



**FREE**

## **Fourth of July**

*Reflect on Business Insights  
and their Significance to America*

## **Embrace Forgiveness**

*Understand the Importance  
of Letting Go in Relationships*

## **AI in our Daily Lives**

*Discover how Ever-Changing  
Technology keeps us Evolving*

## **Get your FREE GIFT!**

*Subscribe to our e-newsletter  
and receive a **FREE GIFT** in the  
mail from Your Bliss Magazine!*



**Scan Me**  
*for your gift!*

**July 2024**

# 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.

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.

If you would like more information on how to maintain healthy skin or have a concern about a skin condition, please schedule an appointment at one of our WNY Medical locations today.



**WNY MEDICAL, PC**

**(716) 923-4380 | [WNYmedical.com](http://WNYmedical.com)**



**Amherst**  
4979 Harlem Road

**Amherst**  
4985 Harlem Road

**Buffalo**  
135 Grant Street

**Cheektowaga**  
3884 Broadway Street

**Depew**  
3218 Walden Avenue

**Derby**  
6970 Erie Road

**Lackawanna**  
2600 South Park Avenue

**Lockport \*NEW\***  
15 Elizabeth Drive

**Niagara Falls \*NEW\***  
909 Pine 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](mailto:submit@YourBliss.us)

© 2024, 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  
Dr. Riffat Sadiq  
Gabrielle Guzinski

## Contributors

Rachael Bannen  
Dr. Animesh Sinha  
Lana Shapiro  
Sara Loft  
Sue Perbody  
Danielle Schrimmel  
Quinn Coonly

## 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

Riffat Sadiq, MD  
CEO, WNY Medical, PC  
Joe Serghany, MD  
CEO, Western New York MRI  
John M. Hatcher  
CEO, JMH Advisement, LLC  
Elizabeth Hatcher  
Ralph Hernandez  
Farina Mirza

# Table of Contents

- 4 ..... Healthy Skin Facts and Awareness
- 5 ..... The Game of Skateboarding
- 6 ..... Mindfulness in our Everyday Lives
- 7 ..... AI in Everyday Life: An Evolution
- 8 ..... Dr RS: Chronic Diseases and Osteoporosis
- 9 ..... The Power of Letting Go: Forgiveness Day
- 10 ..... Independence vs. Responsibility
- 13 ..... Video Game Day: *Helldivers 2* and *Cryptmaster*
- 14 ..... Recipe of the Month
- 15 ..... Coloring and Activity Corner

# Healthy Skin Facts and Awareness

By: Dr. Animesh Sinha, Chief of Dermatology, WNY Medical PC



Did you know that your skin is the largest organ of the human body? Skin, hair, nails, sweat, and oil glands make up what we know as the integumentary system. Throughout history, it was thought that our skin existed to primarily guard against mechanical injuries. However, our understanding of skin functions has evolved significantly in recent years. We now have a much more comprehensive awareness for the complexity of the integumentary system. While a barrier function of the skin for protection against outside elements such as pathogens, chemicals/toxins and temperature fluctuations remain key, other important functions of the skin are now appreciated, including temperature regulation, biosynthesis of key molecules, and the skin's role in personal identity. Moreover, the skin houses a robust and an at-the-ready immune system, poised to enhance its protective functions in battling bacteria, viruses, fungi, parasites and other pathogens.

Many factors can impact the function and appearance of the skin. Smoking, alcohol use, and excessive UV exposure can contribute to wrinkles, sunspots, and general uneven thickening or thinning of the skin, and impede normal immune and biochemical activities in the skin. There are a vast number of primary diseases of the skin, including those associated with genetic disorders, infections, allergies, injuries, autoimmune conditions, and various benign as well as malignant tumors. Additionally, several important systemic diseases such as diabetes, lupus, internal cancers,

among other disease states manifest with characteristic skin lesions.

Proper skin care and sun protection are very important to overall health, to prevent or reduce the occurrence of various skin conditions. Annual full body skin exams in particular are critical for the early detection and treatment of skin cancers, which continue to rise in incidence.

One in five Americans will develop skin cancer during their lifetime. Thankfully, many forms of skin cancer are highly curable when caught early enough. It is important to be aware of your family history, as well as your own past medical history, when speaking with your dermatologist. You can be at increased risk of skin cancer if you have a family history of melanoma, fair skin, red or blonde hair, light eyes, a history of excessive UV radiation exposure, unusual moles, or a weakened immune system.



