



FREE

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Gain Knowledge from a Local Mother's Hands-on Experience

It's Our Anniversary!

Celebrate our Publication with the History of Your Bliss

Staying Eco-Friendly

Grasp Simple Techniques to Revive our Precious Planet

Financial Wellness

Understand Basic Budgeting in Your Everyday Lifestyle

April 2024



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Our Mission

Your Bliss Magazine explores the power of overall wellness. We look to push past the boundaries of physical health and explore 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.

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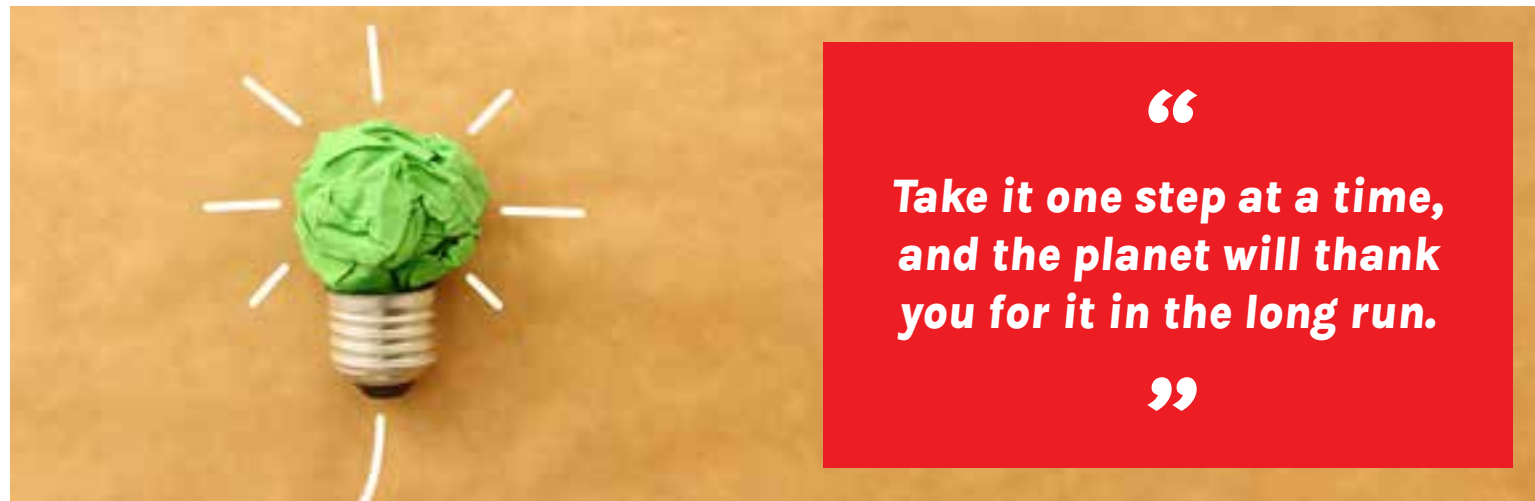
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Staying Eco-Friendly in Your Everyday Life

By: Lei Anna Craig



“
**Take it one step at a time,
and the planet will thank
you for it in the long run.**
”

What is Eco-Friendly? Eco-Friendly is being friendly to the environment and doing everything in your power to contribute to the planet in healthy ways while cutting out any harmful actions. This can be done by the way you eat, dress, how you commute around the city, wash your clothes and much more.

We only have one planet to live on, so it is important that we take care of it to the best of our ability. It is our duty to make every action count and to make a change on the planet for the better, so to celebrate Earth Day and give back to Mother Nature, here are some of our best tips to staying eco-friendly.

Recycle

The saying, “Reduce, Reuse, and Recycle” has been around for some time, and this isn’t for no reason! Recycling is one of the easiest and most effective ways to help the planet, reuse materials instead of buying new whenever you can! It saves energy and reduces the sizes of landfills just by the simple action of reusing a bottle for water or container for lunch.

Biodegradable Garbage Bags

Plastic is the biggest “No” when trying to remain eco-friendly, so when running into the problem of garbage bags and things of the like, biodegradable bags are the perfect solution! These bags are 100% compostable and will not pollute the environment.

