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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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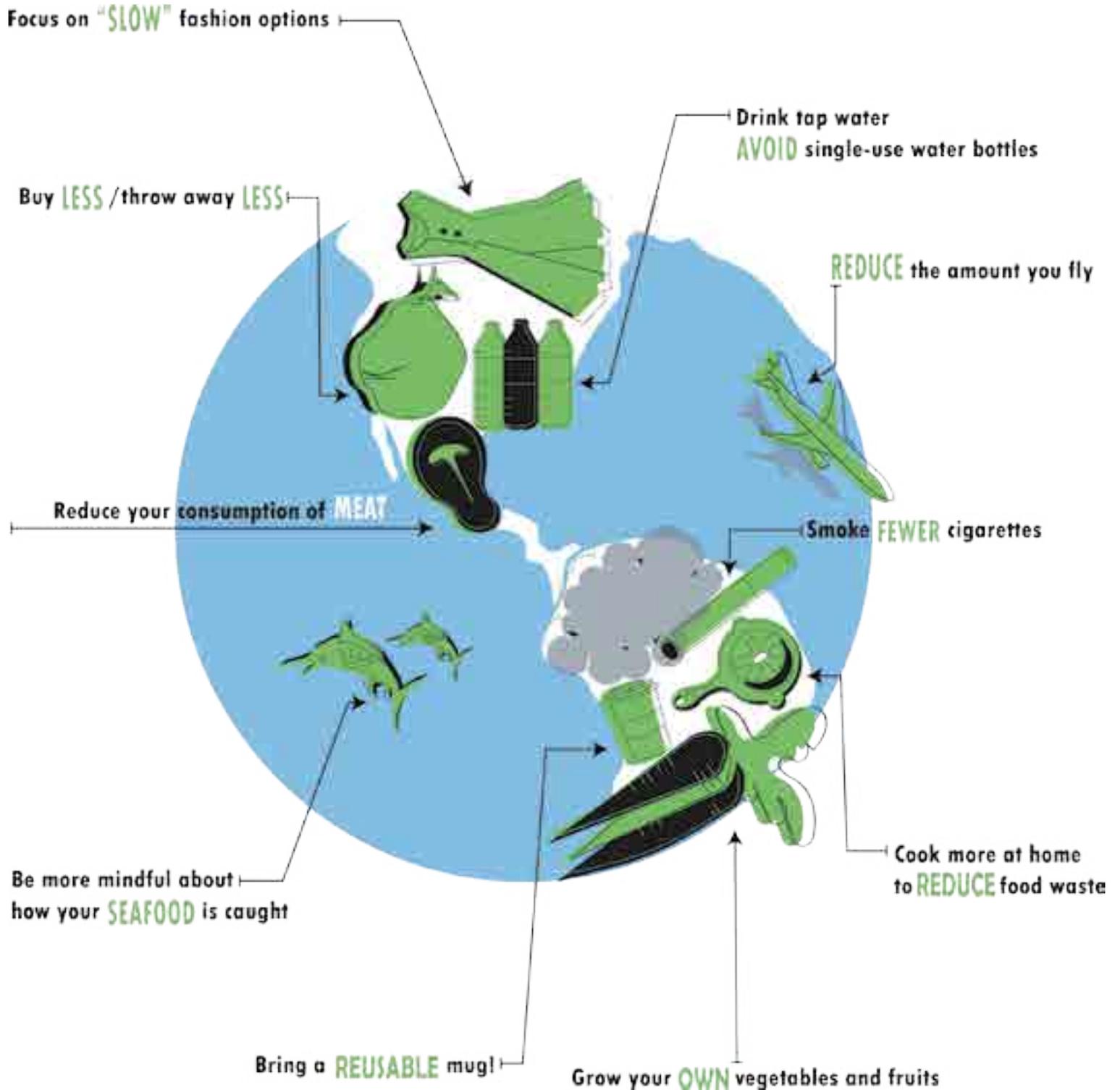
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Living an Eco-Friendly Lifestyle



Information source: www.msc.org

Day of Silence for the LGBTQ+ Community

By: Allison Gillette

Silence... that's all you may get from some individuals this Friday, April 21st, but why you will receive it may stun you into silence. Every year tens of thousands of LGBTQ+ individuals globally face discrimination and harassment that result in a violent encounter, and while some can go on to share their stories to protect others, all you will get from a startling number is silence...

