



YOUR Bliss

FREE

Food as Medicine

*How Do Specific Meals
Benefit Our Health?*

Your First Home

*Defining and Designing
Your New Living Space*

Recycling Benefits

*Tips On How To Be Mindful
Towards Our Environment*

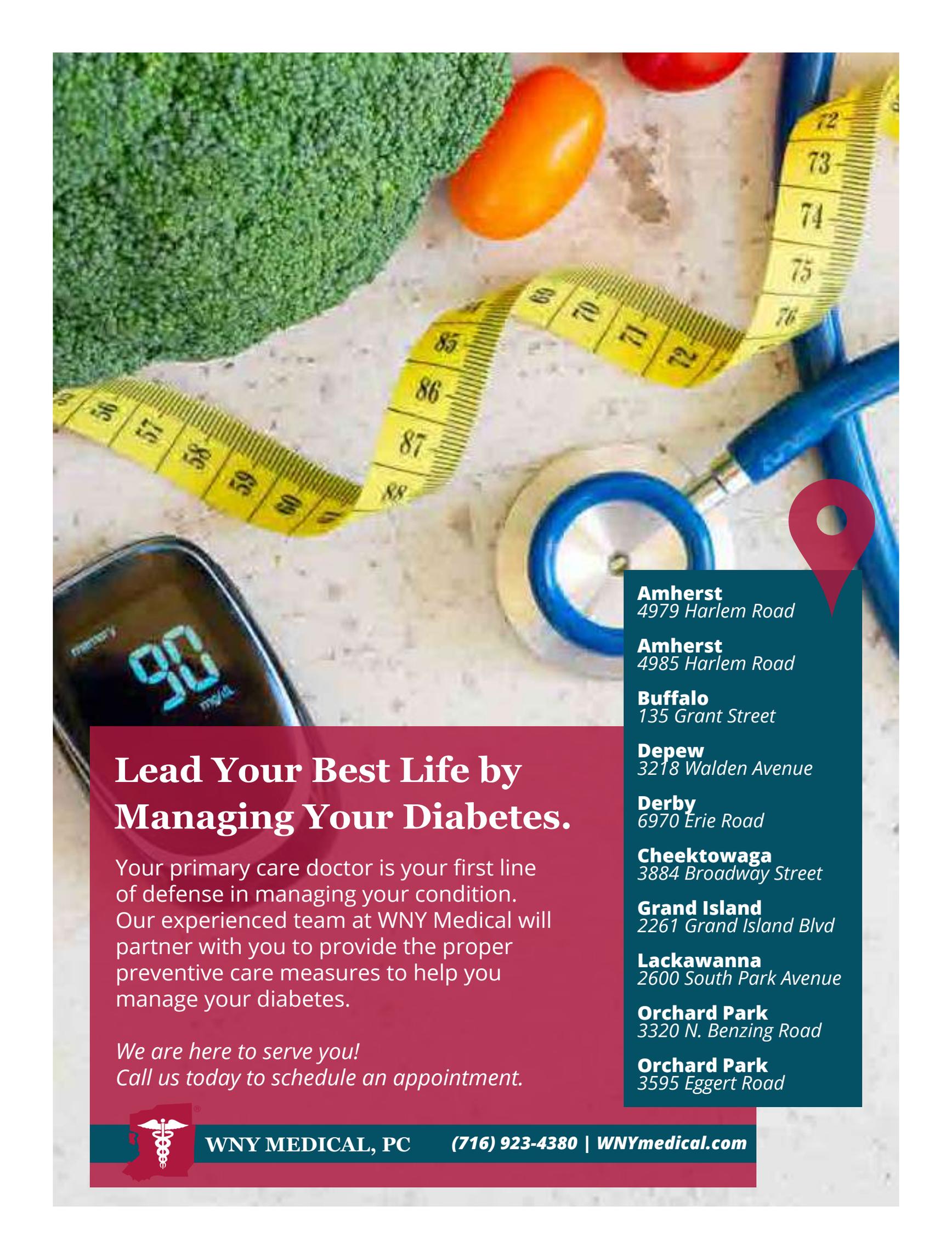
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Our Mission

Your Bliss Magazine explores the power of overall wellness. We look to push past the boundaries of physical health and explore the aspects of mental, 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 technology, knowledge, and evolution of the health field, there is a growing supply of data to take from. With Your Bliss, we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

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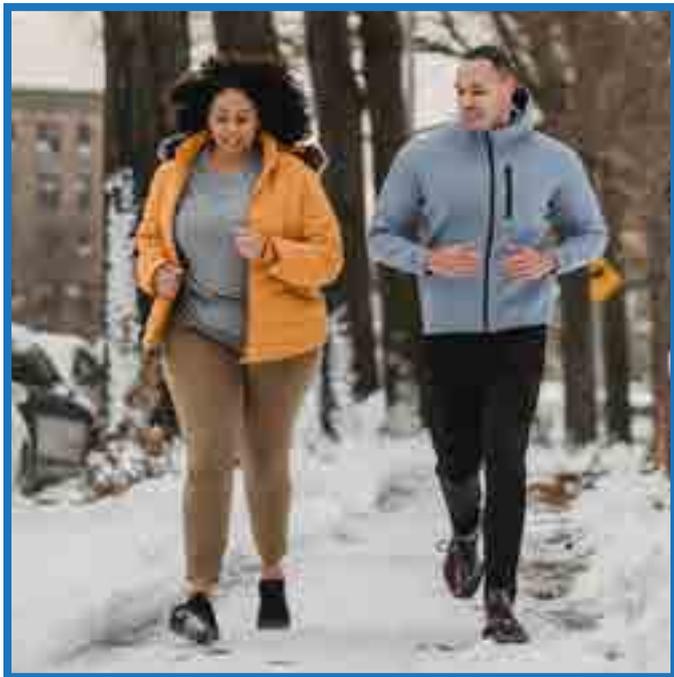
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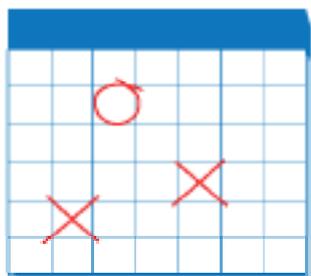
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Staying Fit & Active During the Holiday Season

