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### **Bills Season Preview**

*Will the Buffalo Bills win the AFC East five consecutive seasons in a row?*

### **Tips for Happy Cats at Home**

*Learn the importance of playtime and feeding schedules for your feline friends*

### **Prepare for Oktoberfest**

*Understand the history of this holiday and its significance in culture*

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*Examine the differences in hormone levels in our thyroid*



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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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# Buffalo Bills Season Preview: Overhated Underdogs

By: Crawford Guzinski



After winning the AFC East four consecutive seasons, the Buffalo Bills are entering the following season underappreciated and overlooked. Although his rank is a topic of debate, Josh Allen is universally recognized as a top five quarterback in the league with a convincing argument for being the best quarterback in the league. A natural born leader, Allen makes all his teammates better, especially his receiving core.

This season, our receiving core will be one of our biggest concerns following the departure of our star receiver Stefon Diggs. Although Diggs was Buffalo's wide receiver one for the past four seasons, his production declined significantly after Week 6 of the regular season, including the post season. His performance was not anywhere close to where we needed Diggs to be playing and combined with a plethora of unwanted drama, we are better with Diggs traded away. With the departure of our top two wide receivers (Gabe Davis was traded to the Jacksonville Jaguars), we still have many offensive weapons to pair with Josh Allen. When you have a quarterback with the skill and versatility of Allen, any wide receiver will be able to perform well.

Regarding receivers, our newer acquisitions include Marquez Valdes-Scantling, Curtis Samuel, and Keon Coleman. Valdes-Scantling has never been a breakout star but has consistently been a valuable second or third option, averaging about 525 yards per season. Curtis Samuel, has had his best season under our current offensive coordinator Joe Brady. Both were with the Panthers in 2020, giving them an advantage due to

their previous connection. Between their connection, and Samuel's skill when healthy, he is set up for an extraordinarily strong season as our wide receiver two. Although Keon Coleman will be competing with veteran players for a spot, his athleticism could make him a significant contributor this season. After a very boom or bust season at FSU in 2023, Bills fans can only hope his athleticism will translate to a more consistent performance which could earn him the wide receiver two position. As expected, our newest player at wide receiver will be Khalil Shakir. As our wide receiver three last year, Shakir showed promise by, in my opinion, outperforming Diggs towards the end of the season. Shakir even recorded over 100 yards both against the Jets and the Dolphins. Along with our exceptional receiving tight ends Dalton Kincaid and Dawson Knox, the Bills are in perfect position for another strong offensive season. Additionally, Pro Bowl running back James Cook returns this year after recording over 1,100 rushing yards and over 400 receiving yards last season.

With these offensive changes, in addition to draft picks going towards defensive players, I believe the Bills will defy expectations and deliver an exceptional season. Most predictions have either the Jets or Dolphins winning the division, but I see the Bills winning the AFC East for the fifth straight year. In addition, with our explosive offense Josh Allen will continue to be in the MVP conversations surpassing 4,000 passing yards once again. Although beaten down, the Bills are not done making playoff noise just yet.

“  
**I believe the Bills will defy expectations and deliver an exceptional season.**  
”

Image Source : [Andreas Prott](#) – [Adobe Stock](#)

# Reminiscing the Channel Constructors

By: Bob Adner

I'd like you to indulge me for a moment while I recall my job working for Channel Constructors, the company operating the crushers, sand plant and shipping bins. My job was the only one of its kind on the entire project. You wrote in your book about how the crushers were the largest in the world. The throat of the crushers would accept a rock eleven feet long, five feet wide and four feet thick. And the operators tried to get bigger ones through there. Naturally they got stuck about halfway down and the only way to get them loose was with dynamite. That was my job, blast the rock loose without damaging the crusher. I was one of the few blasters on the project that carried a private license. A good friend of mine that worked for MCS on the face of the gorge Tommy Rink was going to get his but never followed through on it. He was from Hornell NY and I've always wondered what became of him. We worked together for three years on the St. Lawrence Seaway and came down here together.

