



FREE

Happy 4th of July!

*Adding Value to Business in
a Spirit-Enriched America*

Essential Oils

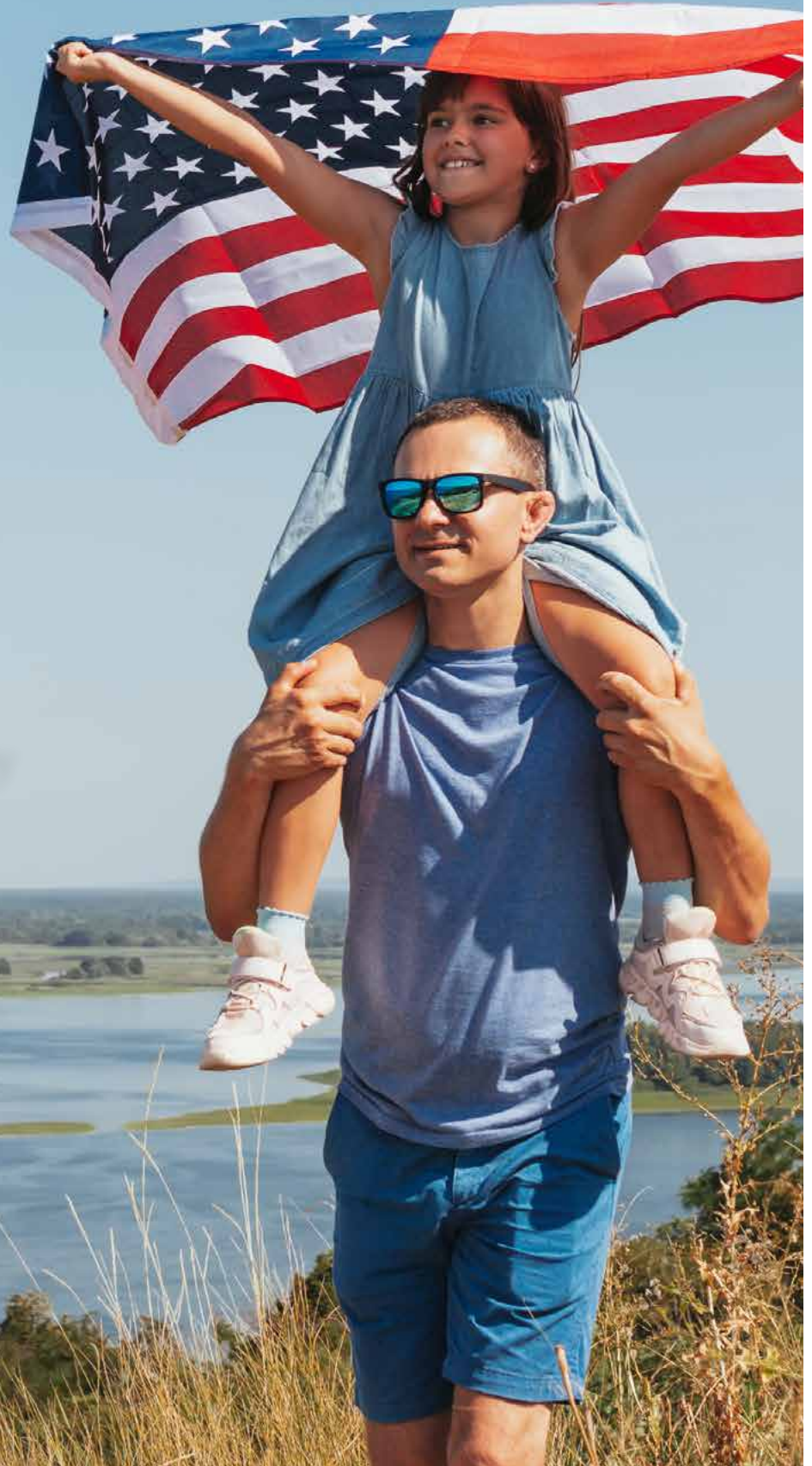
*History of Aromatherapy
and Its Significance*

Retirement Savings

*A Look into Savings Rates
and Its Economic Effects*

Learning a New Hobby

*Stop the Endless Hours
of Social Media Scrolling*



July 2023

Feel Good about the Skin You're In.

One of the most important things you can do to have healthy skin is to protect it from dangerous UV radiation which can damage your skin and have long-term effects like premature aging and skin cancer. Apply and use a broad-spectrum sunscreen of no less than SPF 30 and apply it every two hours when outdoors for prolonged periods of time or more frequently if water activities are involved.

According to our team of specialists in skin care led by Animesh Sinha, MD, PHD, it is important to schedule a yearly visit for a skin examination and if you have issues such as acne, rashes, nail disorders, hair loss, unusual growths or changes to moles you should see your doctor immediately.

Call our Dermatology Department at 716-825-0334 to Make an Appointment today!



