

The background of the cover is a photograph of a large indoor event space, possibly a community hall or a large dining room. Several round tables are set up, some with blue tablecloths and others with white. People are seated at the tables, engaged in conversation. In the background, there are blue and yellow balloons, suggesting a festive or celebratory occasion. The room has a high ceiling with several large, white, dome-shaped pendant lights hanging from it. The floor is made of light-colored wood. The overall atmosphere is bright and social.

The

Current

ICE BATHS / COLD THERAPY

BENEFICIAL OR
SENSATIONAL?

PG. 34

WHATS IN OUR FOODS?

EXPLORING WHY SOME
AMERICAN FOODS
ARE BANNED IN
OTHER COUNTRIES

PG. 32

THE EXTERNAL BRAIN

ORGANIZE YOUR LIFE
FOR EFFICIENCY

PG. 28

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EVENT GOES HAVE A FUN TIME EATING AND INTERACTING WITH EACH OTHER

MAKING A DIFFERENCE, ONE BOWL AT A TIME

TRCC Empty Bowls Event

WRITTEN BY: MELANIE STANLEY

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On March 2nd, student programs held their annual charity dinner with friends and family in the multipurpose room called **'EMPTY BOWLS'**, which helps raise money for our Full Plate Food Pantry.

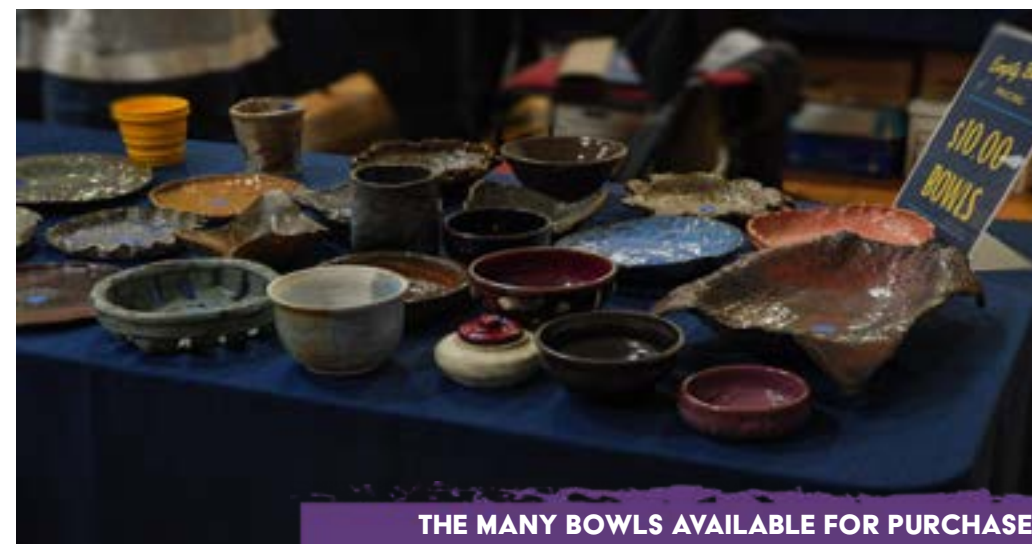
The full Plate Food Pantry tries to provide meals for the community hoping to lessen hunger one bowl at a time.

The ceramic bowls are made by the talented students in the ceramics club and the ceramics classes at Three Rivers.

You can choose whichever soup you would like to fill it with from the selection provided by Tulli's Restaurant and Lessing's.

They offered:

- ▶ **ITALIAN WEDDING**
- ▶ **CHICKEN NOODLE**
- ▶ **TOMATO BASIL**
- ▶ **VEGETARIAN CORN CHOWDER.**



THE MANY BOWLS AVAILABLE FOR PURCHASE

They also had some poetic stylings of Connecticut's poets Elizabeth Thomas, who was substituted with Kimberly Cruz-Lopez, and Daniel Donaghy. These poets kept the night lively with their heartfelt and passionate poetry.

Ms. Alycia Ziegler of Student programs shared the tale of stone soup to engage the audience and gave express thanks to all for attending the event. In paraphrase of her conclusion of the story, she expressed thanks to her student staff, attending families and students for giving of their full pockets which will fill our food pantry and give us the ability to serve students for semesters to come.

There was also the possibility to win some cool raffle baskets with a variety of items from handmade cut boards to specialty candles. David King, a student event goer said,

"I LIKE THAT THEY ARE USING THE SKILLS OF THE CERAMICS STUDENTS TO SUPPORT THE SCHOOL."

Dr. Kem Barfield, The Dean of Student Academics, and Dr. Becca Kitchel spoke at the event thanking the students for making the **"BEAUTIFUL BOWLS AND DECORATIVE ITEMS"** that were used to fundraise for the food pany which is being used more by students these days more than ever. It was a beautiful event that will hopefully continue for students for many semesters to come.

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WHERE WOULD YOU CHOOSE TO DO YOUR WORK ON CAMPUS?

Best places to study at TRCC

WRITTEN BY: CHLOE BOUCHER



A SEATING AREA WITH PLENTY OF SPACE FOR FRIENDS

We are a little over a month into the semester, classes are in full swing and most of us have plenty of work to do. Finding the perfect place to study can be a challenge. Making sure you have a quiet place to study and get things done can be a big factor to getting the grades you want.

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Attending Three Rivers Community College, we are provided with plenty of perfect study spaces all over campus. Whether you need a designated space to work on a group project or a quiet place to get some individual work done, TRCC has you covered!

The library has plenty of options for places to study! There's almost always an open desk for you to do independent work, accompanied by a light and an outlet

for your study convenience. Alongside the single desks, there are many larger tables available for quiet group study sessions with your friends and classmates.

Even with the spaces scattered around the library, there are also designated study rooms in which you can use for more interactive study sessions. Just ask the front desk in the library for a key and they'll tell you which ones are available. If you're not looking for a separate room and are just looking to sit down for a bit with some friends or by yourself, there is also a study room in the back left of the library that is always unlocked and available for use!

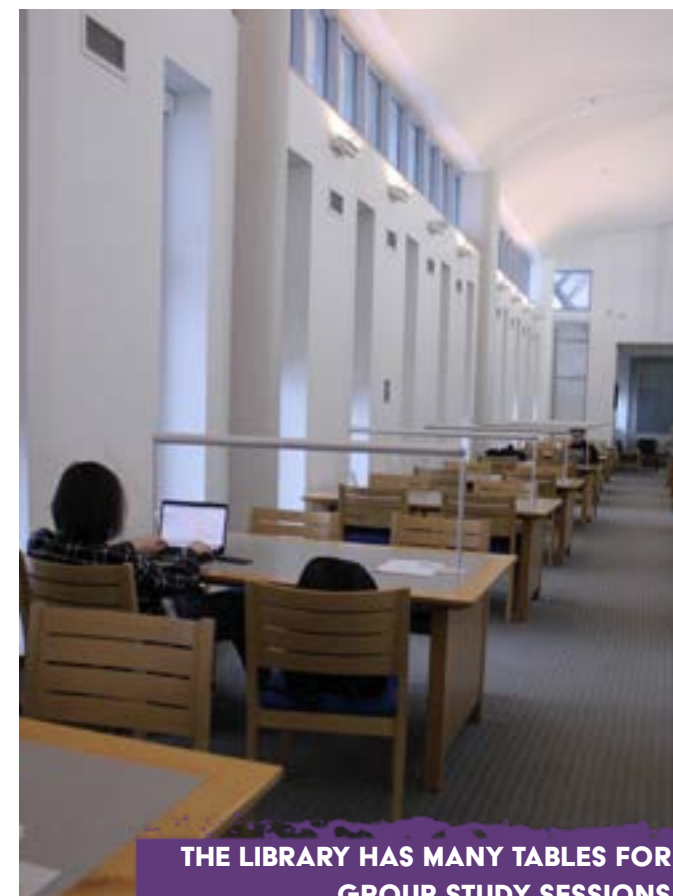
Another space that is made for study or meeting up with a group of friends is the student lounge located in room F202. The room has some tables as well as a piano and tv for the occasional study breaks.

If the previous study spaces are full or if you're looking for a more casual area to get things done, there are plenty of small sections of seats tucked away into various corners of the school. My personal favorite is the seats at the end of the very end of the A wing.

No matter what kind of environment you're looking to study in you'll most likely be able to find it in Three Rivers!

