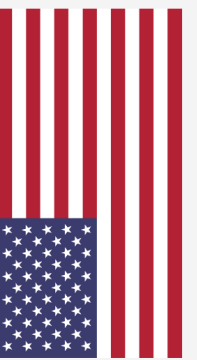
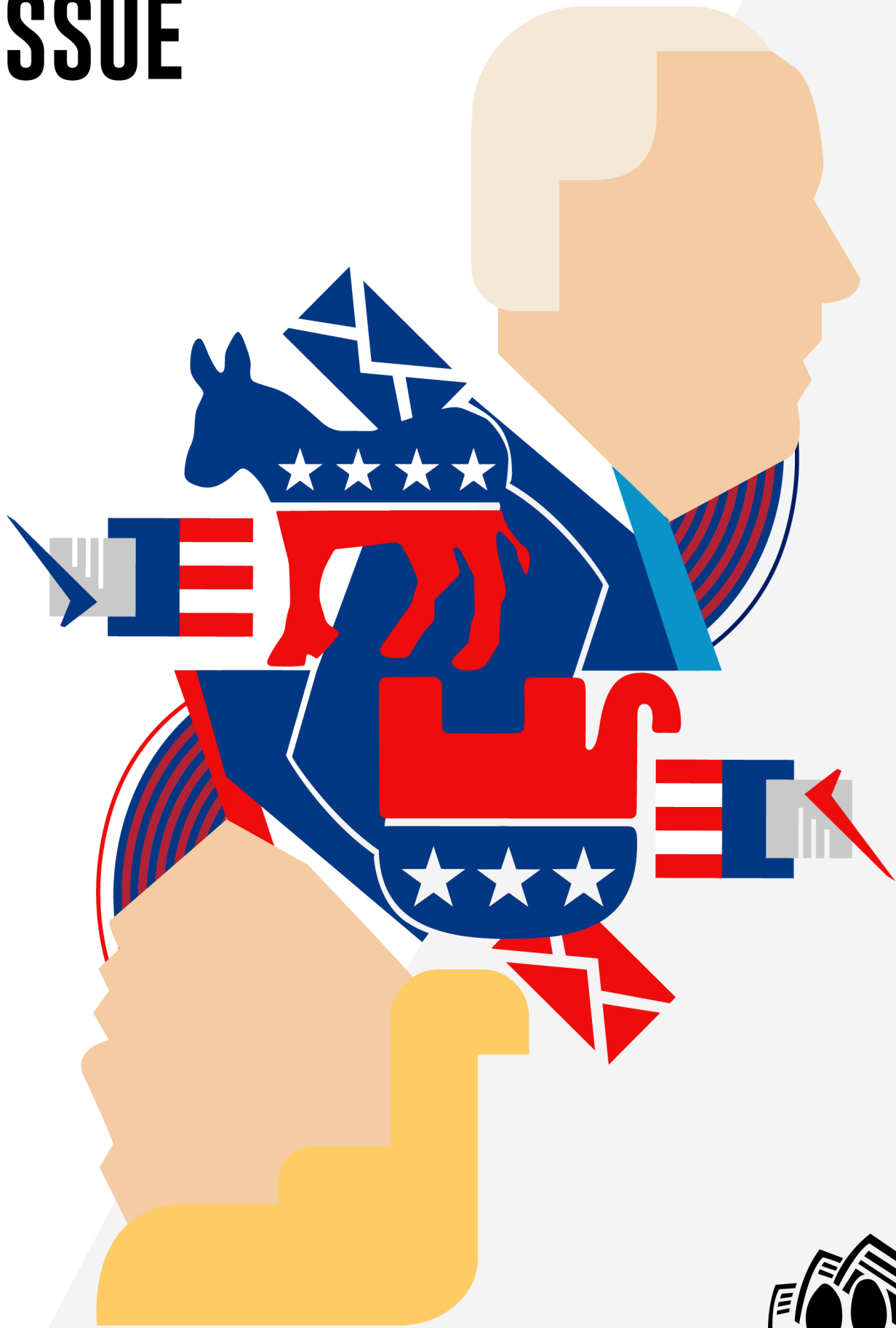
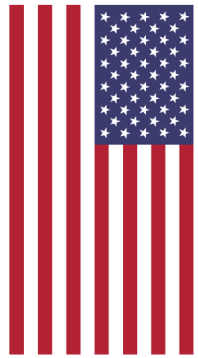