This silence is not the result of trauma, or a desire to distance from others, rather it is the result of a sad truth many live with, that Hate will take from us without discretion at any moment. It is this truth that inspired University of Virginia students Maria Pulzetti and Jessie Gilliam to create a demonstration in 1996 that has become an annual practice among the LGBTQ+ community and its supporters, Day of Silence.



Simple yet deafening in its practice. It all relies on one simple act, staying silent like the fallen. Unable to tell their stories after being taken from us, many members of the community take it upon themselves to make their brothers and sisters heard again by refusing to use their voices for the day, often times displaying photos and quotes from the fallen.

While many may see this as a day only those in the LGBTQ+ community can or should take part in, you may find showing your support by remaining silent this April 21st. It will speak volumes to those around you. When others decide to spread ill intent and hatred with their words, your silence will show the love and support you have for your fellow humans, regardless of who you personally love.

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Life Insurance in the Business World

By: Tahir Jaffri



Life insurance plays a number of important roles in the business world, benefiting business owners, employees, and family...

Business Continuation

The loss of a business owner or a key employee can seriously damage a small business or even result with the business closing its doors. Advance planning can help cushion the impact of such events.

• Death of a business owner:

If a business owner dies, a buy-sell agreement can provide a smooth transition of total ownership and control to those who will keep the business going. For a corporation, a stock-redemption agreement may be used to ease the transfer of the deceased owner's shares to the surviving shareholders. Life insurance is frequently used to fund these types of agreements.

• Key-employee insurance:

Life insurance on the life of a key employee helps to cover the costs of finding and training a replacement, as well as meeting any monetary obligations to the deceased employee survivors.



Retirement Planning

There are many ways in which life insurance is used in accumulating funds for retirement:

• Fully-insured defined benefit retirement plan:

IRC Sec. 412 (e)(3) allows for the use of annuities and/or life insurance places to fund retirement.

• Life insurance inside qualified retirement plans:

Federal income tax law allows defined benefit retirement plans and certain types of defined contribution retirement plans to allocate a portion of the funds contributed each year to life insurance as a retirement funding vehicle.

• Nonqualified deferred compensation:

These arrangements allow selected employees (the employer can pick and choose) to defer receipt of a portion of their compensation until a later date. These plans do not meet federal income tax requirements to be considered "qualified" plans. Life insurance can be used to informally fund such arrangements. Estate and Survivor Financial Needs Planning Life insurance also plays a significant role in estate and survivor needs planning:

Group term life insurance:

Group term life insurance can be provided to the employees of a business, with premiums generally much lower than individual term life policies. Generally, the first \$50,000 of such coverage is tax-free to the employee.

Executive life insurance:

