

Wright State University

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The Guardian, Week of November 22, 2021

Wright State Student Body

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Weekly Horoscopes
Star Signer
November 22, 2021

A typical Saturday night looks different for different people. What does your next Saturday night look like based on your zodiac sign?

ARIES

Aries, this Saturday, get a few friends together and go dancing. It is the perfect excuse to let loose and blow off some steam. You deserve it!

TAURUS

Taurus, this Saturday, grab a group of your favorite people and head to the bowling alley. It is a great low key hangout and works for last minute plans.

GEMINI

Gemini, this Saturday is the perfect time to go out to dinner at that one restaurant you've been craving for weeks. Grab a friend or significant other and treat yourself.

CANCER

Cancer, this Saturday is definitely date night for you! Grab your significant other and spend some much needed time together. If you don't have a significant other, have date night with yourself with some much needed self care time!

LEO

Leo, this Saturday is meant to be spent with friends. It doesn't matter what you do, but you are in dire need of the comfort that comes from being around those who support you. Take the time now to make plans.

VIRGO

Virgo, this Saturday is music Saturday for you. Go to a low key concert or set aside some time to listen to your favorite album or playlist. Need inspiration? Check out some of the music reviews at wsuguardian.com.

LIBRA

Libra, this Saturday is perhaps the same as every other Saturday for you: deep inside a good book. Switch it up and pull out a different book this week for a change in scenery.

SCORPIO

Scorpio, this Saturday, find a way to watch a movie. You can go to a theatre, put in a CD that you've had for a while, or even find one playing at a drive-in.

SAGITTARIUS

Sagittarius, this Saturday, like many other Saturdays calls for a party. This week, you will host it.

CAPRICORN

Capricorn, this Saturday will give you time to spend with your family. It's been a while since you've done something with them so gather up everyone you can and have a game night.

AQUARIUS

Aquarius, this Saturday you will find yourself with nothing to do. Use this extra time to look up a fun new recipe to try. Run to the store to pick up everything you need and get baking!

PISCES

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Pisces, this Saturday you will spend most of the night catching up on all the cleaning you have put off the last month and a half. This is only your doing; just remember you will feel much better when you are done.

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Events on Campus Week of Nov. 22

Alexis Wisler

November 22, 2021

Events for the week of Nov. 22 include a Native American Heritage Month event, Women's Basketball and Campus Recreation Hiking.

Monday, Nov. 22

9:30 a.m. | Cru Men's Group

11 a.m. | The Guardian Media Group Recruitment Tabling | Union Market

11 a.m. | Compassion in Action Bake Sale | Union Market and The Hangar

1 p.m. | Association of Native American Students The Truth Behind the Great Mesoamerican Constructions | Cultural and Identity Center

1:30 p.m. | Christians on Campus Bible Study | Rike 044

4 p.m. | Management Club McGohan Brabender Tour | McGohan Brabender

6 p.m. | Abilities Study Group | Rike 033

6 p.m. | Bolinga Black Student Resources Center 2021 Fall Kent Stole Celebration | Student Union Endeavour Room

6 p.m. | Study Tables | Union Market Dinging Room

7 p.m. | Collegiate eSports Club Wright State Raid | Millett 033

Tuesday, Nov. 23

12 p.m. | University Center for International Education Popcorn Tuesday | UCIE office

12 p.m. | Chi Alpha Campus Ministries Tabling | Student Union Upper Atrium

5:30 p.m. | Campus Recreation Running | Alumni Tower

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7 p.m. | H2O Church Night Life Group | Oelman 109

7 p.m. | Association of Black Business Students Personal Mission Statements with Joyce Winters | Rike 163

Wednesday, Nov. 24

11 a.m. | Chi Alpha Campus Ministries Tabling | Student Union Upper Atrium

2 p.m. | Women's Basketball vs. Xavier | Nutter Center

6 p.m. | Campus Recreation Hiking | Alumni Tower

7 p.m. | Tabletop Club Board Game Nights | Fawcett 204/210

Thursday, Nov. 25

2 p.m. | Christians on Campus Bible Study | Rike 044

7 p.m. | H2O Night Life Group | Allyn 124

Friday, Nov. 26

No events are currently scheduled.

