



FREE

Halloween Safety Tips

Suggestions and Feedback to Avoid Trick or Treat Accidents

Breast Cancer Awareness

A Personal Experience from a Young Mother with a Heart-Warming Story

A Font for Dyslexia

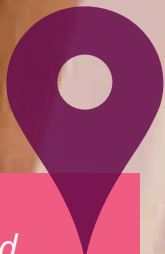
Why This Specific Set of Letters Has Changed the Way We Read

Saving for the Holidays

It's Never Too Soon to Start a Financial Plan for Gift Giving



October 2023



Have You Scheduled Your Annual Mammogram?

Our practice takes pride in serving the women of Western New York with easy access to a mammogram bus. Mammograms are key to successful early detection of breast cancer. It is recommended to begin testing for breast cancer at age 40. Scan the QR code to see where the bus can be found in the coming months.

*We are here to serve you!
Call us today to schedule an appointment.*



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

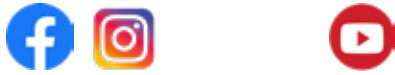


WNY MEDICAL, PC

(716) 923-4380 | WNYmedical.com



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

Rachael Bannen
Lana Shapiro
Timothy Kelheart
Gabrielle Guzinski
Nicholas Switalski
Sara Loft
Sue Perbody
Katy Defazio
Mike Marlinski
Destiny Rose
Brian Jacobs

Video Coordinators

Brody Walsh
Suniya Arash

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

Faizan Haq
Katy Defazio
Yahya Alaryani
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 Spiritual History of Halloween

5 Halloween Safety Tips

7 Fonts Designed to Help with Dyslexia

8 Financial Holiday Preparation

9 Living a Vegetarian Lifestyle

10 Buffalo Traditions & Innovations

11 Breast Cancer: A Personal Story

12 Wretched Sound: A Local Publication

14 Recognizing Local Teachers

15 Business Tips with Faizan Haq

16 Coffee 101: The Difference is in the Mug

17 A Review of *What We Do in the Shadows* (S5)

18 Recipe of the Month

19 Coloring Corner

Spiritual History of Halloween

By: Lana Shapiro

It happens every year, as soon as the leaves start turning fall colors - the shelves at most stores get stocked with candy, costumes and everything pumpkin. But Halloween is so much more than the commercialized holiday we know it as today.

Origins of Halloween

Halloween, which gets its roots from a pagan festival of Samhain, is thought to date back over 2000 years. It began as one of the four Celtic traditions, celebrating different seasons throughout the calendar year. The festival began at sunset on October 31st and ended with sunrise on November 1st.

What made the festival of Samhain special was that it was the final harvest festival of the year. It marked the end of the growing period and the beginning of winter. Due to its transition into the dark and murky winter, many believed that during that time, the boundary between the living and the dead became blurry.

When Paganism meets Religion

By the 9th century, most pagans embraced Christianity as their religion or blended it with Celtic beliefs. During that time, the Church, under the rule of the Roman Empire, made November 2nd - All Souls' Day. This became known as the day to honor the dead, and may also have been an attempt to replace the old Pagan festival. Around the 11th century, the Church celebrated a 3-day festival, which began on October 31st and lasted until November 2nd. With the intention of fully eliminating the Pagan holiday, the Church added November 1st to its calendar as All Saints' Day and November 2nd as All Souls' Day.

All Saints' Day is still celebrated to this day on November 1st, it was referred to as All-Hallows or All-Hallowmans, which means "All Saints' Day" as translated from middle English. Overtime, the night before All Saints' Day became known as All-Hallows' Eve - to be celebrated on October 31st, the day of the original Celtic Festival.

While All Hallows' Eve was primarily celebrated as a Catholic holiday, over time, Halloween gained

commercial appeal, which allowed for it to be celebrated as a non-religious holiday by many different cultures and belief systems.

Spiritual symbolism behind Halloween

Original festival of Samhain was about celebrating the cycle of death and re-birth. Death cycle is witnessed in nature constantly, but it is also mirrored in all of us. Human beings go through their own process of shedding, releasing and re-birthing, just as nature does.

Samhain was a time to honor the "deaths" that we have experienced throughout the year, release and make peace with all the things that no longer served us and make room for new things birthing within us and around us.



It was believed that on 11/1, spiritual activity was at one of its highest points, mainly due to the rising of the Pleiades. Pleiades is a cluster of seven stars, also known as the Seven Sisters. In Celtic traditions, the Seven Sisters were linked to death, loss and grief - but also believed to bring comfort to those in mourning. The Seven Sisters were also linked to the rising of feminine energy, which has the ability to bring healing and deep connections into our lives.

It was also believed that the veil between the living and the dead was thinnest at this time, due to the Sun's position in the constellation of Scorpio. Scorpio is known for its deep intuitive energy and is associated with transformation, death and re-birth.

In numerology, the number 111 is an angel number linked to protection, divine intervention, and angelic support. It is believed that on 11/1, our guardian angels and loved ones who have passed on to the spiritual realm, are all nearby and sending us messages.

Halloween is not a night to be feared, in its origins, it is a night of celebration. Mother Nature is ever evolving, around us and through us. Energy can never be destroyed; it shifts from one form to another and that is exactly what we honor and celebrate during the sacred time of Samhain.

