



FREE

How to Survive Information Overload and Daily Grind

First Things First

Advice on how to cope with the daily grinds and hardships of life

Memory Loss & Aging

Abnormalities to look out for when diagnosing dementia & Alzheimer's

Black Friday Preparation

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History of Veterans Day

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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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Daylight Saving Time: A Comedic Perspective

By: Bob Adner



The time has come the government said- to think of other things. Of saving time or losing time or if time really does have wings. Now that November 3rd is upon us we have to decide if we want to be one-hour younger or one-hour older. Wouldn't it be nice if you're in an argument and you could make a point that you thought of an hour from now. Or maybe you could win the lottery by making out a card with the winning numbers one hour before the drawing. (Just don't try to cash it in BEFORE the drawing)! Now I'm stepping into the realm of seeing into the future so I will discontinue that train of thought. Back to Daylight Savings time!! Why couldn't there be a Night Time Savings time. I would much rather lose an hour in the middle of the night rather than lose a perfectly good hour somewhere in the middle of the day. Especially if I was doing something important like drinking beer or counting the ants crawling in and out from the cracks in my driveway. Another idea- let's take a half hour just before midnight and a half hour just after midnight and join them in marriage. That means we only lose a half hour per day. More time for counting ants. Or drinking beer!!

One time in the fall I decided I would bag up some of the leftover sunlight and store it in my dark cellar. Then on a gloomy day in January I could

open a bag and cheer up the whole neighborhood. Or maybe open up a bag on Groundhog Day and cheer that old grouch up. Of course, that would help him see his shadow and the neighbors would probably burn my house down in retaliation. However, I found I had bagged my sunlight in clear plastic bags and the sunlight leaked out. Next time I'll put it in black bags. I wonder if cats and dogs observe Daylight Savings Time? We used to have a dog that didn't. He just slept all day. The cat spent her extra hour annoying the dog.

Now another thought, it takes eight minutes for the light from the sun to reach the earth. This determines how far light can travel in a year. It is known as a light year. So how about a light year savings time. If we could shave an hour off each year it takes us to go around the sun we could accumulate enough extra time to make a couple extra trips around the sun before we finished our morning coffee.

I think I've about exhausted this subject so I'll shut the computer down and go count some ants!!

“
It takes eight minutes for the light from the sun to reach the earth.
”

World Kindness Day: Happiness Behind a Screen

By: Johar Fatima

“
It's important to remember that behind every screen is a real person with real emotions.
”

In today's digital age, we spend a lot of time interacting with people through screens. Regrettably, this has contributed to an increase in cyberbullying the practice of harassing or intimidating someone online. It's important to remember that behind every screen is a real person with real emotions.

Understanding Cyberbullying

Cyberbullying happens when someone uses digital platforms like social media, messaging apps, or forums to bully or harm others. In contrast to traditional bullying, it occurs in private online spaces, so it can happen anywhere, at any time, and frequently goes unreported.

Some common forms of cyberbullying include:

- Hurtful comments or insults on social media
- Spreading rumors online
- Sharing personal information without permission
- Sending threatening or abusive messages
- Online gaming communities

The Power of Words

Words hold immense power, both online and in person. A joke that one person finds harmless may cause great pain to another. In the virtual world, we sometimes forget that our words can have lasting effects. Being kind isn't just about avoiding hurtful language—it's about actively supporting and uplifting others.

Simple Ways to Spread Kindness Online

- Think before you type: If your words wouldn't be kind in person, don't say them online.
- Offer support: Take action and offer assistance to someone you witness being bullied.
- Compliment others: A small positive comment can brighten someone's day.

The Impact of Kindness

Studies show that kindness not only improves others' well-being but also boosts your own mental health. Whether online or in person, kindness fosters positive relationships and creates a safer space for everyone. A kind message or act can leave a lasting impact and can even stop a bullying incident in its tracks.