Annual full skin exams involve the observation of skin from head to toe, looking for any unusual rashes, spots, bumps, or moles. As your dermatologist, I take note of any lesions or suspicious areas of your skin and may move forward with further evaluations, such as performing a skin biopsy when needed, along with close monitoring of suspicious lesions longitudinally over time.

Remember to take care of your skin, and visit your dermatologist on a regular basis for any concerns and annual skin checks!

# Go Big or Go Home: The Game of Skateboarding

By: Sara Loft

Did you know games existed as long ago as the B.C. time? Before social media existed, participating in a game was a form of human interaction. Games have brought a sense of humanitarian efforts as well as a great exercise for both the mind and body. Well, summertime is here! So, let the games begin!

Take the Olympics as a prime example. Still to this day, the legacy of the Olympics carries the unifying tradition of bringing together a diverse set of athletes and spectators from all around the world. Athletes have climbed to the top of their field for the opportunity to compete for recognition or status in this worldwide event.

Historically certain games and their rules became antiquated and some games were extremely challenging for some athletes which led to tragedies and sometimes their death. The International Olympic Committee (IOC) is responsible for adopting a code of ethics for the Olympic Games. This code outlines principles and rules that guide the behavior of various stakeholders.

Did you know that skateboarding made its debut at the 2020 Summer Olympics in Ariake Urban Sports Park in Tokyo, Japan? Yes, skateboarding! In the mid-twentieth century, skateboarding was formed in California. The International Olympics Committee approved skateboarding as a competitive sport for the 2024 Summer Olympic Games which will be held at the La Concorde in Paris, France. According to Olympics.com, both men and women will be

participating in the skateboarding competition that will be split into two categories set at the street and park. The schedule is currently set for everyone to watch on July 27-28, 2024 as well as August 6-7, 2024, unless dated otherwise.

Also, you're in luck, Western New York! Within our beautiful region, there are local businesses that support the love of the game of skateboarding.

Whether you are a beginner or not, I recommend you ride with safety in mind because skateboarding can be a dangerous game to play.

Supervision is crucial for the game. Professional boarders even have undergone injuries. One cool spot to visit would be the Food Court Skate Park (inside the McKinley Mall), where they offer lessons for all ages to learn how to ride their boards. For your skateboarding needs, you could go to Moms Skateshop or Phatman Boardshop. There are various skate parks across the Western New York region.

For the outdoor environment, we have a handful of places to ride on such as Alix Rice Peace Park (located in Northtown Center at Amherst), LaSalle

Skate Park (located in Ralph Wilson Park),

Lancaster Skatepark (located in Keysa Park),

Orchard Park Skate Park (located in Yates Park), Hyde Park at Niagara Falls, New York, and RailYard Skate Park at Lockport, New York.

So... grease those wheels, tweak that truck right, bust out that deck, wear the gear, bring a friend, and enjoy the wonderful skateboarding season!

“  
**...skateboarding  
made its debut at  
the 2020 Summer  
Olympics...**  
”



# Embracing Mindfulness in our Everyday Lives

By: Lana Shapiro

In an age marked by relentless distractions and the ceaseless rush of daily life, mindfulness offers a sanctuary of calm and clarity. But what exactly is mindfulness? At its core, mindfulness is the practice of being fully present in the moment, aware of where we are and what we're doing, without being overly reactive or overwhelmed by what's happening around us.

## Understanding Mindfulness

Mindfulness is rooted in ancient Buddhist traditions but has gained significant traction in contemporary psychology and wellness practices. It involves paying attention on purpose, in the present moment, and non-judgmentally. This practice helps cultivate a greater awareness of our thoughts, feelings, and sensations, allowing us to respond to them in the present moment.

The benefits of mindfulness are well-documented. Research indicates that regular mindfulness practice can reduce stress, enhance emotional regulation, improve focus, and boost overall well-being. It can even foster better relationships and improve physical health by lowering blood pressure and enhancing sleep quality.

## 1. Mindful Breathing

One of the simplest ways to practice mindfulness is through mindful breathing. Find a quiet place, sit comfortably, and close your eyes. Focus your attention on your breath as you inhale and exhale. Notice the sensation of the air entering your nostrils, filling your lungs, and then leaving your body. If your mind starts to wander, gently bring your focus back to your breath. This exercise can be done for a few minutes each day to help center your mind and calm your body.

