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**July 2025**





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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 ..... Family Summer Activities
- 5 ..... Comedic Summertime Resolutions
- 6 ..... Seneca Falls & Women's Rights
- 7 ..... Lifestyle Advice from a Diabetic
- 8 ..... USA & Canada Independence Days
- 10 ..... Rise of "Soft Saving" in Gen Z
- 12 ..... Sunburn and Heat Safety
- 13 ..... Media Corner: Sex Lives of College Girls
- 14 ..... Coloring & Activity Corner
- 15 ..... Recipe of the Month

# Safe and Simple Family Summer Activities

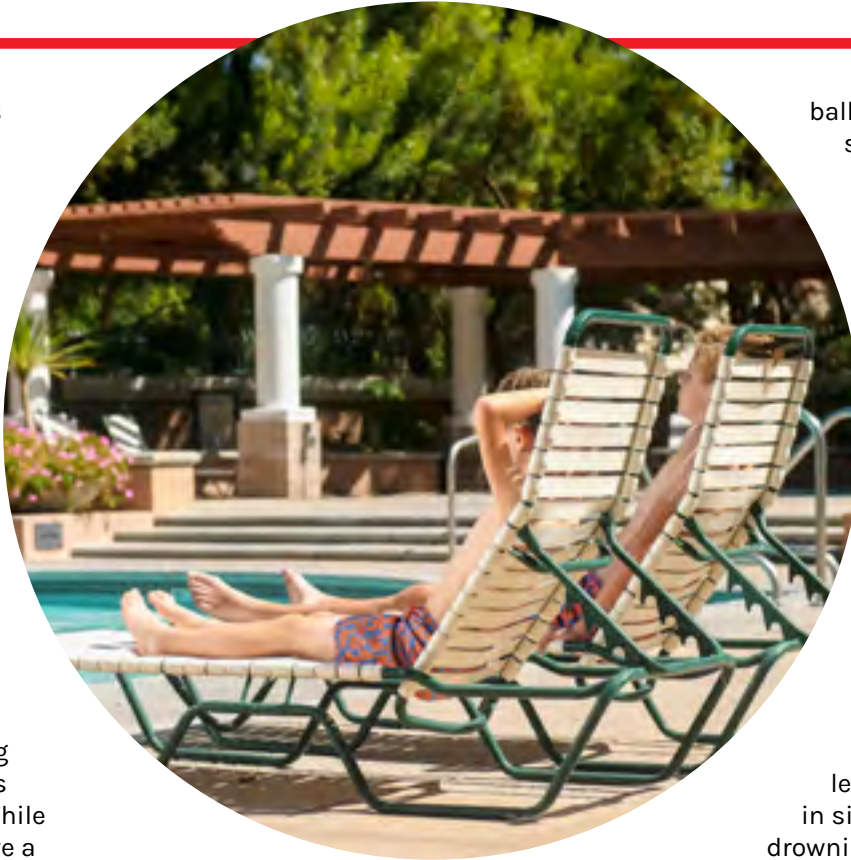
By: Victoria H

The summer is here and it's time to get out and play. If you are feeling stuck in the house, there are tons of opportunities to help you beat cabin fever. Here are some safe and simple activities for you and your family.

You can start the day off with a stroller or carrier walk. Switching up your environment can be a stimulating start to the day. You get to take in the peaceful, fresh morning air and hear the birds sing. Creating this new habit also provides opportunities to connect. While your phone is away, you have a chance to ground yourself and be present with your little ones. An early morning stroll is a great way to get exercise and beat the heat!

If it's not too hot, getting some outside blanket time can be very fun! You don't have to go far. The balcony, porch, yard, or neighborhood park has lots of interesting new things to see and hear. There are so many different textures for babies to observe. Scratchy green grass, rough sticks, smooth leaves, and soft flowers can be very stimulating to young minds. Make it special! Wear a fun outfit, bring some snacks, and find a dry, shady spot where you feel safe and comfortable. For older kids, you can create a list for them to check off what they find, or create a journal to record all of their interesting discoveries! There is so much to observe and hear all around you no matter where you live. If you look closely, you can see your neighborhood through your child's eyes.

