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The Missouri Miner

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PELOSI'S TASKFORCE

Image from nytimes.com

Megan Percy
News Writer

Following the storming of the nation's Capitol Building on January 6, 2021, Speaker of the House Nancy Pelosi has begun organizing a task force to investigate the perpetrators. Pelosi and other house democrats have met resistance from Republican leaders who are concerned that the true goal of the task force will be to attack former president Donald Trump, following the senate's vote to acquit President Trump of impeachment charges on February 13th. Republicans have warned the opposing party that, since President Trump's impeachment trial has concluded, the task force should make no attempt to rehash the proceedings. Pelosi has stated that the committee is purely intended to look over the facts of the incident.

House Administraion Chairwoman Zoe Lofgren has already begun to write up legislation concerning the formation of the 9/11 type committee, and said legislation is already said to be under review in Speaker Pelosi's office. Part of the investigation will include analysis of statements President Trump made in his speech on January 6th, that democrats claim spurred action in the supposed rioters. Repub-

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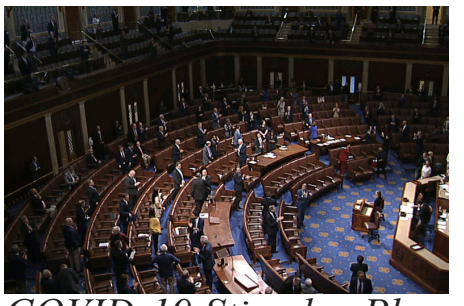
NEWS



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Publication

The Missouri Miner is a publication of the students of the Missouri University of Science and Technology. It is distributed each Wednesday in Rolla, Missouri.

The Missouri Miner encourages comments from its readers and will attempt to print all responsible letters and editorial material received. All submissions must have a name, student ID number, and phone number for verification. Names may be withheld if request is justified.

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Submissions for publication must be sent to our Editor-In-Chief dgn3md@umsystem.edu by 3:30 p.m. on the Thursday before publication. Paper submissions through our mailbox at 218 Havener Center are also accepted. The Missouri Miner reserves the right to edit all submissions for style, grammar, punctuation, spelling, length and matters of good taste.

The Missouri Miner is operated by students of Missouri S&T and the opinions expressed in it do not necessarily reflect those of the university, faculty or student body.

Guest Writers Wanted!

Do you have opinions about things such as sports, music, ovies, things happening around S&T or Rolla, or organizations you're involved in??

If you have things to say, write an article for the Missouri Miner to be published in an upcoming issue!
Email your article to dgn3md@umsystem.edu!

February 24, 2021

COVID-19 Stimulus Plan

Mary Rommer
News Writer

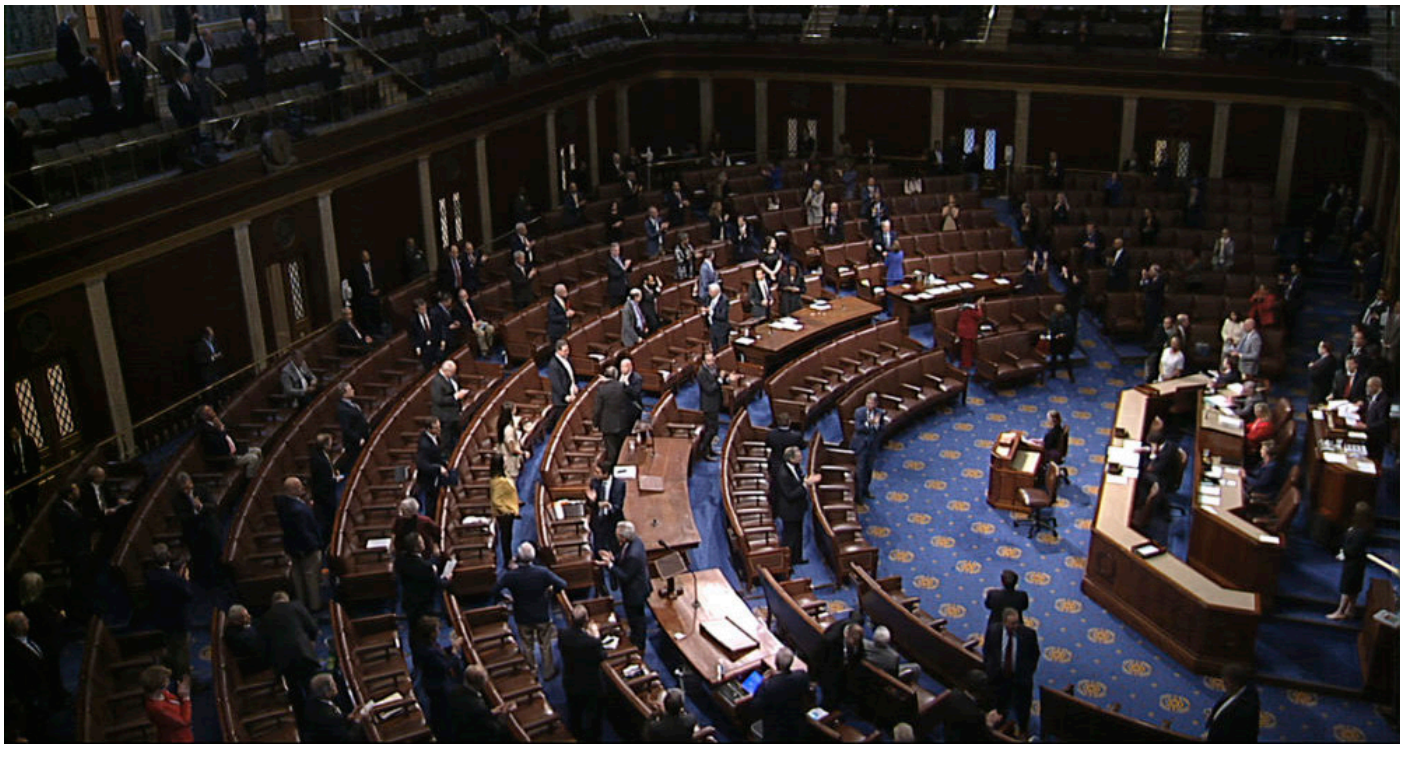

Image from https://www.wbur.org/

On Friday, February 19th, democrats released a 591-page bill outlining a proposed stimulus plan.

The House Budget Committee is set to consider the bill on Monday, February 22nd.

The bill has many components to address the many areas of loss which have occurred during the COVID-19 pandemic. One such component would provide direct payments of up to $1,400 per person for couples earning less than $150,000 per year and for individuals earning less than $75,000 per year as based on 2019 or 2020 income. Those earning more than the aforementioned cutoffs, would receive smaller stimulus checks. Individuals earning more than $100,000 per year and couples earning more than $150,000 per year would not receive any stimulus check. Additionally, the bill seeks to assist those who are out of work due to the COVID-19 pandemic by extending current unemployment programs and increasing federal unemployment checks from $300 per week to $400 per week. Other financial support would include nutrition and housing assistance. The bill would extend food stamp benefits and the Pandemic-EBT which provides funding for meals to school age children whose schools are closed and who received free- or reduced-price meals. WIC benefits will also be invested in if the bill is passed.

