



ANNA MONROE | The Ranger

Construction Technology students at Amarillo College's East Campus are getting hands-on experience building tiny homes.

Combating homelessness one tiny house at a time

By ANNA MONROE
Student Reporter

Students, faculty and staff from the Construction Technology Program on Amarillo College's East Campus hope to reduce the number of people experiencing homelessness in Amarillo by building tiny homes.

Professor of Construction Technology, Ernie Sheets came up with the concept for the tiny homes project.

"So when we came to AC, I pitched the idea for them to do this. We worked on making it a part of the program," he said. "These tiny houses are being built paralleling the construction students' class time. Students in the program earn three certificates that can be completed

in just less than two years," Sheets said.

In a February 2023 news story from KAMR Amarillo, data presented to the Amarillo City Council showed the rate of homelessness in Amarillo increased from January 2022.

Sheets said the tiny homes will not only lend Amarillo a helping hand, but also provide students with the ability to grow and further aid the community.

"It provides a place to start out and get back on your feet," Tanner Clark, a construction technology major, said.

Sheets said 13 students are involved with the tiny house project. Seven carpentry students and six construction technology students.

The Carpentry and Construction Technology Program provides students

with an in-depth, hands-on learning experience. "The tiny houses have been a neat official project for the students because they will be able to see every aspect of the build," Sheets said.

"Just learning something from start to finish is great," Josue Trinidad, a construction technology major, said. "This is a project that we started from nothing and kind of put together ourselves. It's cool seeing the process go on."

While the tiny homes vary depending on size and amenities, Sheets said the program sells the houses at close to the cost of materials for \$6,000 and that two tiny homes have already been sold.

Sheets said the tiny homes are 72 square feet

and feature a one-room, open concept layout, just big enough for one person. He also said each bathroom has a combo bath and toilet similar to a small RV setup.

They have three tiny homes left but plan to have six more built and ready to go by the end of next spring. "We are going to keep one as a promotional item. It's going to be pulled around to go to any school or parade or anywhere we want it to go. I'm excited for people to see that we are doing some things like this with our program to interest students to come and join us."

For more information about the Carpentry and Construction Technology Program or about the tiny homes project, contact Ernie Sheets at 806-335-4221.

Search for AC president begins

By ALYSSA ORTIZ
Student Reporter

The Amarillo College board of regents recently began their search for a new president, following the departure of Dr. Russel Lowery-Hart in September 2023.

Interim President, Denese Skinner, said the process is handled by the board of regents. "The regents will choose a professional search firm that will do a nationwide search for candidates to bring to the regents to consider and interview. The top candidates will have a full-day interview with the regents, campus and community leaders and an open-to-all presentation and Q&A session," Skinner said.

Members of the board then listen to the input of stakeholders to determine who will be the final contender.

Skinner has also stepped into the role of the chief executive officer for the college and is responsible



Denese Skinner

for formulating and directing sound policies and practices. This includes all administrative, fiscal and academic affairs. She is in charge of implementing policies and regulations for the board as well.

A major aspect of searching for a new president lies in what the college needs. "I think ideally it would be helpful if we were able to find a candidate who will help us to continue the good work that we've already been doing," Bob Austin, vice president of enroll-

ment management, said. "Obviously, we've been recognized nationally as the top community college in the nation and those are pretty big shoes to fill."

Austin said he cares deeply about the well-being of the students and the environment created for them. Austin wants students to enroll, graduate and enter the workforce with great opportunities. "We're positioned pretty well for that, but we still have a lot of opportunities to grow and get better," he said.

With AC being named the top community college in the nation, Austin said the next president should continue leading the school to that standard. "It's kind of a blessing and a curse for the next person. Here's this guy who has done an incredible job and has moved on to an even bigger job and we're hoping that the next person can come in and fill those shoes," he said.

Academic Success Center Supervisor, Micah Prock, said she understands the challenges that will come with filling Lowery-Hart's shoes. "He was a fabulous leader. I think that he was the person that we can thank for our culture of caring and our mission. I think Amarillo College needs a president that sees our current mission and can somehow make it better. We already have a fabulous mission, so I think the mark of a true, amazing next candidate is someone that can take the work we've already done and somehow refine it and make it even better," Prock said.

Prock said she had faith in the board to pick a suitable candidate when the time comes. "That's their number one mission right now. Their goal is finding the next great president to take us from where we've been and strive for greatness. That's why they're there," she said.