HALLOWEEN SAFETY TIPS



1

Walk Safely

- Cross the street at corners and always follow traffic signals
- Keep your eyes up and off electronic devices
- Watch for cars and always walk on the sidewalks or paths

2

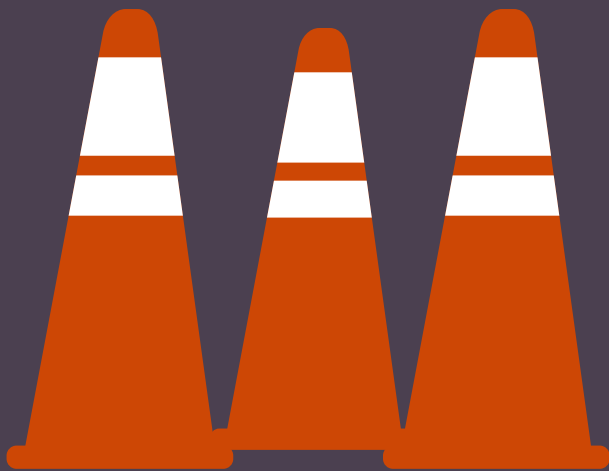
Drive Safely

- Slow down and be observant, especially in residential areas
- Turn on your headlights earlier in the day to better spot kids
- Peak trick-or-treating time is between 5:30 - 9:30 p.m. so stay alert

3

Costume Safety

- Choose light colors and decorate with reflective tapes
- Choose facepaint and makeup over masks
- Have kids carry glowsticks or flashlights



10% OFF

All Services for the Month of October!

**OPEN
NOW!**

Taekwondo, Kickboxing & Kick-Fit Cardio



DAWN

MARTIAL ARTS & FITNESS CENTER



Master Ayad Hussain

Certified by
USA Taekwondo
and World
Taekwondo Federation



Our Classes Include:

- Taekwondo
- Kick Boxing
- Kick-Fit Cardio

Dyslexia Awareness: A Font Designed to Help

By: Gabrielle Guzinski

In a world where text is an integral part of daily life, reading can be a challenging endeavor for individuals with dyslexia. Dyslexia, a neurological condition that affects reading and language processing, can lead to difficulties in recognizing and comprehending text. Recognizing this challenge, Christian Boer, a Dutch graphic designer, embarked on a mission to create a typeface that would alleviate some of the reading difficulties experienced by individuals with dyslexia. The result of his innovative work is the DyslexieFont.com, a groundbreaking typeface meticulously designed to enhance readability and accessibility for dyslexic readers.

The Dyslexie Font is a pioneering typeface specifically tailored to cater to the unique needs of individuals with dyslexia. The font's development was born out of Christian Boer's personal experiences. As someone with dyslexia himself, Boer understood the frustrations that come with trying to read conventional fonts. This firsthand knowledge drove him to explore ways in which typography could be optimized to improve reading experiences for people with dyslexia.

The hallmark feature of the Dyslexie Font is its innovative design, which places a strong emphasis on letter differentiation. One of the primary challenges faced by individuals with dyslexia is the tendency for letters to be visually confusing, causing them to be easily swapped or rotated in their minds. Dyslexic readers may struggle to distinguish between similar-looking letters like 'b' and 'd' or 'p' and 'q.' The Dyslexie Font tackles this problem head-on by incorporating unique characteristics into each letter, such as varying letter thickness and distinct openings and closings. These features make it significantly easier for dyslexic readers to identify and differentiate between letters.

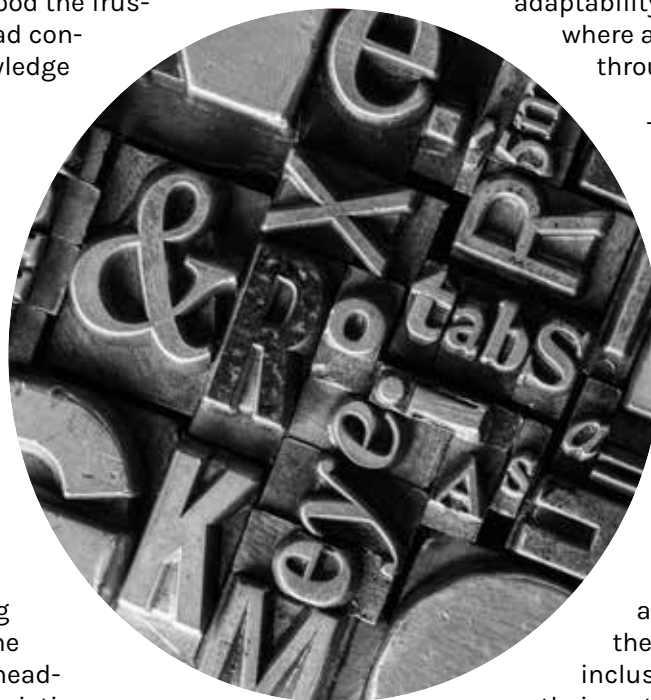
Furthermore, the Dyslexie Font employs increased letter spacing and enlarged openings, reducing the likelihood of letters and words blending together. The font's clear and uncluttered appearance enhances reading fluency by providing dyslexic readers with a more comprehensible text.