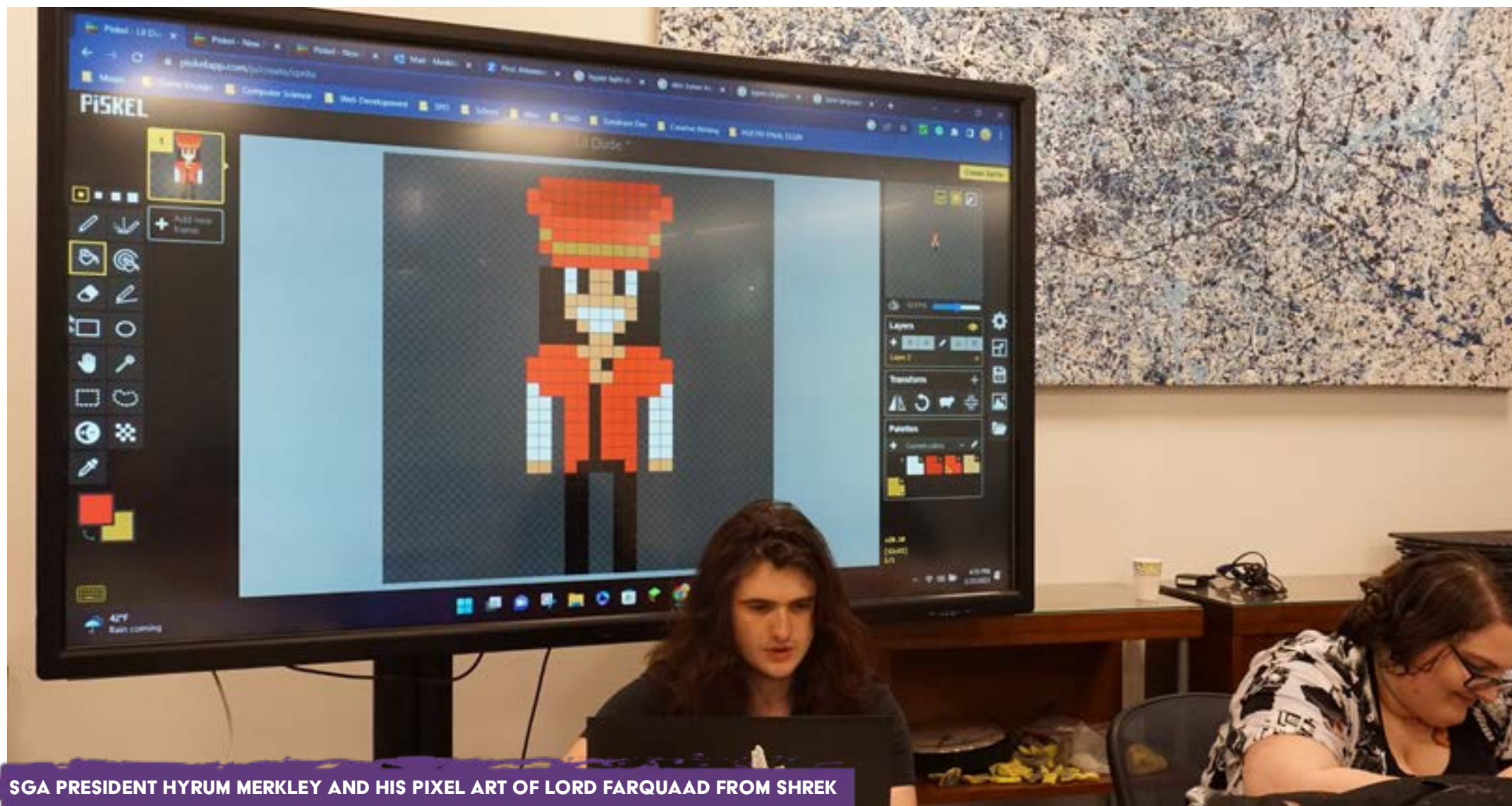


A STUDENT LOUNGE DECORATED WITH PAINTINGS



THE LIBRARY HAS MANY TABLES FOR GROUP STUDY SESSIONS

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SGA PRESIDENT HYRUM MERKLEY AND HIS PIXEL ART OF LORD FARQUAAD FROM SHREK

READY TO MAKE SOME PIXEL ART?

A look into the 'Pixel Perfect' event, hosted by the SGA President

WRITTEN BY: BRIAN GAFFNEY

On February 21, 2023, the Student Government President of Three Rivers, Hyrum Merkley taught students how to create pixel art during the Pixel Perfect event. This took place in room F-205 from 4:00 PM to 6:00 PM.

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Hyrum Merkley started the event by explaining the core principals of pixel art and why someone would want to learn it. He also instructed participants to log onto the website Piskel, which is a free pixel art creator.

After a short moment, all of the participants were logged onto Piskel and ready to create. The first tutorial Hyrum Merkley presented was how to create a circle with basic shading. Each lesson became progressively more advanced in order to teach participants how to create pixel art of people and characters.

Half of the event was taken up with creating characters as the theory behind them was somewhat advanced.

Hyrum explored the concepts of what makes characters in video games look unique and the most common art styles of pixel art for characters.

This lesson of the event was open-ended to what the participants wanted to create but it seems that most followed the basic outline of what Hyrum Merkley created on screen.

One participant, Melanie Stanley, noted that Hyrum's pixel art character loosely looked like Lord Farquaad from the movie Shrek, which led to the entire room coming to an agreement that it did look like the silly lord. Soon after, Hyrum Merkley began redesigning his character to look like Lord Farquaad.

Once the pixel Lord Farquaad was created, the room was satisfied with Hyrum's creation. Melanie Stanley in particular had an opinion that stood out from the others:

"LORD FARQUAAD WAS GIVING."

After the event, Student Government President Hyrum Merkley gave his opinions on the event:

"I'D SAY THE HIGHLIGHT OF THE EVENT WAS HOW THE ARTWORK CHANGED DUE TO THE DISCUSSION HAD DURING THE EVENT."

I WAS DRAWING A RANDOM CHARACTER AND SUDDENLY EVERYONE WANTS LORD FARQUAD. I'D SAY IT WAS SUCCESSFUL CAUSE OF THE DISCUSSION AND SHENANIGANS THAT PEOPLE WHO PARTICIPATED ENJOYED."

WORKS CITED:

<https://www.piskelapp.com/>

<https://www.trcc.commnet.edu/events/list/>

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PROFESSOR SPOTLIGHT

Get to know Professor Colter a little better!

WRITTEN BY: EMMA AYALA



PROFESSOR COLTER HEADSHOT

Getting to know our Professors is vital for our school to feel like a community. Professor Colter has been working at Three Rivers since 2019 and loves the environment this college has. Mrs. Colter loved learning new things about our school and bettering education for our students.

When talking to Mrs. Colter you can tell she has a strong passion for what she does and she is always diving head first into the things she loves to do whether it is teaching, being a mother, or advising students she really cares for what she does.

Professor Colter works in the Business and Technologies Department as an Instructor and teaches classes like Management, Business Software Applications, and Entrepreneurship, Personal Finance, and Business Communications.

“MY FAVORITE PART ABOUT WORKING AT THREE RIVERS IS THE AGE VARIETY OF STUDENTS AND THE FACT THAT A LOT OF THE STUDENTS ARE MANAGING THEIR LIVES,” stated Professor Colter.

She explained how she could relate to a lot of the students here because she was also trying to balance life and school when she went to college. One of the ways she teaches her classes is based on the fact that if students can manage life and school then they can also do things like business management and personal finance.

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“I AM VERY INTERESTED IN SELF-DIRECTED EDUCATION,”

she said as she explained how she wants to teach kids to learn how to use their resources and people available to them to take control and figure out how to do their responsibilities on their own.

Something that stood out during this interview is that she wants to teach students how to use what they learn in her class in the real world to problem solve. She wants her students to come up with their own ideas and improve upon old ones.



PROFESSOR COLTER WITH HER ARTWORK

A fun fact about Professor Colter is she coached podcasters for years meaning she taught them how to communicate and conduct interviews well in a podcast. She is also married to a pastor; she and her husband recently have taken on leadership roles in her church which is a big change happening right now for her family.

Professor Colter is always interested in talking to new students and making good changes for the education system. She relates very well to upcoming and current students so she is always willing to give a good piece of advice. She is a great addition to Three Rivers Community College, so everyone give a warm welcome to Mrs. Colter!

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EVERY DAY IS A DAY CLOSER TO A DUE DATE

How to organize your time for assignments

WRITTEN BY: MIKHAIL ARMENTIA

Most can say that college is a stressful time in one's life that is full of responsibilities. Some college students balance classes, work, personal life, etc.

Finding the time to organize those things can be very difficult and finding time to do all of those things is even more difficult.

One tip to organize time is to have an understanding of assignments ahead of time. When I say understanding, I mean what the assignments are requiring and the due dates of those assignments.

Benjamin Franklin once said

“DON'T PUT OFF TOMORROW WHAT YOU CAN DO TODAY.”

The sooner the assignment is finished the more time is left after to do something else. A good way to manage due dates is to make an assignment calendar which keeps track of all of the assignments that are due for the semester.

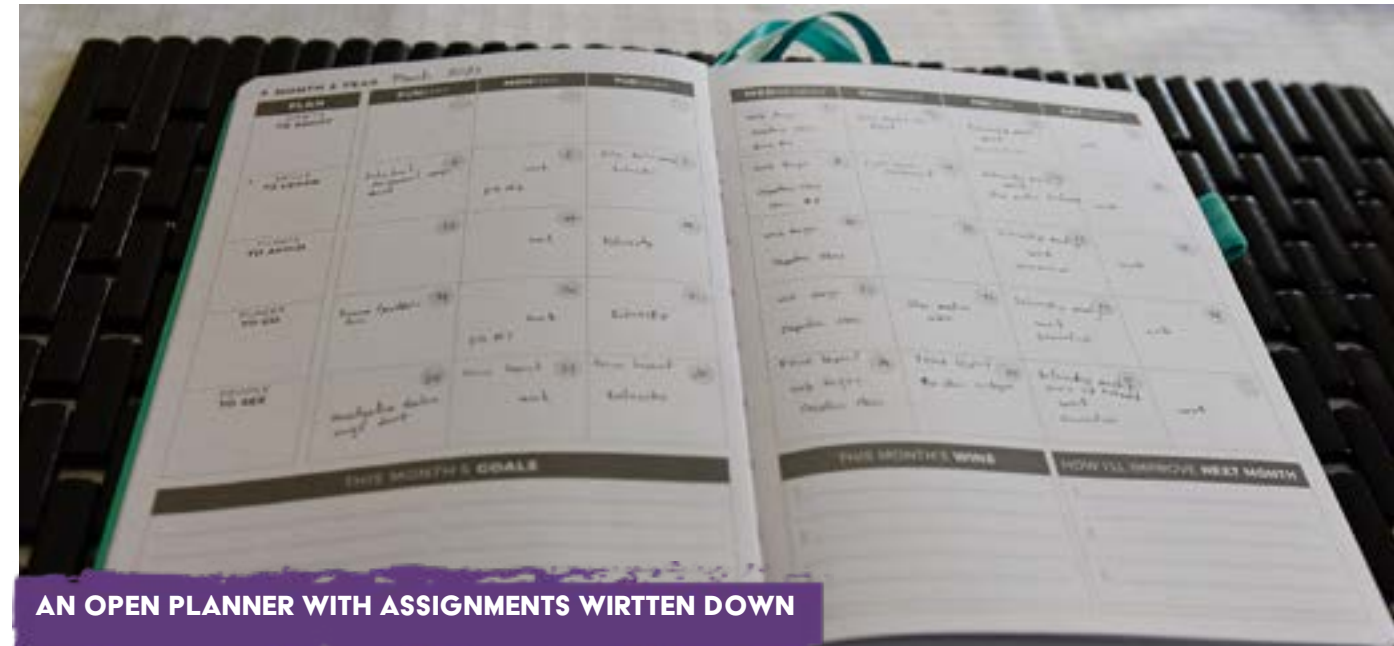
Similarly, a planner is also a good tool to manage your time.

