



FREE

Spring Cleaning

*Innovative Solutions to
Make Cleaning a Fun Task*

Workplace Equality

*Signifying Gender Equality
in a Professional Environment*

MS and Athleticism

*How One Woman's Story
Inspired Athletic Ambition*

April's Solar Eclipse

*What to Know and Prepare
For When Viewing This Event*



March 2024



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Our Mission

Your Bliss Magazine explores the power of overall wellness. We look to push past the boundaries of physical health and explore the aspects of mental health, financial health, and health of the spirit. Our goal is to bring you information that you can use to live a happy, healthy, and spirited life. We find tips for the short term as well as more expansive information for the long term.

With the ever-expanding technology, knowledge, and evolution of the health field, there is a growing supply of data to take from. With Your Bliss, we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

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Out With the Old: A Guide on Spring Cleaning

By: Lei Anna Craig



With sunshine and warm weather quickly approaching, it could only mean one thing...

...It's time for yet another round of spring cleaning!

Cue the synchronized groan. We get it, it's not the most fun thing to do, but we are here to give you tips on making this process a lot easier! So put on those comfy sweatpants, turn on your favorite playlist, and let's get started!

Make a checklist

Why make this harder than it has to be? Making a list gives you a chance to prioritize the tasks that you must do first and allows for your time to be used in the most efficient way possible. Spring cleaning is a marathon, not a sprint, so it is advised that you do not tire yourself out so quickly with the larger tasks first.

Gather all the necessary supplies beforehand

Realizing you need more sanitizer spray and paper towels when you are elbows deep in dust bunnies is never fun. Instead of getting discouraged and using the limited stock as an excuse to put an end to the cleaning early, it is important that you get all your necessary supplies beforehand. Head to your corner store to pick up some of your favorite scents and sprays, and who says some victory snacks for after isn't a necessity too?

Donate the things you don't need

Spring cleaning is the perfect way to get rid of all the things that you've seen lying around during the winter. Whether it be the nightstand that you have no use for anymore, or some old clothes that are taking up space

in your closet, donate them to the nearest donation center! This time of year is the best way to give back and make someone's day by letting those in need have the things that you no longer use.

Don't forget the smaller tasks

When most think of spring cleaning, many think of only the bigger tasks and obstacles, and forget all about the things that are right in front of them. Remembering things like your home's baseboards, doors and doorframes, as well as the ceiling fans is the ultimate spring-cleaning win.

Take breaks

Spring cleaning doesn't have to be an all or nothing task, this can not only be physically but emotionally draining. So please, take breaks in between tasks! Use this time to stretch, get some fresh air sitting outside, or grab a snack and stay hydrated.

Make it fun

If you have others in your household, make the time go by a little faster by turning it into a friendly competition!

Have a spring-cleaning dance party! Use that mop as a microphone! Don't torture yourself, find ways to enjoy it.

While we all dread this time of year, it is a necessary step to welcome in the new season and keep yourself in good spirits! We hope these tips can help move the process along a little easier. Remember to be kind to yourself and have fun!

“It is a necessary step to welcome in the new season and keep yourself in good spirits!”

What to Know About April's Solar Eclipse

By: Lei Anna Craig

Why'd the sky get so dark?

Don't worry, the sun didn't disappear! Well not for long anyways, it's time for the largest astronomical event of the year: The Solar Eclipse.

Except this time around, on April 8th, 2024, we get the pleasure to witness the Total Solar Eclipse. This is the first time North America can witness this since 2017—we won't get the opportunity to see it again until 2033. Lucky for us, Buffalo has the perfect opportunity to see this event clearly, so we are here to make sure you can have fun and enjoy this event safely!