Beyond letter differentiation, the Dyslexie Font also addresses other common challenges faced by individuals with dyslexia. For instance, some people with dyslexia may experience issues related to line tracking, where they inadvertently skip lines or re-read text. To combat this, the Dyslexie Font includes subtle line thickness

variations that guide readers' eyes smoothly from one line to the next, minimizing the risk of losing their place.

Another noteworthy aspect of the Dyslexie Font is its deliberate emphasis on creating a visually balanced text. This design choice ensures that letters and words do not appear to be crowded or jumbled together, reducing visual stress for dyslexic readers. By enhancing readability and reducing visual distractions, the Dyslexie Font can alleviate some of the frustration and fatigue often associated with reading difficulties.

Importantly, the Dyslexie Font is not limited to printed materials alone. It has been adapted for digital use, making it accessible across various platforms, including websites, e-books, and electronic devices. This adaptability is crucial in today's digital age, where access to information is primarily through screens.



The impact of the Dyslexie Font extends beyond individuals with dyslexia. Educational institutions, publishing houses, and businesses have recognized its potential to benefit a broader audience. In educational settings, the font has been integrated into learning materials to assist students with dyslexia. It has also proven valuable in creating inclusive educational environments that cater to diverse learning needs.

Publishers and businesses have adopted the Dyslexie Font as part of their commitment to accessibility and inclusion. By incorporating this font into their materials, they demonstrate a dedication to ensuring that their content can be understood and enjoyed by a wider audience.

The Dyslexie Font represents a pioneering effort to bridge the accessibility gap that individuals with dyslexia face. Its impact has been felt not only in the lives of those with dyslexia but also in education, publishing, and business sectors where inclusivity and accessibility are paramount.

In conclusion, the Dyslexie Font stands as a testament to the power of design and innovation in enhancing accessibility and inclusivity. By addressing the needs of individuals with dyslexia, Christian Boer's creation has not only made reading easier but has also ignited a broader conversation about the importance of creating a more inclusive world for everyone, regardless of their cognitive differences.

Financial Planning Month: Prepare for Holidays

By: Timothy Kelheart

There is such a thing as being too generous, especially during the holidays. In 2022, Americans budgeted, on average, \$867 for presents. That can be a tough bill to face in the new year. Here are some holiday spending tips to help get you through the season with your wallet intact.

1. Value your relationships

Write down everyone you plan to give gifts to—from your nearest and dearest to your in-laws and the mail carrier. Then put a dollar figure next to each name. Setting price limits helps you keep your holiday budget on track.

2. Price check with your phone

Despite your best intentions, perfect gifts have a way of blowing your holiday budget. If you find a gift that's over your budget, use your phone to see if you can find a better price elsewhere. Many stores have price-match policies if you find a better deal.

3. Be proactive

One of the surest ways to overspend is to wait until the last minute and buy all your gifts in a rush. Not only are you more likely to overspend, but it also makes an already stressful time of the year even more so.

4. Buy last year's electronics

For many people, the latest and greatest features aren't important. You're likely to save big by gifting an older version of a device that was the latest and greatest just a few months ago.

5. Know the truth about Black Friday and Cyber Monday

Chances are, you started hearing about "doorbuster" deals back in October. But there often isn't a huge difference in markdowns between one-day promotions, such as Black Friday and Cyber Monday, and regular holiday sales. Instead of focusing on event-style sales, look for deals every day.

6. Stay on top of your spending

Spend wisely by reviewing your account statements, paying your bills regularly and using online banking to easily monitor your accounts. If you purchase using a credit card, using a card that offers cash back or other rewards is another smart holiday budgeting tip. Since you're going to spend the money anyway, you might as well get something—whether it's retail discounts or travel deals—in return.

7. Consider making gifts

Homemade presents are great ways to save money while creating something memorable. These gifts might not work for everyone on your list, but they're good options for some. Consider photos for grandparents or cookies for your kids' teachers.

8. Save up for expensive presents

Putting money aside for big-ticket items can prevent you from depleting your accounts or going into debt during the holidays. This can help you save without thinking about it.

9. Try to avoid shopping sprees

Retailers are really good at enticing people to buy. Everything from display placement to lighting and music is designed to trigger impulse purchases. Researchers have dubbed this the "shopping momentum effect," noting we're more likely to keep spending once we've gotten started. You can counteract the phenomenon by sticking to your shopping list and leaving the store for a few minutes when you're tempted to make off list purchases.

10. Factor in shipping

It's not unusual for an online item to appear cheaper than its in-store counterpart—until you add in shipping costs. Take note of any delivery or service fees, as well. Keep in mind, many retailers offer shipping coupons or free shipping days to attract customers, so do some research before you click "buy."

“
One of the
surest ways to
overspend is to wait
until the last minute
and buy all your
gifts in a rush.
”



Tips & Tricks to Conquer a Vegetarian Lifestyle

A Q&A Interview by: Selena Stucke



What made you decide to take on this lifestyle?