Reusable Containers

Trends aren’t always a bad thing, so get your Stanley Cups ready because reusable

cups like these are exactly what you need to protect the environment. The same goes for lunch boxes and reusable coffee cups, it may seem like a lot to carry around, but Mother Nature will give you a big thanks afterwards!

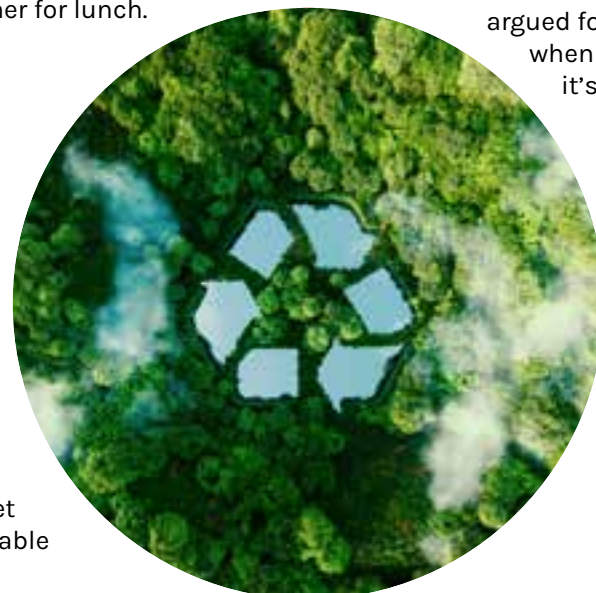
Donate

Don’t throw away the things that you don’t need, give them to someone who could make use of them instead! This has the same concept as recycling, letting someone else reuse your items will save the planet energy even if it is by a little, every bit counts.

Wash your Clothes in Cold Water

It’s important to try and conserve energy in any way that we can, and it has been studied that washing your clothes in hot water uses up about 90% more energy than any other setting. That number is far too high and can be saved for something else entirely so instead, it is advised to wash them in cold water; it is also argued for clothes to have a longer lifespan when washed in cold water more often, so it’s a win-win!

Beginning on the journey of eco-friendliness won’t be an easy task, but effort and consistency is all that it takes. Take it one step at a time, and the planet will thank you for it in the long run. We hope these tips on being eco-friendly can help and it’s easy to apply, to celebrate Earth Day, we encourage you to try to implement at least one of these tips into your lifestyle for the week!



Autism Signs, Symptoms, Resources and Advice

By: Crystal Blum

Q: What were some of the signs and symptoms you first noticed in your child’s behaviors?

I noticed some of the milestones were not being met. He was nonverbal, there wasn’t any cooing, and he didn’t have the ability to form simple sounds. That’s when I realized that there could have been something more going on.

Q: What was the biggest challenge when adapting to the lifestyle with a child with autism?

The biggest challenge was the outside world adapting to being around a child with autism. Acceptance and understanding are difficult, especially as they get older, so watching the world treat them differently because of something that they cannot control will always be a challenge for me. There is only so much that I can do.

Q: What is something that you want everyone to know about autism?

Every child with Autism is different. The spectrum is so large, not every child will act or look at the world in the same way. And it is important to realize that they hear everything that is said to them, they may not react because they simply may not know how to, but they do hear and understand everything said to and about them.

Q: What is some advice you would give to a parent who has recently found out that their child has autism?

The initial shock will wear off, so don’t dwell on it for too long. It’s important to let go of all the traditional milestones that we are used to and accept everything



small as a milestone reached in their journey. Love with an open mind and patience because you will need it throughout this journey.

And please, embrace the local programs and special needs parent groups! You will need the support for both your child and yourself; you don’t have to go through this journey alone.

Q: What are some community resources that your child uses that you think other families within your situation will also find helpful?

Some resources we used are Respite, Cradle Beach Camp, Fantastic Friends. These organizations really helped our journey in ways that we can’t even begin to explain, and I would encourage others to investigate them.

Q: What are some things that your child enjoys that may come as a surprise?

He enjoyed many things a lot of kids his age enjoyed, like music of all genres, computers, and swimming. But what took me as a surprise was his love for chores!