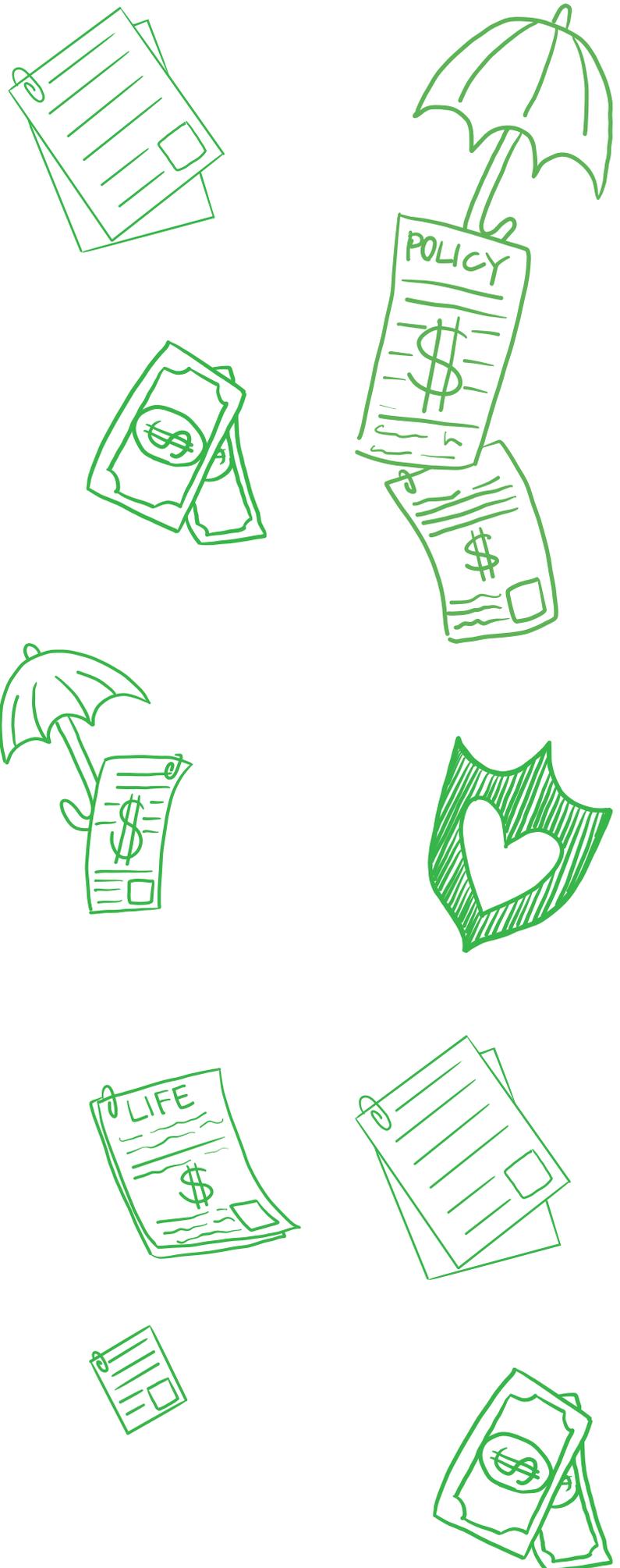
An employer can help fund employee-owned, individual life insurance policies for selected executives or key employees through either a “bonus” plan under IRC Sec. 162, or as a part of a collateral assignment split-dollar arrangement.

• Death benefit only plan:

A Death Benefit Only (DBO) plan is a form of deferred compensation plan. In a DBO plan an employee defers a portion of his or her compensation. No benefits are payable during the employee’s lifetime. At the employee’s death, the deferred compensation is paid to the employee’s named beneficiary, with the entire benefit being taxed as ordinary income.

Seek Professional Guidance

Correctly used, life insurance is a highly useful tool in the business world. However, careful attention must be paid to federal, state, and local law to ensure that all legal requirements are met. The guidance of knowledgeable legal, tax, employee benefit, and life insurance professionals are strongly recommended.





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Rosacea Awareness Month

By: Elena Kalabushkina, NP, WNY Medical, PC



Rosacea is a common, chronic inflammatory skin condition predominantly affecting the central face and, in rare cases, can extend to other body parts (i.e., sides of the face, ears, neck, scalp, and chest) (NIH,2021) (Dermnet,2022). This condition is characterized by persistent facial redness/flushing and localized erythema, telangiectasia, papules, and pustules on the nose, cheeks, brow, and chin (Visualdx). The pathogenesis of rosacea is not entirely understood. Still, reports have shown that the cause of this condition can be multifactorial, including abnormalities in the blood vessels of the face, a reaction to microscopic Demodex mites, immune dysfunction, bacteria, and genetics. According to the National Institute of Health, rosacea is most common among fair skin individuals with Northern European heritage. However, it can still be present in darker-skinned people but is often underdiagnosed because this group can mask facial redness (NIH,2021).