## 2. Body Scan Meditation

This technique involves focusing attention on different parts of the body, starting from the toes and moving up to the head. Lie down or sit comfortably, and systematically bring your awareness to each part of your body, noticing any sensations, tension, or discomfort. This practice can help you connect with your physical self and release any pent-up stress or tension.

## 3. Mindful Eating

Mindful eating encourages you to slow down and savor each bite. Pay attention to the color, texture, and taste of your food. Chew slowly and thoroughly, appreciating the nourishment it provides. This practice not only enhances the eating experience but also promotes better digestion and a healthier relationship with food.

## 4. Walking Meditation

Walking meditation combines the physical movement of walking with mindful awareness. Choose a quiet place to walk, whether it's in a park or a quiet room.

As you walk, focus on the sensation of your feet touching the ground, the movement of your legs, and the rhythm of your breath. Walking meditation can be a powerful way to integrate mindfulness into your daily routine, especially if you find sitting meditation challenging.

## 5. Mindful Observation

This technique involves choosing an object within your environment and focusing your full attention on it for a few minutes. It could be a flower, a candle, or even a cup of tea. Observe its colors, shapes, and textures. Notice any thoughts or feelings that arise during this observation. Mindful observation helps you practice being fully present and appreciative of the simple things in life.

## Integrating Mindfulness into Daily Life

Mindfulness is not about escaping reality but engaging with it more fully. By incorporating these simple techniques into your daily routine, you can cultivate a greater sense of presence and peace. Remember, mindfulness is a skill that requires practice and patience. Start small, be consistent, and gradually, you will notice the profound impact it can have on your life.

In conclusion, mindfulness is a powerful practice that enables us to live more fully and harmoniously. Whether through breathing exercises, mindful eating, or body scan meditations, the journey towards mindfulness is a path worth taking. Embrace the present moment, and let mindfulness guide you towards a more balanced and fulfilling life.



# AI in our Everyday Lives: An Evolution

By: Gabrielle Guzinski

The digital landscape is changing once again and this time it isn't about a new gaming console, laptop or even smart TV. It deals with software called Artificial Intelligence or better known as AI. It can be seen in various industries such as education, healthcare, social media, finance and much more. The most well-known AI can be linked to Siri, and it has evolved into various other devices such as Dashcam and Amazon's Alexa.

Gartner has announced that its 2019 CIO Survey suggests that, "37% of organizations have implemented AI in some form. Demonstrating not just a growing acceptance of AI technology but also an increasing integration of AI skills within business processes. Whether it is unlocking your phone to respond to an employee, to punch in and out of work, to receiving a risky email, which will be automatically in the spam folder to keep your device safe. These are just some of the actions used in the day-to-day corporate working world currently. Even during the pandemic, the world relied on software like Zoom to stay in contact with one another. While these things seem simple; AI is behind this to make it happen."

While AI might seem new to many of us, the concept has been around even before the beginning of the century. According to Tableau.com, the birth of AI was between 1950-1956. From there, it has taken off into 1950: Alan Turing published "Computer Machinery and Intelligence" which proposed a test of machine intelligence called The Imitation Game. It was renowned as the Turing Test and became a benchmark for evaluating the intelligence of artificial systems. According to this test, if a human cannot distinguish

