

BREAST CANCER AWARENESS

ACCOUNTING: THE  
LANGUAGE OF BUSINESS

ALTERNATIVE HALLOWEEN



**FREE | Oct 2020**



**HEALTH WEALTH HAPPINESS  
& SPIRIT**

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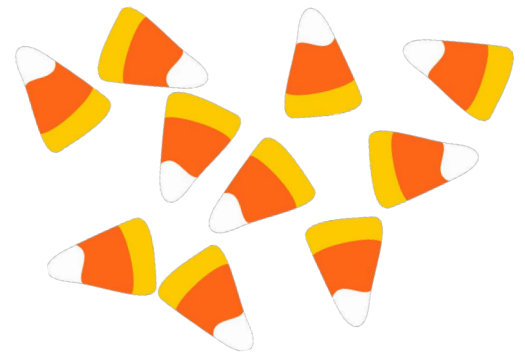
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## OCTOBER 2020

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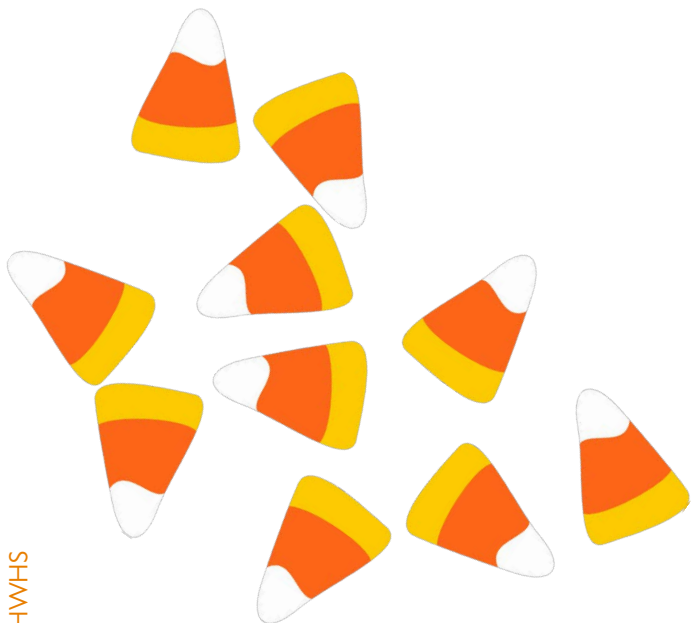
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## OUR MISSION

Your Health, Wealth, Happiness and Spirit 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 and guidance that you can use to live a happy, healthy, and spirited life. We find tips and tricks for the short term as well as more expansive information for the long term. The ever-expanding technology, knowledge, and evolution of the health field, there is a growing supply data to take from. With HWHS 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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### Editor-in-Chief

Faizan Haq

### Managing Editor

Sana Iqbal

### Executive Editor

Melissa Rothman

### Copy Editor

Katy Siwirski

### Graphic Design

SunSpin Media

### Published by

SunSpin Media

### Staff Writers

Kari Seep

Valeria Marquez Luna

Webster Tilton

Lauren Trautwein

Sarah Khan

### Contributors

Melissa Rothman

Audrey Todd

Katy Siwirski

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4011 Bailey Avenue | Amherst, NY 14226 | 716-362-7849  
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# A Note From the Editor

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Hello Readers!

As Fall settles in and the leaves change and fall from trees, we here at Your HWHS want to be sure to keep spirits lifted in what can seem such a dreary time.

We have worked hard on our new branding and we hope you enjoyed last month's debut of our new name. With our new name comes a renewed desire to bring you content that lifts the spirit and information on how to live a healthy life.

This month we will have content for Halloween, a thank you to the teachers to celebrate their hard work during the pandemic, and information on breast cancer and how to remain aware and diligent in breast health.

We have worked hard to keep the happiness part of our mission in full force this year, especially throughout the pandemic. We also would love to hear from you. If you have suggestions or want to write on a certain topic for us, please write in at [submit@yourhwh.com](mailto:submit@yourhwh.com).

Sincerely,



Melissa Rothman  
Executive-Editor



Photos By Melissa Rothman

# October 5th: Teacher's Appreciation Day

By: **Melissa Rothman**

Dr. David Lazerson is a Buffalo native who has made waves in the teaching world. He is the son of Richard Lazerson, who owned and operated his own pharmacy, Dick's Drugs on Broadway here in Buffalo, and Tillie Lazerson who still lives in Buffalo today and remains the matriarch of the Lazerson family.