National Rosacea Society

It is essential to advise the public to visit a dermatologist if they present with at least one of the following diagnostic features: persistent facial

redness and, although not as common, thickening skin on the face, especially the nose. In simpler terms, if they notice bumps & pimples, flushing of the skin, visible blood vessels, and eye irritation along with the following minor signs and symptoms: burning or stinging sensation, swelling, and dry appearance they should schedule an appointment with a dermatologist.

There are physical and environmental triggers that can trigger or make rosacea worse. Thus, patients must be aware of the following triggers: prolonged exposure to sunlight, stress, strenuous exercise, hot or cold weather, hot drinks, intake of spicy foods, and alcohol.

Thus, it is essential to inform patients of rosacea triggers and provide information about identifying and avoiding triggers. We can control the signs and symptoms with good skin care, prescription drugs, and, most importantly, life-style changes (e.g., consuming less alcohol/caffeine, eating less spicy foods, etc.) (Mayo Clinic,2021).

1 The National Society of Rosacea recommends creating a journal to track your flare ups and see if you can discover what might have triggered them.

“
Although rosacea is a chronic condition that has no cure, it is controllable.
”

a. Alcohol:

Reduce consumption of alcohol because it dilates blood vessels. If at social events, drink white instead of red wine. Red wine is known to cause 76% of flareups, per the National Society of Rosacea). Please limit yourself to 1 or 2 alcoholic beverages and accompany them with a glass of cold water after consuming alcohol.

b. Hot beverages:

Consuming hot drinks can cause rosacea flare ups; therefore, patients need to make a few changes in how they consume liquid. Instead of hot coffee, patients can drink iced coffee or tea. If iced drinks are not preferred, patients can allow their hot beverage to cool and drink it once it has reached a warm or lukewarm temperature.

c. Spicy foods:

Spicy foods can cause a rosacea flare-up. It can be hard to eliminate spicy foods since some cultures depend on them. If spicy foods cannot be eliminated from patients' diets, they can try mild versions of spicy foods (instead of hot Buffalo wings, opt for mild wings, or instead of hot salsa, choose mild salsa).

d. Medications:

Some medications can trigger a rosacea flare up. It is important for patients to be aware of these medications and inform their medical providers.

e. Exercise:

Strenuous exercise can cause a rosacea flare up. Thus, it is recommended that patients engage in lower and medium intensity workouts. Patients can exercise when it is cool and in the summer in an air-conditioned gym or room.

2. Sunscreen protection:

Prolonged exposure to the sun can cause uncontrollable flushing and redness in rosacea-prone skin. Therefore, it is recommended that these patients purchase a broad-spectrum physical (mineral) sunscreen that contains zinc oxide and titanium dioxide or both and is fragrance-free. Also, it is recommended that patients with rosacea wear a hat when outdoors during the day and avoid spending a prolonged amount of time outside between 10 AM to 4 PM. SPF of 30 is enough for Buffalo, NY, but if going on vacation (especially when vacationing near the equator), an SPF higher than 30 SPF is preferred. At WNY Medical's dermatology office our preferred sunscreens include: Cerave, Cetaphil, Neutrogena, or Supergoop.

3. Practice gentle skin care:

Avoid rubbing or touching the face too much (no washcloths, facial sponges, or exfoliating) to prevent skin irritation and triggering symptoms of rosacea. Purchase fragrance-free products and avoid products that contain irritants such as alcohol, camphor, urea, fragrance, glycolic acid, lactic acid menthol, and

sodium lauryl sulfate (commonly found in toothpaste and shampoos).