By: Sue Perbody



With the cold weather season and the holidays quickly approaching, now is the time to focus on staying active. Between planning what to prepare for the big dinner, purchasing the perfect gifts, and in these inflationary times, figuring out how to pay for it all can be extremely overwhelming. So, what can we do to maintain your physical health during this chaotic time of the year? Follow these tips for a healthy holiday season.



Plan Ahead

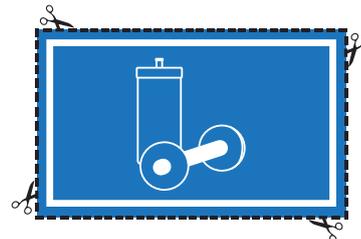
Most people travel for the holiday season, and planning ahead can make a world of difference. Do some research on the area to which you are traveling. Pack accordingly, planning for the unexpected. Consider identifying nearby walking trails for morning strolls. Staying with family members? Ask them if they carry any fitness equipment. Ask near-by gyms if they allow guests to use their facilities. Talk to your family ahead of time and suggest doing something physically active together to make it more fun and interactive. The point is, plan ahead! Things are bound to change while traveling, but you have already made your commitment to exercise, so stick to it no matter what.

Use Every Opportunity

Planning and preparing ahead of time is nice, but plans can get messed up during the holidays. If it seems impossible to get some kind of work-out in, think outside the box. Walk as much as possible. Take a few extra laps at the mall. Use stairs instead of the elevator or escalator. Play a game of football or hide and seek with the kids. Watching a game of football? Get on the floor and start doing sit-ups or push-ups. If you lack lifting equipment, pick up full water bottles or soup cans for a quick lateral or overhead exercise.

Make It Official

Are you afraid of staying dedicated to a workout routine? Sign up for a race, competition, or awareness walk. Not only are they for a good cause, but they're also good for your body! A simple walk or run goes a long way. Plan a hiking or biking trip, if the weather is accommodating in your area. Start a tradition with your family that you have to stick to. Invite family and friends to your gym for their latest exercise class, or to do a simple cardio workout. Most gyms offer deals and specials during the holidays, so this is the best time to put yourself out there!



Treat Yourself

No, we do not mean treat yourself to that last piece of pumpkin pie! If within a reasonable budget, invest in some new workout clothes or fitness equipment before Thanksgiving to boost that motivation needed to stay active during the holiday season. Don't forget to get your friends and family involved! Plan workout routines with your best friend, parent, sibling, or cousin.

You'll be more motivated to work out if you have some motivation by your side. Take a bike ride or walk together. Do some research on group activities that are both fun and stress-relieving.

Don't let the stress of the holidays ruin your potential at staying fit and active. Use the tips and suggestions listed above to keep a positive outlook during a tense time of the year. Remember, the holidays are meant to be full of fun and cheer! So, this holiday season, give yourself the gift of getting workout ready, and make yourself proud!

“
Invest in some new workout equipment before Thanksgiving to boost that motivation needed to stay active during the holiday season.
”

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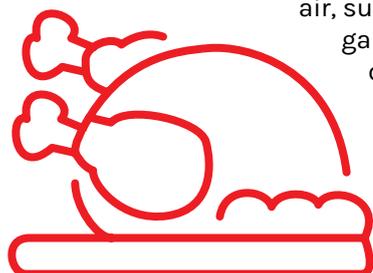
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Embracing Thanksgiving Traditions

By: Lauren Antkowiak

Thanksgiving has sort of fallen to the wayside in recent years. Everyone wants to jump right into the Christmas holiday without properly celebrating the Thanksgiving holiday. With stores being open for Black Friday earlier and earlier, some even dubbing it Grey Thursday, there is no time to sit down and really enjoy this holiday. I personally love Thanksgiving and I think it is time to bring it back and its time-honored traditions.

For me the most important part of Thanksgiving is the people you spend it with. Thanksgiving is the busiest travel day of the year which just goes to show how people make the effort to spend it with loved ones. Once you are all together, find things to do and ways to connect with those you don't see as often. Watching the Macy's Thanksgiving Day Parade or one of the various football games is a good way to relax and catch up with each other. A tradition with my family is to watch Thanksgiving themed episodes of our favorite T.V. shows. Other great bonding moments include getting outside for some fresh fall air, such as playing a friendly game of football in the yard or going for walks after dinner.



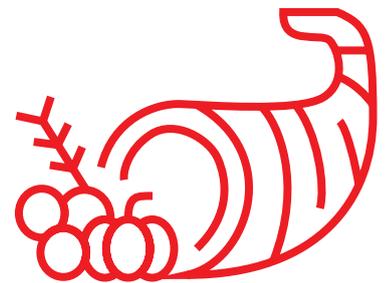
Turkey, mashed potatoes, stuffing, sweet potatoes, cranberry sauce, and

pumpkin pie are just a few of the staples of a Thanksgiving dinner. Many use recipes that have been passed

down from generation to generation. Others stick to the traditional menu but add something that's unique to their family. Since the dinner table is at the center of the day, many have special centerpieces or tablecloths that they use each year. There were a lot of kids in my family growing up and we couldn't all fit at the same table. So, the tradition in my family was to have a separate kids' table. We continue this tradition even now that we are older to have time with just us kids.