How to Deal with Cyberbullying

Dealing with cyberbullying can be challenging, but there are effective strategies to help you or someone you know navigate the situation. Here's a guide on how

to handle cyberbullying:

1. Recognize the Signs: Understand what cyberbullying looks like. It can include hurtful messages, spreading rumors, posting embarrassing photos, or impersonation.
2. Do Not Engage: Avoid responding to the bully. Engaging may escalate the situation and provide the bully with the reaction they seek.
3. Document Everything: Take screenshots or save messages as evidence. Documenting incidents can be helpful if you need to report the bullying later.
4. Block and Report: Most social media platforms and messaging apps have features to block users and report abusive behavior. Use these tools to protect yourself.
5. Reach Out for Support: Talk to someone you trust, whether it's a friend, family member, teacher, or counselor. It can make you feel less alone to share your experiences with others.
6. Adjust Privacy Settings: Review and tighten your privacy settings on social media. Limit who can see your posts and personal information to reduce exposure to bullies.
7. Practice Self-Care: Take care of your mental health. Engage in activities that make you feel good, such as hobbies, exercise, or spending time with supportive friends.
8. Educate Yourself: Examine and adjust your social media privacy settings. To lessen your exposure to bullies, control who can view your postings and private information. Understanding the issue can empower you and others to take action.
9. Consider Professional Help: If the bullying persists or significantly affects your well-being, consider seeking help from a mental health professional.
10. Involve Authorities if Necessary: Never be afraid to report cyberbullying to the authorities if it becomes violent or starts to harass someone. Your safety is paramount.

Cyberbullying can have serious effects on someone's mental health, causing anxiety, depression, or even leading to more severe outcomes. By choosing kindness both online and offline, we can create a more compassionate world where everyone feels valued and safe, all day and every day.

Enjoy a Happy, Healthy Holiday Season

By: Megan Plevniak

“
Instead of making New Year’s resolutions to live a healthier lifestyle, let’s start now.
”

Have you ever heard anyone say “I shouldn’t, but it’s the holidays,” or “I’ll start my diet after New Year’s?” What if I told you that you can still enjoy all of your favorite holiday foods while still shedding those extra pounds or maintaining your weight? In honor of Diabetes Awareness Month, I’m excited to share some of my go-to tips for staying healthy as we head into the holiday season – and don’t panic – it includes pie.

I have always been passionate about health, fitness, and nutrition. My weight loss journey started in 2020 during the pandemic. I struggled with my mental health during this time, and decided to learn how to integrate healthier foods into my diet. I hit my target by mid-November, and that’s when the anxiety kicked in—the holiday season is just around the corner.

Thanksgiving and Christmas are a time for family reunions. Families coming together to share their love as well as their love for cooking. “I shouldn’t, but it’s the holidays.” Panic set in as I thought to myself, ‘I don’t want to diminish my progress,’ so I decided to find healthier alternatives to enjoy my favorite holiday foods.

The number one key factor to staying healthy around the holidays is portion control. Sure, you may want to grab that second slice of pie—or another helping of mashed potatoes, but your body might regret it later. Controlling portion sizes can be achieved by dividing your meals into appropriate and healthy servings. Adding protein, fiber, and water to your meals keeps you satisfied and makes it easier to manage your portions.

Diabetes is a chronic condition where the body either doesn’t produce enough insulin or can’t use it effectively, leading to elevated blood sugar levels. Over time, this can result in serious health complications like heart disease, nerve damage, and kidney problems if not managed properly. Your diet plays a key element towards managing diabetes.

The second tip for staying healthy around the holidays are sugar substitutes, and alternatives. If you are diabetic and watching your sugar using these substitutes will keep you healthy. I discovered healthy

sugar substitutes in my journey, and I started using them to bake delicious pies for the holidays and to add more credit to this factor, my family didn’t suspect a thing. Sugar substitutes such as stevia, monk fruit, and erythritol are used in place of sugar for pies, cookies, cheesecake, and many other treats. Brands like Truvia, Swerve, and Lakanto are just a few to name and do not skimp on flavor.

An additional nutritious option for culinary and baking purposes is almond flour or coconut flour. These contain fewer net carbs and sugar and serve as an excellent binding agent for your meals. During my health journey, I also uncovered a method for preparing nutritious mashed potatoes (there was no way I was eliminating this dish from my holiday dinner; my family might disown me). All joking aside, I discovered the ultimate ingredient swap: cauliflower. Mashed cauliflower is an easy recipe that you can find online, and it offers a low-carb experience while enjoying your favorite dish around the holidays.