Planners come in all shapes and sizes with a variety of different planners to choose from. Most planners give you a calendar to write down a breakdown of your day to day and gives you a space to set goals or space to write down little reminders.

Another good way to organize time is to stick to a schedule.



A GRAPHIC SHOWING NO PHONE USAGE



AN OPEN PLANNER WITH ASSIGNMENTS WRITTEN DOWN

If assignments are known to be due on the same days of the week, try to plan ahead and schedule time every week to take on those assignments. You won't be able to control every aspect of your schedule but when you control some of it, you find that you are more comfortable.

If you prefer to work on the weekends, you could also schedule time on the weekends to do assignments or if you find that you have more energy in the evening than in the morning, you could also schedule time in the evening each week to work on assignments.

When finding time to do assignments use technology sparingly. It is very easy to get distracted by the internet these days with the rise of social media. Most students are burdened by the notifications they receive on their phone or device. Only use a device if you need it.

WHICH OF THESE TIPS WILL YOU APPLY TO GET A BETTER HOLD ON YOUR TIME?

HERE ARE SOME OTHER WEBSITES THAT COULD HELP YOU MANAGE YOUR TIME:

<https://www.snhu.edu/about-us/newsroom/education/time-management-strategies>

<https://www.rasmussen.edu/student-experience/college-life/time-management-tips-college/>

IT'S ON THE HOUSE SO BE SURE TO STOP BY!

Welcome to Jonathan Edwards

WRITTEN BY: ZACHARY GOMES

Located in North Stonington, Connecticut is a very small winery known as the Jonathan Edwards Winery. It is a quaint, but rather luxurious winery that may seem odd at first, as it is located far from any other businesses in the area of North Stonington. However, that is because the building was constructed near grape vines and trees for harvesting, making this a perfect spot for a winery.

The main building is very roomy and customers can go inside for social gatherings, or if they just want to drink from a bottle of their choosing. Plus, like all wineries, there's even taste testing for customers!

Outside the building, there are tents set up which are usually reserved for social gathers, wine clubs, weddings, and other events that can be planned in advance. If you wish to plan an event, all of that can be done on the Jonathan Edwards website, which is JEDWARDSWINERY.COM. The owners even sell wine of various types on their website, which can be shipped to twenty two states across America. The Jonathan Edwards Winery has been praised by many customers, which has yielded many positive reviews.

When leaving a review on Google, Rob had this to say:

"LOVELY WINERY WITH CARING, KNOWLEDGEABLE STAFF AND WELL CRAFTED WINES. IF YOU'RE IN THE AREA DON'T MISS THIS PLACE. YOU'LL BE HAPPY YOU VISITED!"

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Rob definitely meant what he wrote, as he left five stars on his Google review!

Nonetheless, that's not all the praise this company gets. Jessica T. had this to say about the winery:



WELCOME TO THE JOHNATHAN EDWARDS WINERY

**"HAD ANOTHER WONDERFUL EXPERIENCE
COMING JUST TO PICK UP MY WINE CLUB WINES.**

**STAFF WENT ABOVE & BEYOND HELPING ME AND
I AM VERY APPRECIATIVE. LOOKING FORWARD
TO ENJOYING DELICIOUS WINE THAT CAN BE
COUNTED ON FOR A CONSISTENT PRODUCT!"**

T. mentioned she came back to this location, which is a positive sign if she is leaving a review on her return visit.

If you are ever in the area and want to unwind, be sure to stop by the Jonathan Edwards Winery. The building is open from 11 AM to 5 PM every day of the week, and is available for social events as well as other fun activities.

WORKS CITED:

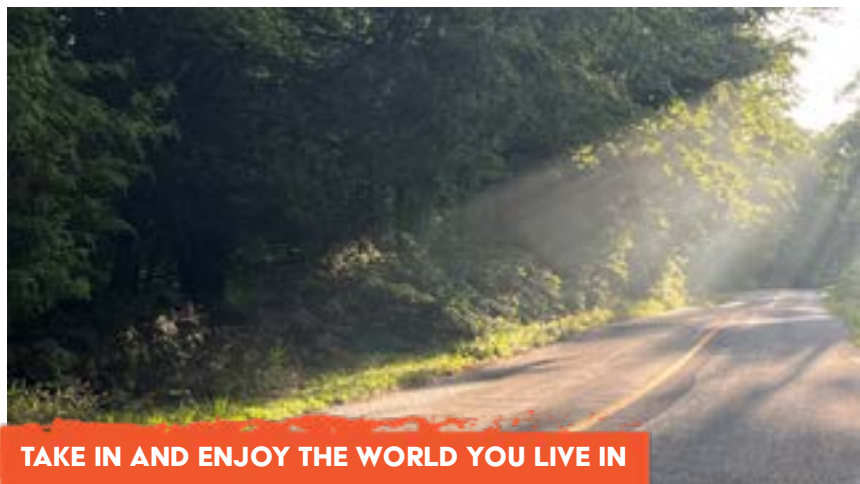
<https://jedwardswinery.com/>

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OPEN YOUR EYES TO THE WORLD

Why has the average life expectancy gone down?

WRITTEN BY: ZACHARY GOMES



TAKE IN AND ENJOY THE WORLD YOU LIVE IN

2020 was a rough year with the pandemic breaking out, it kept people in their homes for a good amount of time. The pandemic roughly lasted two years and it's still technically ongoing, but it's not as harsh as it was in 2020. Masks are not required but some people still choose to wear them. People can socialize in public without having to communicate solely through video calls.

The effects on the pandemic were harmful to the whole world, with a total of 70,000+ cases and deaths World Wide. The impact on the pandemic led to a recent study that humans do not live as long as they used to.

Digital editor, John Letzing, wrote an article for The World Economic Forum last year. The article was titled **"HOW LONG WILL PEOPLE LIVE IN THE FUTURE?"** and within, Letzing discusses the importance of life efficiency and how the life spans of humans have decreased overtime.

He said, **"GLOBAL LIFE EXPECTANCY AT BIRTH HAS NOW TOPPED 70 YEARS FOR MEN, AND 75 YEARS FOR WOMEN. AND THE POPULATION LIVING TO 100 AND OLDER IS PREDICTED TO GROW TO NEARLY 3.7 MILLION BY 2050, FROM JUST 95,000 IN 1990."**

This is a big decrease in the standard life expectancy. Before the pandemic hit, the maximum life expectancy for a human was 150 years old. Now, it has greatly decreased due to many health cases.

To counter Letzing's point, Aubrey de Grey who is a biomedical gerontologist, stated in his own article for PubMed that life expectancy might not decrease after all. Grey wrote

"...I HAVE FOR SOME TIME PREDICTED THAT THIS SUCCESSION OF ADVANCES WILL FEATURE A THRESHOLD, WHICH I HERE CHRISTEN THE 'METHUSELARITY', FOLLOWING WHICH THERE WILL ACTUALLY BE A PROGRESSIVE DECLINE IN THE RATE OF IMPROVEMENT IN OUR ANTI-AGING TECHNOLOGY THAT IS REQUIRED TO PREVENT A RISE IN OUR RISK OF DEATH FROM AGE-RELATED CAUSES AS WE BECOME CHRONOLOGICALLY OLDER."

Methuselarity is a term Grey popularized. The term describes people with proper health care and living conditions who won't suffer from age-related health issues.

So, someone who are seventy years old might not pass away at that age. Just as long as they have the proper health care they need to stay active.

So, life expectancy going down is debatable. There's a chance for people to pass away when reaching the seventies range, but there's also a chance for age-related health issues that can be avoided with future medical improvement, proper health care. If you are concerned about life going down, remember this:

THE PANDEMIC DRAGGED THE WORLD DOWN, BUT EVERYONE FOUGHT BACK AND MADE IT TO 2023.

If humanity overcame something as bad as a contagious worldwide virus, you can surpass any goal you want to as long as you stay active and put yourself out there. Go outside, meet new people, spend time with the ones you love.

Most importantly, find something you love doing in the world and do it! Make the most of what you enjoy because whatever you do now will have an impact on the world this very moment as well as the distant future.

WORKS CITED:

<https://www.weforum.org/agenda/2021/07/how-long-will-people-live-in-the-future>

<https://pubmed.ncbi.nlm.nih.gov/19745482/>

<https://www.google.com/search?q=coronavirus+disease+cases>



A GRAPH SHOWING THE TOTAL AMOUNT OF COVID CASES FROM THE LAST 3 YEARS

HOW SAFE IS OUR AIR?

How the chemical spill in Ohio is affecting the air quality

WRITTEN BY: MIKHAIL ARMENTIA



AERIAL VIEW OF THE DERAILMENT

On February 3, 2023, A train holding toxic substances was derailed in East Palestine, Ohio causing an evacuation of the nearby residents as the toxic chemicals spilled into the air. The Authorities on scene feared for one of the train cars as the temperature inside was rising and could possibly cause an explosion. Their response was to release the toxic gas inside of the train car into a trench and to burn it.