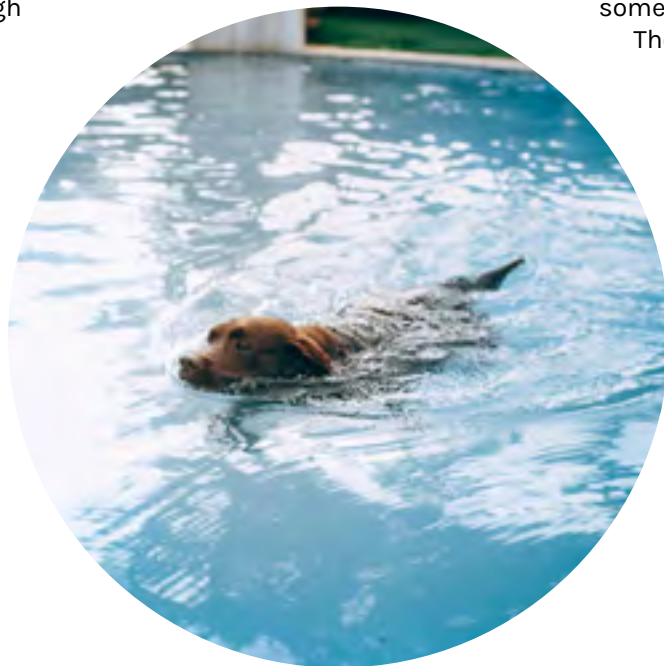
For those really hot days, playing with water is a must! There are so many options from reusable water



balloons to water slides and sprinklers. If you don't have access to a full-sized pool, a few inches of water and bath toys in a shallow kiddie pool or bathtub can provide hours of fun. Try to reserve water play for children 6 months and older. For younger infants, a light mist of a spray bottle may be enough to provide sensory play, as well as ward off the heat. No matter how you choose to play, safety is a priority! Always keep your young ones at arm's length if they are in a pool and in sight at all times. Remember, drowning is silent and accidents can happen in a matter of seconds so stay alert and stay safe.

If you want to plan a fun outing, your local library often carries passes to zoos, parks, and museums around you! Take your little ones to the zoo to learn about all the different animals or romp around the sculpture park. You can learn about your town's history, see local art, or an honorable hall of fame. There are a lot of opportunities for you and your family to learn something new at a wonderful discount. The library itself can be an adventure, so take advantage of your local libraries free events and pass programs.

There are so many stimulating activities and new adventures awaiting you and your little ones this summer. Remember to prioritize safety and fun! You all deserve to get out and discover the world around you so relax, and try to enjoy precious time together. Each moment is a chance to love, learn, and grow this summer. You got this mama.



# Comedic Summertime Resolutions

By: Bob Adner

My name is Bob Adner, and I am a native of Northern New York originally, Carthage to be specific. I came to Buffalo in 1958 as a blaster on the Power Project. I got married here and have four children and ten grandchildren. I became a widower in February 2025.

I am retired and spend most of my time writing annoying articles such as these.

It's time I decided. Time to carry out one of my New Year's Resolutions, to clean out and organize my garage. Usually, my organization consists of taking down everything I have hanging on one wall, pulling all the nails out, straightening them, pounding them in the opposite wall and rehang everything.

Then I sweep the floor, get myself a beer and settle down in a lawn chair and smugly survey all my handy work.

This year, I decided I would do the job right! I am going to really clean the place out. I will get rid of forty years of accumulated junk. Really overhaul the place! I made my intentions known to my wife. I heard something between a snort and a snicker, with a sarcastic look thrown in. She's heard it all before. Her comment, "You haven't thrown anything out in forty-five years". I told her if I heard any more from her, I know one thing that would get thrown out!

I fired up a portable heater, got a cup of coffee and sat down in a chair to plan my work. I must do this right. Where should I start? Let's clean out all the tool benches first. Get everything out where I can see it. The benches consist of various cupboards and shelves on the wall and on the floor, four small cupboards plus an old steel desk that I have my vise bolted to. Underneath the desk in the space where your legs go, I keep my compressor.