WNY MEDICAL, PC

(716) 923-4380 | WNYmedical.com



Amherst
4979 Harlem Road

Amherst
4985 Harlem Road

Buffalo
135 Grant Street

Depew
3218 Walden Avenue

Derby
6970 Erie Road

Cheektowaga
3884 Broadway Street

Grand Island
2261 Grand Island Blvd

Lackawanna
2600 South Park Avenue

Orchard Park
3320 N. Benzing Road

Orchard Park
3595 Eggert Road



4011 Bailey Avenue (716) 362-7849
Amherst, NY 14226 YourBliss.us



@YourBlissWNY @YourBliss Magazine

Submit your article, recipe, or event!
Send to: submit@YourBliss.us

© 2023, SunSpin Media Productions. All rights reserved.
Reproduction in part or its whole without permission is prohibited.

Our Mission

Your Bliss Magazine explores the power of overall wellness. We look to push past the boundaries of physical health and explore the aspects of mental health, financial health, and health of the spirit. Our goal is to bring you information that you can use to live a happy, healthy, and spirited life. We find tips for the short term as well as more expansive information for the long term.

With the ever-expanding technology, knowledge, and evolution of the health field, there is a growing supply of data to take from. With Your Bliss, we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

Our Team

Staff Writers

Alex Tilton
Faizan Haq
Dr. Riffat Sadiq

Contributors

Sara Loft
Roberta Schlehr
Sue Perbody
Brody Walsh
Rachael Bannen
Lana Shapiro
Tahir Jaffri
Brian Jacobs

Video Coordinator

Brody Walsh
Suniya Arash

Editor-In-Chief Managing Editor Graphic Design Print Publication Copy Editor

Faizan Haq
Katy Defazio
SunSpin Media
SunSpin Media
Elizabeth Hatcher

Editorial Board

Joe Cirillo
Director of PR, ECMC
Dr. Riffat Sadiq, MD
President, WNY Medical
Dr. Joe Serghany, MD
Western New York MRI
John M. Hatcher, CEO
JMH Advisement, LLC
Elizabeth Hatcher
Tanya Hernandez
Ralph Hernandez

Table of Contents

- 4 Aromatherapy & Essential Oils
- 5 Five Tips to Pour Into Self-Care
- 6 Healthier You & Healthier Planet
- 7 Benefits of a Single Word
- 8 Patriotic Entrepreneurship
- 9 Plastic Bag Alternatives
- 9 Learning a New Hobby
- 10 Reducing Retirement Income Sources
- 12 Video Games: Staff Favorites
- 13 A Review of *Diablo 4*
- 14 Recipe of the Month
- 15 Coloring Corner

The Significance of Aromatherapy & Essential Oils

By: Lana Shapiro



History of Aromatherapy

Aromatherapy is widely believed to have originated in ancient Egypt around 6000 years ago. Aromatherapy is a vibrant tradition that was used by most ancient civilizations. Ancient aromatherapy is not the same as today's use of essential oils. The Egyptians used a technique known as oil infusion to extract the scent from aromatic plants. Incense was one of the earliest forms of aromatherapy.

During the crusades, the knowledge and history of aromatic oils spread from the Far East and Arabia to the European world. The invasions of South America by the conquistadors brought about the discovery of more medicinal plants and aromatic oils used by the Aztecs.

In the 19th century, England began examining the effects of essential oils on bacteria. During World War II essential oils began to be used as disinfectants.

Essential Oils

Essential oils as we know them today are often used medicinally and can have powerful effects. Essential oils are very potent and a little goes a long way. Not all oils are created equal, many oils on the market are diluted with alcohol or other synthetic materials. It is important to look for 100 percent therapeutic grade oils, even better if they are organic.

How to Use Essential Oils

Essential oils can be used via:

Inhalation: By inhaling the scent/aroma of the oil
Vaporization: essential oils can make great all-natural air fresheners by being diffused in an electric vaporizer

or by simply adding a few drops of oils into a bowl of hot water or placing them on a specialty light bulb - such as pink Himalayan salt lamps.

Additives: Essential oils can be added to cleaning products, skincare products, hair products

Baths: using oils in baths is an easy way to relax and receive therapeutic effects of the oils

Topically: It is recommended that essential oils be diluted when used topically, some oils are considered hot oils when applied to the skin.

Essential Oils Benefits and Cautions

Essential oils have antiviral, antibacterial, anti-fungal and antimicrobial properties. Some oils are photosensitive and should not be applied when out in direct sunlight. Never substitute an oil for a prescribed medication and always consult with a medical provider prior to using any alternative treatments for any medical conditions. Some essential oils are contraindicated for use on/around children and pets. Essential oils should never be taken internally even when diluted.

Where Do I Start?