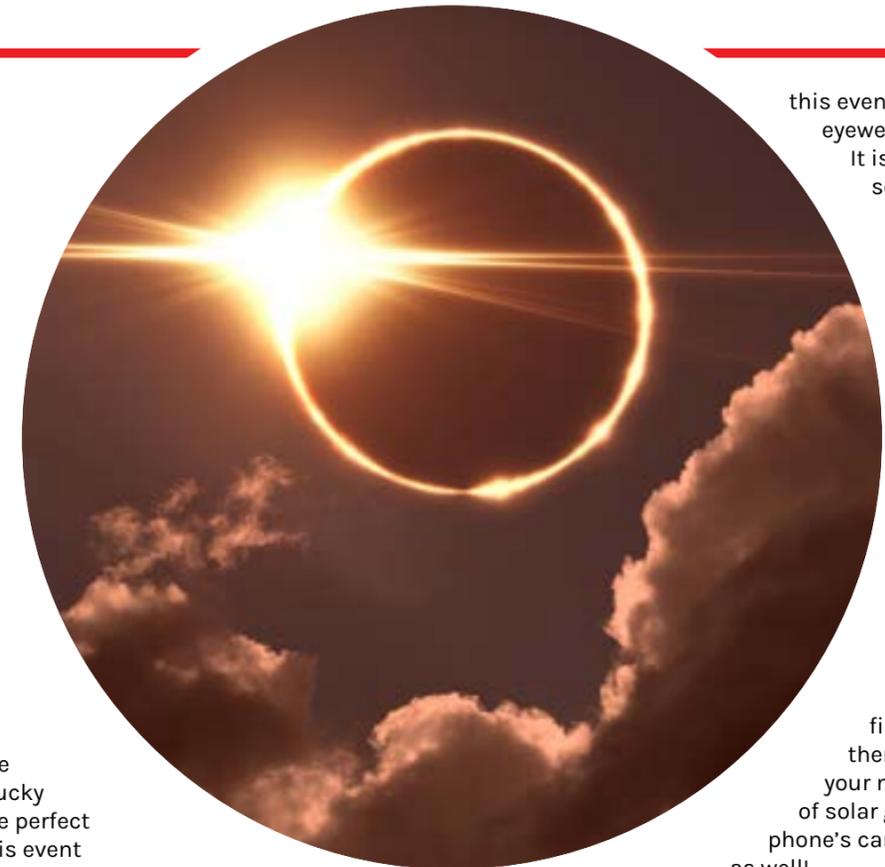
But first, what is a Solar Eclipse?

This phenomenon is a moment when the moon passes between the sun and the earth. Recently, the United States has only been able to witness a partial eclipse where the moon covers part of the sun. However, this time around, we are getting a total eclipse which results in the sky becoming dark from the moon's complete blockage of the sun. This action casts a shadow that will fall onto parts of the earth, thus creating the solar eclipse experience.

This shadow creates a trail of darkness called “the path of totality” where everything goes dark as if it's nightfall during the day. This gives us the opportunity to see the sun's atmosphere called the “corona” in its full glory and brings the opportunity to bask in the sun's beauty that we often cannot see without the risk of burning our retinas.

Tips On How to Watch Safely

This extraordinary event isn't worth damaging our eyeballs, so it is important that before you go to watch



this event, you get the proper eyewear to gaze at the sun. It is recommended to get solar eclipse glasses and filters to not only protect our eyes but our equipment too.

When trying to document this event, it is important that you take the necessary precautions with your equipment, so you are not damaging your phones trying to capture the moment. Most cameras have a solar filter already built into them, but if this is beyond your means, putting a pair of solar glasses over your phone's camera works just as well!

Buffalo is the third major city within the path of totality! We are home to one of the most ideal places in upstate New York when the total solar eclipse is in full effect, with an estimation of darkness lasting for about 3 minutes and 45 seconds. So, get your solar filter glasses on, and let's get watching!

Best Places to Watch

A clear sky is the key to having a good time and getting the best view of the solar eclipse.

However, if you are looking to make an even bigger event of it, here are some of the recommended places: Niagara Falls, Buffalo Harbor State Park, The Whitworth Planetarium at Buffalo State College, Knox Farm State Park, and The Buffalo Zoo.

Now, mark your calendars for April 8th! The total Solar Eclipse happens in the same city every 400 to 1,000 years, so you do not want to miss this! Partial totality will start at around 2:00 p.m., with totality starting at around 3:20 p.m.! Get your loved ones, your safety glasses, find a good place to view, and we hope you enjoy it!

Dr. RS YouTube Channel: Super Foods

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



Now, we aren't talking about Broccoli heads with capes on, superfoods are the nutritional powerhouses that can better our health when incorporated into our everyday snacks and meals. Superfoods can do wonders for our health with all the added minerals, vitamins and antioxidants that we don't usually get to consume in other foods. These can commonly include most berries like blueberries, strawberries, and raspberries, fatty fish like salmon, leafy greens, nuts and seeds.

How do these "Superfoods" contribute to our health?

These foods can be super in ways that you may not even expect and adding them to your diet can be the answer to some of the health struggles that many people may face. Each person's journey to a healthier lifestyle is unique, and each food has a specific targeted area for our health, so it is important to add the correct foods into our diets that will benefit us the most. Don't worry, you are not alone and here are some ways that these foods can help!