About two hours later I had everything in the middle of the garage floor. My wife walked out on her way shopping. She looked at it and took up snickering where she had left off before. "Looks like an explosion in Jake's Junkyard!" I told her goodbye and hoped she didn't get a flat tire. She handed me a piece of paper. "Call this number when you get a chance." I put the paper in my pocket. My wife honked the horn. I stuck my head out the door. "You want me to pick up a couple more garbage cans while I'm out?"

Laughing hysterically, she backed out of the driveway. Now I hoped she did get a flat tire! I pulled the paper out of my pocket and looked at it. It stated, "Hank's Haulers. We'll clean out your garage and attic." I think I'll find out where she went shopping and let the air out of all her tires.

I sat down in the chair and surveyed all my "treasures" trying to figure what should be thrown out and what should be saved. I couldn't throw out that storm door closer. I got that when Sears was still doing business with Roebuck. Probably any door it fits, is outdated now. I spotted a good dog collar. It was last in use four dogs ago. It's better to save it, my granddaughters might get a dog some day and need an experienced collar.

Then a thought flashes through my mind. This is only Saturday. Garbage doesn't go out until Monday night. Too big a gap! I would still be able to sort through the castoffs and smuggle them back on board. Kinda like a burglary in reverse; stealing from myself to put it back in my garage. (Some sort of redundancy there I think). Maybe I'll put this job off till Monday — of next year. I sure hope my wife didn't buy extra garbage cans.



# Seneca Falls and Women's Rights in America

By: Muqadas Jabeen

In 1848, a group of men and women gathered at the Wesleyan Chapel of Seneca Falls, New York, to talk about how women of America were not being treated fairly. It catalyzed the women's rights movement in the United States. Today, in honor of its anniversary, we reflect on the struggle of women in history through which we have made it this far.

This event at Seneca Falls set the stage for the movement of gender equality. From that decisive gathering to today's ongoing struggle, the journey to women's rights in America has remained one of the greatest transformations. It was organized by pioneers Elizabeth Cady Stanton and Lucretia Mott, along with other progressive thinkers. Since that day, we have come a long way. We fought for the right to go to school and seek education. We fought for the right to inherit property, to cast a vote, to do a job, and to make our own choices. Elizabeth Cady Stanton and Lucretia Mott displayed a special paper called "Declaration of Sentiments." This paper covered all the problems women were facing in that era. They called for equal rights in society. The rights of women to do everything men can do.

After this significant convention, many strong and influential women of the society stood up and spoke for the rights of women. They gave speeches, gave petitions, and went to every extent they could go. Some of them are Susan B. Anthony, Sojourner Truth, and Ida B. Wells.

Then, after half a century, women succeeded in getting the right to vote. It was a big milestone. It happened when the 19th Amendment to the US Constitution was passed. Still, there were many problems, including the distinction between white women and black women. Black women were treated badly. There were



still many unfair laws ruling over the country. Despite all these issues, they have the right to go to school. During WW2, when most of the men left their jobs to join the Army, women stepped in. They managed both the household and work efficiently at a time.

In the 1960s and 70s, when the second wave of feminism came, getting equality at work, school, and home became the talk of the town. Books like *The Feminine Mystique* by Betty Friedan made people think about how women were expected to be only wives and mothers, with no other goals.

In 1973, the Supreme Court found a women's right to an abortion was protected by their first amendment right to privacy which is known as *Roe v. Wade*. Later on, in 2022, it was overturned. Now, every state has its rights regarding abortion.

The fight for women's rights has been long and hard, but it has also been full of hope and strength. We have made a lot of improvements in each field, whether it is education, work, or legal rights. Technology helps spread the message faster. Every small win has helped build a better future. We need to focus on the notion that women should have the same rights as men. We must keep going, keep speaking up, and keep lifting each other. We have to create a world where everyone is treated equally and fairly.