Dr. Lazerson attended Buffalo's Bennett H.S. and then University of Buffalo for his undergrad degree. He then completed his Master's degree in Learning & Behavioral Disorders at Buffalo State College, and returned to UB to complete his doctorate in Research & Analysis in Education with a minor in Urban Studies.

Dr. Lazerson has spent over 40 years educating people through music, teaching, and writing. He currently has five books published; *Skullcaps and Switchblades*, *Ammunition: Battling the Elements*, *Sharing Turf- Race Relations After the Crown Heights Riots*, and *Teach Me If You Can*, which features practical and exciting guides for parents and teachers working in the special education field. His innovative and unorthodox techniques have been nationally recognized and published in major publications, including the NY Times. He has personally appeared on television shows such as *The Montel Williams Show*, and major news networks such as CNN and USA Network. In 2007 he won the Arts Teacher of the Year award in Broward County Public School District. He also won the Teacher of the Year Award in 1981 for New York State.

His work teaching goes beyond the classroom. His reconnection with Judaism after he left home was the catalyst for his involvement in intervening in the Race Riots in Brooklyn in 1991. He was chosen by the NY's mayor to be a liaison between the Orthodox and Hassidic communities and the Black communities. He had already proven to have success in breaking down stereotypes and barriers within the community. He and his counterparts formed Project CURE - a racial harmony group. Together they were able to ease the tensions in the neighborhood and end the riots. As a result of his work the NY Knicks even dedicated one night a year to racial harmony and CURE basketball

team played during halftime for several years. Project CURE has won nearly every major civic award, including the Dr. Martin Luther King, Jr. Fulfilling the Dream Award.

He has won several awards including Buffalo Public Schools 1980 Teacher of the Year, Broward County Arts Teacher of the Year in 2007, National Teachers Hall of Fame 2008, and National Science Teacher of the Year for Special Needs in 2010.

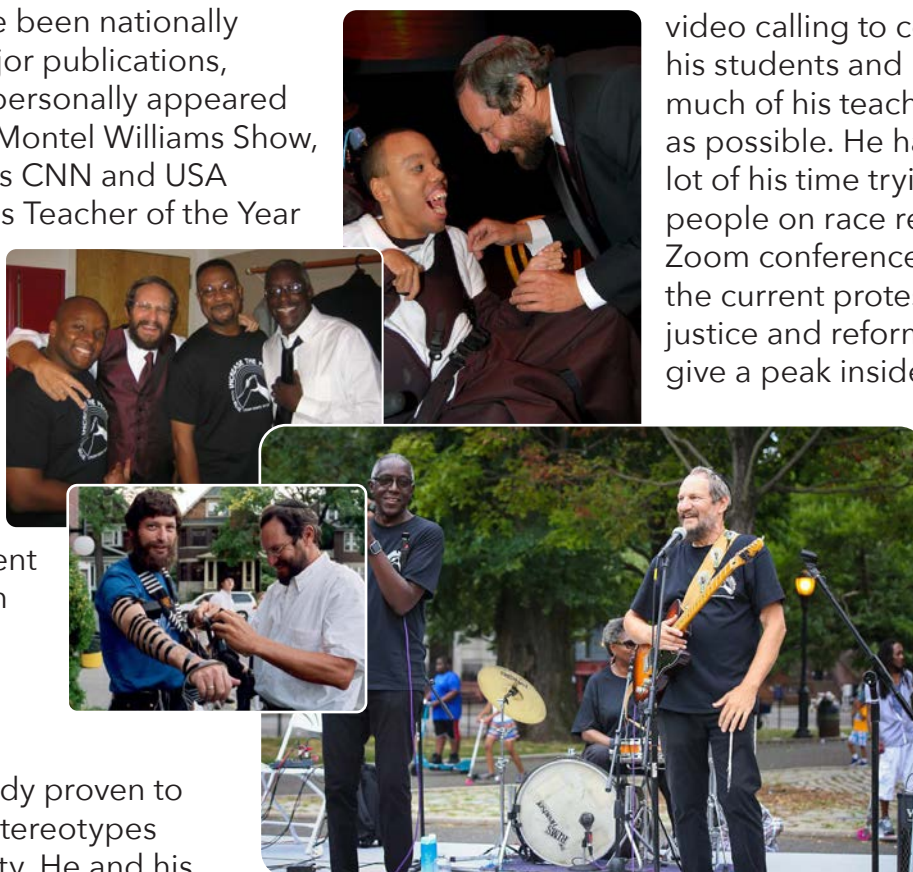
He still educates and teaches in Broward County Public Schools in South Florida. He works with individuals with profound special needs at the Quest Center, serving as director of music and drama therapies. Dr. Lazerson uses the power of music to reach his students through expressive arts. Aside from music, he and his students use visual arts, black light therapy, and drama therapy. His students participate using adaptive instruments and assistive technology.

