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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 aspects of mental, financial and spiritual health. 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 nature of technology, knowledge and evolution of the healthcare 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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Start Fresh with Finances Next Semester

By: Megan Plevniak



You think you're ready to go back to school this semester? THINK AGAIN! With rising gas prices, food costs, and continuous inflation in this economy, it can put financial stress on students. What if I told you that saving money throughout the semester is easy? Just keep reading.

We all have a favorite place to shop or our go-to gas station—and let's not forget our coffee drinkers. There is an app for everything these days. You can easily save money on gas by using apps, joining loyalty programs, and checking prices on Gasbuddy.com. After you stop at the gas station, make a quick pit stop for coffee. Tim Hortons and Starbucks come to mind for their amazing rewards programs. Did you know on average it costs \$4.00 a day for a cup of coffee? That's \$120 a month and about \$1400 a year. On average you can save about \$10.00 a week just using the app to score great deals.

Students can save money by using apps, bringing their own beverages and food on campus, and using cash back or loyalty programs. Studies show that people are more interested in saving money now more than ever. This economy is challenging, and being financially stable is hard, but it's not impossible.

What I enjoy about shopping is how much money you can save. I am always using grocery coupons on the app, and comparing prices to other stores in the area. Online shopping has become a hot commodity with apps like Instacart, Wegmans, Amazon, and Walmart. Those who like to order dinner can also sign up for platforms like DoorDash and Uber Eats for more deals! As a student preparing for the next semester, you can sign up for these platforms and regularly receive deals right on the app. It makes it easier than ever to compare prices, discover great deals, and even score free delivery.

“
Being financially stable is hard, but it's not impossible.
”

There are also wonderful cash back programs or apps you can use. You get a receipt from the store but who wants to carry several long paper receipts in their wallet? That was my thinking until I discovered apps that let you scan your shopping receipts for money. Yes—they actually reward you with money or points towards gift cards, PayPal, Cash App and more! These apps include Fetch and Ibotta. Instead of throwing out these once useless receipts, use them as a way to save money towards your next purchase.

What comes to mind as the best way to get prepared as the semester is near? How do we know where to start? While the subject of finances and bills and everyday stress can be scary, it's always good to have a plan. Start at the beginning and that is—financial planning or in other words budgeting. Take a few minutes to jot down all of your expenses. Your bills, cost of groceries, dinner, coffee, streaming services, and let's not forget college books. Once you write down your expenses for each month, then you can see what is necessary and what you can cut down. Some of us aren't even aware of the amount of money we spend each week or even each month. That \$4.00 cup of coffee turns into \$120 a month, that dinner you ordered—\$300 a month and the list goes on. Once you create a financial plan or budget, you will feel like a weight lifts off of you.

One thing to remember as you gear up for a new semester is that we can never be too prepared. Go ahead and download those apps, start saving on things like gas and groceries, and save those pesky receipts. You will become financially stable in no time. While you may feel like you aren't ready, if you just follow these simple steps, your next semester will feel like a breeze.

History of the Niagara Power Plant

By: Bob Adner

It has been almost sixty years since the Niagara Power Project was completed. I was one of the lucky ones that was working on it from start to finish as a blaster. With nearly twelve thousand workers employed at one time or another there were a lot of human-interest stories that came from their experiences. This is one of them.

Let me begin with a little background. With the tremendous amount of concrete poured, the aggregate (gravel, sand, etc.) mixed with it had to come from somewhere. The powers that be decided to use the rock excavated from the tunnels and forebay to produce that aggregate. And so, they needed rock crushers of all types to process the rock. Two of the biggest crushers in the world were designed and assembled on site. They consisted of steel boxes approximately thirty feet long by twenty-five feet high by eight feet wide. The walls were about one foot thick and solid steel. Inside were two rollers or impellers that weighed three tons each. Each impeller had three huge breaker bars that were part of the impeller itself. They spun at a speed of eighteen hundred rpms. Each one was turned by a hundred horsepower electric motor. The rock was dumped into the crusher via a chute about twenty feet long and wide enough to accept a rock five feet wide, five feet thick and eleven feet long. And the operators tried to get bigger ones through. This caused a problem. There was no way to get a rock back out once it was down the chute.

