2021. Please use the link below to submit a favorite recipe or two that will be included and/or significant, and we invite you to share both your recipe(s) and the story behind it.

There has been an increase in phishing schemes and cyberattacks across campus. Students, faculty, and staff can take a number of steps to protect themselves against cyberattacks, such as enabling multifactor authentication for your university account.

Your U credentials are invaluable. Here’s how you can protect them:

1. **Enable Multifactor Authentication (MFA)**: MFA adds an extra layer of security by requiring a second form of verification beyond your password.
2. **Be Alert for Phishing Attempts**: Always verify the source of an email before opening it, especially if it requests personal information or asks you to click on a link.
3. **Keep Software Updated**: Updating your software will ensure that you have the latest security patches.

There are also ongoing learning opportunities and programs to help you learn more about cybersecurity.

To learn more, visit the university’s cybersecurity website: [link]

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**Campus Rec Happenings**

**Next Clinics:** Site-wide separate Full-Body Assessment Clinics, 1-4 p.m.

**Next Drop-In Dates:** Outdoor Adventure Clinics, 6 p.m.

**Fitness Classes:** Free Fitness Classes, 12/10. Learn more about Sweat the Stress.

**Fit3D Body Scanning**

Winter is a great time to start, or recommit to, your fitness goals. You can now track all your measurements, body composition, and even your posture with the Fit3D scanner. Are you ready to visualize your progress at the gym or with your home workouts?

**Outdoor Adventure Clinics**

Campus Outdoor Adventures are a great way to experience the natural beauty of the Wasatch Front. Our clinicians will provide services across the Wasatch Front, from Ogden to Provo, including one in Logan and one in Park City. There are also separate Full-Body Assessment Clinics that will be held on campus.

**Next year's MLK Week will take place from January 15-21.**

**Vice President for Student Affairs**

Brian Burton is retiring from his role as Vice President for Student Affairs on Nov. 17, 2021, as special assistant for Student Support & Student Accountability. In all of his roles, Brian's compassion for Student Support & Student Accountability. In all of his roles, Brian's compassion and sincere caring shone through in his work. He made a positive impact on the university. All are welcome to get involved and participate!

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**Experts with University of Utah Health examined the multiple COVID-19 variants, their impact on students on campus. Read the full article here.**

Different versions, or variants, of the COVID-19 virus are emerging around the world.

1) 50-70% of people are now fully vaccinated. omicron and other variants can affect this population.
2) 50-70% of people are now partially vaccinated. omicron and other variants may impact this population.
3) 50-70% of people are not vaccinated. omicron and other variants can impact this population.

Understanding the impact of COVID-19 is important to maintaining the health and well-being of the University community. Find commonly asked questions about the COVID-19 booster here.

If you yourself are a new full-time employee or graduate assistant, please register. New Employee Onboarding will be held on Zoom or Union, Pano East. If you have new employees that haven't registered yet or would like to register more) of your favorite recipes for the rest of the year. Stay tuned for January's article here. For more information, contact studentaairs@utah.edu.