We recommend our patients use the following cleansers: Cerave, Cetaphil, and Neutrogena.

4. Makeup:

Use fragrance-free light and liquid-based foundation that can be easily applied to the skin and set with powder. It is vital to avoid waterproof makeup and heavy foundations on rosacea-prone skin. Avoid using makeup wipes since they can cause skin irritation and flare rosacea. Camouflage makeups with green- or yellow-tinted preparations are helpful in masking underlying redness (Visualdx).

5. Reduce stress:

It is hard to recommend patients reduce stress since the level of stress depends on individual situations, but one can advise patients to find activities that can relieve stress, such as going on walks, watching movies, and in stressful moments practicing deep breaths and exhaling slowly.

6. Protect skin from weather triggers:

Windy and cold temperatures can trigger a rosacea flareup. Thus, it is recommended that rosacea patients cover their face with a scarf (silk or acrylic work best) but avoid wool or rough fabrics next to their face since it can trigger a flare-up. Also, wear sunscreen during all seasons (spring, summer, fall, and winter). In the winter, try to spend more time away from fireplaces, heaters, and other heat sources. It is also essential to avoid hot showers; instead, use warm water during the winter months. Lastly, during the warm weather, try to keep cool by taking cool showers and spending time in a fan or air-conditioned room.

In short, people with rosacea may experience feelings of low self-esteem and depression, but it is important to let patients know that although rosacea is a chronic condition that has no cure, it is controllable.



Mood Boosting Food

By: Food as Medicine; Dr. RS Youtube Channel



A good diet is a major part of our life, and it affects all aspects of our health, including mental health. There are many different foods that have different impacts on our mental health, whether that's through dopamine or better gut health, or some other effect entirely. Good diets can only help us to live happier and healthier lives.

Fatty Fish

Salmon or tuna are high in a certain type of fat, called omega-3s, and this type of fat helps to:

- Improve brain development
- Improve signaling from your brain
- May be helpful in preventing depression

Dark Chocolate

This is high in flavonoids, which help increase blood flow to the brain, which helps improve mood, but also dark chocolate is often a pleasurable thing to eat, while still being low in sugar compared to milk chocolate.

Health Benefits of Hibiscus

Hibiscus extract has been shown to help improve weight loss by:

- Regulating the genes involved in fat digestion
- Boost the elimination of fat

Hibiscus is full of antioxidants, as well as vitamin C which:

- Boost the immune system
- Destroy free radicals which cause diseases
- Fights bacteria

Hibiscus helps skin in a few ways:

- Helps the skin retain moisture
- Helps promote elasticity in the skin
- Helps with a smoother complexion

Bananas

These are a great choice for many reasons:

- They are high in vitamins and natural sugars
- They are linked to boosting “feel-good” chemicals like dopamine and serotonin in the brain which improve your mood

Our diet is a major part of our health and well being, and we need to pay attention to how the foods we eat affect our bodies and our minds. It is all part of the same connected system, and we should be paying attention to the fuels we use to power that system.

According to the Dietary Guidelines for Americans 2020–2025, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes a variety of protein foods such as seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts, and seeds.
- Is low in added sugars, sodium, saturated fats, trans fats, and cholesterol.
- Stays within your daily calorie needs

USDA's MyPlate Plan can help you identify what and how much to eat from the different food groups while staying within your recommended calorie allowance. You can also download My Food Diary to help track your meals.