For purposes of housing assistance, the bill would send over $19 billion to states and local governments for purposes of rent assistance, utility assistance, and helping homeowners pay mortgages, utilities, and taxes. Additionally, the bill seeks to raise the federal minimum wage gradually up to $15 an hour by 2025.

The bill also proposes to increase tax credits for families in 2021. If the bill is passed, a tax credit of $3,000 will be applied for children under 6 and a tax credit of $3,000 will be applied for children under 18. These credits would be fully refundable.

Small businesses would also benefit from the passing of the bill which would invest $25 billion into a grant program for bars and restaurants to assist with payroll, mortgage, utilities, and supplies. Furthermore, $15 billion would be invested in the Emergency Injury Disaster Loan program. The Paycheck Protection Program would also receive funding.

School's will also receive financial assistance if the bill is passed, including $130 billion to K-12 schools to be put towards any building updates necessary for reopening and preventing layoffs. Given the funding, schools would be required to use a certain percentage for catching students up with longer school days or summer school. Colleges would also receive a $40 billion pot of money to provide emergency grants to students. Child care providers would receive $39 billion to pay employees, buy PPE, and assist families in need.

The bill will also provide funding for COVID-19 research, including vaccine development. Money would be set aside for vaccine distribution, administering vaccines, and convincing more people to get vaccinated. Funding would also be set aside for contact tracing and testing. Furthermore, funding would be available for strengthening the public health workforce.

Aid to states, health insurance subsidies, and Medicaid are amongst other components of the relief plan.

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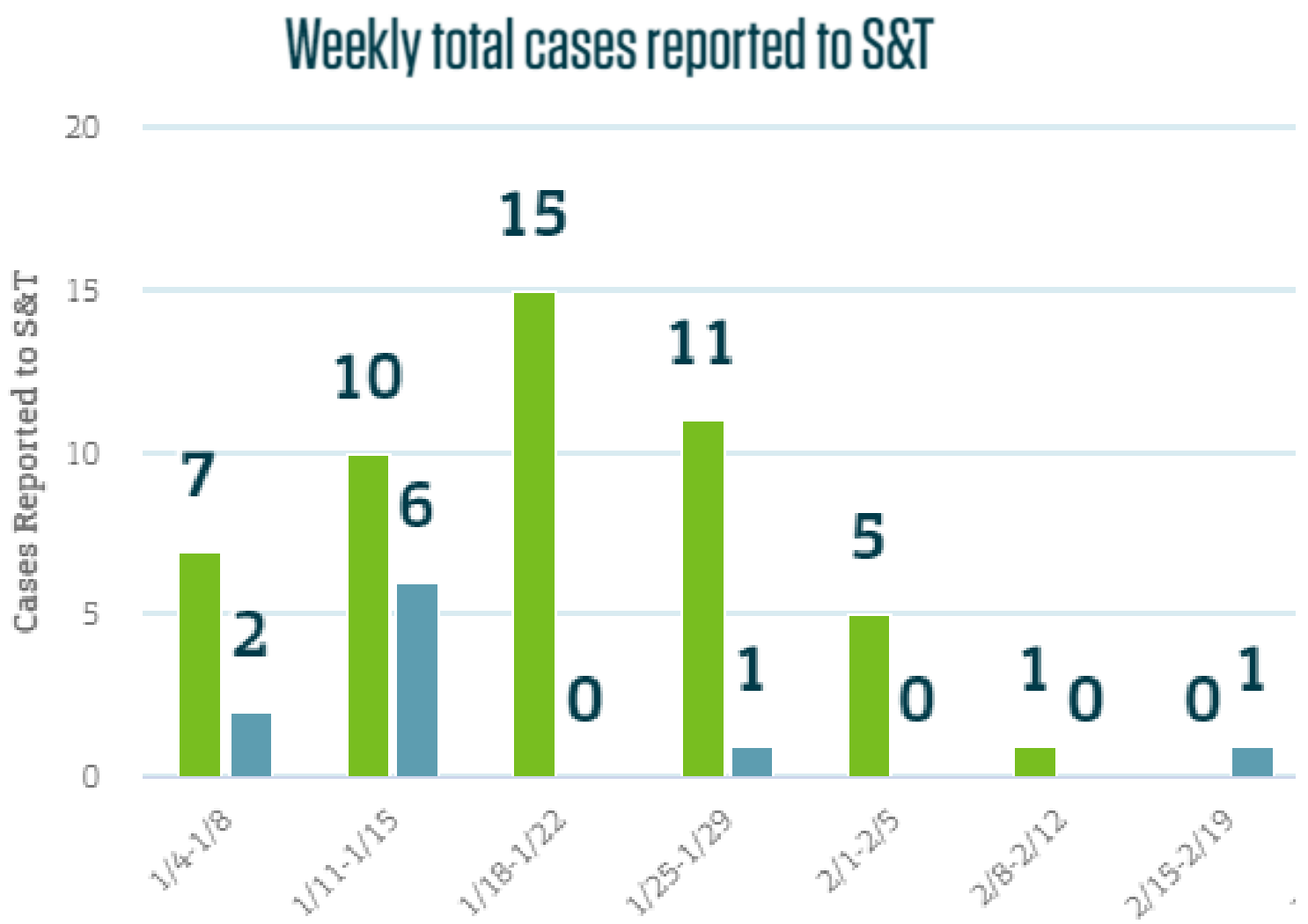
licans, however, have expressed that they would like Pelosi's role in the insurrection to be explored. Republicans have raised concerns that a lack of security at the capitol proceedings is what allowed the rioters to overrun the capitol. House Minority Leader Kevin McCarthy and associated high-ranking Republicans have also introduced legislation for a fact-finding committee to investigate why security was so lacking on January 6th amongst other concerns. Both parties have found the other's actions to be motivated by allegiance to a political party rather than concern for the safety of the nation as a whole and the people that make up the nation.

The question of whether or not Pelosi's 9/11 type commission will have any interference with the ongoing Senate probes has been a source of much political friction. Pelosi's office has argued that, in the case of the 9/ll commission, that there were outside and inside components to the investigation. The original 9/11 commision, which began a year after 9/11, had a duration of 20 months and not only investigated the incident but how to prevent it from happening again. Similarities may be seen in the January 6th commission as Lt. Gen. Russel Honoré has been appointed by Speaker Pelosi to conduct a full evaluation of the U.S. Capitol's security.

Another question which has been raised is what will this new commission be able to achieve without Republican support? Democrats could pass legislation to start the committee with their votes alone, but would need partial Republican support to overthrow any filibuster attempted. Either way, as expressed by former Sen. Joe Lieberman, who served on the 9/11 committee, bipartisan support will be required for there to be any results in this investigation.



February 24, 2021

Chief Diversity Officer Fired

Sophia Rowland
News Writer

On February 11, 2021 Neil Outar, 42, was relieved of his duties as the Missouri University of Science and Technology Chief Diversity Officer. Outar had been a Missouri S&T staff member since 2015 and, in his role as Chief Diversity Officer, he served as the Title IX coordinator, the chief equity officer, and the American with Disabilities Act (ADA) compliance coordinator. Outar also ensured the university's compliance with laws and regulations related to civil rights and disabilities. He previously served as the interim Chief Diversity Officer for two years.

