

OPINION

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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.

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

— Ernestine Chipman
VP of Program of league of Women 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.

See VOTE, Page 6

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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News-Register

Founded in 1977
Produced by students – for students – for 46 years.

Editor-in-Chief
Theresa Velazquez

Layout Editor
Heather Sherill

Photo Editor
Joanna Mikolajczak

Social Media Editor
Vidhi Bhakta

Staff Writers
Ti-Ying Li
Ranzan Sigdel
Faith Lungu
Ishmita Shrestha

Contributing Writers
Jesus Torres
Chase Dye
Cesar Hernandez
Jeaneth Amores

Contributing Illustrators
Erika Greear
Ireana Nevels

Contributing Photographers
Michelle Beia
Alex Hoben

Newspaper Advisers
Rosa Poetschke
Daniel Rodrigue

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Cartoon | Erica Greear

Growth of AI affects us

Artificial intelligence has been an important part of our lives. It excites and worries me at the same time.



Ishmita Shrestha
Staff Writer

ishrestha@student.dallascollege.edu

I have always been excited about the innovation around the world since I was a computer science student.

The kind of innovation that AI is making has created a great impact on the lives of people through social media and smart devices.

Intelligent algorithms have become a part of our everyday lives assisting us with anything from managing our health to navigating traffic and book recommendations.

I find it amazing when I look at the overall AI development, but this technical marvel has a dark side as well. It has its positive and negative impact on people's lives.

One way artificial intelligence has been a part of our lives is through various digital assistants including Siri, Alexa and Google Assistance.

I find it amazing how AI has changed industries, increasing the accuracy and efficiency of once labor-intensive tasks such as robotics and machine learning.

Robots and automated systems are capable of accurately and efficiently completing time consuming, physically taxing and repetitive activities.

It has sparked invention and creativity in ways we never would have predicted.

Recently, Hollywood actors and writers have even protested against artificial intelligence, causing a strike.

Writers fear AI will take

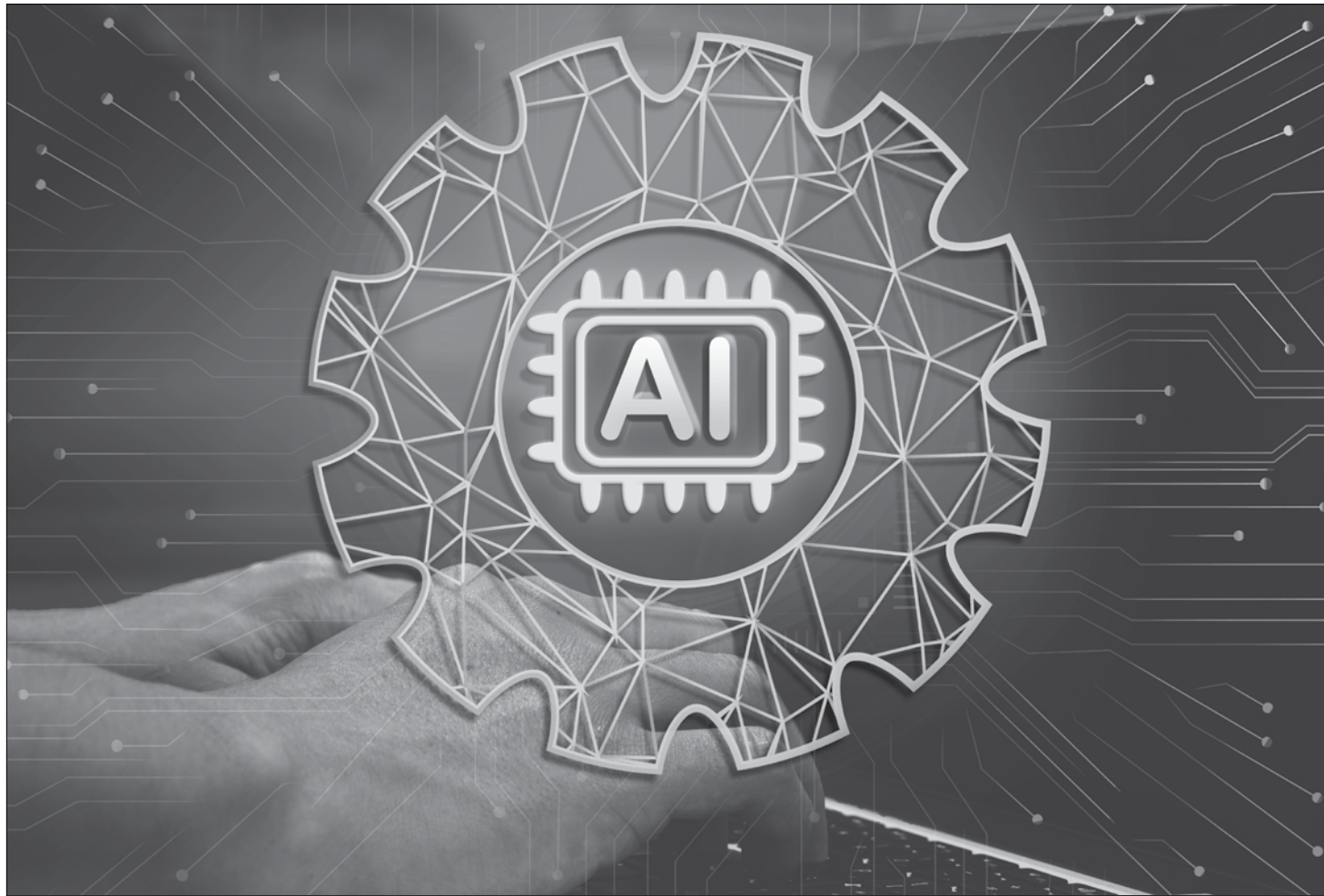


Illustration | Ranzan Sigdel

away script writing jobs from them because smart programs such as ChatGPT have shown to be capable of writing full movie and television scripts.

Through the new technology, background actors fear their image will be replicated and digitally used, as well as replicated for various other movies and television shows.

The invention of ChatGPT has also created a great impact on students who use the technology to find the solution for their queries.

ChatGPT can also be used as a learning tool. Students may quickly and easily acquire information on a variety of school topics with ChatGPT.

Students can ask questions

and get real-time answers, which is very useful if they need help right away with assignments or homework.

Adding to it, artificial intelligence-powered learning resources are accessible 24/7, in contrast to human tutors or teachers who are not available outside of their work hours.

This implies that students are able to get help and information at any time of day or night, as needed.

Furthermore, artificial intelligence is used by social media platforms to analyze user behavior and preferences, recommend relevant content, and personalize the user experience.

AI systems are currently used to detect and remove hate speech, fake news, and other unwanted content.

Although AI can simplify our lives, if we are more embedded in it then it can start causing problems.

An over reliance on AI might result in the loss of critical abilities and information. Even with the use of intelligent algorithms, personal details are being shared and there are problems caused in the privacy sector.

In the educational sector, ChatGPT has been helpful for students but it can affect the student's independent or unique perspective and affect their performance negatively if they rely too much on AI.

Instead of honing their critical thinking and problem-solving abilities, AI might turn students into passive learners who anticipate having an answer to every query right away.

This kind of scares me as it might affect their ability to solve problems.

In addition, AI has caused a fear of job displacement as it is automating repetitive labor, thus

our educational and workforce system needs to be rethought.

Like in the near future, robots being a machine, they don't get tired and they can also work efficiently. It might cause problems for the employment sector.

Also, AI can be embraced as a tool that enhances human abilities and frees people to pursue more creative and fulfilling undertakings, rather than being seen as a threat.

Overall, intelligence algorithms are a two-edged sword that have enormous promise to our future but also presents a number of difficulties.

The future of artificial intelligence is up to us, its developers and consumers.