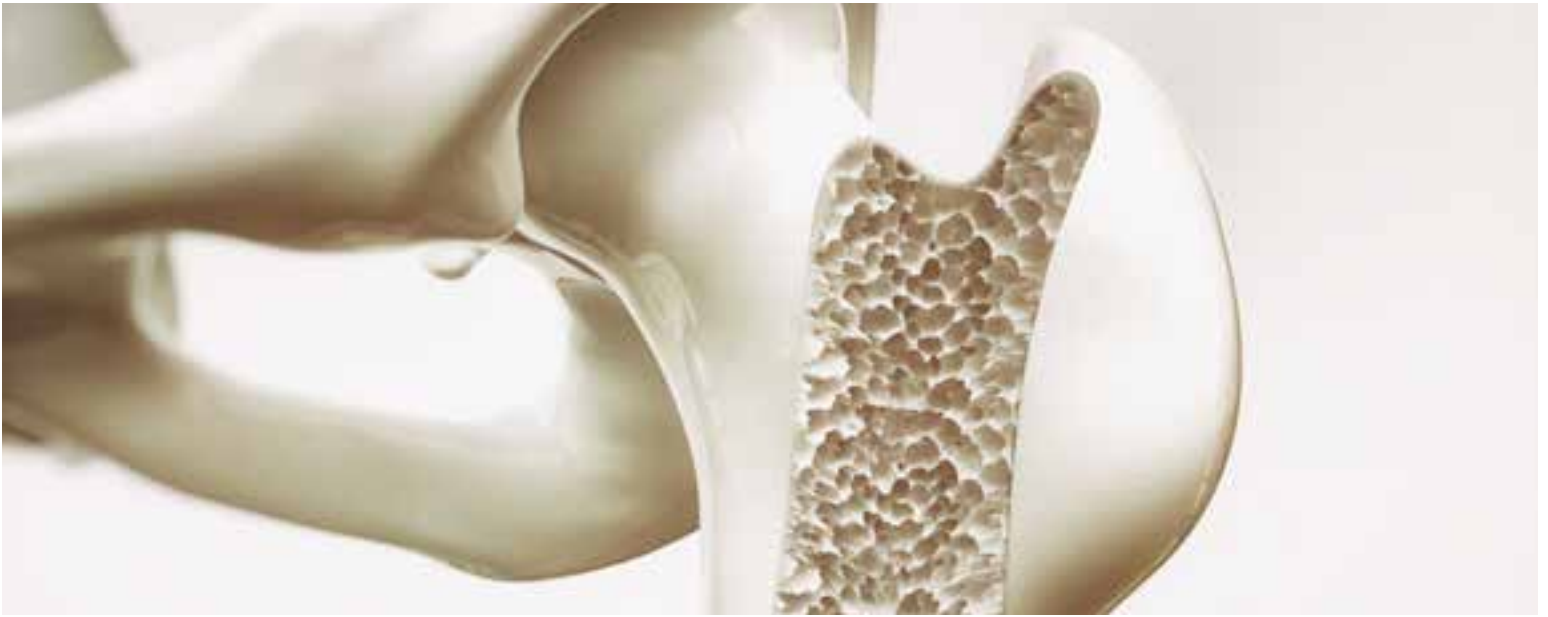
between interacting with another human and a machine, then the machine is considered intelligent. Artificial Intelligence was then officially coined in 1956. Advancements have continued from the development of Xbox 360 Kinect, the first gaming hardware designed to track body movement and translate it into gaming directions and in 2002 the first Roomba was released. AI has accelerated innovation and we have entered a new era of determining and accepting that AI can help us in our daily lives for both entertainment and work purposes.

Artificial Intelligence has come a long way over the years, evolving into various forms. While some exciting projects are still in development, there are already several impressive AI tools available. Here is what you can expect; DALL-E was developed by OpenAI, the same developers of ChatGPT. DALL-E is the result of extending the GPT architecture to the visual realm. It takes text prompts and generates corresponding images, showcasing the creative potential of AI. NICE CXone SmartAssist powered by Amelia provides businesses with chatbots that can interact with customers via text or voice. While SmartAssist integrates with your knowledge and backend systems, it comes with baked-in roles with skills for handling common tasks, such as password resets, billing inquiries/refunds and rescheduling deliveries. Leena AI WorkLM is a large language model (LLM) that can help HR departments automate, optimize service delivery, along with planning as well as measure and improve employee experience. Exploring these programs can help you stay ahead in various business fronts and deepen your understanding of the latest AI advancements.



# Dr. RS: Chronic Diseases and Osteoporosis

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



According to the Center for Disease Control, chronic diseases are defined broadly as conditions that last one year or more and require ongoing medical attention or limit activities on daily living or both. Chronic diseases are the leading cause of death and disability in the United States. When it comes to overall health, elder citizens are more prone to osteoporosis. This is an example of a chronic disease with a silent effect, meaning it often has no symptoms.

Osteoporosis is when bones become less dense and not properly suitable for our bodies. Our outer structure of our bones may look well, but the interior will begin developing holes. A potential way to tell if you have osteoporosis is if you are losing height due to a compression fracture in your back. A compression fracture is a break in the vertebrae that causes them to collapse. The density

of your bones changes throughout your lifetime, so it is important to follow up with your doctor with a dexa scan if you begin noticing these crucial changes.