Outar was fired from the university as a result of criminal charges against him. On Wednesday, February 10th, the South Central Missouri Computer Crime Task Force announced that Outar was arrested and charged with seven counts of possession of child pornography, which is a felony. The Phelps County Police Department began looking into Outar after seven cyber tips came from an internet provider. The tips alerted authorities of suspected child pornography that was uploaded and preserved within a user's data storage account. Throughout the investigation into these tips, Outar was identified as the suspect. Looking further into Outar, police found several videos and images of child pornography. These videos and images had been downloaded in November and December of last year.

On Tuesday, February 9th, the sheriff's department interviewed Outar at his residence in Rolla, MO. Outar "claimed ownership, custody, and control" of the initial account from the Cyber Tip and another moniker account, according to the sheriff's department. During the interview, Outar stated he "knowingly but recklessly possessed child pornography".

Outar was arrested Tuesday night after the police interview and was charged Wednesday morning with seven counts of possession of child pornography. Outar was denied bond and he is currently imprisoned. Outar was denied bond as he poses danger to children and is a potential flight risk as a result of losing his job, family, and freedom. The Phelps County Sheriff's Department is encouraging anyone who has information pertaining to this case to contact them. This can be done through phone or email, which can be found on their website.

Missouri University of Science and Technology released a statement informing the public of their full cooperation with authorities regarding the investigation into Outar and announced his removal from the position of Chief Diversity Officer. The position is currently being filled by Anitra Rivera. Rivera has been an employee of Missouri S&T since 2013. She has served as an HR Manager and Employee Assistance Practitioner, the Director of Special Projects, Human Resources, Equity and Inclusion, and Director of Student Diversity Initiatives. Her position as acting Chief Diversity Officer started February 11, 2021.

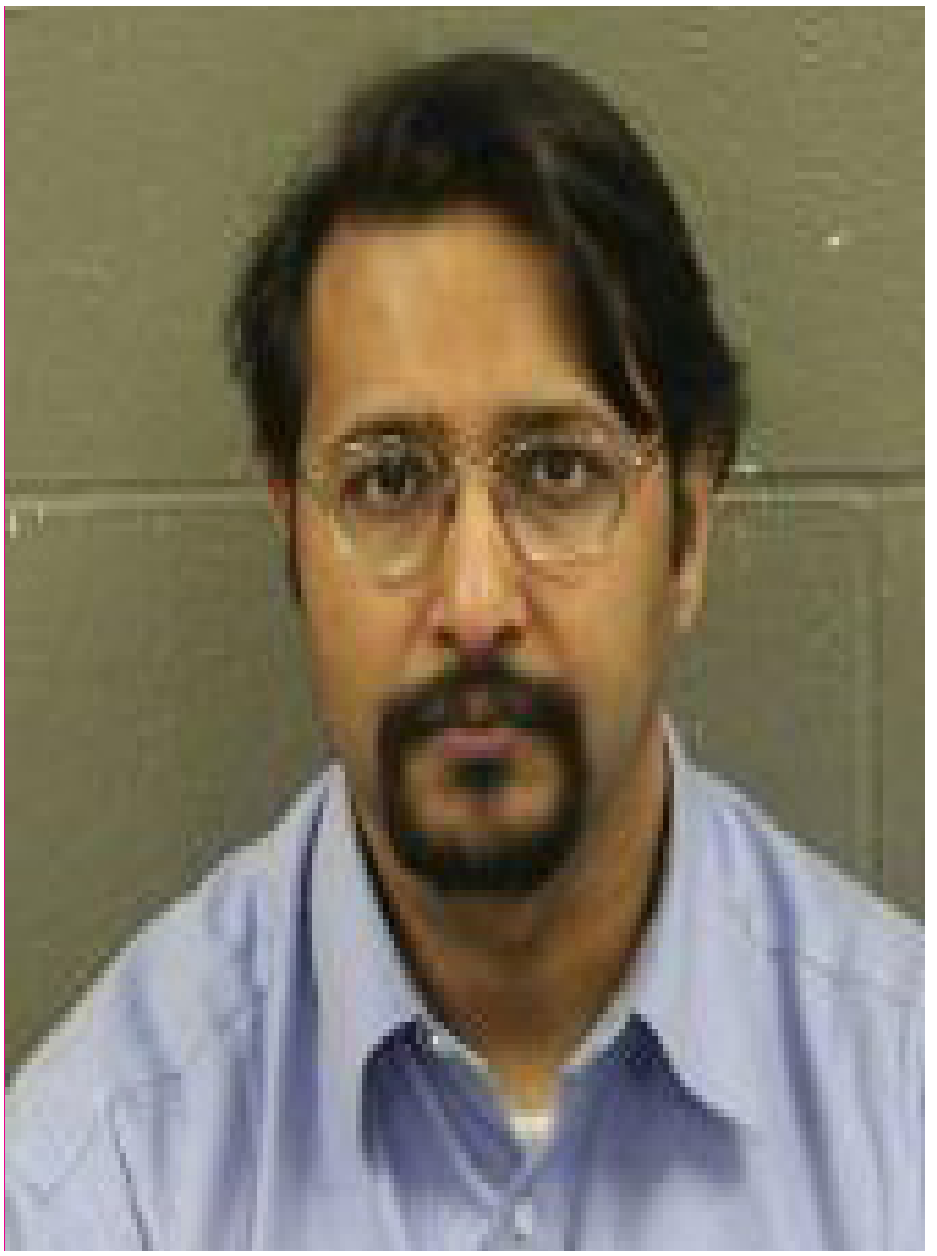


Image from https://krcgtv.com/

The Missouri Miner

February 24 , 2021

Staying Fit with Julia Meyr

A Cold Day's Workout

As most places right now, it's extremely cold outside! If you're like most people, driving in extreme weather conditions means it calls for a snow day, or off day. But, this off day doesn't mean off from working on yourself! That means you get to do a killer workout at home! I don't blame anyone wanting to stay home in the warmer (hopefully still warm) house, all cozied up, and having the day to chill on the couch. But, without getting that heart pumping, you are helping yourself if that attitude lasts for days on days. Get in the habit of being able to adjust to the changing conditions. Don't give yourself the opportunity to make excuses, instead conquer your day right off the bat!

So, here's a few at-home workouts for a day you just can't get out on the roads!

Workout 1 (@danyelewilson **):**

- Superset: DB Squat Thrust AND Half Burpee Tuck Jump: 30 each
- Superset: RDL DB a Lean to Forward Lunge AND DB Mountain Climbers: 30 each
- Superset: Alt. Lateral Goblet Squat AND Lateral Bear Crawl to Straight Jump: 30 each
- 3 rounds each superset! 1 minute rest in between supersets.

Workout 2 (@thesamplan**):**

- Four Rounds: 10/10 lying alternating leg lifts AND 10/10 banded single leg rdl
- Five Rounds: 10 banded overhead squat AND 5 banded jump squats AND 10/10 plank knee to elbow
- Five Rounds: 10 banded plank jacks AND 10/10 London bridges

Straight H.I.I.T.