I was working in the forebay or as we called it “the hole” one afternoon when the crusher super showed up in his pickup and had a short talk with my boss, John Saunders. John was one of the best rock men I ever knew and was highly respected by his men and his bosses. John came over to me and said, “they've got a rock stuck in the crusher and can't get it out. Wanta take a little powder (dynamite) and see what you can do for them?” Anything to get away from the tedious job of loading holes, I put a piece of powder in one pocket and a cap with a forty-foot lead in another pocket. I got in the super's pickup and he got out the other side. He said he wasn't driving any pickup any place with me and that dynamite inside. So, we decided I would ride up with him (minus the dynamite) and John would send the powder truck up so I could get what I needed. When we got to the crusher I was surprised. I hadn't ever seen one like that. I asked the

super, “Where's the rock?” “Inside the crusher”. Next question; “How do I get inside the crusher?” Next answer “Same way the rock did-through the top”. He pointed out a ladder welded to the side of the crusher. I climbed it and found myself on top of the beast. I laid down on my stomach and tried to look down the chute. What I saw was two sets of heavy chains hung across the chute to keep the impellers from throwing pieces of rock back out of the crusher. I climbed down the chute, threaded my way through the curtains and at last was standing on the offending rock. The impellers were shut down so I got a better look. It wasn't a big rock-about three feet thick but really wide. It had turned sideways and its own weight jammed it against the side of the chute. A corner had to be blasted off.

Easy job!! I climbed back out and there was John who ridden up in the powder truck. “Whatta we got?” “Really simple — piece of cake”, I told him, and described the situation. He took my word for it and left to set up safety precautions while I got a pail of mud (to hold the charge in place), and got my powder and cap off the truck. John came back,” Looks like we have an audience.” All the big shots were gathered around to see if I was going to ruin their million-dollar invention, or just kill myself. Back down through the chains and with the charge in place I carefully threaded the wire up the chute and out onto the top of the crusher. I signaled to John I was ready and he signaled the operator to start the crusher. Everyone ran for cover. A big Payhauler truck had been brought up for them to hide under. John had a pickup waiting and blew three short blasts on the horn the signaling to clear the area. Exactly one minute later I gave the time worn yell “Fire in the Hole” and touched the wires to a flashlight battery. A loud bang and then I felt the thud of the impact where I was standing on top of the crusher. And then the rock slid into the impellers, was pulverized and dumped out the bottom where a belt took it out to the stockpile. John sounded one long blast on the horn, the all-clear signal and the show was over. And the crusher still stood and I was still alive. Actually, I could've broken the corner off with a sledge hammer but that would mean I had to ride the rock through the crusher which would have been detrimental to my health.

My name is Bob Adner. I live at 230 Newell in Tonawanda, New York. I am 94 years old and enjoy remembering the power project!



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Significance of Garage Sales and Thrift Shops

By: Debbie Fadel

When I think of the warm months of summer, many enjoyable activities come to mind. Some of these include gardening, biking, baseball games, swimming, and barbecues. Of course, let's not forget visiting garage sales and thrift shops. Whether selling or purchasing, shopping and finding an unexpected treasure is an all-time favorite of both adults and children.

Seasonal ventures of any type of outdoor fun are entertaining and exciting. I love visiting and supporting local thrift shops and secondhand stores. Some of my favorite local thrifting spots include Attic to Basement Repeats in Tonawanda, Queen City Vintage in Buffalo, and Second Chic in both Buffalo and Williamsville. You can also keep your eyes peeled as you walk through your neighborhood for various signage pointing to yard and garage sales. You never know what you may find!