The current pandemic crisis has not slowed his desire to teach and educate. He uses video calling to connect with his students and bring them as much of his teachings to them as possible. He has also spent a lot of his time trying to educate people on race relations through Zoom conferences as a result of the current protests and calls for justice and reform. His lectures give a peak inside how he and

his CURE teammates were able to bridge the gap between the two sides in the Brooklyn Riots in 1991 and how their techniques can possibly be translated

to today's situation.

You can find out more about Dr. Lazerson on his website [drlaz.com](http://drlaz.com) or his bands website [projectcuretheworld.com](http://projectcuretheworld.com).



# Alternative Ways to Celebrate Halloween

By: Kari Seep

It seems the world as we know it is changing every day; schooling moved to online, mandatory masks in public, and 6-foot social distancing is the new norm. Where does that leave us for Halloween?

All parents know that Halloween is something children of all ages look forward to, but amidst a pandemic, is trick-or-treating safe? Some argue that trick-or-treating was never truly safe. The crime rate on October 31st is 50% higher than the average daily crime rate year-round. Therefore, it is safest for children to be accompanied by an adult while going out on Halloween. In addition, allowing children to consume a larger amount of candy and other sources of sugar can lead to weakened immunity and cold-like symptoms that resemble allergies.

To do what's best for the community we must consider all members. It's true that children are mostly at low risk for Coronavirus, but they aren't exempt from being carriers. This weakened immunity through high sugar consumption would

make children more susceptible to viral infections such as Coronavirus. Therefore, if we allow our children to trick-or-treat in the traditional door to door fashion and only one member of the community is sick, we could still potentially be exposing hundreds of people to a deadly virus.

**Does this mean Halloween is cancelled? Absolutely not!**

trick-  
have

their

images of their pumpkins online and vote for the best pumpkin!

Does this mean Halloween is cancelled?

Absolutely not! In this day and age, technology has been our saving grace, and why not allow technology to save

Halloween? One healthy, productive alternative to or-treating this year is to a community-wide pumpkin decorating contest! Each family can get together on Halloween, still dressed to impress in their favorite costume, and paint or carve

pumpkins. Families can then post



By remaining indoors and eliminating the large sugar intake by children, we are helping to reduce the crime rate and limiting the community exposure to a deadly virus. The traditional festivities of Halloween don't have to be cancelled, just more contained and in a family setting instead of a larger family and friends setting. During this time, children can be reminded the importance of spending time with loved ones while still feeling the holiday spirit, with the added bonus of having fun pumpkin art to display.

Although day to day life is changed due to the global pandemic, we should still be able to have fun in the communities we live in. Despite the changes made to the traditions of the holidays, we are still able to celebrate and have fun.

# History of Halloween

History of Halloween



## 50 B.C. - 50 A.D.

Pronounced sow-in, Ancient Celts celebration to scare away the spirits. Use of orange and black traced to this time (Black: Death, Orange: Fall Harvest). Believed to be the day the dead returned to the Earth.

## 43 A.D. - 84 A.D.

Merge of Celtic traditions (Samhain) with Roman traditions (Feralia & Pomona). Honoring the dead & the Goddess of Fruit. Believed to be origin of bobbing for apples.

## 731-741 Celebrations Move

Exact dates unknown. Dedication of chapel in Basilica of St. Peter to honor the Saints. All Saint's Day moved to November 1, to begin blending other autumnal celebrations to honor the dead.

## 609 A.D. Martyrs Day

Establishment of All Martyrs Day feast. Later known as All Saint's Day / All Hollow's Day.

## 837 Order of Observance

Establishment of All Martyrs Day feast. Later known as All Saint's Day / All Hollow's Day.

## 1000 A.D. All Souls Day

Christian influence on holiday was widespread. Declaration of November 2 to be "All Soul's Day" to properly honor the dead.