The crushers consisted of a steel box with two impellers inside that weighed three tons each and turned at the speed of 1800 rpm. Each one had three

breaker bars on them that were four feet long and eight inches thick. These bars flung the rocks against the inside of the crusher against other breaker bars. After the stockpiles were built up they would shut the crushers down on the third shift so the welders could resurface the breaker bars.

One of the engineers from Uhl-Hall and Rich ran a time study on the speed of the operation from the bottom of the forebay to the rock coming off the belt of the crushers. They came up with the figures that when one of the crushers was down it was costing the entire operation 27 dollars per minute. With the crushers down The Payhaulers were down, the shovels in the hole were down and the cleanup dozers on the floor of the forebay were down. And I got my time down about two-and one-half minutes to open a crusher. I carried a quarter stick of 40 per cent in one pocket and a zero delay blasting cap in the other. Talk about living life dangerously.

Sorry to take up your time reminiscing but there are many good stories to be told!

# Book Review: Home is Where the Bodies Are

By: Sam Defazio

It was July 25th and I was in dire need to break out of a binge of Stephen King I was reading and listening to. I had wandered for a while through the bookstore with a few King paperbacks already in my hand when I came across a small round dark brown table. On the table there were two things. One was a book cover of a TV covered with fake wax blood spots that was left on a channel of static. That drew my attention almost immediately. The second thing was copies of a book call *Home Is Where The Bodies Are* by Jeneva Rose.

As I picked up the book to look it over an employee from Barnes & Noble from behind me said “These ones are selling fast”. I put the book with my Stephen King paperbacks and bought it that day. I never expected that I might have just picked up one of the most emotional “Who Done It” stories that’s ever came across my eyes.

The story centers around a broken family of siblings coming together as their mother passes away. As they are going through their mom's things they come across old VHS tapes of their childhood. One of these tapes will change their lives forever when it brings upon a mystery of murder and it's up to them to solve it. For only being just under three hundred pages this book never felt like it was rambling or trying to fit too much in. It's well paced and very well written. Each character brings in a perspective that will emotionally destroy the reader. Twists and turns at every corner that might make M. Night Shyamalan blush. Never have I read a book by Jeneva Rose and now I want to read her entire catalogue. If you're looking for a new book to sink your teeth into this one might just be the one for you.

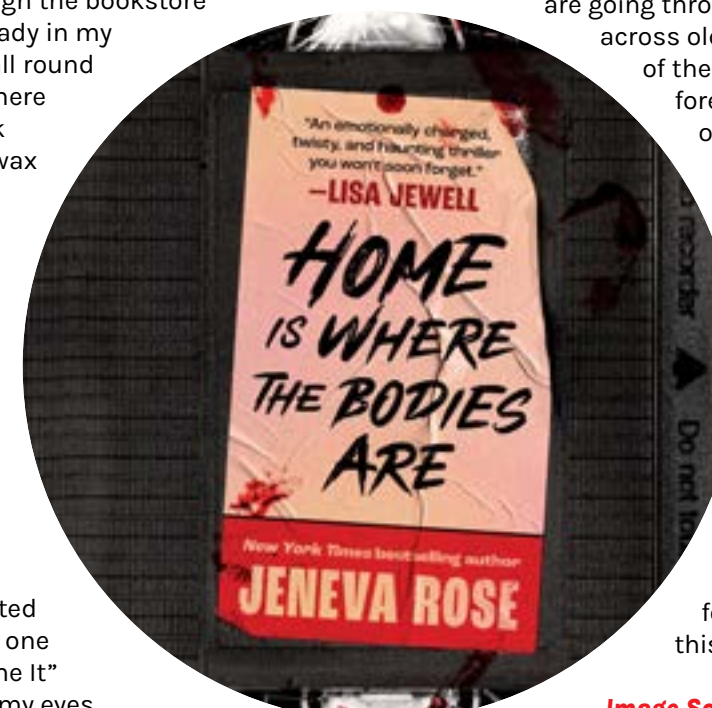


Image Source: [blackstonepublishing.com](#)

# History and Impact of the D.A.R.E. Program

By: Arron Brown

The Drug Abuse Resistance Education (D.A.R.E.) program, founded in 1983, is one of the most well-known attempts in the United States to educate young people about the dangers of drug abuse and to promote healthy, drug-free lifestyles.