Become an athlete. Become determined. Become strong-minded. Become physically and mentally strong! Don't say you'll do something and not follow through. Don't quit on yourself. Don't stop halfway through. Don't make excuses. You are better than that. You are better than what your mind is telling you right now. No matter how advanced you are, or how far out it's been since you've worked on your physical and mental well-being, there's never a time to stop working harder. Start working towards you. Start challenging yourself day-by-day. Never, ever settle for less.

Nevertheless, challenge yourself with these two killer H.I.I.T workouts. If you are a beginner, modify the workouts that best suits you, or kick it up a notch if you please to do so! But, perform each exercise with true high intensity! If you want to see results, do everything with a purpose first.

Workout 1 (@_ashfitness**):**

- Rotating Squat Toe Touches - Abs and Legs: 30 seconds on
- Ankle Taps + Toe Touches into Side Lunge - Abs and Legs:
- Push-up + Mountain Climbers - Abs and Chest: 30 seconds on
- Try to complete 8 rounds! 45 second rest in between rounds.

Workout 2 (@hiitburn**):**

- Squat Jumps: 40 reps
- Push-ups: 30 reps
- Sit Throughs: 20 reps per side
- Alternating Lunges: 15 per side
- Burpees: 10 reps
- Try to complete 4 rounds!

Give these a try, challenge yourself, and let your friend try it out, too!

February 24, 2021

Getting Started is the Hardest Part

Delaney Neely
Editor-in-Chief

I am definitely one of those people who always tell themselves they're going to workout and start going to the gym, etc. But then I never do. Why don't I go? Well, there are two simple answers for that. The first answer is I'm lazy and I have a hard time starting new routines. I'm not sure how many other people can relate to this, but it's a serious issue. I like to tell myself "getting started is the hardest part, once that part is over, it will be easy!"

The second reason I avoid working out is my social anxiety and crushing insecurities. I have a fear of going to the gym because I don't want to be judged.

It is a real issue, and it affects more than just my lack of exercise, but that is a story for another day.

Recently. I hsve looked at different gym memberships and at-home workouts to try instead of forcing myself to go to the student fitness center and be around people who could judge me. I have spent more time researching these things than actually doing any exercise.

Like I said, getting started is the hardest part. I have tried to make things easier for you, my lovely reader, by saving you that time I spent researching and telling you about all of the things I've discovered on my exercise journey.

Planet Fitness

	Black Card	Classic	No Commitment	Paid in Full
Commitment	None	12 Months	None	12 Months
Start up fee	$20.84	$40.06	$44.35	$216.11
Monthly	22.99/mo	10/mo	15/mo	0/mo
	$300.48	$130.32	$195.48	$0.00
Annual Fee	$42.35	$42.35	$42.35	$0.00
Total for 1 year	$363.67	$212.73	$282.18	$216.11
Unlimited Access to Home Club	☑	☑	☑	☑
Free Fitness Training	☑	☑	☑	☑
Use of Any Planet Fitness Worldwide	☑	☐	☐	☐
Bring a Guest Any Time	☑	☐	☐	☐
Use of HydroMassage	☑	☐	☐	☐
Use of Tanning	☑	☐	☐	☐
Use of Total Body Enhancement	☑	☐	☐	☐
Use of Massage Chairs	☑	☐	☐	☐
50% Off Drinks	☑	☐	☐	☐
Worldwide Travel Deals	☑	☐	☐	☐
20% Off at Reebok.com	☑	☐	☐	☐
Free Wifi	☑	☐	☐	☐

First, we will talk gyms. I'll be honest, Rolla doesn't have a lot to offer. After looking at the limited choices, and being absolutely against our own facility for some reason, I decided Planet Fitness was the best option.

Planet Fitness offers four different plans, which I put into a spread sheet and calculated the total amount of money that each one would cost for a 12-month time priod. Some come with a 12-month commitment, so it was just easier to compare them this way.

As you can see, the black card is a lot more expensive than the other options, but it does also include several extra benefits that I might deem worth the extra money. I am looking at it like this: Either my boyfriend and I could each get one of the basic ones and pay about $210-$280 a year for the membership. OR I could get the 'Black Card' and it allows me to bring a guest any time.

The catch with that is that the guest doesn't get access to any of the other cool stuff, but he was content with the normal card that didn't have it anyway, and I want the cool stuff. That's probably what will end up happening, because in the end, we are going to the gym, regardless of what specific membership we get.

Now, on to the work out part. Obviously there are several ways to work out and different days should focus on differnt areas of the body and blah blah blah. I'm big on cardio, so I usually at least run for 30 minutes, or hot 3 miles, whichever comes first that day. For the other stuff, there's a trend to "Spell Your Name" with the workout listed by each letter. I've included an example for you to try, and hopefully your name will include arms, legs, and abs. A twist on this is also using a random word generator and spelling that word, if your name is too long or too short. This way, you and a partner can do this one together as well.

I haven't mentioned this yet, but do not forget to do a warm up before any workout, to prevent more injuries and strain from happening to your body. You can't work out with a torn ligament. Google is your firend, and most workouts including stretches and/or a short jog should be perfect.

Good luck on your own exercise journey, and remember, the hardest part is getting started.

The Missouri Miner

February 24 , 2021

Cooking With SHPE

Katie Beel
Features Editor

Many students at Missouri University of Science and Technology or any university for that matter can relate to how difficult college can be. From a challenging course load to participation in numerous campus organizations, it is important to remember to find ways to enjoy life. One of the most exciting aspects of life is that there is always an opportunity to learn new things and gain new skills. Collecting new hobbies and experiences is a beneficial way to cope with the ups and downs of life.

One useful yet enjoyable skill students may want to learn is cooking. Knowing how to cook is a great way to save money and take pride in one's work. Fortunately, student involvement is always looking for ways to engage students in new activities and organizations. On Saturday night, the Society of Hispanic Professional Engineers (SHPE) came together to teach those who were interested how to prepare homemade salsa and pupusas which is a thick type of flatbread filled with cheese in this case. This interactive event was student-led and allowed participants to follow step by step instructions while creating this dish. The other impressive aspect of this tutorial was that through Zoom, participants were able to speak up and ask questions they had.

Once participants registered for the event, they were sent a list of the ingredients needed to follow along. One incentive for joining this instructional meeting was that the first five people to register received their ingredients free of charge. The salsa recipe was a quick and easy one with four fresh ingredients: tomatoes, onions, garlic, and jalapeños. Bringing these ingredients to a slow simmer for approximately half an hour, participants needed only to add salt and optional cilantro then blend these ingredients for a tasteful side dish. The pupusas required a little more attention to detail; however, the students directing the recipe offered helpful insight on how to accomplish the correct consistency and cooking methods. By the end of the video, both dishes looked of restaurant quality.

Lasting approximately only an hour from 6:00 PM to 7:00 PM, SHPE was able to demonstrate how to create a low-cost meal that could easily serve around four people. Not only was this event a fun, interactive way to learn how to cook a new dish, but it was an entertaining way to bring different members of the Missouri University of Science and Technology community together. People could join the session as a unique date night, way to improve one's skills, or even as an excuse to gather and cook with friends.