A day trip to visit picturesque Seneca Falls is less than a two-hour drive from Buffalo. Visit the home of Elizabeth Cady Stanton, the National Women's Hall of Fame and the Women's Rights National Historical Park.

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# Diabetes: Managing and Overcoming Challenges

By: Ralph Hernandez

Diabetes affects millions globally, posing a major medical and social challenge. Managing it requires dedication, knowledge, support, and medication.

## The Urgency of Managing Diabetes

Diabetes is a metabolic disorder with high blood sugar, including Type 1 and Type 2. Type 1 is an autoimmune condition needing lifelong insulin, while Type 2, more common, involves insulin resistance linked to lifestyle. Untreated, it can cause heart disease, kidney failure, nerve damage, and vision problems. Proper medication and care can significantly enhance quality of life and help lower risks, making a real difference in how we feel and stay healthy.

## The Role of Medication in Managing Diabetes

For people with diabetes, medication is crucial. Understanding how these medicines work and their advantages can boost confidence in your choices. The following medications are categorized into distinct groups, each with its own purpose and significance.

1. Insulin therapy plays a vital role for people with Type 1 diabetes and others with more advanced Type 2 diabetes, helping to manage blood sugar levels with injections or pumps. The latest options, like rapid- and long-acting insulin, make treatment even more effective and offer improved control.

2. Oral Medications: For those with Type 2 diabetes, oral medications can be highly effective. These include Metformin, which reduces glucose production in the liver, and Sulfonylureas (Dexcom CGM), which stimulate insulin production.

## Why Medication Adherence Matters

Understanding the importance of following medication guidelines can significantly impact diabetes management. People with diabetes often encounter a variety of challenging side effects, but with proper care, these can be managed effectively.

Successfully overcoming medication barriers depends on teamwork between healthcare providers and patients. Open communication, education, and

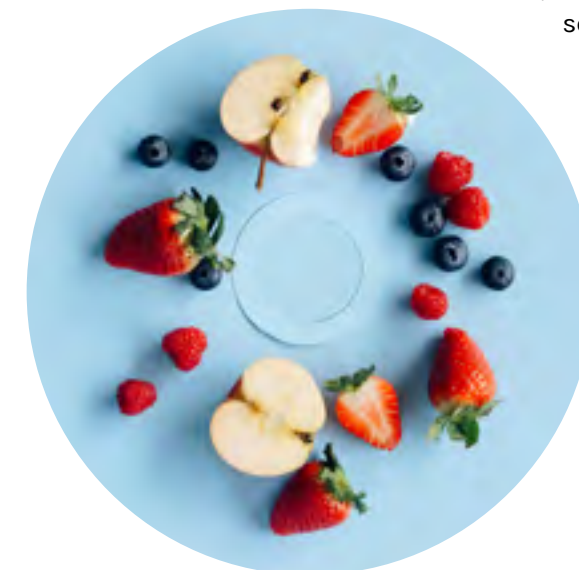
support help patients understand the benefits of their medication, encouraging diabetes management.

## Lifestyle Together with Medication

While medication is essential for managing diabetes, a comprehensive approach also includes adopting a healthy lifestyle, such as eating a nutritious diet, engaging in regular physical activity, and maintaining effective weight management. These can enhance medication efficacy, reduce the need for doses, and improve overall health.

1. Dietary Changes: Consuming a balanced diet that includes whole grains, lean proteins, healthy fats, fruits, and vegetables helps manage blood sugar levels.

2. Physical activity enhances insulin sensitivity, cardiovascular health, and weight management. Simple activities, such as walking or cycling, offer substantial benefits for well-being.



Managing your weight is crucial for individuals with Type 2 diabetes, as it helps control blood sugar levels and potentially reduces the need for medication. Eating a balanced diet with all vital nutrients—carbohydrates, proteins, fats, vitamins, and minerals—supports health. Enjoy a variety of foods in appropriate portions to stay energized and maintain your strength.