The thoughts of clearing out unneeded items, making a little extra revenue, and at the same time helping to preserve the environment provide incentives

and positive avenues to reduce, reuse, and recycle! Old reasonably priced discarded items from a seller become useful and needed by the purchaser. This in turn assists in reducing the garbage that goes into landfills. Also, shopping locally helps to curb emissions from vehicles; an all-around "win win" for Mother Earth!



Selling, trading, or purchasing items at garage sales or thrift shops encourages connections between neighborhoods promoting a happy, healthy, and prosperous ecofriendly community. Not everyone may be fond of the idea of going out and interacting with other people. Thankfully, we have garage sales and marketplaces on social media that allow us to connect with those around us looking to get rid of their knick-knacks or belongings. Keep your eyes peeled on Facebook for digital sales of all kinds. You can also follow local "Buy Nothing" groups in your town or city, where individuals gift free items to others simply for the sake of giving a helping hand.

As the old saying goes, "one man's trash is another man's treasure." I hope you find something fun and new in your adventures around town this summer!

Paddle to Play: Embark on a Pickleball Journey

By: Gabrielle Guzinski

I never heard of the sport pickleball until my freshman year of high school, circa fall 2015. It was during my gym class where it was introduced to my classmates and me. Low and behold, I ended up enjoying it, only to find out it has been around for quite some time. The origins date back to over fifty years ago, "In the summer of 1965, pickleball was founded by Joel Pritchard, Bill Bell and Barney McCallum on Bainbridge Island, Washington. Within days, Joan Pritchard had come up with the name "pickle ball"—a reference to the thrown-together leftover non-starters in the "pickle boat" of crew races. Many years later, as the sport grew, a controversy ensued when a few neighbors said they were there when Joan named the game after the family dog, Pickles. Joan and the Pritchard family have held fast for decades that the dog came along a few years later and was named after the game.

Pickleball is a combination of tennis, ping-pong and badminton, making it a sport for all ages. According to progresspickleball.com, "It is played with paddles and a ball like a wiffle ball but slightly smaller. The net used is a slightly modified tennis net and is lowered to 34 inches at the center. Pickleball can be played both indoors and outdoors and as either doubles or singles. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players."

In tournaments, referees are required to ensure fair play. To decide who serves or chooses sides first, any fair method like a coin flip can be used.

For serving:

- The server's arm must move upward when hitting the ball.
- The paddle must hit the ball below waist level.
- The paddle head must be below the wrist at contact.

Two-Bounce Rule:

- When the ball is served, the receiving team must let it bounce before returning it.

"Pickleball is one of the newest trending sports..."

- The serving team must also let it bounce before returning it.
- After these two bounces, both teams can either hit the ball before it bounces or play it off a bounce.

Buffalo, New York has several places to learn pickleball, including organizations that offer classes and clinics:

- Rally Niagara: Offers small group classes once a week over four weeks, covering fundamentals, strategies, and skills. David Butler, a US Pickleball Association member, teaches the classes.
- JCC Buffalo: Max Carrol, a top-rated pickleball player, offers lessons and clinics that cover basics, strategy, and positioning.

If you are looking to learn how to play pickleball, here are two recommended books that can help you get started and improve your skills:

1. "Pickleball Fundamentals" by USA Pickleball Association - This book is ideal for beginners and covers the basic shots, rules, and more than 40 drills to practice. It's a comprehensive guide for those new to the sport.
2. "How to Play Pickleball: The Complete Guide from A to Z" by Joe Baker and Coach Mo - This guide offers a detailed approach to learning pickleball, starting with basic rules and progressing to advanced strategies. It includes diagrams and explanations to help players of all levels.

View the chart provided to see facilities, cost, time and if they have lessons or not for each organization.