Saturday, Nov. 27

8 a.m. | Neurosurgery Interest Group Surgical Workshop Case | White Hall

Sunday, Nov. 28

No events are currently scheduled.

Five Fun “Which Are You” Quizzes to Take

Katie Jones

November 22, 2021

Online quizzes are a quick, fun activity to do and compare results with your friends. Here are five different ‘which are you’ quizzes to take.

Squid Game character

The popular Korean show Squid Game is filled with characters of varying moralities, complexity and roles. From kindhearted Ali to loner Sae-byeok to pragmatic Sang-woo, there are several characters for viewers to relate to.

Timed questions and Mitzi song selections are just a few of the questions asked; it is not always easy to guess which character one will be assigned.

You can find out which Squid Game character you are [here](#).

Uncommon fanfic trope

Tropes are staples of fiction, but fanfiction tropes can vary quite widely from traditional fiction tropes. As the description states, fluff? no. enemies to lovers? no. hurt/comfort? no.

Instead, questions about aesthetics and favorite letters determine one’s trope. Some possible results include the red string of fate and bodyguard au.

Take the quiz [here](#).

Season

To celebrate the change from fall to winter, the next quiz is about the seasons. There are plenty of quizzes about which season you are, but this particular [quiz](#)’s results have an in-depth description of your season. It also gives song recommendations based on the given season.

1895-1905 short movies

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Movie quizzes are ubiquitous, from which character are you quizzes to the movie trivia. This quiz stands out simply because of the age of the movies it lists.

Ranging from 1895 to 1905, questions like ‘which of my 2012-2017-ish interests that truly shaped the person I was at the time were you also highkey into,’ all combine to tell you which short movie you are.

You can take the quiz [here](#).

Spotify playlist

There are never too many playlists to explore, and this quiz provides fun and wacky results and a new playlist.

Results include playlists with titles like whoops and Apocalypse Tunes while the questions are about baking mistakes and prohibited airplane items.

The quiz can be taken [here](#).

Five Easy Ways to Live More Environmentally Conscious

Alexis Wisler

November 23, 2021

It can be difficult for busy and broke college students to be conscious about living zero waste, but these easy and affordable swaps make it possible to live more environmentally conscious even in the busiest time of the semester.

Metal straws

Metal straws can be found in almost any store and are a great way to reduce plastic waste. Storing a metal straw in a backpack or purse and using it instead of plastic straws at restaurants or on campus is an easy and simple zero waste swap that does not cost a lot.

Many stores also sell cleaning brushes for metal straws to ensure that they stay clean and bacteria-free in between each use.

Reusable produce bags

Another easy zero waste swap is to use reusable produce bags at the grocery store instead of the plastic bags that are available in produce sections. Of course, using reusable bags to carry all groceries instead of plastic bags at checkout is also a great way to reduce plastic waste.

Reusable produce bags can be found at a variety of stores including Target and T.J.Maxx, but any reusable bag will work.

In addition, try to avoid buying prepackaged produce and opt for loose produce instead.

Wool dryer balls

Instead of using dryer sheets that will end up in landfills, use wool dryer balls instead. Wool dryer balls last a long time and help reduce static electricity in clothing just as much as dryer sheets. Additionally, adding a few drops of essential oil to wool dryer balls is a great way to add fresh and inviting scents to laundry.

Beeswax Food Wrap

Another great zero waste swap that students can make is using beeswax wrap instead of plastic wrap to store and pack food. There are numerous brands for beeswax wrap that can be found in stores and online. This is also a great way to save money by eliminating the need to buy plastic wrap and sandwich bags.

Stainless Steel Reusable Razor

Lastly, stainless steel reusable razors are a great way to reduce waste and save money. Although these razors can be a little pricey, they will ultimately result in savings from eliminating the need to constantly buy new razors. The stainless steel means they will last a long time and all the only waste that is produced are the blades when the old ones need to be switched out for new ones.