There are many essential oils, all with their own healing and therapeutic properties. Here is my recommendation for beginner essential oils to add to your routine:

Lavender - sleep, relaxation, stress, itching/bug bites/bee stings

Eucalyptus - sinus issues, headache, cough

Peppermint - digestive & sinus issues, headaches

Clary sage - hormonal cramping

Tea Tree - itching, skin issues

Lemon - cleaning, skin issues, allergies

“
It is important to look for 100 percent therapeutic grade oils, even better if they are organic.
”

Five Tips to Pour Into Self-Care

By: Sara Loft

You were born in this big world. Some people helped you along the way. Circumstances arise to our attention to provide self-care for our bodies and spirit's needs. Self-care is a vital moment to grasp for our overall health and not just the mental aspect. It is important to put yourself first because your expectations to accomplish your lifestyle depends on you! Below here are a few suggestions that will make you feel balanced.

1. Unplug from social media! You probably are distracted by scrolling and comparing your life to others. Stop the habit. Connect with your friends or family.

2. Enjoy the outdoors! Summer is here Take a walk along the beach shoreline at sunset. Walk barefoot or wear flip flops if you dislike how sand feels in between your toes. Feel the breeze coming from the water. Watch the sunset.

3. Inhale; Exhale! Collect yourself in meditation. The art of letting go all your worries and stressors are proven to benefit you. Play some calming music,

dim the lights, ignite some incense, and melt away for 30-45 minutes.

4. Eat and sleep well! We all are running around to get that last project done. The exercise is okay but a little amount of sleep and poor eating choices affect your daily performance also. Make sure you hydrate with enough water, too!

5. You make a difference! Get involved with your community. Volunteering in an activity releases your tensions because you're helping others to provide a task they need help upon. You may reference an article from our June 2023 edition for a variety of places to volunteer!

Self-care is an easy task to do. It is just challenging to fit it in your schedule. Make yourself a priority because it benefits others and YOU! You are the irreplaceable one-not every person can do what you do! It is okay to be selfish if it means you are doing something that improves your well-being. A well-known proverb to live by, "Remember to take care of yourself: You can't pour from an empty cup."



When you secure a new lease during the month of July, receive

ONE MONTH FREE!

ELEANOR LUXURY APARTMENTS

704 8th Street Niagara Falls, NY 14301

Located in the heart of Niagara Falls and around the corner from Niagara Falls Memorial Medical Center, Eleanor Apartments have everything you need, in the convenience of a single building!

Studio • 1 Bedroom • 2 Bedrooms

For leasing, please contact Hawk Development at:

(716) 256 - 1673

eleanorniagara.org

info@eleanorniagara.org

Property Managed by Hawk Development, LLC



Clinical Lab Services at WNY Medical PC

In June 2023, WNY Medical announced the inclusion of a new Physician Office Laboratory (POL) at our Harlem Road office. The POL is physician-centered and designed to work seamlessly with the network practitioners and provide direct consultation when needed. The goal is to drive better patient outcomes through high-quality, high-service diagnostics from a single point of contact.

The new lab will offer outpatient services by appointment only from 7:00 AM to 3:00 PM Monday-Friday. These services are available for existing WNY Medical patients, only. For more information, please call our office.

Amherst Office

(716) 923-4381
4979 Harlem Road
Amherst, NY 14226
WNYmedical.com



WNY MEDICAL, PC

Competence, Compassion, Collaboration

A Healthier You & A Healthier Planet

By: *Food as Medicine*; Dr. RS YouTube Channel

In today's climate, what we decide to put on our plates has a major impact both on our health and on the world around us. For example, did you know livestock production makes up 40% of the world's agriculture and uses one third of the world's fresh water supply? Also, meat production makes up 15% of all carbon emissions.

Making the choice to eat sustainably is usually also just about making decisions that will lead to a healthier overall diet. In general, it is important to eat less processed food, meat (particularly red meat) and certain fish which are in danger of being overfished. One of the biggest things for sustainable eating is increasing the number of plant-based foods you have on your plate. Plus, half of your plate should be plant-based in a healthy diet. Fruits and vegetables help to lower blood pressure, help prevent some types of cancers, regulate blood sugar and curb appetite to avoid overeating.

One final thing to pay attention to is to avoid overeating. Paying attention to how much we eat and not taking on too much food will help reduce waste every time we sit down to eat a meal. Overeating is a major issue when it comes to managing your weight, obesity can lead to many issues like diabetes or heart disease.

Seven Tips for Sustainable Eating

- Eat more vegetables – take inspiration from other cultures to add variety and flavor
- Add color to your plate – variety is the spice of life!
- Waste less food. Plan and write down what you need before going to the store and don't shop hungry!
- Eat less meat
- Buy Organic foods when possible and pay attention to the ingredients listed and try to buy foods that are not highly processed with additives.
- Eat less fat, sugar and sodium – check the labels
- Buy local and in season



For More Tips
Subscribe to Our
YouTube Channel!