# 20 OCTOBER 20 ISSUE



THE LIONS' PRIDE  
MEDIA GROUP

# VOTE

# National News



President Trump was immediately quarantined after his COVID-19 test yield positive  
Source: (Joshua Roberts)

## PRESIDENT TRUMP AND FIRST LADY TEST POSITIVE FOR COVID-19

**Tayhana Taylor**  
*Contributing Writer*

On Oct. 2, 2020, President Senese issued an email to students extending prayers and concerns for President Donald Trump and First Lady Melania Trump who have confirmed cases of COVID-19.

A tweet was posted from the Presidents Twitter's account on Oct. 1, 2020, that read, "Tonight, the @FLOTUS and I have been tested positive for COVID-19. We will begin our quarantine and recovery process immediately." President Trump and the First Lady are

being quarantined at Walter Reed National Military Medical Center. A team of expert doctors, including the White House Physician Dr. Sean P. Conley, are tending to him.

On Oct. 2, a press conference was held by the President's medical staff, where they disclosed information addressing his current health status.

Conely said, "Thursday night into Friday morning, when I left the bedside, the President was doing well with mild symptoms and his oxygen was in the high 90s[....]late Friday morning when I returned to the bedside, the President

had a high fever and his oxygen saturation was transiently dipping below 94 percent."

However, the President was not short-of- breath and was said to be "up and around," stated Dr. Brian Garibaldi, the Physician treating President Trump.

Since then, Conley has released additional details on the President's health status. A memorandum was issued to the President's Assistant and White House Press Secretary, Kayleigh Mcenany, on Oct. 2. The memo from Conley highlighted the medical treatments the President is receiving, which included

polyclonal antibodies cocktails, zinc, vitamin D, melatonin, and daily aspirin.

Conley furthermore emphasized that the POTUS "remains fatigued, but in good spirits."

However, there was a bit of ambiguity about the status of the President's health, after his Chief of Staff, Mark Meadows, released a differing statement from Conely's promptly after, stating that President Trump's vital signs in the last 48 hours "were very concerning" and that the upcoming days may be critical.

Trump's age of 74 makes him

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#### LETTER TO THE EDITOR:

500 WORD MAXIMUM — NO PROFANE OR SLANDEROUS LANGUAGE — FACULTY: INCLUDE NAME AND RANK — STUDENTS: INCLUDE NAME AND RANK

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# National News

vulnerable to a difficult battle with COVID-19. His immune system may not be capable enough to fight the virus on its own. Reports from

Despite the information communicated by the White House and the Healthcare experts, members of the public have their

stated Frank Orlando, the Director of Saint Leo University's Polling Institute. "If the President can't perform his duties, via death or being incapacitated, then the job moves to Vice President, Mike Pence."

Although there have been various news reports about Trump's illness, some members of the public remain ambivalent about the reports.

One in particular Ashley Tucker, a freshman Criminalistics specialization said, "When I read Dr. Senese's email, urging us as a school community to keep the President and the First Lady in our prayers, I first questioned if the announcement of the President being tested positive for COVID-19 was some sort of campaign strategy, or if he was ill."

Others have expressed their views via social media platforms; there has been a mixture of good wishes, insults, disbelief, and genuine concern about the trajectory of the United States if the President's immune system fails him.

Trump was released from the Walter Reed National Military Center on Oct. 5, 2020; only four days after testing positive for COVID-19. The average incubation period for COVID-19 is anywhere between two and five days with the minimum quarantine time being 14 days. On Oct. 7, 2020, another memorandum was sent to the White House Press Secretary. Trump said, "I feel great!" The memo furthermore indicated that the POTUS has been fever free for 4 days and symptom free for 24 hours.

"He is the President the United States, so I knew he would get the best medical care possible, hence his recovery period may be quicker than the average person", said Damion Drackett, a freshman Bio-medical and Health Science major.