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Dean Taylor Answers Your Questions About New Vaccine Mandate

Jamie Naylor

November 23, 2021

Wright State University (WSU) implements the new COVID-19 vaccine mandate for university employees. Dean of Students, Chris Taylor answers questions regarding the new policy.

Q: Why did WSU implement a COVID-19 vaccine mandate for employees?

A: “This is a federal mandate, that has to do with research institutions.”

Q: What happens if student employees refuse to become vaccinated against COVID-19?

A: “Outright refusal would probably mean they [could not] be a student employee anymore.”

Q: What is the process for university employees who refuse to comply with the new policy?

A: “ [We are] going to take an educational approach and, you know, have HR reach out to work with supervisors to begin a conversation about what’s going on, about the exemption process. And then anything beyond that, we use our existing progressive, disciplinary process.”

Q: What happens if university employees refuse to receive a COVID-19 vaccine?

A: “[Employees must] do one of those two things, upload your vaccination information or have a university-approved exemption. And so I think, yeah, that [non-compliance] could result in somebody not being able to work here [WSU].”

Q: What if WSU does not comply with the federal mandate that prompted the WSU policy change?

A: “I do know that any of that kind of guidance that, you know, that’s kind of the last step is taking away somebody’s [institutions] federal financial aid. There’s usually progressive discipline for institutions that don’t comply.”

More on campus-wide communication detailing policy change [here](#).

Five Ways to Get Some Serotonin Amid Seasonal Depression

Brendan Blankenship

November 23, 2021

Seasonal depression affects many of us, especially when it becomes dark before dinner time. Here is how you can get some of that serotonin back.

Put on your favorite holiday movies.

Nothing helps fight low moods more than positive messages (or humor!) and light-hearted music. Dim the lights, grab a favorite holiday dessert, get a warm blanket and put on a comforting movie.

Decorate!

Changing the appearance of your home will make a difference, whether it's holiday decorations or simply a new look. Doing something productive and fun will help lift low spirits and seeing the hard work pay off after will make you proud!

Invite your friends over for dinner and desserts.

Seasonal depression affects millions of us, your friends will need comfort too. Why not invite a few over for dinner and desserts? A lot of us stop communicating during these times so it is a great way to catch up and have fun for an evening!

Make a stop at your local bookstore

Most towns have a bookstore somewhere, even multiple. Find them! Most bookstores are very warm, some have coffee shops, and they are quiet. These are great spaces if you need personal time but also need to have something to do. Try and find some of your favorite books and crack open new ones!

Holiday lights!

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When it gets dark outside early, it is easy to feel depressed. But the sun setting early is the perfect opportunity to look at holiday light displays. This is a great way to spend the night hours to brighten up your mood.

Five YouTube Channels That Are Good for Your Health

Kristina Shue

November 24, 2021

Everyone is chronically online these days, so using that for self-help is a great idea.

[Scola Dondo](#)

Scola has been making health and fitness videos for a decade since she was an early teen struggling with her weight. Over the past ten years, she has uploaded hundreds of videos not only discussing physical health, but also mental health, mindfulness and appreciating your self-worth no matter your situation.

You can find tips for healthy eating on a budget, dance workouts, talking about the very real disorder of binge eating and even testing beauty routines. Scola is open and welcoming to the audience and brings viewers compassionate and relatable advice.

[Kati Morton](#)

Kati Morton is a licensed marriage and family therapist, author of two mental health support books and a long-time YouTube presence. Kati has been putting out weekly videos since 2011 and now has hundreds of videos offering expert advice on a myriad of mental health issues and general life advice.

Though she specializes in eating disorders, you can find playlists on her channel for bipolar, depression, anxiety and other disorders. She even has a playlist where she helps walk viewers through the process of deciding when and how to seek professional help. The kind yet realistic advice offered in her videos are aimed to help as many people as possible live with a healthy mind and healthy body.

[Sexplanations](#)

Sexplanations is the more mature version of all the sex ed you didn't get in high school. Clinical sexologist Dr. Lindsay Doe walks viewers through the ins and outs of sexuality, from the proper names to body parts and their functions to tips for your first time, to negotiating romantic and sexual relationships, to the physical and psychological health benefits of self-pleasure.