Pickleball is one of the newest trending sports but is here to stay in the world of sports. There is even potential for it to be in the Olympics allegedly in around four years, if it gets the proper exposure. See you on the courts!

| | |
|---|---|
| Clarence Town Place Park, Clarence Outdoor courts Offers four pickleball courts with no fee required. | Larkin Square Pickleball • Outdoor courts. Bring your own equipment. Available on first-come, first-serve basis. |
| Hamburg Town Courts, Multiple locations Outdoor courts offered first come, first serve. | Mang Park, 150 Wilber Ave, Kenmore • Four outdoor courts with permanent lines and nets. Free for public use. |
| Havenwood Park, Grand Island • Outdoor courts offered first come, first serve from dawn to dusk. | North Tonawanda Parks & Recreation • Indoor courts Paddles are provided. Registration is required. |
| Lancaster Senior Citizens Center • Indoor courts offered to residents 55+. Fees for residents and non-residents. | Orchard Park Community Activity Center • Indoor courts Registration & payment required. Equipment provided. |

Dr. RS: Exercise and Supplements for the Elderly

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



As we grow older, you may notice that you don't pay as much attention to your body as we may once have. We may not think exercise is as crucial in older age. As we grow older, we develop more problems with our bodies such as diabetes, hypertension, heart problems, and arthritis. If we don't want these medical conditions to worsen with age, we should add an element of exercise into our daily life.

What happens when we exercise? Our muscles strengthen. Our hearts work better. Our joints stay healthy. Our blood sugar regulates. Our pain is less. Our blood pressure is under better control when we exercise. We only have one life to live, and it is crucial to use it or lose it. What are some simple yet effective exercises we can do daily? Walking. Our lives are busy, and you may not have time to get to the gym each day. You don't even have to go outside! You can walk inside your house, apartment, or assisted living facility. Another simple form of exercise, if accessible, is swimming. Water is

very good for our bodies; it hydrates our joints. You can also do aerobic exercises in the water.

Simply put, it is important to remain active after we eat our meals. We should get up and move every day to keep control over medical problems. As we grow older, we need more maintenance on our bodies, and we need to keep as active as our bodies allow us. Including dietary supplements in your daily intake can help avoid various medical problems, such as osteoporosis and arthritis. I recommend a healthy diet over pills because we absorb the nutrients more effectively from food than pills. Adding eggs into our diet supplies us with good levels of vitamin A and vitamin D. Adding milk and green vegetables into our diet supplies us with calcium and vitamin B. Fish and nuts can add omega-3, fiber, antioxidants, and vitamins to our diets. Consuming bone broth is another nutritious supplement that can help us.

Overall, it is important to keep our bodies feeling young and staying healthy. Daily exercise, along with a properly balanced diet, can help us feel great, even at 88! Remaining active and well-balanced at an older age will guarantee a good outcome for the rest of our lives.



Dr. Riffat Sadiq: Restoring Self

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



Elderly Care

As we age, our risk for diseases increase, such as:



