors are not only superior to merely raising your bank account but also your overall well-being. If you are in a tough financial situation, it is best to seek the advice of a financial advisor to determine a solution that is best fit for you.



## Immigration Visibility: Fear of Overall Belonging

By: Hana Dawood

There's often an underlying tension for immigrants. One that's not spoken about or may not even be consciously recognized by many. It can be often seen as a quiet collision between two forces: the desire to be seen, versus the fear of being misunderstood. Sure, these two forces are an underlying tug of war between all of us, but this paradoxical experience is significant for the average immigrant.

To be seen is a deep human need. Every being carries a complex and deep perspective on life. For immigrants this can feel more desirably urgent. Especially in the digital age, more thoughts on stereotypes are being spread, opinions on certain immigration groups are more pronounced than ever. It's hard to avoid hearing about the distortions and misconstrued stereotypes. Constantly entering spaces, where no one knows your history, where your accent can be reduced to a set of assumptions, can lead to a more urgent need to be truly seen and known. But alongside those desires, there remains a persistent fear; what if I'm misunderstood?

Misunderstanding for immigrants carries a much heavier weight. Being unable to read or pronounce a word can be labeled as lack of intelligence. The difference in cultural mannerisms can be misinterpreted as coldness or lack of interest. Being misunderstood doesn't just create awkwardness, but it can risk the feelings of belonging and confidence. Overall, these little differences can accumulate and carry a heavy weight on immigrants' shoulders.

Over time, these polarizing desires and fears can begin to dictate an immigrant's everyday interactions. Thoughts may become more filtered; conversations are often more calculated. And even sometimes words are chosen more carefully to avoid any misunderstandings and to ensure clarity. These small adjustments can further raise the internal question of whether one is expressing their true self, or if one is toning themselves down to be understood. The constant tweaks may feel like one's identity is being softened or even hidden away. The feeling of lack of authenticity can greatly impact an immigrant's view of themselves.

For immigrants, being seen is not a passive experience but rather an active process that is at risk for being misunderstood. Ultimately this tension does not fully go away but it can grow with oneself through awareness. With the right amount of acknowledgement, immigrants can navigate these colliding forces and balance between authenticity and being understood. It may be important to realize that one force should be more dominant than the other one in certain spaces. For example, in professional settings, clarity may matter more, while in friendships, authenticity should come first. There is not one clear answer on navigating these forces but rather an ever evolving and learning experience, one in which space should be made for immigrants to exist fully.

# Top 5 Daily Practices That Improve Mental Health

By: Ayesha Khan

When life feels overwhelming and stressful, sometimes the feeling of happiness may seem challenging to achieve. However, studies reveal that little everyday routines can frequently influence mental health. These simple and consistent actions can have a real impact on mood, stress levels, and emotional well-being. While no habit is a full cure to all, incorporating a few science-backed practices into your routine can help support a healthier and happier mind.

One of the most effective daily habits is **being outside**, especially in the morning or in the sunlight. Exposure to natural light helps regulate your circadian rhythm, which then influences your sleep, energy, and mood. Even just a short amount of time outside can make a difference in your day. A short morning walk or stepping outside before starting the day can help you feel more alert and emotionally balanced.

Another powerful habit is **moving your body or working out in some capacity every day**. Exercise doesn't always have to mean intense gym workouts or long runs. Research consistently shows that regular movement can reduce symptoms of stress, anxiety, and depression. Walking, stretching, dancing, or even a few minutes of light activity can boost endorphins and improve one's mental clarity.

Another habit is **staying socially connected**. Humans are wired and meant for connection, and meaningful interactions play a key role in emotional health and well-being. Whether it's simply calling up a friend, texting someone, chatting with a coworker, or

sitting with family, all can help to reduce feelings of loneliness and improve one's sense of belonging. Daily connection and interaction in our lives reminds us we aren't alone and support is available around us.

**Limiting screen time** is another daily practice that can help improve mental health. Constant exposure to negative news, social comparison, and never-ending scrolling can increase stress and mental fatigue. Setting small boundaries around screen use, such as avoiding your phone first thing in the morning, taking social media breaks, or having tech-free moments during the day, can aid in reducing overwhelming thoughts and give your mind some rest.