I decided to try vegetarianism on my own accord at a young age. This was most likely inspired by my love for animals. I went into it with little guidance, but found information in pamphlets, books, and online. As I became more educated on factory farm conditions, it gave me a broader lens as to why this lifestyle change has deep meaning.

Individual impact may seem small, but it helps, and I'm happy to not perpetuate the demand for the market. There may be ways to source meat ethically, but this feels more fitting for me.

Are there any health benefits?

I personally see many positives to plant-based eating. It redirects a healthy curiosity around food. People's favorite dishes tend to be meat-based, so with this dietary change you'll have to get creative. The internet is a great resource for recipes, and you may often find a veggie version that's healthier and just as delicious! It makes you "think outside the box".

It can also promote physical and mental wellness. Diets that prioritize fruits and vegetables provide a wide variety of nutrients that are great for the body. Anti-inflammatory properties, sustainable energy levels, and disease prevention, are just a few potential benefits.

My recommendation; go into it with an open mind, and make sure to eat diversely.

What are the pros and cons to a vegetarian diet?

I think a common worry people have is about the lack of choices. Today though, there are plenty of delicious

options that are readily available. These include meat substitutes for a variety of things like chicken, beef, and even breakfast sausage! Many restaurants have become more accommodating and you will still be able to find satisfying meals.

Be patient with cravings, and set yourself up for success. Think about meals ahead of time, and bring snacks when in doubt that there are vegetarian options available.

Aside from worry, the good outweighs the bad. If you decide to embark on this journey, you will be making a resonating impact from the inside out. I never felt negatively about eating meat. However, it felt comforting to realize by 25, I had spent half my life without eating animals. It gave me a strange sense of peace, and I can honestly say, I haven't missed anything.

What are your go-to sources for protein, and any suggestions for iron?

Protein is abundant in many delicious things like nuts (almonds, pistachios), legumes (beans, lentils), and vegetables (spinach, peas). I love trail mix, especially for hiking/on-the-go.

Things like tofu/tempeh are great meat substitutes and have high protein content for hearty meals. Meanwhile, in the pantry you can add things like protein bars/protein granola.

There are even protein pancake mixes. Most of the things listed already in this section are also high in iron. With a little research, you will be surprised where nutrients can be found.

“
**Go into it
with an open
mind, and make
sure to eat
diversely.**
”

Our Community: Traditions & Innovations

By: Amrita Ganapathy

Growing up in America as part of an immigrant family from India was a privilege that I never understood as a child. I only understood being different from everyone else and just wanting to fit in. As I grew up and matured, however, I realized that fitting in with people will only get you so far in life. So many opportunities are about standing out and being different, and I am learning to embrace that.

I've lived in Buffalo almost all of my life, and I would say I am lucky and privileged to live in a city with such incredible diversity. During my time in this city, I found myself embracing both my heritage and an appreciation for the rich cultures and backgrounds that call Buffalo their home.

This city's cultural festivals and showcases of different arts are a wonderful window and just a glimpse into what we have to offer. I'm thankful to Buffalo for being incredibly welcoming, and the inclusivity here has deepened my pride in my roots and has also left me open-minded and wanting to make a difference of my own.

My family and I have been a part of a Tamil organization (called Buffalo Niagara Tamil Mandram) in Buffalo for many years, and during these years we have organized many events for the South Indian community in Buffalo. During one of these events, I had the honor of introducing the different events and being an MC with one of my friends. Along with this organization, my family and I are members of the IAB (Indian Association of Buffalo). I have danced at events for both of these organizations and even promoted these events to my non-Indian friends, who love the rich culture and entertainment offered at these events. Indian culture, specifically South Indian culture, is often overlooked or misunderstood, so I know that these kinds of events in which anyone and everyone can take part are important because they educate and help people understand the history of our culture.

One way I have given back to my community is by volunteering for countless hours at different events. One major event that I constantly volunteered for during my high school career was my local food pantry.

I volunteered there for many consecutive weekends throughout my high school career. I met so many new people with different backgrounds and cultures who have recently immigrated to America in hopes of a better life and even escaped from their countries and homes because of dangerous environments. Some of them didn't even speak proper English and would often just communicate by pointing and using their hands. I couldn't even imagine what life in a new country would be like if they didn't know the language. A common theme I noticed among these people is that most of them moved to give their children better lives, and I realized that my parents have done the same for my sister and me, and I have so much to be thankful to them for that.



A different way I have already given back to my community is by being a mentor and role model for the younger members. I tutored many kids through a club my friends and I started at my school called More to Learn WNY. I tutored kids in Spanish, which I learned throughout my many years in school, taking it as my second language of choice. I taught them about the culture and language through engaging games and trivia. These kids were much younger than when I started learning Spanish in fifth grade. Since they were much younger, I had to find different, engaging ways to teach them Spanish. My friends and I devised different games and activities for these kids and me to do together, including online educational games that teachers often use like Blooket, Quizlet, and Kahoot. This is one way my friends and I initiated continued education and learning during tough times for families (COVID-19).