Perseverance: Benefits of a Single Word

By: Roberta Schlehr

Perseverance is a word that I looked up, at a young age, maybe around grade 3. This word was used to describe me in an end of year memory book. Do you remember such a book? It was little book used to collect autographs of your friends and teachers, some would write a message. The crossing guard wrote in my little memory book, something about me having perseverance. Now in 3rd grade, I had no idea what that word meant. I actually looked it up and it has stuck with me ever since.

Perseverance always stuck with me. It means that I never give up! Perseverance is something that I think is in my core. I just draw on it – sometimes without even knowing. In a recent instance of this, in my college course at UMass. I had a project to do and it was not coming too easy. I was struggling on how to change the contents of a PowerPoint into an eLearning module. The info seemed too basic and just informational. I focused on my other class work. The eLearning project was always swirling around in my head, contemplating how I would go about to make it interactive and interesting. As part of the final project there needed to be some kind of documentation, final product or paper describing the process and outcome. It would be ok if the project was a “non-success”, the paper would need to describe why it was not successful. I kept thinking I was going to take the non-success route, as the semester was coming to an end. I continued to

do my other work. The eLearning project was always lurking in the background.

Finally, I sat down and I said “OK, I really have to make something of this project!”. After all, it is what I am going to school for and all type of work I am interested in. This is an Articulate Storyline project and I am fairly new to Storyline. I started with research to look at YouTube videos. This helped me to determine how I could break each slide down. Once I looked at the individual slides, and I started to think about the activity that could be used, the project was coming together. I incorporated hotspots, drag, and drop, click on the markers and pop-ups. I was surprised how many triggers and interactions I was able to apply.

The point of the story is to tell you – don't give up, even if you think it's a non-success! Don't give up because somewhere deep down you're going to be able to figure out how to make it a success. I hope that this story gives you more of a motivation to carry on, and not easily give up on something.

There may be times that what you are working on is a non-success, and that is ok, as long as you tried and put in the effort. Use perseverance to work through the difficulties and you may surprise yourself to find the answer.

“
**Is there a
single word
that gives you
motivation?**
”

Is there a single word that gives you motivation?



Patriotic Entrepreneurship

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



Some professions are very closely associated with patriotism, such as being a soldier, a policeman, an FBI agent, a CIA spy, or a fighter pilot. Doing business or being an entrepreneur is not typically considered a glamorous patriotic line of work. If we consider the front-line professions in line of duty, we notice that their very presence is the evidence that there is an army of business risk takers and entrepreneurs supporting them.

This does not take away from the tremendous sacrifices that the defense personnel must bear. The purpose to highlight entrepreneurship is to understand that for any society to prosper, entrepreneurship is the prerequisite. Only a prosperous society can afford to have an effective defense force, cutting-edge technology, and unbeatable logistics so that those on the front-line can do their job effectively. There are many examples of nations buried and destroyed under the weight of their own defense forces. These nations borrow haplessly to pay their own expenses, while the majority's budget goes into maintaining their armed forces and security at practice.

We must envision the defense of a country in a holistic manner; every single penny of wealth created by the individuals contributes to the defending capacity of that country.

There is a reason that America remains number one. Militarily it is considered the most powerful nation in the world. The credit goes to all Americans who go to work, seek opportunities, and seize them to secure a better future for all of us. Entrepreneurs build homes for these opportunities, if we can call America *the land of the free and the home of the brave*, we could certainly add another quality, *abode of opportunities*.

There is one thing our competitors and adversaries are afraid of, and it is the American spirit of innovation and entrepreneurship. These two elements combined continue to cultivate hope and prosperity in the minds, and streets of America. We can call entrepreneurs the front-line defenders of hope and prosperity. Conclusion, entrepreneurship is patriotism.



MYB

Manage Your Business



**"MYB has a wide variety
of helpful business
management services.
Very reliable people!"**

We at Manage Your Business, LLC are interested in the success and growth of small businesses. We provide a wide array of services along with a strong platform to support and expand your business and your potential.

Consult with our highly-trained organizational communication specialist with over 35 years of experience. Faizan Haq is the CEO and Founder of Manage Your Business, LLC. Learn the wisdom to grow your business and your personal potential.

Plastic Bags Alternatives: Why They Matter

By: Brody Walsh

July 3rd is International Plastic Bag Free Day, part of a global mission to eliminate the use of plastic bags. All single-use plastic items have a negative impact on the environment, and plastic bags are among the most common single-use items that fill our landfills and pollute our environment. The elimination of plastic bags is very possible through a variety of alternatives.