Not every superfood will contribute to the same aspect of your health, which is why it is important

that you balance these foods in ways that work for you, so you can receive all the benefits it can provide. Each person's journey with these superfoods will look different compared to the next, so don't worry if your plates do not look the same as your friends'!

How can you incorporate these into your meals?

Now, here comes the hard part. How am I going to eat these foods?

We got you covered! Some quick and easy ways to get the benefits of these foods can be to: add berries into your yogurt or smoothies, trade in your chip bowl for a fruit salad, avocado toast, a side salad paired with your salmon meal, or simply snacking on trail mix! These superfoods are here to save the day, so we encourage you to try to add these foods into your meals more frequently. Remember, incorporating a variety of nutrient-rich foods into your diet is the key to a balanced and healthy lifestyle. We understand the change may be difficult at first but take it one step at a time and you'll notice the difference sooner than you would expect!

Omega-3 Fatty Acids (found in fatty fish)	Promotes Heart & Brain Health
Berries	Reduces Inflammation
Citrus Fruit, Garlic & Ginger	Boosts Immune System
Avocados & Nuts	Promotes Skin Health
Chia Seeds & Leafy Greens	Helps Manage Your Weight
Quinoa	Helps Manage Blood Sugar
Green Tea & Turmeric	Helps Manage Stress & Mental Well-Being



Want more tips on improving your health? Watch more videos on our YouTube channel, DrRSMD. We post a variety of health related topics videos, meant to help your overall well-being.



Women & Gender Equality in the Workplace

By: Sara Loft

Imagine a time when women did not have the same liberties or equalities as a man. Fortunately, our nation's history has shaped for all citizens to receive opportunities to succeed. Before the 19th U.S. Amendment passed for women being allowed to vote, women have been suppressed into performing strict gender roles such as housekeeping and motherhood. Although these roles are still existing among us, several women have been wonderfully shaping our nation as they uphold integrity while pursuing bold actions upon themselves. It wasn't until the early twentieth century, women joined the labor force and helped fuel our economic development. It is important for women to experience gender equality because without their efforts our future will be severed. Plus, according to the U.S. EEOC (Equal Employment Opportunity Commission) states in Title VII of the Civil Rights Act, that it is illegal for an employer treating you differently or less favorably because of your sex including your pregnancy, your sexual orientation and/or gender identity.

Promoting women in your establishment provides cultivates diversity, fairness, and imagination. Like men, women can provide creative solutions to rising problems within the organization also. Women need flexibility with an employer because of work-life balance and health, too. In my opinion, women are notably more ambitious than men because of the

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To operate a non-biased business is simultaneously challenging but successful.
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fairness upon all. For example, during World War 2, our men left their industrious ways and families to protect our nation's freedoms. Many women were left responsible to provide income and motherhood alone. Several women joined behind the scenes as either in the nursing or the telecommunication field serving parts to fill our economic gaps. Many women began working in mechanical industries to provide food on the table or uphold their homes. So you see, women plays as a vital role for shaping society as a whole.

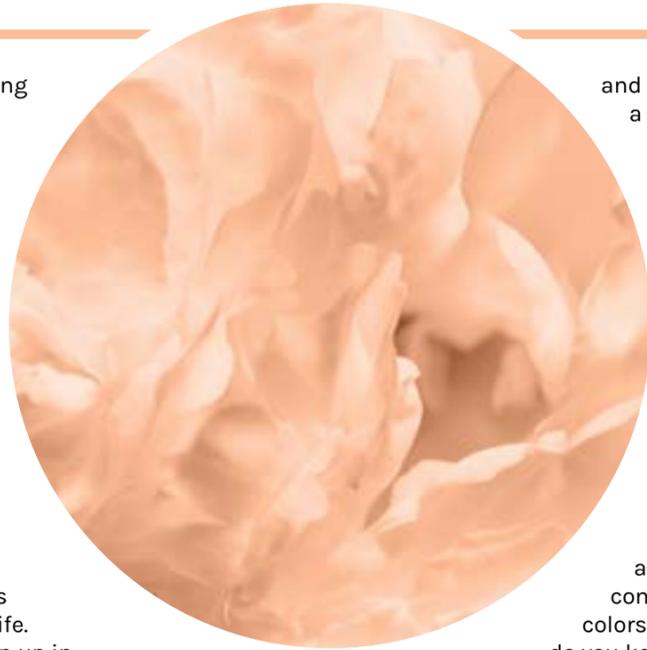
In recent events, gender equality in the workforce is still leading to prosperous results. According to the U.S. Bureau of Labor Statistics, “for the nation as a whole, the labor participation for women was 56.8% in 2022.” Gaining inclusiveness in your business embodies the staff to be part of an enjoyable work environment. With gender equality in the workforce, the prejudices and stereotypes will lessen discrimination and harassment upon the sex or gender identity. The sense of belonging will provide employees secure feelings upon the establishment. To maintain a team enjoying their job duties increases productivity and morale. To operate a non-biased business is simultaneously challenging but successful. Gender equality is just another reminder for employers to acknowledge and accept the profound phrase “...the pursuit of happiness” for all!