Student media exists to serve you - the students. The Ranger staff urges you to get involved by submitting ideas, photos. Videos at therangereditor@gmail.com. The Ranger is an independent student publication. Material published in The Ranger does not necessarily reflect the views of Amarillo College administrators or employees.

WHAT'S INSIDE?

Pg. 2 Thanksgiving Face-Off

Pg. 3 Day of the Dead

Pg. 4 Delta 8

Pg. 5 'Killers of the Flower Moon'

Pg. 6 Low Cost Recipes

STUDENT
SPEAK

How do you feel about the short Thanksgiving break?



Blakely Brandt
General Studies

"I think it's good, but I wish we had a little longer to relax and be with family. maybe catch friends that come back in town, without having to worry about getting school caught up. Enough time to not think about school for a few days."



Jacob Sullens
Business Administration

"The two day break for me is just fine. It's just a little over a month until the Christmas Break. Two days is plenty of time to get the holiday weekend accomplished. I'm just Thankful my family is happy and healthy this Thanksgiving Holiday, and look forward to spending time."



Kyle McCall
Chemistry

"We're supposed to be a community college, yet were segregated from the community with our breaks. We were informed that our breaks would align with AISD and CISD, yet our fall break did not, so for Thanksgiving I'm not surprised how little of time I have to spend with family and friends."

It's more than a meal

OPINION

ERIN BRINDLE
Editor-in-Chief

Thanksgiving is a celebration of everything we should hold near and dear as a society. While not an officially observed by the U.S. until 1777, the original Thanksgiving of 1621 consisted of a three day celebration between the Wampanoag Tribe and European settlers after the Wampanoag helped the pilgrims to survive in the harsh new world.

While relations between Native Peoples and colonists would greatly deteriorate in the future, that does not negate the spirit of camaraderie and gratitude established in that original celebration.

With inflation on the rise and and uncertainty in the future, it is vital to keep a holiday reminding us of all we have to be grateful for. Any hardship can be weathered with help of people around you and it is important to be there for those facing their own hardships.

Thanksgiving is more than eating turkey and screaming at a football game on television. Don't get me wrong, turkey is great, especially with all the fixings, but it is not the end-all be-all of the holiday. With it

becoming more expensive to simply exist, some people can't afford to enjoy a tryptophan coma, but that does not mean they should sit the holiday out. If anything, Thanksgiving is a celebration of hardship and overcoming difficulties.

For those stuck in a rut, giving thanks and holding the good things life close to heart is one of the best things to do. We get so caught up in our own lives and feelings, we take the good, solid aspects for granted. We should not abandon our annual reminder that our lives, all things considered, are pretty good. Life may have suckerpunched us a few too many times, but we've made it another year.

In the hurried hypercapitalist world we inhabit, a holiday emphasizing gratitude in overcoming hardship as a community bears more relevance now than ever before.

Thanksgiving's beauty lies in its simplicity; Families gathering to have a nice meal. It is simply a time to enjoy the company of others and express contentment with the blessings in one's life, particularly the people who make life special.



Illustration by WILLIAM NIES | *The Ranger*

Black Friday farce falls flat

EDITORIAL

On Nov. 8, in the year of our Lord 2023, Walmart inundated the masses with their supposed deals under the guise of Black Friday. What used to be a celebrated brick and mortar blood sport for the tenacious bargain warriors has become nothing more than a premature, milquetoast Cyber Monday.

Gladiators braving the cold waits and hot tempers of their brethren have been replaced by casual couch potatoes leisurely perusing the innerwebs and happening across a middling markdown.

There is no longer a point to having named delineated days when the whole affair has become an annual autumnal abomination of hokey holiday hooliganism beginning as soon as temperatures drop below 80 degrees.

Black Friday is no different from Cyber Monday, and both have been rendered misnomers as they have melded into a corporate conglomeration celebrating consumerism that lasts for months.

Amidst the hustle and bustle of limited time offers and flash deals, Thanksgiving is on the verge of being eradicated by corporate terminators whose mission is to seek out and destroy any holiday that stands between Christmas and world domination.

With Thanksgiving being reduced to a fraction of its former power, nothing stands between the onslaught of advertising screaming at the populace to do their holiday shopping now or they'll ruin Christmas for everyone and make baby Jesus cry.

This farcical facade of concern for the consumer is a pernicious pandering ploy playing on the pressure to have holiday plans signed, sealed and delivered in preceding July. In reality, the weeks that lie between Halloween and Thanksgiving were meant to be the calm before the storm of all the humbugging winter holidays.