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Sexplanations has been uploading content for the past eight years and is not afraid to tackle tough topics. Many guests have also appeared on the show to give a voice to marginalized groups such as intersex people, transgender people and sex workers. Doe enthusiastically delivers a wealth of information and always encourages her audience to “stay curious!”

Dara Hoffman-Fox

Dara Hoffman-Fox is a licensed professional counselor, self-described gender therapist and author of a self-help book on discovering your gender identity. They have been creating YouTube videos for the queer community since 2014. They create content aimed at the mental wellbeing of the transgender community and consider themselves a trans elder, as they are non-binary. Although their videos are aimed at the queer community, their advice about self-discovery and self-worth can be useful for anyone.

Good Mythical Morning

They say that laughter is the best medicine, and Rhett and Link know how to bring on the laughs. Although Good Mythical Morning has been around since 2015, Rhett and Link have been creating comedy content on YouTube for much longer. They have published a book, created a YouTube Red series, briefly had a television series, have been featured on numerous talk shows, put out two musical albums and have multiple podcasts, so you'll never run out of content.

Their daily show is full of games, jokes and most importantly, snacks. Rhett and Link have become well-known for their fun food taste tests and unique games and challenges, and present plenty of ideas for their audience to have their own fun.

Tips to Relax Over Holiday Break

Ellee Rogers

November 24, 2021

While the holidays can welcome a lot of love and light, they can also bring chaos and stress with them. This holiday break, take some time to unwind and cherish the time off. Here are some tips on how to relax during the break.

Practice mindfulness

Mindfulness can be found in multiple mediums. Being mindful can help students to appreciate their own life and find joy in its little moments. To practice mindfulness, try journaling, meditating or walking. Journaling acts as a wonderful release to any built-up emotions from the past semester.

Meditating may seem challenging at first, but it works towards freedom and letting go. Depending on one's personal comfort with meditation, sit for five minutes to 30 minutes and focus on your breathing.

This helps to clear the mind and create a sense of balance in the day. If this feels too extreme, try walking. Getting out in nature and moving will help to calm the mind and allow room for some great ideas simultaneously. Any of these practices can add routine and peace over the holiday break.

Set aside personal time

The holidays are known to be filled with family time and interacting with a lot of people, so it is important to set aside time to be alone. This can be listening to music, reading, watching a movie or even taking a drive.

All of these suggestions allow a pause from social interaction, allowing one to process their emotions and find themselves. These actions also help you to get lost in something you enjoy, creating happiness. Focus on activities that bring entertainment and joy to further capitalize on creating a great mood.

Interact with others

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Once you have had some personal time, make an effort to socialize with other people. These could be family members, friends or anyone students enjoy being around. Connection is such an important aspect of life, and it can really soothe and relax people over the holidays. Find some fun board games to play or tasty cookies to bake with people that make you smile.

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Upcoming Marvel Projects in 2021 and 2022

Noah Kindig

November 24, 2021

In recent years and especially over this past summer, Marvel Studios has blessed its fans with amazing projects.

Loki, WandaVision, Shang-Chi and the Legend of the Ten Rings, Black Widow and many more have all been massive successes for the franchise.

But, the company has shifted its attention to new movies and projects coming out soon, leading up to the summer of 2022, where Doctor Strange in the Multiverse of Madness will be the most anticipated film.

Spider-Man: No Way Home

The soonest arrival of the upcoming feature films, Spider-Man: No Way Home, will take place just after the events of Spider-Man: Far From Home.

The young superhero checks in with Dr. Strange to fix his problem, but a spell gone wrong makes the whole situation haywire, bringing multiple timelines together.

Doctor Strange in the Multiverse of Madness

Doctor Strange in the Multiverse of Madness, currently scheduled to release on May 7, 2021, follows Benedict Cumberbatch as Dr. Stephen Strange and is rumored to combine the plots of WandaVision, Spider-Man: No Way Home and Dr. Strange all into one.