Q: Is there anything that you would change from your journey? If so, why?

The loneliness. If I could do a re-do, I would reach out to more support groups for both my child and I, I realize now how much this could have helped had I used these resources earlier.

Which is why I encourage others who have found themselves in this situation to get a circle of close people to help you. Build an empire for your child and yourself and learn to ask for help, it’s okay to need it—you do not have to go through this alone.

Dr. RS Channel: The End of Flu Season

By: Dr. Riffat Sadiq, CEO, WNY Medical PC



Now, we aren't in the clear just yet, although summer is just around the corner flu season is still here and with the constant weather change—we need to be prepared for all the sickness that comes with it. Flu season is a serious health concern that can affect people of all ages, no one is exempt from this kind of season.

Knowing this, we must understand how to avoid getting sick and what we must do to prevent it to the best of our ability to help not only ourselves, but those around us as well. Here are some of our tips to staying flu-free for the rest of the season, and hopefully something you can take on to the rest of the seasons to come!

Drink Water

Yes, we mean it! Drinking water is essential to staying healthy and ensuring your health is in the best condition that it can be. You can even add in a lemon for some flavor and get some additional vitamin C! Drinking at least two liters of water a day will boost your immunity as it naturally eliminates bacteria within your body that can cause infection; drinking water can also solve small problems that come with the flu such as headaches and dizziness!



Honey is More Than Sweet

There can be more benefits to honey than many may realize, as this can be used as an easy at home remedy for when you aren't feeling well. A minimum of two teaspoons a day of honey in warm water can go a long way. This drink can help detox your body, help with inflammation, and soothe a sore throat—you can even spice the drink up with some cinnamon and cloves.

Stuck with an annoying cough? Honey can help with that too! A small amount of crushed black pepper in a teaspoon of honey can get rid of that pesky cough sooner than you'd expect! Using these at home remedies and herbs are an easy way to boost immunity and prevent the flu right from the comfort of your home.

Go To the Doctor

Making sure you are doing the necessary check-ins with your doctor is extremely important, but especially so during the flu season. Do not hesitate to schedule a visit in person or by telemedicine with your primary care doctor when you aren't feeling well. Staying up to date with your vaccinations is equally as important, if you haven't done so already, schedule an appointment to get the annual flu shot. Receiving this will reduce how badly you can be affected by a variety of illnesses—not just the flu. The flu shot encourages safety not only for yourself, but for those around you.

Taking care of yourself now can make sure you are not as likely to catch other dire illnesses like pneumonia, or things of that nature, that the flu season can bring on. It is also as important to stay away from those who are already sick, and if that is not an option, masks should always be worn.

Prevention is key, it is important that we are all taking the necessary steps to staying healthy and keeping away from the flu season as much as possible! We hope these tips are helpful and are easy to apply this season and the next!



Dr Riffat Sadiq: Restoring Self

Want more tips on improving your health? Watch more videos on our YouTube channel, DrRSMD.



Hiking, Biking & Kayaking Opportunities in WNY

By: John Thomas

Looking at the calendar I see spring has arrived a day early this year thanks to the leap year. Judging by the number of people I already see out on the paths; it's also arrived early in our health and wellness journeys. There are many hiking, biking and paddling options in our area so this month I'd like to share with *Your Bliss* readers a few less trafficked favorites from a long-time Western New Yorker.

Boston Forest County Park

WNY hikers will have noticed there is a growing number of people finding enjoyment on our many trails. If a trail with woods and creeks and some moderate hill climbs sounds appealing, Boston Forest County Park should be on your options list. There is a parking lot located 1 mile west of route 219 on Rice Road where there usually is plenty of parking as it is common to see only a couple of other cars parked here. From the parking area a snowmobile access trail heads south then branches west and east on the main snowmobile trail. East is less hilly and has more creekside views, west offers a moderate climb to a good view of the surrounding landscape. I recommend exploring both directions if you want to travel more than a few miles. The trail is well marked and easy to follow. I like this hike because it is close enough to Buffalo for a quick outing but still has a good wilderness feel. There generally are not the large crowds that some other nearby hikes have on a weekend afternoon. The wide trail makes it possible to walk alongside friends and talk as you go. Be prepared for possibly muddy conditions when other trails may have already dried out and note there are no facilities located in the park.