A cessation of the borderline biblical flood of festive foolishness is necessary to protect the miniscule minutia of sincerity scarcely remaining in the traditional celebrations of the season.

For the love of all that is good and holy, keep true to the spirit of the season. Remain strong against the unceasing pressure to torpedo your savings account in the pursuit of happy holidays.

Turkey, with a side of smallpox

OPINION

LANCE HOOPER
Columnist

Thanksgiving - I'm just not a big fan. What are we really celebrating? It's that one Holiday that has a lot of hype, big build up, hours in the kitchen, to end with everyone in a food coma by 2 p.m., and then everyone acts surprised when the Cowboys lose by 6 p.m. Of course, it's fun to gather with friends and family, but I can do that anytime throughout the year without drunk Uncle Pete.

Is the one time we landed on Plymouth Rock, invited the friendly Indigenous neighbors over for dinner and gifted them with blankets laced with smallpox cause for celebration? The original dinner conversation must have been like: "Hey, we have big plans for the neighborhood that don't include you, but we will eventually name a football team after you and celebrate giving you smallpox with a holiday called Thanksgiving."

Fun, food, friends and family, what could possibly go wrong? Give me a quick dine and dash at Cracker Barrel with some choice family members, minus the dry turkey, no giblets, add the chicken fried steak and cream gravy and I'm golden.

Some of my reasons for my take it or leave it, mostly leave it, unless pie is involved attitude with Thanksgiving include; stress and pressure, family issues, dietary restrictions, pressure to be grateful and finally traumatic association.

The stress and pressure of cooking a large meal, it's like if Thanksgiving were a video game it would be rated E for "Extreme Kitchen Chaos."

Then, there is the magic of family issues, drunk Uncle Pete that can make family dynamics interesting.

Like a Vegan at a barbecue, there are going to be some dietary restrictions and challenges arise via peanut or gluten allergies and the ever-popular diabetes.

There is also a more serious reason some may not like the holiday because it's associated with a negative or traumatic event. Not the time drunk Uncle Pete asked his girlfriend, Cheryl, to marry him and she said "no," but maybe the loss of a loved one. Yes, I have jokes, but it's important to recognize that people's feelings toward Thanksgiving can vary widely, and it's okay to have different perspectives on the holiday.

I think it's important to recognize what I don't enjoy about the holiday and make better decisions for the Holiday, like a reservation at Cracker Barrel with family conversations in the gift shop, games at the table while you wait for your food, dessert and coffee and you're done. Another Thanksgiving on the books, ladies and gentlemen, all while drunk Uncle Pete was at home confused at why the Cowboys lost again. We still love you, Pete.



ETHAN LANHAM | *The Ranger*

Student artwork celebrates loved ones in death. Andrea Lopez and Valerie Ramirez both have pieces in the 'Day of the Dead' art show.

Art show celebrates traditions

By Colin Reid
Student Reporter

The “Day of the Dead” art show is on display in the Amarillo College Common Lobby Gallery.

Art Professor, Steven Cost, has organized the art show for the last 21 years. The show displays Day of the Dead stories and drawings by AC art students.

“We remember that Day of the Dead is not a Mexican version of the U.S.

Halloween. It does not have horror stories and scary images,” Cost said.

“Instead, consider it a memorial and celebration of those before us. Each year, near the end of October, Latin American cultures celebrate Dia de los Muertos, which translates to Day of the Dead. AC art students have participated in the Day of the Dead in nearby Lubbock, Texas and Santa Fe, New Mexico for years. They create a finished conceptual drawing

for this celebration and art exhibit. On the opening night of the show, many artists and visitors dressed in costume.”

Cost said Day of the Dead is crucial to help remember those before us. “Remember their deaths in our own lives of family and friends, and in global society including wars, catastrophes and pandemics,” he said. “These stories could include the lives and deaths of heroes, important

persons, celebrities and people we admire.”

Graphic Design major, Hayden Splawn, created a piece for the show called “Death Grip.” “It’s an image of a human hand reaching out to a skeleton hand holding onto it, as if it’s infecting the other one,” he said. “The idea for the piece came from an experience in my childhood when a friend committed suicide. It’s a somber reflection of how I felt during the time.”

Graphic Design major, Saira Cera, also has a piece in this year’s show. “My piece is titled ‘Lamento,’” she said. “It is a portrait of a woman in mourning, and it is what I envisioned when I think of someone in mourning.”

The art show continues through Tuesday, Dec. 5, 2023. It is located on the lower level of the Fine Arts Theatre lobby between the Amarillo College Music, Theatre and Amarillo Museum of Art buildings.