Giving back to my community has always been something I have loved doing, and as I get older I am exposed to more opportunities, and the possibilities are limitless. At UB (University at Buffalo), I have attended and taken part in many events that showcase international traditions, including Indian as well. I hope to participate in many more of these events during my time at UB and continue to do so afterward. I hope to one day encourage young teenagers to volunteer in events like these and embrace their rich cultures.

Breast Cancer Awareness: A Personal Experience

An Interview by Managing Editor, Katy Defazio

According to the American Cancer Society, breast cancer is the most common form of cancer in women in the United States, besides skin cancer. It is estimated that about 297,790 new cases of breast cancer were diagnosed in women in 2023. Thankfully, approximately 254,000 of these women will survive to tell their story. *Your Bliss* magazine sat down with Destiny, a 28-year-old breast cancer survivor, to understand her tale and motivate others who are going through the same struggle as her.

Destiny's journey ties back to her mother's roots. Her mom developed breast cancer when she was 28 years old. Destiny's mom is also a breast cancer survivor, developing two other types of cancers in her lifetime. Her mother is currently 47 years old and is a warrior. Destiny followed advice from a young age and started mammogram appointments from age 18 onward. In August 2021, Destiny gave birth to a baby boy. "I believe that things happen in your life at specific times for specific reasons. Despite my son's father not being a part of the picture, I believe that he came into my life at the time he did for a reason; as an inspiration and a motivation."

Five months later, Destiny went to her regularly scheduled mammogram appointment. A few days later, they requested a biopsy, receiving her cancer diagnosis in January 2022. Developing cancer with a five-month-old baby to care for was a struggle. Destiny expresses that "being a single mom is already hard enough, but raising a child and doing it by yourself was the hardest part of the cancer journey." Despite the loneliness and feeling of doubt, Destiny kept her head up throughout her journey, and encouraged others to do the same. "Take a deep breath and take it one day at a time. Make sure you have everyone close to you that is actually going to be there. Always talk your feelings out, don't bottle them up; it's bad to bottle up your feelings. Once you get the initial diagnosis, the thoughts of death come into your head. You shouldn't bottle up that feeling, it'll make the situation worse."

Destiny is currently in remission for her breast cancer and is recommended to have a full hysterectomy by



age 35. As a young mother and a warrior, she hopes her story will inspire others to stay positive and remember that they are not alone in their fight with breast cancer.

Knowing the above information, it is crucial to ensure that women schedule their annual mammogram, upon reaching age 40. In Destiny's case, it was even more important for her to begin mammograms at age 18, due to her family history.

WNY Medical PC offers a monthly mammogram bus that visits select offices throughout the year. Scan the QR code below to view their mammogram bus schedule, or to make an appointment online with one of our providers today.

“
**Take a deep breath
and take it one day at a
time. Make sure you have
everyone close to you that
is actually going to be there.
Always talk your feelings out,
don't bottle them up; it's
bad to bottle up
your feelings.**
”



Wretched Sound: The Mike Marlinski Story

An Interview by Managing Editor, Katy Defazio

From one publisher to the next, it is crucial we get the story out there today about any and every topic ever imagined! From health and wellness topics to the music and creative industry, there is something of interest for everyone. *Your Bliss* magazine sat down with Mike Marlinski, creator of the local music publication *Wretched Sound* to get a background on how his publication came to life.

What is the mission statement of *Wretched Sound*?

When I started up the zine, we went by the name, *The Metal Webzine*. Back then, the plan was to just talk about everything metal from A-Z, but with an emphasis on the Buffalo metal scene, of course. However, as the years have gone by, I've really turned my focus almost solely to underground bands from all over Upstate New York. In my travels as a musician, author, and journalist, I've met bands from all over this crazy expensive state, and I'm happy to say that I've, in turn, met some of my best friends through this publication.

So, fast-forwarding to today, our mission statement is currently, "*Wretched Sound* is an underground music publication based in Buffalo, NY, USA, dedicated to the chronicling of the underground music scenes of Buffalo and the surrounding areas." The biggest change there is – going from "everything metal" to "underground music". I still focus on metal, but I feel the name *Wretched Sound* is more inclusive than *The Metal Webzine*. And I do throw all kinds of music in my printed zines and my website these days.

How long have you been publishing *Wretched Sound*?

I started *The Metal Webzine* in March of 2015, and changed to *Wretched Sound* in August of 2021. We are celebrating our 9th anniversary on March 16th, 2024 at Rockin' Buffalo Saloon. The name of the event is "WRETCHED MANIA: A Stone Cold Saturday" and this will be the second year in a row we are using a wrestling theme to celebrate our anniversary.

Where does your passion for music come from?

Well, I started listening to metal and rock at a very early age and fell in love, but I didn't realize I wanted to

play music until age 16. I started with drums and kept that up for 6 years until I realized I also had a passion for booking and promotion. I got a job in the field in 2006 and focused solely on booking and promotions until 2010. Shortly after my job became too stressful, I picked up guitar, an instrument I must admit I'd always been more interested in than drums, and started my own band. Finally, being in a position to write my own songs instead of learning songs written by others just further fed into my passion for creating and listening to music. So, I guess you could say that my passion was sparked by the music of Metallica, Journey, Rush, Glass Tiger, Huey Lewis and the News, Bon Jovi, ZZ Top, and a bunch more I can't remember off the top of my head, and this goes back to when I was in single digits. But my passion for music grew tenfold once I started playing.