Hemlock Lake

Kayakers and canoers have probably similarly noticed increases in traffic on the waterways. This increase has grown in parallel with the availability of inexpensive kayaks and an increase in the number of public launches in our area. Paddlers with their own canoe or kayak looking to explore should be sure to consider Hemlock Lake.

Your starting point is the South Hemlock Lake Boat Launch just off route 15A near the south end of the lake amongst some old growth forests. From there it is a 7.5-mile paddle to the north end of the lake. The boat launch area can get quite busy on the summer weekends, but once you are out on the lake it is a

different story as Hemlock Lake is a water reservoir for the city of Rochester, NY and the development is extremely limited.

There are no homes built along the lake, motorboats are limited to 10 horsepower and kayaks and canoes are far more common. I like this paddling location because of the quiet solitude on a fairly large body of water. Eagles flying overhead are a common sight and I've encountered them perched not far above me in trees observing me as well.



Niagara Gorge / Devil's Hole State Park

Road biking for me covers more miles than hiking or paddling and finding routes with minimal motor vehicle interaction is desirable. Recent improvements to the paths alongside the Niagara Gorge have made this a much better option than in the past.

Starting from Devil's Hole State Park, you can travel south on a repurposed parkway and some new bike paths along the gorge to Niagara Falls. There is minimal foot traffic as most walkers use the dirt paths alongside the gorge and there are few vehicle crossings. You should expect some congestion around Niagara Falls especially during the tourist season and slow down, but once you get past the Goat Island bridge, you'll find some additional bike paths going along the river above the falls. These paths aren't as pristine as the others but are quite serviceable. Upon returning to Devil's Hole if 20 miles wasn't enough you can travel north crossing the New York



Power Authority dam to a former parkway now limited to bike and foot traffic. A long gentle downhill will lead you into the town of Lewiston. I like this route for an early morning ride before the tourist hours where I don't have much traffic to contend with and I have the benefit of some very scenic riding. One caution, the full loop is only about 25 miles roundtrip, but I don't encourage inexperienced bikers to extend it further along the river in either direction as you will encounter significant traffic and rougher paths.

Maybe you're remembering that New Year's resolution to do more or maybe you've been going strong all winter. Either way, grab your gear and inspire some companions to enjoy the outdoors with you. I hope I've sparked a new destination opportunity for some of you or a reminder of a good option. If we cross paths on one of these gems, I'll surely wave or say hello because I'm happy to be out and about and hope you are too.

Keep Your Money in Your Pockets

By: Lei Anna Craig

Holding onto your money seems to be a challenging task, it's something everyone wants to do, but very few are good at. Especially with warm weather approaching, there's a lot of tempting events and activities that you would much rather spend your money on, but don't worry we get it, and we are here to help with a helpful guide to budgeting.

Creating a budget is making yourself a financial plan that makes the most sense for your income and expenses. Or, if you're making a budget that includes other people, their income and expenses as well. It is important that when creating a budget that the person creating is not trying to live outside of their means, do not make unnecessary purchases that do not fit within the budget. The most important part about creating this financial plan is consistency – you must remain focused!

Step 1: What Is your Income?

Before you make your budget, you need to find the number that you're working with. Your Net Income – meaning the money in your paycheck after the taxes get taken out – is all that matters here. The next question is how many times do you get paid per month, is it weekly or bi-weekly? Once you figure these numbers out add them up and remember it for Step three! And if you have a partner in crime within this equation, don't forget to add them in too!

Step 2: What are your Expenses?

What expenses must you pay every month? Think of your bills, car note, rent/mortgage, child and/or pet

care if any, groceries, a small amount for recreational activities (you still deserve fun on a budget), gas etc. Add all those numbers up, and if you have a partner in crime within this equation, don't forget to add them in too!

Step 3: Subtract!

Now that you have done all the addition, it's time for the subtraction, we are going to take the number of the expenses out of the income. The number leftover is what you are left with for the month, and that is your budget for the month.

