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*Abnormalities to look out for when performing at-home physical exams*

## **History of Pumpkin Spice**

*What makes us love pumpkin flavors and why it starts earlier each year*

## **Branding in Business**

*Understand the importance of having a well-rounded face to your company*

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*A list of our favorite horror books available for adult readers*



**October 2024**



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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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# How a Seasonal Flavor Became a Global Trend

By: Gabrielle Guzinski



Autumn is finally here which means pumpkin spice anything can be incorporated into a flavor shot to fall decor. Unpopular to contrary belief, pumpkin spice is not just a singular flavor, but in fact, it is multiple spices blended to create this staple seasoning. The mixture consists of, sweet spices - cinnamon, nutmeg, ginger, and either cloves and/or allspice. Apart from allspice, all of these spices are native to Southeast Asia, especially the so-called "Spice Islands," more commonly known as the Maluku Islands (or Molucca Islands) near Indonesia, where nutmeg trees (which also provide mace) and clove trees originated. Cinnamon is native to Sri Lanka, and ginger is native to Maritime Southeast Asia. Allspice is also a plant of the tropics, native to the Caribbean and Central Mexico.

While pumpkin spice seems like it has only been around since the start of the decade, it dates all the way back to the, 16th century, all of these spices were available in Europe traveling via trade routes across Asia. Chinese and Arab traders traveled overland via the Silk Road or on ships from the Red Sea across the Indian Ocean. During European voyages, these flavors were brought over which lowered their price because sugar and chocolate, the plantation economy allowed spices to be produced in massive quantities quite cheaply. The flavors that were once the purview only of wealthy European aristocrats were, by the end of the 18th century, much more widely affordable by ordinary people. By the middle of the 19th century, ginger, cinnamon, nutmeg, mace, and cloves (along with sugar and cocoa) were positively common. The spice is linked with autumn because in European cuisine, the most expensive foods were served around special feast days, like Christmas and Twelfth Night. Fruit cakes were rich in spices, spices flavored

custards and puddings, and cookies flavored with ginger, cinnamon, mace, nutmeg, and cloves were all staples of the winter holidays. It would not be fall without automatically associating pumpkin spice with this season.

Another staple object that is popular is pumpkins itself. Pumpkins are native to North and Central America and have been growing here for an estimated 10,000 years, making them a quintessentially "American" ingredient. They are also a fall food by nature, found at their best in October harvest month. New England writer Amelia Simmons published American Cookery, the first cookbook in the United States produced by one of its own citizens, the earliest recipe for pumpkin pie was released. The recipe was not the cause of mass fanfare at the time of its creation, but it did pave the way for the gradual evolution and elevation of sweet and savory pumpkin dishes in the rural north, where pumpkin farms were most frequently found. By the time President Lincoln had established in November as Thanksgiving's official date in 1863, the pumpkin had become associated with bounty, nostalgia, and the 'unproblematic' traditionalism of the northern states. From being eaten to carved there has always been a place for this timeless fruit for harvest time.

Whether it is a food additive or in its true form, pumpkin or pumpkin spice are two iconic items that would commercialize fall the way it is known today. Both objects are some of the most popular when it comes to preparing for this time of the year. This is a reminder to grab a pumpkin or pumpkin spice if you have not already.

**Some of the above information has been sourced and quoted from The Food Historian and Spoon University.**

**“In European cuisine, the most expensive foods were served around special feast days, like Christmas and Twelfth Night.”**