By the late 1980s, D.A.R.E. had gained national attention, leading to its adoption by school districts across the United States. Its popularity was fueled by the program's strong media presence and public and politicians endorsements.

The D.A.R.E. program peaked in the 1990s, with its curriculum being taught in thousands of schools nationwide. D.A.R.E. was implemented in more than 75% of U.S. school districts, including many here in Western New York, and was adopted internationally in Canada, the United Kingdom, and Australia.

The program's trademark was the involvement of uniformed police officers who would visit schools to deliver lessons on drug prevention. The curriculum was designed to be interactive, using role-playing and discussions to engage students effectively. Over time, the program expanded to include a wider range of topics, such as violence prevention, bullying, and decision-making skills.

D.A.R.E. has taught students good decision-making skills to help them live and lead productive lives for over 40 years. In schools across America, D.A.R.E. has given students the tools and resources they need to stand up to the peer pressure of using drugs or making poor decisions. In an ever-changing world, with more and more being asked of young people and families, the D.A.R.E. program has been instrumental in helping

students live their best lives. From the pressures of school, family, athletics, social media, and more, the resources that D.A.R.E. offers cannot be understated.

D.A.R.E.'s curriculum was redesigned in 2001 to include a more comprehensive approach and emphasis on drug education, focusing on decision-making skills, social and emotional learning, and resistance techniques. Despite these changes, ongoing debates about the program's impact took place. Many school districts in the United States chose to discontinue D.A.R.E. programs. Currently, 52% of school districts offer D.A.R.E.

Today, D.A.R.E. continues to operate, in a modified form. The program has modified its offerings to address a wider range of issues beyond drug prevention, including violence, bullying, and internet safety. While it no longer enjoys the same level of popularity as it did in its heyday, D.A.R.E. remains active in many communities and continues to evolve its approach based on research and feedback.

In my opinion, as an educator, the best education and most effective drug prevention occurs at home. Open and honest communication between children and parents or guardians is essential. Parents play the most important role in the lives of their children and the influence that they have is tremendous. While conversations and lessons at school are important, there is an even greater impact when parents are involved.

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# Tips and Advice for a Happy Cat in Your Home

By: Megan Plevniak

What is the key ingredient for a happy cat in your home? Is it their diet, the amount of playtime they obtain, or their environment? To put it simply—all of the above. To make the most joyful home for your feline friend, it all begins with you and a generous amount of affection.

Cats have been around for over 10 million years and have only been domesticated—living alongside humans—for 10,000 years. An essential factor that significantly contributes to the joy of your cat is their surroundings. While felines thrive in a stimulating environment for hunting and play, they oppose overstimulation.

If there is an abundance of stress at your residence such as arguing with your significant other, or screaming children, then your cat will not be content. Feline's sense of hearing is so keen that according to a study—they are "the best sound localizers of any mammal". Cats are also energy soakers. They serve as remarkable support animals due to their ability to sense one's sadness or anxiety, however if the atmosphere in your home contains negativity and stress — it will impact your feline friend.

Indicators that your cat might be experiencing stress are engaging in abnormal behavior. They may start destroying items in your abode, scratching your valuable furniture, urinating outside of their litter box, or simply hiding. Another key thing to consider is that cats have a strong aversion to change. If you're planning a big move or want to rearrange your home, consider providing anti-anxiety remedies.

An additional expert recommendation in creating an optimal environment for our feline friends is something called "catification." "Catification," also known as setting up your home to provide satisfaction for your cat can be done in many ways. One way to show them devotion is by distributing cat beds throughout the home, positioning cat trees by windows, and arranging a litter box in a shared space.