The Warmth of Peach: Pantone's Color of the Year

By: Roberta Schlehr

Let me start out by first discussing what exactly Pantone is and why do we care? The Pantone Matching System (PMS) is the process to color match items during production, whether it is in the printing industry or the fashion house. The PMS swatch books are used by graphic, fashion, and interior designers to help keep consistency across the project. For example, corporations and businesses will often have a color palette of brand colors, and documentation on how the colors can and cannot be used. The Pantone Color of the Year has influence in many facets of our life. You will start to see this color pop up in advertisements, clothing, and home décor to mention a few. Keep your eye out for Peach Fuzz.



Pantone has been naming colors since 2000, the first color was Cerulean Blue. This color symbolized peace

Pantone's website on this year's color writes "PANTONE 13-1023 Peach Fuzz captures our desire

and an optimistic future. Remember, a lot of people thought Y2K was going to cause all kinds of havoc, especially with computers.

Peach is a color that falls somewhere between pink and orange, a nice soft blend that provokes a sense of calmness. Peach reminds me of springtime and carries me through the days of summer. Peach Fuzz is a color that certainly can stand on its own and neutral enough to complement other colors, such as beige or tan. Take a look at a color wheel to see what complements Peach Fuzz - is it bold colors to create a sense of energy, or do you keep it a bit softer and not so loud to create a feeling of calm and serenity? The choice is yours. Honestly, today, anything goes!

Let me introduce this year's color: Pantone's 2024 Color of the Year is Peach Fuzz - 13-1023



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to nurture ourselves and others. It's a velvety gentle peach tone whose all-embracing spirit enriches mind, body, and soul."

I like the thought that this color will help us to nurture ourselves. It is a beautiful color that we can wear as clothing or make-up and makes us feel good! We can bring this color into our homes, starting out small with accent pillows, a vase, or colors in a painting to complement our current décor. This color can bring in the beauty of a sunset into our hearts.

If you feel stress, close your eyes, take a deep breath or two, and for a few minutes' focus on Peach Fuzz, nurture your spirit and embrace the calmness it brings.

Enjoy Peach Fuzz and consider how you can incorporate this color throughout the year.



Multiple Sclerosis & The Power of Athleticism

By: Rachel Mitchell

I'll never forget the morning of January 14, 2019.

After several days of not generally not feeling well, but chalking it up to being the busy "back to school" season, I woke up that morning like every other day. Except when I got out of bed, it felt like both legs had fallen asleep. Thinking I just needed to walk it off, I went to the bathroom to get ready for the day. I sat down on the toilet, and when I tried to get up, I couldn't. My legs could not support my body weight. I told my husband what was going on, and we were instantly on our way to the ER as it was 5:30 in the morning. When I arrived at the ER, based on my symptoms, they were concerned that I was having a stroke.

At that moment, I knew in the back of my mind that it was Multiple Sclerosis.

You see, it all started 90 days earlier. Around Labor Day, I began to notice some intermittent tingling/numbness in my right shoulder. I was heavily into CrossFit, so initially, I thought it might be a pinched nerve or some other kind of injury. I sought out a sports chiropractor, and saw him consistently for 6 weeks. His treatments would help temporarily, but never permanently. At this point, he recommended that I see a neurologist for further evaluation. I thought he was over-reacting, but wanted to get to the bottom of whatever was going on, so I made an appointment. At the appointment, we discussed my symptoms, family history, and lifestyle. Although the neurologist said he thought it was likely a brachial plexus injury of some kind, he recommended a brain MRI to make sure it wasn't something else. The MRI came back with one almond-sized lesion in the corpus callosum part of my brain. It was then that the idea that I could possibly have multiple sclerosis was introduced. I know now that MS is really tricky to diagnose, so, the plan at that point was a hefty dose of oral steroids and a "wait and see" approach.