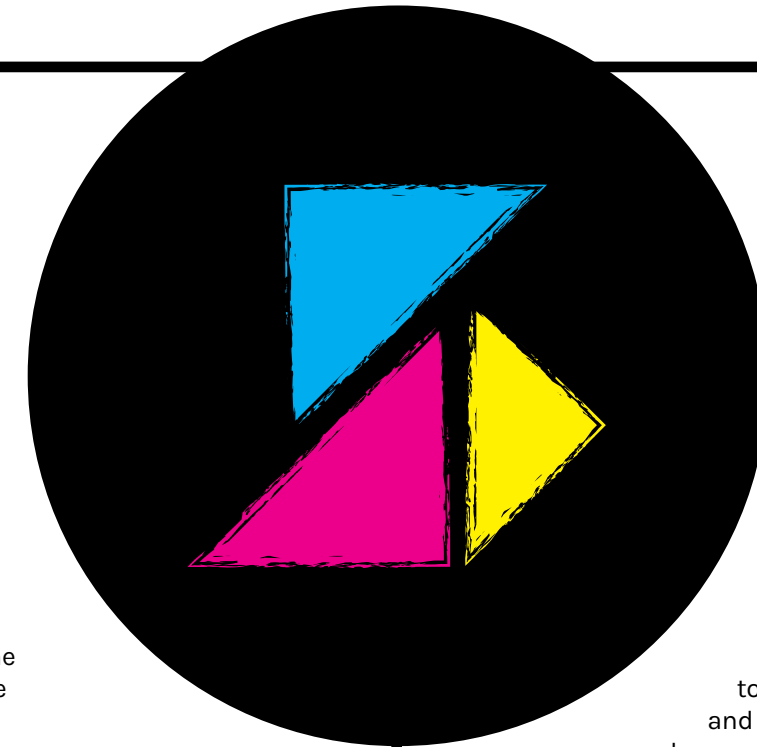
# Successful Branding in Business

By: Sue Perbody

As business professionals and entrepreneurs, there is so much that goes into making a business successful. From morals and ethics to identity and goals, there is a lot to consider when building up your business. A well-established story to your business and overall identity that shows how you stand out from the competition is called a brand. How do I develop a well-rounded brand for myself, while thriving in business at the same time? The answer may be more direct than you think.

According to Hubspot's Blog, the goal of your brand is to accomplish and occupy space in your target audience's mind, allowing you to become their preferred mechanism to do business. It is the first impression. The marketing. The personality. The recognizability. The visual representation. There are several ways to successfully brand your business, and it all comes down to your own personal morals and values. How do you want people to view what you feel is ethically effective? What values are important in your everyday life that you want people to remember you for? Who are your customers? What kind of experience do you want your customers to have when using your business? "In a nutshell, the most important aspect of branding is the process of researching, recognizing, developing, and applying a distinctive feature or set of features to your organization so that consumers can begin to associate your brand with your product or services.

When it comes to developing your business, it is important to understand the difference between branding and marketing. These two entities work alongside one another in harmony to help business excel. Branding is the story of why your company is in existence, whereas marketing supports the story



with specific innovations. Branding develops identity, whereas marketing develops campaigns to connect goals and overall missions. Overall, it is crucial to create a strategy that cohesively gets your message across, as well as brings you in more clients.

From a graphic designer's perspective, there are many things we must keep our eyes on to ensure that our business has a seamless image to it and suits the personality and goals of its foundation. "If you have a physical products business, your product is probably the most tangible way that customers interact with your brand." Once you have established your core messaging hiring a trained professional to promote the design assets of your business is crucial, when it comes to branding. Materials that visual your business's messaging include a professionally designed logo, a carefully chosen color palette, unifying typography, and other visual components. This will reinforce what your brand stands for and will be immediately recognized by your customers.. Overall, it is important and necessary to have a professional graphic designer on your team to create and promote your brand efficiently.

When it comes to starting a business, there are many factors to consider when developing your brand. Having a well-rounded identity and overall voice is the key to a successful clientele. We recommend following the provided advice and feedback to effectively promote your establishment, providing a well-rounded feel to how you wish to your accomplish business goals. If you have any questions about branding or need a fresh logo, contact SunSpin Media via phone call at 716-775-7776 or via email at ssm@sunspinmedia.com to create or develop your brand with a team of trained professionals.