Plastic bags' negative impact on the environment is massive. In a landfill, they can take up to 1000 years to break down, and as they do break down, they do not completely degrade but rather turn into microplastics. Microplastics absorb toxins and continue to pollute the environment, causing even further harm to the environment even on a microscopic level. What's more, plastic bags don't only contribute to waste, but like all plastic materials, they require oil to be manufactured. The use of fossil fuels to produce single-use products is a major contributor to harmful emissions in addition to the waste it creates; Americans use about 100 billion plastic bags per year, which takes 12 million barrels of oil to manufacture. These negative effects are exactly why



it's so important to look for alternatives to plastic bags and work towards eliminating their use.

There are several things we can all do to help reduce the waste and impact of plastic bags. Reusable shopping bags are perhaps the most obvious and impactful way one can start to remove plastic bags from one's life. Reusable products dramatically reduce the waste created in a household. Statistically, the average American uses about 365 bags a year, and even if you cannot completely avoid their use, reducing that number at all can go a long way in reducing waste. Whenever possible, investing in bags made from recycled material can even further reduce waste, as it keeps those plastics out of landfills and in use where they are not as harmful to the environment.

Eliminating plastic bags is a goal that benefits everyone. Hopefully, with a better understanding of why it's so important, we can all take advantage of the more sustainable alternatives on International Plastic Bag Free Day and carry those habits into our everyday life.

Learning A New Hobby Can't Be All That Bad!

By: Sue Perbody

Picking up a new hobby is a great way to keep life fulfilling and make your time well spent. Many of us have made our main hobby consuming and scrolling through social media. It's easy to slump back onto the couch and mindlessly pass through posts of the latest trends and all the remixes of a cute cat that just went viral being reposted time and time again. This becoming such a routine can make us feel as if we don't have time to do the things we love, or the energy to. I encourage you to pick up a new hobby and switch things up in your life. Use the time you did before consuming media and instead pick up and learn something new or even revisit an old hobby you loved and lost time for.

If you haven't found something that you enjoy, don't be discouraged and keep searching. There are so many different avenues in life to deep dive into and have fun with, to get yourself away from your screens. Whether it be going out and taking pictures of different plants on walks, learning how to cook your favorite meals or crocheting scarves. Our brains need stimulation and to be nourished; any hobby you pursue is going to be good for your mental health. It reduces stress and gives you a sense of accomplishment.. They also can be reviving, can help with breaking up our schedules and give us something to be excited about doing after a extremely tedious work day.



If you are having a hard time picking something you like, or everything you try isn't enticing you, don't get frustrated, not everything will suit each individual and there are plenty of options out there. A great way you can try a new hobby is searching through local classes that are available near your home. Try out a painting class or a cooking class. Don't allow yourself to get drawn into mindless hours of social media scrolling. Find something that thrives that passion for learning back into your soul!

Impact of Reducing Retirement Income Sources

By: Tahir Jaffri, Financial Advisor



Retirement represents the largest financial decision of many people's lives. A sound plan for retirement focuses on a variety of factors, including budgeting and cash flow, investment planning, and risk management. This focuses on some of the more significant risks people may face in retirement and provides potential product options that can help people protect what they've earned and ensure it last.

In the past, an individual's retirement income would typically be funded by Social Security, defined benefit pension plans, and personal savings. These three key sources have traditionally been known as the "3-legged stool" of retirement. In today's environment and moving forward, the retirement nest egg will be largely reliant on personal savings.

The number of employer-sponsored defined contribution (DC) plans and individual retirement accounts (IRAs) that rely on the employee to save a portion of their salary – such as 401(k)s, 403(b)s, SEP-IRAs, and SIMPLE IRAs – have steadily increased over time. The concern is that only 67% of private sector employers offer some form of retirement plan and only 52% of employees have access to DC plans.

There has been a general decrease in the overall savings rate in the U.S. over the past 40 years. According to the Federal Reserve, the average savings rate has dropped from 11.2% in 1980 to the 2005 low of 2.9%. While this rate plateaued around 6-7% beginning in 2014, followed by a noticeable spike in 2019-2020 during the COVID-19 pandemic, the long-term trend shows Americans are saving less at a time when they should be saving more for their retirement. Secure Retirement Institute reports that the average DC/IRA plan balance for Americans participating in

retirement plans is slightly more than \$250,000. The average retirement asset balances for the pre-retiree and young retiree age brackets reflect an average between \$346,600 and \$441,600 for these age groups. Investors may feel this balance may be sufficient to provide retirement income for their entire lifetime. However, that may not be the case in some instances.

Historically, the 4% amount has been used to determine how much a retiree could expect to withdraw from their portfolio while maintaining a sufficient account balance to last the rest of their life. Using this guideline, a 4% withdrawal from a \$400,000 portfolio means a retiree could receive \$16,000 annually for 25 years without considering portfolio growth or market volatility. The problem arises when factoring in the potential impact of economic inflation, long-term care needs coupled with the rising cost of health care, and longevity.