Upon discovering this remarkable recipe, along with the appropriate seasonings and ingredients—my tastebuds were dancing. Tip: use fresh cauliflower for the best result.

As I mentioned in the beginning of this article, there will be pie. My family always makes a big deal about the pie. You save the best for last, right? But with all of the carbohydrates and sugar consumed throughout dinner, should you still be eating some pie? The answer is yes. Today there are many healthy recipes for pies including our sugar substitutes mentioned above, and you don’t have to sacrifice flavor. Check out our recipe section for a sugar-free pecan pie recipe!

Individuals who are diabetic, have elevated cholesterol levels, suffer from heart conditions, or are overweight may find these suggestions beneficial. If you follow these tips, you may live a healthier life or even shed a few pounds. Please consult with your primary care physician before taking serious actions with changing your lifestyle. Embrace the holidays and the feast. Instead of making New Year’s resolutions to live a healthier lifestyle, let’s start now.



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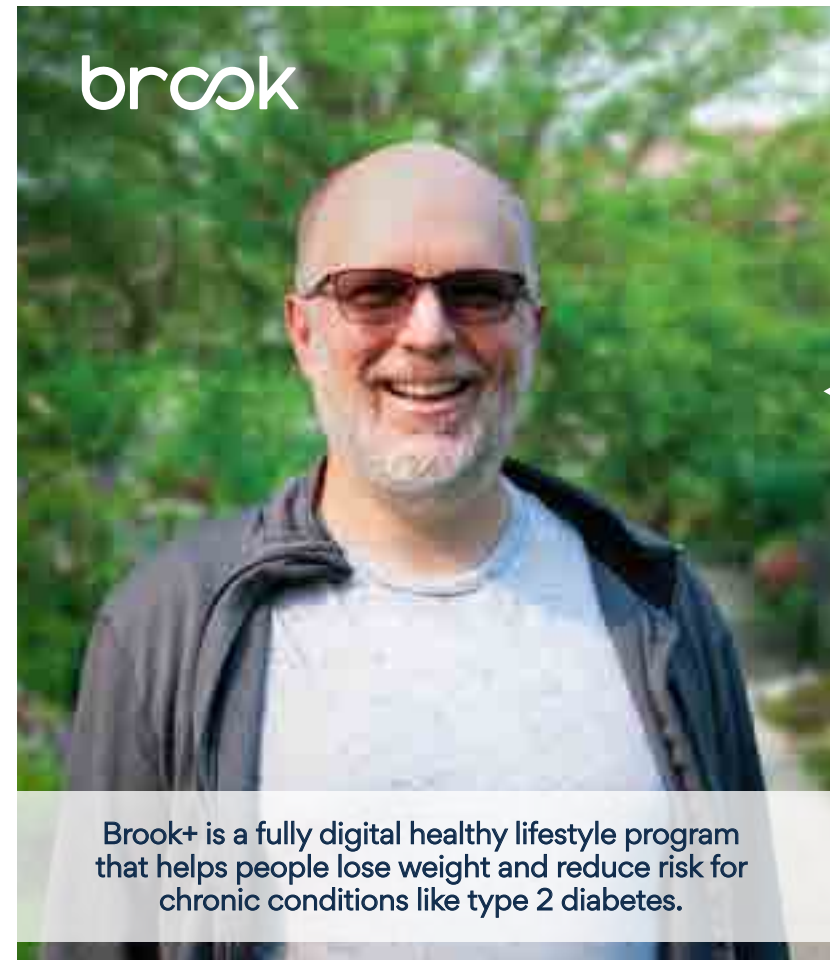
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“My doctor cut my blood pressure medication dose in half!”

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Understanding Memory Loss & Aging

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



I'm an internal medicine physician, with a fellowship in geriatrics. The fellowship gave me an expertise in the treatment and understanding of aging and the risk of dementia. It is an important topic because a lot of people don't understand what memory loss or dementia is. First, let's address what dementia and Alzheimer's is.