During the release and burning of those chemicals, the toxins that were released into the air were vinyl chloride, a colorless gas which is used in making plastic products. The train carrying the chemicals contained five cars that carried over 115,00 gallons of vinyl chloride. Many health concerns arise as some short term health effects of vinyl chloride include headaches and dizziness however, chronic exposure to the vinyl chloride can cause a rare form of liver cancer.

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The Environmental Protection Agency (EPA) has deemed that the air quality around the chemical spill is safe after monitoring the air quality of buildings and in the surrounding area. Residents around the area were told that it was safe to return to their homes. However, the residents are skeptical that their homes and the area are safe and still report symptoms of headaches, nausea, and rashes.

Skepticism and anxiety rises as Federal teams are going door to door conducting health surveys which is part of the government's response to the incident, leaving people questioning whether or not the air is truly safe.

Another concern from the chemical spill is the effect on the wildlife in the area. The local wildlife in the area has taken a big hit mostly affecting wildlife up to seven miles upstream. According to the Ohio Department of Natural Resources, an estimated amount of 3,500 fish have been killed as of February 8, Residents also reported dead or sick chickens and other animals.

Around 2 million gallons of water from firefighters are to be disposed of in Harris County, Texas after the incident. 1.7 million Gallons of water has been removed from the site of the derailment on the grounds of being contaminated.

WORKS CITED:

<https://www.nytimes.com/2023/02/14/climate/ohio-train-derailment-chemical-spill-health.html>

<https://medicine.yale.edu/news-article/ohio-chemical-spill-is-the-air-safe/>

<https://www.cnn.com/2023/02/24/us/ohio-train-derailment-east-palestine-friday/index.html>

<https://www.cnn.com/2023/02/25/politics/ohio-train-derailment-east-palestine-flyers/index.html>



IMAGE OF THE BLACK PLUMES OVER EAST PALESTINE, OHIO



A PICTURE OF THE CLEANUP AFTER THE INCIDENT

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THERE'S NOTHING WRONG WITH A FEW TIME SKIPS

Continue the fall back!

WRITTEN BY: MIKHAIL ARMENTIA

Daylight saving refers to when everyone sets their clocks forward an hour in March and rewinding them an hour in November to go back to standard time.

The reason for this is to move an hour of daylight from the morning to the evening. Daylight Saving is essential for everyone.

The more daylight the less traffic accidents are caused.

Studies have shown that there is a decrease in Traffic accidents during Daylight Savings

...CONTINUED ON PAGE 22



A PICTURE OF MIKHAIL SLEEPING AND
MELANIE TRYING TO WAKE HIM UP

NO MORE TIME SWITCHES

We should stop
the fall back!

WRITTEN BY: MELANIE STANLEY

Fall back and Spring forward have plagued the US for too long!

I do not know my left from right and up from down whenever the time springs forward.

My body always feels like it is waking up way too late or that I am too early for certain places.

Daylight savings time was introduced in the earlier centuries to help improve energy saving and productivity, but it has become a burden to many in our population

...CONTINUED ON PAGE 23

Studies have shown that there is a decrease in Traffic accidents during Daylight Savings. Having more daylight hours gives drivers the ability to see pedestrians more clearly as they drive.

David Prerau, the author of **SEIZE THE DAYLIGHT: THE CURIOUS AND CONTENTIOUS STORY OF DAYLIGHT SAVINGS TIME** has said

“THERE'S MUCH MORE TRAFFIC IN THE EVENING THAN IN THE MORNING, THE MORNING ONLY HAS COMMUTERS AND THE EVENING HAS COMMUTERS PLUS PEOPLE GOING OUT FOR OTHER REASONS”.

Seeing as there are more people out during the evening it would be beneficial to have more daylight for the rush of traffic to see and avoid obstacles on the road.

Daylight Saving also decreases the amount of energy used each day. The more daylight that everyone has the less people need to use artificial light to illuminate their homes. Also with the extra hour of daylight to spend outdoors is another hour we do not need for television and other appliances.

Daylight saving is beneficial for a multitude of reasons and one can argue that it's hard to argue that Daylight saving does more harm than good. Having more daylight makes everyone feel more productive and having to fall back an hour makes everyone feel good for that extra hour of sleep.

WORKS CITED:

<https://www.procon.org/headlines/top-3-pros-and-cons-of-daylight-saving-time/>

<https://www.popularmechanics.com/science/environment/a18011/in-defense-of-daylight-saving-time/>

<https://www.wonderopolis.org/wonder/why-do-we-change-the-clocks-twice-a-year>

How many times have you awoken in a spring forward to find out you missed your 12 pm class because it was now 2 pm where it used to be 12?

The Spring forward was fun at first, but now something must be done. I am a fan of the Sunshine Protection Act, which was introduced in 2022 by Senator Marco Rubio, R-Florida.

The bill was supposed to permanently extend daylight saving time from eight months of the year to the full year, but the measure has not yet been passed by the U.S. House of Representatives, nor has it been signed into law by President Biden.

Before we start chasing with our pitch forks, the U.S. Department of Transportation oversees the nation's time zones and the uniform observance of daylight-saving time, according to [transportation.gov](https://www.transportation.gov).

DOT also manages daylight saving time and cites energy reduction and reduced crime as reasons for the time change though I have some reasons to add to that list. When we have one uniform time, it would be easier to communicate with individuals and our internal rhythms would not be interrupted.

I do know that time is relevant though the time we have right now is more confusing than relevant when they keep changing the time on people.

We should either have a permanent Daylight savings time or a permanent Fall-Back time. I say we choose the time that encourages the most productivity while discouraging crime.

We will see within the school year if the U.S. House of Representatives will pass this bill or even if President Biden will sign it. Either way, I hope we have some permanent time soon before time runs out.

WORKS CITED:

<https://www.floridatoday.com/story/news/2023/02/20/2023-daylight-savings-time-when-spring-forward-sunshine-protection-act/69924519007/>

THRIFTING VS FAST FASHION

Why its better to thrift

WRITTEN BY: CHLOE BOUCHER



THRIFTING WITH FRIENDS IS ALWAYS MORE FUN

With the recent surge of popularity around thrifting, many people have discovered the many benefits that come with shopping second-hand.

Not only is it less costly than shopping in stores where items are mass produced but it is also beneficial to the planet.

According to an article on the 2nd Ave Thrift store website, clothing is usually made up of synthetic materials that don't break down and don't degrade over time, taking up alot of space in landfills.

By recycling your old clothes and purchasing other peoples recycled clothes you are helping reduce the amount of clothing that ends up in landfills.

Along with lowering landfill waste, thrifting can also help you lower your carbon footprint greatly.

By not contributing to the fascination of fast-fashion, you are reducing the amount of resources and unnecessary energy that go into large factories that are producing mass-produced clothing ...CONTINUED ON PAGE 26

FAST FASHION IS SUPERIOR

Why people should shop fast fashion before thrifting

WRITTEN BY: EMMA AYALA

Fast fashion is the way that all people who can afford it should be shopping. Fast fashion provides a way for modern clothing to get on the shelves faster for people to follow trends.

Many people go thrifting to find more vintage clothes which is great but it is not very often that you will find something that is flying off the shelves in a fast fashion store.

Fast fashion is all about keeping up with what is current and getting the people what they want.

It is a common misconception that a lot of the fast fashion stores are not affordable but according to the Journal for Business and Community:

...CONTINUED ON PAGE 27



VARIETY OF CLOTHING SIZING AT FAST FASHION STORE

By shopping second-hand, you are most times contributing to charity and even local businesses.

This is always a good thing because staying local means you are helping out your community and in turn, making it a better place.

While thrifting can be very beneficial to the environment, it can also be beneficial to you as a shopper.

Oftentimes while shopping second-hand, you find things you may not have normally been able to find at a large fast-fashion store.

The surprise of finding a name brand or designer piece for a fraction of the price can also be very pleasant.

You'll also most likely develop an inclination to go for pieces of clothing you may not usually see yourself reaching for and because of this, and the thrift stores' constantly changing selection, you may find yourself finding fun and unique items and develop an entirely new style for yourself.

Of course another great benefit of thrifting is the low prices for the great quality items that are simply waiting for their new home. It allows you to make environmentally conscious choices and possibly explore new styles while simultaneously not breaking the bank. So next time you feel the need to spice up your wardrobe, check out your local Goodwill instead of the mall!

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THRIFTING CAN BE LIKE TREASURE HUNTING WITH THE FUN THINGS YOU CAN FIND



TRENDING CLOTHES SHOWN ON MANNEQUINS

“FAST FASHION ALLOWS LOWER INCOME INDIVIDUALS AND FAMILIES TO PURCHASE MORE ITEMS OF CLOTHING THAT ARE MODERN AND TRENDY. BECAUSE OF THIS, LOW-INCOME INDIVIDUALS CAN WEAR STYLES COMPARABLE TO THOSE OF THEIR MORE WELL-OFF PEERS, THUS MITIGATING THE IMPACTS OF CLASSISM THROUGH CLOTHING.”

Although this clothing could be more expensive than thrifting, it is still much more affordable than other designer fashions and it allows lots of

people to buy clothes that are trending.

Along with keeping clothes modern and affordable, they also provide many more options than thrifting does. For example, they may provide more colors of the same piece of clothing or even more sizes. When people are thrifting, they are just praying that they will be able to find something of interest that is just the right size and not too worn in.

Fast fashion provides that instant gratification to consumers that they can not get as easily at thrift stores due to the inconsistency. If you want to walk into a store and buy a new sweatshirt similar to one that you just saw at fashion week, you are more likely to find that at a fast fashion store than at a thrift store due to the fast manufacturing.