## The Future of Diabetes Management

Diabetes management is advancing with the use of modern technologies, such as continuous glucose monitors and insulin pumps, which provide real-time feedback. Ongoing research into new medications and personalized treatments tailored to genetics and lifestyles promises to improve care quality and outcomes.

## A Call to Action

Diabetes management encompasses medication, lifestyle modifications, and ongoing support. Healthcare providers, patients, and communities must work together to improve access to resources and education. It is essential to act now: manage diabetes effectively, support treatments, and adopt healthier habits.



## United States and Canada Independence Days

By: *Faizan Haq and Victoria H*

### *A Reflection on our Northern Neighbors*

On July 1st, 1867, the Canadian Confederation united Ontario, Quebec, New Brunswick, and Nova Scotia, laying the foundation for the country we know today. This special day symbolizes the beginning of Canada's path toward self-governance and unique identity. Since then, Canada Day has become more than just a national holiday. This day provides a time to reflect on how far the country has come while celebrating the values that continue to shape its future.

From the breathtaking Rockies to the cultural richness of Toronto, Montreal, and Vancouver, Canada's identity is deeply tied to its landscapes, kind spirit, and its people. Canada is a place where diversity is cherished. A country that continues to evolve for the betterment of the community to the point where the whole world knows that the red maple leaf stands for kindness, calm strength, and quiet pride.

What sets Canada apart is not just its natural beauty or polite reputation but the way the country consistently chooses compassion. Whether through its commitment to universal healthcare, its role as a global peacekeeper, or its continued journey toward truth and reconciliation. Canada is known to lead with the heart knowing that strength lies in unity and a multicultural spirit.

Today, Canada Day invites us to gather not just around fireworks or flags, but around the idea that unity, empathy, and hope is carrying the nation forward. It reminds us that even though our stories are different, we can find common ground in shared values and dreams. Canada is a country that strives not for perfection, but for progress with humility.

Reflecting on Canada's journey may also remind us of our own. May this celebration inspire us to lead with kindness, build bridges where we can, and believe in the power of good people working together towards an agreeable future. Canada Day invites us to celebrate not just a date, but a spirit rooted in kindness, resilience, and the belief that a brighter future is always within reach.

### *American Heritage: United in Freedom*

The Independence Day of the proud United States of America has finally come! Though voted for on July 2nd, the Declaration of Independence was formally adopted by the Continental Congress on July 4th 1776, when the birth of the nation is officially celebrated today. A bold experiment in democracy founded on the ideals of liberty and justice was set in motion. Over two centuries later, Independence Day continues to be more than a celebration of history. July 4th is also a day to reflect on the values that have come to define the American spirit.

The renowned United States Constitution came years later in 1787 outlining the right to free speech, separation of church and state, and key pillars to protect democracy and its citizens. Among the most cherished rights are the freedoms of expression and religion. These liberties allow individuals to speak their truth, to choose whether or not to worship in accordance with their beliefs, and to fairly engage in the civic process. The reality is that we live in a world where such liberties are far from guaranteed for all. These freedoms serve not only as privileges but as responsibilities that we must continue to uphold.

The Founding Fathers worked tirelessly to establish a lasting foundation centered around freedom. The United States of America is known as "The Land of the Free, The Home of the Brave," and the place to follow your most ambitious dreams for a reason. These values have been fought for and protected for generations. People have flocked to America for opportunities, to provide a chance to follow their dreams, and to be a part of a glorious nation of patriotism and courage.

What makes America truly remarkable is not just its origin story, but the ongoing journey of people from all walks of life who have come together to shape its future. The country continues to evolve into the eclectic melting pot of culture and pride interwoven into the fabric of the nation. Generations of immigrants have



arrived on its shores carrying hope, perseverance, and dreams carrying stories of sacrifice, reinvention, and hope. From city streets to rural towns, the diversity of language, culture, and faith enriches the American identity. This long history of rich diversity reminds us that belonging is not bound by birthplace, but by a shared vision.

Everyone deserves to be in a place where they feel safe and free to live their truth. Regardless of what religion is practiced, or what ideals one may have, we all have one common goal.