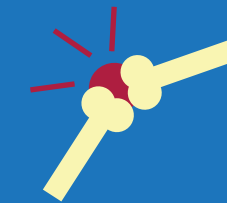
Diabetes



Hypertension



Osteoporosis



Arthritis



Heart Problems

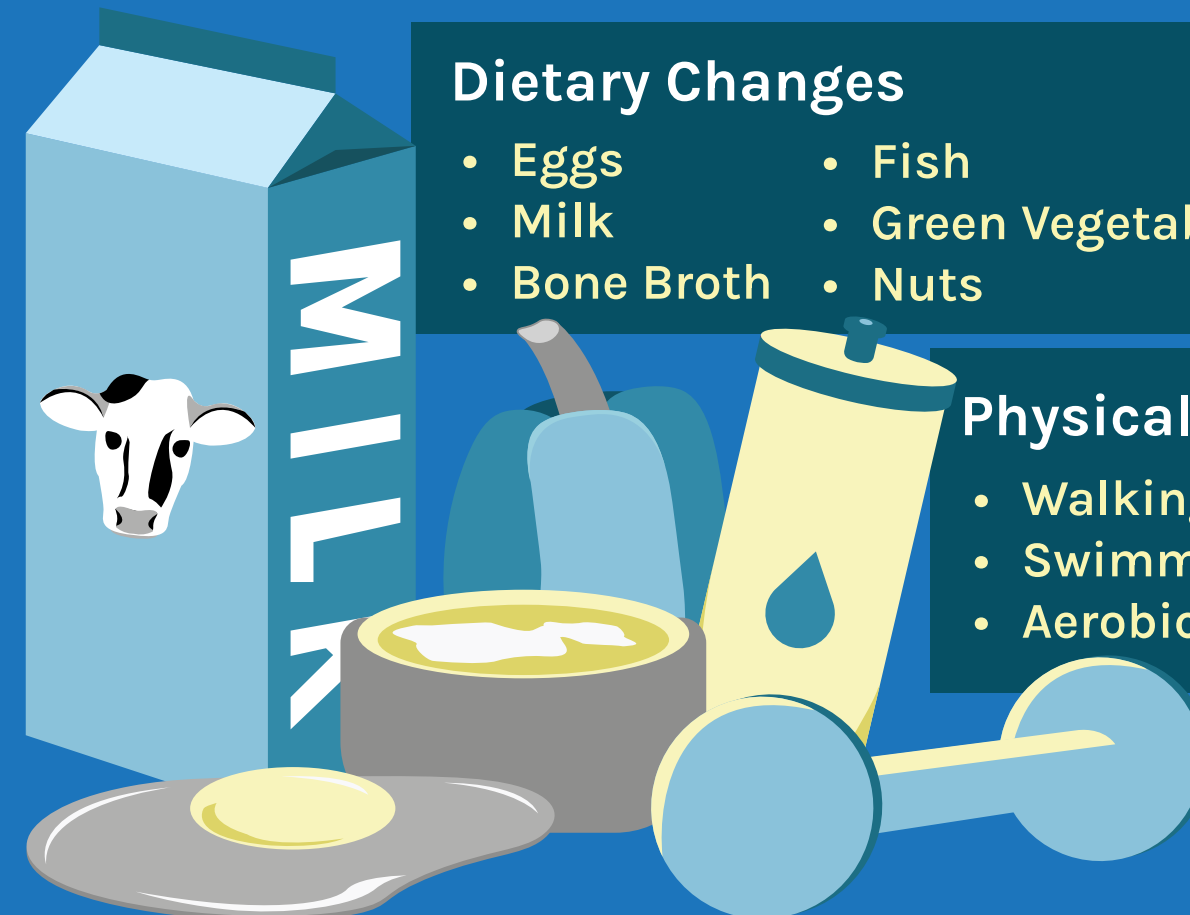
What can I do to prevent and treat myself as an elder?

Dietary Changes

- Eggs
- Milk
- Bone Broth
- Fish
- Green Vegetables
- Nuts

Physical Activity

- Walking
- Swimming
- Aerobic Exercises



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Money Saved is Money Earned

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



When you are in a business transaction you ask yourself, "Am I earning money or am I simply getting paid?" Most of the transactions in marketplaces are business transactions. Let me give you a simple example; you want to drink something you got at a local convenience store. There is a water bottle worth \$4 and a water bottle worth \$2. One brand name claims to have an extra something, the other one is just simply purified or filtered water. Currently your body is mostly in need of h2o to hydrate itself. You can do it for \$4 or for \$2. Let us suppose you have a \$20 bill in your pocket, you are feeling rich and say to yourself you deserve the \$4 water bottle.

Before we go on further, in this example, let us familiarize ourselves with how the marketing or sales pitch works. Purchasing or experience of buying is mostly an emotional decision. This is why when products are marketed to you, they are contextualized by images, videos, and symbolism. Remember in our example you were feeling rich. You have \$20 to your name and you can do anything with those \$20 and you think you deserve to be treated with a \$4 water bottle not \$2 water.