Lastly, what may be the most important habit of all is **protecting and taking care of your sleep routine**. Sleep affects nearly every part of mental health, including mood regulation, concentration, and stress response. Making the habit of going to bed early and waking up at consistent times can help your body function better and leave you feeling more emotionally steady. Creating a bedtime routine, limiting screen time before bed, and making sleep a priority all can support better rest.

Happiness is often the result of little daily actions that are performed over time rather than significant life changes. By getting sunlight, moving your body, interacting with others, cutting screen time, and protecting your sleep, one can build a daily routine that supports better mental health and a higher sense of well-being.





# Understanding Anxiety in 2026

By: *Laura Ott, LCSW, PMH-C, CEO, Ott Counseling PLLC*

Anxiety remains one of the most commonly reported mental health concerns, but in 2026, it is not always showing up in ways people recognize. For many, it no longer feels like obvious panic or racing thoughts. Instead, it shows up as something quieter, a constant hum in the background that is easy to dismiss but hard to escape.

One of the most noticeable shifts is how physical anxiety has become. Many individuals report persistent fatigue, muscle tension, headaches, digestive issues, or a general sense of being “on edge.” What this often reflects is a nervous system that has not had a chance to fully settle. Rather than short bursts of stress, the body stays in a prolonged state of activation that is subtle but ongoing.

Another growing pattern is what clinicians often refer to as high-functioning or functional anxiety. From the outside, these individuals appear organized, successful, and capable. Internally, however, there is often constant pressure, irritability, and a fear of falling behind. Because they continue to meet expectations or exceed them, this type of anxiety is frequently overlooked. Over time, it can lead to burnout, disrupted sleep, and a reduced ability to feel present or at ease.

Modern life plays a significant role in this shift. With constant access to information, notifications, and social comparison, the brain rarely experiences true downtime. Even moments of rest are often filled with input. Over time, this keeps the nervous system in a low-level state of alert, making it harder to return to baseline.

For parents and caregivers, anxiety often shows up as mental overload rather than traditional worry. It is the ongoing tracking, planning, and decision-making that never fully turns off. Many describe it as having “too many tabs open” in their mind at all times, with each one carrying a sense of responsibility.

Because of these changes, the way we approach anxiety needs to evolve as well. Anxiety is not just a thinking

problem, which means it cannot always be solved with thinking alone. While cognitive strategies remain important, they are often most effective when paired with approaches that support the nervous system directly.

Small, consistent shifts can make a meaningful difference. Reducing sensory input, spending time outdoors, slowing the breath, and limiting multitasking all help signal safety to the body. These are not quick fixes, but over time, they lower the baseline level of stress the body is carrying.

Boundaries are equally important. This includes not only boundaries with others, but also with information, expectations, and internal pressure. Many people are operating as if they are always “on,” which leaves little room for recovery. Learning to step back, even when it feels uncomfortable, is often part of reducing anxiety, not avoiding responsibility.

Connection also remains one of the most effective and often underestimated supports. Anxiety tends to narrow focus inward and increase isolation. Being able to share what is actually happening, whether in therapy, friendships, or supportive communities, can help regulate the nervous system in ways that strategies alone cannot.

Anxiety in 2026 is not always loud or obvious. Sometimes it looks like exhaustion, irritability, over-functioning, or feeling disconnected from yourself. In many cases, it is less about something being “wrong” and more about a system that has been carrying too much for too long. Understanding that shift is often where meaningful change begins.

*If you are noticing signs of anxiety that feel difficult to manage on your own, working with a therapist can help you better understand what your body and mind are responding to and how to support both more effectively. Ott Counseling, LCSW, PLLC offers individual therapy for those navigating anxiety, stress, trauma, and life transitions, with both in-person and virtual options available.*

# Meditation for Beginners: A Guide for Learners

By: Susan Fiegl, LMT, CEO, Elements of Life Massage

For many beginners, meditation can feel like a contradiction: you're told to "do nothing," yet somehow do it correctly. Sit still, clear your mind, don't think; relax. It's no wonder so many people give up before they begin.

But meditation isn't about forcing silence or achieving perfection. At its core, it's simply the practice of paying attention; on purpose, in the present moment. And there isn't just one way to do it.

You can breathe. You can hum. You can walk, sway, or even dance. Every meditation practice begins with the same anchor: awareness.

Breathing is the most accessible place to start. It's always with you, always changing, always grounding. Sit comfortably or lie down. Close your eyes if it feels natural. Notice the inhale, then the exhale. You don't need to change anything; just observe. Your mind will wander. That's not failure; that's the practice. Each time you return to the breath, you strengthen your ability to focus and gently let go.