A goal to be happy, find community, and have opportunities to pursue our dreams. The United States has been a template for democracy and diversity for centuries. While not perfect, this glorious nation continues to evolve and grow. Change and growth are never easy, but it is necessary to reach the nation's fullest potential while maintaining ideals that make this country the Land of the Free.

As fireworks light the sky this Fourth of July, may we not only reflect on the founding ideals but also celebrate how far we've come in honoring them. In every act of kindness, every peaceful protest, and every welcoming gesture, we see the promise of a country that believes in freedom. A belief that freedom is not just a right, but a shared value. Today, let us recommit ourselves to building an America that is as inclusive as it is free. Not just a nation, but a home where every voice matters and every person belongs.



# The Rise of “Soft Saving” in Generation Z

By: Usman Mehmood

In the past, financial wisdom often centered around a simple mantra: work hard, save diligently, and retire comfortably. For generations, this blueprint has shaped how people approached managing tight budgets, making long-term investments, and delaying gratification in the hopes of achieving a golden retirement. Now, a quiet revolution is underway, led by none other than Gen Z.

Born between the mid-1990s and early 2010s, Gen Z has come of age in a world defined by economic uncertainty, rapid technological change, and a global pandemic. Instead of clinging to the old rules, they are writing their own. Enter the concept of “soft saving,” a trend that reflects a shift from strict retirement savings to spending on experiences, personal development, and mental well-being in the present.

At first glance, it might seem reckless. Why would a generation, known for its digital savviness and social awareness, prioritize short-term financial security over long-term financial security? The answer lies in perspective. Unlike previous generations who believed in waiting for life to start after 60, Gen Z is more focused on making the most of their 20s and 30s. They have seen firsthand how unpredictable life can be, witnessing economic recessions, rising housing costs, and job instability. For many, the traditional idea of retirement seems distant, even unattainable. So, they ask: why postpone joy?

Instead of accumulating wealth for a distant future, Gen Z is investing in what they believe matters most now: travel, health, hobbies, and skill-building. Whether it is spending on therapy, online courses, or backpacking through Europe, these decisions reflect



a desire to grow as individuals and experience life fully in the moment. This is not about financial irresponsibility—it is about rethinking value.

In a way, “soft saving” is rooted in emotional intelligence. Gen Z understands that fulfillment does not always come from a bank balance. They are prioritizing financial flexibility over rigidity, maintaining emergency funds and side hustles while choosing to spend on what enriches their lives today. They are also embracing new financial tools like investing through apps, budgeting with digital trackers, and engaging in peer-to-peer learning through social media.

That said, the shift toward soft saving is not without its critics. Financial experts warn that underestimating the power of compound interest and retirement planning could lead to future insecurity. In addition, they are not wrong. However, perhaps the conversation needs to evolve. Instead of criticizing this shift, maybe it is time we explore how financial systems can better support modern values, combining financial literacy with flexibility, and planning with presence.

The rise of soft saving reflects a deeper generational philosophy: life is not just about the destination, but the journey. Gen Z is not ignoring the future; they are just not willing to sacrifice their present for it entirely. They are rebalancing the scales between living well now and planning for tomorrow, constructing a new kind of financial narrative.

Moreover, who knows? In the end, this balance of mindful spending, mental wellness, and adaptive saving may prove to be a different but equally effective path to prosperity.



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# Sunburn & Safety from Sunlight and Heat

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



Summertime is in full swing, and it is critical this time of year to take proper care of your skin. During summer, the sun's angle in the sky is higher than that which we experience in the winter. The earth's axis tilt causes the Northern Hemisphere to be angled more directly towards the sun from June to September. The result is more intense solar radiation, which is the reason for needing to take extra care of your skin while outdoors.

Many Buffalonians love the summer months, due to the lack of cold and snow. Sometimes a quick rest in the sun can turn into an hour or two long nap on the beach, resulting in sunburn. If you experience sunburn, the first step is to exercise safety. Leave and temporarily avoid the environment that caused the burn. Common treatments for sunburn include a cold icepack or aloe vera. Anti-inflammatory pain relievers will also help with constricting blood vessels and dehydrating your skin. For more serious burns, hydrocortisone cream can

help, too. The most important factor to avoid is further sun exposure. Your body will thank you for it later.