**Last Updated 10/10/2020**

## SNEAKPEEK SOME SWEET TREATS



### Caramel Apple S'mores

**Ingredients:** at least 2 red apples, marshmallows, milk chocolate bar of your choosing, and caramel dip.

**You will need:** a sharp knife, microwave, and a microwave-safe plate.

#### Steps:

1. Wash the apples thoroughly.
2. Cut an apple in half and take the seeds out with a spoon.
3. Slice the apple into sheets.
4. Arrange the apple slices on a plate while making sure that you leave at least half of the slices on the side.
5. Take squares of milk chocolate and place them on top of the apple slices.
6. Arrange the stacks of apple slices and chocolates on a plate.
7. Put as many marshmallows as you'd like on the apple and chocolate and pop them in the microwave for 20 seconds.
8. Warm up the caramel dip as the packaging says, and then drizzle it on the marshmallows.
9. Take the remaining apple slices and put them on top.
10. Enjoy!

**Need more recipe ideas? Read more on Page 17. Use #TLPMG to tag us on Insta if you make any of these cute snacks!**



The President's medical team has been communicating information to the media on the Commander-in-Chief's health status.

Source: (Jacquelyn Martin/The Associated Press)

National Geographic show that the President does a yearly physical. The most recent physical disclosed that he can be considered slightly obese. In this critical time the

concerns. What does this mean for the United States, if the Leader of the Free World is incapable of fulfilling his duties?

"It obviously leads to uncertainty



There have been rumors on social media that the photos released by the White House of the POTUS working at the Walter Reed National Military Medical Center have been staged.

Source: (Joyce N. Boghosian/The White House)

commander-in-chief must receive the best care possible to strengthen his immune system to avoid detrimental consequences.

in the short term, but I'm not sure it will change the outlook for the President's re-election campaign where he is still behind Joe Biden,"



# National News

## NEW VOTING PROCEDURES FOR THE 2020 PRESIDENTIAL ELECTION: FAIR OR FRAUDULENT?

**Tayhana Taylor**  
Contributing Writer

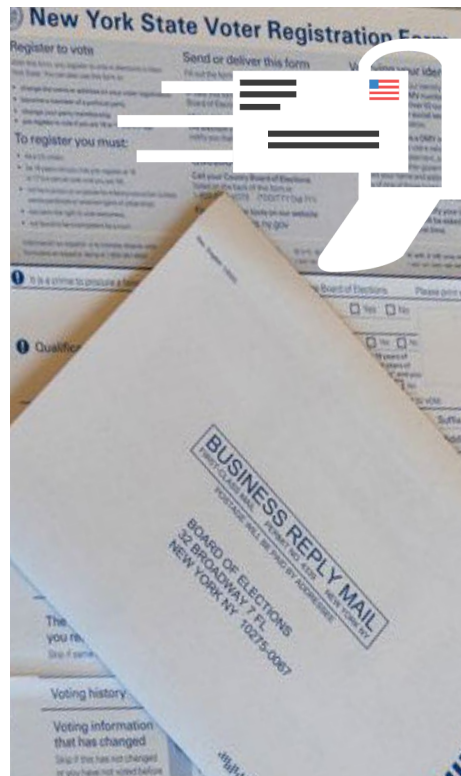
Americans are anxious, concerned, and on the edge of their seats watching how the 2020 U.S. presidential election will unfold. It is almost the end of the Trump vs. Biden battle and some people are still uncertain whether they will vote at all. The new voting procedures have further discouraged U.S. citizens from voting.

"I think voting in this election is more important than ever; people want to cast their ballot whether in the mail, in person or over the internet [...] also, people want to get out and voting gives them a reason to go out," said Kim Payne, an adjunct professor at Saint Leo University.

This election is one of the most important in our history, "the presidential contest alone will represent perhaps the starkest choice between two competing visions for the nation's future since the elections of 1860 that set the Union on course for a civil war," wrote Reid Wilson of thehill.com in his article titled "On The Trail: Why 2020 is the most important election in our lifetime."

Additionally, it will determine which political administration will lead the United States for the remainder of the COVID-19 pandemic.

The pandemic called for a change in the usual voting protocols. Citizens are urged by the Democratic candidates to participate in online and mail-in voting.