For some, stillness feels natural. For others, it feels like friction. The good news? Meditation isn't limited to silence.

## Sound

Sound meditation invites you to rest your attention on what you hear. This could be music, nature sounds, or a sustained tone. Instead of following your thoughts, you follow vibration.

## Humming, Chanting, and Singing

Using your own voice can be surprisingly powerful. Humming or chanting creates gentle vibrations in the chest, throat, and head—often producing a calming, almost soothing effect. It's less about musical ability and more about sensation.

## Guided Meditation

If silence feels uncomfortable, being "talked through" the experience can help. A voice gives your mind something to follow, easing you into presence.

## Movement

Meditation can happen in motion. Walking slowly,

feeling each step, noticing your body shift and balance. This is meditation.

## Dance as Awareness

Free, intuitive movement, especially with music, can become a form of meditation when you stay present with the sensations in your body rather than how it looks.

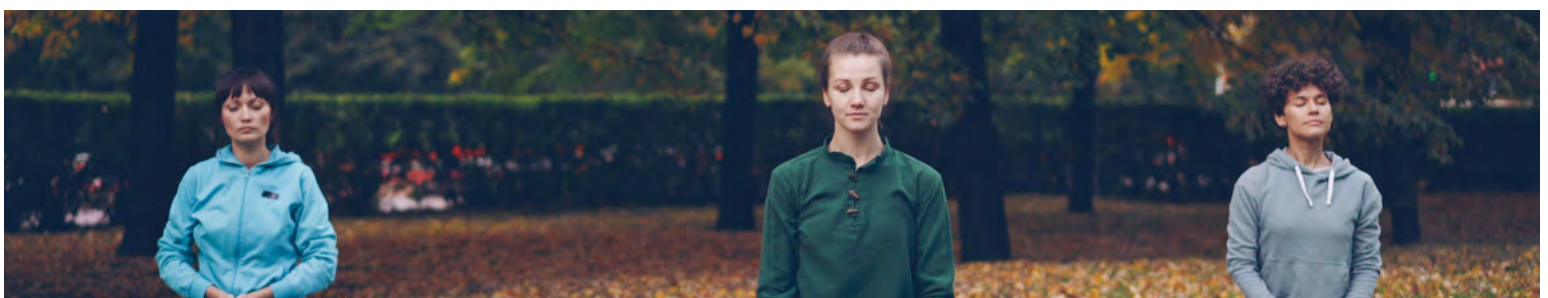
The nervous system responds to rhythm. Slow, steady sounds can signal safety to your nervous system. This may help shift you out of a stressed (fight-or-flight) state into a calmer (rest-and-digest) state. Breathing naturally slows down. When you listen to or create long, drawn-out tones, your breathing often slows to match. Slower breathing is directly linked to relaxation. Attention becomes anchored. A consistent sound gives your mind something stable to focus on, reducing mental wandering. When you hum or chant, you may feel subtle vibrations in your body, especially in your chest and skull. These sensations can feel soothing and help you stay present.

You don't need special tools to meditate. Your breath is enough. But if you're drawn to texture, sound, or ritual, you can explore:

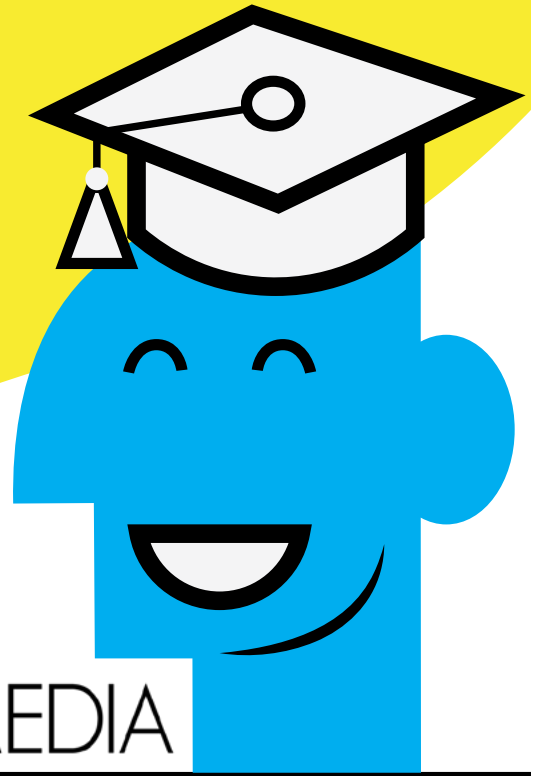
- Sitting quietly with your breath
- Humming softly to feel internal vibration
- Holding a quartz crystal as a point of focus
- Moving, walking, or dancing with awareness