**“Having a well-rounded identity and overall voice is the key to a successful clientele.”**



# International Pasta Day: Endless Pasta-bilities!

By: Sara Loft

“  
**Food scientists have creatively thought of developing pastas without gluten.**  
”

Who doesn't like a hot meal in colder months? I don't know about you but pasta is one of the first things that come into my mind. Pasta is a staple all over the world but it's commonly an item found in traditional Italian cuisine. Surely, there are several recipes available serving pasta in a cold or ambient temperature. According to the USDA (United States Department of Agriculture), the initial food pyramid is a visual guide to show the individual how many servings of food they should eat per day. Pasta is found in the bottom tier. It does not mean it is less favorable. Actually, like breads and grains, pasta is part of maintaining a healthy diet. The USDA recommends us to eat from 6 to 11 servings of grains of food per day. For example, a serving of grain is one slice of bread or 1/2 cup of pasta, preferable whole grain products.

Pasta is most commonly made from a dough of durum wheat flour. The flour is mixed with eggs or just as simple as water. Pasta can be served fresh or it can be dried to be preserved for another day. However, pasta has evolved over the centuries. When allergies and food sensitivities arose, food scientists have creatively thought of developing pastas without gluten. Gluten is a protein that aids the baked goods like pastas to have its unique shape, structure, flexibility and texture even. Gluten is found in grains, barley and rye. Now you can find pasta noodles made out of vegetables or from a processing plant in a contained room apart from gluten exposure.

Pasta making is a lost art. You can make it at home by scratch or just buy a package of noodles at a nearby grocery store. My favorite store to buy pasta noodles is from a local store called: The Pasta Peddler. In fact, The Pasta Peddler recently reached their 30th year anniversary dedicating and serving handmade pastas and other gourmet items to the Western New York community! I discovered this wonderful brand at the South Buffalo Farmer's Market held at Cazenovia Park. I was pleased to see The Pasta Peddler selling whole wheat linguine noodles. The Pasta Peddler is in North Buffalo at 1547 Hertel Avenue Buffalo, NY 14216. Their website is currently under maintenance but you could stop at their storefront or possibly find them at a local farmer's market, too.

Now, let's get cooking! Grab your pot, for every pound (16 ounces = 16 servings as recommended by the USDA) of pasta it's best to add 4 quarts of cold water and put it into a boiling pot (212 degrees Fahrenheit or 100 degrees Celsius), then add a tablespoon of sea salt into the boiling water, after carefully tasting how salty the water is, then you can throw your favorite pasta noodle into the pot of boiling water to cook. Always read the instructions for premade pasta noodles because they may vary. Don't forget to make that pasta "al dente" which is an Italian phrase "to the tooth." It is an ideal consistency to enjoy a delicious meal to the table. Mangia! So, what's cookin'?



# Navigating Life with a Mental Illness

By: Megan Plevniak

“  
**You have the power to choose how to react to situations in your everyday life.**  
”

Today we are going to discuss a topic that people seldom talk about: mental health. You may be wondering why that is. Family dynamics and cultural influences significantly contribute to this problem. In certain families there is a lack of discussion about emotions. Millions of people suffer from anxiety, depression, and other mental illnesses, and in this article, you will learn a comprehensive guide to a happier, healthier life.

Did you know that many people throughout history have suffered from a mental illness? This encompasses individuals such as Beethoven, Van Gogh, Abraham Lincoln, Charles Darwin, Charles Dickens, Issac Newton, Nikola Tesla and more. You aren't born with anxiety. Anxiety and depression stem from trauma and our environment. You can't change your past or circumstances that arise, but you can choose how you respond to them. You can also set boundaries with people, places, and yourself.

Many individuals go to therapy which can be expensive, but many options include insurance coverage, payment plans, and even virtual therapy. Other therapy practices include self-help books, journaling, and apps like *Headspace* and *Balance*. Most of these are cost effective and free which means help is available for everyone.

We spend most of our lives inside of our head so let's make it a happy place to be. Imagine that you have encountered many negative experiences in your life and it just seems like a never-ending rollercoaster of obstacles such as bad breakups, financial issues, work stress, or family drama. Sometimes you will surrender to a downward spiral and indulge in pessimistic thinking. The first step is acceptance. Once you start to accept the negative experiences from your past without judgement, it becomes easier to let go.