What is Alzheimer's?

Alzheimer's is the most common type of dementia. 60 to 80 percent of people who have dementia, have Alzheimer's. Alzheimer's is a very progressive condition, which means it gets worse over time. It usually affects people over the age of 65, but it can happen at any age. Unfortunately, there is no cure for it.

Alzheimer's happens when the tau protein is impaired causing plaque and fibers to build creating tangles in the brain. This build-up in your brain blocks nerve signals and destroy nerve cells. Memory loss may be mild at the beginning, but if these plaque and fiber tangles occur more and more, then dementia progresses, and worsens with time. It becomes very difficult to even carry on a conversation or do simple

tasks in everyday life. People become more confused and aggressive. These are some of the most common symptoms of Alzheimer's. The final stage is very sad. What happens is the brain is no longer functioning properly. The excessive buildup of tangles, proteins and plaques impairs the communication between cells. So, there is no signal going to the cells telling the patient to drink water or chew their food.

That is why it is so important to diagnose this disease at an early age. If it is diagnosed at an early age, the progression of the disease may be slowed with medication and further help.

So, what is dementia?

Dementia is a brain disorder that makes it hard to remember, think clearly, make decisions, and even control your emotions.

There are two types of memory impairment. One is **benign forgetfulness**, and the other is **malignant memory loss**.

Benign forgetfulness can happen to anyone at any age, but the majority of the people are over age 65. It is not serious. It is annoying, but not serious. Benign forgetfulness is normal such as forgetting where your car keys are or where you parked your car. It's common, and it's not worrisome.

On the other hand, malignant memory loss can be a sign of dementia. It is crucial to know the difference. Because, if you discover dementia at an early age, you can take some medication which can help to slow down the disease's progress.

Now, it is important to determine the difference between signs of benign forgetfulness and malignant memory loss.

There are four ways to self-diagnose your symptoms. First, is simple short-term memory loss. If you cannot recall what you ate an hour ago or which TV program you saw an hour ago, that's a problem.

Our second sign we should watch out for is illogical forgetfulness. If you're just forgetting your cell phone in your car or in a taxi, that's alright. But, if you find your cell phone in a freezer, that is worrisome.

The third sign is when you set up an appointment for yourself with a friend, family member, or event. If on reminder, you still cannot remember your own events, which you actually scheduled that is a problem.

The last sign is when someone does not know what the problem is. If the people around you and your loved ones, are bringing it to your attention or if your doctor is bringing it to your attention, then that patient is losing their memory.

Some recommendations that you could give to family members to help **prevent dementia** are:

Eating healthy:

That's the most important thing. Foods that have a lot of antioxidants, such as almonds and berries. Avoid synthetic and artificial foods. Specifically, I would advise staying away from the microwave and sweeteners.

Walking in the sunlight:

Sunlight helps maintain the hippocampus in your brain, which plays a very important role in consolidation of information, from short term to the long term.