The film may take a new look into a theme for superheroes, with horror being the new lens.

Disney+ Day

12 new titles being announced in one day is pretty big news for any franchise.

The announcements included new seasons for fan-favorite shows like Loki, lovable characters getting their own series like Agatha House of Darkness and new heroes getting their origin stories like She-Hulk, Ms. Marvel and Moon Knight.

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From What If? Season 2 to the adorable Groot getting its own series, Disney+ Day was a huge success for Marvel.

SGA: New Resolution and COVID Vaccine Requirements

Katie Jones

November 24, 2021

Wright State University's (WSU) Student Government Association (SGA) met on Nov. 23 to discuss Resolution 21-03, COVID-19 vaccination requirements and upcoming events.

Resolution 21-03

SGA voted on Resolution 21-03, which proposes that WSU allow electronic payment services, such as Venmo, for student organizations for fundraising purposes.

"Without Wright State's approval to use these electronic payment services, student organizations face barriers to fundraise," Vice President Sabrina D'Alesandro said.

SGA voted on the resolution and passed it unanimously.

COVID vaccination requirement

On Nov. 11 WSU Communications sent an email announcing all WSU employees must get the COVID vaccine in response to President Biden's Executive Order 14042. This includes student employees.

All WSU employees must submit proof of their vaccination status or obtain an exemption for medical or religious reasons by Jan. 4, 2022.

"As long as folks are showing good faith effort to get that accomplished... with a shot vaccine regimen, they've got their first shot, the second one scheduled, there's certainly some flexibility on the deadline," said Dean of Students Chris Taylor.

Updates and announcements

Director of Academic Affairs Krista Long is working to resolve issues with the LGBTQ scholarship application.

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Currently, the application does not allow for closeted students to have the opportunity for funding without outing themselves. Parents have proxy power over Wings accounts and could see their child's answer.

"They're having to choose 'No' because they're not out to their families. So we're trying to resolve that issue so that students don't have to choose safety over funding in the event that they may not be accepted by their family," Long said.

Another change in the works is integrated writing course approval policies. Director of Internal Affairs, Garrett Regan, attended the Undergraduate Academic Policies Committee (UAPC) meeting and discussed the policy with them.

The UAPC discussed updated requirements for integrated writing for exceptional circumstances, such as students being unable to take required courses because they were not being offered.

"Students will have the opportunity to write a paper under the guide of a faculty member and that will then count for their integrated writing credit and it will have to be approved by their department chair report," Regan said.

Also in new business, SGA's Speaker of the House Dai'Shanae Moore resigned as of Nov. 22, according to SGA President Jonathan Ciero.

Upcoming events

SGA also discussed upcoming events, including commencement.

Masks will be required at commencement and spacing will be encouraged but not required. Graduates will be seated three feet apart from each other. Graduates who were unable to walk last spring are able to come back and walk if they want to.

Other upcoming events include the Engineers Without Borders euchre tournament on Dec. 3 at 5 p.m. Located in the Apollo Room, it costs \$8 for students and \$10 for non-students. It will be 'Clue' themed and have prizes for students.

Five Unique Holiday Foods From Around the World

Katie Jones

November 25, 2021

With the holidays coming up, many Americans will be looking forward to dinner staples like mashed potatoes and gravy, turkey and stuffing. In other countries, holiday food varies widely. Here are five-holiday foods that are eaten around the world.

China: zongzi

[Zongzi](#) is made by wrapping bamboo leaves around sticky rice stuffed with a filling, generally meat. They are difficult to make, requiring several hours to boil and to be carefully folded in the bamboo leaves.

The food is eaten during the Dragon Boat Festival, a holiday occurring on the fifth day of the fifth month using the lunar calendar. One story that explains the importance of zongzi is the legend of Qu Yuan, the creator of zongzi.

Qu Yuan was a well-liked government official who was exiled and eventually threw himself into the Miluo River. Later many people threw zongzi into the river to stop fish from eating his body.

Later stories say the zongzi stopped a flood dragon from eating his body because of the bamboo leaves and five color strings. Supposedly, if the zongzi had those materials, Qu Yuan's body would be protected.