## 1600s Halloween comes to America

All Hollow's Day festivals are well-established in Europe. North American settlers brought the holiday with them, merging with Native American customs. Ghost stories, fortune telling, dancing, plays, and other performance art were incorporated into the festivities.

## 1300s-1500s Dia de Los Muertos Day

Beginning of Aztec rituals to honor the dead in Mexico. Later evolved into "Dia de Los Muertos" (Day of the Dead) and has been synonymous with Halloween.



## 1620- 1690 Witches and Black Cats

Black cats associated with spirits and Gods by the Egyptians. Witch trials caused belief that those practicing witchcraft could turn into cats. Paranoia traveled to the New World. Witch relationships with cats figured prominently in the Salem Witch Trials of 1692 and 1693.

## 1600s Stingy Jack and Pumpkin Carving

Carving of turnips in response to Stingy Jack, a man who walks the Earth for eternity after bungled ploy with the Devil. Turnips were set to scare Jack away. After the potato famine, immigrants brought the tradition which turned into pumpkin-carving, hence "jack-o-lanterns."



## 1850 Irish Immigrants Come to U.S.

Irish potato famine, bringing immigrants to the United States. Brought their traditions over with them, including "embracing the traditions of Halloween, latching on to the tricks and treats as a means of letting off steam one night a year."

## 1750- 1850 Ghosts as Bedsheets

Beginning of tradition of portraying phantom's as bedsheets. A shift away from previous artistic of literary ghosts, such as Hamlet's father in "A Christmas Carol."

## 1900 - 1920 Mass Produced Costumes

Dennison Paper Co. created many simple paper costumes, due to increase of Halloween as a commercial holiday. Costumes meant to be worn once. Beginning of standard color scheme (yellow, black, orange & purple).

## 1911 First Documented Trick or Treat

First documentation of trick-or-treating. Theory of Celts leaving out food for ghosts during Samhain. Another theory of dressing as ghosts and given gifts to help keep the spirits away.

## 1962 Halloween Pop Culture

Release of Bobby "Boris" Pickett's "The Monster Mash."

## 1939 - 1947 WW II Halts Halloween

World War II caused a hiatus for a few years. Less desire for macabre celebrations, with people dying overseas. After the sugar rations were lifted, Halloween popularity saw a huge spike.

## 1950 - 1970 Candy Becomes Treat of Choice

Transition from giving out toys, money, and fruit. Began marketing tiny-sized candy bars specifically for Halloween. A 1974 incident of poisoned candy caused widespread fear. Ultimately an urban myth.

## 1978 First Halloween Movie

Release of the first "Halloween" movie. Costumes became scarier and gorier.

## 2000s Costume Controversy

Awareness of culturally sensitive Halloween costumes, linking to increased media attention. Celebrities began being criticized for specific costumes.

## 2000s Change in Costumes

New millennium meant time for new costumes. Attire began to become sexier.

## Present Day

Americans spend an average of \$9 billion on Halloween.



# Self Breast Exam

**Step 1:** Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips. Look for any changes to the size, shape, or coloring.

Bring any changes to the attention of your doctor.

**Step 4:** Next, feel your breasts while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter.

Cover the entire breast from top to bottom, side to side from your collarbone to the top of your abdomen, and from your armpit to your cleavage.

