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# Smudge ceremony held

Indigenous professor guides a cleansing ceremony by burning white sage.

By **Theresa Velazquez**  
*Editor-in-Chief*

Students, staff and faculty cleansed their souls in a smudge ceremony.

Using a lighter, professor Johnathon York had safely lit a stick made out of sage — an Indigenous sacred herb.

As it burned, he used feathers to swiftly push the smoke close to one's chest and head in order to bathe voluntary participants by their ears, mouth, eyes and heart.

York, who has Indigenous roots, led the ceremony on Nov. 7 at Dallas College North Lake Campus. Echoes of Tradition was one of the many events scheduled to celebrate Native American Heritage Month.

York is one of the few faculty members at Dallas College who is a descendant of Native Americans.

By law he is required to say that he is not a tribal member. His family is part of the Choc-

taw Nation of Oklahoma and Kanawha River Lepane.

He described the smudge as a smoke bath. "It's more than just a meditative exercise," he said. "When we perform a smudge we cleanse ourselves, prepare to recenter ourselves [and] find our ground."

For centuries, Native Americans have smudged as part of a spiritual practice to find their ground and center. It is a meditative exercise to become present and aware with oneself.

"There isn't a single one of us who doesn't live in two worlds," York said. The first world is the one humans see everyday and the second world is the one people may get a glimpse of through this healing and meditative experience.

Sage, sweetgrass, cedar and nicotiana rustica are the four sacred herbs that can be individually burned during a smudge for different practices.



Photo | Theresa Velazquez

Professor Johnathon York uses feathers to push the sage's smoke to participant's chest during the smudging ceremony. Editor's note: Dallas powwow competition on page 5.

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Photo | Joanna Mikolajczak

Vida Davies serving butternut squash soup to students.

# Healthy meals served at NLC

By **Jeaneth Amores & Ti-Ying Li**  
*Contributing Writer & Staff Writer*

On Nov. 9, Dallas College Student Well-being and Health Promotion hosted the Healthy Eating Plate Nutrition Challenge.

The cook for the day was Vida Davies, a chef instructor at North Texas Food Bank Cooking Matters. She held a demonstration at the student life center on how to prepare instant pot butternut squash soup with coconut milk.

Most of the ingredients for the recipe were sourced from the food pantry on campus to highlight the idea that students can enjoy a healthy meal using avail-

able ingredients. The college recognizes the students' needs, acknowledging that some may not have much time to prepare meals in a healthy way.

In the kitchen, fresh ingredients are considered essential.

NLC student Ximena Porzio loves to cook meals at home. Even when she's busy, she tries to make time to cook.

"I think it's very important to cook because it's very good for you and for your health to eat fresh meals, [rather] than the meals in cans and precooked meals," she said.

Porzio sometimes picks up groceries from the food pantry

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# Students learn how to vote

The League of Women Voters educate students on voters registration.

By **Faith Lungu**  
*Staff Writer*

Dallas College North Lake Campus Student Government Association collaborated with the League of Women Voters to host a voter registration seminar on Oct. 26.

The League of Women Voters is a nonpartisan, non-profit organization.

The Vice President of Programs of LWV, Ernestine Chipman, sat down with many students to educate them on voter registration and how important it is to show up to the polls.

Chipman said, "I was told this is something very similar to [our voices do not matter], that democracy is always threatened ... it's something you have to participate in. One of the ways you keep it alive is voting."

Many people are of the age to vote and have no knowledge of the practice. Chipman said, according to the US Census, citizens between 18 and 29 are always known to have the lowest voting numbers compared to older voters.



Photo | Faith Lungu

Vice president Ernestine Chipman and Carrie Skeens, League of Women Voters member, talk to students about how to fill out their voter registration cards.

"Who do you think votes regularly? [The Census] found that 80% of voters in the 2020 elections were over 65," Chipman said.

The younger generation is being underrepresented in current political issues and decisions.

"As soon as you turn 18, put voting on your to-do list," Chipman said.

"We try to make people aware of the upcoming elections such as the

one on Nov. 7."

Early voting is happening next year in April, and the big national elections will be in November of 2024.

The next elections are in March 2024 for the State Primary and the national elections in November 2024.

"The upcoming elections this Nov. are focused on amendments and certain policies such as university grants, the retirement age for a judge and energy funds," Chipman said.

These elections focus more on policies and differences that can be made within the state and smaller communities, like the voting of judges and if they

should continue to be in their chair at 79, for example.

Those who need to be educated can register to vote through your history classes or register when you get your driver's license or online at votetexas.gov. Once registration is completed, you will receive a voter registration certificate by mail within 30 days.

With all the reactions, like protesting and contacting council members, everyone, especially the younger generation, should take action, such as voting.

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# Video technology students create a 10-minute show



Photo | Joanna Mikolajczak

Camera operator Juan Velazquez waits on cue to begin the show starring actors Lukas Oliver and Royale Murphy.

By **Theresa Velazquez**  
*Editor-in-Chief*

Dallas College TV Studio Production class finished their final project of a live recording of an original show.

Students learned how to operate the television equipment in the studio at North Lake Campus. They practiced for hours to sharpen their creative and technical skills to ultimately be able to independently produce a 10-minute production.

Professor Greg Ruuska, who leads the video technology pro-

gram, said he aims to prepare students for employment.

Ruuska said: "This is not just a class, it's an adventure. It's an experience. You're going to be a changed person by the end."

Noah Woodson, Javier Basilio, Ali Barron and Rebekah Gonzalez worked together to pitch their show idea to Ruuska.

The comical production "OSN Network" starred student Chris Salinas, who acted as a fed up news anchor. It included a commercial skit of a therapist, played by student Lukas Oliver, who hypnotized his patient into becoming a chicken man.

"It was a pessimistic take on news and it had a lot of moving elements," Ruuska said. "That's what I liked about it."

After their idea was approved, they created a unique script for the director, actors and audio technician.

Basilio, who was the director, said their show was inspired by various SNL skits.

Woodson, who was the technical director, said Basilio, Barron and Gonzalez all took turns writing different skits for their show.

"All four of us made the production come to life," Basilio said.

In pre-production, they made a shot list for the camera operators, planned the actors' costumes, and searched for free usage music and sound effects.

They hung up stage lights and built three stages in the studio: one for the news anchor, another for the therapist, and a green screen for multiple usage.

In total, it took the help of 21 students to conduct the whole production.

Their grade depended on the success of their show.

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