Hibiscus is:

- Anti-inflammatory
- And can also help reduce cholesterol and blood pressure which helps fight and prevent heart disease
- Promotes a healthy liver by protecting it from certain toxins

Hibiscus can be consumed in a variety of ways:

- Hibiscus tea is a great option
- It can be used as a powder and mixed into other drinks
- Hibiscus extract can also be added to certain foods or drinks
- For the skin it can be used as face masks or body scrubs



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Our Top Brewery Picks In

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ORIGINAL DESTINATION INFORMATION

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Store 2 : Resurgence Brewing Company
55 Chicago St, Buffalo, NY 14204 \$

Store 3 : Pearl Street Grill & Brewery
76 Pearl St, Buffalo, NY 14202 \$\$

Store 4 : Community Beer Works Buffalo
520 Seventh St, Buffalo, NY 14201 \$\$

**Store 5 : Gene McCarthy's Old First Ward
Brewing Company**
73 Hamburg St, Buffalo, NY 14204 \$

History of breweries in our county in the QR

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The Importance of The Design Principles

By: Roberta Schlehr



Design principles or principles of design, are one in the same, but why do we need to know about them? You probably have a sense about the principles of design even if you are not sure what they are!

I think most people associate the term principles of design with art students majoring in graphic design, photography, or perhaps interior design. All these areas of design are taught these principles when we are taking college classes and learning about our different career choices. But I believe everyone uses these principles in their everyday life. From organizing pictures on the wall, or items on a table to creating a comfortable space.

There is some controversy on how many design principles there are, some say 5, some say 7 and others say 12 or 14. Sometimes the confusion is caused because there are elements of design, which are the supporting pieces of the principles. Here is a list of 7 common principles of design and their definition that I typically teach:

Alignment	How items are placed in relation to each other
Balance	Two kinds: Symmetrical - equally balanced; Asymmetrical - balance but using different size or number of objects.
Contrast	Difference in texture, weight, or color.
Emphasis	Main Focus - What is important
Hierarchy	Order of objects, most important to least important
Repetition	A repeat of an object or pattern, can create a sense of movement
Unity	Brings it all together

After you review my definitions of the principles of design, do you see how they relate in your day-to-day life? If you see a poster or an ad, something on TV or the web, and you like it or you don't, think about why. Maybe the balance is off, something looks out of place or maybe it's the color contrast, too little and it is hard to read.

I like to think of design principles as an organization method:

In the Home: The way books are organized on a bookshelf. Decorative items placed around the room, what is the focus (emphasis) as you walk in?

In Print: What is the hierarchy on a menu? Is it easy to read? Is there enough contrast with the type or the color?

On the Web: How is the page organized? Is there balance on the page? Are objects repeated to create a sense of unity?

Principles of design are important because it helps to organize something that you are working on, a printed project or a project for the web. It is important as a consumer because it helps in the way we review content all around us. You may not have been aware of the principles, but they do affect the way we react, positively or negatively to something. If we have a positive feeling about the menu we are looking at, it is more likely that we will look at all the options presented before us. If the menu is cluttered and uncomfortable to look at, we won't spend any more time looking than what is necessary.

As you go through your day, think about this article, take notice around you, whether it is at work or home, even out in nature you will find some principles. Become aware and notice what you like and start applying principles of design to your day!

Four Places To Buy Vinyl Records in WNY

By: Sara Loft



Vinyl records are the oldest recorded format still existing today! Did you know Record Store Day exists? It is held on a Saturday in April every year. Mark your calendars, because this year it will be celebrated on April 15th! Record Store Day was founded in 2008. It was developed to celebrate the iconic culture of the independently owned stores across the nation, which makes it perfect for audiophiles and collectors alike!

Let's go back to yesteryears, shall we? If it weren't for Thomas Edison inventing the first phonograph... Alexander Graham Bell adding his touches...or even Emile Berliner developing the gramophone, we wouldn't be able to play what we know and love today. In the year 1930, RCA Victor launched the first commercial vinyl long-playing record. Vinyl records faced stiff competition in later years ahead. Portability became a huge trend in the media, the arts and the entertainment world. From cassette tapes to compact discs, you were able to press cool features that latched onto the latest technological devices like stereo systems. As technology rapidly changed the industry, decades of music has been stored into digital file formats like mp3s and mp4s saved on computer hard drives. Despite the rise of technology and an adaptive society, vinyls remain very popular on the mainstream. Nearly half a century later, vinyl records are on the rise of popularity! Last year in the United States alone, vinyl sales were over 1000% higher than a decade prior.