**Step 5:** Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in step 4.

**Step 2:** Now, raise your arms and look for the same changes.

**Step 3:** While you're at the mirror, look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).



visit [breastcancer.org](http://breastcancer.org) for more information



# Breast Cancer Awareness

By: Valeria Marquez Luna



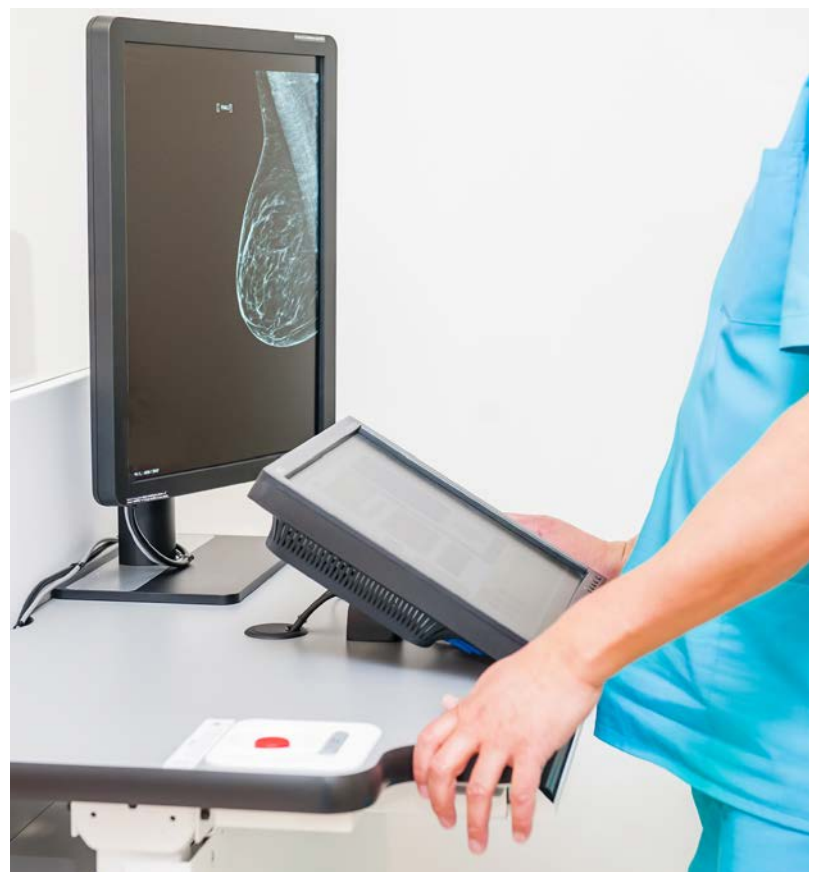
Breast Cancer is one of the most common cancers found in the world. It is characterized by lumps or other changes in a person's breast. These changes can be as simple as the nipple suddenly becoming inverted, changes in the skin over the breast, thickening of the breast tissue, or peeling and can lead to a full mastectomy if not caught

**1 in 8 U.S. women will develop invasive breast cancer over the course of her lifetime.**

early. Although this cancer can be found in both males and females, it is more commonly found in females. According to the U.S. Breast Cancer Statistics, "1 in 8 U.S. women will develop invasive breast cancer over the course of her lifetime". That is about 12 percent of the females in the country. In men, about 1% are diagnosed with invasive breast cancer. Breast cancer is not only common in females but is also responsible for more deaths than any other type of cancer.

As awareness and research funding becomes available, survival rates and diagnosis rates have increased across the country. Because of the research being done, patients suffering from breast cancer are being diagnosed earlier, giving them more chances at recovering. Research is also bringing a better understanding of the disease itself which may lead to new non-invasive treatments in the future. Currently, detecting the cancer early on can prevent patients from having to undergo chemotherapy. Instead, immediate treatment can be done with surgery, radiation, or both.

According to the American Cancer Society, the best ways to protect yourself from breast cancer are to watch your weight, exercise regularly, limiting your time spent sitting, limiting your alcohol consumption, and avoiding hormone replacement therapy. Alongside these methods, and probably the most important thing that you can do, is doing self-screenings and getting a yearly mammogram screening. Self-screening can include being hyper-aware of any changes in your breast and reporting it to your doctor when noticed. If you notice any abnormalities in your tissue around your breast such as lumps, peeling, changes in skin color or texture, contact your primary care physician to get a mammogram scheduled. It is strongly recommended to get a yearly mammogram screening once you turn the age of 40 but according to the Cleveland Clinic, you can begin getting screenings at the age of 25 if any of the symptoms are noticed. With a yearly mammogram screening and self-monitoring at home, diagnosing breast cancer early on and being able to treat it without using chemotherapy may become the new normal.



# Accounting: The Language Of Business

By: Lauren Trautwein

I remember sitting in my freshman level accounting class freshman year, thinking my professor was crazy. First off, she wore the same black and blue sweater every Tuesday without fail, no matter the weather. Secondly, she never stopped saying how accounting was like a foreign language, and how we should treat it as such. This was, of course, absurd. Right? As far as I understood, accounting was just a way for businesses to keep track of their money. However, I quickly began to view accounting as a foreign language, and one that I certainly did not understand.

Like learning a new language, accounting has its own set of words and definitions. Words you thought you knew have a whole new meaning. In accounting, a boot is not a type of shoe to keep your feet warm in the winter. Rather, boot refers to the exchange of nontaxable property. The learning curve can be steep for understanding these new phrases. Once you understand the phrases discussed, you must actively set your mind to view a problem through an accounting lens, or you will not succeed. Once you fully submerge yourself in the language of accounting, however, you come to see its value in all aspects of business.