We need to take advantage of its potential to make people's lives better while protecting against abuse and making sure the gains are distributed fairly.

Artificial intelligence is still in its early stages of development, and it is up to everyone to decide how it will end.

"I find it amazing when I look at the overall AI development, but this technical marvel has a dark side as well."

— Ishmita Shrestha
NLC Student

COVID-19 still at large in the US

At the beginning of the pandemic, we faced a crisis because our limited understanding of SARS-CoV-2, commonly referred as COVID-19.



Jesus Torres
Contributing Writer

jtortes54@student.dallascollege.edu

As time has passed and even with the emergence of variants, we have gained valuable knowledge about the virus and how to fight it.

Unfortunately, a significant portion of the population either chose to ignore the existence

of this contagious respiratory disease or fell victim to misinformation about the measures that could have successfully curtailed its spread.

The question now is should we reintroduce COVID-19 preventive measures such as masks, vaccinations, campaigns and free test kits.

At the very least we should encourage usage of masks in public areas.

I concur with that argument because my uncle Raul, who died in 2021, was a hardworking caring man who dedicated his life toward his family's tragedy.

Everyone in his family contracted COVID-19.

While everyone else recovered, he laid unresponsive and deteriorating in the hospital until he died.

Tragically this happened in the early stages of the pandemic when vaccines and masks were not readily available in

certain places in Mexico.

But I am certain, if he had received a vaccination, he would have had an increased chance of survival. A chance that many people nowadays have.

As a Dallas College North-Lake Campus student who aims to achieve an associate of science degree and to major in virology, epidemiology and public health, I have a desire to educate and assist others by demonstrating COVID-19 and by combating misinformation.

According to a weekly report from Nov. 2-11 by the Centers for Disease Control and Prevention, there is an increase in infections, deaths and hospitalization.

As of Nov. 20, COVID-19 has caused over 6.98 million cases of infection and 6.9 million deaths.

While it may seem like we have moved past the peak, there is still a risk of returning to the initial crisis.

COVID-19 continues to mutate, with some of the most widespread and dangerous variants being gamma, beta, alpha, delta, and the latest omicron variant.

Now a new variant named HV.1 is on the rise.

HV.1 is a mutated version of the omicron variant of sorts, currently has gained a foothold in the U.S.

Originally accounting for only 0.5% of COVID-19 cases

in late July, it had increased to 12.5% in September. Until it becoming the dominant variant in the U.S.

As the SARS-CoV-2 virus mutates people grow immune to older variants but not the new ones.

The people who are the most vulnerable are those who are of older age or immunocompromised.

Newer variants have made it even more lethal and contagious. Omicron has a mutation that allows it to bind more strongly to host cell receptors than other variants, according to a study published Jan. 15, by the National Library of Medicine.

It can also evade most of the antibodies produced by vaccinated individuals or those infected with other variants,

Those who were considered vulnerable to death by this virus at the start of the pandemic are more in danger today.

"While everyone else recovered, he lay unresponsive and deteriorating in the hospital until he died."

— Jesus Torres
NLC Student

LAKE TAKES



The N-R's opinion on recent campus & world happenings.

THUMBS Down to the war in Gaza.

More than 11,100 Palestinians have been killed in and around the Gaza strip since Oct. 7, because of the war between Israel and Hamas-led Palestinian militant groups. As of Nov. 22 there has been a truce in place for talks of peace.

THUMBS Up to Sharing day at Dallas College.

Dallas College served 350 students during the holidays. Each student received a Sharing Day meal basket filled with enough Thanksgiving favorites to feed a family of four to five.

The college received help from the Student Care Network team and the National Texas Food Bank.

North Lake's food pantry is open Monday through Friday from 9 a.m. - 7 p.m. for all faculty, staff and students.

THUMBS Down to multiple events being held at the same time.

On Nov. 7, the art reception and Echos of Tradition was held at the same time causing students to have to miss one or the other.

What do you think? Let us know.

By Mail
The News-Register
North Lake Campus
5001 N. MacArthur Blvd.
Room A-234
Irving, TX 75038

By E-mail
News-Register@dallascollege.edu

By Phone
972-273-3498 or 972-273-3057

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The News-Register welcomes letters to the editor for publication. Letters must be typed or legibly written and limited to 300 words. Shorter letters are appreciated. Full name and telephone number must be provided for confirmation. The editor and faculty advisor will decide if a name will be withheld upon request. Obscene, libelous and/or racially, sexually, or religiously offensive material will not be published. Letters may be rejected for style and taste and edited for length and clarity.



Photo Illustration | Ranzan Sigdel

A student with anxiety sits in her room staring into the void trying to find a solution to her problems.

Anxiety takes over students

Dallas College Counseling and Psychological Services helps its students with stress.

By Ranzan Sigdel
Staff Writer

More than 60% of college students are suffering from anxiety, according to the American Psychological Association.

Dallas College Counseling and Psychological Services (CAPS) at North Lake Campus offered various distinct sessions as an Anxiety Relief Zone during the month of October, aimed at assisting students in managing anxiety and stress by providing useful tactics to live an engaged life.

The event featured Aubrey Webster, a licensed counselor, and art therapist, as the speaker.

The 'Anxiety Relief Zone' was a series of five sessions. Students from campus could attend any or all.

Webster had two goals; one was to help students understand what anxiety is and the second goal was to give them tools to manage anxiety on their own before it gets out of hand.

Although each session provided different kinds of information, the general objectives were to help students become more aware of anxiety and depression along with its symptoms and remedies.

Webster debunked misinformation related to managing stress during the sessions. Several students who participated in those workshops noted that they got the most evidence-based practices such as guided meditation, repeating affirmations and so on.

An unforeseen challenge CAPS and Webster encountered was a lack of student attendance at the lectures.

The fourth session for the month was completely empty.

"Anxiety workshops are harder typically with anxiety," Webster said.

"People avoid going to things with oth-

ers and if we're doing something where we're talking about the stress, it can make it harder to attend."

"Also, the location was not in a great spot, and it was kind of hidden far away. When you have anxiety, trying to find a place and be on time can be difficult."

"People avoid going to things with others and if we're doing something about stress, it can make it harder to attend."

— Aubrey Webster
Licensed Counselor and art therapist

they can just come at the beginning or the end. They can still get a lot of information," Webster said.

For more information, students can send an email to Counseling@DallasCollege.edu or Awebster@DallasCollege.edu.



Photo | Joanna Mikolajczak

(R) Trio student Nieves Turcios played the card game "spoons" with students during Carnival event.

NLC Spirit Week showcases clubs

By Vidhi Bhakta
Social Media Editor

On Nov. 7, Dallas College North Lake Campus kicked off its Spirit Week with a Carnival event from 12 p.m. to 1:30 p.m. in building H, in front of the Student Life Center.

Jesus Torres, president of the Student Government Association (SGA), volunteered at the carnival. He said the purpose of the carnival was to have school clubs, societies and organizations interact with students on campus by introducing them to different college clubs and joining their club to learn more about it.

"I feel like in other clubs it's very taboo because there's like a power struggle between the officers and students..."

— Habiba Kouadio
SGA member

the officers and students, but I feel there is not that in SGA, it's really free," she said.

Darlene Ramirez is one of the Vice-Presidents of the honor's society, Phi Theta Kappa. She had a booth at the Carnival representing PTK and said it is based on five hallmarks: scholarship, leadership, service, fellowship, and homework.

They give students service, leadership and research opportunities, and student scholarships. Ramirez said they have helped local communities in Irving, by volunteering in the food pantry at Irving Cares and book readings for children.

Trinity Conober's booth was representing TRIO Student Support Services.

TRIO SSS is a school organization that is funded by the federal government to help students who have low income, disabilities, and are first generation to college.