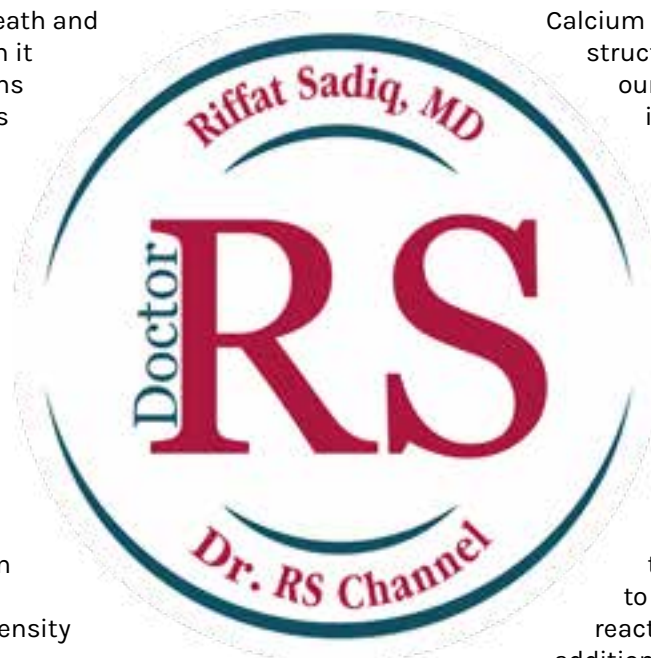
Calcium and Vitamin D can help our bone structure and overall strength throughout our lives. A balanced diet is important, including eggs, milk, and cheese.

Light exercise and sunlight are other important factors, when it comes to an overall healthy lifestyle.

In women, it is crucial to have hormone therapy to keep our bones healthy. If it comes down to needing medication for our bones, that can certainly be done. We have bone-building cells in our bodies, as well as bone-eating cells. Adding bone-building medication to our life

is an effective solution to help this disease. Overall, it is crucial to pay attention to how our bodies react to our surroundings. If you require additional attention to your bones, schedule

a consultation with one of our competent providers at WNY Medical, PC by visiting our website at [wnymedical.com](http://wnymedical.com), or by calling 716-923-4380.



**Dr. Riffat Sadiq: Restoring Self**

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





# The Power of Letting Go: Global Forgiveness Day

By: Danielle Schrimmel, Vendor Supervisor, Olive Tree Family Services

In the tapestry of human emotions, forgiveness shines as a thread of immense strength and resilience. Global Forgiveness Day, observed annually on July 7th, serves as a dedicated moment to reflect on the transformative power of letting go of resentment and embracing understanding. While forgiveness is a personal journey, a dedicated day acts as a powerful catalyst to initiate this process on a global scale.

The human experience is rife with conflict, from interpersonal disagreements to international disputes. These transgressions, big or small, can leave wounds that fester, poisoning relationships and hindering personal growth. Forgiveness is not about condoning the wrongdoing but rather choosing to release ourselves from the burden of anger and resentment. Studies have shown that forgiveness leads to a multitude of benefits, including improved mental and physical health, stronger relationships, and a greater sense of peace.

Global Forgiveness Day serves a crucial role in reminding us of these benefits. It encourages us to examine the grievances we hold close and explore the possibility of letting go. This exploration can take many forms: writing a letter that we might never send, engaging in a heartfelt conversation with a loved one, or simply acknowledging the pain we hold and choosing to release it. The act of forgiveness is not always easy, especially when the hurt runs deep. However, the day serves as a gentle nudge, reminding us that forgiveness is a gift we ultimately give ourselves.

Beyond its personal benefits, Global Forgiveness Day has the potential to foster a more compassionate and understanding world. When individuals choose to forgive on a large scale, it can pave the way for reconciliation and healing within communities and even between nations. Imagine a world where

forgiveness replaces resentment in international diplomacy, fostering collaboration and peaceful solutions to conflict. While this vision may seem idealistic, Global Forgiveness Day reminds us that it's a world worth striving for.

However, advocating for forgiveness doesn't mean ignoring the need for accountability. Forgiveness does not erase the wrongdoing; it simply allows us to move forward without being chained to the past. There are situations where justice and accountability must be served before any form of forgiveness can take place. Global Forgiveness Day should not be used to justify harmful actions or minimize the pain caused by transgressions. Instead, it should be seen as a step in a holistic process that seeks healing and understanding alongside accountability.

“  
**Advocating for forgiveness doesn't mean ignoring the need for accountability.**  
”

Looking ahead, Global Forgiveness Day can evolve beyond a single day on the calendar. We can strive to cultivate a culture of forgiveness throughout the year. Schools can incorporate lessons about forgiveness into their curriculum, encouraging students to understand its power from a young age. Media outlets can focus on stories of reconciliation and forgiveness, showcasing the positive impact it can have on individuals and communities. Ultimately, by acknowledging the importance of forgiveness on a global scale, we can create a world where understanding and compassion triumph over anger and resentment.