Other traditions are independent from family and the Thanksgiving dinner. Early in the day many cities host the annual Turkey Trot. Thanksgiving is the official kickoff to Christmas, so after giving their all to Thanksgiving and those traditions, some immediately start their Christmas traditions. In my house, we watch our first Christmas movie of the season as everyone relaxes after eating too much. For others it means putting up the Christmas tree or other décor.

Whatever your tradition may be, focus on it this year and appreciate the time you can spend with your loved ones. Create new memories and maybe even some new traditions that you can pass down for many generations to come.



Four Things To Know About Veterans Day

By: Emily Scripps

Your Bliss Magazine is proud to celebrate Veterans Day, a tribute to all Americans who have served/are currently serving our country during peace or wartime. In honor of these heroes, we've put together a list of 5 interesting facts you may not have known about the holiday.

1: Veterans Day does NOT have an apostrophe

A lot of people think it's "Veteran's Day" or "Veterans' Day," but they're wrong. Shocking right? The holiday is not a day that "belongs" to one veteran or to specific multiple veterans, which is what an apostrophe implies. It's a day that honors ALL veterans— so no apostrophe needed.

2: Veterans Day Name and Date

Veterans Day occurs on November 11 every year in the United States in honor of the "eleventh hour of the eleventh day of the eleventh month" of 1918 that signaled the end of World War I, or Armistice Day. Armistice Day was changed to Veterans Day in 1954 by President Eisenhower.

3: Other countries celebrate Veterans Day in their own way!

Canada and Australia both call November 11 "Remembrance Day." Canada's observance is pretty similar to our own. In Australia, the day is more akin to our Memorial Day. Great Britain calls it "Remembrance Day," too, but observes it on the Sunday closest to November 11.

4: Understanding PTSD

While Post-Traumatic Stress Disorder (PTSD) extends far beyond the military, the problem is especially acute among war veterans.

According to the American Psychiatric Association, PTSD is defined as "Post-Traumatic Stress Disorder (PTSD) is a psychiatric disorder that may occur in

people who have experienced or witnessed a traumatic event". "People with PTSD have intense, disturbing, thoughts and feelings related to their experience that last long after the traumatic event has ended. They may relive the event through flashbacks or nightmares; they may feel sadness, fear or anger; and they may feel detached or estranged from other people." More than 300,000 veterans of the wars in Iraq and Afghanistan have been diagnosed with PTSD.

Best ways to support someone with PTSD:

- Accept the individual and their condition without judgment or criticism.
- Commit to them and your relationship with them, building trust and safety.
- Empathize - the emotional toll of trauma has a deep impact.
- Grounding - taking slow, deep breaths and describing the environment reduces dissociation.
- Reassure them and point out their capabilities, strengths, positive qualities and past successes.
- Resist telling them "It will all be okay", or "It could be worse", or other unhelpful clichés - it is what it is.
- Support - respect their boundaries while encouraging communication, contact, and connection with others.
- Understand their behavior may seem irrational or volatile, but remember that it is triggered by the trauma, not you.
- Watch for signs of anger or agitation and diffuse the situation before emotions erupt.

For more information on Veterans Day and/or PTSD, please visit any of the websites below:

<https://www.defense.gov>
<https://www.stress.org>
<https://www.omnimilitaryloans.com>
<https://www.ptsd.va.gov>
<https://www.psychiatry.org>
<https://www.history.com>
<https://www.ncbi.nlm.nih.gov>



Home Purchasing Basics 101: Part 4

By: Deanna Rowser

Congratulations on your purchase! Now for the hard part... making your new house your home.

What is it that you wish to tackle first, the kitchen? It is where you and your family and/or friends will spend the most time together, which is why it is considered the hearth of the home. Does the house need new windows? Energy efficiency, in this day and age of rising energy costs, is vitally important. Are there any mechanicals that need to be replaced, such as plumbing, electrical, and HVAC? Is a new roof needed? Once you establish the answers to these questions, consult with a designer before you run out to purchase cabinets and appliances, or contract with a window and siding company, or you contact a roofer. **GET THE SPACE DESIGNED FIRST!** This will help alleviate buyer's remorse and regret. Do not make decisions in haste. If you do, it will most definitely result in haste makes waste... of money!

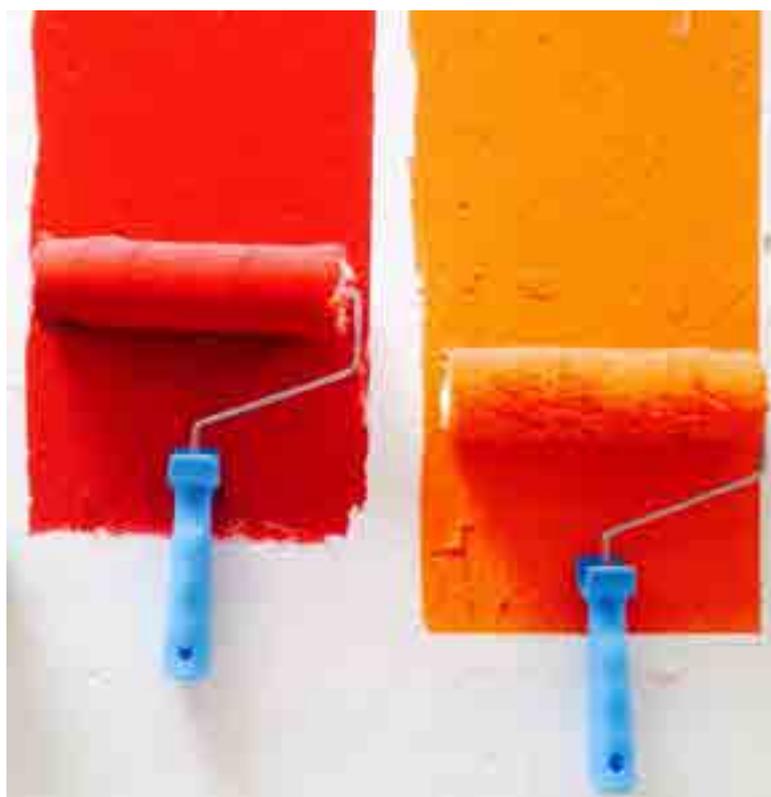
Very often, new homeowners think it an unnecessary luxury to hire an interior designer to layout your space. She or he might confer with an architect to ensure all structural requirements are met. I can almost guarantee that hiring a designer will be the best \$500 - \$5,000 (depending on your space) that you will ever spend. It is likely that what you save in time, money, and peace of mind by hiring an interior designer will more than offset the fee charged. For example, simply