Conober said they provide a wide range of activities for students, such as financial aid workshops, tutoring, and extracurriculars.

There have been fewer students participating in TRIO SSS ever since after COVID.

Conober said they need more students for the program because right now there are not enough students applying to join or students aren't aware of their services.

Chapter fosters NLC student's personal growth

An organization with the goal of adding meaning and purpose to students lives through Youth nights and talks.

By Ti-Ying Li
Staff Writer

Collegiate Association for the Research of Principles is an organization of chapters on college campuses across the USA, created for students by students.

"Our goal is to research principles that make life worth living, add meaning and purpose and help us to become a person who can contribute to society and to live for a greater good," Jinil Fleischman, president of the national CARP organization, said.

The Dallas College North Lake Campus chapter is one of four in Texas.

NLC's chapter helps students with open dialogue, personal growth and community building.

This allows students to connect their goals to their life purposes, as well as share experiences with each other, and teach them how to navigate their academic and personal life challenges.

"Students can openly discuss their backgrounds, beliefs, and values," Yumi Suina, CARP president of the NLC chapter, said.

This environment encour-

ages discussions, transcending surface-level interactions and promoting a deeper understanding among its members.

Illustrating CARP's commitment to creating a supportive and understanding community that extends beyond the academic setting.

CARP's regular events, such as Youth Nights and CARP Talks, provide opportunities for students to come together, share a meal, engage in activities, participate in discussions, and highlight special upcoming events.

Every other month CARP members have special seminars about various topics. CARP members also do charity and volunteering events. Those types of special events indicate CARP's commitment to offering diverse mindsets to its members.

Suina mentioned their initiative on conducting a mental health survey aimed to under-

stand the mental state of students within the NLC community.

Student officer Christian Martinez and Shinji Kato, volunteer Taishi Minosoko and NLC student Ohana Aguilera, are conducting the survey to gather insights that will guide CARP in addressing the specific needs of its members.

Students who wanted to help support this initiative used a QR code to help improve the organization.

CARP plans to use the survey results to design future events and discussions tailored to the mental health concerns identified by the student body.

CARP Talk schedules its meetings every other Thursday at NLC in Room A351 from 3 p.m. to 4:30 p.m.

On the remaining Thursdays, they hold Youth Night meetings at DFW Family Church, which is situated at 1710 W Airport Fwy, Irving, TX 75062, starting at 6 p.m.



Photo | Michelle Beia

Taishi Minosoko talks about leadership to CARP students in a meeting at NLC.



Photo | Michelle Beia

Yumi Suina, CARP president of the NLC chapter, shares experiences with students.



Photo | Michelle Beia

Jinil Fleischman, president of the national CARP organization, plays guitar for CARP members during a club activity.

Theater tackles social topics

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

The Black Box Theater doors have remained closed, amidst the COVID-19 pandemic, until now.

Many talented Dallas College North Lake students performed the play “Blood at the Root” from Nov. 8 to 11. The thrilled audience filled the theater to its max capacity on its closing night.

Performances like these remind us why theater has been an integral part of society for decades. They tackle complex social issues in a way that a simple conversation between two individuals cannot fully explore.

Director Sherrie Boyd, a professor of theater and humanities, selected the play written by Dominique Morisseau. She is fond of didactic plays — plays that entertain but also have the ability to educate its audience through the performing arts.

On stage, the talented cast brought history to life with their powerful performance, teaching the spectators about a significant event that occurred not long ago in Jacksonville, Louisiana.

The playwright is based on the Jena Six case from 2006,

where six black young males were charged with attempted murder after a high school fight that left a white classmate hospitalized.

This case sparked outrage in the small southern community because the minors were given life sentences.

That led to attention from the media and the nationwide conversation of racial injustice in the United States.

Boyd read “Blood at the Root” in 2018. “It resonated with me, eliciting strong emotional responses that compelled me to shed a few tears,” she said on the director’s note inside the show’s pamphlet.

“It resonated with me, eliciting strong emotional responses that compelled me to shed a few tears.”

— **Sherrie Boyd**
Professor of Theater and Humanities

The play delved beyond the narrative of American racism and its unjust legal system. It explored themes of pain, anger and prejudice.

The play also depicted how people, regardless of race, can be affected by societal structures and stereotypes. It touched on sensitive topics of racial slurs and other derogatory terms used to demean individuals by their sexual orientation.

“Several instances in this play inspired optimism with-

in me,” Boyd said. “We must all recognize that regardless of our race, color, religion, gender or nationality [that] we are all Americans.”

The storyline primarily focused on Raylynn, the sister of De’Andre who was convicted to life in prison after causing the hospitalization of her friend. She was played by NLC student Ariel Velez.

She delivered an exceptional performance.

During the intermission, I overheard audience members praising her extraordinary portrayal of Raylynn. I wholeheartedly agreed, as her facial expressions effectively conveyed the intense emotions experienced by her character.

The performance by NLC student Larry English was also memorable. I can still picture his monologue in the scene inside the jail cell of his character De’Andre, Raylynn’s brother, the hothead football player.

Visually, I had no complaints. Throughout the entirety of the show, its background remained undressed with nothing but a symbolic tree planted on stage right.

The stage scenery was minimal but it didn’t take anything away from the setting of the play’s story.

The light and sound design effectively helped the audience imagine the setting of each scene.

It was always clear about where the characters were, whether it was the school’s court-



Photo | Joanna Mikolajczak

All 10 members of the “Blood at the Root” cast stand under the lime light as they perform on stage.

yard, classroom or a jail cell.

The cast wore the same outfit from start to finish as cartoon characters do in television shows. A larger budget for this play would have allowed for costume changes to help the audience perceive the passage of time as depicted in the script.

Despite not being a musical, the play had a few musical performances. At times the music played to help the transition between scenes.

The music, during the first half of the show on Friday evening, was abruptly cut when the volume should have been slowly turned down.

Someone must have alerted the sound designer Madison Butler or sound board operator June Bond because the issues were resolved after intermission.

One actor that really shocked me in an angry scene close to the end was student Xavier Chancellor. He played Justin, the editor-in-chief of the school’s newspaper.

Justin first appeared to me to be a supportive character, allowing other characters to shine. He contrasts well with Toria, the student journalist wanting to expose racism in their school, remarkably acted by NLC student Isabel Rojo.

Justin initially appears objective and composed. He is the type of guy who wants to follow the rules and one who is often irritated by Toria’s rebellious nature and strong opinions.

However, in his monologue, he reveals his inner struggle. Chancellor later gave a chilling performance as he expressed the anger that his character held towards society’s expectations and restrictions.

Their performance was impressive. I congratulate all 10 cast members for their hard work in bringing this play to life.

I hope to see more NLC theater shows in the near future.



Photo | Joanna Mikolajczak

First place winner Amy Branch-Lambert, stands next to her ceramic sculpture “Beauty in the Broken.”



Photo | Joanna Mikolajczak

First place in Design winner, Jazlee Ventura (third from the left) and her family admire detailed work of Amanda DeCeraro titled “Immortal Whispers.”

Students showcase fall art

By **Faith Lungu, Chase Dye & Cesar Hernandez**
Staff Writer & Contributing Writers

Dallas College North Lake campus unveiled their Annual Fall Student Art Exhibit on Nov. 7.

The reception was held from 12 p.m. to 2 p.m. with live music by the North Lake Jazz Ensemble.

Professor Byron Black, an Art and Design professor, said the pieces expressed different students’ perspectives and a greater level of aptitude than their peers’.

Student Graci Jerke is taking digital art and design, as well as drawing 1 class at NLC. She drew inspiration from a story called The Golden Ball for her piece “The Rye Wolf.”