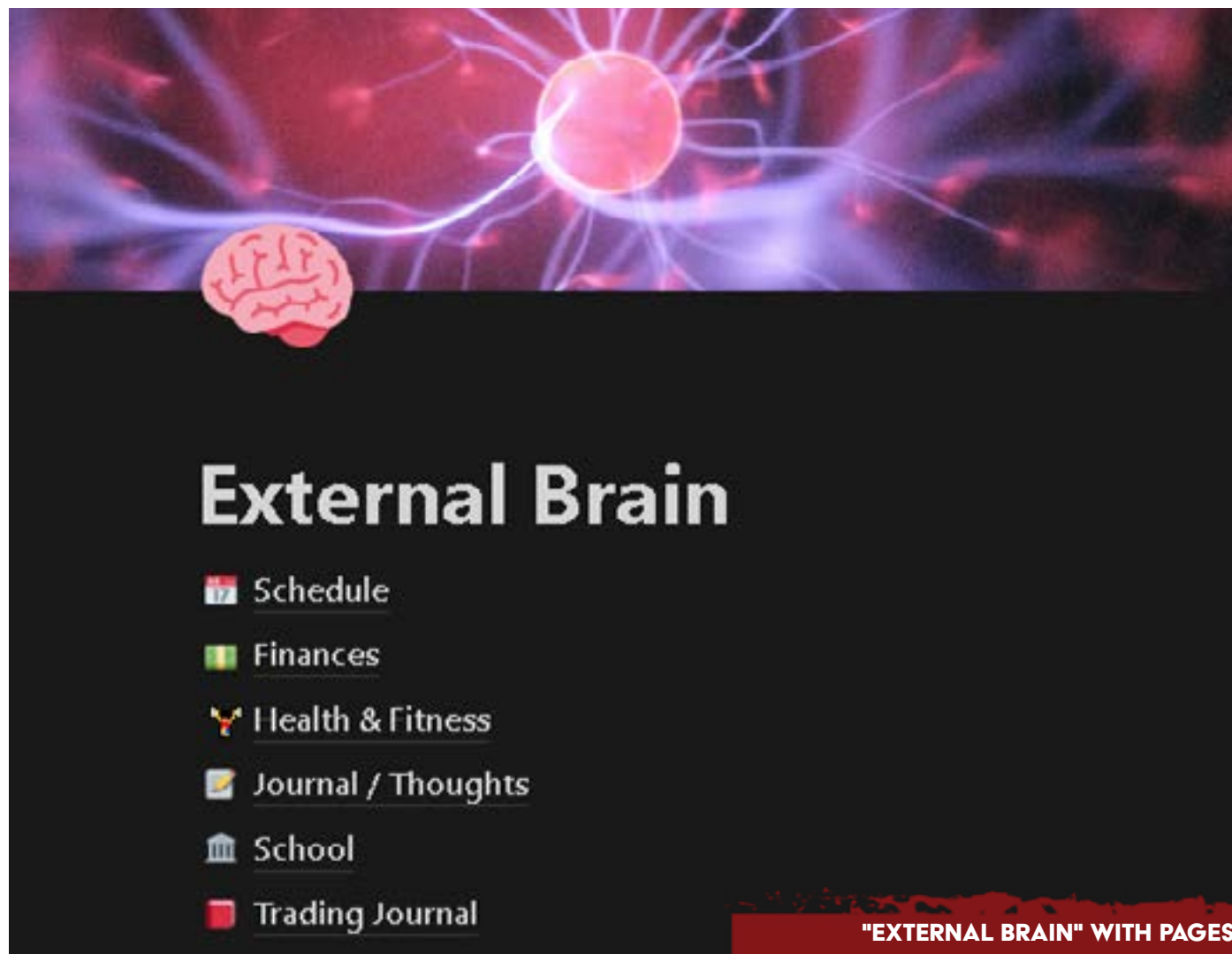
A GlobalEdge article written in 2020 states **"THE BENEFITS OF FAST FASHION ARE CLEAR: MORE CONSUMER SPENDING, MORE PROFITS, AND THE CONSUMER SATISFACTION OF BEING ABLE TO PARTICIPATE IN A TREND ALMOST IMMEDIATELY AFTER THEY SEE IT IN MAGAZINES OR ON THEIR FAVORITE CELEBRITIES,"**

Thrifting is a good way to find vintage clothing but if you are looking for modern, trendy, stylish clothes that are also affordable than fast fashion is superior.

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"EXTERNAL BRAIN" WITH PAGES CORRELATING TO DIFFERENT SECTORS

THE EXTERNAL BRAIN

Organize your life for efficiency!

WRITTEN BY: ADRIAN ATAD

Navigating through the present day can be chaotic: Tedious work, upcoming deadlines, and simple meetings with friends can become overbearing for many.

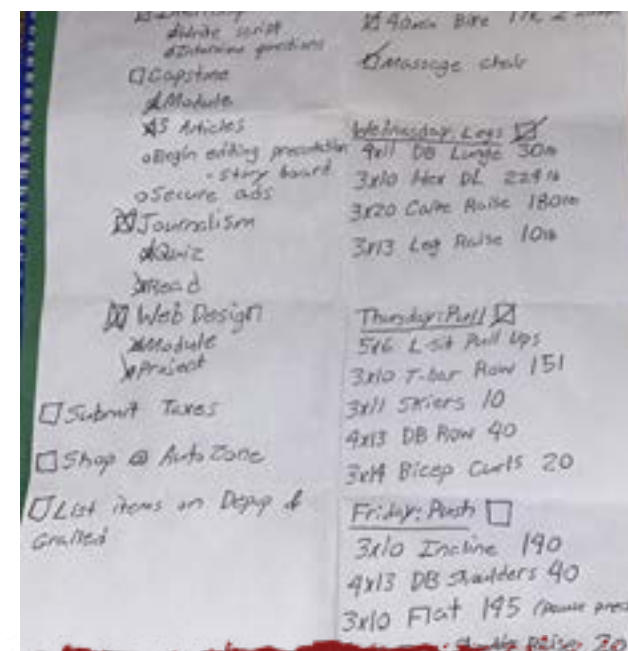
With so much on your plate, organizing this chaos can greatly improve efficiency and the overall quality of life.

The external brain is the concept of organizing thoughts on either paper or a digital platform to not rely purely on memory. Whether it's a simple to-do list, a calendar with upcoming events, or a financial spreadsheet, organizing data in physical form can help an individual process what needs to be done or remembered.

The human mind is a complex machine that, even to this day, has yet to be completely understood. With abilities such as prediction, operating the body, memory, and many more functions, the brain is miraculous but also limited.

"THE ABILITY TO REPEAT INFORMATION DEPENDS ON TASK DEMANDS BUT... CENTRAL MEMORY STORES ARE LIMITED TO 3 TO 5 MEANINGFUL ITEMS IN YOUNG ADULTS," said Nelson Cowan, a psychologist, after their research.

If the brain can only perform at its peak while juggling no more than 5 concepts at a time, it's challenging to productively complete tasks that you only tell yourself to do. On the other hand, by writing down a to-do list, this frees up mental capital and allows an individual to concentrate on each task at hand.



TO-DO LIST WITH SCHOOL TASKS, LIFTING SCHEDULES, AND OTHER DUTIES

When utilizing the external brain, it's beneficial to understand the Zeigarnik Effect. **"...PEOPLE TEND TO REMEMBER UNFINISHED OR INCOMPLETE TASKS BETTER THAN COMPLETED TASKS,"** said Bulma Zeigarnik, a psychologist. This concept is a core principle of the external brain.

Planning out tasks throughout the week in physical form can greatly reinforce an individual to follow through with those actions. Visibly seeing that items on the list are left unfinished leaves a yearning to complete them.

Another study supporting this claim was done by Rebecca Johannsen, an assistant professor at Pasadena City College, and Paul J. Zak, Neuroscientist, **"OUR FINDINGS INDICATE THAT INCREASED PERCEIVED AUTONOMY CAN SIGNIFICANTLY IMPROVE INDIVIDUAL AND GROUP PRODUCTIVITY!"**

All in all, life can be made simple by dividing and conquering. Rather than facing a mountain of tasks head-on, you can strategically split up the work based on priority.

WORKS CITED:

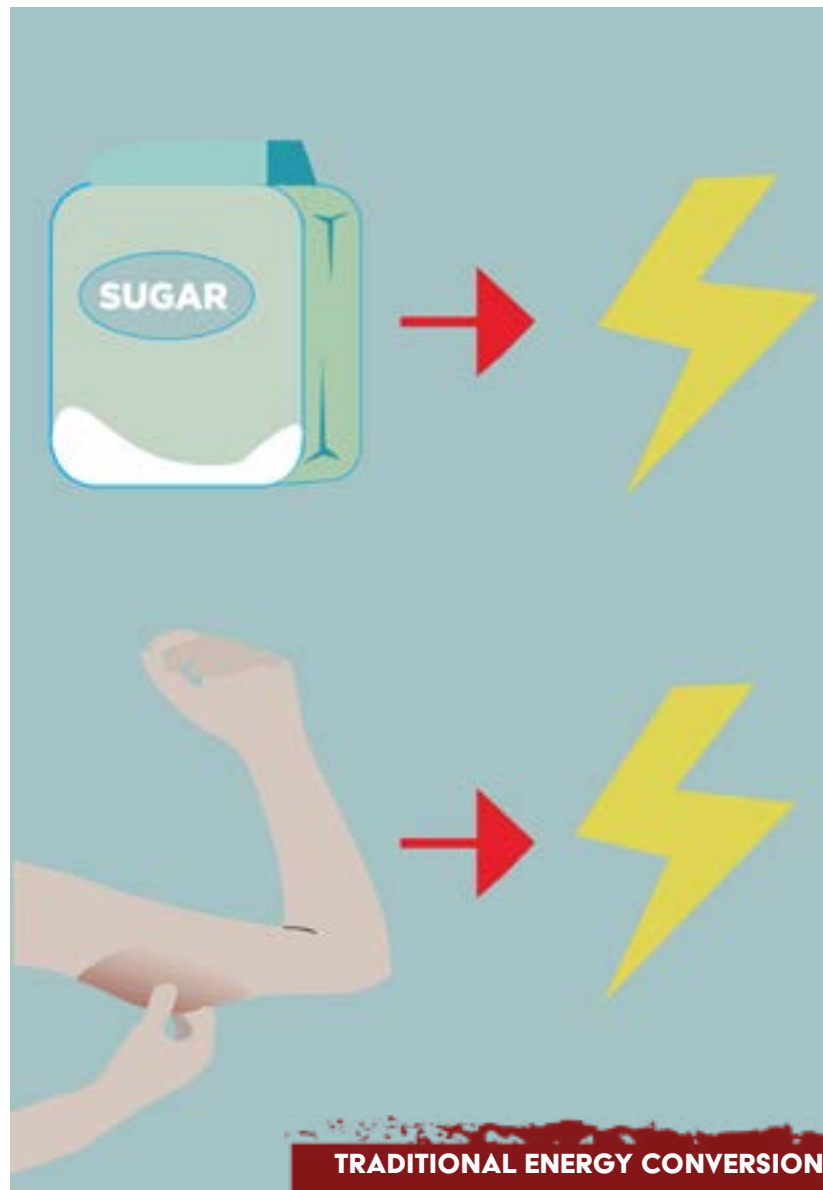
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<https://www.thoughtco.com/zeigarnik-effect-4771725>

FAD DIETS: KETO

Is it worth the hype?