Citizens can request a mail-in ballot to be delivered to them in the mail. Photo Source: (Pacific Press)

"I think states are being much more proactive by mailing ballot requests to their citizens and that's important as it makes it a lot easier to not have to vote in person," said Frank Orlando, the director of Saint Leo's polling institute and political science instructor.

Orlando's comments suggest that the advocacy for mail-in voting is perhaps a solution for individuals who want to vote without leaving their homes.



Citizens can still choose to vote in-person, but they must continue social distancing, wear a mask, and sanitize. Photo source: (Elijah Nouvelage - Getty Images)

The safety of in-person voting is a prevalent concern this election season. Orlando shared his views on the concern.

"If we think about the grocery store and how we socially distance there, the same thing can be easily done at the voting booths in even less time but for people who don't feel safe doing this, there is the vote by mail option. The important thing is that we have an election that's rightfully scheduled," said Orlando.

Due to the COVID-19 pandemic, voting is scheduled to become more flexible than ever. The flexibility may increase voter-turnouts because people can now vote from the comfort of their own homes, all while making an educated and conscious vote.

"I think these varieties of voting options will bring one of the biggest voter turn-outs ever for this presidential election. It will surprise everyone," Payne reiterated.

Casting a ballot from home has its perks, but there may be concerns for voter fraud and delay in the delivery of votes. A high number of absentee votes at the election can cause "a delay in the tallying," said Orlando.

Citizens are highly concerned about voting fraud when they should be concerned about following proper mail-in vote

procedures. Improperly filled out mail-in vote forms can result in people's votes recorded as invalid.

Among all other concerns on voting, is the worry that certain candidates will benefit more from the alterations made to the voting system than others.

"The Republicans have more history with voting via mail. However, President Trump has been urging Republicans to not vote through the mail, but the democrats are encouraging their voters to participate in mail-in voting," Orlando stated.

The democratic presidential candidate, Joe Biden, urged citizens to "vote, vote, vote, go out early and vote in the mail or in the polling station" during the first 2020 Presidential debate. Hence, more democrats will be encouraged to send their votes through the mail. This may not necessarily mean the odds are in favor of either party.

Voting is a democratic right; Conscious voting includes conducting thorough research on the new voting procedures, asking questions, and listening to political expertise.

Photo source: (Morry Gash- abcnews.com)

Voters stand in queues as they normally would outside polling stations and election workers provide sanitization.





# National News

## WAITING FOR THE VERDICT

### Who is Amy Coney Barrett?



As the justice at the States Court of Appeals, Amy Coney Barrett has ruled cases regarding the LGBTQ+ citizens, immigrants, the Affordable Care Act, and abortion cases.

Photo Source: (Twitter)

#### Natalia Kurkova

World News Editor

Judge Amy Coney Barrett was appointed as the Supreme Court nominee in September by President Trump to replace the deceased judge Ruth Bader Ginsburg. In The New York Times, Trump is quoted as saying about Barrett, "She is a woman of unparalleled achievement, towering intellect, sterling credentials and unyielding loyalty to the Constitution."

However, since Barrett, a conservative, would replace a democratic Supreme Court judge, Ginsburg, many are concerned about her potential to change current policy on gun control rights, religious practice policies, abortion rights, and medical care.

The Republican Party is confident in Barrett's abilities and success. Barrett has a law degree from Notre Dame. She later returned to Notre Dame to teach law. President Trump nominated her to United States Court of Appeals for the Seventh Circuit in May 2017, where she received a majority of the votes, including three votes from democratic senators, before becoming the Supreme Court judge nominee this year.

Since 2010, Barrett has traveled

within the U.S. and internationally to panels and events, giving a total of more than 100 speeches.

According to an article in USA Today, Barrett adheres to "originalism" in her judicial methodology, meaning she follows the textual content of the Constitution closely, taking into account the meaning that it held since its ratification. She uses the character from Greek mythology, Odysseus, and his story about being tied to a ship's mast and facing temptation as a metaphor for those who become tempted to ignore the Constitution in their judicial practice.