Salsa being created by members of SHPE.

For those who may not have been aware of this meeting or struggled to keep up with the different steps, the video was recorded and sent to those who registered and anyone else who might have been interested. The recipe can also be found on engage under the SHPE page. While the ongoing pandemic has made it difficult for many to partake in their regular activities, organizations such as SHPE at Missouri S&T are always finding creative ways to offer new insight and help the community keep evolving.

February 24, 2021

The Lion King

Mackenzie Petersen
Features Writer

This past weekend, Missouri S&T's Ballet and Dance Club put on their production of The Lion King. Members of the organization spend an entire year perfecting their performance, choreography, and costumes for these special three day performances. Naturally, like everything else on campus and in the world right now, the student organization had to overcome a lot of obstacles and had to follow specific sets of guidelines in order to make these performances happen. Due to COVID-19, the Ballet and Dance Club was unable to have a live audience at any of the performances. Due to this restriction, the organization decided to put the performances live on Zoom as well as record them so those who could not attend the live performances could still watch it. Along with not having a live audience, the Ballet and Dance Club wore masks for the duration of the entire performance.

Much like the beginning of last Spring when campus originally began the transition to online learning, there was a lot of trial and error. The same goes with the Zoom performance of the Lion King that they put on this past weekend. Each performance was set to start at 7:00 PM; I attended opening night on February 19th. The curtain was pulled, and the actual performance started about ten minutes later than anticipated. Normally this would not be terrible or unexpected, but with the event being over Zoom, it was quite awkward waiting with about forty people, including myself, sitting in a Zoom meeting in complete silence. To avoid this situation in the future, I think it would do the organization good to play music in the background while they set up to start the performance and during intermission; otherwise, their "audience" is sitting and staring at a bright red curtain in complete silence. On top of this awkward silence, some members of the audience forgot to mute their microphones in the beginning of the performance, so their conversations could be heard over the opening music of the performance and would switch the screens to theirs. To prevent this trouble, they could use the function that Zoom hosts allow where they can mute all attendees which would prevent this situation from happening. Naturally, there are going to be several obstacles for the Ballet and Dance Club to overcome because this was their first performance without a live audience, and there will always be a need for changes to make it the best possible experience for the audience. At some times, it seemed as though the internet in Leach Theater would get bad, and the quality of the video would pixelate, making the frames freeze at times. This was completely out of their control though. The organization provided the attendees with a complete cast list for the dancers and all of the acts that would be within the performance. I found this extremely helpful because at times, the lighting would be harsh against their faces and the stage which made it nearly impossible to determine which character was which.

I think that the Ballet and Dance Club handled every obstacle hurled at them with grace and were still able to put on an amazing performance despite the difficulties they faced. I hope they are able to have a live audience in the near future, so the Missouri S&T student body and the Rolla community can give the organization the applause and recognition that they rightfully deserve.

Cast

Simba.....MORGAN JANSSON
Nala.....GABBY HIGHTOWER
Mufasa.....ALYSSA MURPHY
Scar.....KOLE VARNER
Rafiki.....RAELYNN TWOHY
Zazu.....SAM FUEHRER
Timon.....ALAINA CRIBBETT
Pumbaa.....LOGAN DIETZ
Hyenas.....EMILY PEARSON, RACHEL O'HALLORAN, & EMMA WRIGHT
Ensemble.....JOSIE GLENN, SARAH BOGEL, & MEGAN STANSIL
Tap Chorus.....LOGAN DIETZ, ALAINA CRIBBET, GABBY HIGHTOWER, SAM FUEHRER, MORGAN JANSSON, RAELYNN TWOHY, & RACHEL O'HALLORAN
Narrator.....LUKE GOECKNER

The Ballet and Dance Club's cast list for their production of the Lion King.

The Missouri Miner

February 24 , 2021

Tutoring at Missouri S&T

Wilson Brown
Features Writer

Tutoring is offered via Zoom and in person this semester.

Many students at Missouri University of Science and Technology recognize that classes can often be a struggle. As a student trying to succeed, it can oftentimes be difficult to balance certain classes with everything that college has to offer. For many, there is a hesitation when asking for help. However, some students may not realize how beneficial it can actually be. Fortunately, the Missouri University of Science and Technology has current students ready to help their peers with a vast variety of classes and coursework.

The student success center is proud to announce that the tutoring schedule for the Spring 2021 semester is open and ready for students. The beneficial aspect of tutoring offered at Missouri University of Science and Technology is that it is individualized. This means that students can be comfortable working with a single peer on whatever topic they are struggling with. This one-on-one approach makes it easier for students to focus and confide about their specific struggles.

Faced with the challenge of conducting the tutoring program in a pandemic-stricken world, the Missouri University of Science and Technology tutoring program has improvised. This semester, and possibly in future semesters, personalized tutoring will be offered via the online teleworking platform Zoom that has been widely adopted. Utilizing this new platform has a plethora of benefits for students in the Missouri University of Science and Technology community. One of the more obvious benefits being the capabilities that come from tutoring and being tutored from the comfort of one's own home. Students and tutors alike need not worry about contracting any illness, most significantly the novel coronavirus, and with this, they need not concern themselves with spreading the disease to others after a session of engaging one-on-one tutoring. Although this is the reason for the Zoom sessions, there are other benefits too. Students may have been deterred from the tutoring program before by the commitment to yet another meeting in an already demanding school schedule. However, they will be allayed by the ease of attending a Zoom session by simply following a link immediately after a previous meeting or completing other computer work.

The tutoring program at Missouri University of Science and Technology offers tutors for many courses. Most courses are, in fact, for underclassmen classes such as entry level economics and general math and science courses. Courses range from biology to computer science and from mathematics to English composition. Most, if not all, Missouri S&T students will have to encounter one of these general courses throughout their degree.

It is widely known that the most challenging courses at Missouri S&T can be the entry level courses. These have been dubbed "weed-out" courses for a reason. Missouri S&T also reflects an abnormally high drop out rate coupled with a large acceptance rate, which can be interpreted as the school giving most people the opportunity to succeed but still enforcing the rigorous standards of adequacy here. Many students cannot keep up with the standards and ultimately fall behind. This is where the tutoring program can be the most impactful. A one-on-one interaction, offered for free by the school nonetheless, can help a student understand a key concept, and thus a singular session can keep a student from failing out. The program can help successful students just as well as those struggling, and thus the program has the potential for tremendous positive effects on the student body. Therefore, every student should want to partake.

February 24, 2021

A Voice for Animals

Paige Burleigh
Features Writer

A Voice for Animals Logo found on their Instagram @a_voice_for_animals_mst.

One of the many benefits of being human is that humans have a voice. Deciding what to use it for is an individual choice, so it can be argued that people should try to find their voice and use it for something good. Many student organizations at Missouri University of Science and Technology stem from hot topics in the United States that often need to be discussed. A great aspect of student groups is that they provide a safe place for those who want to discuss their opinions and views on current events to do so openly. Here on campus, A Voice for Animals is one of these organizations. This group does their best to focus on helping students spread compassion for animals and use their individual voices collectively because animals do not have that luxury. A Voice for Animals often uses their group to hold open discussions about animal rights. Through these discussions, the organization encourages people to hear different ideas, philosophies, and thoughts. It is important to remember that this organization is not meant to be controversial; there is no intention to allow for arguments only for positivity and open minds.