Defining & Designing your new home

moving or shortening a window can mean the difference in maximizing your kitchen's visual and functional potential. In addition, your construction contractor will be ever so appreciative because your desires will have been fully vetted and visually articulated, making his or her job extremely easy to execute.

Now that you have established a proper layout, how should the spaces be finished? What color, sheen, and texture of paint should you use in which rooms. Do you want to incorporate wallpaper or the popular shiplap or wainscot? How much artificial light does each room require? Which size beds or sofa will fit? How will you incorporate everyone's favorite colors tastefully throughout the home? An interior designer will be able to provide you with both layout and decorating services, while an interior decorator will focus primarily on the look and feel of the space. To ensure you create a harmonious space that everyone will love, you must take into consideration everyone's likes and dislikes, and incorporate as many of the likes and as few of the dislikes as possible. A designer or decorator will help you and those in your household mitigate the challenges you may face trying to make this a home reflective of everyone's personality.



REDUCE REUSE RECYCLE

Tips for Reducing & Reusing

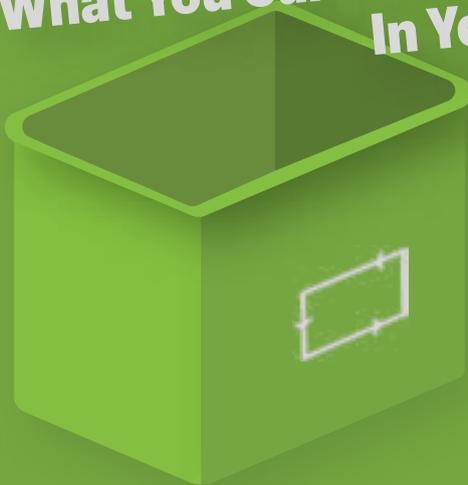


Decrease use of plastic and single use disposable items

Increase use of reusable shopping bags, straws, cups and cutlery



What You Can Recycle In Your Bin



Beverage & Food Cans



Flattened Cardboard & Paperboard

Plastic Bottles & Containers



Paper

Glass Bottles & Containers



The U.S. recycles less than 22% of its discarded materials

The U.S. has more waste than any other country in the world

Recycling is the top action society can do to simultaneously improve: the environment, economy, sustainable manufacturing and prevent waste from going into oceans.





Recycle! Save! Conserve!

Tips on Practicing a Environmentally Mindful Lifestyle

Go Green or Go Home!

By: Caitlyn Conibear

For many people, when they hear “going green” they think of recycling or buying that cool reusable water bottle they stumbled upon in the Marshall’s check-out line; when instead there is so much more. Going green is about embracing a new way of life that helps preserve the environment by reducing, reusing and recycling items. The aim of this lifestyle is to:

- Reduce resource consumption
- Reduce pollution
- Eliminate waste
- Conserve natural resources and forests.

Learning how and practicing an environmentally mindful lifestyle is the first step of protecting the sustainability and habitability of the planet. Thankfully, there are plenty of small, easy changes one can make in their life that will contribute towards a healthier environment.

Renewable energy is a great way to conserve natural resources; by switching to alternatives like wind, solar, hydroelectric and geothermal, companies and homeowners can reduce energy costs and consumption amounts.

Start picking green and organic food at the grocery store instead of ones with chemicals and contaminants. By choosing organic, shoppers are supporting responsible farming practices and land use which reduces greenhouse gases and lowers air pollution.

Go digital in the office and save the trees. Saving the rainforest not only saves the place thousands of animals and insects call home, but also purifies the air we breathe.

According to the World Health Organization (WHO), air pollution causes around 2 million premature deaths globally, every year. If we continue to push pollutants into the air and engage in excess use of natural resources we will soon find our planet in grave danger. By embracing a “green” life and practicing environmentally conscious choices we are building a healthier environment for all living creatures, both now and in the future.

“
**By embracing
a “green” life
and practicing
environmentally conscious
choices we are building a
healthier environment for
all living creatures.**
”

Simple Things You Can Do:

- Use less water
- Energy-efficient lighting and turn off lights when leaving a room
- Have a meatless meal at least once a week.
- Proper food storage, meal planning and smart shopping are important for every household to cut down on waste
- Encourage reusable water bottles and other reusable products.
- Fewer plastic products
- Compost food
- Plant a tree
- Volunteer for cleanup days in your town or city

Food As Medicine

With Dr. RS

The Importance of Eggs in our Diet

Eggs have been a dietary staple since time immemorial and there's good reason for their continued presence in our menus and meals. One large, boiled egg has about 77 calories and contains Vitamins A, B5, B12, D, E, K, and B6. Eggs contain many beneficial nutrients, including folate, phosphorus, selenium calcium, and zinc. Beneficially, a single egg contains six grams of protein and five grams of healthy fats.