Student resources in place for easier navigation

By GENEVIEVE PRESLEY
Columnist

Since the transition to Blackboard Ultra in the fall 2023 semester, students have noticed changes to the way they view their courses, assignments and grades.

Blackboard Support and Services Manager, Ariana Tiroff, said that since the switch to Blackboard Ultra is still new, they haven’t gotten as much student feedback as they would like, but the feedback they have gotten has been mostly positive.

“They really enjoy navigating Ultra, they

said it was intuitive, very responsive on different user devices,” Tiroff said.

“So, that was good feedback that we got. We also had the opportunity to have a booth at one of the fairs, and during that time we asked students their thoughts about Blackboard Ultra and once again, it was good positive feedback,” she said.

Tiroff said students say Ultra is easy-to-use and they’re able to navigate their course and find things that they need.

However, some students did report some downsides

to Ultra, specifically related to them just being used to the original view before the transition took place.

“It was kind of difficult because I’m not used to just all the little trinkets, all the little extra stuff,” Lea Dominguez, a Psychology major, said.

Graphic Design major, Jocelyn Aguilar, works in The Underground on the Washington Street Campus and said the biggest problems students have faced have been forgetting their passwords and printing problems.

Aguilar said to figure

out how to use the new Blackboard Ultra, students need to familiarize themselves with it.

“It’s completely different from what they’re used to, and I completely get that,” Tiroff said. “I guess some students were not expecting it. So, whenever the transition happened, they were just kind of shocked that it looks completely different.”

Tiroff said there are resources available to students who need help with Blackboard Ultra.

“If they don’t feel comfortable navigating Blackboard, we do have an online course

that students can register for,” Tiroff said.

“There are assignments, some exams and some things that they can download. It’s just getting their feet wet. They can just go in, navigate the course and familiarize themselves that way. We have created some PDFs and videos for students to access. It’s just basic step-by-step information. So, if it’s checking your grades, they can go to that PDF and then they are walked through on how to do that or how to submit an assignment or take a test,” Tiroff said.

ERIN BRINDLE | *The Ranger*

CBD Plus U.S.A. Assistant Manager and Budtender, Maddison Tyus, explains the potency levels of products sold at the store.

Delta-8 induces new market high

By **ALYSSA ORTIZ**
Student Reporter

A relatively new psychotropic product known as delta-8 has come on the market, gaining popularity in the last few years.

Delta-8 THC is a cannabinoid, similar to delta-9 THC, but is produced synthetically and induces a mild high compared to its delta-9 counterpart. It's an over-the-counter product and is sold in various forms such as pens, gummies and capsules.

Delta-8 is derived from hemp, which is a cannabis plant containing less than .3% THC.

"You can take the CBD from the hemp plant and, through a diligent conversion process, turn it to delta-8 THC with the natural occurring compounds from the hemp plant," Rene Ceballos, regional marketing director of

CBD Plus U.S.A.

According to Ceballos, the resulting product is confirmed to be safe in a Drug Enforcement Administration testing facility, meeting the standards required to be legally sold.

Delta-8 can be legally acquired in Amarillo by college students that are 21 years of age or older.

"The user can find a comfortable consumption method and start low, working their way to the desired relief they need to help with common college ailments like stress, anxiety, depression, sleep and even fatigue," Ceballos said.

While he expressed his belief in the potential benefits, Ceballos recognizes the concerns circulated by the media regarding the safety of the product.

"One of the common issues in the nation with delta-8 THC is that anyone that has a license could sell, but not everyone

goes through a diligent process to ensure safety and quality procedures for their products," he said.

Due to this, many consumers are unaware of what they are putting into their bodies, or if it is up to the legal standard. Often when a person has a negative experience with the product, it could potentially be due to the fact that shops do not properly research the quality of their products.

Another major concern with delta-8 lies in the lack of FDA regulation. "The risk that's always there without FDA regulation is there's not enough research or knowledge to really know if this is something safe to take or not," Jerrod Hinders, counseling center coordinator, said.

The lack of established labeling procedures and quality assurance means the public cannot be certain on what

exactly the substance consists of. This can negatively affect consumers, especially if they are seeking relief for medicinal or therapeutic reasons.

Hinders advised students to not consume any products not regulated and approved by the FDA, including delta-8, due to the potentially harmful effects to one's health. "I know that there's been over a hundred reported cases of having adverse side effects to the use of delta-8," he said. "Typically, this can look like vomiting, dizziness. It can result in hallucinations or even behaviors that might induce harm for somebody or somebody else."