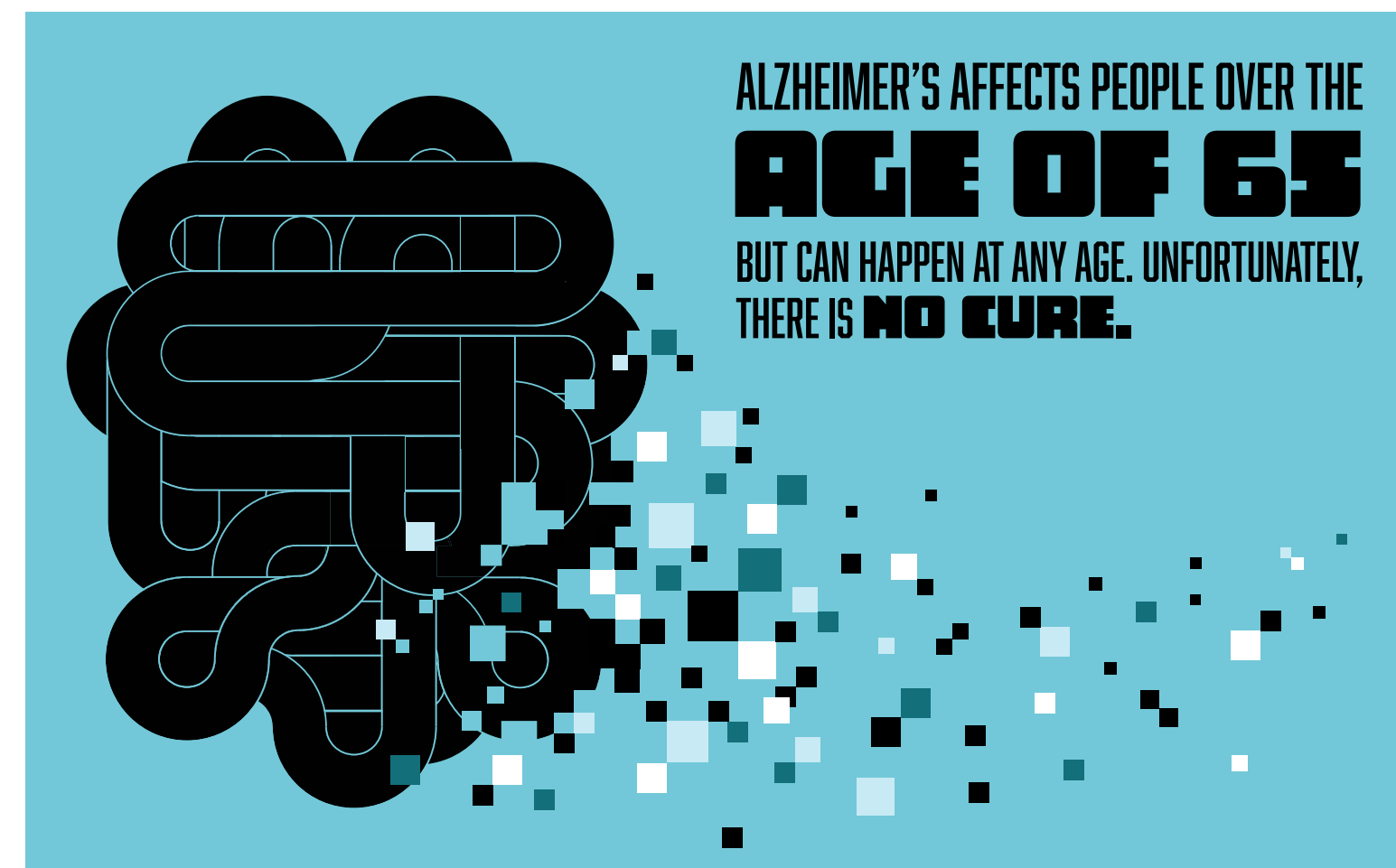
Being in a happy mood:

Also, brain exercises. It's very important to keep your brain engaged. Crossword puzzles or any activities which you like to do can keep your brain active and engaged. Lastly, is to be productive. Keep active doing what you enjoyed doing your whole life, that is going to keep you young and healthy and happy. Please seek your doctor's advice. It is very, very important to take your loved one to the doctor. It's a very, very simple test, which is called mini mental. The test can be done in five or ten minutes and your health provider can get some answers for you and recommend the next steps to take.



Dr. Riffat Sadiq: Restoring Self

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



First Things First: How to Escape the Daily Grind

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



Our lives are no longer simple. Our priorities are complex. Our relationships are complicated. Our communications are multi-faceted. Our future is unpredictable. In this perplexing world, how do we manage our personal and work life? How do we create a healthy balance between the two? Before we can answer that question, we have to ask; have we created a separation between the two? Was there ever a separation between the two? Will there ever be a separation between the two? Is family more important, or providing for the family? Is health more important, or paying for the healthcare?

These questions may not pop up in our minds exactly in that sequence, or exactly in those words. However, they keep resurrecting like annoying, crawling bugs in our minds. The increasing prescriptions to anti-anxiety medications, mood-stabilizing and anti-depressant drugs and feel-good chemicals are strong indicators that the people in advanced societies are on the verge of mental and emotional collapse. There are messages that cannot be turned off. There are images that cannot be unseen. There is a constant, relentless war of looking esthetics that is promoting ugliness in people. Can one escape from them all?