Greece: melomakarona

Melomakarona is another traditional holiday food. It originates from Greece and is common at Christmas dinners. Dipped in honey and sometimes topped with crushed walnuts and cinnamon, it is a sweet, oval-shaped desert.

It has roots in Greece coming from the word makaria, meaning 'pie for the soul.' Melomakarona was offered at funerals and briefly after to bless the dead.

It is unclear how melomakarona became a holiday food, though now it is a common Christmas sight in Greece.

Vietnam: Bánh chưng

Bánh chưng, or Square Sticky Rice Cake, is a Vietnamese dish eaten during Lunar New Year. A sticky rice layer wraps around a mung bean and pork filling.

Like China's zongzi, bánh chưng has its own story. A Viet king held a competition to see which of his sons could bring the best dish for the Lunar New Year.

The one with the most delicious dish would become king.

The king's poorest son created bánh chưng, using a square shape and green outer layer to symbolize Earth. His father was impressed and passed the throne to him, and bánh chưng has been a Lunar New Year dish since.

Four Easy Holiday Recipes to Try Over Break

Jamie Naylor

November 25, 2021

The holidays are just around the corner. Here are some easy party recipes perfect for a holiday get-together with friends.

Savory

Charcuterie board

An arrangement of meats, cheese, fruits and condiments, this dish is an easy classic to bring to any gathering.

There is no set recipe for this dish, just grab a wooden food-safe board or another serving dish and arrange your favorite meats, cheese and snacks.

Each board is customizable and can be modified for different dietary needs such as vegetarian and gluten-free. Making the board with friends can turn this dish into a fun group activity as well.

Garlic Parmesan Knots

Bread is always a crowd pleaser especially when it is smothered in butter and gooey cheese.

This easy garlic parmesan knot recipe from the cooking blog Damn Delicious is the perfect dish to bring to a holiday gathering.

The recipe includes the spices garlic powder, oregano, parsley and salt. Combined with butter and cheese, they recommend parmesan and canned buttermilk biscuits.

An oven or toaster oven is required. Read the full recipe [here](#).

Sweet

Pumpkin Pie Twists

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This twist on a classic holiday dish is an easy way to spice up the holidays.

This recipe from the dessert food blog *Deliciously Sprinkled* uses layered canned crescent roll dough, pumpkin puree, pumpkin spice with butter and cream cheese icing to create a delicious sweet treat.

Find full recipe details [here](#).

Apple Brie Crostinis

With apple season still going strong, these cute little toasts make for the perfect appetizer.

The recipe is simple, only requiring a baguette, brie cheese and apples.

Find the full recipe on [Tasty's website](#).

Group Games For Holiday Get-Togethers

Jamie Naylor

November 25, 2021

With the holidays approaching and group gatherings back in trend, board games and card games are a great way to spend time with loved ones. Here are just a few highly regarded games to get the fun started this holiday season.

Blockbuster-The Game

Millennials and 90s kids will love this new board game, based around movie trivia and the notable Blockbuster chain store.

Suitable for four or more players, the trivia game encourages players to guess a movie based on quotes or visual cues. It encourages group collaboration and communication.

Released in summer 2021, the interactive board game has received high reviews from gamers and consumers.

Cards Against Humanity

This adult comedy card game is a classic group experience suitable for two or more players.

The simple game was released in 2010, with updates to the game occurring every few years. The company has also expanded the game by adding extension packs and different versions of the game.

More about the company and game can be found on their [website](#).

Disney Villainous

This family-friendly board game is perfect for any Disney fan.

Requiring two to six players, this game involves a board, cards and character pieces. Each player takes the role of a Disney villain while moving through the storytelling game.

Updated editions have been released since the initial 2018 release date.

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All these games can be purchased in stores like Target and Walmart or via online retailers like Amazon.

Four Simple Crockpot Recipes to Save Time

Erika Jones

November 26, 2021

This time of the year can be busy, leaving little time for dinner. With these four simple crockpot recipes, anybody can have them ready to go in no time.