The piece is not easy to decipher making it more abstract

Winners:

Paula Walker – Best of Show in Design
Linda Almodovar – First Place in Drawing
Bart Sloan – First Place in Painting
Amanda DeCeraro – First Place in Ceramic
Jazlee Ventura – First Place in Design
Luke Hawkins – First Place Digital Art
Amy Branch-Lambert – First Place Sculpture
Chandre Van Der Merwe – First Place Photography
Dianna Franco Rendon – Honorable Mention
Chanin Kelly – Honorable Mention
Katherine Burchett – Honorable Mention
Elizabeth Bonner – Honorable Mention

with hidden features. There is a face at the center, with a person sitting on the side and another on the other side.

Jerke was happy to see people look at her artwork displayed. “Whether people don’t like it or they do like it, I just find it exciting to hear what people think about it,” she said.

Jerke was not the only one to

have a mix of emotions; Jazlee Ventura, a design I student, was shocked her piece “Dreamville” won the Design competition.

Every year students enter their work to compete amongst their peers.

This year, Student Life Coordinator of the North Lake campus, Steven Benezue, was the juror who decided which

student won first place in the categories for design, drawing, painting, ceramic and sculpture.

The piece was drawn on a black canvas with a white medium, the line work exhibits faces and a person above them with long sleeves.

“I was just like there’s no way I won this award”, Ventura said.

When asked for advice on creating an award-winning piece, Ventura said:

“Be free. Don’t think too much about the work. When you think too much about it, you start to freak out. Take things with an open mind because that’s how they’re made.”

At the event Black said he felt proud with the work and growth that was put on display this year.

“When we put a frame on [the art] and put it on a wall, you see magic. [The students] start to understand its worth,” Black said.

TV SHOW REVIEW



Spoiler Alert

Attack on Titan reaches its peak in plot intensity

By **Ranzan Sigdel**
Staff Writer

“Attack on Titan: Final Season THE FINAL CHAPTERS SPECIAL 2” was released on Nov. 4. After almost a decade, the best manga series of this generation has finally come to an end.

Despite the extended wait, I believe it could have functioned effectively as a single movie rather than two specials.

The special’s excellence and storytelling create a lasting impression on both devoted fans and those new to the series, ensuring a memorable journey.

The final season was produced by the animation studio MAPPA and directed by Shishido and Yuichiro Hayashi.

Studio MAPPA’s outstanding animation and the blending of 2D and 3D elements elevate

the enjoyment of Attack on Titan Special 2. Meticulous attention to detail conveys diverse emotions, from intense sequences to reflective moments. Character movements, action scenes, and visual aesthetics enhance storytelling, creating an immersive and visually captivating narrative in this impressive production.

The final chapter of the final season begins promptly where the first special concluded eight months ago. Armin, Mikasa, Levi, and their remaining allies plunge right on top of Eren’s enormous Titan form to liberate him from Ymir’s control and prevent the rumbling from wiping out the remnants of humanity.

The heroes also are urgently trying to find and defeat Zeke while preventing Eren’s plan. Their main challenge is that they don’t have a single clue where Zeke and Eren are

within the maze of white bones they’re on. Adding to the difficulties, a massive force of Titans, symbolizing the previous Nine Titans, is emerging from the Attack Titan’s body to hinder their efforts.

In Special 2, Eren’s motives for the Rumbling are revealed. While this doesn’t excuse his destructive actions, it offers more insight into his choices.

These revelations challenge viewers’ preconceptions of Eren, adding complexity.

The intentional storytelling tactic of keeping Eren mysterious builds suspense and intrigue, maintaining audience engagement.

Special 2 also emphasizes the series’ core themes, completing the narrative circle effectively.

Key ideas like freedom, sacrifice, and the repetitive nature of conflict take center stage, encouraging viewers to reflect on

their significance within the story’s context. These fundamental themes, present since the series’ start, gain deeper exploration and complexity in this final season.

The finale of Attack on Titan may generate varied responses from fans anticipating a more optimistic outcome.

Mikasa and her allies find relative peace in their post-conflict lives, but the ending credits reveal Paradis Eldians progressing technologically amid ongoing conflicts and widespread destruction.

Despite Eren’s defeat and Ymir’s eventual peace, the cycle of violence endures, causing the deaths of 80% of the world’s population.

The ending realistically portrays the perpetuity of war, and while Eren aims to empow-

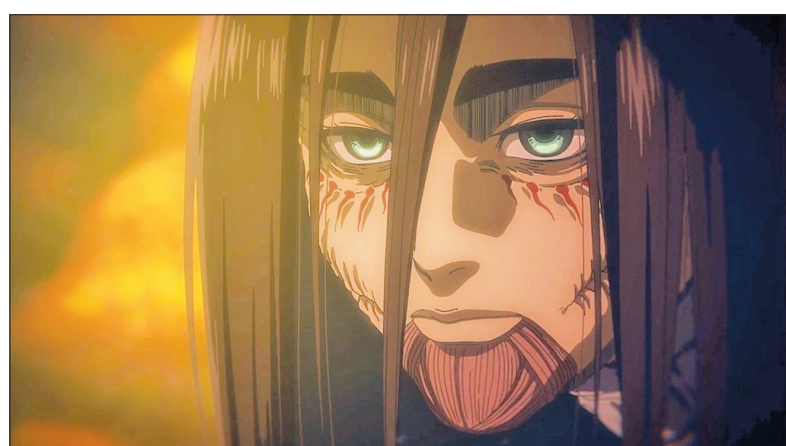


Photo | Crunchyroll

Eren Yeager in his Attack Titan form proceeding the rumbling to destroy the world.

er Eldians, his actions prove insufficient to shield them from future retribution.

The narrative underscores the recurring theme of a society grappling with a ceaseless cycle of recovery and conflict, prompting reflection on whether Eren’s intentions were just but his methods flawed, and whether his contributions ulti-

mately mattered.

“Attack on Titan: The Final Season THE FINAL CHAPTERS SPECIAL 2” showcases the pinnacle of the series.

Its outstanding animation, voice performances, and character progression, along with the exploration of key themes and narrative, create an absorbing and reflective encounter.

Dallas powwow competition



Photo | Theresa Velazquez
Clockwise from left: The AT&T Discovery District media wall shows a young child dressed in regalia sitting on the lawn with dancers nearby; Competitors enter the lawn alongside their tribal members to begin the powwow; Indigenous person joins others in circle dance with members of different tribes; A tribe sings and plays the drum as the competitors perform.

By Theresa Velazquez
 Editor-in-Chief

Dallas College North Lake Campus took a group of students to the 3rd Annual ICAE Native American Heritage Month Powwow celebration at the AT&T Discovery District in downtown Dallas on Nov. 11.

Various Native American tribes and families with Indigenous roots across the United States traveled to Dallas to celebrate their heritage.

They held a friendly dance competition between tribal members and individuals dressed with their regalia.

The regalia worn represent their tribe's history, culture as well as their unique personalities.

The event was free and opened to the public.

Students from various different backgrounds had the opportunity to immerse themselves in the culture and traditions of Indigenous people.

During the powwow dance contest, numerous tribes danced on the lawn while drummers provided the music.

Many indigenous people brought food to snack on because the event was held from morning to evening.

In addition, people were able to enjoy the various food from restaurants located inside the Exchange Hall — AT&T's public cafeteria.

There were also vendors in attendance selling tribal accessories, handmade jewelry, clothing, shoes and other items.



Cherokee hero added to Mattel Barbie collection

By Heather Sherrill
 Layout Editor

Wilma Mankiller, the first female principal chief of the Cherokee Nation and the first woman elected as chief of a major Native tribe, is being turned into a Mattel Barbie doll for their Inspiring Women series.

Mankiller's doll was released Nov. 24.

