Dear Reader,

As the weather cools down this month and the holiday season peeks around the corner, take a moment to think about how you treat yourself, your peers, and even your environment. In this newsletter, we are focusing on respect.

76% of S&T students have been following COVID-19 guidance in regard to wearing a mask, limiting close contacts, keeping 6-feet distance in public, and only leaving home for necessities*. When you follow these guidelines, you are not only respecting your health but the health of those around you. It is important to realize that by taking precautions, you are protecting those around you who may be more at risk than you.

With warm regards,

Mak the Mole (and The Miner Wellness Office)

*2020 Students’ Well-being Survey
Reducing, reusing, and recycling can help you, your community, and the environment by saving money, energy, and natural resources.

Reducing and Reusing Basics

The most effective way to reduce waste is to not create it in the first place. Making a new product requires a lot of materials and energy - raw materials must be extracted from the earth, and the product must be fabricated then transported to wherever it will be sold. As a result, reduction and reuse are the most effective ways you can save natural resources, protect the environment, and save money.

Reducing and reusing helps prevent pollution, save money and energy, reduce greenhouse gas emissions that contribute to global climate change, and helps sustain the environment for future generations.

Consider buying used items, items with minimal packaging, and reusable items over disposable ones. Donate clothes and items that are in good condition and you no longer plan on using. Rolla has a Goodwill location at 1304 Forum Drive.

Recycling Basics

Recycling is the process of collecting and processing materials that would otherwise be thrown away as trash and turning them into new products.

You can recycle by taking your qualifying items (usually paper, cardboard, batteries, plastic, glass, aluminum, and electronics) to a recycling center. Recycling items in Rolla can be taken to the City of Rolla Recycling Center located at 2141 Old St. James Road.

After you have taken the initiative to recycle items you already have, the next step is to purchase and use items that have been created from recycling efforts!

Reducing Food Waste

Most people don’t realize how much food they throw away every day, from uneaten leftovers to spoiled produce. To combat wasting food, purchase only food you need and will eat - buying in bulk is not helpful if you cannot use all of the product. Learn the shelf life for foods that commonly go bad quickly, like fruits and vegetables.

Composting is also a way to give back to the environment. Composting enriches soil, reduces the need for chemical fertilizers, and lowers your carbon footprint. If you are not able to create an outdoor compost, indoor composting can be done by using special tools found in Rolla at Lowe’s located at 2300 N Bishop Avenue.
Sexual assault on college campuses is alarmingly high—nationally, 20% of women, 13% of men, and nearly half of all LGBTQ+ students will experience some form of sexual assault during their time on campus.

It’s On Us is a non-profit organization that was founded in 2014 with the mission to combat sexualized violence by changing campus cultures, teaching bystander intervention, and peer-to-peer organizing and educating.

It’s On Us believes in the importance of engaging everyone, especially young men, in the conversation to end sexualized violence. They believe that this is only possible if we center the voices and the needs of those most marginalized and affected by sexualized violence, and ensure that all students have access to evidence-based programming and up-to-date data.

It’s On Us is a survivor-centered, trauma-informed organization, and provides students with the tools and resources to eliminate a culture of violence on campus and in the community.

Learn more at itsonus.org

Request a STEP UP! Bystander Intervention Training for yourself or your organization at stepup.mst.edu
I love this cultured hell that tests my youth
Unstructured and free of the rules and
regulations of a rubric

Being pleased to walk alone
To seek another land
A stubborn opposition to change
Guided by nothing and perfected by my flaws
Being an outcast
Beaten by the need to satisfy the standard
Cause I am on my own
In the battle between sanity and creativity

Do you want to see me broken
I refuse to be with every mark
like dust I’ll rise
Each morning I write my name
Refusing to print the ordinary instead of settling
for the typical
In the heart where I have roots
And the peace of mind that prevails

Qualified to live amongst your dead
As nobody’s darling

Though nobody can make it out here alone

I shun conviction choosing to infer
Unlearned in the world’s false subtitles
A hundred people call, though not one friend
Alone in brilliant circles to the end
Gazing off
I need to be independent
I will be alone

My hands floating
In the light
Watching the people succumb to madness
Tenet of every mind except my own
Not because I am perfect, because I am broken
Perhaps I awaken
Or am I lost sleeping
In my sea of renewal
To parry a hundred doubts with nimble talk
who do you know that stops that long
To help another carry on