Cats crave ownership and prefer to share the space with their human companions by blending their scent with yours. A feline's scent marks their territory which then provides comfort in the home. Cat parents should refrain from purchasing scented litter and spraying air fresheners on their kitty's beds.

Alongside "catifying" and de-stressing your home, a key element to sustained satisfaction for your precious feline is diet. Nutrition plays an important role to animals and their overall health, much like humans. Cats are classified as obligatory carnivores, indicating that their diet requires only meat and moisture for nourishment. Dry food contains poor ingredients and unnecessary carbs which contribute to weight gain and kidney problems.



Research indicates that felines can't get enough moisture from water alone which is why it's essential to provide wet food in lieu of dry food. It is vital to read nutrition labels because certain cat food brands contain a harmful ingredient known as Carrageenan, which is linked to cancer in felines.

The next principal component that cats thrive on is routine. They wake up knowing exactly what they're going to go each day. If you want your cat to be genuinely content, it is advisable to set up regular feeding and play times. If you have a busy schedule—don't fret! There are several interactive toys that keep your feline friends busy, some that come at no cost. Cat "TV" is a prime example because they take pleasure in observing the outdoors through windows to bird watch. Engaging in playtime with your cat is the most effective method to express your affection for them. Not only do you build a bond, you also expend their energy.

In conclusion the key ingredients that ensure a joyful and healthy life for your cat include establishing a positive living environment, adhering to consistent feeding schedules, engaging in playtime, and allowing them to share your living space.



# How a Bad Thyroid Affects your Health

By: Sue Perbody

The thyroid is a large ductless gland in the neck that secretes hormones, regulating growth and development through the rate of metabolism. There are multiple types of thyroid diseases out there today. Some of these include Graves' Disease, Hyperthyroidism, Hypothyroidism, and Thyroiditis. Each of these has a specific effect on the human body.

Hyperthyroidism is a condition in which the thyroid gland is overactive and makes excessive amounts of hormones. When the thyroid gland is overactive, the body's processes speed up. You may experience such symptoms as nervousness, anxiety, rapid heartbeat, hand tremors, excessive sweating, weight loss, and sleep problems. Hyperthyroidism can be treated with medications used to block the production of thyroid hormones. The choice of your treatment plan will depend on your underlying symptoms and their severity. The most common cause of hyperthyroidism is a condition known as Graves' Disease.

Graves' Disease is an autoimmune disease that causes the thyroid gland to overproduce thyroid hormones.

This disease can run in the family, and is more commonly found in women. In

Graves' Disease, your immune system creates antibodies that increases the size of the thyroid, and forces your body to make more thyroid hormones than what is expected. These antibodies are simply known as TSIs, and they bind to thyroid receptors. The receptors are normally docking stations for thyroid hormones. The TSIs trick the thyroid into producing too much of the thyroid hormone, ultimately leading to hyperthyroidism.

Hypothyroidism is a condition in which the thyroid gland does not produce enough hormones to maintain a proper metabolism. It is estimated that 10 million Americans are likely to have

this medical condition. My mom has suffered from hypothyroidism for over 25 years. She takes hormones on a daily basis to reach a neutral hormone level. Before being diagnosed with hypothyroidism, she was diagnosed with Graves' Disease, and had to be in the hospital for 5 days. Upon settling her thyroid, she began treatment for her now smaller thyroid. She describes her hypothyroid experience as being cold a lot, as well as gaining weight. This goes to show that there are many causes of hypothyroidism. The most common cause of hypothyroidism comes from autoimmune thyroiditis.

Autoimmune thyroiditis is the most common thyroid disorder in America. It affects 14 million people in the United States. Being an autoimmune disease, that means immune cells attack healthy tissue instead of protecting it. Under these circumstances, immune cells attack healthy thyroid tissue and cause inflammation. This disease affects women more commonly than men, and women are also 7 times more likely to contract thyroiditis. Once the thyroid starts being attacked, it impairs its ability to produce thyroid hormones. A

result of this disease is hypothyroidism, as described earlier, although this is not the only complication from thyroiditis.