Red bean chili

Recipe:

1 large Brook's Hot (or mild) Chili Beans

1 lbs of hamburger meat

2-3 tbsp (roughly, can be adjusted for personal taste) mild chili powder

1 quarts (or less, this can be adjusted for personal taste) stewed tomatoes

1/2 medium white or yellow onion diced

Salt and pepper to taste

To get started, cook the hamburger and onion in a pan before transferring to the crock pot.

Once the meat and onion are cooked, you can season it with salt and pepper and add the mild chili powder. Afterwards, everything can be thrown into a crockpot and allowed to cook either on low for eight+ hours or on high for four to five hours.

Slow-cooker baked beans

Sometimes, finding a good and easy side can be difficult. This recipe found on The Spruce Eats website is a great one to give a try, especially as a side for hotdogs and hamburgers.

The recipe can be found [here](#).

Slow Cooker Stuffed Pepper Soup

Stuffed peppers are a wonderful dish that can be turned into soup. There are not many ingredients that have to be hunted down and it takes little time to prepare.

This recipe can be found [here](#).

Slow Cooker BBQ Meatballs

If people want a recipe that is simple and a great side dish for a gathering with friends and family, then these meatballs are great since the recipe only has 3 ingredients.

This recipe can be found [here](#).

Three Ways to Workout Without Leaving Home

Alexis Wisler

November 26, 2021

Exercise is scientifically proven to improve mental health, but with the winter weather setting in it can be difficult to get to the gym. It is easy to beat the winter blues and get a workout in while staying home with a little bit of creativity.

Dance it out

Dancing is an easy and fun way to get your body moving and it can be done without leaving the house. There are several channels on YouTube that provide guided dance workouts.

MadFit is a popular fitness Youtuber with videos for all experience levels. Some of her most popular videos are her dance workouts. Her dance workouts range from three to fifteen minutes and include popular music such as One Direction and Dua Lipa.

The Fitness Marshall is another popular fitness Youtuber that focuses on fun and easy dance workouts. All of The Fitness Marshall's videos are easy to keep up with and he even includes different experience levels in the same video with backup dancers.

Yoga for a healthy body and mind

Yoga is a great way to relieve stress and fight the winter blues and is a low-impact workout. There are hundreds of yoga videos on YouTube to fit any mood.

The channels Yoga with Adriene and Yoga with Bird both post yoga videos that range in length and experience level. There are videos for morning yoga, bedtime yoga, stress relief yoga and almost any other goal or mood.

Get creative

If students prefer working out at their own pace and not by following a video, there are other ways to exercise at home. Doing bicep curls or weighted squats with a backpack full of books can be an easy way to strength train without weights. Another way to get exercise at home is by playing with pets.

Facebook Changes Name to Meta: What to Expect

Noah Kindig

November 26, 2021

On Oct. 28, Facebook announced in a virtual reality conference that the social media giant will be changing its name to “Meta” and announced its new flagship project called the “Metaverse.”

Throughout the conference, Facebook talked about how it hopes to advance social interaction, fitness, work, education and more all through the Metaverse, its new virtual reality social media program that allows creators from around the world to pitch in.

It will combine augmented reality (AR), extended reality (XR) and virtual reality (VR) all with the real world as a new way to connect with friends.

Social interaction

The first showing of the conference included new ways to interact with friends which include sharing a card game online, a virtual reality home space and art found on the street that can turn into 3-D artwork inside the metaverse.

Inside of all of this, Facebook (now Meta) hopes to create real social interaction experiences, like facial expressions, seeing one another and playing games all virtually.

That virtual space will also have other aspects to it, like creating an avatar. These avatars will be different from the average profile picture, using facial expressions in real life and being a representation of people in the Metaverse.

What will change?

Facebook users, however, can expect things to stay the same for now.

The Metaverse will take years to develop, and until that happens, Facebook, Instagram and other services that Meta now runs will continue to operate as normal.

But, with Facebook’s announcement of the Metaverse release to come in the next few years, social media, and the way we interact with one another, will never be the same.