Global Forgiveness Day serves as a powerful reminder that forgiveness is not a weakness, but a strength. It allows us to break free from negativity and embrace a brighter future, both for ourselves and for the world around us. Through individual and collective acts of forgiveness, we can weave a more compassionate and hopeful tapestry for generations to come.



## We Provide

- |                                |                            |
|--------------------------------|----------------------------|
| Educational training Resources | Community Group Activities |
| Advocacy                       | Community Referrals        |
| Skill Building                 | Clothing Closet            |
| Parenting Classes              | Mental Health Resources    |
| Group support                  | Housing Resources          |
|                                | And much more!             |

# Independence vs. Responsibility

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



All nations have an Independence Day that they celebrate. It is a specific date in history where they declared after a long strong or even a violent period that they are independent in making decisions about their destiny and affairs. For us, it is July 4<sup>th</sup>. Happy 4<sup>th</sup> of July!

What comes after independence is the responsibility to preserve national independence, along with guaranteeing the rights of individual freedoms for the common citizens and defending the collective opportunities for their coming generations. It requires a sustainable governing system that is accountable to the stakeholders, which are the citizens. The citizens in return must abide by the responsibilities to maintain and reinforce the governing system while preserving the foundational values for which the struggle of independence was launched and won.

Responsibility is a word that is inclusive of boundaries, restrictions, limits, consequences, systemic cycles of the interruptive delivery of debated rules and principles, with tremendous patience to await favorable outcomes and at the same time entertaining the odds of adversarial conclusions. The real test of citizenry is when one must live with the new realities constructed to the process in place. A group that might be at advantage in one period might not have the same advantages in another time.

In a business, independence is all about responsibilities. The more responsible you are in your behavior as an entrepreneur or business leader the more independent one can enjoy acquiring the true potential of the business. Just as the independence of a nation requires abiding by certain rules to preserve the collective future opportunities, the more inclusive the governing system of the stakeholders the more far reaching and successful it will be.

If the system is only to benefit the elite, it will collapse from underneath. If the system only benefits mid-management, it will die of immobility. If the system only favors the workers on daily wages, it will not be able to compete with the rest of the world. If the system only benefits the investors, it will impoverish itself and will suffocate.

The only way to preserve and maintain a healthy system is to balance the benefits and interests of all stakeholders. Independence without balance doesn't last long.



# Rental Luxury Apartments

available in the heart of Niagara Falls!



ELEANOR  
APARTMENTS

704 8th Street  
Niagara Falls, NY 14031



#### Available Apartments:

- Studio + 1 Bath
- 1 Bedroom + 1 Bath
- 2 Bedroom + 1 Bath



info@eleanorniagara.com • www.eleanorniagara.com • 716-256-1673



## Live Better.

Medicare Advantage Plans  
Prescription Drug Plans

**We've got you covered.**

📞 877-MY-WELLCARE (TTY: 711)

🖱️ WellcareforNY.com

7 days a week, 8 a.m. - 8 p.m.



By

**FIDELIS CARE®**



# Hawk Development presents PRIMO Cowork Space

*Call for more info: 716-256-1673*

**Need to Promote? *Do it with flyers!***



**Get 25 Letter Size  
& 100 Quarter Size**

**\$20**

**Standard**

Copy paper with  
white borders.

**\$35**

**Premium**

Gloss paper  
with no borders.

Deal ends: 07/31/2024

 **SUN  
SPIN MEDIA**  
*Quality • Efficiency • Creativity*

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



# Video Game Day: Review of Helldivers 2 & Cryptmaster

By: Alex Tilton

For National Video Game Day, I bring you two radically different games. One is a gloriously over-the-top arcade style co-op shooter from a big-name studio, and the other is a dungeon crawler word guessing game made by one guy.