Mankiller spent most of her life fighting for the rights of American Indians. She was born on Nov. 18, 1945, in Tahlequah, Oklahoma, the capital of the Cherokee Nation. The surname "Mankiller," *Asgaya-dihi* in the Cherokee language, refers to a traditional Cherokee military rank, like a captain or major.

While this inspiring woman is becoming a Barbie Doll, Mattel has not been known for its accuracy in creating authentic Native dolls.

Mattel has created many Indigenous dolls since 1981; however, they were created using derogatory slurs and stereotypes harmful to the Indigenous people.

The first Native Barbie was Eskimo Barbie, and she was released in 1981 as part of the Dolls of the World International Series. However, Eskimo is a derogatory slur for the Inuit people who reside in Alaska and the Arctic regions.

The next Native doll that came out was the First Edition Native American Barbie released in 1993, over a decade later. She was part of the Dolls of the World collection and was dressed in a white "buckskin" top and skirt with white fringe and adorned with long black hair and tanned-ish skin. She was supposed to represent a lot

of Native American tribes in one but that is hard to do since each tribe is different.

The second, third and fourth editions came out in the '90s and were horrible representations. Mattel described their outfits as 'costumes' and they still called the Indigenous dolls as Indians.

These dolls are on display in old JCPenney catalogs right next to the Colonial and Pilgrim Barbie Dolls that described them as the essence of the "new world" whereas the Native Dolls are described as colorful contemporary and an updated version of a "tribal princess" costume.

Regalia is referred to as costumes and most dolls are labeled Native American, tribal princesses, or identified based on country instead of individual Nations.

In an interview with news program *Mic Dispatch*, Danielle Ta'Sheena Finn, a Native activist and artist from the Standing Rock Reservation in North Dakota said, one way Americans can help Native people is by respecting and not appropriating their culture.

"It is not OK to dress as a Native person or in traditional Native wear if you are not Native," Finn said. "When we dress up in our traditional wear it is a sign of honor. Everything has a story and the colors all have meanings."

It wasn't until the 2000s when Native Barbie 'Northwest Coast Native American' doll came out that Mattel started to appropriately honor Indigenous people.

Mattel even added the correct information regarding the dolls heritage on the back of the box.

However, when it came down to creating Mankiller's



Photo | Mattel

doll, Mattel took their time. They worked closely with Mankiller's husband, Charlie Soap, and friend Kristina Kiehl, producer of the documentary, "Cherokee Word for Water," and the Cherokee Nation.

They were able to sculpt a genuine reflection of Mankiller's face and completely modeled her Native ware from a photo Soap took in 2005 featuring her in a turquoise ribbon dress and carrying a woven basket.

"I am deeply honored that Mattel is recognizing Wilma with the Wilma Mankiller doll," Soap said in a statement. "Wilma inspired me and many others to make the world a better place."

As her community development partner for over 30 years, we shared a passion for empowering Indian communities and educating future generations.

The Wilma Mankiller Barbie doll is an incredible tribute to Wilma that will share her legacy with even more people."



Photo | Heather Sherrill

Freshly made frybread topped with beans, lettuce, tomatoes and cheese.

Indigenous strength in a delicious treat

By Heather Sherrill
 Layout Editor

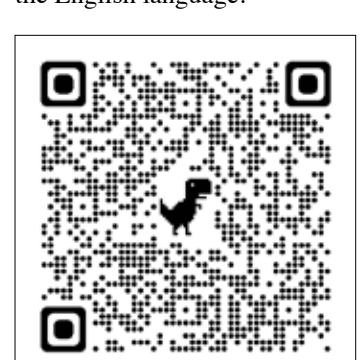
Frybread is a huge symbol for the Indigenous people for multiple reasons. It is a small crispy circle of pillowy deep-fried dough that represents the good, the bad and the ugly. It is love, celebration, community, survival, colonialism, oppression and tragedy all wrapped into a delicious treat.

It is said that frybread originated 160 years ago during the Long Walk to Bosque redondo, a 300-mile journey that forced over 8,570 Navajo (Diné) into internment camps.

They traveled from north-eastern Arizona and northwestern New Mexico to Bosque Redondo in eastern New Mexico. About 200 Diné died from cold and starvation on this journey and more died after they arrived at the camp.

This was an Indian removal effort of the U.S. government

in 1863 and 1864. They wanted the Diné to embrace American cultural values like farming, Christianity, individualism, and the English language.



Scan for recipe

To prevent the displaced Native Americans from starving, the U.S. government provided a small set of staple food items, which included the ingredients with which to create a simple quick bread which was cooked in a pan of hot lard over coals and became known as frybread.

According to Smithsonian Magazine, for many Native

Americans, "frybread links generation with generation and also connects the present to the painful narrative of Native American history."

The original recipe only has four ingredients; flour, sugar, salt and lard that was given to the Navajo by the United States government because the land they were forced on could not easily support their traditional staples of vegetables and beans.

However, there are many different ways to make it now. Frybread was originally made for Navajo Tacos or as a breakfast item with cinnamon or honey covered on top.

The following found by scanning the QR code is the way I was taught to make them.

Once finished, top it off with beans, cheese, lettuce and tomatoes or enjoy your Navajo Taco and if you want to use the frybread for dessert add your favorite toppings with some honey.

Students travel to convention

Dallas College students earn national recognition at the Media Convention in Atlanta Georgia.

By Vidhi Bhakta
Social Media Editor

Dallas College students attend the Fall National College Media Convention, where the Associated Collegiate Press ceremony is held.

Student journalists from the News-Register, the North Lake Campus newspaper, competed against many community colleges across the nation and won ninth place for their newspaper under the Best of Show category and tenth place for website design.

NLC student Heather Sherrill won honorable mention for Story of the Year for a column at the ACP. She competed against the best journalism colleges and universities in the whole United States.

Sherrill alongside students Vidhi Bhakta, Theresa Velazquez, Ti-Ying Li and Ranzan Sigdel had the opportunity to travel to Atlanta, Georgia to attend this convention from Oct. 29 - Nov. 2.

"I believe the keynote speakers at ACP spoke more to me than anything else," Sherrill said.

Each year, different keynote

speakers share their experiences regarding different topics in the field of journalism. This year's keynote speakers spoke about black American history, racism and the culture of hip-hop.

Sherrill said it was inspiring to hear keynote speakers Ernie Suggs, Monica Pearson, Alexis Scott, Charles Blow and George Chidi talk about their personal experiences regarding how Atlanta has failed, grown, or become a staple in this country.

During Chidi's presentation, an independent journalist who writes about Atlanta's crime, Sherrill learned that covering crime shouldn't focus on statistics but rather on understanding its impact on small communities.

Velazquez said the most memorable moment for her was when Suggs, a race and culture journalist at the Atlanta Journal-Constitution, gave the students a walking tour of downtown Atlanta.

She visited small businesses with historical meanings. Including WERD radio, the first black radio station in America, and Martin Luther King Jr.'s childhood home.

Some students, including Bhakta and Sigdel, decided to

participate in an optional photography competition.

The competition rules were to photograph a person who lives, works or is visiting Atlanta, and to show the person's excitement or unique personality.

Bhakta's photo was ranked fourth among 15 - 20 participants. She used her iPhone, while others who ranked below her had greater quality cameras.

"The biggest takeaway this year was learning about music journalism, how to become a freelance writer, and how to improve my skills as the editor-in-chief at the News-Register," Velazquez said.

This was her second year attending the convention. In 2022, she attended workshops that taught her about television news, documentaries and news writing.

Each day starts with multiple workshops taught by some of the best people in the industry and learn more about internships available for students and the qualifications they were looking for. They can choose which workshops to go according to their preference.

"I learned about the Clery Act and how it is a consumer protection law that aims to pro-



Photo | Alex Hoben, TCC

Dallas College students that attended convention pose for photo before leaving Atlanta.

vide transparency around campus crime policy and statistics," Sherrill said.