Under some circumstances, the thyroid becomes so inflamed that a goiter develops. Goiters are enlarged thyroid glands that come from the swelling of a thyroid, or from multiple growths on the thyroid.

The thyroid is a large ductless gland in the neck that secretes hormones regulating growth and development through the rate of metabolism. There are multiple types of thyroid diseases out there today. If you are experiencing any of the symptoms we have listed, please seek medical attention from your primary care physician.

“  
**Autoimmune thyroiditis is the most common thyroid disorder in America.**  
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## THYROID FACTS AND STATISTICS

### FACTS

Thyroid cancer is the most rapidly increasing cancer in the U.S. tripling in the past three decades

Women are 5 to 8 times more likely than men to have thyroid problems

The causes of thyroid problems are largely unknown

### STATISTICS

More than 12% of the U.S. population will develop a thyroid condition during their lifetime/an estimated 20 million Americans have some form of thyroid disease

Up to 60% of those with thyroid disease are unaware of their condition

### AGE FACTORS

Thyroid cancer is commonly diagnosed at a younger age than most other adult cancers

Nearly 3 out of 4 cases are found in women; thyroid cancer is the 5th most common cancer in women

About 2% of thyroid cancer occur in children and teens

# Labor Assets and Call of Duty

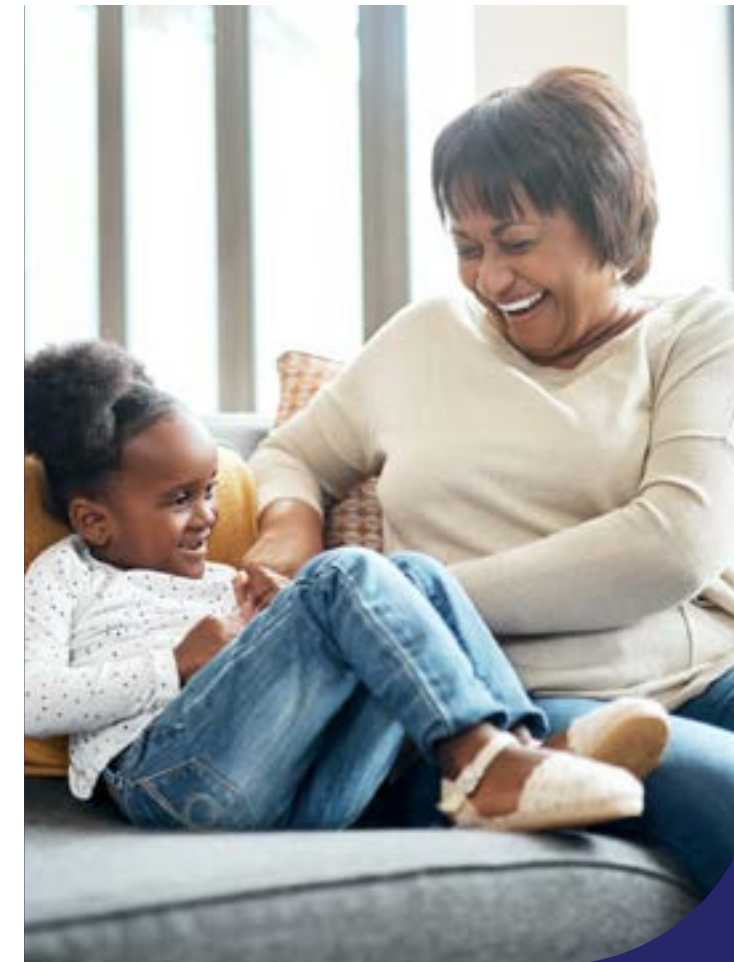
By: Faizan Haq, Editor-in-Chief and Publisher, Your Bliss Magazine  
President & CEO, Manage Your Business LLC



Labor Day weekend is an opportunity for the union of families, friends and loved ones. It is one of the few long weekend holidays that defines American traditions and cultural celebrations. If we look into the history of Labor Day commemoration it is full of sacrifice, sweat and blood. Our labor, of all sorts, is a true national asset; it provides the backbone of a country's economy and the strength to fight adversarial competition.