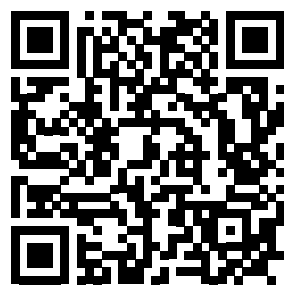
The skin is the body's largest, most delicate organ. When outside during these intense months, take extra precautions by wearing enough sunscreen and protective clothing. It is also crucial to consider any medication that you take. Common antidepressants, antipsychotics, antihistamines and blood pressure medications can make us more sensitive to heat. If you are on any types of these medications, it is important to consult with your doctor to know what to expect during these hotter months. If you are known to experience heat intolerance, practice precautions to stay cool and drink plenty of water. Again, your body will thank you for it later.

Overall, it is important to take care of our body in every way possible. Stay well hydrated during the summer months and enjoy the outdoors responsibly. If outdoors during peak sun intensity, between 10:00 AM and 4:00 PM, be sure to apply and reapply sunscreen, as needed. Don't be ashamed of using an umbrella or wearing protective clothing. If you experience too much sunlight, take the precautions mentioned above to properly heal yourself. Stay safe, stay cool, and have a productive summer.



**Dr. Riffat Sadiq: Restoring Self**

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



# Media Corner: Review of *The Sex Lives of College Girls*

By: Alex Tilton

This review took a while because it turned out to be hard to categorize this show, and hard to review it without diving into a full-length recap of the main character arcs.

SLCG is a comedy by Mindy Kayling, who got her big break on *The Office* and subsequently had her own show for six seasons. SLCG itself ran on HBO for 3 seasons before getting canceled. We discovered it, as we have with many shows, while scrolling through the MAX menu looking for something to watch. Spoilers ahead.

The show takes place at a fictional private college in Vermont called Essex. The main characters are Leighton (a spoiled, wealthy, elitest, condescending, closeted lesbian), Bella (an Indian girl who is obsessed with becoming a comedy writer), Whitney (a star soccer player and daughter of a senator), and Kim, the ordinary one of the group. Her parents manage a drugstore in the southwest, she's attending Essex on a scholarship and doesn't know what she wants to do.

Let's start with the good. The characters are very well written, have a very believable feel to them, and they're extremely funny. Their story arcs are fun to watch, well plotted out, and give the audience a good feeling of resolution (sometimes). The acting is excellent. All of the technical aspects are done extremely well. The show is overall excellent and you should watch it.

Now for the bad. As much as I liked the character arcs this college campus doesn't feel like a real place. Everything is neat and clean, except when it can't be because the plot needs it to be messy. Everyone is completely, totally progressive in their social attitudes except when they can't be because the plot needs them to be bigoted. Solutions to problems typically don't blow up in anyone's face. The only thing this show requires of its characters is that they make the effort to do the right thing...eventually.

Bad decisions do come back to haunt the characters later, but there aren't generally any long-lasting consequences. Plot arcs follow this formula: "Oops...! I did an impulsive, immature, bad thing. Here's my plan to fix it...yay, the plan worked!"

I get that this is a feel-good comedy and you don't want your audience dwelling on bad stuff, but hand-waving problematic events can make it hard to take the show seriously. For example, the resolution to a plot where Whitney (a legal adult) knowingly has an affair with her

married assistant soccer coach: the entire coaching staff gets fired, everyone finds out everything, and none of the team are angry at Whitney. In principle, this is a perfect reaction from the team. She did something tremendously stupid, but the coach had the responsibility to be the adult, which he didn't do. But in any real school, her teammates would've had her head on a pike.