Lindsie Rank speaker from the Foundation for Individual Rights and Expression voice Sexual Assault Legally workshop spoke about the Clery Act.

The act requires colleges and universities to report campus crime data, support victims of violence and publicly outline

the policies and procedures they have put into place to improve campus safety.

Sigdel said The Four Elements of Great Photography workshop helped him learn more about basic elements of photography and photojournalism. This workshop was led by Dylan Wilson, the photography professor at Augusta University.

"The most fun part was to meet with a lot of people and talk about their experiences in journalism, and it gave me a chance to get close with my colleagues," Sigdel said.

Li also got to learn new things at the convention. In his spare time, he and his colleagues got to explore the southern culture and cuisines in Atlanta as well as visit the Georgia aquarium.

SAGE Continued from Page 1

Sage is burned to cleanse the soul and remove bad energy. Cedar is burned to bless people and remove negative spirits. Nicotiana rustica - wild tobacco - is burned to help carry a message or a prayer to the creator. And sweetgrass is burned to bring in good energy and promote peace.

A variety of sage rolled into a stick formation can be burned for a cleansing ceremony such as white sage or royal sage, but never Mediterranean sage commonly found in grocery stores.

York said white sage, like the one he used to lead the smudge at school, is hard to come by because it needs to be recently picked and fresh for the ceremony.

He held the smudge outside of the Student Life Center, beside the lake. This was where he opened the smudge kit - a wooden box - which included a long feather, a lighter and many stones.

All the regalia - a combination of clothing, accessories and

personal items - that York had during the smudge had a meaning behind it, including the ribbon shirt he wore.

York said the first time he wore the shirt was when he led a smudge at his father's funeral. It was originally a gift for York's father made by his step brother, an enrolled member of the Cherokee Nation of Oklahoma, but it was instead gifted to him.

The stones he took out from the wooden box were then laid on the floor, on top of a small red blanket, to create a cosmograph, also referred to as the map of cosmos - a map of the universe with cardinal directions: north, west, east and south.

The map was specifically tailored by York.

The cosmograph comes from his maternal grandfather's tradition within the Kanawha River Lenape - an Algonquian group related to the Delaware Confederacy.

Each stone within the map embodied its own distinct symbol. The green stone represented earth, whereas the blue stone represented the heavens.



Photo | Theresa Velazquez

Professor Johnathan York takes out a small bag filled with stones from inside the smudge kit.

York held a personal connection to the buffalo shaped stone as it symbolized the transformative journey of his growth into an elder.

He advised students, staff and faculty to not inhale the

smoke, but instead, brush it behind their heads.

This act served as a symbolic gesture to ensure that the voluntary participants were cleansed, centered, grounded and fully present in the moment.

The stick burned during the entire ceremony and took a couple of minutes to go out.

He said the stick should be properly put out in a copper bowl or a hollowed stone to avoid hazards.

VOTE Continued from Page 1

The people in office are voted in; voters can keep that or change it.

"It's good to protest and contact council members, but everyone, especially the younger generation, should vote. The people that are in office are voted in and voters can keep that or change it," said Chipman.

The seminar was a learning experience for the students who attended and inspired them to encourage their peers who did not attend to register and vote.

Nicole Avegia said, "I believe voting should be encouraged even before kids are of age like in high school. Prepare them to register, so they can get their voices heard by voting."

"If you have somebody you know that needs to register to vote and get educated about an election, send them our way to look for us," Chipman said.

For information on voting, visit dallascounty.com or The League of Women Voters website.

FOOD Continued from Page 1

which helps her save a little bit of money but she said there is not much of a variety of food available.

Davies showed students how a pressure cooker can play a crucial role in the kitchen when it comes to saving time.

Students sometimes overlook that a pressure cooker has multiple functions that can make their lives easier.

Porzio said she now plans to purchase a pressure cooker after attending the cooking demonstration. "I think the pressure cook is very fast," Porzio said. "It was easy, healthy and quick."

Many students were impressed how Davies used freshly scraped cinnamon and nutmeg in the soup. Davies said that she prefers to scrape them herself because it is the only way to ensure the ingredients are fresh. People tend to forget how long pre-ground spices may have been sitting in the pantry cupboard.

Scraping cinnamon is pref-



Photo | Joanna Mikolajczak

Ingredients for making butternut squash soup.

erable to using the whole stick; otherwise, the soup can become overpoweringly fragrant. Davies said that using powder allows a cook to control the taste better compared to using a stick.

Due to the live cooking demonstration, every student had the opportunity to sample the soup and receive two additional recipes on paper.

"It was delicious," Porzio said.

Towards the end of the event, tips were provided to help students improve their cooking skills using an instant pot.

While this demonstration was a new experience for NLC students, it had already been conducted at Richland and Eastfield campus.

Nutrition plays a vital role in health, and events like these help students gain more knowledge to enhance their health and lifestyle. The food pantry allows college students to come shop weekly for food, free of cost, as part of their effort to foster the needs of students beyond academia.

Students hope Davies will return with more simple and healthy recipes in the future.

VIDEO Continued from Page 1

"If one of us messes up, everyone messes up," Woodson said. "It's a team effort."

The stakes are high. In live production, there is no such thing as post-production, so they were not allowed to edit out their mistakes.

Ruuska said communication is the key to a successful live show. Students who feel confident during pre-production are the ones most likely to make mistakes.

"The smart ones will figure out 'we are really not prepared and we have to get our act together otherwise the show is not going to happen,'" he said.

They were able to do four takes, meaning live recordings, of the show before submitting their final project for a grade at 2 p.m.

"They were constantly encountering other problems they had to solve quickly," Ruuska said. "To be truly successful, you have to take care of business."

"Trying to manage our time was one issue," Basilio said. "Having to get everything situated within our time frame before 2 o'clock... we had to backtrack and accommodate for [errors]."

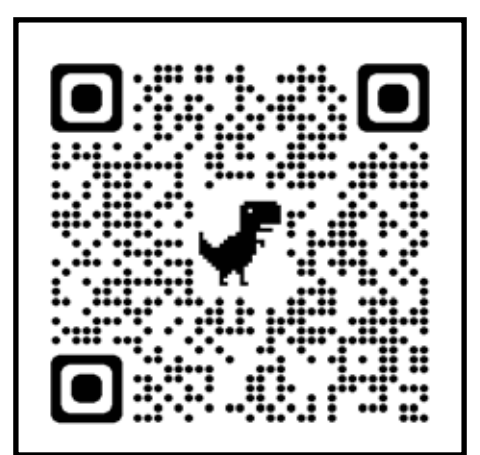
Employed television directors find solutions to problems every day at work. Those directors are organized, prepared and communicate clearly.

Ruuska said directors should not ask their production team to complete a task with questions beginning with the word please. Leaders have to speak with authority and confidence.

The show's outcome was not perfect, so Basilio said he wished they could have had time for three more takes.

Woodson said he agreed with Ruuska about how much he has grown as a person because of the TV Studio Production class.

"Honestly, I am enjoying it," he said. "At first I didn't know what any of this stuff was and I didn't think I would get this far."



Scan to view "OSN Network" show



Photo | Joanna Mikolajczak

Video technology students prepare for their live show "OSN Network."

Basilio said the first time he directed in class was chaotic, but now he is more proactive at getting an almost flawless live show.

Blazers' Crossword Puzzle Answer Key

1. Coconut
2. MAPPA
3. Eighteen
4. Captain
5. Lard
6. Didactic
7. Feathers
8. Woodson

Lady Blazers take on Eastfield

NLC volleyball team played at the championship game for conference.