After being subjected to this myself and the year before, recovering from COVID-19, experiencing an unprecedented health event in my life, I took some time to reorganize my life. This is when I learned what our elders meant when they said, "first things first." The first thing in our life is life itself. Life exists, as long as our soul remains in our body. The preservation of the soul shall always be the number one priority. All emotional, mental and physical health issues are directly related to the preservation of the soul. The most nourishing food for the soul is love for your fellow beings, from bees to human beings. This love shall encompass all humanity, including but not limited to friends, relatives, neighbors, community members, and even your competitors and adversaries. We will continue this discussion in the next blogs of "first things first." Stay tuned for *Your Bliss Magazine* and visit faizanhaq.com for more.



The History of Veterans Day in War

By: Bob Adner

November 11, 1918 was the day the an armistice was signed between Germany and the Allies ending World War I, "The war to end all wars". Sadly, this did not happen. Some years later, Adolph Hitler rose to power and despite the Geneva Convention forbidding the rearming of Germany, he built it into a formidable war machine. He then attacked one country after another crushing them under the iron heel of the Third Reich. The Empire of Japan without provocation attacked the United States on December 7, 1941. This plunged the world into the second World War. After the end of the second World War Armistice Day was changed to Veterans Day in 1954, to honor the still living and the dead of both wars. Now let us look back and see what those two wars really did to our country.

At the beginning of WWI many of the youths and men who joined the armed services had never seen or



ridden in an auto-train or plane. Straight from the farm or factory they answered the call. Verdun - the Maginot line - wherever - they laid down their lives - be it on the land or sea. Soon they were vets.

World War II was much the same. After Pearl Harbor recruiting stations were mobbed. Young men who had never driven a car - walked in the moonlight with a special girl. or had never explored the world outsider their home town, rushed to "join up". Girls signed up for nursing school. Boys who had a problem killing a chicken for Sunday dinner found themselves on the business end of a high-powered rifle and were told to kill another human being. These are the men and women who stood between The United States and the forces arrayed against it. To quote John Edmond Maxwell, "They gave their todays for our tomorrows." They are truly our veterans!

Book Review: Sphere by Micheal Crichton

By: Sam Defazio

Over the summer I had read a lot of horror stories and decided I needed a break from it for a book or two. I was looking for options but as an avid horror reader not a lot seemed to pique my interest very heavily. Then one Friday evening a friend of my wife and I suggested I read a novel called Sphere by Micheal Crichton if I wanted something different. Without much experience of reading Sci-Fi novels, I was hesitant to give it a chance considering the last Sci-Fi book I read didn't do anything for me. After the first few chapters were behind me, I started getting deeply invested into what I might now consider one of my favorite books of all time.

The novel centers around a group of different studies from a psychologist, A biochemist, a mathematician, a astrophysicist, and a marine biologist who are sent many feet under the Pacific Ocean by the Navy to



look at an unidentified spacecraft discovered out of nowhere. The longer they are under water the more and more things go up in flames. A very mesmerizing and claustrophobic tale that is filled with page turning dangers at every corner with every chapter making the reader look at everything through many different perspectives and an ending that will leave you questioning humanity and even questioning your own. The ocean is already a scary place for a lot of people and this book will not help with those fears. Matter of fact it may make it worse. With my favorite horrific Ocean Floor chapter involving jellyfish which I already find scary and deadly and it gradually added more and more horror to my fears. This is a highlight of one of Crichton's library of stories and one more people should have in their homes. (5/5)

Image Source: Amazon.com

Black Friday and Cyber Monday Preparation

By: Muqadas Jabeen

As the holiday season proceeds, retailers and shoppers enthusiastically participate in the year's two most awaited and biggest sale events. It is the greatest opportunity of the year to grab your favorite deal from electronics to fashion items, you can snag on anything. With the rise of online shopping trends, it has become more popular for shoppers and customers to make the most of it.