The worst critic you will ever face is your own. When you practice a healthy dialogue, you are bound to believe it, and if you don't process emotions, they grow beneath the surface causing stress, anxiety and depression. Studies have shown that humans can

retrain their brain. You simply have to be willing to do the work.

One of my favorite coping mechanisms are words of affirmation. How you treat yourself plays an important role in your life. Every day you wake up try saying positive dialogue such as "Today will be a great day" or "I will get this promotion." Once you change your internal dialogue you will find it easier to navigate challenges. Overthinking can simply be avoided. This may take time and practice, but if you put in the work, you will reap the benefits.

You have the power to choose how to react to situations in your everyday life.

Another effective method for enhancing your mental well-being is through the practice of meditation. Now I know what you're thinking; meditation is boring and you have to look like Buddha—but that isn't my style. Meditating is far simpler than that, in fact, most people have already done it and they aren't aware of it. Meditation refers to the process of allowing oneself to breathe, thus giving you space to process any emotion. This can be done by taking a walk outside, listening to music and soundscapes, or deep breathing. Activities like walking, enjoying nature, eating right, and journaling reduce stress by at least 40 percent. Some foods that decrease stress, anxiety, and depression are bananas, dark chocolate, berries, avocado, green tea, eggs, almonds, fish, dark leafy greens, oranges, and chamomile tea. These contain a rich array of vitamins, antioxidants, and magnesium, which can enhance your mood and elevate serotonin levels. Also try ashwagandha, stress supplements, CBD, and essential oils such as lavender.

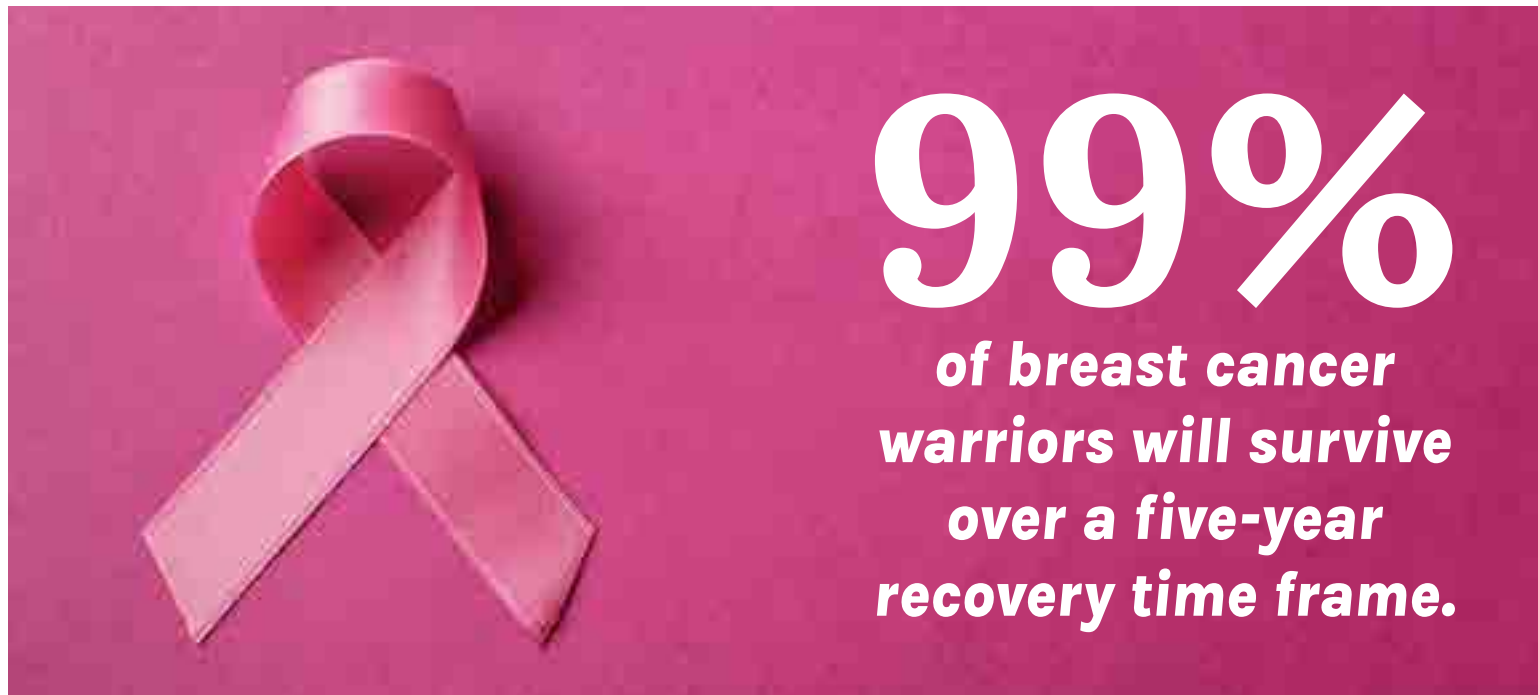
There are numerous ways to navigate life with a mental illness. Once you start to confront these issues, accept past trauma, set boundaries, practice positive dialogue, and talk about it, it will leave a profound and enduring influence on your life. The information provided is for general informational purposes and is not intended as professional advice. It is advisable to consult a medical professional prior to taking these steps.