Hinders also expressed concerns with the way delta-8 is advertised, specifically targeting children. "There are concerns with it being created as edibles or gummies, that a child might see and think that it's a candy and take it inad-

vertently," he said.

He noted that there have been several documented cases where similar situations have occurred. Additionally, Hinders said that other aspects to be cautious of include how and where the product is stored, as well as the container itself.

While aware of the negative perceptions on delta-8, Ceballos wants the public to know that the cannabis plant is safe for people to use.

He said people should learn more about the plant to better understand the potential benefits and relief it can provide to certain people "We are proud to say that we care about every single patient and spend time learning about their ailments," he said. "Then we can prescribe them the right legal cannabis product that is going to take care of them and have them coming back for legal relief."

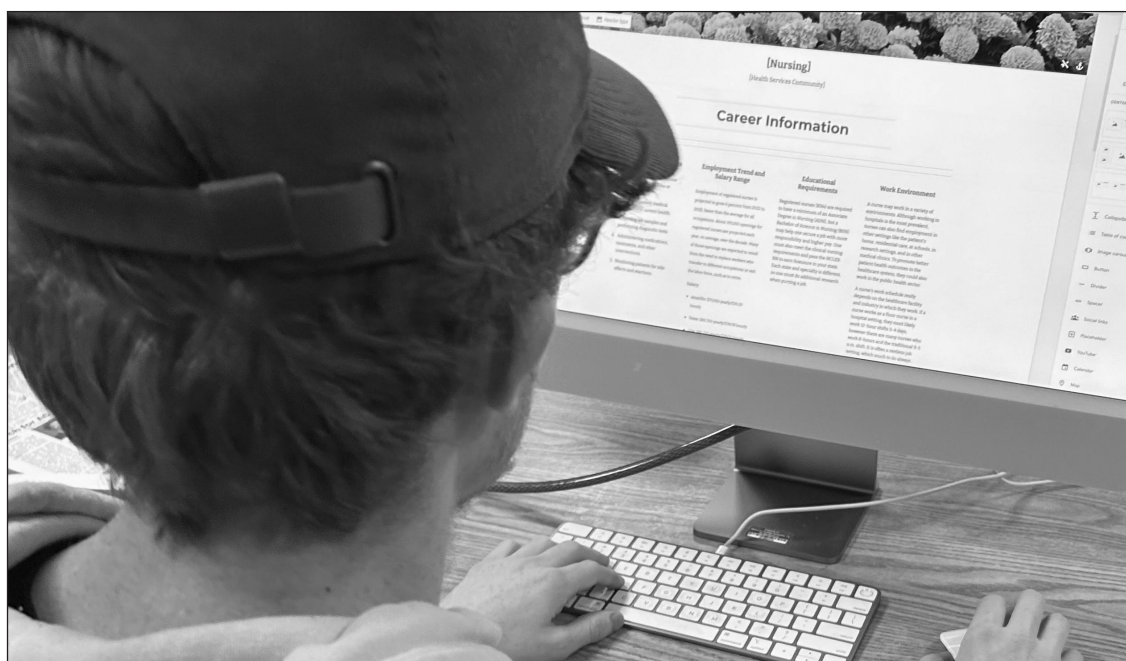
Mandatory class prepares students for real world

By **ETHAN HALL**
Student Reporter

Learning Frameworks is a mandatory class at Amarillo College that helps students learn and apply study strategies and skills for students' future academic and real-world use.

In the course, students work off of an e-portfolio throughout the semester. "This allows them to reflect and see their growth in thinking about what it is they want in a career, the education and steps to achieve it and what they want from their life outside of work and school," Dr. Lorri Petty, dean of academic outreach and support service, said.

Petty said that the information learned in this class will prepare students for the future. "I believe that the skills you learn in Learning Frameworks can help possibly alleviate some stress that may be caused

NADIA COLCHADO | *The Ranger*

Learning Frameworks helps students navigate academia and succeed in higher education.

in the future," Cheyenne Tiffin, an English major, said. "If you learn how to solve the problem now, then you'll be better off later."

In addition, the class delves into the various directions and support channels that are available to further their learning paths. "Learn-

ing frameworks helped me learn more about myself personally and helped me figure out what direction I would like to pursue in my major, since it's a broad field," Isabella Gomez, a mass media major, said.