What are some of the biggest projects/bands/groups you have highlighted in your publication?

Over the years, I've done interviews with members of Nightrage, Kalidia, Darkest Hour, Archspire, Unleash the Archers, Inferi, Rivers of Nihil, Obituary, The Absence, Inhuman Condition, Cold, and many more I can't remember off the top of my head.

Where do you see yourself in the next five years as a musician?

My main focus right now is my solo project, Quantumleaper which I've been working on since April of this year. It's a power metal, melodic death metal, ambient metal amalgamation. I try to incorporate everything I love hearing in metal songs into every single song. I do this unapologetically no matter how scatterbrained the material sounds at times. My biggest influence is the band Scar Symmetry. In fact, the project is named for one of their songs. I would like to see Quantumleaper as a live band within the next five years, but who knows what I'll be doing at this point. I'm always working on something whether it's music or a literary work, so you might say I'm just enjoying the ride at this point in my life.



Get Your Labs Done at WNY Medical, PC!

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

Rent Now!

Apartments are going fast!

ELEANOR LUXURY APARTMENTS

704 8th Street
Niagara Falls, NY 14301

Located in the heart of Niagara Falls!

Studio • 1 Bedroom • 2 Bedrooms

For leasing, please contact
Hawk Development at:

(716) 256 - 1673

eleanorniagara.com

info@eleanorniagara.com

Property Managed by Hawk Development, LLC



World Teachers Day: The Ones Who Conquered

By: Sara Loft & Various Contributors

Someone who made mistakes.
Someone who became wiser.
Someone who broke something.
Someone who created a better thing.
Someone who was once afraid.
Someone who took the risk.
Someone who had no direction.
Someone who tried and took charge.
Someone who didn't have a guide.
Someone who learned a way to succeed.
Someone who felt down and small.
Someone who uplifted and carried on.

Someone who has the ability to teach others is a precious gift for humanity! Every year on October 5th, it is World Teacher's Appreciation Day. Here are a couple shout outs from Team Your Bliss on their favorite teachers!

Sara Loft: In 1997-1998, I had the best 3rd grade teacher. Mrs. Beth Carey at Clinton Street Elementary in the West Seneca Central School District. She helped students (including me) foster their interpretation of a

poem that stuck with me - forever. It was Robert Frost's poem, The Road Not Taken. She was amazed with my deep insight on Frost's symbolism. Her encouragement shaped my individuality and artistry combined. I had other great teachers but this occurrence dictates a monumental part of my life to this current day."

Katy Defazio: My experience dates back to my recently retired college professor, Stan Friesen, who I received an education from in 2013 to 2016. Stan was a graphic design professor at Buffalo State University for many years, forever changing the way I look at the world around me. Professor Friesen always had a positive, enlightening attitude, and taught me more about the world of graphic design in my first semester of my BFA than I had learned in my life, so far. Stan, I'm glad we still stay connected to this day, and I'm grateful for all that you've caught me at Buffalo State University.

Rachael Bannen: When thinking of who to shout out, one of the first teachers to come to mind is one of my high school studio art teachers. Not only did he bring interesting projects to the table to inspire us, but he also embraced the creativity and thinking outside of the box. Will always have appreciation for how the projects given were probable my biggest step in thinking creatively and growing in creating artwork. Lastly he created a great environment for students to work and thrive in.

“
Someone who has the ability to teach others is a precious gift for humanity!
”



Teaching Business, Learning Profits

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



Can business be learned? Can entrepreneurship be taught? Are business and entrepreneurship the same thing? What do these terms mean in our time and age? Let's try to answer these questions.

See, the word "business" comes from the term "being busy", it describes a state of being for a person who is working for her or himself. Most of the time, people distinguish between being an employee and being in business for yourself. Which means, that you are in the state of being busy, generating or adding value to what you have or what resources you have at this time. Such as your wealth, your business, your business contacts, and social contacts. These are all resources that you add value to when you are in business for yourself.

If you analyze deeply, you will realize at the end of the day, all employees are business people who have agreed to be in business for themselves. Exchanging their skills and knowledge for certain compensation with their employer. Now they can choose at their work between, adding value to themselves and their skill set or they may just spend time not doing much and going home. In both cases they're engaged in a business activity, the former is a good business practice, and the latter is bad business practice, eventually it all adds up.

Entrepreneurship on the other hand is coming up with a new idea in the imagined world of the entrepreneur, that may add value to or benefit consumers. Then creating an opportunity for the entrepreneur, him or herself. Taking the idea of an entrepreneur and turning that into a profitable model, is the job of a business person. This is why many entrepreneurs fail, because they do not have a business person with them. All employees, are business people. All employers, are business people. And the relationship of learning and teaching business continues as an ongoing process. This process becomes more meaningful if the upper leadership and managers turn their organizations into learning and evolving business entities.

The state of learning requires an admission that we don't know enough; learning is the process that requires a commitment to understand and internalize. What needs to be done next in the anticipation of keeping the organization development in the world of business. At the end, it is an existential matter for all stakeholders of the organization to continue to learn, and evolve in order for the organization to keep up with its competitors at large.