The last few decades we have lost the technical know-how and foundational skill set needed to drive an industrial, technical and information based economy. Our corporations were too busy outsourcing while ignoring the national asset of our own country, our labor. As soon as we mentioned the word labor our imagination takes us in the coal mines of Pennsylvania or the workers in the auto sweatshops or the construction laborers climbing up skyscrapers risking their lives. We have come a long way from there. However it does not mean that the needs of labor or the responsibility of taking care of them has diminished. Our call to duty is to protect, preserve and enhance our national assets such as our laborers. Dedicated resources not only from the public domain but also from the private sector shall invest and reinvest in an endless training and upgrading of the skills of our laborers. Our mid-level management or upper-level administration should stop thinking that they are insulated from the high trends of international outsourcing. It is not our claim that outsourcing is a bad strategy but our urge is to balance it with U.S. labor upgrading that can take on international challenges.

All men and women associated with labor-intensive jobs must understand that change is inevitable. If not outsourcing, then technical advances change the world we work in, if not technology then the climate will define new work environments in this ever-evolving world. The only constant is change. In this context they must keep themselves prepared with the highest work ethics and unbeaten morale while continuously improving, gaining and learning new skills. Let's make a national commitment to not only value all our laborers but also to designate resources to make them more competitive in a world that is internationally integrated.



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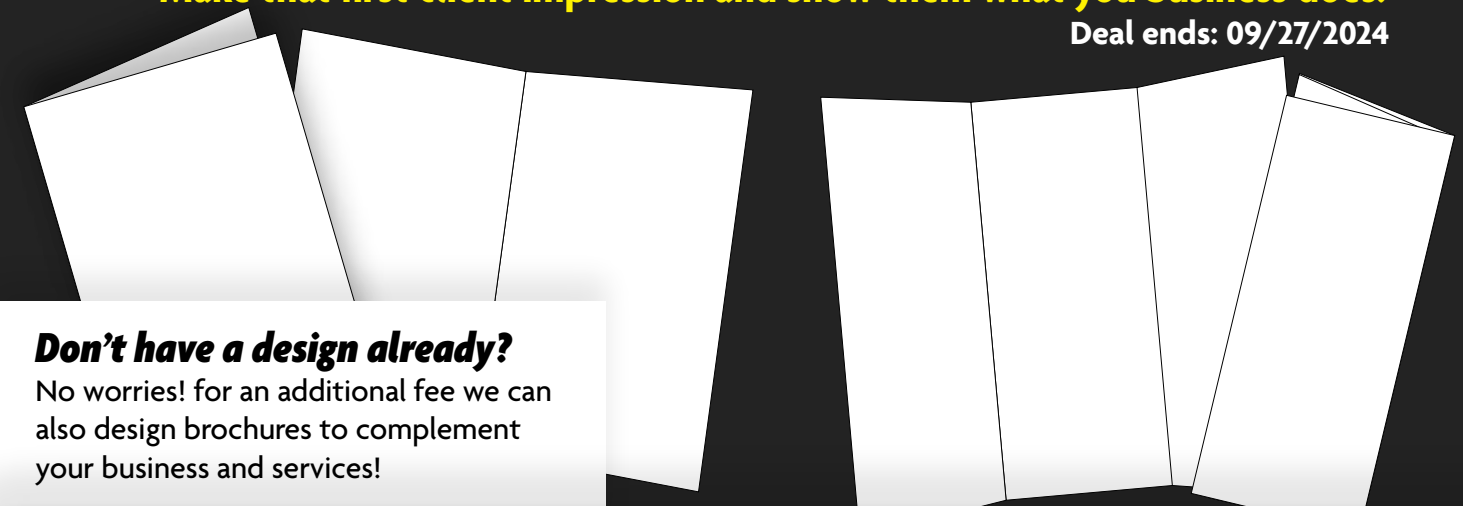