The term "Black Friday" refers to the time when financial records begin to appear in Black denoting "profitability". It occurs after Thanksgiving Day each year. Whereas, Cyber Monday comes the weekend after Thanksgiving Day.

However, Cyber Monday has been losing its relevance and shine since 2019 as per the report of Bain and Company. It has not been in the top 10 since 2019. Whereas, Black Friday has maintained a pivotal position in most holiday spending. Adobe Analytics shows that \$9.8 billion has been generated in online sales on Black Friday which is 7.5% more than the past sales. It is the time of the year when all the e-commerce brands offer exclusively huge discounts.

For this unparalleled holiday shopping season, you should have a proper plan of shopping otherwise you would have been through a giant tsunami by purchasing too many enticing items. First, make a list of all the items that you need and compare their prices with different retailers. This in-depth study and investigation will lead you to your best pick. Second, make yourself aware of all the special offers and early-bird deals. Shop early is a stress-free solution but don't forget to have a refund policy. It is not as simple as it sounds. You have to spend hours to make a strategy for your shopping if you want to make the most out of this shopping season. Some people make sacrifices, cut off their spending, and therefore have money set aside just to take advantage of this grand sale opportunity. Third, try to buy in bulk if you



have a large list of items. Retailers offer discounts to shoppers who buy in bulk. Fourth, utilizing reward-based credit cards in Black Friday and Cyber Monday sales would be the best decision ever as it will give you rewards in terms of cashback or other rewards. Fifth, profitable things always bring some cons with them. During this holiday season, scammers become active and you have to be aware and alert of these scammers. Always, shop from the authentic and original websites of brands. Don't go for suspicious emails. Sixth, give equal time to both in-store shopping and online shopping and keep an eye over promo codes and special discount bundles. Lastly, don't fall into the bait or trap of enticing products, focus on your core objective of purchasing.

If you are a business owner then you must have to plan your personalized marketing strategies. The countdown is on now. Create a checklist for yourself to not miss any chance of standing out from the competition. Start your campaign three or four weeks before this holiday sale season. Offer anticipated bundles and limited offer options to increase your sales. After sometime you can restock your merchandise and again offer limited-time bundles. You can offer customized products to attract more customers and gain an edge over competitors. Follow the prevailing trends. Create attractive visuals to engage with a broader audience. If the presentation is not good, you may lose those potential customers. Check your website to make sure it is mobile friendly as a large number of users are shopping online using their phones.

Black Friday and Cyber Monday are around the corner. To extract the greatest value out of it, start spending wisely and optimize your budget. Remember, saving is never too late. Frenzy shoppers often get frustrated after spending all of their money on these sales. Start keeping track of your spending and save yourself from drowning in the ocean of debt. Create a shopping plan and cut down on your lured spending. Happy shopping!

“
For this unparalleled holiday shopping season, you should have a proper plan for shopping...
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A Review of Only Murders in the Building, Season 4

By: Alex Tilton

Police procedurals and true crime are two genres I can do without. There's no joy in either of them, and not much originality. I think they pander to the worst in us, but that's a different rant.

The title 'Only Murders in the Building' put me off at first, because that's how it sounded. But it turns out OMB is a self-aware, smart, comedy-drama. It expects me to pay attention to the details, it's a grown-up show without trying too hard to be grown up, and I like the protagonists. The characters may lean into their stereotypes a little too hard, but apart from that I can really only find one thing wrong with the show. Some spoilers ahead.

Our main characters are Martin Short as Oliver, a semi-deluded Broadway producer, Steve Martin as Charles, a washed-up TV actor, and Selena Gomez as an artistic college dropout living in her wealthy aunt's apartment with no apparent source of income. Which wouldn't be an issue, except that the show makes a point of highlighting Oliver's money problems, so the inconsistency is hard to ignore. This finally gets addressed in season 3 (kind of) when her quest for an apartment becomes a story element. But they never explain how she's been managing to buy food all this time, and she doesn't get a visible source of income until season 4. And even then, when she's got movie money, she chooses to become a squatter in an apartment that she knows is part of a rent control scam.