In the western New York region, we all know about the farewell of an iconic store: The Record Theatre. It was a bittersweet moment for us all. No need to despair because there are still a few lingering independently owned stores throughout the Buffalo area!



Come check one or all of them out from the list below.

1. Cool Beat Music and Collectibles

2445 William Street Cheektowaga, NY 14206

2. Revolver Records

1451 Hertel Avenue Buffalo, NY 14216

3. The Record Baron

4587 Broadway Suite 1 Depew, NY 14043

4. Hi-Fi Hits Records

5221 Main Street Suite 3
Williamsville, NY 14221

Let's support these incredible stores as they offer an eclectic range for all audiences. Remember, each vinyl is different by rotation per minute and size so if you're hesitant just ask the salesfloor for any assistance. As the English singer-songwriter from Dead or Alive, Pete Burns sang: "You spin me right 'round, baby. Right round, baby. Right round like a record, baby!" Go on! Let a vinyl record elevate your ears and soul alive, Western New York!

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A Review of *Carnival Row*, Season 2

By: Alex Tilton

After waiting *three and a half years* we finally have *Carnival Row* Season 2. But the wait was worth it. Season 2 lived up to my hopes, with a few small-ish problems along the way. I leave a satisfied customer.

Mild spoilers ahead. Here's a quick refresher.

The titular *Carnival Row* is a district of The Republic of The Burge (early 1900s steampunk London) where a bunch of refugee fey (fairies) live after their homeland was conquered by a steampunk version of Tsarist Russia known as The Pact.

We pick up shortly after the conclusion of Season One, when the fey were forcibly confined to the row following the supposed assassination of The Burge's Chancellor Breakspear by a cult of disaffected fey who were (justifiably) enraged at their living conditions. In reality, the chancellor was merely injured by the fey assassin, and actually killed by his wife to ensure her son would ascend to the Chancellor's seat of power and the fey were blamed for the whole thing to avoid a scandal.

Our two main characters are Philo (a half-fey), played by Orlando Bloom and Vignette (a pixie) played by Cara Delavigne, recently reunited as a couple. Season 2 opens with the pair of them working desperately (although separately) to change the situation for the fey. This task is complicated by a mysterious assassin who appears to be carrying out murders designed to pit humans and fey against each other for reasons unknown.

Our two secondary characters are a mixed-race couple; Imogen Spurnrose (a reformed but still spoiled aristocrat) and Agreus (a type of fey called a faun), who fell in love in Season 1 and fled The Burge to avoid persecution. Season 2 finds them comfortably on the run in Agreus' private luxury liner, looking for a place to call home. They are captured by what appear to be airships from The Pact, but turn out to be rebels calling themselves the New Dawn, a steampunk version of the Bolshevik revolution. The New Dawn is led by a fey called Leonora, a blunt analogy for Leon Trotsky. The writers of *Carnival Row* are not trying to be subtle. Intrigue abounds as Philo and Vignette search for answers, while Imogen and Agreus learn more about their captors and debate whether they might be even worse than The Pact they war against.

But how good is it?

It's excellent. In fact, I only had two problems with this season. Much like Season 1, Season 2 is aggressively immersive. You fall right into their world and every streetcorner is full of believable texture. The characters feel real and you care what happens to them. The plot is addictively interesting and well crafted. A lot of love and effort went into this show, and it was executed brilliantly. The acting is superb, the pacing is perfect, and almost nothing feels forced or contrived.

So what didn't I like? Spoilers ahead.

The monster for this season was poorly set up and felt arbitrary, although it did redeem itself somewhat later when it turns out to be an agent of the New Dawn. That's fine in itself, but in no way did it organically emerge from Season 1. It felt very tacked on because the plot needed it. They checked all the boxes to do it correctly, and it didn't ruin anything because they were more or less honest about what they were doing. But it still stuck out to me. This is the lesser of the two problems.