*Helldivers 2* (HD2) is about as simple as games get. Pick a planet from a map. Land on it. Kill bugs or robots depending on which planet. Rinse and repeat. It was so *refreshing* to just blow things up for a change. No convoluted plot, nothing to figure out, just drop in and go. The central gimmick is that once you land on a planet, you request weapons and equipment by inputting a combination of arrow keys. It's essentially a video game version of the movie *Starship Troopers*. It was a huge success, but several months in it was marred by a tremendously stupid decision from the publisher, Sony. They tried to force PC players to sign up for a PlayStation Network account *after* they'd already bought the game. The backlash was massive, ugly, and instantaneous. Players started review bombing the game and the distributor, Valve (who owns the platform Steam) started issuing refunds to anyone who asked, regardless of how long they'd owned the game. Even the developer (Arrowhead Studios) was vocally upset about it. Players felt bullied and lied to, and they got angry. Eventually Sony backed off, but the damage was done. Double-crossing their customers shot their reputation to hell. The phrase 'published by Sony' is now a red flag.

While this was happening, I went looking for something else to play. I saw an ad for *Cryptmaster*. It was an indie dungeon crawler...word game? That was a new one to me. So, I tried the demo, and I've only ever seen one game somewhat like it; *Return of the Obra Dinn*. It was a massive indie success a few years back. Done in monochrome colors to resemble an early PC game, created entirely by one guy, with a dark story and an amazingly good atmosphere for its humble graphics. I can't recommend it strongly enough.



*Cryptmaster* is similar, except that everything in the game depends on typing. Very briefly, there's a necromancer who is sick of being dead and wants to change that. To facilitate this goal, he resurrects four dead heroes who (it is suggested) were the ones who originally stopped him from taking over the world. To do this you wander around a dungeon opening chests.

The cryptmaster looks inside it and you can issue one-word requests such as 'Look', 'taste', 'touch', and you get vague descriptions of the object inside. If you correctly guess what it is, you are rewarded with some letters of the alphabet which fill in blank spots next to the character's names. If you can guess what word those letters are spelling out, you get a new power for one of your characters, or you unlock a memory that tells you a bit about their history. You also gain letters by solving riddles, harvesting bugs from cave walls, fishing, and fighting enemies.

Combat is done by typing one-word commands for actions your characters can perform. There's also a game within the game that involves selecting pairs of letters from a random assortment, in order to spell out the names of cards in your hands, in exchange for dealing damage and generating special effects associated with each card.

*Cryptmaster* is dark, very funny, and refreshingly original. It can get a little frustrating at times, because it doesn't (in my opinion) do a great job of indicating where you need to go. That said, this is a solo-developer and he did a great job. If you want something truly different, you can't go wrong with *Cryptmaster*. It's also good to support these solo developers whenever you can. We get more fresh, original games that way. It's an easy recommendation to make.



**Image Sources:**  
[Steam.com](https://www.steam.com) & [GameRant.com](https://www.gamerant.com)

# Guacamole Stuffed Burgers

Paleo, Whole30, Keto, AIP Options

## Ingredients

### Burger Patties

- 1 lb ground beef preferably grass fed
- 1 tsp cumin - omit for AIP
- 3/4 tsp sea salt
- 2 garlic cloves minced

### Guacamole

- 1 medium avocado ripe
- 2 tbsp lime juice
- 1/4 tsp sea salt
- 2 tbsp chopped cilantro

### Optional toppings

- Sliced onions
- Pickles
- Sliced tomatoes
- Paleo mayonnaise
- Lettuce for wrapping



Recipe provided by [whatgreatgrandmaate.com](http://whatgreatgrandmaate.com)