The most pressing concern for democrats is the Affordable Care Act (ACA), otherwise known as Obamacare. In 2012, Barrett criticized the ACA mandate passed by Barack Obama for contraceptives to be covered by health insurance. According to Barrett, this violated the U.S. citizens' religious freedom rights. The Supreme Court will hear oral argument on November 10, just seven days after the presidential election.

Barrett recently commented in USA Today on the ACA by stating that it does not matter what the judge thinks about the policy. The important thing, according to Barrett, is to consider "[...] whether the Constitution permits or forbids it."

The Guardian points out the fears of millions of U.S. citizens that Barrett, being conservative, will annul the ACA "[leaving] millions of Americans without healthcare in the middle of a pandemic." Currently, the Republican Party has offered no other health care plan as a replacement, and more than 20 million Americans could be affected if the ACA is dissolved.

Some areas in jeopardy are (1) under the ACA children can remain on their parent's insurance until 26; (2) the protection of per-existing conditions; (3) the mandate that requires US citizens to buy health insurance, and (5) the millions of Americans who used the ACA after losing their jobs this year in the pandemic. The ACA provides coverage for millions of Americans. If the ACA gets canceled, people infected with COVID-19 may not be able to get coverage or may end up

could overturn the ruling. According to USA Today, Barrett has "cited legal experts who do not count *Roe v. Wade* among 'superprecedents' – Supreme Court decisions that are so ingrained in American life that they can't be overturned."

During a speech held in Jacksonville, Barrett said that the abortion rights might become limited in the future. Bans may be placed on late-term abortions and restrictions placed on clinics.

Hearings started October 12 and



Barrett comes from a large family with six siblings. She has seven children, including two adopted from Haiti (Pictured). Photo Source: (Twitter)

paying higher prices for treatment.

Another concern for some is the potential for *Roe v. Wade* to come under fire.

Barrett's Catholic faith, which declares abortion to be a sin, was said to provide a glimpse into her stance on abortion rights by her opposition. According to CNN, Barrett's response to that claim was "[...] I think people of faith should reject that premise. All people ... or most people, we hope, have deeply held moral convictions, whether or not they come from faith."

In addition, Barrett has written articles explaining how attorneys

are expected to last four days, during which time Democrats will do their best to convince Republicans they should wait until after the election, and Republicans will do their best to confirm Barrett. The newest poll conducted October 6-9 by ABC News shows that 52 percent of Americans believe the Supreme Court seat should be filled by the winner of the presidential election, and 44 percent believe it should be filled now.

If appointed as the justice for the Supreme Court, Barrett, at the age of 48, would be the youngest to have ever served on the bench.



# National News

## WHERE THEY STAND: BIDEN VS. TRUMP

**Juan Carvajal**  
Contributing Writer

As the 2020 elections approach, it's harder than ever before to decide which candidate to vote for. This has given millions of citizens an additional weight on their shoulders, including the coronavirus pandemic and economic recession following.

Since his election as President of the United States of America, Donald Trump has made significant improvements to the employment rate and taxation. According to Forbes, "During Trump's three years in office, the unemployment rate has steadily fallen from 3.7% to 1.2%." Considering that since 2009, the unemployment rate has been steadily decreasing, it is appropriate to say that President Donald Trump fulfilled his promise.

Along with the lowering unemployment rate, wages have slightly increased. According to the Washington Post, "wages have increased 3.4% in nearly a year... the fastest pace in a decade and well above inflation."

An increase in wages have led to greater demands on the job market, consequently leading to more workers seeking employment. Presidential Candidate Joe Biden's plan to stabilize the economy has two main components: taxes and making healthcare insurance affordable.

According to taxfoundation.org, "Democratic presidential nominee Joe Biden plans to raise taxes on individuals with income above \$400,000; this also applies to individual income, capital gains, payroll, and corporations." Though Biden aims to regulate taxation, his plan may negatively

affect all taxpayers.

According to PolitiFact, "Biden proposes to raise the top federal marginal income tax rate for individuals, to 39.5%."

This suggests that despite Biden's attempt to help the middle-class, he might actually make them pay higher taxes. Regarding healthcare insurance affordability, Biden insists on expanding Obamacare. Based on a

a vaccine by the end of 2020, [creating] 10 million new jobs in 10 months, cut[ting] taxes, and prevent[ing] undocumented immigrants from being eligible for health care."