Now, this number may look small, and you may be thinking "How can this be my budget for the whole month?" but don't fret. When seeing the small number, the automatic reaction would be to panic, but remember that we already took out all the big expenses out of your check. The number that we are left with is the "play money" essentially.

However, when encouraging financial wellness "play money" doesn't mean money that you can recklessly spend on things that are not necessarily a need, or on an activity that just sounds fun in the moment. This money left should only be used on emergencies – since all your expenses were already accounted for in Step two, right? – or put into a savings account for future purposes.

Although it is great to treat yourself, it is important that you find a healthy balance, and only spend money on big events when you can afford it and won't regret it later.



Creatively Generating Ideas & Solving Problems

By: Roberta Schlehr

Brainstorming is a method simply defined as a technique to generate ideas quickly and/or to solve a problem. You may or may not have heard the term Thumbnail Sketches. Thumbnail sketches are quickly drawn ideas, I would use this term when teaching graphic design. The thought process with this method is to generate as many ideas as possible, not to judge as you are working but just get your thoughts down on paper (or a tablet if using a digital device). This does involve sketching as described above, and many students felt fearful of this because they didn't believe they had artistic talents. THIS is the beauty of thumbnail sketches; you do not need to be an artist! At this stage you are only generating ideas (as long as you can describe your sketches). Still, this would be hard for some students to overcome. I started using a method with students to first write down as many words as possible with the required task, then they would be able to sketch ideas out from the list of words. Some students needed the word list to visualize the idea.



Example: The task is to create a postcard for a "Day at the Beach". If students are first generating a list of words, it may look like this: sun, sky, sand, water, seagulls, people, kids, blanket, beach ball, sand toys, etc. Next step is to develop and sketch of individual words or develop multiple scenes to include the sky with puffy clouds, the sun, a checkered blanket with a beach ball and sand toys nearby. For the people and kids, use stick figures!

It is important to understand there is no room for judgement at this early stage of brainstorming! Do not "think" about the sketch, whether it is good or not. Simply put – this phase captures initial thoughts and ideas. Once the required number of sketches are generated, then you can start looking at the sketches with potential. Sometimes at this stage ideas can be combined into one or sketches can be developed more thoughtfully. The next step is where you get feedback – constructive feedback from your peers. Constructive feedback is not a critical view of your work but an opportunity to see the potential in the sketches.

Brainstorming is a great tool to use in the office with a group project or to generate ideas for new initiatives. Tools like SWOT (assessing Strengths, Weaknesses, Opportunities and Threats), Mind Mapping or Role Storming are only a few idea-generating techniques. Use the tools for personal projects like cluttered spaces or storage issues at home. Need to de-stress or change habits (like sleep or diet), use Mind Mapping to list ideas and possible solutions.

Remember it is important to follow through with the brainstorming session – this is the beginning of generating ideas to create solutions of your project or problem. Brainstorming sessions can lead to creative, innovative ideas and results, whether you are in business, education, an entrepreneur, or someone with a problem to solve. Next step – implement your ideas!

Analytical Techniques:

Starbursting, Mind Mapping, SWOT

Brainstorming Tips:

Use Visual Aids, Create a Safe Space, Take Breaks

Creative Techniques:

The 5 Whys, Six Thinking Hats, Role Reversal

*Use an internet search for brainstorming techniques listed above.

We began as a video project called "Your HWH" in 2013 educating on health topics with Samantha Martinez & Dr. Riffat Sadiq. The program played episodes every week on Time Warner, channel 20.



Upon hiring of our current Managing Editor, Your HWH was brought to life in an eight-page publication tested in WNY Medical Offices. April 2017 brought the first official publication of Your HWH; the Autism Awareness Issue.



September 2020 brought forth the evolution of Your HWH into "Your HWHs" ultimately representing health, wealth, happiness & spirit. In the middle of a global pandemic, we felt the brand needed a way to lift our reader's spirits.

As of April 2024, Your Bliss has an active YouTube channel, the publication is available at 31 Tops, 10 Wegmans, 2 CVS pharmacies, 8 Rite Aids, 5 Walgreens locations, and various senior centers in WNY with a 4,000 printed publication circulation.