## Instructions

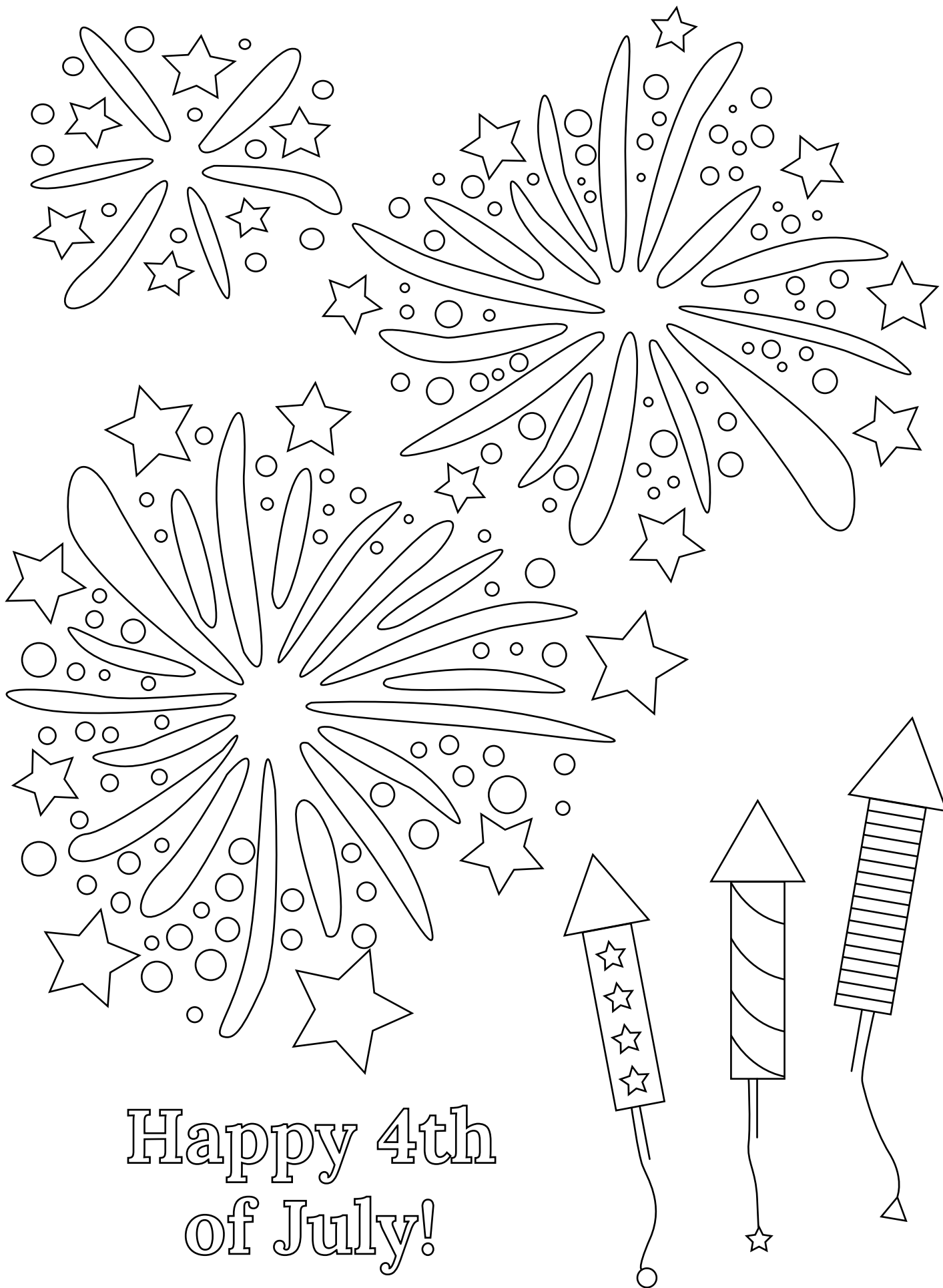
1. In a large bowl, place all ingredients for the burger patties and mix together to combine. Be careful not to over-mix.
2. In a separate bowl, mash all ingredients for guacamole together.
3. Divide the burger meat into 4 equal sections.
4. Use your hands to divide each section in half. Flatten each half into similar sized circles, similar in diameter as a burger patty. Add a scoop of guacamole to the center of one circle, and top with the other circle. Pinch the sides to create a burger patty with the guacamole inside, shaping it the best you can. It's okay if guacamole seeps out of the edges a bit.
5. Repeat with the rest so you have 4 burger patties. If you don't use all of the guacamole, serve it as a topping with the cooked burgers.
6. Grease and heat the grill or a grill pan over medium high heat.
7. Cook the burgers for 4 minutes on each side, until cooked through.
8. Serve with your favorite toppings!

374 Calories

Fat - 30g  
Saturated Fat - 10g  
Cholesterol - 81mg  
Sodium - 516mg  
Potassium - 550mg  
Carbohydrates - 6g  
Fiber - 3g  
Sugar - 1g  
Protein - 21g

Vitamin A - 85IU  
Vitamin C - 7.8mg  
Calcium - 29 mg  
Iron - 2.6 mg

# Coloring Corner



Happy 4th  
of July!



*Need a break from  
the **summer heat?***




**Come in and  
enjoy a **free drink**  
with your order!**

**Valid through July 31, 2024**

**Dine-in only • Tea not included • One drink per customer**



 Mister Dee's Apna Dera (716) 839-9440 **ORDER ONLINE:** [ApnaDera.net](http://ApnaDera.net)

 misterdees\_apnadera 450 BEACH RD, CHEEKTOWAGA, NY 14225