Proper preparation when cooking eggs is important. A bacteria called salmonella is found in eggs. This comes directly from the chicken. If you don't boil your eggs properly, these bacteria can penetrate your body and damage your health. The same case happens when eggs are not cooked properly. Under-cooked eggs can cause bloating, vomiting, and stomach-related issues. And eating too many eggs can result in adverse effects. Considering eggs are a rich source of protein, consuming them in excessive amounts can negatively affect the kidneys.

Eggs are a great nourishing boost for your skin, too! The lutein in eggs provides hydration and elasticity for your skin. The accompanying protein helps repair tissue and keep skin firm. Egg yolks are loaded with fatty acids that add moisture to skin, whereas egg whites include albumin. This is a simple protein that tightens pores and removes any excess oil.

Overall, eggs can help boost your metabolism from the combination of vitamins, nutrients, and various minerals. Eggs are very filling and low in calories, making for the perfect breakfast or mid-day snack. Adding them to your existing meal can enhance your overall experience of a delicious meal!





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Our YouTube
Channel!**



On the Dr. RS YouTube channel you will find our discussions of health benefits from various foods and how we can incorporate them into our lives.

Various Health Benefits of Honey

Honey has been used throughout history and has a variety of health benefits. It is a good source of antioxidants and antimicrobial, meaning it can help to heal wounds. Honey is often used as a remedy to soothe sore throats and coughs. Add it to hot tea with lemon when a cold virus hits. It also can help with other upper respiratory tract infections.

Using honey for skin care is always a good idea. Applying honey regularly on your skin can offer great results and help give you healthy and glowing skin. It acts as a pore cleanser when applied to your skin. It can also lighten scars, help with sunburns, and fight acne. By applying honey to the skin, it hydrates the skin, reduces wrinkles and helps restore a natural glow.

Honey is a good source of nutrients and can help people in their weight loss efforts. When you eat too much sugar, you tend to gain weight because of the calories and lack of vitamins and minerals. Honey balances this effect because it is a good source of nutrients, but it must be consumed in limit. Having too much honey can increase the risk of hypertension and also lead to tooth decay. Honey should be consumed in moderation, only one or two teaspoons a day.

Honey can assist in benefiting your mental health. Honey's antioxidant and anti-inflammatory properties help protect the brain and nerve cells from damage and this in turn reduces the chances of mental health disorders such as strokes, anxiety, depression, and dementia.





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Living a Gluten-Free Lifestyle

By: Jordon Stockwell

“Everywhere you look these days, you will hear and see people talking about being gluten free. Everyone from celebrities to professional athletes are boasting about the benefits of this diet, but are these diets beneficial for everyone?”



Everywhere you look these days, you will hear and see people talking about being gluten free. Everyone from celebrities to professional athletes are boasting about the benefits of this diet, but are these diets beneficial for everyone?

What is a Gluten-Free Diet?

Any foods that contain gluten, which is a protein present in wheat and numerous other grains, are prohibited from a gluten-free diet. It involves consuming only naturally gluten-free foods including fruits, vegetables, meat, eggs, and non-processed grains like gluten-free bread or pasta. It's important to read the ingredients label because there may be gluten in some things that you may not think of. Gluten is used sometimes as a binding agent and flavoring, so it may be possible to find it in sauces, medications, and even cosmetic products. People often confuse being gluten free with being on a /low carb diet, but there are many foods such as potatoes and rice that contain carbs but are also gluten free.

Who Benefits from a Gluten Free Diet?

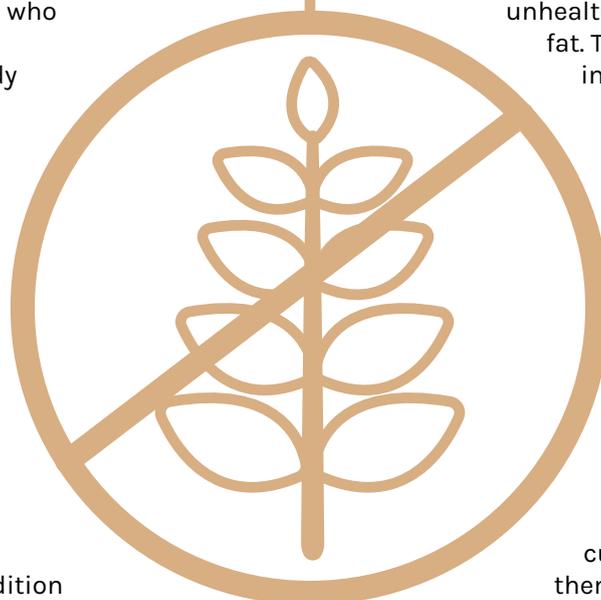
- People with Celiac Disease: For those who have celiac disease, an autoimmune reaction to gluten that causes the body to attack the small intestine and results in stomach pain, nausea, bloating, or diarrhea, a gluten-free diet is essential. People with celiac disease must live their entire lives on a gluten-free diet since they are unable to tolerate any form of gluten. The symptoms you had before going gluten free will undoubtedly return if you have celiac disease and unintentionally consume gluten.
- People with a Gluten Sensitivity: Non-celiac gluten sensitivity, often known as gluten intolerance, is a condition

that may cause someone to reduce their intake of gluten. We lack a precise definition of and explanation for gluten sensitivity. All we know is that some people who consume gluten experience sickness as a result. Since there is no test for gluten sensitivity, we could try an elimination method like the low FODMAP diet. This is a short-term dietary plan that forbids several foods, especially those made from wheat, that may aggravate the gastrointestinal tract. If gluten is what's causing the inflammation, your symptoms might get better over time.

What Are the Risks of Eating Gluten Free if You Don't Have Celiac?