A Voice for Animals uses its platform to bring to light the harmful effects that today's modern industries have on animals. The group discusses animal testing for cosmetic products and the steps and practices on how to be more informed on companies that are cruelty free. Oftentimes, animals that are used for cosmetic testing are subjected to cruel and inhumane treatments among other procedures. Cruelty free companies have developed humane testing methods for their products. Encouraging other companies to take part in these new methods is a major movement in the United States. By encouraging others to purchase cruelty free products, consumers can take one small supporting step at home and take a stand for these animals.

Home is where the first step of support takes place. It takes practice in homes and communities to make an impact. One of the many ways A Voice for Animals suggests doing this is to try going vegan or vegetarian. These diets have been growing in popularity. Not only do these diets support animal rights, but they also show health benefits and seem to improve the health of others. More and more restaurants are offering vegan and vegetarian options on their menus, increasing the ease of this dietary change. More people have decided to change their diets and lifestyles this year due to the pandemic. A week ago, A Voice for Animals discussed how pandemic risk is associated with factory farming.

Groups like A Voice for Animals are standing up for the animals that cannot stand up for themselves. It can be difficult keeping up with cruelty free companies, especially because a majority of companies do test their products on animals. Encouraging companies to go cruelty free and changing diets are the first steps people have taken to spread compassion and awareness for animals. For those interested, A Voice for Animals meets on Wednesdays at 6:00 PM via Zoom. Their student organization link can easily be found on Missouri S&T's webpage or through engage.

Cooking Wihout a Kitchen

Delaney Neely
Editor-in-Chief

Microwave Egg Cooker
Seller: Amazon
Price: $6.99, Prime Shipping

Ideal for poached and scrambled eggs, omelets, and egg muffins. 100% virgin plastic; BPA- and phthalate-free Dishwasher-safe on the top rack; microwave-safe with vent open; fridge- and freezer-safe

Microwave Ricew Cooker
Seller: Amazon
Price: $11.85, Prime Shipping

Great to cook or reheat all types of rice. Makes cooking rice easy and hassle-free. Easy lock clips prevent spills and messes. Ten cup capacity cooks rice for the whole family.

Microwave Pasta Cooker
Seller: Amazon
Price: $16.99, Prime Shipping

Perfect al dente pasta every-time, saves time, energy and water. No boil over, Cooks evenly without sticking

Microwave Soup Mug
Seller: Amazon
Price: $8.07, Prime Shipping

Soup mug designed to heat soup, noodles, hot beverages, and more in the microwave. Cool-to-the-touch, easy-lift tabs for easy opening of the mug. 100% Virgin plastic; phthalate- and BPA-free. Top-rack dishwasher-safe; fridge- and freezer-safe; microwave-safe with the vent open

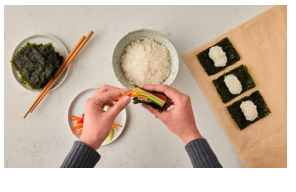
Personal Blender with Travel Bottle
Seller: Amazon
Price: $19.99, Prime Shipping

Blend your favorite smoothie or shake right in the sport bottle, Dishwasher safe 20 ounce BPA free plastic sport bottle, Crush ice with 400 watts of power, 250 blending watts. One touch blending action, Built in, resettable fuse will revive the motor in 15 minutes should it overheat. Recipes included in the instruction manual

Other things to try:

Cinnamon rolls or cookie dough in a waffle iron

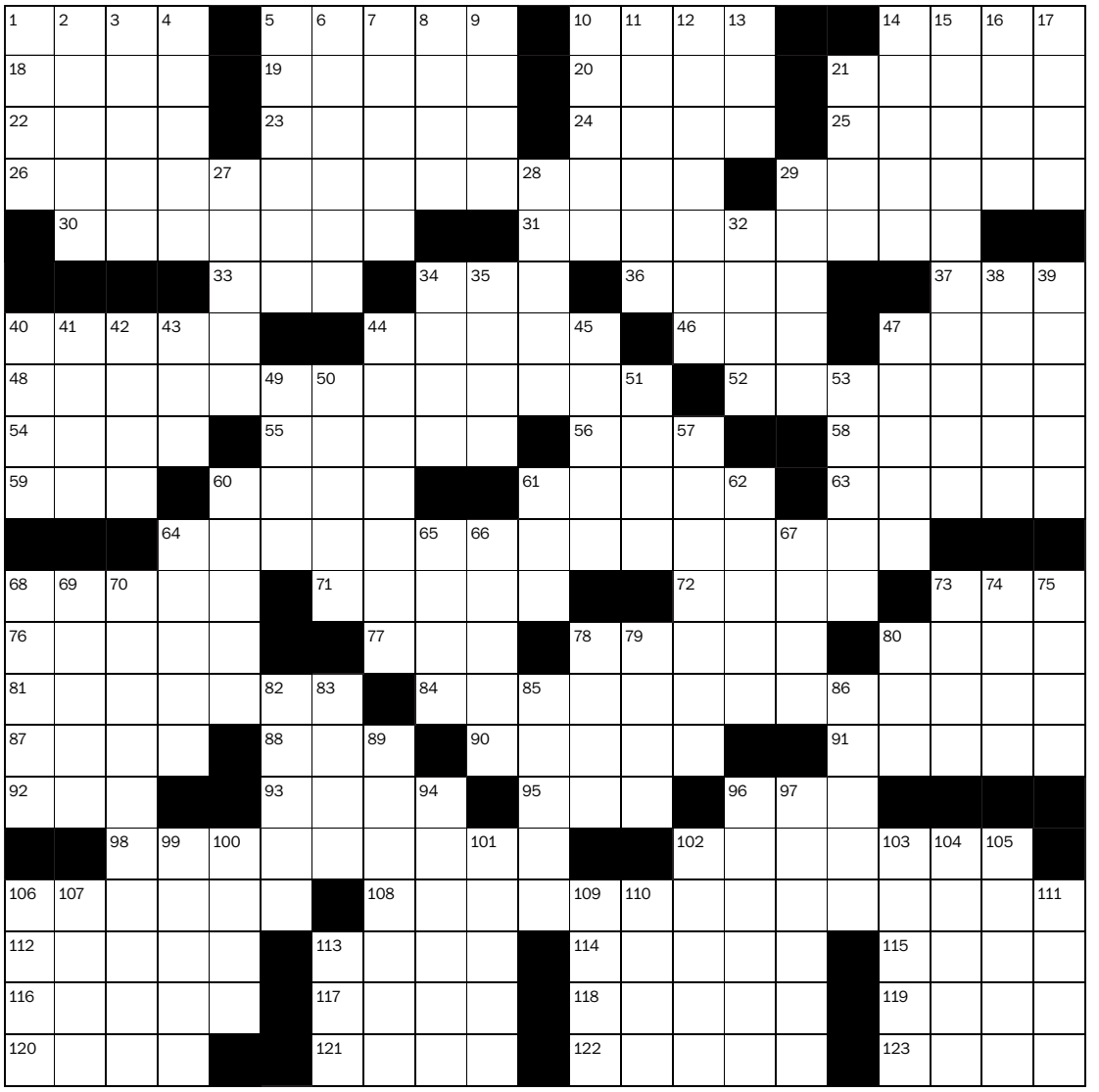
Microwave some nachos! 19 Recipes available at Tasty.co