Where will we go next?

2013

2014

2017

2018

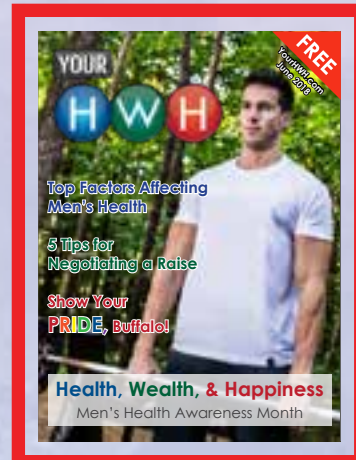
2020

2022

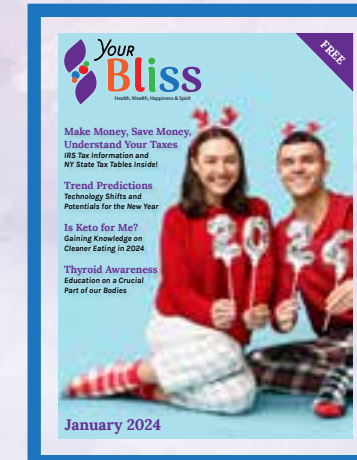
2024



The first printed publication was put into medical offices, entitled "WNY Health Share". Your HWH was transcribed into an insert for this publication, starting as a simple 2-sided flyer.



By the middle of 2018, Your HWH was available in 5 Tops and 3 Wegmans locations. We also hosted our first ever Health Expo in the city of Buffalo, NY in Summer 2018 at Buffalo Riverworks, hosting a variety of paid sponsors.



By 2022 we had grown into 18 Tops, 8 Wegmans, 2 CVS pharmacies, 8 Rite Aids, and 5 Walgreen's locations. Our brand became recognizable, and we felt the need for one final transition, to "Your Bliss Magazine"

Your Bliss: A Timeline of Growth

Navigating Parenthood & Entrepreneurship

By: Lana Shapiro



As the world evolves, so do our roles within it. For many women, the dynamic duo of being both a business owner and a mom is a daily reality. While immensely rewarding, it's also undeniably challenging. Finding that elusive balance between running a successful enterprise and nurturing a family can often feel like a high-wire act. However, with the right mindset and strategies in place, it's entirely achievable.

First and foremost, recognize that there's no one-size-fits-all approach to this juggling act. Each business owner-mom's situation is unique, influenced by factors such as the age of children, the nature of the business, available support systems, and personal preferences. Accepting this reality can alleviate the pressure to conform to unrealistic standards and allow for a more tailored approach to finding equilibrium.

My personal experience into entrepreneurship wasn't without its challenges. I held a very stable job at the same agency for nearly 2 decades, but my soul was calling me to follow a passion that I would not have been able to realize at my job. I quit my job in January of 2020 with an intention to go full into a private practice as a holistic



mental health counselor, but the Universe had other plans for me. In March of 2020, as the COVID pandemic infiltrated our reality, everything shifted. Not only did I have to navigate this new journey of working for myself, I also became a full-time teacher to 2 elementary school children and has to pivot my work to 100% remote.

This was an opportunity for me to take a step back and figure out where I wanted to take my business.

I invested time and money into coaching, therapy, and networking. I also had to navigate a medical trauma with my then 5-year-old son at the end of 2020 which landed him in a 2-week hospitalization at Children's hospital and 7-hour long brain surgery. This experience had completely shifted not only my mindset, but also gave me a clearer direction in where I wanted to take my business and my passion.

Here are all the tips and tricks I have learned on my journey so far and I am still learning as I go every single day. Being a full-time mom and a full-time business owner is a balancing and juggling act.

Effective time management becomes the cornerstone of this balancing act. Just as you allocate time for business meetings

and client calls, carve out dedicated slots for family activities and quality time with your children. Embrace flexibility in your schedule, acknowledging that unexpected disruptions are part of the course when raising a family. Planning and prioritizing tasks can help mitigate the impact of these disruptions on your business responsibilities, but let's be honest, when you have kids, things rarely go as planned.