You run the risk of depriving yourself of wholesome whole grains, fiber, and minerals if you entirely cut out gluten from your diet. Consuming enough whole grains in your diet is essential if you have diabetes or heart disease. The use of whole grains can lower cholesterol and assist in managing blood sugar levels. Some gluten-containing meals also include important nutrients like B vitamins, iron, and magnesium. It's important to keep in mind that certain manufactured gluten free foods contain high amounts of unhealthy ingredients like sodium, sugar, and fat. These foods have the potential to result in issues like weight gain, blood sugar swings, elevated blood pressure, and others. Therefore, just because a food is gluten-free doesn't necessarily mean it's nutritious.

If you do not suffer from celiac disease or gastrointestinal pain, it is advised that you cut out highly processed items from your diet before cutting out gluten. Increase the amount of entire grains you eat, lean proteins, fruits, and veggies. Many people find that modifying their diets, rather than cutting out gluten, is enough to make them feel better.



Practicing Mindfulness Around the Holidays

By: Lana Shapiro



The holiday season can be stressful for many of us. People are often busier, and trying to balance work and personal obligations can lead to even more stress.

Many factors, including unrealistic expectations, financial pressures, and excessive commitments can cause stress and anxiety at holiday time.

Certain people may also feel anxious or depressed around the winter holidays due to seasonal affective disorder (SAD), sometimes referred to as seasonal depression.

Here are a few simple things you can do that will help you manage higher levels of anxiety and stress you may experience leading up to and during the holiday season.

Do a calming activity: yoga, walking, visualization, meditation, a relaxing bath or shower. Think about things that help you feel calmer and go do them. Don't wait until your stress level is too high, go and do them at the first sign of anxiety

Clean up your space - pick a place where you spend the most time and clean it up. If you are currently working from home and had to re-invent your workplace in your home, make sure

that you keep it clutter free. If your bedroom is messy, clean it up. You don't want the mess to be the last thing you see before you go to bed and the first thing you see when you wake up. Remember that a cluttered space equals a cluttered mind.

Prioritize your to-do list. If you don't accomplish everything on your to-do list today, don't stress! Things can wait until the following day. However, prioritizing will help with not procrastinating on those things that are important.

Identify your limits, know your budget for money you are able to spend on gifts, events, etc. Don't put yourself into financial debt, which can lead to more stress that can become more chronic.

Delegate tasks whenever possible - use your partners and let go of "I have to do everything myself" thought process.

Allow yourself to take time to rest and get adequate sleep. Nourish your body with healthy food and stay hydrated.

Remember to BREATHE - take five to ten minutes every morning when you wake up and before you go to bed to focus on relaxing and slowing down your breathing.

And most importantly, have fun! Holidays are meant to be a time of joy and celebration - bring the true meaning of the holidays back into the season.



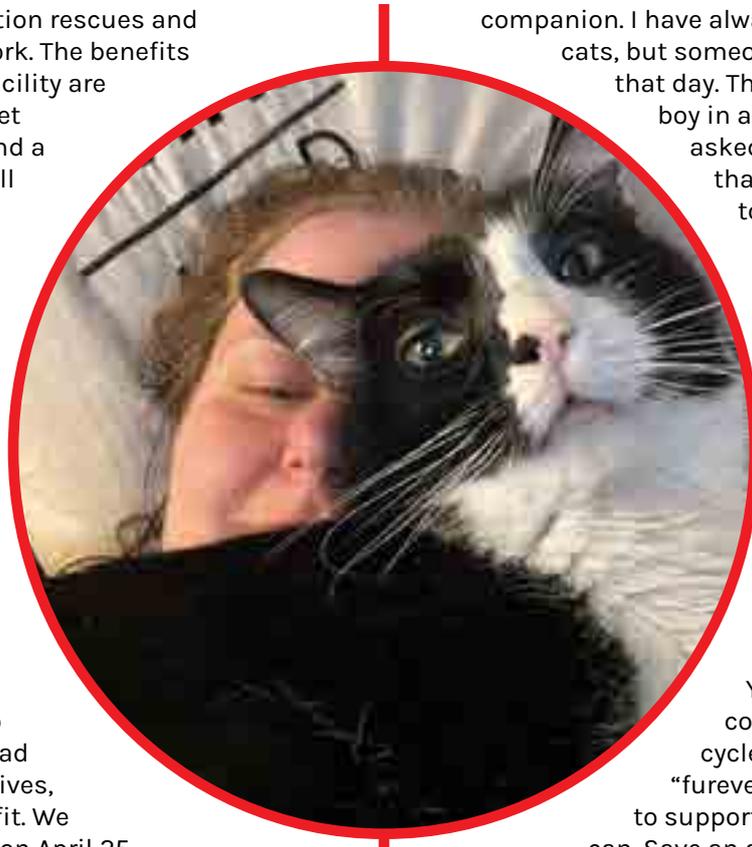
The Benefits of Adopting Locally

By: Katy Siwinski

There are several local pet adoption rescues and shelters around Western New York. The benefits of adopting from a locally run facility are endless. By supporting a local pet adoption center, I was able to find a sweet, adorable, loving cat to call mine forever. Here is my story.

Me and my fiancé moved into our first apartment together in early 2021. We have a comfy little apartment here in Western New York, but something didn't feel complete. Something was lacking that made our house feel like home. Our personal company to each other was swell, but there was definitely something missing.

We had visited the Purrfect Cat Café on Hertel Avenue in Buffalo on a number of occasions. We had both grown up with cats in our lives, so this seemed like the perfect fit. We spontaneously went to the café on April 25, 2021, browsing this familiar setting for our furry



companion. I have always been a sucker for orange cats, but someone else caught my attention that day. There was a sweet black and white boy in a cage away from the other cats. I asked the owner why, and she stated that the other cats were mean to him. I was instantly drawn to his cage; his sweet, loving energy lured me over time and time again during that visit. After some pets and a good conversation, we applied to adopt Hopper. We took him home the next weekend.