By Faith Lungu
Staff Writer

The Lady Blazers played at the championship game for conference on Oct. 28 against Eastfield's Lady Harvest Bees at the Eastfield Campus.

The game ended with Eastfield winning (25-15) and North Lake finishing second overall in the conference and the nation.

The conference game lasted 4 out of 5 sets, and the Lady Blazers worked hard despite the adversity they faced throughout the season.

"We had an outside hitter that was having back issues, another with a concussion, which led to some adversity," head volleyball coach Cathy Carter said.

Love Riley, a returning player and outside hitter, had her challenges with being a little sick that week and having to push through.

"It was my team that helped me get to this point and push through [the challenges], the chemistry and our goals from the beginning [of the season]," Riley said.

The outside hitter was named co-Most Valuable Player of the Dallas Athletic Conference.

Coach Carter ensured her players pushed to be and do their best before the season started.

Carter said she built a tough preseason schedule in order to teach the girls how to play their best and compete well at any level.

Jocelyn Blassingame, another outside hitter, said the preparation wasn't only about being physically and mentally prepared.

Blassingame said: "Having the want and desire motivated us to go to the championships. We worked this hard and took all these wins, which led us to where we are. It was a mental game," Blassingame said.

In the winning set for the Blazers, the ladies felt like they were gaining their momentum back, according to Blassingame.

"The feeling of winning a set during the game was a bittersweet moment with us realizing maybe we can win this," Blassingame said.

The Blazers made it clear that they had no regrets about their decisions throughout the game; the Coach even said that she wouldn't have done things any differently.

"I never want to do anything differently; I coach with my gut and how I see the girls working, which led to the season playing



Photo | Joanna Mikolajczak

Blazers hitter Love Riley is attacking for a kill in a game against Coffeyville Community College.

out very well," Carter said.

While there are no regrets about decisions made during the game, the players learned more about themselves and the game of volleyball.

"I learned that [the game] doesn't fall on me like I can count on my teammates to help me up," Riley said.

"No matter how much you think you have a disadvantage,

you always have a chance of winning. I have no regrets about the game," Blassingame said.

For any future players considering joining the team, Coach Carter has some advice.

"Do it for the love of the game; you gotta want to put in the work," he said. "You have to be dedicated to your team and creating confidence is key."

Blazer Basketball Schedule

- Dec. 1: Southwestern Assemblies of God @ NLC 6 p.m.
- Dec. 4: NLC @ Hill College 6 p.m.
- Dec. 9: Loyalty College Prep @ NLC 1 p.m.
- Dec. 12: Jacksonville College @ NLC 6 p.m.
- Dec. 15: Redlands Community College @ NLC 5 p.m.
- Jan. 6: NLC @ Grayson College, 4 p.m.
- Jan. 9: Arlington Baptist University @ NLC 6 p.m.
- Jan. 16: DFW Prep @ NLC 6 p.m.
- Jan. 20: NLC @ Richland, 1 p.m. (Conference)
- Jan. 24: NLC @ Cedar Valley, 4 p.m. (Conference)
- Jan. 27: Mountain View @ NLC 1 p.m. (Conference)
- Jan. 31: Eastfield @ NLC 6 p.m. (Conference)

Students celebrate World Series game

By Ishmita Shrestha
Staff Writer

The Texas Rangers won for the first time in the franchise's 63-season history, defeating the Arizona Diamondbacks 5-0 in Phoenix to secure the title in Game 5. After six innings, there was no score in the game and Zac Gallen, the starting pitcher for the Diamondbacks, was pitching masterfully, giving up no hits.

The Rangers have made World Series appearances, specifically in 2010 and 2011. They were defeated by the San Francisco Giants in the World Series in 2010. The next year, in 2011, they met the St. Louis Cardinals in the World Series but were defeated once more. These successive appearances were significant events in the franchise's history, emphasizing its competitiveness at the time.

The Rangers winning was celebrated with a parade held on Nov. 3 at Cowboys Way in the city of Arlington.

Dallas North lake college students share their opinions on Ranger's victory. North Lake College Baseball player Max Gidden said, "It was very packed and busy, and everyone was pretty positive."

He said his favorite moment of the winning game was "the turning point of the game," when Adolis Garcia hit the home run.

Baseball player Aldo Calvillo said, he was emotional, nervous and excited while watching the game. He was very proud when the Texas Rangers won because he has been a Rangers fan since his childhood.

Basketball player Brayden Willoughby, a student on the same squad, described the atmosphere of the procession by saying, "It was the most fun

I ever had, just seeing everybody there was fantastic."

He went on to say that even though he wasn't watching the game in live, the mood outside was the same since he attended every watch party around Dallas. Given that he said "he celebrated for four days," it is evident how amazing the experience was for them as a baseball team.

The fans shower their love on X, Facebook, and Instagram.

The hashtags like #TexasRangers and #RangerNation were used to connect with other fans.

Some fans slept on the sidewalks around the parade path in order to be the first ones to attend the event. An estimated 500,000 people showed up to celebrate the Rangers win.

"Some fans slept on the sidewalks around the parade path in order to be the first ones to attend the event."

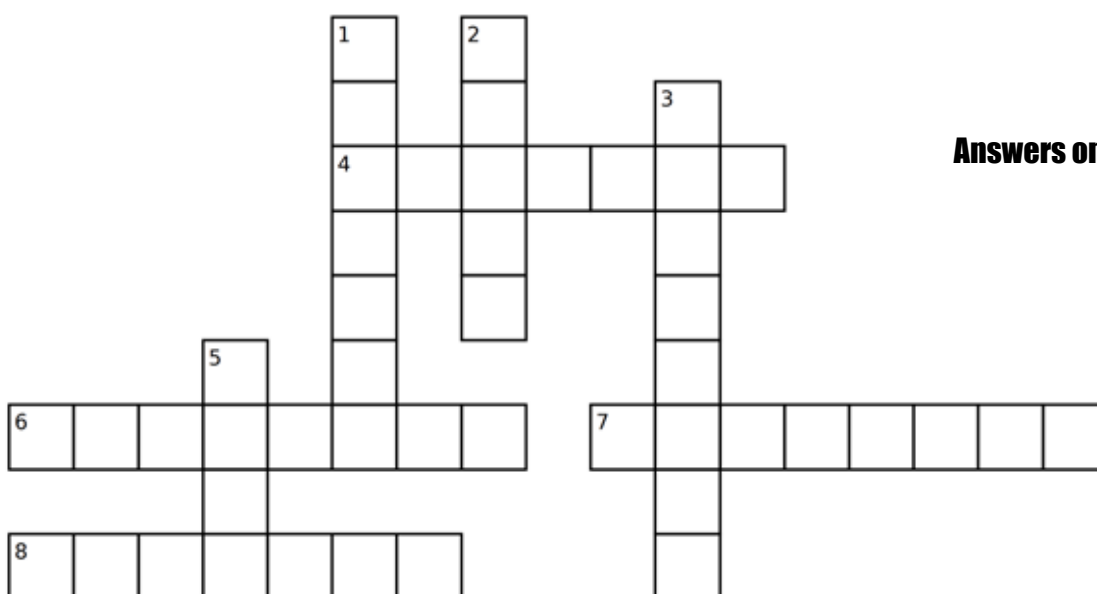
News-Register

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SCAN ME

Do you like stalking news? Just follow us to know more about daily news on North Lake Campus.

Blazers' Crossword Puzzle



Answers on Pg.6

- The type of milk used to make butternut soup
- The animation studio that created Attack on Titan
- The age you should put voting on your to do list
- "Mankiller" refers to a Cherokee military rank like
- Four ingredients used to make frybread are flour, sugar, salt and
- Types of plays that Sherrie Boyd enjoys to do
- What York uses to push the sage's smoke
- Last name of student who said, "If one of us messes up, everyone messes up"

New Year's resolutions

By Staff Writers *Ti-Ying Li, Vidhi Bhakta, Faith Lungu & Ishmita Shrestha*

"My New Year's resolution was to improve my mental health, managing my thoughts to better my anxiety and depression. I did achieve that goal. Next year, I hope to surround myself with people who support me and challenge me to improve myself."