# Importance of Mammograms and Self-Exams

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



According to the National Breast Cancer Foundation, one in eight women in the United States will be diagnosed with breast cancer in their lifetimes. It is estimated that approximately 310,700 women and nearly 3,000 men will be diagnosed with invasive breast cancer in 2024. Thankfully, 99% of breast cancer warriors will survive over a five-year recovery time frame.

October is Breast Cancer Awareness Month, so before you hand out the treats to your trick or treaters, treat yourself to maintain good breast health. Breast cancer warriors are overcoming the odds by performing self-exams for breast cancer, as well as attending their annual mammogram screenings. Self-exams begin at home when taking a shower or laying in bed at night. Checking for lumps in the armpit is one of the first steps for checking for breast cancer. You should inspect your breasts for changes in color, shape, or contour. Upon detecting abnormalities, it is crucial to call your doctor to schedule a mammogram right away.

Many women are aware of the importance of breast self-exams for the early detection of breast cancer. Any time a woman finds a lump, it is important that she contact her health care provider immediately to have the lump examined. But if the lump is not cancer, what is it? There are three types of benign lumps. Cysts are non-cancerous collections of fluid that develop anywhere in the breast tissue. Fibroadenomas, which are also benign, are a group of cells that often develop closer to the surface of the breast, and usually in younger women. Pseudo lumps may be scar tissue, fat, or simply a rib bone pressing into the breast tissue and compressing it. They often appear after any type of breast surgery.

Each year, WNY Medical participates with a local mammogram bus, attending various offices throughout Western New York, providing women with convenience and ease to receive a mammogram. Seen on the right is the remainder of our mammogram bus schedule for 2024. You may call our office at 716-923-4380, extension 3172, to schedule your appointment in advance, giving you peace of mind for your next annual mammogram, and for any future possibilities of breast cancer.



**Dr. Riffat Sadiq: Restoring Self**

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



## PINK BUS SCHEDULE 2024

For more information call (716) 923-4380 ext.3172



Monday, October 7th	2600 South Park, Lackawanna 8:45 am - 4:00 pm
Thursday, October 31st	3884 Broadway, Cheektowaga 8:45 am - 4:00 pm
Wednesday, November 13th	6970 Erie Rd, Derby 8:45 am - 3:30 pm
Wednesday, December 4th	3320 N. Benzing Rd, Orchard Park 8:45 am - 4:00 pm
Friday, December 13th	4979 Harlem Rd, Amherst 8:45 am - 3:30 pm



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## Getting Ready for the Future

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



Just like life, nothing remains static in business. If you don't keep up with what is going on in the market, either you are left behind or become irrelevant very quickly. When organizing our time and resources, we must designate a certain percentage to research and development, preparing for the change that is inevitably coming our way. There are many ways to prepare for it; reading articles and books, watching relevant videos on YouTube, attending seminars, or seeking guidance from experts and hired professionals.