If you spend those \$4 instead of two it would be more of an emotional decision rather than a rational one. The rich feeling will pass as soon as you get your \$16 change and realize it could've been \$18.

Let us take this example one step further. Let us suppose you have a job where you are getting paid \$20 an hour. If you spend \$4 you exchange 12 minutes' worth of your work life paying for that bottle. But if you spend \$2 you only spend 6 minutes. Hence making you richer in time and in funds.

So, the point here is that the old saying that money saved is money earned is absolutely true. Beware no one is stopping you from feeling richer or requiring nice things for your utility. It is you who is in charge of your life. The question is how would you spend the life moments that you are working so hard to make them easier for you. There is nothing wrong with treating yourself once in a while here and there with something nice, however keep yourself mindful of whether you're earning or spending.



Celebrate a Local Boss Babe on Women's Equality Day

By: Miscellaneous Contributors

We live in a progressive society where women are no longer afraid to step up and take power. Women show leadership and are changing the world more and more each day. Women are doctors. Women are CEOs. A woman could potentially be President of the United States of America.

We've connected with a few local businesses to understand what it takes to be both a boss babe and your own boss all in one. We encourage you to connect with these inspiring ladies to expand your network and show your support for local businesses.

Leah Underwood: Prime Like Whine LLC



Being the boss babe and owner of Prime Like Whine LLC, a custom glassware and business promotion company, since 2015 has empowered me with unparalleled freedom and control. I navigate vendor events, forge valuable business collaborations, and drive my vision forward. This entrepreneurial journey not only fosters personal growth and financial independence but also allows me to inspire others while creating a lasting impact in my industry.

Running Prime Like Whine LLC while attending school to obtain my 60 college credits for the state trooper exam exemplifies the true spirit of being a boss babe. Balancing the demands of managing a business with academic pursuits showcases my exceptional multitasking abilities, determination, and drive. This journey not only strengthens my skills but also prepares me for future challenges, proving that with hard work and resilience, it's possible to achieve multiple ambitious goals simultaneously.

Being the boss of my own business fuels my ambition by providing a platform to realize my vision and impact the community. The responsibility of steering the business fosters a relentless drive to innovate, overcome challenges, and continuously grow. This autonomy empowers me to set and achieve higher goals, reinforcing my passion for success.

Noelle Krawiec: Noelle Jean Photography



It's not easy being a boss babe in this day and age but it's well worth it! Recognizing your worth and the skills that you come with are what's going to be the absolute driving force to your business with of course a good support network. I've been a photographer for over 10 years and recently in the last few years have seen a good market in weddings that is definitely different compared to when my dad was in the industry. Doing your research and also learning under an expert will help make you stand out to potential leads. And I can't stress this enough....DO NOT LEAVE HOME WITHOUT BUSINESS CARDS! But also have fun and be you. The rest will come naturally.

Jennifer Rae: The Amora Company



To thrive as a boss babe, it takes unwavering confidence, resilience, and undeniable faith in your mission. You also must be able to prioritize self-care in order to maintain a healthy work-life balance. When you focus on your personal development, it will ultimately help you align with your true purpose so you can become the person you were born to be.

I am a brand consultant and spiritual coach who brings together branding, marketing, events, community engagement, and personal development expertise. With my unique approach, I integrate innovative strategies with spiritual principles that empowers my clients to uncover a deeper sense of purpose in their professional and personal lives.

Media Corner: A Review of The Batman (2022)

By: Alex Tilton

If you're in a long-term relationship then you understand the feeling of danger that comes when you hear the following sentence from your person; "Can you find us a movie to watch?". This is relationship codespeak for 'I want this movie to be your choice in case it sucks, but also I'm going to veto any suggestions you make that don't sound good to me.'