WRITTEN BY: ADRIAN ATAD



TRADITIONAL ENERGY CONVERSION
VS. KETO ENGERY CONVERSION

Keto is a popular diet that is recommended by many influencers. This low-carb, high-fat diet primarily focuses on depriving the body of carbohydrates and putting an individual into a process called ketosis.

Ketosis is coined after the process of converting fats within the body to energy. Rather than the body utilizing glucose and sugar, the body goes into an almost starvation-like mode that targets excess fat.

To get into ketosis, it's recommended to intake less than 50g of carbs and sugar throughout a day of eating. A general nutritional structure would be split like this: 25% protein, 5% carbs, 70% fat for the total amount of calories in a day.

Pros of the Keto: Beginning with the positives, there are some surprising benefits to this diet. The most notable being its effect on individuals with epilepsy. "The ketogenic diet reduces the amount of glutamate in the brain and enhances the synthesis of GABA, making it less likely for a seizure to occur," extracted by BrainFacts.org.

Along with the benefits for epileptic individuals, the Cleveland Clinic states that



OIKOS TRIPE ZERO STRAWBERRY YOGURT

"THE KETO DIET MAY LOWER YOUR RISK OF DEVELOPING CARDIOVASCULAR DISEASE BY LOWERING YOUR BLOOD PRESSURE, IMPROVING YOUR HDL ('GOOD') CHOLESTEROL LEVELS, AND LOWERING YOUR TRIGLYCERIDES."

Now this raises some eyebrows, how is a high-fat diet beneficial to blood pressure and cholesterol? Like everything in life, it all depends on the quality of your sources. By only consuming high-quality, grass-fed meats and staying away from toxic seed oils, this diet can be quite healthy for you.

Cons of the Keto: Similar to the Carnivore diet, micronutrients can be hard to obtain. Dietitian Kathy McManus says,

"IF YOU'RE NOT EATING A WIDE VARIETY OF VEGETABLES, FRUITS, AND GRAINS, YOU MAY BE AT RISK FOR DEFICIENCIES IN MICRONUTRIENTS."

In addition to nutrient deficiencies, the process of going into ketosis is a rough one. When getting into ketosis you may undergo the "keto flu". You may experience a drowsy, almost sickish feeling due to the transitional period of low carbs and glucose.

All in all, the keto diet does have serious benefits and similar negative effects to Carnivore. However, casual use of this diet isn't recommended due to there being many factors that can go wrong. Although, it can be used as a powerful tool for overall health if followed properly. The long-term viability is challenging but doable, and there are many instances of high-performing athletes on this diet. Extensive research and consulting with a dietitian is recommended, as it is one of the more advanced diets out there.

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WHAT IS IN OUR FOOD?

Exploring why some American foods are banned in other countries

WRITTEN BY: MELANIE STANLEY

In America, we have an abundance of choice in what we eat. However, are all those choices truly healthy for us to eat?

Froot loops are banned in France, Austria, Norway, and Finland.

WHY?

This American breakfast staple is filled with food dyes such as yellow 5 and Red 40 has been connected to the inhibition of cell development which can strongly affect those with ADD/ ADH and IBS (Irritable Bowel symptoms).

Amen Clinics reported that “both adults and children have reported upset stomach, migraines, jitteriness, nervousness, and inability to concentrate after a high intake of Red Dye 40”

Also, The CSPI released a report that says artificial food dyes pose a **“RAINBOW OF RISKS,”** including everything from allergies to cancer.

This red 40 chemical is also in foods such as Lifesavers, Jell-O, and Gatorade. Another food that is banned is Mountain Dew. Mountain Dew is banned in the European Union and Japan.

WHY?

This popular lemon-lime drink includes BVO. BVO stands for Brominated Vegetable Oil which is an element found in flame retardants.



FROOT LOOPS BOWL WITH MOUNTAIN DEW GRAPHIC

According to the Center for Diseases Control and Prevention, the consumption of bromine can lead to health problems such as headaches, memory loss, and impaired balance and coordination.

It is also bad for the skin as it can cause skin irritation and burns.

Swallowing a large amount of this chemical can cause vomiting and nausea.

PepsiCo announced in 2014 that the dangerous chemical would be removed from its soft drinks.

However, BVO was not removed from Mountain Dew’s list of ingredients until 2020 however, it is still banned in those countries.

One Three Rivers Student, Hannah Vega, had this to say about Mountain Dew being banned in other countries,

“I HAVE NEVER HAD MOUNTAIN DEW, BUT I THINK THAT FOODS LIKE THAT SHOULD BE MORE REGULATED IN THE UNITED STATES AS A PROTECTION OF OUR OWN HEALTH. THERE NEEDS TO BE MORE ATTENTION TO THE FOODS HERE.”

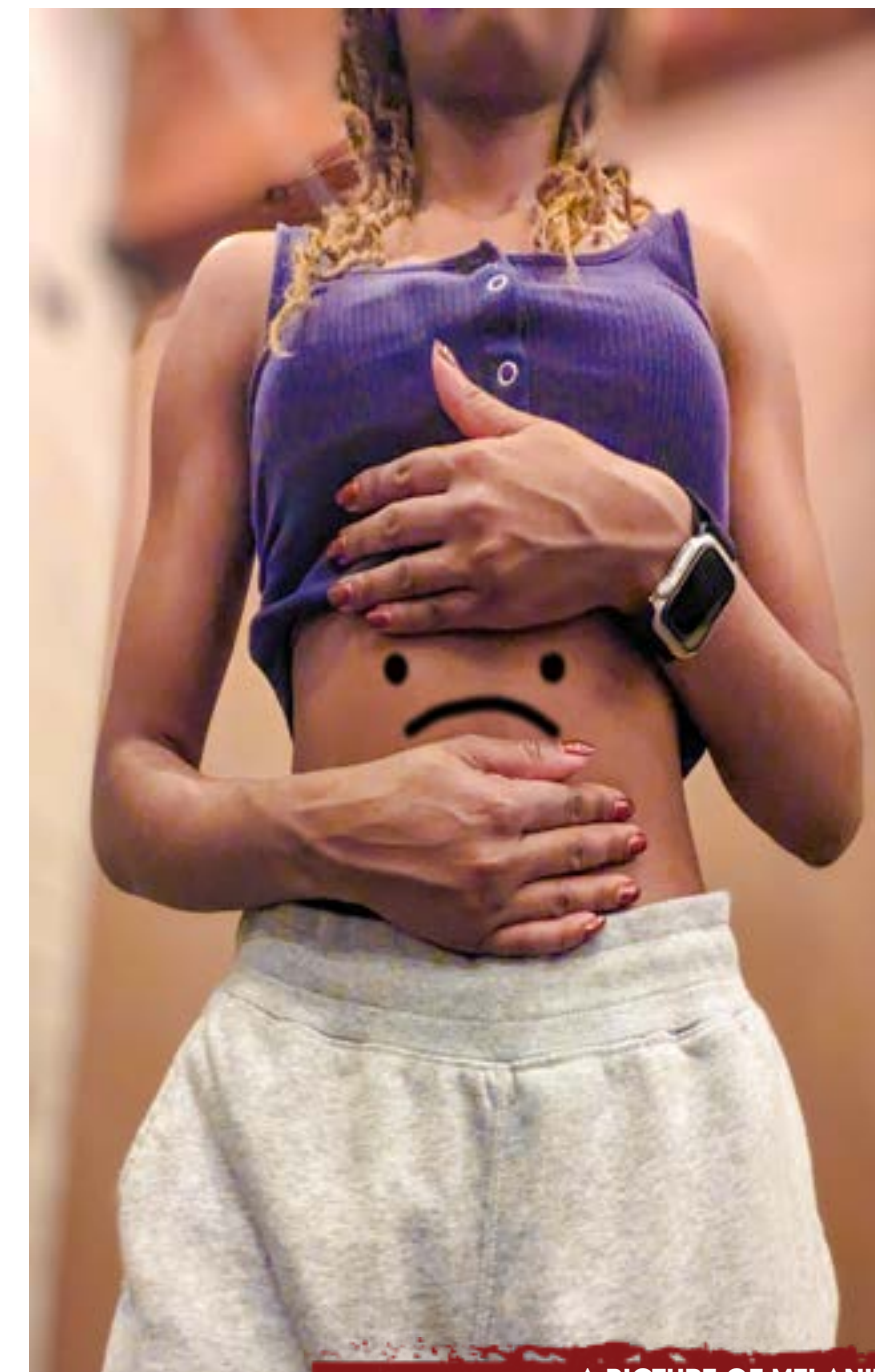
WORKS CITED:



MORE INFORMATION ABOUT RED40



MORE INFORMATION ABOUT BVO



A PICTURE OF MELANIE WITH HANDS OVER HER STOMACH

THERE ARE EVEN MORE BANNED FOODS ON THIS WEBSITE:

mediafeed.org/banned-american-foods

ICE BATHS / COLD THERAPY

Beneficial or sensational?