Not only do local rescues and shelters involve supporting a local business, but you are also getting a new furry friend from a dedicated rescue or shelter in the area. You also get to assist with controlling the pet over-population cycle by giving this little critter a "forever" home. Overall, it is important to support local in any way you possibly can. Save an animal today.

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A Review of *Little Demon*, a Hulu/FX Series

By: Alex Tilton



Little Demon didn't look like much at first blush. The title card for the series reeked of 'trying too hard to be adult animation'. But I was bored, and exhausted from work...and it was there...I figured the worst that could happen was I would waste 20 minutes of my life and then I could trash the series in this review. But then an odd thing happened. *Little Demon* didn't suck. It didn't blow me away or have me salivating for the new episode every week either, but every time I got the notification that the next episode had dropped, I felt good and made time to watch it.

Little Demon follows the story of a single mother Laura (Aubrey Plaza, from *Parks and Recreation*) and her daughter Chrissy (Lucy DeVito, from *The Marvelous Miss Mazer and Girls*), whom she got pregnant with while having a fling with the Devil, voiced by Danny DeVito.

The first episode surprised me by having an actual heart. The second episode surprised me by demonstrating that the first episode wasn't a fluke. The show is indeed 'adult animation' by virtue of the swear words, gore, and occasional nudity but there's *nothing* whatsoever exploitative about it. Some AA genre shows simply revel in their TV-MA freedom to do as much cursing non-PG stuff as possible. And adults love this because they (or at least I) wished the cartoons they grew up with had been allowed to have content that wasn't sanitized into utter sterility.

Little Demon isn't like that. This show gives a damn about its characters and their pain. I've never seen an adult animation comedy show stop dead in its tracks give a male character a stone-cold serious plotline about a severe eating disorder. The 'first period' plotline for Chrissy is something we've seen before but...but damn. This show uses its TV-MA rating not to pander, but rather to get graphic about its character's problems and then drive the point home like an icepick. It exercises no subtlety and takes no prisoners. The show has an unexpectedly endearing quality to it. It's so earnest you can't help but respect it.

But to be clear, there's a pitch-black sense of humor at work here too. I'm not sure if this was the intention of the writers or just my experience watching it, but the show seems to save its strength for a fewer, bigger laughs. Whether it was the plan or not, it works. They also care about continuity. Even small details are recalled in later episodes, and it builds the world of the show nicely.

I'd be lying if I told you I knew where this show was heading. In this show the Devil is presented as a chaotic agent of change and upheaval rather than doing evil for its own sake. He's working towards a goal of unifying all of the various different dimensions into one that he rules over and Chrissy is the key. But much to his own surprise, he's started to care about his daughter as a person rather than a mechanism to achieve his goals. So the big mystery here (apart from whether or not we'll get a season 2) is if he will scrap his plans or go through with them. The obvious 'final conflict' for the series would be if he does, but I can also see this show going the opposite direction and exploring his character growth by having him ditch that plan.

Of course this all depends on the show not getting scrapped. Hulu isn't quite as savage as Netflix when it comes to killing off its properties, but they're not shy with the axe either. Keep your fingers crossed for this one though. It's genuinely good television that deserves a few more years to see what it can become.



Images from [IMDB.com](https://www.imdb.com) & [IndieWire.com](https://www.indiewire.com)

Entrepreneurship: A Love Affair With Yourself

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



Entrepreneurship is an adventure; it's like being on a roller coaster. It is like your first date; it is like falling in love for the first time. It is exciting, risky, and if done right, extremely satisfying and rewarding. Many people wonder how and when can one engage in entrepreneurship? Can anyone become an entrepreneur? The answer is a resounding, "yes". It is a state of mind not DNA inclined.

When you realize that you have skill sets or knowledge that can be monetized to meet the present or the future needs of others, no matter how basic those needs may be, you have become an entrepreneur. As an employee with an entrepreneurial state of mind, you are more valued by your employer compared to others, as you are self-motivated and supervise yourself. On the other hand, employees that need supervision, productivity incentives, and constant reminding to perform at a satisfactory level to justify their employability are not as desirable. My experience has taught me to always hire individuals with an entrepreneurial spirit.

Entrepreneurship also teaches you to constantly invest in yourself to become more marketable and better at what you do. Once you train yourself in this state of mind, your creativity in daily life intensifies. Your energy level increases and so does the job satisfaction. You are no longer dependant on others for your evaluation. You, yourself are evaluating your work, your commitments and your objectives.

As we celebrate entrepreneurship in the month of November let's make an effort to make it part of our lives for all twelve months. Every day you are your own boss, every day you satisfy yourself with your work, every day you take a step towards self-actualization.



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Feel Good Apple Muffins

Source: PinchofYum.com



These Apple Muffins are EVERYTHING. Wholesome and nutritious, moist and dense, perfectly but not overly sweet, and honestly divine with a little butter and honey.

Ingredients

2 cups rolled oats
8 medjool dates, pitted (about 3/4 cup)
1/2 cup olive oil
1/4 cup real maple syrup
1-2 apples, grated (about 1-2 cups total)
2 eggs
1 teaspoon baking soda
pinch of sea salt and/or cinnamon (optional)
coconut / seeds / nuts / butterscotch chips (optional, for topping)

Instructions

Preheat the oven to 350 degrees. Mix all ingredients in a blender until a chunky batter comes together. Pour batter into a greased or lined muffin tin. Sprinkle with butterscotch chips. Bake for 15-18 minutes, until the tops gently spring back when you press into them. Sprinkle warm muffins with sea salt, serve warm or cold.