6 weeks later, I had my first relapse that left me unable to walk without assistance, with slurred speech, and motor function so poor I was



unable to sign my own discharge paperwork at the hospital. I received multiple days of 1000mg steroid infusions, spent weeks in physical therapy re-learning how to walk, and received my permanent handicapped placard in the mail. I started treatment but also started to experience the stages of grief - first denial, and then anger. I spent the better part of a year just really mad that this had happened to me at 28 years old. I began to go to local support groups, and connect with others who had experienced a similar diagnosis. And eventually, I started to exercise again. The first milestone I met after my diagnosis was walking a single mile without stopping. I started to believe that there would be sunshine after this storm.

It's been just over 5 years since my diagnosis, and while I do live with MS

“The first milestone I met after my diagnosis was walking a single mile without stopping.”

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every day, if you didn't know my story, you'd never guess it. I work full time for a software company, I am an active member at a local CrossFit gym, and I am a wife and mom to a 2-year-old little boy. 5 years ago, I had to re-learn how to walk, and this past September, I completed my first triathlon. MS is far from the diagnosis that it was 20 or 30 years ago. The treatment options have come so far, and there is so much more hope for living a long, happy, normal life with MS.

It took a while, but I can now confidently say that my life has changed for the better because of my diagnosis. It is a daily reminder that we only get one body, we have to take care of it.

For anyone facing a similar experience or diagnosis, remember that the comeback is always greater than the setback, and there are always better days ahead.



Copy Editing 101: Make Your Words Compelling

By: Lei Anna Craig

A challenge for everyone that comes with writing would be the need to make your work engaging. It's a hard pill to swallow when you've written this almost perfect essay, only to read it back and realize how boring it is. We've all been there, and we get it, writing about Ancient Rome isn't fun for everyone but we are here to help you keep things interesting. However, it is important to keep in mind that making things interesting does not equate to word-bombing and adding unnecessary fluff to your work.

Keep it simple

It is okay to keep things as easy as it possibly can be. A good tip to remember would be to write as if your readers are at a fifth-grade reading level. This ideology isn't to downplay your readers' abilities by any means but is instead there to help you put into perspective how to better write out your sentences and help you choose the correct words to use. Many feel inclined to use "big" or complex words in their writing when it doesn't need it, with the common misconception that it would sound better. Keep it simple, thinking you have to do this in your writing will only make it more difficult for yourself.

Going back to less "fluff"; try to avoid inserting things that aren't necessary. Readers bore easily, do not make them linger on and feel forced to read a ten-sentence paragraph that could have been summarized in five sentences instead. Make sure that what you're writing is something that will be easy for anyone to read and understand.

Incorporate Storytelling

Now, we are not telling you to channel your inner favorite author whenever you're writing your next piece—although you can if you really want—but to make your work more engaging it is helpful to include storytelling elements. We as human beings love to learn new things, but we love to be entertained just as much; so, combining the two will be the key to your success.

Include analogies and metaphors in your work, add in some imagery, and if the topic calls for it let your personality shine and be a little playful! Do what needs

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Make sure that what you're writing is something that will be easy for anyone to read and understand.
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to be done to make your readers interested and stay engaged.

Re-Write your Sentences

Nothing is concrete until you say so. Don't be afraid to re-word your paragraphs or even re-write them entirely. If you're reading back a paragraph or two and you realize that you made the subject matter more difficult than it needs to be, or there could have been an easier way to say something, do not hesitate to start from scratch.

Overall, writing is not an easy task to take on, so do not be discouraged if these tips do not come easy to you. Writing comes with a lot of trial and error, and as long you are ready for that ride you can accomplish engaging your audiences in no time. We wish you luck!

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Expanding Your Social Group in Adulthood

By: John Thomas

As February comes to a close in the northern states, it is often accompanied by people looking to shed some cabin fever and reconnect with friends. Returning to outdoor activities – perhaps paddling a kayak or enjoying a patio dinner with some friends no longer seems like a distant dream. Much to the chagrin of skiers and skaters, we've had a mild winter and perhaps this year the cabin fever is not as extreme. Still, when a 50-degree day does sneak its way into February you suddenly see bikers and hikers filling the paths again and dogs happily granted a longer walk.

Perhaps you find yourself with more free time to fill than in prior years – the kids have moved out; you've retired or you find yourself newly on your own. Just as it can be difficult to transition back to stay-at-home movie nights and couch time when winter arrives, it may not be easy to find your way back out when it departs. Isolation due to the COVID pandemic may still be holding us back - when we decide something is dangerous, we can be doggedly resistant to changing that mindset. Possibly you've just gotten a little older and a little less energetic.