While Trump's promises are radical, Biden's proposals are more realistic.

Based on a report from CNN, "Boosting the middle class is one of the main pillars of Biden's

"On the other hand, if Joe Biden wins, and the Democrats get to win the Senate and the House, the main changes that may take place are an increase in taxes and more strict regulations in terms of environmental policy."

Orlando also suggests that none of the third-party candidates have a chance to win, regardless of how much effort they invest.

"When we look at all the third-party candidates, Jo Jorgensen, Howie Hawkins, and Roque de la Fuente, there is no probability that any of them will win because none of them have really made progress in gaining people's support," said Orlando.

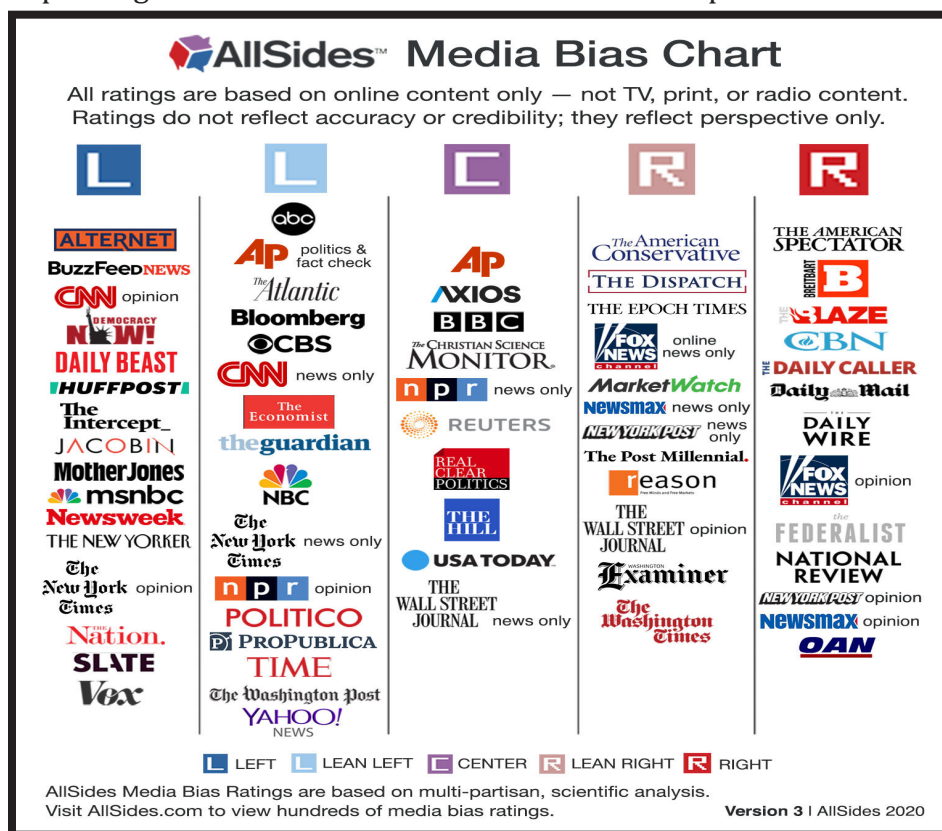
The question that remains is which candidate will address the current issues better?

"It depends on people's perspective...those who agree with Joe Biden think the government should take action to solve the crisis caused by the coronavirus. However, those who agree with Trump consider that they can take care of themselves by following the necessary protection measures."

Adam Keselicka, a sophomore majoring in criminal justice at Saint Leo University, is primarily concerned with a candidate's ability to defend the right to life.

"There is one crucial factor: whether the president is pro-life or not. If a presidential candidate cannot protect babies in a mother's womb, then he or she cannot be ethical in any other topic."

"Trump is the most pro-life president in U.S. history. When I was at the March for Life earlier this year, President Trump was there. No president has ever been to the March for Life before. President Trump also made it required for babies to receive medical treatment once they are born."



report from Investopedia, "Biden aims at expanding Obamacare so that 97% of Americans are insured and cost \$750 billion over ten years."