Accounting is integral for nearly all aspects of business. Most obviously, accounting helps keep organized books and allows a business to properly manage their money. With this knowledge, a business can make an educated decision on how to continue their business. Let's say you own a cotton candy business. Looking at your books, you see that while you worked nearly a 50/50 split of weddings and fairs, weddings account for almost 70% of your profits for the last three months. With this knowledge, you can make the logical decision to book weddings over fairs in the future. You can also see that your profits have steadily increased in the past two years, and, along with it, your savings. Looking through the books of the past few years you can decide whether it would be a good business move to open a second location with those savings or dedicate it to updating machines. Your accounts would also help you determine the best time to open the potential new location.

The most important part of accounting is consistency. Not only in the times that you do your physical accounting, but also, in the books themselves. If the March entry lists out "Accounts Payable" and "Accounts Receivable" while the June only has "AP" and "AR" this will lead to confusion. Books should be detailed enough that the original author does not need to interpret for the current reader. Additionally, dates should be written in full. September 19, 2020 is a proper entry. 9/20 is not. Consistency is key to accurate accounting.

While accounting may seem like a daunting sector of business, it influences so many aspects of business that you are probably more familiar with it than you previously believed. Accounting is both a result of, and a factor in good business practices.



# MEDIA CORNER

## COVID Catch-Up Pt. 3:

### Peaky Blinders Season 5

By: Webster Tilton

I can't call this review a catch up because I actually did watch something new. But first things first.

#### Peaky Blinders Season 5

Peaky Blinders continues the freight-train-esque inertia of the previous seasons. All of the good stuff we've gotten used to is there. The writing is taught, tight and sharp. The production value is BBC industry benchmark quality, the acting is industry benchmark quality and so is everything else.

What amazes me is that the show stays fresh. I typically burn out on a show after two or three seasons no matter how good it is. I've simply had my fill. This tends to be even more true when I discover a show several seasons in and I get to binge my way up to the current episodes. But that just didn't happen here. Maybe it's because it doesn't overstay its welcome. The BBC short series format of only six episodes per season may very well be what prevents burnout from happening. It certainly has a lot to do with keeping the quality high and the pacing perfect. It's a lot easier to plot out six episodes than it is to plot out twenty and the creative juices aren't spread nearly as thinly.

The new villain for season five is a historical one.



**Peaky Blinders has earned its rightful place alongside the all time greats...**



Oswald Mosely was a real British politician who formed the British Union of Fascists in the years before World War II. Built on right wing nationalism and anti-Semitism (sound familiar?) Mosely unapologetically argued for a 'Brittan first' policy that managed to gain some significant traction, at least until a much better-known fascist named Hitler rose to power in Germany and Mosely's political party was banned in England. In Season 5, Tommy Shelby's personal mission is to infiltrate Mosely's emerging fascist organization and undermine it from within, while trying to fend off a violent takeover from a group of Scottish gangsters and a potential coup from within his own family.

So he's busy this year. But once again the plot never, ever drags. Every scene is multilayered even as it focuses on a specific issue or character and drives the story forward. This is how dramatic television should be done, folks. This. Is. Correct.

Peaky Blinders has earned its rightful place alongside the all time greats such as Deadwood, Rome, The Boys, Carnival Row, The Wire, True Detective, Boardwalk Empire, Game of Thrones, The Americans, OZ, Mad Men and The Sopranos.

Every so often someone just cranks one out of the park, and this is one of them.

Continued with Ghost in the Shell Review on pg. 12

Continued from pg. 11

## COVID Catch-Up Pt. 3: Ghost In the Shell

I was pleasantly shocked to experience this twice in the same month when I watched *Ghost in the Shell: SAC\_2045*

Anime fans are impossible to please. Give them something amazing and no matter how well you follow it up they're going to scream in your face about how you 'betrayed the spirit of the show' or 'undermined the point of the series' or...took away whatever fan entitlement they most treasured.

Ghost in the Shell is a franchise that goes back a long way. The original film was from 1995 and it was groundbreaking. It is on the short list of Anime that you can shove in the face of an anime hater to definitively shut them up and prove unambiguously that yes, this is a real and valid form of art. It won awards. It made tons of money. It generated an immensely loyal following.