Use that microwave rice cooker and make rice for homemade sushi

February 24, 2021

Crossword from Washington Post



ACROSS

1 Short-legged hopper
5 Untidy types
10 25% of doce
14 Period
18 River in Tuscany
19 Tiny island nation near the equator
20 Slew
21 Mom-and-pop business
22 Fallon predecessor
23 Became aware of, with "to"
24 Victor's wife in "Casablanca"
25 Cobbler fruit
26 Summer cottage, perhaps
29 Emotive speaker
30 Fell in pellets
31 Result
33 Musician's gift
34 Fitness ratio: Abbr.
36 Lake south of London
37 Have something
40 Oklahoma's top crop
44 Handle
46 Dairy-based quaff
47 Phobia lead-in
48 Prior conviction, e.g.
52 One of the ones that "say so much," in an Elton John hit
54 Brewpub choices
55 Pitchers that can't throw?
56 Peachy-keen
58 Coronary chambers
59 Name of the Baltimore Ravens' mascot
60 Programmer's problem, perhaps
61 Drinking noise
63 Facebook count
64 Iberian landmark that's an insurance company logo
68 Put back to zero
71 Villainous look
72 Half a game fish
73 Reverence
76 Unfitting
77 Dusk, poetically
78 Not treating nicely
80 Fussbudget
81 Some fort components
84 Personal exam?
87 One way to rest
88 Zugspitze, e.g.
90 With full force
91 Senate staffers
92 Pioneering TV brand
93 One covering the bases
95 Online notes
96 Symbolic uncle
98 The other way around
102 Port alternative
106 Bar accessory
108 Commonsense approach to behavior analysis
112 Showed the courage
113 Credit union seizure
114 Carpenter's machine
115 Concerning
116 "Let Me Ride" Grammy winner
117 Champagne spec
118 One who shows the way
119 Yemeni city
120 Leave in
121 AOL and Comcast
122 "Beau __"
123 Moms in a glade

DOWN

1 Barber's powder
2 Lunch box treats
3 Set aside
4 Lorna of Brit Lit
5 Peloponnesian city-state
6 Many a Grisham hero
7 Prayer opening
8 Whip up a cake
9 Bird feeder cake
10 Heist figure
11 Be empathetic
12 NBA's __ Conference
13 Cruise ship feature
14 Mar. honoree
15 Start celebrating
16 1968 album containing "The Motorcycle Song"
17 At no time, in old times
21 __ Lee
27 Saw things
28 Bonnie with 10 Grammys
29 Luxury watch
32 Jamaica's Ocho __
34 Bud, for one
35 __ wear
38 Immortal army leader
39 Draped garments
40 Sub alternative
41 Image in a religious painting
42 Foil alternative
43 Pack animal
44 Starting point
45 Colgate rival
47 Moving around
49 1964 Civil Rts. Act creation
50 "Return of the Jedi" beings
51 MYOB word
53 __ Lama
57 "The Honeymooners" surname
60 Popular long shot
61 Title for Richard Starkey
62 Montana motto metal
64 Email option
65 Professional charges
66 Piazza de Ferrari city
67 God with a hammer
68 Redder, perhaps
69 Computer that was retired in 1955
70 Topping for chicken enchiladas
73 Quite dry
74 Half of a dinner pairing
75 Poaching targets
78 Cartoon explosion sound
79 With no changes
80 Key letter
82 Do a garden chore
83 Czech or Serb
85 Inuit craft
86 Stephen King's role as the minister in "Pet Sematary," e.g.
89 Would rather have
94 Support
96 Sweet-smelling pouch
97 Hold fast
99 Unmoving
100 Give up
101 Places to put coins
102 Enduring legends
103 It ends with the burial of Hector
104 Last movement of Beethoven's "Waldstein" Sonata, e.g.
105 Come to terms
106 Santa Anita numbers
107 86-Down, for one
109 Connect, in a way, with "in"
110 RSVP convenience
111 Strong desires
113 MLB stat

Solution on page 15

Movie Suggestions - Not for the Faint of Heart

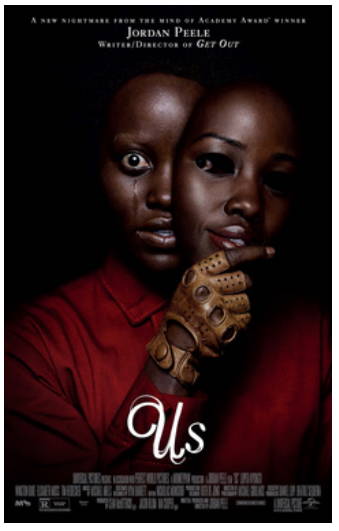
Don't Breathe (2016)

Length: 1h 28min
Genre: Crime, Horror, Thriller

Hoping to walk away with a massive fortune, a trio of thieves break into the house of a blind man who isn't as helpless as he seems.

My opinion: This one takes the cake for having main character you're kind of unsure about liking. It does show you that some bad people don't compare to the real monters.

Us (2019)



Length: 1h 56min
Genre: Horror, Mystery, Thriller

A family's serene beach vacation turns to chaos when their doppelgängers appear and begin to terrorize them.

My opinion: When I first watched this movie, I was home alone at night. I had to turn it off because It was freaking me out pretty bad. It isn't as bad as I thought. The concept is intruiging though, and I would like to see more from this director.

A Quiet Place (2018)

Length:1h 30min
Genre: Drama, Horror, Sci-Fi

In a post-apocalyptic world, a family is forced to live in silence while hiding from monsters with ultra-sensitive hearing.

My opinion: I love John Krasinski and he did just a phenomenal job pulling my heart string and creating an original, scary horror movie.

Midsommar (2019)

Length: 2h 28min
Genre: Drama, Horror, Mystery

A couple travels to Scandinavia to visit a rural hometown's fabled Swedish mid-summer festival. What begins as an idyllic retreat quickly devolves into an increasingly violent and bizarre competition at the hands of a pagan cult.

My opinion: This movie is phenomenal. I show it to everyone I can. Hands down, one of the best horror movies I've seen.

Hereditary (2018)

Length:2h 7min
Genre: Drama, Horror, Mystery

A grieving family is haunted by tragic and disturbing occurrences.

My opinion: If a horror movie can make my jaw drop or stuns me completely, it's a good one. This one is a bit uncomfy at times, but you have to see it at least once.

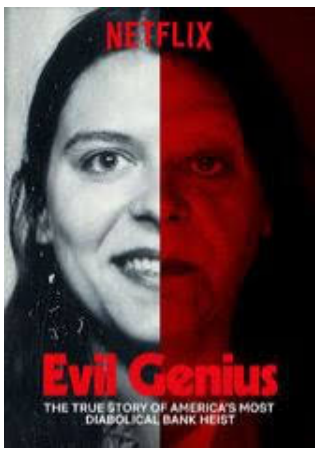
Insidious (2010)

Length:1hr 43min
Genre: Horror, Mystery, Thriller

A family looks to prevent evil spirits from trapping their comatose child in a realm called The Further.

