

OPINIONS

Pumpkin Spice Sauce at Home

BY ALEXANDRIA GOSEN

AUTUMN IS THE PERFECT TIME of year. The air is crisp, the leaves are crunchy, sweaters are practical, and pumpkin spice is back! Sadly, with inflation, it is hard to have pumpkin spice every single day. So, I make mine at home. It's not an exact science, but it is pretty tasty!

Ingredients

- ½ cup water
- ½ cup sugar
- Cinnamon
- Nutmeg
- Ground Cloves
- Pumpkin Spice Seasoning
- Vanilla
- 1 can of pumpkin puree
- Unsweetened Coconut Cream (could be condensed milk or other thick dairy you prefer)

Directions

1. Combine water and sugar into a sauce pan, heat and dissolve sugar and do not bring to a boil.
2. Add half pumpkin puree, stir until combined.
3. Add seasonings and vanilla. Measure with your heart, but easy on the cloves and vanilla
4. Stir
5. Slowly add about a tablespoon of coconut cream. Stir until combined, add more as desired.
6. Remove from heat.
7. Let cool

8. Pour into the container & enjoy.
Tips: To thicken, increase sugar to water ratio and add more puree. Keep in the fridge, it lasts for two weeks.

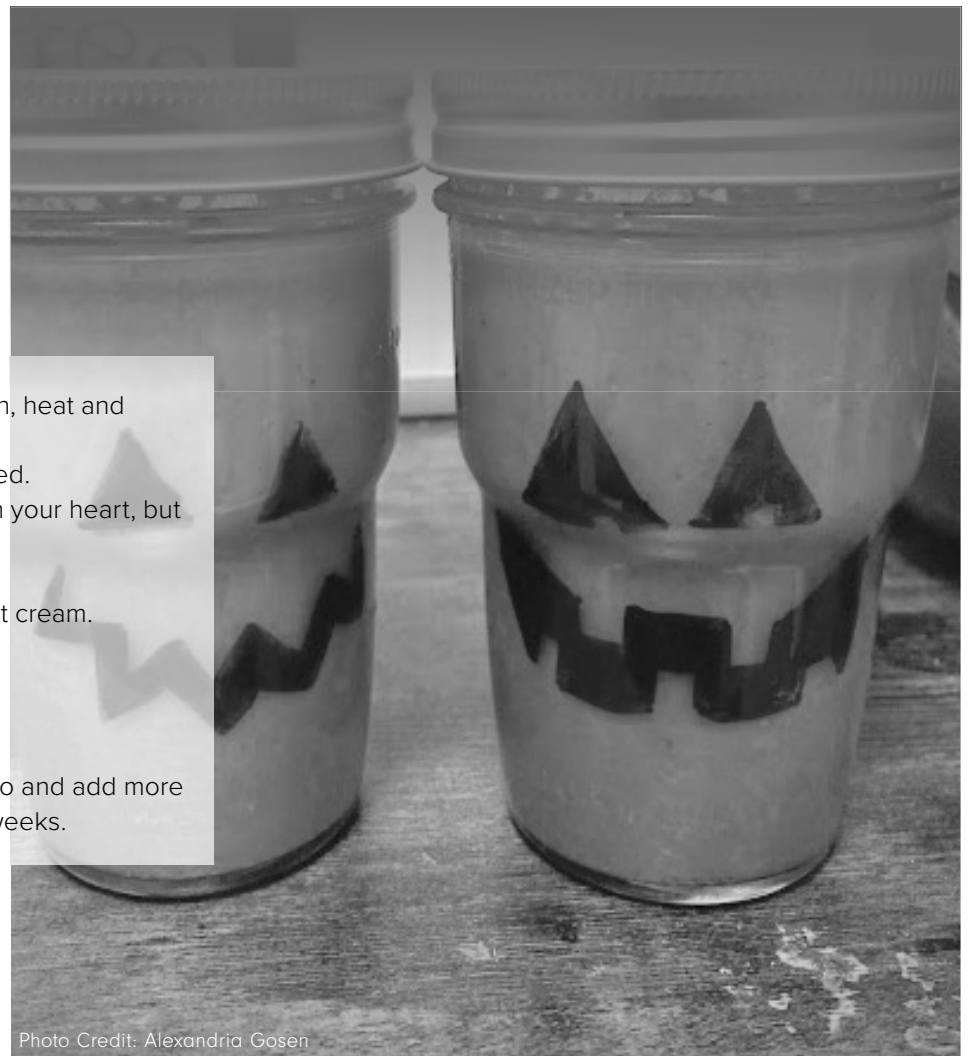


Photo Credit: Alexandria Gosen

Best True Crime Shows

BY DAVINA BELLINGER

IF YOU ARE A HUGE TRUE crime show watcher like me, there are a variety of streaming platforms that have the best in-depth true crime shows. Some of them include YouTube, Netflix, and other TV channels. The ones that I enjoy watching are the shows where the hosts go to places where real events happen and explain to their audience what happened.

YouTube shows: "Buzzfeed Unsolved." The show's hosts, named Ryan Bergara and Shane Madej explain unsolved cases. One of favorite sections is supernatural cases based on true events and/or myths and legends. Sadly the show on YouTube already ended but both hosts have decided to do an upcoming show called Ghost Files to continue their love of ghost hunting.

Bailey Sarian. She is a youtuber that makes Murder & Makeup Mystery videos. Sarian does her themed makeups while she is also talking about different cases whether they are about serial killers and or unsolved crimes that happened. My favorite episode she did is one where she discusses The Toy Box Killer named David Parker Ray because it was well said and make-up was also very detailed as well.

Nick Crowley. He tells creepy stories about some of the most interesting and dark YouTube channels.

Crowley does not show his face, but uses an intriguing voice to make the viewers want to listen about these episodes that he makes. The conspiracy episodes

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question different types of foods and drinks.

Netflix shows: "Catching Killers." Each episode includes different types of serial killers and a glimpse of what these detectives went through in order to solve these cases. An example of an episode from the show would be the Bind. Torture. Kill: BTK episode. This episode talks about the BTK killer and how they caught him.

that he also makes are also interesting and wants the viewers to also have the same question as to what really happened during this event. A couple of my favorite episodes are The Unknown YouTube Killer and Disturbing FOOD & DRINK Conspiracy Theories in which you

"Worst Roommate Ever." The theme of this show is different roommates that killed their victims. They provide good visuals drawing animations and visuals of the real killers. The first episode is called "Call Me Grandma" which explains the serial killer name Dorothea Puente and what she did to earn her way on attempting to become powerful.

"I Am A Killer." This show is about real killers who explain in their own words as to why they are killers and talk through each episode as to why they committed their crimes. One episode that I found interesting was from season 2 episode 2 called Overkill which was about a killer named David Barnett who stabbed his adoptive grandparents with a knife more than twenty times. He explains as to why he did it and a viewer could tell that Barnett did have trauma and mental health issues that caused him to murder them.



Photo Credit: Rob Walsh