The class focuses on assisting students find a

faster way of graduating in the most cheapest way possible. "We all want students to get out of college with a degree they will use in the least amount of time possible, and with little or no debt – this class helps to ensure that can happen," Petty said.

The class has since evolved through colleges over time and, at one point, was not available to students. "I started over three different times before I got my bachelor's degree, if I would have had a class like this to reflect and figure it out, I could have saved myself a lot of time and money," Petty said.

Tiffin appreciates how the class establishes a clear outline for students to create and reflect on their goals, and figure out how to succeed in their future endeavors. With a variety of influences and options, Tiffin believes the class to be a way to effectively map them out. "I am and always have been more of a 'go with the flow' kind of person and I was going to wait and find out if I wanted to continue school or not," she said. "After taking that class, I did realize that's maybe not the best way to go about things, so I have started to actually have goals set in the future that I feel that I can personally achieve."

'Killers of the Flower Moon' stuns audiences with frustrating truths

By **MARISA TABARES**
Student Reporter

Martin Scorsese brought the heartbreaking historical scandal that took place in Oklahoma in the 1920s to screens across the country in his new film, "Killers of the Flower Moon" to shine light on the horrid events that took place.

The film, although unsettling at times, emphasizes the degrading ways Indigenous Peoples were treated while living in white American society. They were considered incompetent, and needed white guardians to access their funds. This movie enlightens those who have not heard of the ghastly events that took place against the Osage people. It creates feelings of empathy and compassion in the viewer.

Leonardo DiCaprio, Robert De Niro and Native American

actress, Lily Gladstone, shared the spotlight as the main characters. DiCaprio plays Ernest Burkhart, a young man who returned from the military to live with his wealthy uncle William Hale, played by De Niro. Hale is a highly respected man in Fairfax, Oklahoma; he's considered to be a good friend of the Osage people, on whose land he resides.

The Osage Natives came into wealth as oil was discovered on their land. Burkhart works as a taxi driver for his uncle, where he meets Mollie Kile, played by Gladstone. Tensions rise as suspicious deaths among the Osage recurs. Characters are called into question and secrets are revealed.

De Niro brought the character of Hale back to life, as he played the town hero when residents were down on their luck or needed re-

sources they couldn't access. DiCaprio portrays a loving husband, father and member of the community, as he cares for his sickly wife. Gladstone presents as Mollie Kile Burkhart, bringing the Osage culture to life with beautiful Native garb such as the traditional blanket worn to honor their culture.

The Native culture is well represented. Different types of ceremonies are depicted throughout the film. The Native dress and customs are exhibited throughout the 3 1/2-hour flick. It is not suggested for children under 18 years of age, as it bears a restricted rating. This film is educational as it shares with its audience the true story of a crime against the Osage. It is an eye opener to the history and stories that remain untold, including the gory details and frustrating truths that are revealed in picture.



Courtesy Photo

'Killers of the Flower Moon' raked in \$200 million at the box office after premiering Oct. 20, 2023.

It's 'Prime' time for new hydration drinks

By **GENEVIEVE PRESLEY**
Columnist

Energy drinks have been popular for a while now, as have sports drinks. Research shows that energy drinks are the most popular dietary supplement consumed by American teens and young adults.

Men between the ages of 18 and 34 consume the most energy drinks, while almost 1/3 of teens between the ages of 12 and 17 drink them regularly. Sports and energy drinks have amounted to 4.31 billion cases sold worldwide.

Recently, a new brand of both sports drinks and energy drinks has come onto the scene - Prime Hydration.

Prime is a collection of hydration drinks, energy drinks and drink mixes developed by Olajide Olayinka Williams Olatunji (professionally known as KSI) and Logan Paul. According to Paul, the concept behind the brand is to "fill the void where great taste meets function."

Prime Hydration was first released in 2022 and since then, Paul and KSI both have worked to expand in retailers, reach new markets and formulate new products they hoped people would love.

When I first heard about Prime drinks, I was hesitant



GENEVIEVE PRESLEY | *The Ranger*

The creators of Prime said they hoped to fill the void where taste meets function.

to try them for many reasons. Mainly, I was confused at first, as I did not know that Prime was similar to Gatorade, and that Prime Energy was a different line of products from the same company. I also was not sure if these drinks would be worth my hard-earned dollar.

Once I learned that Prime Hydration were not energy drinks at all, but rather sports drinks, I decided to go ahead and try them. I have always refused to drink energy

drinks so I ruled out Prime Energy because each can contains two hundred milligrams of caffeine, which I consider to be too much caffeine. I tried Prime Hydration in strawberry watermelon, tropical punch and their newest flavor, glowberry.