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# Preparing for Oktoberfest in Buffalo

By: Gabrielle Guzinski

Fall in Buffalo, New York is finally here which means one of the anticipated holidays is not far behind, Oktoberfest. The history of Oktoberfest really boils down to a single wedding, one that has been celebrated for over 200 years now. The inaugural Oktoberfest was first celebrated in Munich in 1810 in honor of Prince Ludwig's marriage to Princess Therese von Sachsen-Hildburghausen. The festivities began October 12, 1810, and lasted nearly a week until October 17, ending with an exciting horse race. After such a spectacular party, the happy couple decided that the same type of festival should be continued annually. In the following years, the festivities were repeated every October and they eventually moved forward into September.

Today, Oktoberfest is the largest festival in the world, with an international flavor that is extremely characteristic of the 21st century. More than 6 million visitors from all over the world take part in Oktoberfest every year. This event has integrated itself into the typical autumn celebrations like Halloween and Thanksgiving.

“  
**This event has integrated itself into the typical autumn celebrations...**  
”

Moving the festival into late September has allowed for better weather conditions in the always changing Bavarian climate. Because September nights in Bavaria are warmer than October nights, visitors are able to enjoy the outdoor beer gardens as well as the fairgrounds filled with carnival rides. Historically, the last weekend of Oktoberfest lands in the first week of October. Oktoberfest starts on a late September weekend and lasts for three weekends. This year's dates are September 20 - October 5.

Places to celebrate Oktoberfest in Buffalo include: 14th Annual Oktoberfest on Old Falls Street in Niagara County on Saturday September 28, Buffalo Oktoberfest Bar Crawl on Saturday September 28 and Hamburg OktoberFest taking place both Friday September 20 and Saturday September 21st just to name a couple events.

Whether you have never been to this event or have gone multiple times it shows that it has been successful for decades. There is something for everyone that attends and brings people together positively. Immerse yourself in the culture and you will find a way to come back for the eventful festivities next year.



# Media Corner: A Review of Poor Things

By: Alex Tilton

Having been burned plenty of times by movies that turned out to be crap, I can be very hesitant to try out a new one. Even good reviews are still subjective opinions and you can wind up committing two hours (or three for 'The Batman') of your precious free time to something that sucks. So I tend to hesitate.

All I knew about *Poor Things* was the basic premise. It's essentially Frankenstein as an R rated sex comedy. This sounded like a very bold experiment indeed, and in spite of the glowing reviews I was worried. Pointlessly, as it turns out.

*Poor Things* is one of the best comedies I've ever seen. It knows when and how to throw a punch, when to hold back, when to be serious and when to let the audience do its own thinking. It's not the first time I've seen a movie declare open war on shame-based culture, but it is the funniest. And that's difficult to do. Nothing is less funny than 'trying to be funny', and many adult comedies do this.

By contrast, *Poor Things* just follows its own premise to its natural conclusion. What would someone do if they were intelligent, curious, honest and had no concept of shame? Would they be free of the shackles that confine everyone else to a drab, miserable existence? Or does that shame serve some useful purpose other than propping up existing power structures?

*Poor Things* is pretty clear on its message. There's power in breaking free of shame, *if* you understand how shame functions. Our main character, Bella Baxter (Emma Stone) has a lot of fun at first because of her lack of shame. But she doesn't gain full control of her situation until she understands what shame is and why other people feel it. This takes a while, because her first exposure to real human suffering doesn't happen until halfway through the movie. Once she grasps this reality, she finally begins to grow beyond simply indulging herself whenever she wants. And this brings us to one of my very few complaints about this movie. Some spoilers ahead.