It also generated a spinoff TV series called, Ghost in the Shell: Stand Alone Complex.

In Japanese media it is common for a comic book to be the source material, but for the show to take those same characters and follow a different plot. This is what happened here. The exact same characters in the (almost) exact same world with (most) of the same voice actors, but a different plot.

And unlike most anime, Ghost in the Shell: SAC got a second season, and then a stand-alone movie to cap things off. Then it went dormant for a long time until Netflix happened. There was a live action movie that (somehow) featured a white woman playing the role of a Japanese special force's commando...but the less

said about that film the better. It wasn't awful, but it was a tad embarrassing. Let's just move on. Let it be understood that everything good that I have to say about Ghost In the Shell excludes the bad live action movie.

There were a series of stand alone (I'm not punning here, honestly, that's just what they were) animated short films that I haven't seen, before a new series was announced. And when the new season trailer came out there was an immediate and hellish backlash against the animation style.

I should know because I was one of the leading members of the angry mob. It just looked...bad. Like really cheap CGI rather than the high-quality hand drawn anime the series fans had been watching for years. I had no problem with a CGI series, but could it please look nice? And did they have to significantly alter the physical appearance of the main character?

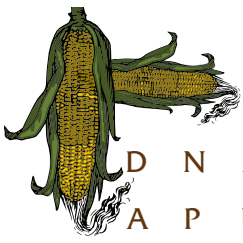
I freely admit at this point that I was exhibiting fan entitlement. I also freely admit that I sat down to watch the first episode (which somehow dropped on Netflix without me even realizing that it was due to be released soon), expecting to hate it. I wanted to hate it.

Twenty-five minutes later I still didn't like the animation style but... damn it...I was back home. For the first time in 16 years I was back in that world that immersed me so much and set such a high bar that it basically ruined all other animated TV and movies for me.

The story was so good right from the beginning that the animation style, which I still don't love, quickly stopped being a problem for me. As the episodes went on I got more used to it. And I still didn't love it, but I didn't hate it anymore either. It's...very different. But the characters are still recognizably themselves. And, very importantly, they got all the same voice actors. I binged the entire thing in just two sittings.

The Matrix sequels were awful pseudo-philosophical action shoot-em-ups; a great example of how to not blend philosophy and action. Ghost in the Shell is how to do it right. It takes a complex idea and explores it in depth while making that exploration a journey of discovery for the main characters. They grow and change while confronting the challenges presented to them by the story arc.

**The story was so good right from the beginning that the animation style, which I still don't love, quickly stopped being a problem for me.**

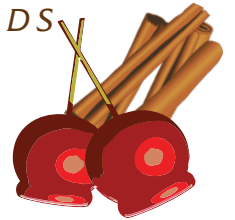


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 A P U M P K I N S E E D S P M  
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# Falloween



APPLE  
 CIDER  
 CORN MAZE  
 HARVEST  
 PARTIES  
 SPOOKY  
 TRICK OR TREAT  
 APPLE PICKING  
 CINNAMON  
 COSTUMES  
 LEAVES  
 PUMPKIN CARVING  
 SQUIRREL  
 WITCHES  
 CANDY  
 COBWEBS  
 FALL  
 MAIZE  
 PUMPKIN SEEDS  
 SUNFLOWERS



Like every season of Ghost in the Shell, this season (and presumably the next one) exists to examine a philosophical concept.

The first season introduced and examined the concept of the series namesake: the so called, Stand Alone Complex. The idea is somewhat complicated, but it boils down to this: multiple unconnected, leaderless individuals, inspired by a single external event, begin to act in a way that outwardly appears to be coordinated. The first season also dealt with government corruption, racism, anti-technology bias and a host of other issues. But it was all built around the core concept of the Stand Alone Complex.

The second season continued with the idea of a Stand Alone Complex and explored the notion of what might happen if someone attempted to weaponize it. This season dove deeply into ideas about machine life, xenophobia, the meaning of death, post-traumatic stress disorder, nationalism and grief.

The theme of the third season (I checked, this is a continuation and not a reboot) seems to be resistance to change and our reaction to becoming obsolete or outmoded. Which works on several levels because if you read the online reviews, fans of the old series are dumping all over this new one for being 'unfaithful to the original' and 'not looking very good' (subjective judgement, but I agree) and being an 'action-heavy sequel to a once thoughtful anime'. I draw the line at this last objection because there is an entire episode devoted to expositional backstory on the series antagonist. Make no mistake; there is a lot of action. But it's used to highlight the antagonist's overwhelming power, so it has good motivation.