Before we decide on mode of learning more or researching deeper, we must take into consideration the nature of the business that we are in. Relevant research and development with linages for future growth of businesses is vital for making the effort, energy, and resources count for preparing for the future growth of your business. I divide this effort into three parts, and it has rewarded me in many ways.

### **1; Open mindedness and general exposure.**

Keeping open mind about all possibilities is essential to be a successful entrepreneur or businessperson. Entertain possibilities for your own business, when other people are passionately making a case for their ideas. Even the most distant and remote business ideas will trigger you, thinking about new ways of doing your own work, or advancing in your business venture. It necessarily does not mean to waste time in idle conversations or occupying yourself with mundane company. What it means is to intently listen to intelligent people, talking about professional advancement or entrepreneurial experiences. Keep your mind's learning mode on at all times.

### **2; Diving deeper and coordinating solutions.**

When you are faced with problems, challenges or issues that hamper your personal or business growth, you must dig deeper to understand the nature of the problem. People make the mistake of throwing money or randomly appointing people to resolve a problem or issue. One must seek breaches in systems or workflows, or responsibility distribution, that is causing the problem. All challenges or issues cannot be overcome just by introducing technology or incentivizing performance. Solutions must be coordinated by understanding the deep breakdown of problems or issues.

### **3; Specific research for specific purposes.**

If there is a specific challenge that is facing an individual or the organization, then it is vital that only that particular area of focus must remain a priority. Specific purposes often have linkages to a bigger system or a larger network of workflow. You can easily get lost in trying to untangle the strings of adjacent systems. At that time, the singular focus on a specific purpose pays off. This focus at time costs unintended consequences or unpleasant outcomes. In that case, pros and cons of the decision can be evaluated. However, our specific purpose cannot be compromised.



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# Old Classic VS Remake: Murder on the Orient Express

By: Alex Tilton

In 1974 director Sidney Lumet released the film version of the famous Agatha Christie novel, *Murder on the Orient Express*. It won an Academy Award (Ingrid Bergman) and got nominated for five more. Everything about it is good. One of the best things about it are the visuals, probably because this was 1974 and if you wanted a scene with your characters in Istanbul you had to actually go there. So, the movie is full of real locations, authentic period costumes, and actors who understand the kind of movie they're in. An old-time murder mystery story isn't terribly realistic. They're meant to be fun, and the audience enjoys trying to figure out who did it as the story moves along. The 1974 version understands this, embraces it, and does the best job I've ever seen hitting the right tone. Albert Finney plays detective Hercule Poirot so well it's hard to imagine anyone else doing it.

If you haven't seen it, the plot follows fictional Belgian detective Hercule Poirot as he investigates the murder of a gangster named Cassetti aboard a train that becomes trapped in a snowdrift. He interviews the suspects one by one and as the information accumulates he makes his conclusions, and the audience gets to feel smart if they guess correctly. It's a wonderful film.

The 2017 version on the other hand...ugh. Spoilers ahead.

Kenneth Branagh is a deservedly famous Shakespearean actor. He's done everything there is to do in film and stage, and he's great at it. He's also a famous director. On top of that he's got an amazing cast of famous names. Yet, somehow, the movie sucks.

I'll start with the surface level complaints. I hate CGI (computer-generated imagery) and this movie is lousy with it. It's also not very good. I felt like I was watching a mid-budget animated film half the time. I also didn't like the costumes. They weren't awful, just not what you expect from a big budget film like this. It looked more like a video game set in the 1930s rather than real people in the actual 1930s.