Planning for and protecting against these risks may mean pre-retirees will need significantly more retirement savings than current averages reflect. As mentioned earlier, Americans are generally saving less at a time when the retirement savings responsibility has clearly shifted from the employer to the employee. This disconnect could become problematic in the future. The concern pre-retirees and retirees have about possibly running out of money emphasizes the importance of considering guaranteed lifetime income as a part of an overall retirement income strategy. Retirement strategies providing an income floor that lasts a retiree's lifetime will likely become more important going forward. Brighthouse Financial offers this as a part of their overall retirement income strategy.

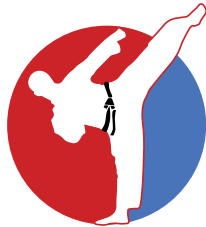


10% OFF

All Services for the Month of July!

**OPEN
NOW!**

DAWN



**MARTIAL ARTS &
FITNESS CENTER**

Taekwondo, Kickboxing & Kick-Fit Cardio



Master Ayad Hussain



Certified by
USA Taekwondo
and World
Taekwondo Federation

Our Classes Include:

- Taekwondo
- Kick Boxing
- Kick-Fit Cardio

Video Game Day: Our Top Picks!

By: Staff Contributors

The history of video games began in the 1950s as developers began designing basic simulations on minicomputers and mainframes. Early classics include *Spacewar!*, *Pong*, *Space Invaders*, and *Pac-Man*. With video games available for nearly every level of interest nowadays, it can be quite hard to pick a favorite! We asked some of our staff about their favorite video games and what makes those appeal to them so specifically. Did your favorite make our list? Read on to find out!

Katy's Favorites: *The Sims*, *Tetris*, *Jackbox Games*

Although my first video game experience began on a SEGA Genesis, the discovery of *The Sims* at an early age helped me pick my favorite video game of all time. The simplicity of the game play, as well as the mindlessness of the goals and missions of the game makes this an addictive favorite.

Jackbox Games are a series of games available on multiple platforms that connect to a web browser on your smartphone that allows you to play with many of your friends in a group setting. This game is top notch for the tech savvy millennials looking to up their fun levels at a local gathering.

Rachael's Favorites: *Untitled Goose Game*, *Super Mario Bros*

Untitled Goose Game: I found this game simply delightful to play. Between the simplistic yet visually enticing art style, piano soundtrack synchronized with what is happening and puzzling tasks on your to do list and of course let's not forget to mention that you can honk at the towns-people. The game is set up well for teamwork and caused a lot of laughs. The only downside of the experience was how short it was, but regardless was well worth the time.

Super Mario Bros: No specific edition for this entry, but just a strong love for all the *Super Mario Bros* games. Many of us have grown up on these games and seen the progression of how they have evolved over the years but have yet held onto the consistency of their gameplay and mission to save Princess Peach.

Sara's Favorite: *Mortal Kombat 3*

When I was a teenager, I bought a SEGA Genesis with a few video games at a yard sale. Of the few games I owned, I enjoyed *Mortal Kombat 3* the most. I've always loved martial arts because of the English subbed movies especially starring Bruce Lee. In fact, *Mortal Kombat* was one of the first video games that were adapted into the big movie screen. Anyway, I loved how *Mortal Kombat 3* allowed you to select any character that has personal strengths and weaknesses. Sindel was my favorite character because she held magical powers with her long black-silver hair. Her persona inspired me that strength on a woman is possible.

Sindel is known to be villainous, but I was probably drawn to her dark nature.

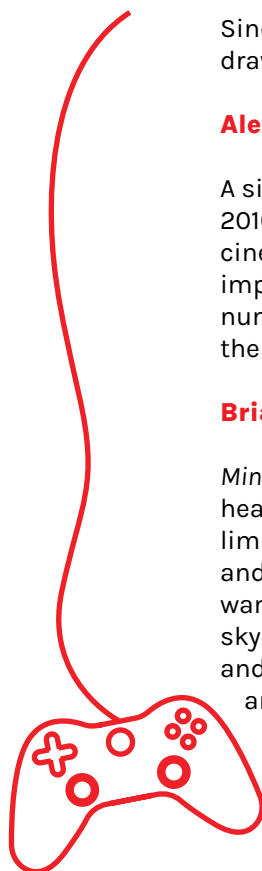
Alex's Favorite: *Mass Effect 2*

A single player action role-playing game released in 2010, *Mass Effect 2* is praised for its presentation and cinematography, diverse and complex characters, and improved combat over the predecessor. This game won numerous year-end awards, and is considered one of the greatest video games of all time.

Brian's Favorites: *Minecraft*, *Bioshock: Infinite*

Minecraft is a game that holds a special place in my heart and has for many years. To start you are truly only limited by your imagination, you can build anything and do anything you want. You can spend hours wandering around a serene plain or you could build a skyscraper, this alone makes *Minecraft* a truly freeing and fun experience however on top of all the freedom and creativity.