As I prepared to try the first flavor, strawberry watermelon, the suspense was killing me. I wondered how the blend would taste and if I would like it. To my surprise, from the first sip to the last,

it was not disappointing. It tasted like strawberry lemonade with just a hint of watermelon, which I really loved. I enjoyed it so much that I'd give it an eight out of ten.

The tropical punch flavor was nothing short of incredible. It tasted like a hybrid of Hawaiian Punch and red Gatorade, leaving me instantly impressed. My hopes that this flavor would taste exactly like the classic fruit punch that I have always loved were confirmed. Tropical punch ranked

as my favorite flavor for a variety of reasons. It was sweet, but not too sweet. Every sip was delightful. Since it's my favorite, I would drink it again and again. Fruit punch lovers will, without a doubt, love this spectacular flavor.

I was extremely disappointed in glowberry. It reminded me of a green apple Jolly Rancher, only more sour and overly sweet. That, combined with the awful aftertaste, finalized my decision to give it a three out of ten. It's definitely a flavor that I would not recommend nor drink again. It is unfortunate to have spent \$2 on this one, only to dislike it so thoroughly.

All things considered, I am pleased that I decided to try Prime after all. I was also impressed with the outcome, since I discovered two out of three flavors that I really enjoyed.

I approached this trial with skepticism, but ended up being quite surprised. It might be worth your while to try some of these flavors except for maybe glowberry.

For a hydration drink with only one to two grams of sugar in each bottle, this one packs a powerful punch.

'Five Nights at Freddy's' leaves fans with questions

By **JORDAN NUNER**
Entertainment Critic

"Five Nights at Freddy's" is a video game franchise created by Scott Cawthon that was released in August 2014.

The series has had major success spawning an entire community of fans who go through the lore and theorize about the timeline and story.

The creator himself loves to toy with his fans by making the lore confusing and never revealing the truth so that fans continue to theorize about it.

As the lore has become more complicated, it's no surprise that the new "Five Nights at Freddy's" movie was also confusing. By no means was the movie bad, but for people who are not aware of the video game, it may seem that the movie doesn't make a lot of sense. On the other hand, I've read a lot online that fans of the series are wracking their heads trying to figure out the meaning of the story.

There were plenty of nods to the game in the movie and even some references to

things that may have inspired the creator. There was even a cameo of the series' biggest fan theorist, MatPat, from the YouTube channel, Game Theory.

The story revolves around Mike, a name that would be familiar to fans as the security guard from pretty much every game. It goes through how he balances his night job with caring for his little sister while his aunt is trying to get custody.

The main character is also dealing with nightmares of

when he was young and his brother was taken. This adds another mystery for fans to theorize about. The story fits pretty well with the mythology of the games in being confusing and mysterious.

The production of the movie was also done well with the only issue being that the animatronics were much nicer than the pizzeria they sat in, giving the movie a strange feel to it and making them feel unnatural, as if they didn't belong there. Otherwise, I found that they truly captured

the essence of the games and made them fit into a movie format.

"Five Nights at Freddy's" was great for what it was and I would recommend it to fans of the games. It's also great for children over the age of 13 as it has scary elements, but not to the extent of an actual horror movie. I would compare its scariness level to that of the original Disney's "Haunted Mansion" movie but with slightly more gore. It's available to watch in theaters and on Peacock.

College Feast Delights

Affordable Thanksgiving Recipes for Students

Main Dish

Turkey and Vegetable Skillet:

Ingredients:

- 1 pound ground turkey
- 1 tablespoon olive oil
- 1 small onion (finely chopped)
- 2 cloves garlic, minced
- 1 bell pepper, diced
- 1 zucchini, diced
- 1 cup cherry tomatoes, halved
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Cooked rice or quinoa (optional, for serving)

Instructions:

- In a large skillet, heat olive oil over medium heat. Add ground turkey and cook until browned, breaking it apart with a spoon as it cooks.
- Add chopped onion and minced garlic to the skillet. Sauté for a few minutes until the onions are translucent and the garlic is fragrant.
- Add diced bell pepper and zucchini to the skillet. Cook for about 5-7 minutes until the vegetables are tender but still slightly crisp.
- Add halved cherry tomatoes to the skillet, along with dried thyme and oregano.
- Stir well and let it simmer for a few more minutes until the tomatoes soften.
- Season the mixture with salt and pepper to taste.
- You can serve this turkey and vegetable mixture on its own or over cooked rice or quinoa for a complete meal.
- This turkey and vegetable skillet is a balanced and easy-to-make main meal that provides protein and