Delegate whenever possible. As a business owner, it can be tempting to shoulder the entire burden yourself, but this isn't sustainable in the long run, especially when parenting duties also demand your attention. I can't stress this enough, ASK FOR HELP! Help is available and most of the time comes from sources you least expect. Don't forget to establish clear boundaries both with others and with yourself.

Cultivate a strong support network. Surround yourself with like-minded people who understand the unique challenges of simultaneously navigating business ownership and motherhood. Lean on fellow mompreneurs for advice, empathy, and encouragement. Seek out mentorship

opportunities to gain valuable insights from seasoned entrepreneurs who have successfully trodden this path before you.

Practice self-care relentlessly. It's easy to neglect your own well-being when you're pulled in multiple directions, but self-care isn't a luxury – it's a necessity. Prioritize activities that rejuvenate your mind, body, and spirit, whether it's exercising, meditating, indulging in hobbies, or simply enjoying a quiet moment alone. Remember, by prioritizing your own health and happiness, you're better equipped to fulfill your roles as both a business owner and a mom.

Above all, be kind to yourself. Striking the perfect balance between entrepreneurship and motherhood is an ongoing journey filled with peaks and valleys. There will be days when you feel like you're effortlessly conquering the world and others when you're barely keeping your head above water. Celebrate your victories, no matter how small, and grant yourself grace during moments of struggle.

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Self-care isn't a luxury – it's a necessity.
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Navigating How Taxes Work For Real Estate

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



Real estate and finance as industries, are intertwined and interdependent. If you buy, a small home for yourself or invest in residential or commercial properties the link between these two industries remains unbreakable. It is a must to not only understand the relationship between the two, but also to successfully learn to navigate through the maze of financing a real estate acquisition or to selling one to a client.

For financing the banks require a cross-sectional view of your financial state, history of your assets in the shape of a balanced sheet and profit and loss statements if you are running businesses. Banks also are interested to know that the real estate that you are requiring has good enough cash flow to pay the monthly mortgage payments so banks don't end up losing their investments.



The landing environment for real estate depends on interest rates, market conditions and overall state of the economy. In the high interest environment the acquisition cost is high for real estate, but the real estate value may go down because of the less demand in the market. In this environment, the best strategy is either to pay cash, or convince the seller to hold a mortgage for a reasonable time on an affordable interest rate.

In the low interest environment, the real estate prices go up or increase due to high demand and a relaxed credit market created by banks. This is called a sellers' market. In this case, acquisition cost may go up because of the hike in the prices, however the variety and the quantity of inventory in the market provides opportunities to position oneself as a serious real estate investor and plan a long-term strategy for a good cash flow.

In a stable real estate market, there is a balance between the demand and supply of the real estate inventory, favorable and steady interest rate and overall, the economy is expanding at a steady rate. Clearly, understanding the interplay between real estate and finance is essential for navigating the complexities of property acquisition and sale. By staying informed about market trends, assessing personal financial readiness, and seeking expert guidance when needed, individuals can make informed decisions and capitalize on opportunities within the real estate industry.



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A Review of Bob Marley: One Love

By: Alex Tilton

Before the film *Bob Marley: One Love* gets started, there's a recorded bit from Bob's son Ziggy who informs the audience that the Marley family was heavily involved with the film, and they're very pleased with the results. This set off an alarm in my brain.

Was this going to be a fair biography, or a self-serving hagiography? It leans closer to hagiography, but it's difficult to evaluate its quality as a film because it has no narrative focus. If someone asked me to tell them what's the point that *One Love* is trying to make, I wouldn't have an answer. I would also have trouble telling you what the central story is because the movie never focuses on any particular thread long enough to make it clear that this is the main one. But I can tell you what the story isn't by discussing the things the movie doesn't revolve around.

The movie doesn't revolve around Marley's rise to success. When the movie starts out he's already a superstar planning a peace concert to address Jamaica's violent political chaos. An attempt on the life of himself and his wife convinces him to leave Jamaica for England and work on the album that would become *Exodus*, which is where we spend the bulk of the movie.