Bioshock: Infinite is my favorite game of all time. The characters in this game are some of the most emotionally developed, charismatic, and interesting characters I can think of in the video game medium. Released in 2013, it has always had a timeless feeling to me. As of today I have beaten it 7 times, and I still fall in love with it every time.



BOGO

Business Card Sale!

Buy 250, get 250 FREE!
Buy 500, get 500 FREE!
Buy 1,000, get 1,000 FREE!

Available in Gloss or Matte!



SUN SPIN MEDIA

4011 Bailey Avenue
Amherst, NY 14226
(716) 775-7776
sunspinmedia.com
ssm@sunspinmedia.com

Prices begin at **\$40.00!**

Video Game Day: A Review of Diablo 4

By: Alex Tilton

The last time Blizzard Entertainment graced us with a game in the *Diablo* series it was a massively profitable disaster. The game itself was fine, but everything surrounding it was a problem. The launch was bungled, and the game unapologetically embraced pay-to-win model. Playing the game yielded various kinds of items that players can use; weapons and armor mostly. And they could then turn around and sell these items to other players for real world money, of which Blizzard got a cut. A feature which had to be removed in South Korea because it violated their anti-gambling laws.

So I found it kind of hard to enjoy. Progressing in the game depended on either spending many hours grinding for items, or coughing up cash to pay for them. It left a bad taste in my mouth and I put it behind me. Eleven years later, I get a text message from the same friend who played through *Diablo 3* with me. "We're all taking a day off work to play the game, like last time. Want in?" I immediately flashed back to all the annoyances the previous game blessed me with and said, "Sure."

Apparently keeping myself in denial over being middle-aged is more important than time or money.

But then...the game turned out to be really good. Blizzard learned their lesson. No real money auctions this time. In fact, no auction house at all. Not even for in-game money. Instead, they embraced the 'premium cosmetics' model that so many other games have profited from. If you have cash to burn, you can pay real money for high-end cosmetic enhancements to your character. With that said, here's the review of the game itself: Very good, but not great.

The simple fact is that this game gets repetitive. There isn't enough variety in the enemies, quest type or crafting to justify more than one playthrough. Which is a problem because higher difficulty levels only unlock after completing the game on a lower difficulty level. In any case... Blizzard has poured the usual ocean of money and talent into creating a highly polished Triple-A level game. Returning players and new players will both enjoy it. They did a good job of making players crave better and better equipment, which gives them a reason to grind and so on and so on...

The voice acting is pretty good. I thought it could have been a little better but that's like complaining that you won \$900 dollars in a raffle instead of \$1000. The control interface didn't make me feel like a bumbling incompetent and I had very few issues with login. I've yet to experience a significant glitch, but there have been lag issues. This game, like many, is 'always online' to verify that you have a paid copy. The drawback of which is that even when you're playing alone sometimes things are choppy and slow. This will thin out as the initial craze for the new game passes...but at that point I won't be playing, will I? First world problems aside, *Diablo 4* was a welcome diversion. I hadn't sunk my teeth into a new high-end game in quite a while and it was fun to get back into it. I don't know how much I'll care when the inevitable DLC comes out, but I felt like my money was well spent.

Image Sources: Wikipedia & Blizzard News



Balsamic Grilled Chicken Kabobs

recipe source: joyfulhealthyeats.com

Directions

Make Balsamic Marinade:

To a small bowl add balsamic vinegar, dijon mustard, honey, dry basil, salt, and pepper. Whisk together and slowly add in the olive oil whisking the entire time.

Prep Chicken:

Pat chicken dry with a paper towel then cut chicken breasts into thick 1" cubes.

Marinate Chicken:

Add chicken cubes and three fourths of the balsamic marinade to a medium bowl. Reserve the rest for later. Stir to make sure all the chicken is coated. Cover with plastic wrap and place in the refrigerator for 30 minutes to marinate.

Cut Vegetables:

While chicken is marinating. Prep you red pepper, yellow pepper, red onion, yellow squash, zucchini and cherry tomatoes. (cutting instructions below)

Skewer:

Remove the chicken from the refrigerator and start to assemble the kabobs. Alternate veggies with chicken on a skewer until everything is used up.

Clean Grill:

Preheat grill to medium high heat, 375-400° F. Clean grill grates with a brush and then rub with a oil soaked rag or spray with cooking spray.

Grill:

Place kabobs on the prepared grill and grill each side for 3-4 minutes, until charred. The biggest thing to remember when grilling is, if your protein "sticks" to your grill when you're trying to flip it's not ready to be flipped. Leave it for another minute or two and then flip.

Baste Kabobs:

With the remaining marinade you reserved, baste the kabobs with a brush for one last flavor burst of balsamic. Grill for 2 more minutes. Remove from grill and serve.