Meditation isn't about becoming a different person. It's about noticing who you already are; moment by moment. Some days look like sitting in silence. Other days it looks like swaying in your kitchen, eyes closed, following the rhythm of a song. Both count. In the end, meditation isn't about how it looks; it's about how present and aware you are in your body and soul, connecting to the divine. Practicing helps you vibrate at a high frequency during the day and be more present in daily life.

To experience a relaxing, hands-on session, contact Susan Fiegl at Elements of Life at (716) 861-4546. Her office is located at 1325 Millersport Hwy, Suite 111, in Williamsville, New York. Make an appointment today at [elementsoflifemassage.com](http://elementsoflifemassage.com) to sustain piece of mind.



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# Business Image Improvement Month: The Ripple Effect and Public Perception

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



The first question we must ask is not how to polish a business image, but why it exists at all. What is a company, if not a living system made up of human beings? Who are we at work, and who do we become because of it? When we speak of branding, reputation, or public perception, we often imagine logos, messaging, and strategy. Yet these are only the surface. Beneath them lies the human experience of the workplace, silently shaping how the world ultimately sees the organization.

We are accustomed to separating concepts; internal culture versus external image, employee wellness versus customer trust, productivity versus compassion. As soon as we create these divisions, we invite tension. We begin to “manage” people as if they were replaceable components rather than organic, thinking, and feeling contributors. In doing so, we forget that no boundary truly exists between how people experience their work and how the business is experienced by the public.

I propose that during Business Image Improvement Month, we reverse the lens. Instead of asking how to look better, we ask how to be better. Workplace wellness is not an optional program or a seasonal initiative; it is the root from which credibility grows. A supported, respected, and healthy employee carries that sense of dignity into every interaction with colleagues, customers, partners, and communities. The tone of an email, the patience in customer service, and the pride in craftsmanship are all reflections of inner conditions.

Work is not separate from life. It is an expression of the self in motion. When people feel seen and valued at work, they do not switch that feeling off at the end of the day. It travels outward, shaping conversations, reviews, recommendations, and reputation. This is the ripple effect; wellness inside the organization becomes trust outside of it.

The case here is not for balancing image and well-being, but for recognizing their unity. A business, like a tree, grows from one root. Care for the root; the people, their health, their purpose; and the branches will naturally flourish. Leaves will turn toward opportunity; fruit will nourish relationships, and shade will be offered freely to those who encounter it. In that wholeness, public perception is not managed; it is earned.



# Media Corner: A Review of *The Night Agent*

By: Alex Tilton

I'd been having a very good run with these reviews for a while. Not all of them were entirely positive but it felt like it'd been a long while since I reviewed something truly god-awful. But when you experiment with something new, sometimes the experiment fails. Such was the case when my wife and I sat down to watch *The Night Agent* on Netflix.

She was sick to death of sitcoms but also didn't want anything depressing or overly dark. The action genre seemed the obvious choice. I'd heard the name 'The Night Agent' but I'd never seen any of it. Looking at the cover art, it seemed to be a bog-standard action thriller about secret agents. It wasn't something I wanted to watch, but it seemed like it would be decent enough.

**Sigh...**

They say that those who forget the past are doomed to repeat it. That's what I did, and that's exactly what happened.

*The Night Agent* is without any doubt **the most stilted, awful, badly acted, terribly written, cheesy, pretentious, unbelievable, predictable, badly directed thing that I've seen in the last five years.**

It feels like a high school student's Jason Bourne fanfiction project. It contains zero redeeming qualities and should not be watched by anyone. The nicest thing I've heard anyone say about it is that it's good to put on as background noise while you're cooking.

I wonder how the actors felt during filming. Did they curse the writers for writing such relentlessly crappy



dialogue? Did they curse the author of the original books for writing a story built entirely out of cringy cliches and convenient coincidences? Or did they curse humanity in general for rewarding this kind of crap by paying money for it?