In fairness to my wife, she also says this out loud. And this is how we ended up watching *The Batman*, from 2022. Something I'd been avoiding on the assumption that either it would A) just flat-out suck, or B) be the same thing I've seen ten times already and therefore bore me to death.

The answer ended up being C) something different and original and cool that doesn't realize when it should end, overstays its welcome and bores me to death.

The Batman turns out to be a serial killer mystery movie focused around a fresh, interesting new version of the Riddler. And I really liked it. It did its own thing, and it did it very well. But it did this for way, way, waaayyy too long. *The Batman* is a **three-hour movie**.

And I'm not going to beat myself up for not checking the running time first because who the hell makes a three-hour Batman movie? I thought the acting and the atmosphere were good. And I liked the fact that this is **not** an origin story. Batman is an established thing already when the movie starts. A quick voiceover takes care of that, and we move on.

The movie is also the most reality-grounded Batman film I've ever seen. Even more than the Dark Knight trilogy. The Batmobile is a tricked-out hotrod with some armor plating, not some exotic fantasy tank. Batman uses a squirrel suit to traverse the city. I doubt it would work that well in reality but it's not blatant science fiction either. Batman is allowed into crime scenes by Gordon, but the other cops *really* hate this. So instead of operating completely behind the scenes, he's an acknowledged player, but reality doesn't conveniently blink at this either. It's recognized as an oddity. And nobody calls Catwoman 'Catwoman', which is excellent, because this movie is way too grounded for that name to be taken seriously. The name 'Batman' gets a pass on this point, out of necessity.

Her relationship with Batman is well developed and believable. He's interested in stopping a big conspiracy, she just wants to find her friend that got disappeared by the Mafia. The conspiracy that our heroes are investigating is clearly explained to the audience and

you don't have trouble following it. The conclusion to that story is reasonably satisfying and well presented.

The problem is that once that story ends the movie tacks on an aggressively unnecessary 'the city is going to be destroyed!' plot and keeps going for another forty-five agonizingly boring minutes. By the time we finally got to the big set-piece ending my wife and I had both been openly asking each other 'When is this going to end?' They took a perfectly good small-focus story... and then kept the audience prisoner for the 'obligatory' city-threatening disaster sequence. But I give them credit for doing something I assumed was impossible. They made a sequence where the heroes race to save the city from being bombed *horribly boring*.

But if you liked it more than I did the sequel is due out in 2026. You'll have to tell me all about it though, because I won't be there.

Image Source: IMDb.com



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Coloring Corner



Pineapple Chicken Sliders



Source: Taste of Home

Ingredients

- 1 can of unsweetened crushed pineapple
- 1/4 cup shredded carrot
- 2 tablespoons grated onion
- 1 tablespoon plus a 1/2 teaspoon reduced sodium soy sauce, divided
- 1/4 teaspoon garlic powder
- 1 pound ground chicken
- 8 whole wheat dinner rolls split open
- 1/4 cup reduced fat sour cream
- 2 tablespoons mayonnaise
- 1/4 teaspoon ground ginger
- 1 cup shredded lettuce

Instructions

- 1.** Drain pineapple, reserving 2 teaspoons juice. In a large bowl, combine carrot, onion, 1 tablespoon soy sauce, garlic powder and drained pineapple. Add chicken; mix lightly but thoroughly. Shape into 8 1/2 inch thick patties.
- 2.** Place rolls on greased 15x10x1 inch baking pan, cut side up. Broil 4 inch from heat until toasted, 30-60 seconds. Remove from pan; keep warm.
- 3.** Add burgers to same pan. Broil 4 inch from heat until thermometer reads 165 degrees, 4-6 minutes on each side.
- 4.** Meanwhile, in a small bowl, mix sour cream, mayonnaise, ginger, the remaining soy sauce and reserved pineapple juice. Serve burgers on rolls with lettuce and sauce.



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