We're human, and though we sometimes gravitate to the path of least resistance, it is in our power to change that path! The first step is to decide we want to be more social or more active or more involved. Once you cross that first hurdle you can narrow your search to fit your personal desires. Plenty of groups exist both in person

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You may need to go rattle a few door handles and peek through a few doors to find the ones you want to walk through.
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and on-line where you may find like-minded individuals. It's easy to be shy about meeting new people, but if there's a group dedicated to geocaching and that is what you'd like to be doing – it's probably worth a try.

If you just want to get out but aren't sure what to do, think about the things that brought you joy in the past. For me a desire to spend more time hiking pathways as I did with my daughters years ago lead me to foothillstrailclub.org which has been great for meeting other hikers and introducing me to some area trails I now love. Numerous senior centers in our area offer a wide gamut of options – travel groups, sports both active and gentle, or perhaps a group of people who like the same card game.

If your interests are more niche and you're having difficulty finding people who share your interests, you may need to do a little research. Numerous online resources are available such as Facebook groups, meetup.com and others. Just keep in mind online safety guidelines – stick with mainstream sites, never send money or personal details and bring a friend for in-person meetings in public places.

It is often said “when one door closes, another one opens.” For social connections, you may need to go rattle a few door handles and peek through a few doors to find the ones you want to walk through. Once you make the decision to get out though, you're more likely to make those connections.



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Dollars and Sense: Managing Business Expenses

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



Business expenses refer to the costs associated with running a business and are incurred in generating revenue. Business expenses are recorded on the company's income statement. Stated by investopedia.com, "business expenses are also referred to as deductions." Forecasting expenses and strategically meeting them is the way to manage business expenses.

1. "Depreciation: Expensing of business assets is usually done by depreciation. Depreciation is a tax-deductible expense on the income statement and is classified as an indirect expense. Depreciation expenses can be deducted over the years. They typically include the costs of computers, furniture, property, equipment, trucks, and more," according to investopedia.com.

2. As outlined in the article by mileiq.com, "Review expenses regularly: It's important for business owners to review their expenses regularly to stay on top of their finances. This allows them to identify areas where they can reduce operating costs to save money, spot tax deductions to lower the company's tax liability, and make more informed decisions about how to grow their business."

3. Charitable donations: Per insights from freshbooks.com, "You might choose to make charitable donations as part of your initiatives, which can help to attract new kinds of customers and employees. When making donations, it is important to understand the potential tax implications. According to the IRS, you can deduct contributions made to organizations, such as: Non-profit organizations, religious organizations and certain educational institutions. It is important that the amount of the donation you can deduct may be limited, depending on the organization and the type of donation. The deduction for a donation of property may be limited to the property's fair market value. The deduction for a cash donation may be limited to a percentage of the business's taxable income. However, you can carry any donation that exceeds the limit to future tax years. Keep accurate records and receipts of these donations."

4. Adequate records "are essential if you claim business expense deductions, you will need to have the books and records to substantiate those expenses. The nature of the documentation depends upon the type of expenses, but you need to be able to prove the amount and purpose of each expense. All taxpayers must keep accurate, permanent books and records to determine the various types of income, gains, losses, costs, expenses, and other amounts that affect their income tax liability. These records must be retained for as long as they may be relevant for any tax purpose. This applies to business expenses, as well as all other deductions and income items," according to the experts at wolterskluwer.com.

It is important before you go through with doing any of this, always seek the help of a professional in this field. A tax professional will provide the extra assistance and advice for a smoother process.



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A Review of True Detective: Night Country (Season 4)

By: Alex Tilton

When discussing TD:NC there are two stories to follow. One is the actual plot of the show; the other is the whiney overreactions of entitled True Detective fanboys who don't like this season compared to season 1. Word space is limited so I'll summarize; they don't like the female centric storyline, possible supernatural elements, the pacing, the overall plot arc, or the casting. They endlessly whine about 'a betrayal' of what True Detective stands for blah, blah, blah...There's a small grain of truth to their whining. Season 4 isn't as good as season 1. But it is very good. Light spoilers ahead.

In the small mining town of Ennis, Alaska, (within the arctic circle which goes into a perpetual night during winter) a group of researchers from a nearby scientific facility go missing. They're soon discovered to have died horribly out on the ice except for one who somehow managed to survive the extreme cold, but has apparently gone insane.