I know that only A-list actors can afford to pick and choose what they'll be in, and everyone else must take whatever work they can find. But did *anyone's* career benefit from this? I watched 3 episodes before I couldn't stomach anymore and shut it off. Based on

what I saw, if I were producing a TV show, I wouldn't hire *anyone* involved with *The Night Agent*. The writers couldn't write, the director couldn't direct and the actors were so wooden I thought they were going to sprout leaves.

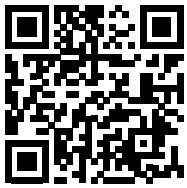
They also took the easy way out with female characters by way of the oldest, cheapest trick in the book. Most of the authority figures in the background of the story are women; the President, her chief of staff, the person they're trying to save, and one of the assassins trying to kill her. But a background character is a background character regardless of their job title. The main character (Peter) who does all on screen action stuff is a man.

Moreover, he is impossibly, tediously, *boringly* clean; a wrongfully accused ultra-patriot with no flaws whatsoever. All he wants is to protect the country that treated him wrongly. There's nothing whatsoever interesting about him, or any of the other characters.

The show is awful, do not waste your time.



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## Expert Guide to Hidden Links of Stroke Risk

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

May is Stroke Awareness Month, and I want to talk about something we often oversee; frequent burnouts and stressful days. We think that stress is a badge of honor. Hustler culture tells us that exhaustion equals success. But chronic stress is not only stealing your peace, it's also physically hurting your brain.

Nowadays, I see something so troubling during my practice. Younger patients, burnt out, running on empty, unmanaged stress is fueling high blood pressure, inflammation, and yes, stroke risk. Let me be honest, feeling tired and exhausted usually is not just burnout. It is your nervous system screaming for a break. And when you ignore that scream for months or years, your blood pressure stays elevated, your cortisol stays high, and your blood vessels pay the price. That is a direct line to stroke, even in your thirties or forties.

So here is my gentle, yet alarming reminder for this month; protect your brain! Because your life depends on your brain. Have proper sleep. Take your lunch break away from the screen. Say no more often. Move your body not to punish it, but to calm it. And please, check your blood pressure regularly. Know your numbers.

You cannot pour from a cup which is empty, and you certainly can't recover from a stroke you might have prevented. Let May be the month you stop normalizing the grind and over-exhausting schedules and start relaxing your beautiful, overworked brain.

Your brain is your greatest asset. Do not trade it for a to-do list. Manage your work properly so you don't over exhaust and burnout frequently.