Side Dish

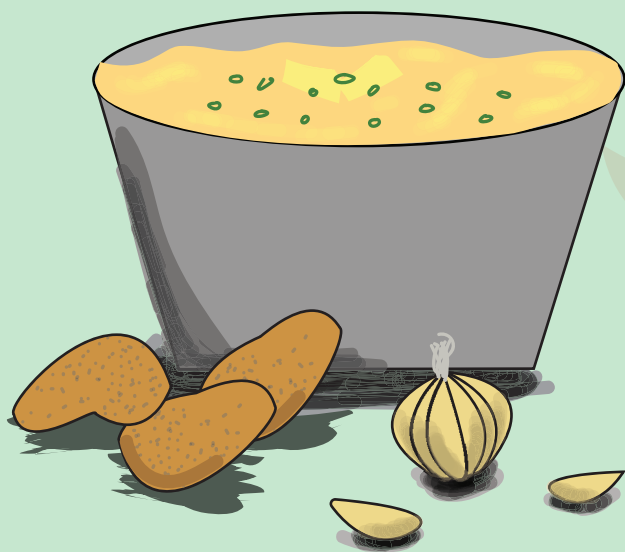
Garlic Mashed Potatoes:

Ingredients:

- 4 medium-sized potatoes, peeled and chopped into chunks
- 2-3 cloves garlic, minced
- 1/2 cup milk (non-dairy alternative)
- 4 tablespoons unsalted butter
- Salt and pepper to taste
- Chopped chives or parsley for garnish (optional)

Instructions:

- Place the potato chunks in a large pot, cover with water, and add a pinch of salt. Bring to a boil and simmer until the potatoes are fork-tender (usually around 15-20 minutes).
 - While the potatoes are boiling, melt the butter in a small saucepan over medium heat. Add the minced garlic and sauté for 1-2 minutes until fragrant. Be careful not to let the garlic brown.
 - Once the potatoes are cooked, drain them and return them to the pot. Mash the potatoes using a potato masher or fork.
 - Add Garlic Butter and Milk: Pour the garlic butter over the
- mashed potatoes. Add the milk, a little at a time, and continue mashing until you achieve your desired creamy consistency. Adjust the amount of milk to your liking.
- Season the mashed potatoes with salt and pepper to taste and Mix well.
 - Optionally, garnish the mashed potatoes with chopped chives or parsley for a burst of freshness.
 - These garlic mashed potatoes are easy to make and full of flavor. They make a great side dish for Thanksgiving or any meal. Feel free to adjust the quantities based on your preferences and enjoy your creamy



Dessert

Easy Apple Pie:

Ingredients:

- 5-6 medium-sized apples (like Granny Smith or Honeycrisp), peeled, cored, and sliced
- 1/2 cup granulated sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon of ground cinnamon
- 1/4 teaspoon nutmeg (optional)
- A pinch of salt
- For the Crust: 1 package store-bought refrigerated pie crusts (you'll typically find two crusts in one package)
- For Topping: 1 tablespoon butter, cut into small pieces
- 1 tablespoon granulated sugar (for sprinkling)

Instructions:

- Preheat your oven to 425°F
 - Prepare the Pie Dish:
 - Unroll one of the pie crusts and place it into a 9-inch pie dish. Press it down gently and trim any excess dough hanging over the edges.
 - Make the Filling: In a large bowl, combine the sliced apples, sugar, flour, cinnamon, nutmeg (if using) and a pinch of salt. Toss until the apples are evenly coated.
 - Pour the apple mixture into the prepared pie crust, spreading it out evenly.
 - Top with Second Crust: Unroll the second pie crust and place it over the apple filling. You can either seal the edges by crimping them with a fork or create a decorative edge by pinching the dough
- with your fingers. Cut a few slits in the top crust to allow steam to escape while baking. You can make a simple pattern if you like.
- Dot the top of the pie with small pieces of butter and sprinkle a tablespoon of sugar over the crust.
 - Place the pie in the preheated oven and bake for 45-50 minutes or until the crust is golden brown, and the filling is bubbly.
 - Allow the pie to cool for at least 1-2 hours before slicing. This helps the filling set.
 - This easy apple pie recipe is beginner-friendly and doesn't require any special equipment. It's a classic dessert perfect for fall or anytime you're craving a delicious homemade treat.