The case falls to Ennis Chief of Police Liz Danvers (Jodi Foster). When it becomes clear that there's a connection to an older murder case, State Trooper Evangeline Navarro (Kali Reis) gets involved. This is all set against the backdrop of rising tensions between Liz and her step-daughter, terrible pollution to the town water supply caused by the local mine, and the deteriorating mental health of Navarro's sister. Also caught up in the events are Officer Peter Prior and his father, Ennis Police Captain Hank Prior.

The case drives wedges between all involved. Danvers and her daughter clash over the daughter's decision to protest the mine, and get herself in lots of trouble. Navarro clashes with her sister about how to deal

with her deteriorating mental health, and young Officer Prior has to face the increasingly obvious fact that his dad is corrupt, and probably involved somehow in the mystery.

The show does most things very well and some things less well. What it does best is immersion. The setting simply couldn't be better. The all encompassing, merciless, freezing, indifferent, endless night above the Arctic Circle is the perfect place for a horror mystery. The tensions between native Alaskans and local whites injects a painfully authentic feeling of inequality and injustice. The interference of external powers in the ongoing investigation makes an already isolated place feel all the more lonely and exposed, and the numerically tiny forces of the good guys all the more outmatched.

The acting is also very good, by which I mean it doesn't feel like they're acting. Everyone feels like they're fully inhabiting their role. The production value is also very high, but that's just HBO standards.

The story architecture is less good. Underdeveloped plot points arrive in big jolts, probably because they've only got six episodes to work with. Taking more time to get to the bottom of things would make the setup and payoff more satisfying. Instead, we get a repeated loop where Danvers gets an idea, digs around till she hits a wall, then tells young Prior to verify it with online records; which always works because that's his main function in the plot. His other function is to alienate his wife by getting repeatedly called in for work at awkward times by Danvers. This is done to highlight her indifference to collateral damage, but it doesn't work because even though Peter is obviously her trusted right hand there are other cops in that



station. If they'd shown Danvers trying to use them only to discover that they're all incompetent (which is why they're in Ennis), then Danvers would then have a reason to abuse Prior's hardworking nature. Instead, this all feels contrived.

I also think Captain Prior should have been a subtler villain. Making him overt gives Danvers an obstacle to work around, but despite the show doing an excellent job of humanizing him, his eventual betrayal lacks any narrative punch. It's just what you always expected to happen. What does have punch is how young Prior is forced to deal with it. Sometimes the tragedy you see

coming hurts more than the one you didn't expect, and the show did a great job with that. There are a few petty grievances I could air. A number of things happen 'just so' in a way that advances the plot. But so much effort and care were put into this thing that it feels wrong to complain.

The finale is all that's yet to air, but I expect it'll hold up. The storytelling is very good in *Night Country*, and I can enjoy it from the comfort of my home completely unbothered by the whining of the fans.

Image Source: [DirectTV.com](https://www.directv.com) & [Dexerto.com](https://www.dexerto.com)



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Corned Beef & Cabbage Cheese Quesadillas



Recipe presented by delish.com

Ingredients

QUESADILLAS

- 3 tablespoons neutral oil
- 1 small yellow onion, coarsely chopped
- 6 cloves garlic, coarsely chopped
- 2 teaspoons kosher salt, divided
- 4 cups thinly shredded green cabbage
- 1 pound store-bought or homemade corned beef, cut 1/4" thick
- 4 teaspoons unsalted butter, divided
- 4 (10") flour tortillas
- 8 ounces shredded Swiss cheese

DIPPING SAUCE

- 1/4 cup finely chopped sauerkraut, drained
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 2 tablespoons chopped fresh parsley
- 2 tablespoons stone-ground or Dijon mustard
- 1/2 teaspoon kosher salt
- 1/2 teaspoon Worcestershire sauce