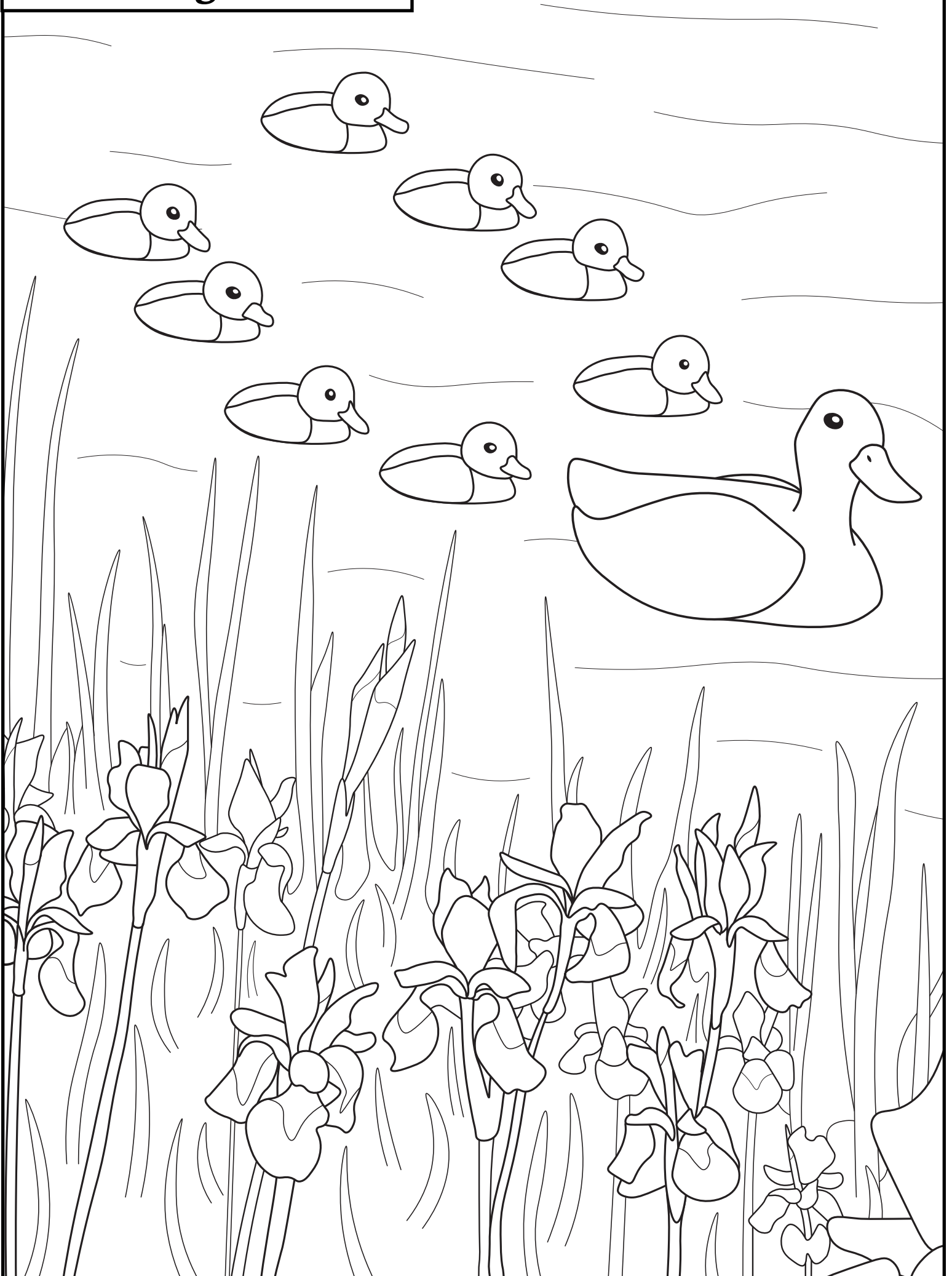


### Dr. Riffat Sadiq: Restoring Self

Want more tips on improving your wellness and restoring yourself? Watch and subscribe to Dr Sadiq's videos on YouTube, DrRSMD.



# Coloring Corner



# Sheet-Pan Chili-Lime Salmon with Potatoes & Peppers

Busy weeknights beg for something simple like this salmon sheet-pan dinner. As the name suggests, it's all cooked on one pan. The potatoes get a head start, followed by sweet bell peppers and finally chili-coated salmon fillets. It's a complete meal with easy cleanup!

Prep Time	Servings	Total Time	Yield
25 mins	4	25 mins	1 serving

---

Calories	Protein	Fats	Carbs
405	35g	17g	26g



## Ingredients

- 1 pound Yukon Gold potatoes, cut into 3/4-inch pieces
  - 2 tablespoons extra-virgin olive oil, divided
  - 3/4 teaspoon salt, divided
  - 1/4 teaspoon ground pepper
  - 2 teaspoons chili powder
  - 1 teaspoon ground cumin
  - 1/2 teaspoon garlic powder
  - 1 lime, zested and quartered
  - 2 medium bell peppers, any color, sliced
  - 1 1/4 pounds center-cut salmon fillet, skinned, if desired, and cut into 4 portions
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- This 25-minute fish dinner comes together on one pan for easy cleanup.
  - Salmon provides protein and healthy omega-3 fats.
  - Bell peppers add a sweet and colorful contrast to the spiciness.

## Directions

### Step 1

Preheat oven to 425 degrees F. Coat a large rimmed baking sheet with cooking spray.

### Step 2

Toss potatoes, 1 tablespoon oil, 1/4 teaspoon salt and pepper together in a medium bowl. Transfer to the prepared pan and roast for 15 minutes.

### Step 3

Meanwhile, combine chili powder, cumin, garlic powder, lime zest and the remaining 1/2 teaspoon salt in a small bowl. Place bell peppers in the medium bowl and add the remaining 1 tablespoon oil and 1/2 tablespoon of the spice mixture; toss well to coat. Coat the salmon with the remaining spice mixture.

### Step 4

After 15 minutes, remove the pan from the oven. Add the peppers and stir to combine. Roast for 5 minutes. Remove from the oven; move some of the vegetables over and add the salmon to the pan. Roast until the salmon is just cooked through, 6 to 8 minutes. Serve with lime wedges.

**Recipe source: [EatingWell.com](https://www.eatingwell.com)**



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