WRITTEN BY: ADRIAN ATAD

As influencers become increasingly popular, health gurus can be found on every platform.

With that, all sorts of techniques to improve your health have been scattered throughout the web. One of those techniques being ice baths however, are they truly beneficial or are they only a sensational trend?

Ice baths are exactly as the name describes: a bath full of ice. Of course, a bath isn't needed, but the process of submerging your body in ice-cold water supposedly reaps many benefits.

A major draw to this activity is its effects on inflammation throughout the body. Like taking an ice pack to an injured shoulder, an ice bath does the same.

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Many studies support this claim such as a study produced by The National Library of Medicine states

“COLD WATER IMMERSION ATTENUATED A REDUCTION IN TISSUE OXYGENATION IN THE SECOND FATIGUING BOUT BY 4% WHEN COMPARED WITH THE CONTROL. MUSCLE SORENESS WAS RATED LOWER 1 DAY POST-TESTING.”

Not only was inflammation decreased, but muscle soreness the following day was alleviated compared to the group that didn't take the plunge.

Although valid, keep in mind that this may disrupt the process of hypertrophy, which is the fundamental way for muscle density and strength gains. It's recommended to not immediately take an ice bath after a strength lifting session.

The decrease in inflammation is irrefutable, but that's not to say ice baths are the only tool to do this



Another study from NLM states that:

“SIGNIFICANT PAIN ALLEVIATION, IMPROVED JOINT MOBILITY, PHYSICAL ACTIVITY, STRESS, ANXIETY, AND QUALITY OF LIFE WERE DETECTED AFTER COLD-WATER IMMERSION IN THE SECOND WEEK.” ALL OF WHICH ARE TRULY BENEFICIAL TO AN INDIVIDUAL.

Intentionally lowering yourself into an ice-cold tub of water is a hard obstacle to climb. As you hit the water, you tense and feel almost out of breath. The willpower to keep yourself stationary in this uncomfortable environment forces the mind to face its demons.

There's a lot you can learn about yourself, such as the way you react to uncomfortable situations and the realization of what you can truly withstand.

Ice baths are a great tool to utilize that reaps benefits in many aspects of human physiology.

To say that they are a waste of time and only a trend would be undoubtedly false. On the other hand, there are methods to gain the same effect, like active recovery, but that isn't the question at hand.

The utility of ice baths/cold therapy sways much more to be beneficial than sensational.



DIAGRAM SHOWING INJURED / INFLAMED SHOULDER

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Directed by Elizabeth Banks, Cocaine Bear is a horror-comedy movie that is loosely based on a real story.

The film was released in theaters on Friday, February 24, 2023.

To answer the age-old question of **“DID A BEAR REALLY CONSUME COCAINE?”** Well yes, it did. As stated by USA Today, the remains of a bear were found after dying from an overdose.

The bear was surrounded by **“40 OPEN CONTAINERS WITH TRACES OF COCAINE IN THEM.”**

Unlike the movie though, the bear did not go on a rampage, brutally murdering people on Blood Mountain.

Elizabeth Banks came up with the idea of making Cocaine Bear because she felt sympathetic toward the bear. In an interview with Variety, she states that

“I REALLY FELT LIKE THIS IS SO F*ED UP THAT THIS BEAR GOT DRAGGED INTO THIS DRUG RUN GONE BAD AND IT ENDS UP DEAD. I FELT LIKE THIS MOVIE COULD BE THAT BEAR'S REVENGE STORY”**

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BEWARE OF THE COCAINE BEAR

Should you see the unBEARlievable movie, Cocaine Bear?

WRITTEN BY: BRIAN GAFFNEY



A POSTER OF THE FILM, COCAINE BEAR

To briefly summarize the plot of Cocaine Bear, Andrew Thorton tosses a few duffle bags of cocaine, worth millions of dollars, out of a plane.

Before jumping out himself, he hits his head on the door and falls out of the plane unconscious.



A SCREENSHOT OF COCAINE BEAR ON THE HUNT, FROM THE FILM'S OFFICIAL TRAILER

After his body is found, the film focuses on a few groups of characters that all have different reasons for being in Blood Mountain or finding the remaining bags of cocaine.

Each of these characters encounter the Cocaine Bear, which goes on a bloody rampage for the majority of its screen time.

Surprisingly, Cocaine Bear is a solid film. It's clearly not trying to take itself seriously, which works perfectly for the idea of a bear consuming cocaine.

The characters in this film are pretty one-dimensional, usually sticking to one joke archetype or motivation. The plot is pretty shallow as well and feels a little clustered toward the end of it. Despite the bland characters and plot, Cocaine Bear shines in its tailored experience of pure chaos.

Most of the jokes stick to the landing well and don't feel forced throughout the film's runtime.

There's a good variety of jokes and it seems that the director wanted to cater to a wide audience.

After asking for opinions from viewers; Brian Worth, a student at Southern Connecticut State University claimed that

“IT WAS A DUMB MOVIE, BUT IT WAS PRETTY FUNNY.”

SO SHOULD YOU WATCH COCAINE BEAR? If you're looking for a solid film with mindless fun and violence, then this should be right up your alley.

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ARE BOTH OF THESE PRODUCTS OFFICIAL?
OR IS ONE A BOOTLEG?

BE WARY WHEN MAKING PURCHASES

What faulty products have
you purchased?

WRITTEN BY: ZACHARY GOMES

Bootlegs are a very big problem in the marketing industry. Even if a product has a very positive review; there is a good chance that, you might receive a counterfeit version in the mail.

For example, Gravity Falls released a DVD box set in 2018. This set includes the whole series along with extras and since this DVD is going out of print in March of 2023.

This box set was released by Shout! Factory and is available on their website. This is the ideal way to purchase this product. The Amazon version of the box set is faulty. Even if you were to purchase this box set brand new and in pristine condition, it still has its flaws.

Amazon users who have purchased the Gravity Falls box set, did not receive everything as advertised. Some content is missing, such as the "To Dipper" letter which comes with the Shout! Factory version of the set.

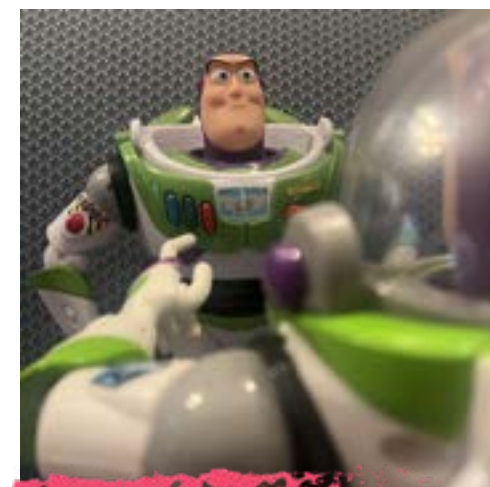
Amazon user, Conna C. had experienced such flaws saying, **"...THE ONLY THING I'M KINDA SAD ABOUT IS THAT I SAW THAT THE "TO DIPER LETTER" WAS SUPPOSE TO COME WITH THIS, BUT WHEN I BOUGHT IT I COULDN'T FIND IT ANYWHERE."**

Also, there are some reviews online that claim a few discs from the set were missing, despite claiming these box sets were purchased as **"BRAND NEW"**.

Amazon user shawny had experienced this and expressed their disappointment in their review,

"MY DAUGHTER WAS VERY DISAPPOINTED TO FIND TWO SEASON 2 DISKS AND NO SEASON 1 DISK. I BOUGHT IT A MONTH BEFORE I GAVE IT TO HER BECAUSE I WAS AFRAID IT WOULD NOT BE AVAILABLE WHEN SHE REACHED HER GOAL. NOW IT'S TOO LATE TO RETURN OR EXCHANGE IT!"

It's really too bad that they did not receive everything they purchased, since Shawny should have received a total of seven discs.



ALWAYS BE VIGILANT WHEN
BUYING FAULTY PRODUCTS



A COPY OF THE GRAVITY FALLS DVD BOX
SET, DISTRIBUTED BY SHOUT! FACTORY

Something as simple as a DVD boxset is causing this much controversy which only shows how problematic bootlegs are. There are, of course, ways to avoid making these mistakes.

If you plan on purchasing something, be sure to fact check the item and read reviews online. You never know how much reviews can help until you take the time to read feedback from other buyers. Also, be sure to buy products from the website they were originally made from. In the example stated above, Amazon users were ripped off from the Gravity Falls box set because they bought the set from Amazon itself. If you want to buy the official version of this product, buy the set from Shout! Factory's website.

Lastly, make sure that the image(s) for the product you're buying have not been repurposed. Do a Reverse Google Image Search on the product you're viewing to see if the image of the item you're trying to buy has been repurposed. If it had been that is an immediate red flag, because you have no idea what the actual item could look like. As long as you keep these tips in mind, there is a good chance you'll never make another faulty purchase for the rest of your days as long as you remember to be vigilant when making online purchases.