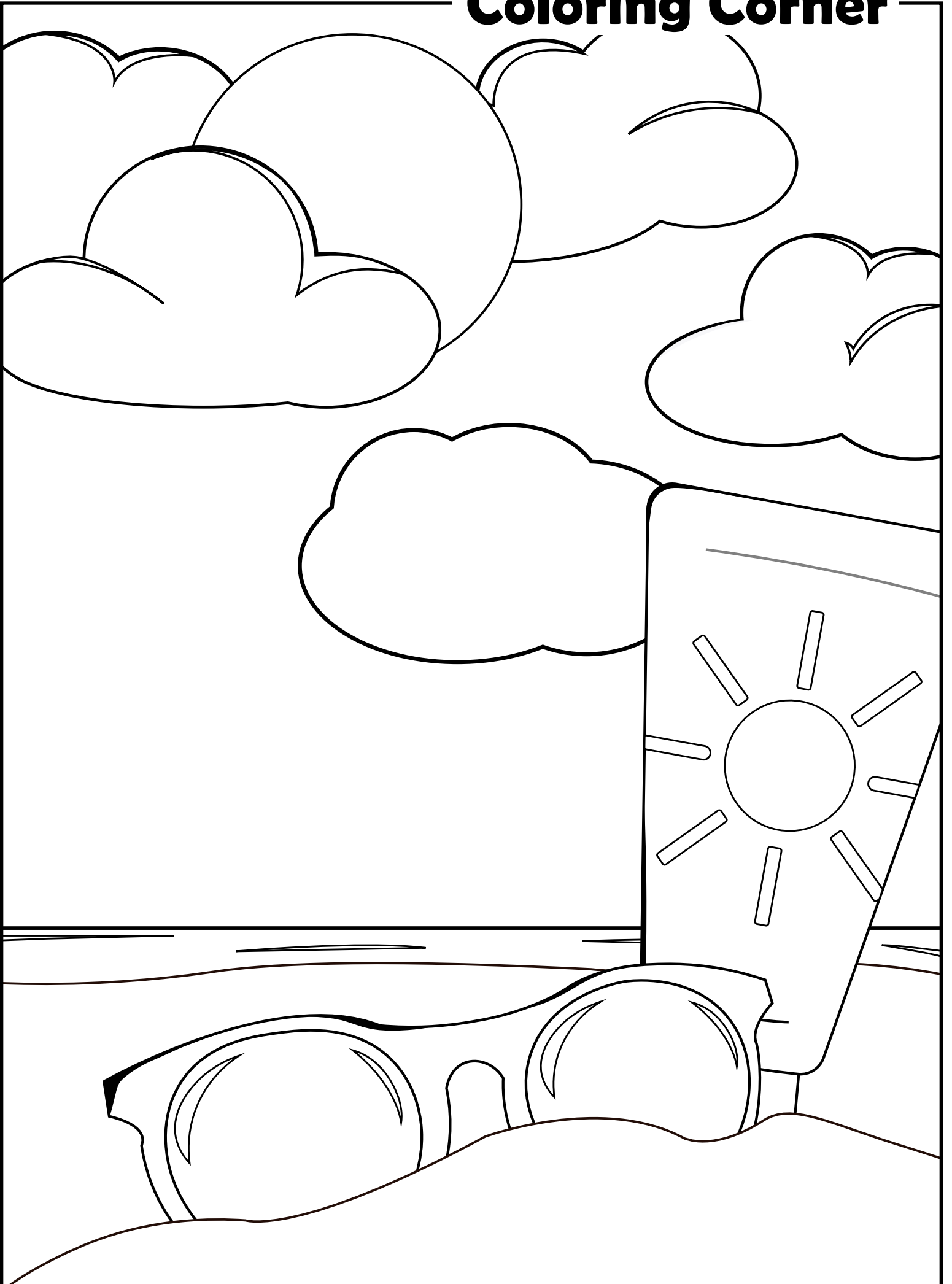
Ingredients

- Boneless skinless chicken breasts – Cut into 1" cubes
- Peppers – We prefer red and yellow peppers
- Red onion
- Cherry tomatoes
- Squash – Yellow summer squash and zucchini (you may also use pattypan squash!)

Balsamic Marinade

- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- 1 tablespoon dijon mustard
- 1 tablespoon honey
- 1 teaspoon dry basil
- salt & pepper to taste

Coloring Corner





Restaurant (Halal)
American and South Asian Cuisine

Happy 4th of July!

Present this ad in-person and receive:
15% off all meals!
Independence Day Week 7/1- 7/7



Order Online: ApnaDera.net

 [misterdees_apnadera](https://www.instagram.com/misterdees_apnadera)

 [Mr.Dee's Apna Dera](https://www.facebook.com/Mr.Dee's%20Apna%20Dera)

 [misterdeesapnadera](https://www.tiktok.com/@misterdeesapnadera)



450 Beach Rd, Cheektowaga, NY 14225 (716) 839-9440