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.

Want your brand to succeed? We can help!



GRAPHIC
DESIGN



WEB DESIGN



VIDEO
PRODUCTION



PRINTING



PHOTOGRAPHY



SOCIAL MEDIA
MARKETING

PRINT SPECIAL OF THE MONTH

LOGO STICKERS
100 FOR \$25
STICKERS UP TO 3" X 3"

Custom Design Fee not included
Valid Until 10/31/2023



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

Coffee 101: The Difference is in The Mug!

By: Brody Walsh

Two thirds of Americans drink coffee daily, equating to roughly 516 million cups of coffee per year. October 1st is international coffee day, and it's a perfect time to learn a bit more about the beverage that has become such a fixture in everyday life. What's the difference between a cappuccino and a latte? How does a light roast compare to dark and medium roasts? All this and more will be answered below!

The cappuccino is an Italian coffee that has its origins rooted all the way back in the early 1900s. The name cappuccino is a reference not to coffee but to friars, Capuchin friars are renowned for their dress, distinct brown robes whose color is very similar to the look of the espresso and milk that makes up a cappuccino. So, the term cappuccino was born. Though cappuccino is not the only popular beverage made up of espresso and milk, lattes are also extremely popular in today's coffee culture. What sets them apart? Typically, the difference between the two lies in the ratios of milk to espresso. A cappuccino is always made of equal parts espresso, steamed milk, and milk foam; the equal thirds will lead to a stronger



espresso flavor when compared with a latte. A latte will vary depending on where it is made but the ratio typically falls somewhere around two parts milk for every part espresso; the uneven ratio of a latte gives a creamer consistency and a lighter espresso flavor. So if you prefer a more balanced strong espresso taste, the cappuccino might be the right order, while a latte is best if you prefer a richer, creamier drink.

When ordering typical coffee there are often several options for the "roast" of the coffee. Typically, these are light, medium, and dark roasts. These distinctions refer to the amount of time and heat used in the roasting of the coffee beans. This impacts how strong the coffee tastes.

The lighter the roast will have a smoother less acidic taste, while the darker roasts will have a stronger taste and often be more acidic. Lighter roasts will also have slightly more caffeine, though usually this doesn't have to do with the roast itself, but rather the density of the bean. Light roasts will have a denser bean and therefore contain slightly more caffeine per scoop.

A Review of What We Do in the Shadows: Season 5

By: Alex Tilton

On network television you don't often get embarrassing failures. A show might suck, but it usually checks all of the boxes you expect of a professional level production. Someone who knows how the human brain reacts to things was in overall charge of the show, and even if you didn't like the end product it still reflects the fact that there was an awareness of what needed to be done.

But every so often you get a masterpiece. A show, or film, so tightly written and executed, and so well acted, that even the most cynical brain is forced to simply sit back and quietly appreciate the work. *What We Do in the Shadows* is one of these shows.

I usually give short shrift to the production value because you simply expect that kind of thing from a major network show with a real budget. But since the show is so comprehensively good, it needs comprehensive praise. The set design, production value, sound editing, lighting, costumes...all of it is amazing. Credit where credit is due, these people know their craft.

The writing is typically the big sticking point for me. I can forgive production value issues, and even bad acting sometimes, provided that the writing is solid. 'Shadows' has superlative writing. The characters never have anything less than razor sharp dialogue. The writers clearly know their characters very well, and they play to their strengths. But at the same time, it never gets stale or too predictable. You get enough reliability that you can anticipate certain things (which they

leverage for laughs) and you get enough curve balls that you are often surprised (which they also leverage for laughs). The pacing, direction and video editing are likewise devoid of any flaws that I can find.

But the biggest praise I can give the show is its story structure. Paul Simms and Stephanie Robinson are the 'showrunners' behind this masterpiece. And as the people in overall charge of the end product, they get the credit for pulling all the threads together just right. Jokes land at just the right moment with just the right amount of sarcasm, confusion, intensity or misdirection.

Serious moments are flawlessly undermined for comedic effect and it all comes together for a coherent narrative.

This show never intended to stick around for as long as possible, milking the characters until it was dry and dead. It had a story arc planned out from the beginning and it stuck to it. We know Season 6 is confirmed, and given how Season 5 plays out it might be a good time to wrap things up. That being said, I can also see them going a few more years.

I no longer fear that this show will fall into 'seasonal rot' as it is sometimes known. It'll keep on going until it ends on its own terms. It isn't afraid to make major changes or do crazy things, and it knows where it wants to go. It's the way television should be done, and we're lucky to have been around for it.

Image Sources: [Pari Dukovic / FX](#) & [Rotten Tomatoes](#)



Vegetarian Linguine

Recipe Source:
Taste of Home

Ingredients

- 6 oz uncooked linguine
- 2 tbsp butter
- 1 tbsp olive oil
- 2 medium zucchini, thinly sliced
- 1/2 lb fresh mushrooms sliced
- 1 large tomato, chopped
- 2 green onions, chopped
- 1 garlic clove, minced
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 cup shredded provolone cheese
- 3 tbsp shredded Parmesan cheese
- 2 tsp minced fresh basil

Prep/Total Time
30 min

Servings Made
6

Directions

1. Cook linguine according to package directions. Meanwhile, in a large skillet, heat butter and oil over medium heat.
2. Add zucchini and mushrooms; saute 3-5 minutes.
3. Add tomato, onions, garlic and seasonings.
4. Reduce heat; simmer, covered, about 3 minutes.
5. Drain linguine; add to vegetable mixture.
6. Sprinkle with cheeses and basil.
7. Toss to coat.