A newcomer to the series would be fine starting here but would be better served tracking down a place where you can stream the first two seasons. It'll take a while to watch them, but you'll be extremely glad that you did. And by that point we might at least know when the next season is due to drop on Netflix. At which point I will sit down and devour it in one sitting.

But even then, I still won't like the animation style.

# Coconut Pumpkin Soup



## Ingredients

1 Small Pumpkin, Peeled And Cut Into 1" Pieces  
1 Medium Sweet Potato, Peeled. Cut Into 1" Pieces  
6 Tbsp. Extra-virgin Olive Oil, Divided  
Kosher Salt  
Black Pepper  
1 Medium Onion, Chopped  
2 Cloves Garlic, Minced  
2 Carrots, Thinly Sliced  
2" Piece Ginger, Peeled And Thinly Sliced  
1 Tsp. Ground Coriander  
1 Tsp. Paprika  
1 (13.66-oz.) Can sweetened Coconut Milk  
4 C. Low-sodium Vegetable Broth  
1/2 C. Pepita Seeds  
2 Tbsp. Freshly Chopped Parsley

Prep time: 20 min | Cook Time: 55 Min

## Directions

Preheat oven to 425°. On a large baking sheet, toss pumpkin and sweet potato with 2 tablespoons oil, 1 teaspoon salt and 1/2 teaspoon black pepper. Roast until fork tender, 40 to 45 minutes.

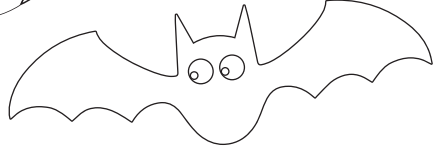
Meanwhile, in a large skillet over medium-low heat, heat 2 tablespoons oil. Add onion and cook until soft, 5 minutes. Add garlic, carrots, ginger, coriander, paprika, and 1 teaspoon salt and cook until tender, about 8 minutes. Add coconut milk and broth, bring to a boil, then reduce heat to low and simmer for 15 minutes.

In a small saucepan over medium heat, heat remaining 2 tablespoons oil. When oil is shimmering, add pepitas. Toast until golden. Remove from heat, then stir in parsley, 1/2 teaspoon salt, and 1/2 teaspoon black pepper.

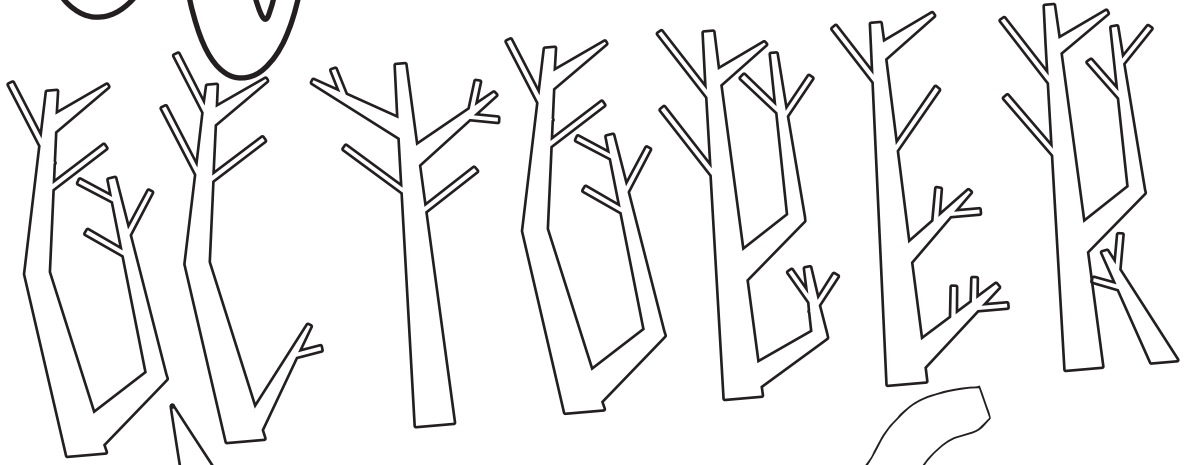
Working in two batches, pulse soup base and roasted vegetables in a blender until smooth.

Garnish with toasted pepita mixture before serving.

COLORING  
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