The big problem though is the tone. Branagh wanted his version to be darker and more serious. That's fine. A remake shouldn't be a clone of the original. But this story about (a murder investigation on a snowbound train) has no business containing an action sequence, let alone two of them, neither of which change the outcome of the story. In the first of these, one of the suspects decides to flee from Poirot after he discovers

some incriminating evidence. The problem with this is, as mentioned before, the train is trapped in a snowdrift. There's nowhere for this man to go, so the scene has no tension. The movie redeems itself a little bit by having a good explanation for this attempted escape, but that doesn't make it any more exciting when you know he's not going to get away.

A second action scene involves one of the suspects shooting and wounding Poirot in an attempt to protect another suspect from getting blamed for the murder. But since the shooter is a former British army sniper, all this does is convince Poirot that he must've missed on purpose, and therefore the shooting actually proves that his confession is false. Generally, instead of putting together a puzzle, I'm having blunt, obvious conclusions violently shoved at me.

The ending is also a blunt-force emotional eruption, rather than the slightly (but not really) ambiguous ending of the original. Nobody confesses in the original version, even though it's clear that all 12 suspects are guilty. Poirot gives his friend, the director of the train company, a choice. He can give the police one of two theories; Cassetti was killed in a mafia vendetta by a mysterious unknown assassin, or the (obviously) correct theory that the passengers were all in on it. He knows the truth but he refrains from pushing the issue, because in his opinion letting them get away with it is closer to justice than hanging them all for killing a gangster that destroyed their lives.

In Branagh's version the organizer of the revenge murder confesses emphatically, and begs him to pin it all on her so the others can get on with their lives. And I scratched my head at this because if he's willing to lie to the police about who did it, then why *wouldn't* he just let them all go? Either way he's complicit in a coverup. Is this supposed to be 1/12th more honest than the full lie?

I did like one thing about Branagh's ending though. In his version, when Poirot confronts the twelve murder suspects he knows to be guilty, *he brings a gun with him*. In the original ending it struck me as a little silly that Poirot is standing in a room with 12 people that he knows are murderers, and he's just kind of fine with that. No trace of worry about what they might do when confronted. Because of course he isn't, it's not that kind of movie.

Image Source: IMDb.com



# Top Three Books for Spooky Season

By: Sam Defazio

When we think of Halloween, do we just think of kids going door-to-door for candy? Do we think about all the fun decorations there are from Spirit Halloween Stores? Every year in October, some people have a tradition to watch a horror movie a day. Some others like to pick out a creepy book to get into the mood. The question is, what books could possibly get you in the mood for spooky season? Sure, you could get away with reading one of the Stephen King classics or even go down the route of Richard Matheson but if you want some fun reads that don't rely on the go to's here are some novels I've gone through that can give you nightmares to go with your Halloween mindset.

## 3. *The Haunting Of Whitehall Manor* by L.V. Pires

This time of year a good gothic ghost tale read by candle light can still send chills down anyone's spines. A tale about a woman returning home for the first time since early childhood. What she discovers is more and more family lore. This book is a part of a trilogy of novels called The Towry Trilogy written by L.V. Pires, who is a small independent author and worth checking out. Pires knows how to make one's heart race in the night.

## 2. *Horror Movie* by Paul Tremblay

If you are a lover of the Cursed Films genre of films this book takes it into a level of its own. Half novel half

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**What more could one want for a season filled with ghouls and monsters hiding in your closet?**  
”

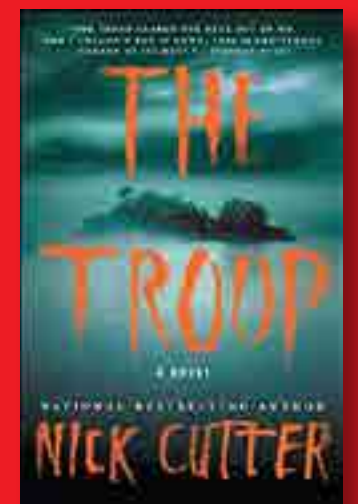
script, this novel takes the ideas of things on set of a small low budget horror movie going wrong to another place. A fun time for those who like something different and gore filled. Paul Tremblay knows how to let the tension in any situation sink into your skin, and go further under it. The Thin Kid will be known as a horror icon in the book world in ten years.

