

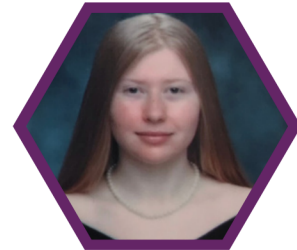
# THE GALIPATIA GOBBLER

JANUARY,  
21, 2024

FIRST DAY OF  
SPRING EVENTS!

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Kaitlyn Green, Editor



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Writer

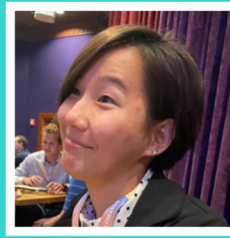
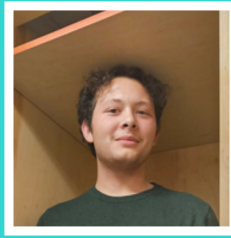


## Dorm Foods *By Jasmine Pegues*

Dining hall burnout is real! Here are some alternative snacks you can stock up on in your dorm.

- Freeze-dried fruits last very long, so there is no need to worry about them getting stale or expired. They're great on top of cereal or oatmeal as well as on their own.
- Individually packed snacks like string cheese, apple sauce, and trail mix can easily be tossed in your backpack and are a great alternative to suffering through a lecture or studying on an empty stomach.
- Sometimes the prices of fresh fruit can deter people, so remember bananas (which can be frozen for up to 3 months according to the Food Network), apples, and pears are very budget friendly. Frozen fruit tends to be cheaper than fresh, so that's another option if you have some time to thaw them out. On that note, try freezing your bag of grapes for the best snack ever.
- Soups come in a variety of flavors and require nothing more than a few minutes in the microwave. Pick some cans up for those extra chilly nights. Most grocery stores also sell mini on-the-go "sipping soups" which come in containers that you can heat and sip out of.
- Making your own salad is simple: purchase a bag of shredded lettuce, add your favorite toppings (shredded carrots, grape tomatoes, cucumber slices, you name it!), and drizzle on your favorite dressing. Some stores sell salad kits with all of the ingredients in one bag. If you're looking for a bit of protein, I like to get some chicken nuggets from Chick-fil-A and sprinkle them on top.
- It's easy to forget to get some calcium into your daily diet now that your parents aren't dictating your food choices, so grab some yogurt cups from the store (or dining hall) for your fridge. Chobani has a ton of great "mix-in" yogurt cups in flavors like key lime pie, "coffee brownie bliss," and cookies & cream if you need a little sugar to get you motivated.
- If you're feeling extra adventurous, you can make French toast in a mug (courtesy of prettyprudent.com)! Melt some butter in your mug and then toss in cut-up pieces of bread. In a separate bowl/container, add an egg, 3 tablespoons of milk, and an optional sprinkle of cinnamon. Mix this concoction and pour it on top of the bread. Give it a minute to soak before placing it in the microwave for a minute or two, depending on how long it takes to be cooked to your liking. Pour some syrup on top and you're finished! This is a great meal option since it's a very easy recipe and only takes a few minutes.

Gabe Rosado,  
Writer



Mia Yost-Kelly,  
Writer

## Unpopular Opinion *By Gabe Rosado*

Burger King has the best fast food. While you probably disagree with this outlandish statement, just hear me out. McDonald's, the former undisputed fast-food champion, just doesn't hit the same anymore. Don't get me wrong, I grew up asking "Can we get McDonald's but the quality of the McNuggets just isn't what it used to be. It's a universally accepted fact that the fries are only good when fresh. Don't even get me started on the burgers, the bread weighs more than the patty. The only thing that even brings me to visit McDonalds is the McFlurry or the lack of a Burger King. In all honesty, I don't understand the hype behind Wendy's. I can understand the value of something like the Wendy's 4 for 4, but the overall quality of the fries, nuggets, and the frosty just aren't up to par. The burgers on the other hand are significantly better than McDonalds, although I'm not really a fan of the square patty gimmick. In my eyes Burger King just does fast food better on average.

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## Mindful Activities *By Mia Yost-Kelly*

When you hear the word "mindfulness," you probably think of meditation, but there are many ways to be mindful. Practicing mindfulness can mean meditating, or it could mean going for a walk. There are many benefits to implementing mindfulness into your regular routine, such as decreasing stress symptoms and improving one's sense of well-being. Focusing on your breath and/or other sensations around you can bring yourself back into your body- to your center in the present. These types of grounding techniques can be great in times of high stress or emotion, and making time to be mindful is necessary like any other means of self-care. Here are some more examples of mindfulness: coloring, knitting, crocheting, yoga, and journaling. We all get consumed by our workloads and sometimes forget to take care of ourselves, so I highly recommend trying to set aside some time for these mindful activities.