The bigger problem has to do with the big speech at the end. The substance of the speech was exactly what it needed to be, but the style was horribly wrong. It sounded like it was coming out of the bullhorn of a modern-day college student speaking at a rally on the quad.

It could have, and should have, delivered the same message while sounding like it came from a man of his time and place. He even used the phrase 'do better'. It was ham-fisted, it made me roll my eyes, and I wish they'd had the guts to take a risk of a few angry Twitter users saying they 'didn't do enough' to preserve the atmosphere of the show.

But that's it. Aside from those two things I couldn't find anything worth complaining about. I even need to give the show credit for taking my least favorite character from season 1 (Imogen's brother Ezra) and making him both interesting and useful. They tied up all their loose ends and gave the audience a satisfying conclusion. All in all, very well done.

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



How Wealthy Are You?

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



Is there a difference between **wealth** and **money**?

The answer is yes.

Money is an object and something you earn. You are paid for your services with money, or you sell products for money; you can also buy goods and services for money. It comes to you, and you spend it as you see fit; it is consumed like a product, it increases and decreases accordingly. This is how you track income and expenses.

To me wealth is more than money; money can be a part of wealth, but not all wealth is measured in money. Wealth is all of the resources you have available to you as an individual, group, or as an organization. These resources may include your contacts, relationships, protections, possibilities, and attitude. At an individual level it is your mind, health, fitness, spiritual and also your physical and mental endurance. Your desire to become wealthier should include investing time, effort, and energy to make your relation of these wealths; the material of your relationship with wealth depends on your capability to value and guard the wealth that you already have.

Some may argue that wealth can only be measured in material terms and its monetary value.

The answer is, *it is correct.*

What is the monetary value of your hands being able to hold a glass of water? What is the monetary value of your eyes being able to see and ears being able to hear? Wealth is what you make of it. Wealth is what you accumulate over a period of time. Wealth is the contacts and favors that you have done for others and now the universe is paying you back one way or the other. You must remember that the favors one does for others do not necessarily come back from the people you have done favors for. They usually come back in other ways.



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Bright Spring Salad

Recipe Source: loveandlemons.com



Directions

1. Bring a large pot of salted water to a boil and set a bowl of ice water nearby. Blanch the asparagus for about 1 minute, until tender but still bright green. Transfer to the ice water for 1 minute, then drain. Allow the asparagus to dry and transfer it back to the bowl and add the peas.
2. Make the dressing: In a food processor, pulse together the herbs, garlic, lemon juice, zest, vinegar, olive oil, and salt.
3. Add half of the dressing to the bowl with the asparagus and toss to coat. Season to taste with salt and pepper.
4. Assemble the salad. Arrange the salad greens on a platter, then layer the asparagus/pea mixture, the radishes, feta, avocado, pistachios, chickpeas, and herbs. Drizzle with remaining dressing, season to taste with more salt and pepper, and serve.

Ingredients

1 bunch asparagus, tender parts, chopped into 1-inch pieces
½ cup frozen peas, thawed
A few handfuls of salad greens
2 radishes, thinly sliced
½ cup crumbled feta cheese
½ avocado, pitted and diced
¼ cup chopped, toasted pistachios
½ cup roasted chickpeas
Fresh herbs, for garnish (basil, mint and/or chives)
Sea salt and freshly ground pepper

Dressing

¼ cup fresh basil or a mix of basil and mint
1 small garlic clove
1 tablespoon lemon juice, plus ½ teaspoon zest
1 tablespoon white wine vinegar
2 tablespoons extra-virgin olive oil, more as desired
¼ teaspoon sea salt

Coloring Corner





ANNUAL

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& PAKISTAN INDEPENDENCE DAY PARADE

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