## 1. *The Troop* by Nick Cutter

Did you have to read *Lord of the Flies* in school for an English class? Did it ruin the experience of reading a very visceral novel? Well, this book won't be hitting schools anytime soon and takes some more drastic measures to this type of story. A troop of kids and their troop master go out camping on an island and they run across a man who landed on the island sick as a dog. What transpires will make readers cringe with horror. A very amazing homage to *Lord of the Flies* and *Body Horror*, it will leave you breathless.

As a horror reader, these novels have left an impact on me, and one has even brought a few nightmares over time. What more could one want for a season filled with ghouls and monsters hiding in your closet? You might want to check that every night of October. There's no telling what's behind the threshold!

Image Sources: Amazon.com



# PUMPKIN LOVERS LASAGNA



## DIRECTIONS

- 1) Preheat the oven to 375 degrees F.
- 2) Bring a few inches water to a boil in a large pot and add salt. Cook the escarole for 5 minutes, then drain.
- 3) Cover the garlic cloves with water in a saucepan and simmer for 20 minutes. Drain and let cool. Squish the garlic pulp from the jackets into a bowl and mash with a fork.
- 4) Meanwhile, melt 3 tablespoons butter in a medium saucepan over medium heat. Add the sage and stir. Add the squash, stir and season with salt and pepper. Add the chicken stock and cook, stirring occasionally, for 15 minutes. All the stock should be absorbed and the squash should be lightly browned and tender. Remove from the heat.
- 5) Melt the remaining 3 tablespoons butter in another medium saucepan over medium heat. Add the flour and whisk for 1 minute. Whisk in the milk and mashed garlic and season with salt, pepper and a little nutmeg. Cook until slightly thickened (the sauce should just coat the back of the spoon evenly without breaking up on the spoon's surface).
- 6) Whisk the pumpkin puree, 2 eggs, salt and pepper in a bowl.
- 7) In another bowl, whisk the ricotta, half the Parmigiano-Reggiano and the remaining egg.
- 8) Soak the lasagna sheets in water for 5 minutes.
- 9) Pour about half the garlic sauce into the bottom of a 9 by 11-inch baking dish. Add a layer of lasagna sheets and then half the pumpkin mixture. Make another layer of lasagna sheets and spread with all of the ricotta mixture, followed by the squash and then escarole. Top with half the Fontina, another layer of lasagna sheets, the remaining pumpkin and another layer of lasagna sheets. Finish with the remaining garlic sauce and sprinkle with the remaining Parmigiano-Reggiano and Fontina.
- 10) Bake the lasagna, covered, for 45 minutes. Raise the oven temperature to 400 degrees F and continue to bake, uncovered, for 15 minutes more. Let rest for 15 minutes, then cut and serve.

## INGREDIENTS

- Kosher salt
- 1 head escarole, coarsely chopped
- 1 head garlic, cloves separated but not peeled
- 6 tablespoons butter
- 10 to 12 fresh sage leaves, torn
- 1 pound butternut squash, peeled and cut into bite-size pieces
- Freshly ground pepper
- 1 1/2 cups chicken stock
- 3 tablespoons all-purpose flour
- 3 cups milk
- Freshly grated nutmeg
- Two 15-ounce cans pure pumpkin puree
- 3 eggs
- 2 cups fresh ricotta
- 2 cups freshly grated Parmigiano-Reggiano
- 1 box no-boil flat lasagna
- 12 ounces Italian Fontina, Fontina Val D'Aosta or Gouda cheese, shredded

**The lasagna can be wrapped tightly and refrigerated or frozen for a make-ahead meal. Reheat, covered, until hot, 45 minutes to 1 hour, then uncover and bake for 10 to 15 minutes more. Recipe courtesy of Rachael Ray and The Food Network.**

## Coloring Corner







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