Carlos Islas



Lubna Merchant

"[During 2023] it was losing a lot of weight, and I was kind of successful. [In 2024] I'm trying to transfer to a different university. So just finishing up all my prerequisites first, and maintaining the weight I lost."

"I would say be more intentional about keeping up with people. And maintaining the relationships that I have. It's very easy for me to ghost people or not talk to them."



Christian Jábo Mpuhwe



Pedro Ruiz

"I did not [have resolutions] because I think if you're going commit to something, why wait till New Years ... my short term goal is to make a movie or a short film."

"My goal was to be social and make new friends. I feel like I was able to complete it and feel good about my studies. For 2024 ... I want to get back to playing sports ... and focus on doing well or do even better on my education."



Raiden Dsouza



Sanou Csy

"My new year's resolution this year was to be more involved in school activities and increase my grades. I joined SGA. My next year's one is to have a better grade, do more volunteering and give back to the school and the community."

"My goal for this year [2023] was to focus on school, have more healthy habits, and maybe learn a new language. I didn't really fulfill those goals ... They will be the same [for 2024] ... I learned from my mistakes."



Bertin Bihizi



Aaron Rocha

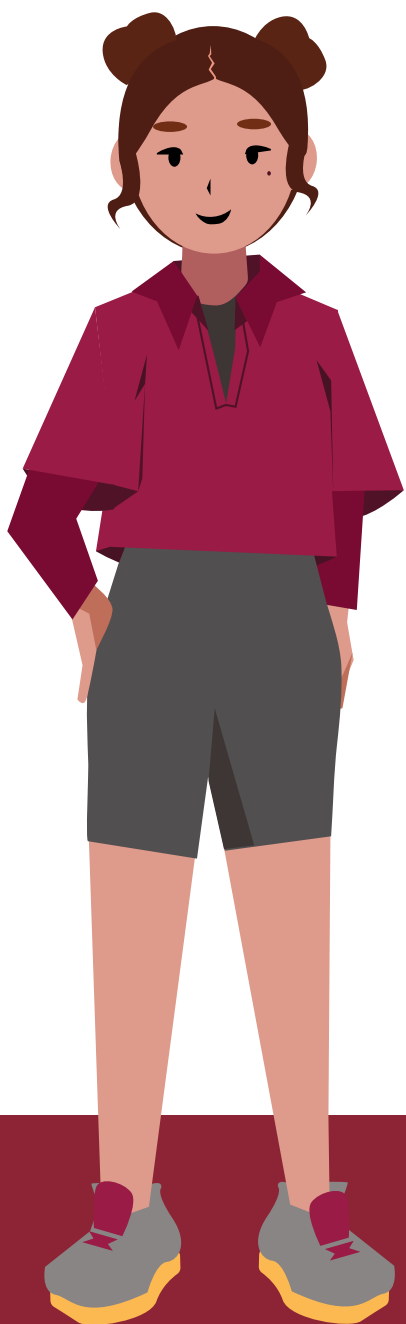
"I didn't necessarily have a resolution [in 2023], but I definitely had in mind that I wanted to pursue art more ... that's why this year I'm in my studio art classes with painting and ceramics. I really like what I've done this year ... In 2024 I'd like to go even further with my pursuit of art."

Layout | *Joanna Mikolajczak*



TEXAS WOMAN'S UNIVERSITY

BOLDLY GO

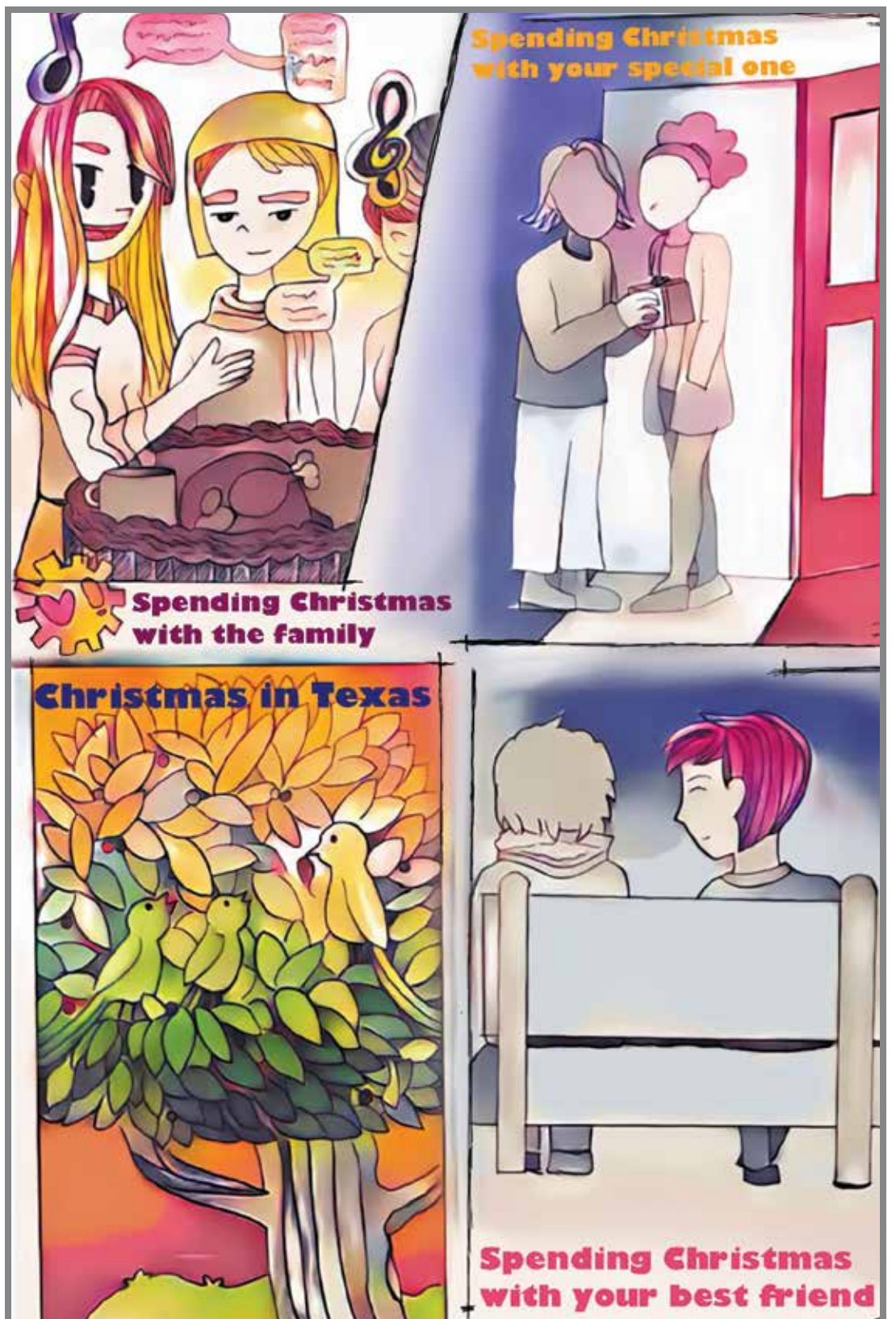


Visit us at our Denton campus.

Take a tour or meet with an admissions counselor. Arranging a time is fast and easy through TWU's online scheduler.



Learn more



Cartoon | *Ti-Ying Li & Ireana Nevels*



EDITOR'S ELECTRONIC DANCE MUSIC PLAYLIST