The scene where Bella becomes aware of human suffering works well, but it's also very blunt. While traveling with a scoundrel of an attorney on a luxury cruise ship she makes a friend, who eventually becomes angry at her carefree naivete. So he decides to destroy it by showing her the horrific living conditions of the peasant laborers and their children in the city of Alexandria. I had spent most of the movie until

that point alternatively laughing, and waiting for this scene to happen. Without it, or something like it, the movie would've had no real substance. But I think better storytelling would've been if Bella slowly started noticing the working class people slaving away at their jobs while she enjoyed herself, until eventually she couldn't stand it anymore. The scene still works because Bella finally feels legitimate, convincing, massive shame at the horrifying disparity between herself and the poor of Alexandria. I just think a learning process woven into the story would've worked better.

In an attempt to assuage her guilt, Bella gives away all of her and her companion's money, leaving them broke on the streets of Paris. Bella turns to prostitution for income because, as far as she can tell, there's just no reason not to. With any other character this wouldn't have worked, but Bella is a human science experiment with no social hangups.



It worked great. The movie then spends some more time with Bella in Paris as she learns about other people's lives and, finally, gets a real sense of how the world works. Finally she's called home to attend the deathbed of the scientist who brought her to life, and she learns the truth about how he created her. I won't spoil this because the specifics aren't that important, the secret exists as a plot device to manufacture tension and hurt feelings between Bella and her creator which they have to overcome.

So they go through this process of reconciliation, and it works very well. The story reaches a satisfying conclusion...or it should have. Instead it decides to tack on an exploration of who Bella was before the scientist got to her.

The problem here is that the movie had a very complete feeling at this point. I didn't want it to go on longer, because it felt done. I was happy. I was ready to move on. The last story arc isn't bad as such, it just didn't need to be there. It introduces a villain who was never in the movie before, and feels out of place. There is some decent setup for this, but the man himself is an entirely new character introduced in the final act and I didn't like it.

But overall the movie was excellent. It's rated R for a good reason so proceed accordingly. I strongly recommend it. It's weird and wonderful and a breath of fresh air.

Image Source: [Wikipedia.org](https://www.wikipedia.org)

# Coloring Corner



# KETO CHEESEBURGER CASSEROLE

Recipe from: [healthyrecipesblogs.com](https://healthyrecipesblogs.com)

Calories: 458 kcal | Carbohydrates:  
4 g | Protein: 38 g | Fat: 31 g  
| Saturated Fat: 7 g | Sodium:  
771 mg | Sugar: 2 g

**PREP TIME:**

**15 MIN**

**COOK TIME:**

**15 MIN**

**SERVES:**

**6**

## INGREDIENTS

- Olive oil spray for the baking dish
- 2 tablespoons olive oil
- 2 pounds extra-lean ground beef
- 1 tablespoon fresh garlic minced
- 1 medium onion finely chopped; 6 ounces
- 2 teaspoons Diamond Crystal Kosher salt or 1 teaspoon of any other salt
- ¼ teaspoon black pepper
- ¼ cup mayonnaise
- ¼ cup unsweetened ketchup
- 1 tablespoon mustard
- 1 ½ cup cheddar sharp, shredded, 6 ounces total

## INSTRUCTIONS

1. Preheat your oven to 400°F. Spray a 2-quart baking dish with olive oil.
2. Heat the olive oil in a large skillet over medium/high heat for about 2 minutes. Add the beef and the onions. Cook until the meat is browned and the onion is soft, for about 5 minutes.
3. If there are liquids at the bottom of the skillet, carefully drain the mixture and return it to the skillet. Stir in the kosher salt, black pepper, and garlic. Cook, stirring, for 1 more minute.
4. Turn the heat off. Stir in the mayonnaise, unsweetened ketchup, mustard, and 1 cup of shredded cheddar.
5. Transfer the mixture to the prepared baking dish. Sprinkle with the remaining cheese.
6. Bake until the cheese is melted and the casserole is heated through, for about 15 minutes. Alternatively, if your baking dish is broiler-safe, broil the casserole 6 inches below the heating element until the cheese is melted, 1-2 minutes. Serve immediately.







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