My opinion: This one is for my fans of the classics. This movie came out 11 years ago, and I still consider it to be one of the more frightening movies I've seen. I highly recommend this if you're into the classics.

What I'm Currently Watching



Evil Genius: the True Story of America's Most Diabolical Bank Heist
Length: 1 Season: 4 Episodes
Total Run Time: ~3h 12min
Genre: Documentary, Crime

This baffling true crime story starts with the grisly death of a pizza man who robs a bank with a bomb around his neck -- and gets weirder from there.

Available on Netflix

Solution

1 T	2 O	3 A	4 D	■	5 S	6 L	7 O	8 B	9 S	■	10 T	11 R	12 E	13 S	■	■	14 S	15 P	16 A	17 N
18 A	R	N	O	■	19 P	A	L	A	U	■	20 H	E	A	P	■	21 S	T	O	R	E
22 L	E	N	O	■	23 A	W	O	K	E	■	24 I	L	S	A	■	25 A	P	P	L	E
26 C	O	U	N	27 T	R	Y	R	E	T	28 R	E	A	T	■	29 O	R	A	T	O	R
■	30 S	L	E	E	T	E	D	■	■	31 A	F	T	E	32 R	M	A	T	H	■	■
■	■	■	■	33 E	A	R	■	34 B	35 M	I	■	36 E	R	I	E	■	■	37 E	38 A	39 T
40 W	41 H	42 E	43 A	T	■	■	44 S	E	E	T	45 O	■	46 N	O	G	■	47 A	C	R	O
48 R	A	P	S	H	49 E	50 E	T	E	N	T	R	51 Y	■	52 S	A	53 D	S	O	N	G
54 A	L	E	S	■	55 E	W	E	R	S	■	56 A	O	57 K	■	■	58 A	T	R	I	A
59 P	O	E	■	60 L	O	O	P	■	■	61 S	L	U	R	62 P	■	63 L	I	K	E	S
■	■	■	64 R	O	C	K	O	65 F	66 G	I	B	R	A	L	67 T	A	R	■	■	■
68 R	69 E	70 S	E	T	■	71 S	N	E	E	R	■	■	72 M	A	H	I	■	73 A	74 W	75 E
76 I	N	A	P	T	■	■	77 E	E	N	■	78 B	79 A	D	T	O	■	80 P	R	I	G
81 P	I	L	L	O	82 W	83 S	■	84 S	O	85 U	L	S	E	A	R	86 C	H	I	N	G
87 E	A	S	Y	■	88 A	L	89 P	■	90 A	M	A	I	N	■	■	91 A	I	D	E	S
92 R	C	A	■	■	93 T	A	R	94 P	■	95 I	M	S	■	96 S	97 A	M	■	■	■	■
■	■	98 V	99 I	100 C	E	V	E	R	101 S	A	■	■	102 M	A	D	E	103 I	104 R	105 A	■
106 O	107 P	E	N	E	R	■	108 F	O	L	K	109 P	110 S	Y	C	H	O	L	O	G	111 Y
112 D	A	R	E	D	■	113 R	E	P	O	■	114 L	A	T	H	E	■	115 I	N	R	E
116 D	R	D	R	E	■	117 B	R	U	T	■	118 U	S	H	E	R	■	119 A	D	E	N
120 S	T	E	T	■	■	121 I	S	P	S	■	122 G	E	S	T	E	■	123 D	O	E	S

Easy

4		6			5	9	8	
2					4	3		6
			6		3	2		
1				3		4		2
7	6						9	5
5		2		6				8
		7	8		2			
6		8	4					3
	1	4	3			8		7

Medium

4		7	8			2	6	
	3	8	2					
5						1		
	5	9	7			4		
		4			8	5	3	
		1						8
					1	6	4	
	7	3			4	9		5

Hard

1		6						3
	8		4			2		
4					6	5		
7				6		8		
6		8				1		5
		3		8				7
		4	7					9
		7			2		1	
8						3		2

websudoku.com/

Drinks of the Week

Alabama Slammer

Ingredients

1 ounce Southern Comfort
1 ounce sloe gin
1 ounce amaretto liqueur
2 ounces orange juice, freshly squeezed
Garnish: orange wedge

Directions

Add Southern Comfort, sloe gin, amaretto and orange juice to a shaker with ice and shake until well-chilled.
Strain into a highball glass over fresh ice. Or, if serving as a shot, divide among shot glasses.
Garnish with an orange wedge.
liquor.com

Connecticut Bullfrog

Ingredients

Ice Cubes
⅓ Part Light Rum
⅓ Part Lemon Juice
⅓ Part Maple Syrup
1⅓ Parts Gin

Directions

Fill a shaker with ice cubes. Add all ingredients. Shake and strain into a cocktail glass.
absolutdrinks.com

Blue Hawaii

Ingredients

3/4 ounce vodka
3/4 ounce light rum
1/2 ounce blue curaçao
3 ounces pineapple juice
1 ounce sweet-and-sour mix*
Garnish: pineapple wedge
Garnish: cocktail umbrella

Directions

Add vodka, light rum, blue curaçao, pineapple juice and sweet-and-sour mix into a shaker with ice and shake until well-chilled. (Or blend all ingredients with ice in a blender.).
Strain into a Hurricane glass over crushed or pebble ice. (Or pour from blender into glass with no ice.)
Garnish with a pineapple wedge and cocktail umbrella.
liquor.com

Missouri Mule

Ingredients

3/4 oz of Bourbon
3/4 oz of Applejack
3/4 oz of Lemon Juice
1/2 oz of campari
1/2 oz of Triple Sec

Directions

Combine with ice, shake and strain into a chilled cocktail glass.
cocktailbuilder.com

Nevada Cocktail

Ingredients

1 1/2 ounces light rum
1 1/2 ounces grapefruit juice
1 ounce lime juice
2 teaspoons superfine sugar
Dash bitters
Garnish: lime wedge

Directions

Gather the ingredients.
In a cocktail shaker filled with ice, pour the rum, grapefruit and lime juices, sugar, and bitters
Shake well.
Strain into a chilled cocktail glass and garnish with a lime wedge.
thespruceeats.com

Rhode Island Red

Ingredients

2 ounces blanco tequila
1/2 ounce Chambord
3/4 ounce lemon juice
1/2 ounce agave nectar
1 dash orange bitters
Ginger beer, to top
Garnish: lemon and lime twists

Directions

Add all ingredients except the ginger beer to a shaker with ice and shake until well-chilled.
Strain into a Collins glass filled with fresh ice. Top with a splash of ginger beer and garnish with lemon and lime twists.
liquor.com

Pictured on front:

Texas Pecan

Ingredients

1/2 ounce of candied pecan simple syrup
1/2 ounce of water
1 1/2 ounce of rye whiskey
dash of orange bitters
orange peel and candied pecans for garnish

Directions

Shake simple syrup, water, whiskey and bitters over ice.
Pour into a martini glass and garnish with orange peel and bitters.
theblindpig.blog