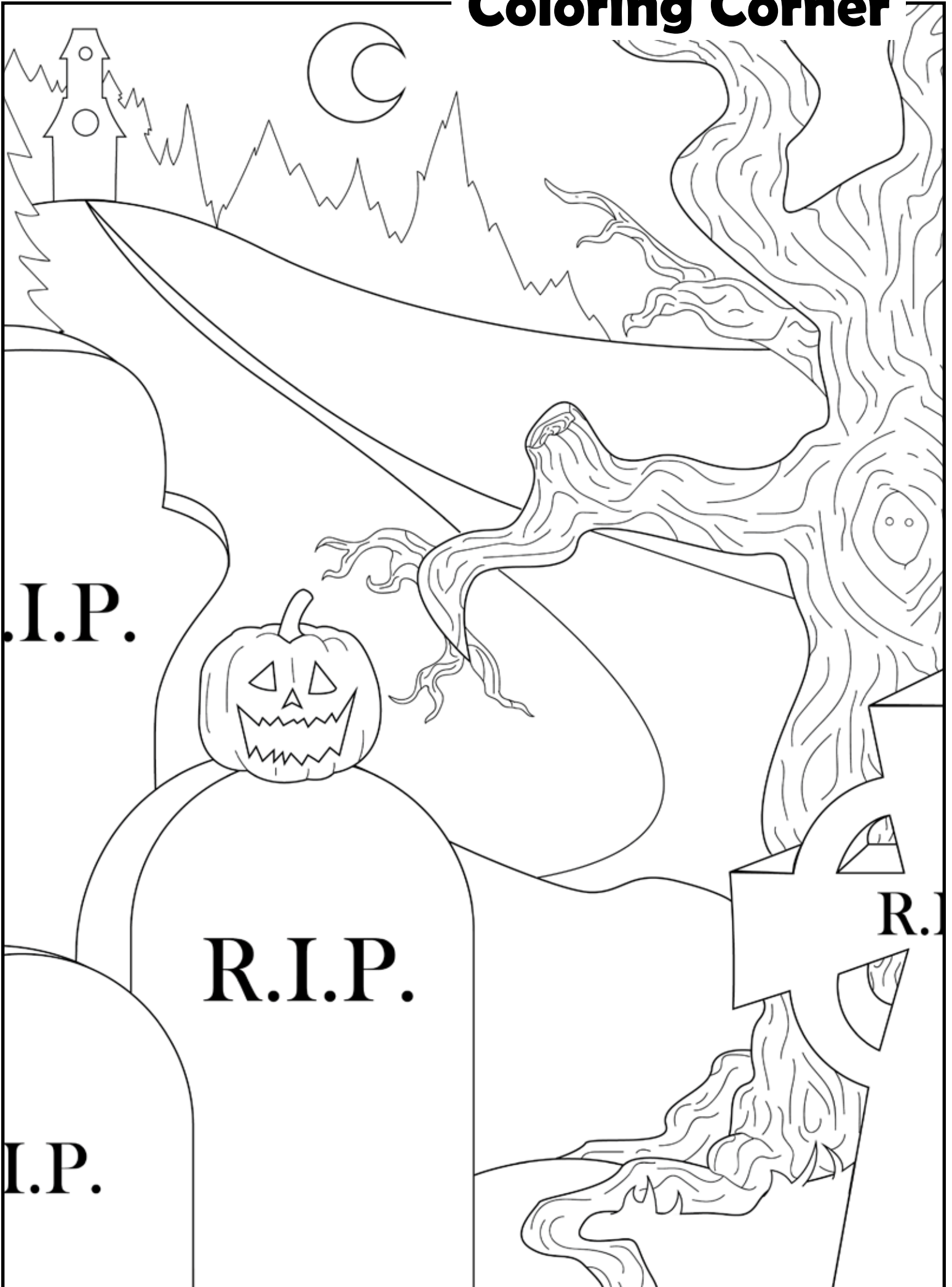
Nutrition Facts

1-1/2 cups: 260 calories, 13g fat (7g saturated fat), 25mg cholesterol, 444mg sodium, 26g carbohydrate (3g sugars, 2g fiber), 12g protein.

Diabetic Exchanges:

1-1/2 starch, 1-1/2 fat, 1 medium-fat meat, 1 vegetable.

Coloring Corner



New Halal Restaurant in town!

Bring this ad for 10% off of your order!

Offer expires October 31st, 2023

MISTER DEE'S



APNA DERA

*Enjoy Both American
& South Asian Food*



 misterdees_apnadera

Order Online: ApnaDera.net

450 Beach Rd, Cheektowaga, NY 14225



Mr.Dee's Apna Dera

(716) 839-9440