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GOING BACK TO THE PAST

A trend among Gen Z is reigniting the flame for flip phones

WRITTEN BY: BRIAN GAFFNEY

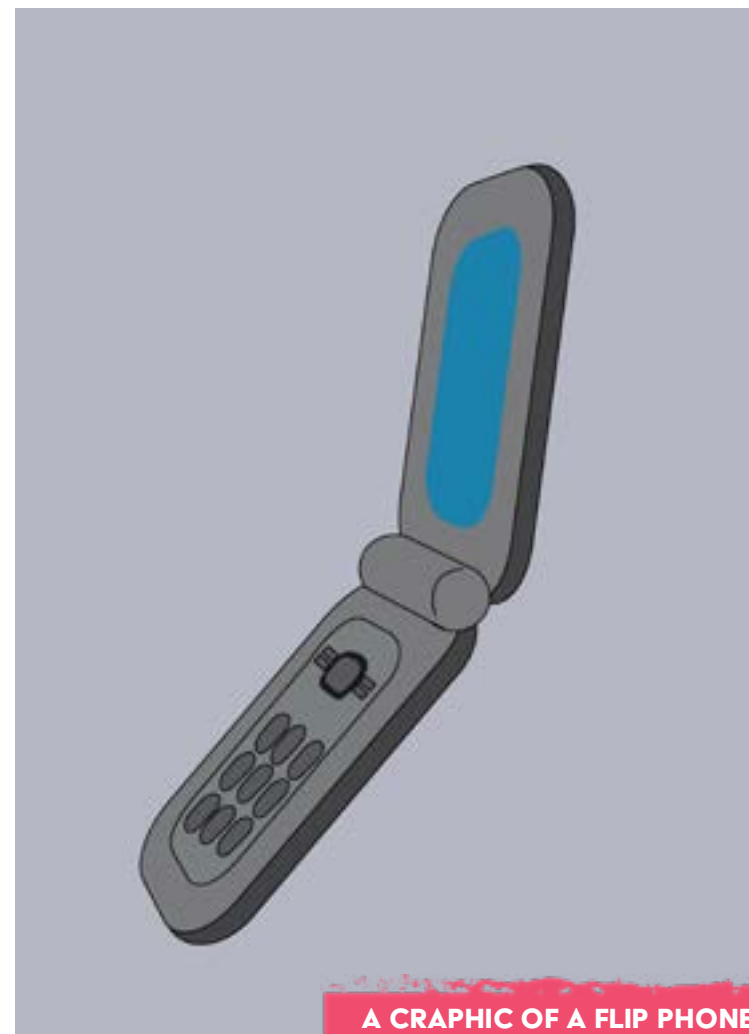
Instead of staying in the late 90s and early 2000s, it seems that flip phones just don't know when to quit. Gen Z'ers have started 2023 with a new trend in technology, old flip phones.

While it may seem only recently popular, flip phones have actually been slowly creeping back into relevancy for the past few years. According to USA Today, Google has informed them that the search term **"FLIP PHONE"** has increased by more than 140% over the past 5 years.

Of course, there are modern versions of flip phones such as the Galaxy Z Flip 4, but it seems that younger consumers on sites such as TikTok would prefer to have a more classic experience.

According to multiple news outlets such as USA Today and CNN, a kick starter for the flip phone trend might lead back to a viral TikTok by @skzzolno, also known as Sammy Palazzolo.

She explains how to get a flip phone and set up a data plan in the modern age, talks about her uses for a flip phone and the social benefits of having a flip phone.



A GRAPHIC OF A FLIP PHONE

According to Toms Guide, the main argument for flip phones in 2023 seems to be that the connected lifestyle that social media and modern smartphones provide causes too much stress and having a flip phone that does the bare minimum instead will potentially alleviate said stress.



SAMMY PALAZZOLO, ADVOCATING FOR THE SWITCH BACK TO FLIP PHONES

Sammy Palazzolo claims that **"THERE'S LIKE A LOT OF BOUGIE THINGS YOU CAN DO, BUT I LITERALLY JUST TAKE PICTURES AND CALL MY FRIENDS."**

In the end of her original video, she also boldly states that **"ITS EVERYTHING, EVERYONE NEEDS, AND MORE."**

If you're in the market for finding a flip phone, the top 3 choices for them on Amazon are:

- ▶ **NOKIA 2780 FLIP (\$89.99)**
- ▶ **TRACFONE TCL FLIP 2 (\$19.99)**
- ▶ **TRACFONE NOKIA 2760 FLIP (\$29.99)**

If vintage isn't your style, the previously mentioned Galaxy Z Flip 4 is your best option right now. It merges the best elements of both modern smartphones and flip phones, to create the technological wonder that it is.

Unfortunately, you won't be able to find it at the cost-effective prices that old flip phones have as it goes for a shockingly high price of \$899.99 on the Samsung website.

Is it time to make the switch to flip phones, or will they eventually flip and fall back into obscurity?

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GIVE THIS SHOW A CHANCE

Smiling Friends' series creator confirms
Season 2 is in production

WRITTEN BY: ZACHARY GOMES

Internet humor being adapted into TV shows is subjective. Some might find internet humor in mainstream media funny, while most people hate TV shows trying to **"GET WITH THE TIMES"**. However, there is one particular show that portrays internet humor the right way. That show is called Smiling Friends.

Smiling Friends is an animated television series created by Zach Hadel and Michael Cusack that airs on Cartoon Network's late night block, Adult Swim.

If these two names sound familiar, that's because they are two contributors of the YouTube channel, OneyPlays. Hadel and Cusack managed to nail internet humor like no other creators have done before.

The show made its debut on April 1st, 2020 with the series focusing on Pim and Charlie, two unlikely friends who work together at a company named Smiling Friends.

Their job is simple: Reach out to depressed or sad individuals and make them smile. The show has a simple premise, but gets bizarre very quickly and the unhinged nature of the show is what makes it fun.

The audience can never truly predict what the characters will do each week.

On Google Reviews, a fan by the name of Delanie Finley had this to say:



CHARLIE AND PIM ANTICIPATED TO
HELP SOMEONE IN NEED

"I LOVE THIS SHOW. UNLIKE A LOT OF OTHER ADULT/NON-ADULT ANIMATIONS, SMILING FRIENDS PLAYS INTERNET HUMOR A LOT BETTER. INSTEAD OF SAYING, "OK BOOMER" A COUPLE OF TIMES AND DABBING; THE SHOW HAS A BETTER TAKE ON IT.

NOT ONLY THAT, BUT THE ANIMATION STYLE IS VERY UNIQUE. NOT THE BAD UNIQUE, THE PARTS WHEN CHARACTERS ARE MADE OF CLAY LOOK LEGIT CREEPY. I HOPE THIS SHOW GETS MORE THAN ONE SEASON. VERY NICE."



FROM LEFT TO RIGHT:
GLEP, ALAN, CHARLIE, AND PIM

A lot of fans have been wondering when Smiling Friends will make a return, since the first season wrapped up in August of 2022.

Recently, Cusack has given an update on the status of the show.

"I DON'T THINK I CAN SAY MUCH,"
Cusack began.

"BUT I CAN ANSWER THAT IT'S GOING VERY WELL. IT'S GOING TO BE A LOT OF FUN. I THINK PEOPLE WILL BE PLEASANTLY SURPRISED BECAUSE THE TRAIN IS STEADILY ON THE TRACKS. IT'S GOING WELL, THE SHOW IS GOING WELL."

Although it's not much, this confirms that season 2 of Smiling Friends is in the works. As of now, there is no official release date for the upcoming season but it's likely season 2 will drop sometime this or next year. Even though it's small news, it's enough to get the Smiling Friends fanbase hyped up for brand new episodes.

IF YOU'RE ANTICIPATING SEASON 2 OF SMILING FRIENDS OR WANT TO WATCH SOME EPISODES NOW. The series is available on Adult Swim's website, HBO Max, Hulu, Sling TV, and other current streaming services.

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THE LOGO FOR SMILING FRIENDS
FROM THE ALL 4 WEBSITE



FINAL TRUFFLES WITH BITE

OREO TRUFFLE RECIPE

An easy no-bake
3 ingredient dessert

WRITTEN BY: EMMA AYALA

If you are looking for a simple and easy treat to make, this is the perfect delicious recipe for you!

INGREDIENTS:

- ▶ 25 OREOS
- ▶ 4 OZ OF CREAM CHEESE
- ▶ CHOCOLATE CHIPS
- ▶ (CAN BE MILK, WHITE, OR DARK CHOCOLATE)
- ▶ SPRINKLES (OPTIONAL)



INGREDIENTS REQUIRED

STEP 1: Take 25 Oreos and crush them. You can use a food processor to make it easier or you can just smash them and take your anger out :)

STEP 2: Mix the oreos with 4 oz of room temperature cream cheese until the ingredients are fully incorporated.

STEP 3: Roll the mixture into golf ball size spheres (tip: use an ice cream scooper to make them all evenly sized.)

STEP 4: Put the balls into the freezer for about 15-20 minutes to chill the Oreo balls.

STEP 5: Put about a cup of chocolate chips in the microwave, right before you take out the truffles. Heat up the chocolate chips for about 1 minute in 30 second intervals; mixing in between.

STEP 6: Take the Oreo truffles out of the freezer and dip them into the melted chocolate (you can cover the whole truffle or just dip the top in depending on how much chocolate you like)

STEP 7: While the chocolate is still somewhat soft, add sprinkles on it for decoration if you would like.

STEP 8: Put the truffles back in the freezer for about another 5-10 minutes to ensure the chocolate is hardened.

STEP 9: Take the truffles out of the freezer and enjoy with friends!

WORKS CITED:

<https://thecozycook.com/no-bake-oreo-truffles-cookbook-giveaway/>



MIXING INGREDIENTS TOGETHER



MELTED CHOCOLATE

This is a great recipe to share with friends and bring to any event without having to spend a bunch of money or time to make them. Hope you enjoy it!



DO YOU THINK ICE BATHS / COLD THERAPY IS BENEFICIAL OR SENSATIONAL?



WILL YOU BE WATCHING THE MOVIE COCAINE BEAR?



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THE RESULTS WILL BE SHOWN
IN ISSUE #9 OF THE CURRENT