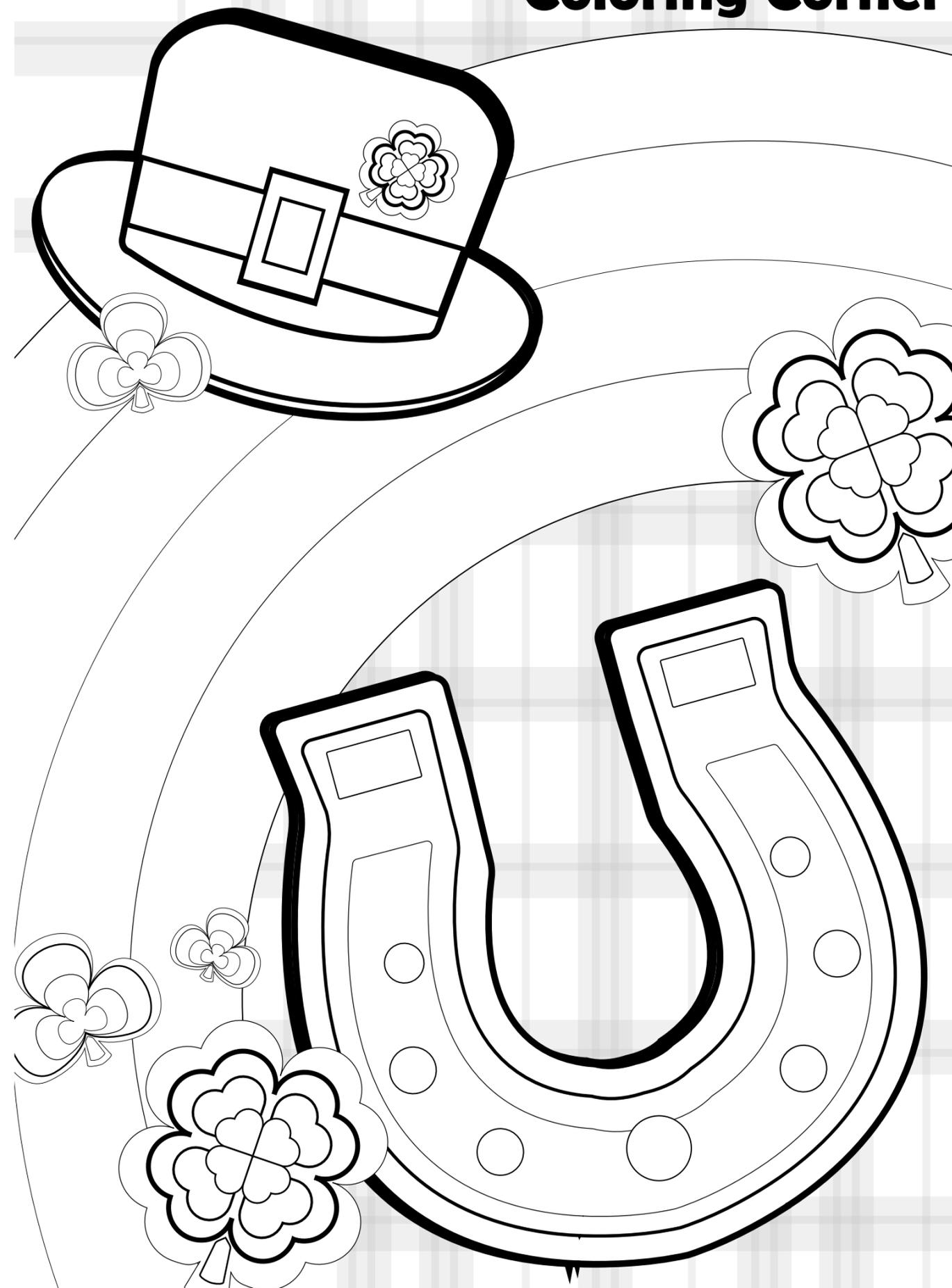
Directions

QUESADILLAS

- 1) In a large saucepan over medium-high heat, heat oil.
- 2) Cook onion and garlic, stirring occasionally, until softened, about 10 minutes; season with 1 teaspoon salt.
- 3) Reduce heat to medium.
- 4) Add cabbage and cook, stirring occasionally, until wilted and caramelized, 5 to 6 minutes; season with remaining 1 teaspoon salt.
- 5) Remove from heat and fold in corned beef.
- 6) In a medium nonstick skillet over medium heat, melt 1 teaspoon butter.
- 7) Place 1 tortilla in skillet, arrange some cheese on one side of tortilla, then top with one-quarter of cabbage mixture.
- 8) Sprinkle cabbage mixture with a little more cheese.
- 9) Fold other side of tortilla over to create a half-moon.
- 10) Cook until tortilla is toasted, 1 to 2 minutes per side. Repeat with remaining butter, tortillas, cabbage mixture, and cheese.

DIPPING SAUCE

- 1) In a small bowl, combine sauerkraut, mayonnaise, sour cream, parsley, mustard, salt, and Worcestershire.
- 2) Transfer quesadillas to a cutting board. Cut into half or thirds. Serve with sauce alongside.





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