But nobody can make it out here alone

Storm clouds are gathering
The wrinkled sea beneath me crawls
The race of man is suffering
To cure their hearts of stone
With the certainty of the tides
I’m a black ocean, leaping and wide
I flow with life but take no form
Welling and swelling I bear in the tide
I am a thousand winds that blow
It is difficult to say where
Or how large or small I am
But if you look close enough
Eventually
you will be able to see me
I am the gentle autumn rain
I am the lake in the center
Where water is not thirsty

And nobody can make it out here alone

Want to be featured in Student Spotlight? Submit original content, such as a personal piece, poem, short story, photographs, recipe, or other form of content to minerwellness@mst.edu. Please keep written content under 1000 words. Content may be edited for clarity and length. Pictures must be submitted as a JPEG or PNG. All submissions must follow University policy. All submitted content will be used at the discretion of Miner Wellness. Content can be published credited to you or anonymously, whichever you prefer.
Equity and Title IX
Equity and Title IX serves as a resource to students, faculty, and staff in education, prevention, investigation of sexual violence, as well as other possible violations of the university’s non-discrimination policies.

In addition to these efforts, the office of Equity and Title IX facilitates the development of a more diverse and inclusive campus. Equity and Title IX also work with current faculty, staff, and visitors to the university in appropriately exercising their rights under the Americans with Disabilities Act.

The office of Equity and Title IX provides support to all members of the campus community who experience or witness such an incident. The offices of Counseling Services, Student Disability Services, Miner Wellness, and Student Affairs provide a wealth of resources.

Get in touch with Equity and Title IX:
equity.mst.edu
equity@mst.edu
573.341.7734
203 Centennial Hall

Joe's PEERS
Joe's PEERS (JPs) is a student leadership organization. JPs will develop experience in public speaking, interpersonal communication, self-management, teamwork, and act as resource persons to the campus community.

JPs provides students education, encouragement, and resources on alcohol and drug harm reduction, stress management, sleep, mental well-being promotion, healthy relationships and sexualized violence prevention, sexual health, nutrition and fitness, and bystander intervention.

Meetings are held every Monday during the semester. If you are a member, you will help with all large-scale events and host tabling events, Miner Wells, and other outreach.

Interested in joining or learning more?
Visit minerwellness.mst.edu/peereducation/joeppeers
Email minerwellness@mst.edu
Come to 203 Norwood Hall
Chicken and Dumpling Soup

*from ChooseMyPlate.gov*

Cost of recipe: $$$$  
Makes 8 servings

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**Ingredients**

*For the Soup*
- 2 tablespoons vegetable oil
- 2 cups carrot, chopped
- 1 cup onion, chopped
- 1 cup celery, chopped, including some leaves
- 8 cups chicken broth
- 2 cups cooked chicken breast, shredded
- 1/2 teaspoon black peppercorns
- 1 teaspoon dried thyme
- 2 bay leaves
- 2 cups fresh spinach, coarsely chopped

*For the Dumplings*
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 3/4 cup skim milk
- 1 large egg

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**Directions:**

1. Heat oil in Dutch oven or soup kettle over medium-high heat.
2. Sauté carrot, onion, and celery for 5 minutes; stir in broth, chicken, peppercorns, thyme, and bay leaves.
3. Reduce heat to low; simmer, partially covered for 20 minutes.
4. Meanwhile, in a small bowl, mix dumpling ingredients until well blended.
5. Drop small spoonfuls of dumpling dough into simmering soup.
6. Cover soup and allow dumplings to cook for about 20 minutes (they will rise to the top of the soup as they cook).
7. Stir in spinach.
8. Remove bay leaves before serving soup.
MINDFUL MOMENT
What are you thankful for?

It’s almost Thanksgiving - a time to surround yourself with friends and family and enjoy delicious food! This November, introspect on yourself and your life to discover what you are thankful for.

Consider keeping a journal to write those things down - start by writing 10 things! They could be as simple as enjoying a few minutes of quiet time or as big as getting a new internship!

When you’re feeling down, look back through the journal to remember these moments.

Miner Wellness is thankful for all of you.

GET IN TOUCH

minerwellness@mst.edu
(573).341.4225
@sandtminerwellness

THIS MONTH’S EVENTS

Have an event you want featured? Submit to minerwellness@mst.edu

November 9-13: Sexual Assault Awareness Week
November 11: Veterans’ Day
November 21-29: Thanksgiving Break
November 26: Thanksgiving

@sandtwellbeing