In season 1 the main characters bond over a shared love of true crime podcasts and decide to launch their own when a resident of their Manhattan apartment building is killed. Season 2 sees them framed for another killing in their building. It has to be because that's the title of the show. They get around this otherwise convenient coincidence by making the second murder inspired by the first one, carried out by someone who wants a podcast of their own. And this is my favorite thing about the show: It mocks true crime as a morbid, dehumanizing genre and is openly contemptuous of the ocean of cookie-cutter police procedurals on television.

There's a genuinely fun mystery at the core of each season, and the cast have a believably difficult time piecing it together, looking for the context of the crime

as much as the physical evidence. The characters are well developed and very human, being played by some of the best actors you could ask for. That said, in season 3 the OMB is forced to poke fun at itself for yet another murder in the same building. The fourth season does a better job (so far, but there are 2 episodes left at the time of writing) by making the most recent murder the product of a long-running conspiracy that the main characters failed to notice amidst the other killings.

But even though OMB generates its humor by mocking police procedural cliches, it can't entirely avoid them itself. In every season the trio spend most of their time chasing the wrong conclusion until they get a critical piece of evidence that puts everything into the proper context. In the first three seasons the police immediately jump to the wrong conclusion.

The show also has to constantly come up with an excuse for why the police don't solve the crime. The first murder is written off as a suicide, in the second season a cop is involved in the murder and an attempt to frame the main characters, but they somehow remain free for the essentially the entire season even while under suspicion. In season 3 the police arrest the wrong person at the beginning and the season revolves around fixing this. In season 4 the FBI kick the police off the case for reasons which (as of episode 8, out of 10) are never explained.

I realize this is because the police aren't the main characters of the show, but even as a fan of OMB I have to roll my eyes a little at this. If I belonged to any fan forums, I would post the following question: 'What excuse will they use to make the police a non-presence in season 5?'

What I'm saying is that in order to continue thriving the show needs to evolve beyond its original gimmick. But it may not matter. Steve Martin is 79, Martin Short is 74 and Selena Gomez is a billionaire. The next season feels like a natural stopping point. Hulu gets a huge success, two veteran actors get to close out their careers as A listers, and a younger star gets a big boost to her already massive career. And if it means that the show goes out on top instead of becoming crap because it ran for too long, then I call that a win for everyone.



Coloring Corner

GIVE

THANKS



SUGAR-FREE PECAN PIE: KETO RECIPE

DIRECTIONS

Step 1

Prepare the pie crust according to the directions and bake at 325F for 10 minutes. Remove and let cool while preparing the filling.

Step 2

In a large saucepan over medium low heat, melt the butter with the two sweeteners, stirring until the sweeteners have dissolved. Bring to a simmer and cook about 3 minutes, until it darkens in color and thickens slightly. Remove from the heat and let cool to room temperature.

Step 3

Once the syrup is cool, whisk in the vanilla and the salt, then whisk in the eggs until smooth and well-combined.

Step 4

Place the pecans in the cooled crust and pour the filling overtop. Return to the oven and bake 45 to 50 minutes, or until the filling is mostly set but the middle still jiggles slightly when shaken. Let cool completely before serving. If the crust is browning too quickly, cover the pie with aluminum foil, shiny side up, about halfway through the baking time. Let cool completely before serving.

INGREDIENTS

- 1 recipe keto pie crust
- 3/4 cup butter
- 1/2 cup swerve brown
- 1/2 cup bocha sweet (or allulose)
- 1 1/2 tsp vanilla extract or maple extract
- 1/4 tsp salt
- 3 large eggs
- 2 cups pecan halves

SUBSTITUTIONS

If you don't have access to BochaSweet or allulose, try using 1 cup Swerve plus 2 teaspoons molasses or Yacon syrup. Each serving will have an extra gram of carbs and the filling may recrystallize a bit upon refrigeration.

You can also try replacing the BochaSweet with regular xylitol. It should give the same gooeyness to the filling. Please be careful if you have dogs because it is highly toxic to canines.

Recipe Source:
www.alldayidreamaboutfood.com



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