Leighton's arc revolves around coming out as a lesbian. Her spoiled-brat behavior is understood to at least partially stem from the stress of concealing her identity. She's motivated to come out after she gets dumped by a girl who doesn't want to date anyone who is closeted. And when she does, everyone is completely and totally cool with it. Then she immediately reverts back to her spoiled, elitest self and starts sleeping with any girl she can find. This blows up in her face when she gets an STD and has to go around telling her partners to get tested. She has a second arc where she finally gets sick of trying to be an 'it girl', and

decides to pursue a career in mathematics at MIT, which necessitates writing her off the show. She's replaced by a character named Kayce who I would describe as 'good but not good enough'. She simply didn't have the same punch and entertainment value as Leighton and this probably had a lot to do with the show getting canceled.

Bella and Kimberly arcs are pretty good, but also lacking in long-term consequences. Bella is obsessed with becoming a comedy writer by way of joining an elite extracurricular campus group called the Catullan. She's prepared to do anything to succeed, which irritates and harms a lot of people, and nearly causes her to fail out of school. She does learn something from all of this and tries to turn it around, but the show didn't last long enough for this to really flesh itself out.

Kimberly's character doesn't have a 'thing' like the others do, and her arc is trying to find one. She makes the story interesting by having to deal with the fallout from some egregious mistakes along the way, but even by the end of the final season she's still not sure who she wants to be. The others all at least think they know. This might make her the most grown-up of the whole lot, or it could have anyway. Like a lot of other things in this series, it never gets resolved.

It's not crazy to hope that this show gets resurrected on one of the other streaming services, but I wouldn't hold my breath either.

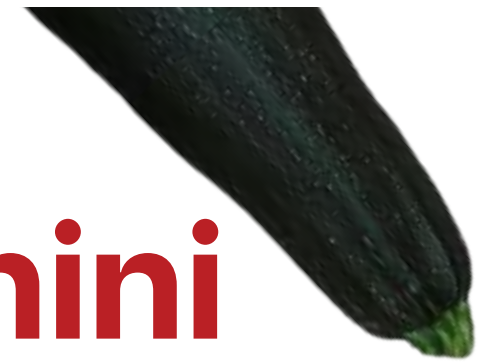
Image Source: IMDb.com





# Stuffed Zucchini

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



## Ingredients

6 medium zucchini  
(about 3 lb.)

3 Tbsp. olive oil, divided

1 lb. mild or spicy  
Italian sausage

1 small red bell  
pepper, diced

2 cloves garlic, minced

1/4 tsp. crushed red  
pepper flakes (optional)

1/2 tsp. kosher salt

1 tsp. chopped fresh  
oregano, plus more  
for serving

2 Tbsp. chopped fresh basil,  
plus more for serving

2 cups marinara sauce

1 cup shredded  
mozzarella cheese

1/2 cup grated parmesan  
cheese, divided

1/2 cup panko breadcrumbs

## Directions

- 1) Preheat the oven to 425°.
- 2) Halve the zucchini lengthwise. Use a spoon to scoop out the interior of the zucchini (reserving the flesh), leaving about 1/4-inch-thick border around the edges. Arrange the zucchini boats on a parchment-lined, rimmed baking sheet.
- 3) Chop the reserved zucchini flesh and set aside. Heat 2 tablespoons of the oil in a large skillet over medium-high heat. Add the sausage and cook, stirring to break up the sausage, until browned and crumbly, about 6 minutes. Add the chopped zucchini flesh, red bell pepper, garlic, red pepper flakes, and salt. Cook until the vegetables have softened, about 5 minutes. Remove the skillet from the heat. Stir in the oregano, basil, and marinara. Let cool 5 minutes. Stir in the mozzarella and 1/4 cup of parmesan.
- 4) Divide the filling mixture evenly among the zucchini shells. Stir together the panko breadcrumbs, remaining 1/4 cup parmesan, and remaining 1 tablespoon olive oil in a small bowl. Sprinkle evenly on top of each stuffed zucchini.
- 5) Bake on the middle rack of the oven until the breadcrumbs are golden brown, cheese is melted and zucchini is tender, about 20 minutes. Serve with additional chopped fresh herbs.





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