The movie also doesn't revolve around creating the album. That's just a thing that happens along the way. There's no narrative tension associated with making the album. It's obviously important, but there's no suggestion of dire consequences should it fail. They have an idea for a lead single, they record it and everything is fine. And while making the album Bob has conversations with various people aimed at taking his music to Africa where he feels it is needed.

But the movie doesn't revolve around the Africa concert either. There's a brief conversation with his

business managers who tell him he has contractual obligations for a tour in the US and Europe. The next we hear anything about this is during the epilogue at the end of the movie. We don't see any struggle to make that concert happen, and nothing in particular seems to be hinging on its success.

And *One Love* definitely doesn't revolve around Marley's illness and death. That's just another thing that happens. Toward the middle of the film we see that Bob's big toe is badly infected. His wife, and eventually others, tell him he needs to see a doctor. When he finally does, he's told he has a rare type of skin cancer and decides to ignore the prescribed course of treatment.

The movie also doesn't revolve around Marley's religious reasons for refusing treatment, because this gets no discussion whatsoever. All that changes is that Marley decides to go back to Jamaica to do the concert now that he knows he's dying. It feels like this is supposed to be the central story I'm looking for; Marley leaves Jamaica, pursues his career, is forced to confront his own mortality and returns to finish what he started. But since this thread doesn't get any more screen time than any of the others it didn't feel like it was there to anchor the audience.

Despite the frustrating lack of focus I found many individual things about the movie to enjoy. Kingsly Ben-Adir and Lashana Lynch did an excellent job as Marley and his wife Rita. The movie has tons of awesome Bob Marley music in it, so if you're a fan you'll be very happy there. And that's the point, isn't it? This movie is for fans; people who already know a lot about Bob Marley's life and therefore won't notice the lack of a central plot.

Although upon reflection I think I do know what point the movie wanted to make. The point of the

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The point of the movie is that Bob Marley's estate had veto power over everything.
”



movie is that Bob Marley's estate had veto power over everything. There's no discussion of Marley's religious reasons for not following his doctor's advice, nor is there any mention of his decision to use a quack alternative medicine diet instead of proven science-based treatment, and the fact that this decision killed him. Marley has at least five children from extramarital affairs, but this gets only one mention during a heated argument with his wife. Characters smoke weed constantly but, somehow, a movie about a deeply religious Rastafarian man contains no discussion about the religious use of marijuana. There's also no exploration of Marley's relationship with the warring faction leaders in Jamaica. And these omissions have serious consequences. They prevent the movie from

becoming a coherent story, and it makes Bob Marley feel like less of a real human and more of an idea. It also strongly suggests that the Marley family isn't comfortable confronting the less than wonderful aspects of his life.

In the end I found the film both entertaining and very frustrating. I think I would have had a better time just sitting down and listening to one of his albums. But the movie gave me an excuse to use the word hagiography in a sentence, so I'll take it.

Image Source: DrydenWire.com & AugustMan.com

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Strawberry Goat Cheese Salad



ingredients

salad

- 5 oz baby arugula
- 2 c strawberries
- 1/4 red onion
- 1 c goat cheese
- 1 avocado
- 1 c pecan halves
- 5 slices of bacon

dressing

- 1/2 c olive oil
- 1/4 c balsamic vinegar
- 2 tsp dijon mustard
- 2 tbsp honey
- 1 garlic clove
- 1/2 tsp pepper
- salt for taste

directions

- Prepare and whisk together all dressing ingredients. Chill until ready to serve.
- Chop and prepare all salad ingredients.
- Lightly toast the pecans over medium heat for 3-4 minutes. Stirring them occasionally.
- Cook bacon to your preference then chop it up.
- Combine all salad ingredients into a large bowl and lightly toss.
- Dress with about half of the dressing to start. Add more as desired.
- Serve and enjoy!

nutrition

Calories 451 kcal Carbs 15g Protein 9g
Fat 41g Cholesterol 15mg Sodium 212 mg
Fiber 5g Sugar 8g

tips

- If you don't like arugula try spinach or romaine instead!
- To save some time, substitute your favorite store bought dressing.
- This salad is best served within 2-3 days refridgerated.

recipe presented by lemonsandzest.com





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