Source: Gimmesomeoven.com



Quinoa

WITH BUTTERNUT SQUASH,
CRANBERRIES & PISTACHIOS

Ingredients

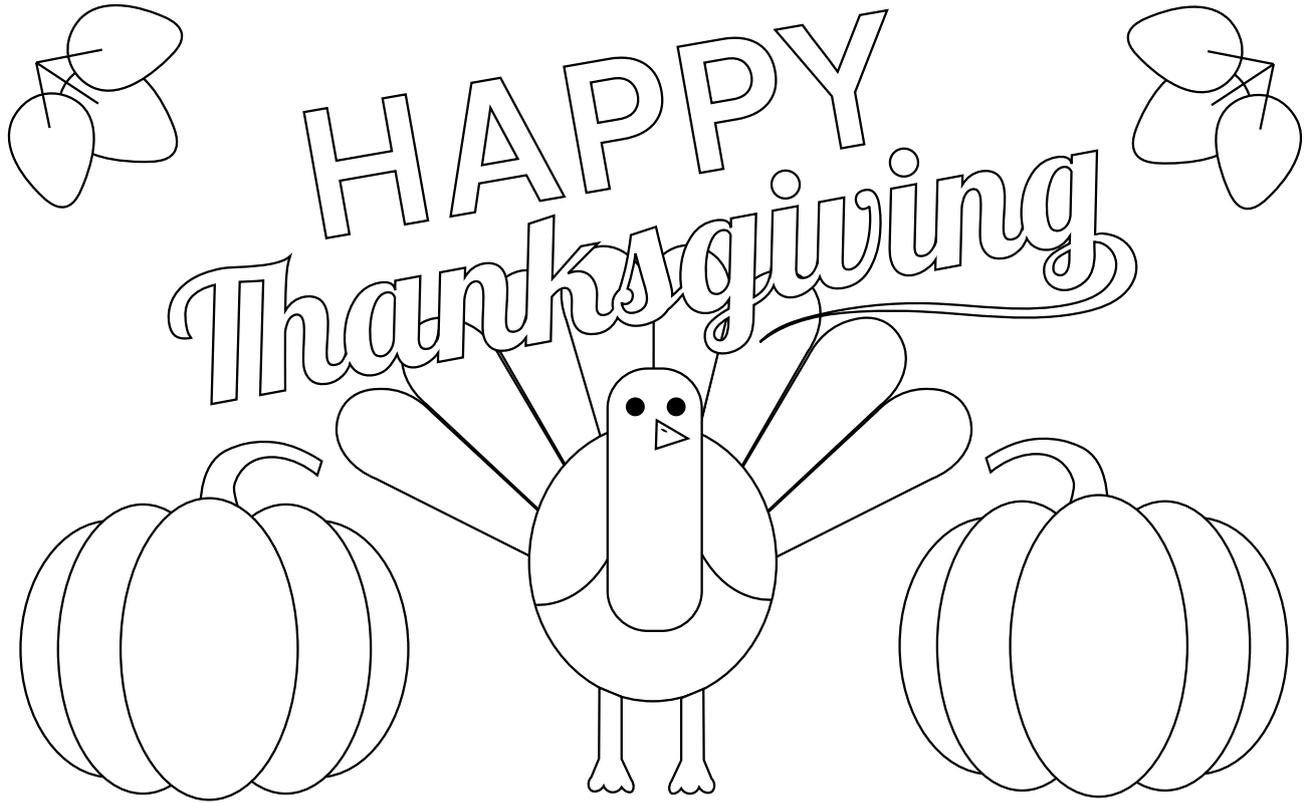
1 butternut squash, peeled, seeded, and cubed
1 red onion, peeled and diced
3-5 cloves garlic, with peel still on
1 Tbsp. vegetable or canola oil (or any high-heat oil)
salt and pepper
1 1/2 cups quinoa, rinsed
3 cups chicken broth, vegetable broth, or water
zest of one orange
2 cups roughly-chopped fresh spinach
2/3 cup dried cranberries
1/2 cup shelled pistachios

Directions

Preheat oven to 425 degrees F. Line a baking sheet with aluminum foil. In a large mixing bowl, toss butternut squash, onion, and garlic cloves (with peel still on) until they are evenly coated with oil. Spread out in an even layer on a baking sheet. Season with salt and pepper. Roast for 30 minutes, or until soft and cooked and the edges

are slightly brown. Remove and set aside. Discard the garlic peels. Stir together quinoa, broth (or water), and orange zest, and cook according to package instructions. When cooked, set aside. Add the cooked veggies, quinoa, spinach, cranberries and pistachios to a large bowl, and gently toss to combine. Season with additional salt and pepper if need be. Serve warm.

Coloring Corner



November 2022 Event Calendar

The Sound Of Music

Lancaster Opera House
21 Central Ave. Lancaster, NY 14086

November 18th through December 4th

\$25 - \$37 for tickets
Visit: lancasteropera.org

Ho, Ho, Holiday Kids Event

Hyatt's All Things Creative-Buffalo
1941 Elmwood Avenue, Buffalo, New York 14207

November 19th, 11 am - 4 pm

Holiday Crafts, Activities, Giveaways & Tasty Treats!

Hot Chocolate Night

The Buffalo Heritage Carousel
1 Marine Drive, Buffalo, NY 14202

November 25th, 5 pm - 7 pm

\$1 rides and \$1 hot chocolate
Visit: buffaloheritagecarousel.org

Thanksgiving Craft/Vendor Show with Basket Raffle

St Andrew's Country Day School
1525 Sheridan Drive, Kenmore, NY, 14217

November 12th, 11 pm - 4 pm
Raffle Tickets on sale until 2pm
Drawing begin approximately 2:45 pm

Raffle proceeds donated to Ten Lives Club



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