This suggests that Biden wants to make Americans dependent on the government for health insurance.

Both candidates have made multiple promises in their campaigns. President Donald Trump promises to deal with the coronavirus pandemic effectively and to provide more job opportunities.

According to the news website, Axios, "Trump's promises for his second term include, developing

campaign."

To address the pandemic, "Biden plans to offer free testing to all Americans, by hiring 100,000 people to form a national contact-tracing, as well as increasing drive-thru testing sites."

Frank Orlando, a political science professor at Saint Leo University, shares his perspective on the changes if either of the candidates win: "If Trump wins the elections, there is little to no possibility that taxes may increase." Regarding taxation, Trump seems like a better option than Biden, taking into account that Biden's goal is a 39.5% rise in individual income tax.

# Editorials

## BUILDING A CULTURE OF RESPECT

**Alora Peters**

*Arts and Culture Editor*

Unfortunately, it is pretty obvious to almost anyone that the realm of politics is a realm where kindness, moral decency, and a basic sense of propriety are frequently thrown out the door and trampled on.

Especially in today's age of instantaneous and immortal information, it is far from difficult to find an abundance of instances when politicians and their dedicated followers act in ways that would make our forefathers cringe. Only a few examples need suffice.

Before her election in November 2018, Democrat Representative London Lamar of Tennessee attacked the Republican voter base of her state, calling "[m]ost of the Tennesseans who voted Republican... uneducated" and the state itself "racist."

In March of 2019, attendees at a Republican rally broke into chants of "AOC sucks!" criticizing Alexandria

Ocasio-Cortez, a Democrat Representative in New York.

In early February of 2020, after President Donald Trump delivered his State of the Union address to the nation, Speaker of the House Nancy Pelosi promptly tore apart her copy of the speech on live television.

Only a few months later, Trump would fire right back at Pelosi, writing on Twitter that, "Nervous Nancy is an inherently 'dumb' person."

The list goes on and on. The antics just get worse and worse. And, unfortunately, it is not only politicians and public figures who are guilty.

In July, a poll from the Cato Institute revealed that 50% of Americans who identify as "strong liberals" would support "firing executives who personally donated to Trump." Of American voters who identified as "strong conservatives," 36% would "support firing an executive for donating to Biden's presidential campaign."

These numbers are especially high among young adults, those under 30 years old. Of those who identify as liberals, 44% agree that executives who financially support Trump should be fired.

This growing prevalence of "Cancel Culture"

reaffirms the fact that our country is more divided than ever, that the current political ideologies could hardly be more opposed to one another, and that most people are not being very nice about it.

Aside from being the prelude to election season, October is also popularly known as Respect Life Month. While Respect Life Month is traditionally aimed at securing basic human rights, love, and acknowledgment for marginalized groups like unborn children, the disabled, and the elderly, it is also a fitting time to remember to respect the lives of those with whom we disagree.

It is perhaps more important now than ever before for those of differing political opinions, beliefs, and parties to work towards overcoming their bitter resentment and hatred of each other and start building a Culture of Respect.

One practical way to do this is to encourage peaceful dialogue between opposing parties. Oftentimes, especially on social media platforms, political debates easily morph into political rants or even verbal attacks. Saying things like, "Trump is a white supremacist and a tyrant!" or "Biden is a pedophile and a loony!" and "Unfriend me right now if you support the wrong candidate!"

will accomplish nothing but further spread the division. It certainly will not encourage others to look at an issue

from a different point of view.

Combating the virulent Cancel Culture through dialogue is a crucial step towards healing political division. Throwing out opinions we do not agree with is not only disrespectful, it can quickly become

dangerous.

The aforementioned study from Cato found that 32% of employed Americans are "worried about missing out on career opportunities or losing their job[s] if their political opinions [become] known." This is a large percentage in a country where the free exercise of religion, freedom of speech, and the right to peaceably assemble are guaranteed by the government's founding documents.

Many of the world's greatest thinkers and writers have acknowledged the importance of hearing both sides of an opinion. In his theological masterpiece, *Summa Theologiae*, Saint Thomas Aquinas addresses various tenets of the Catholic Faith by first bringing up any popular counterarguments. Similarly, the Greek philosopher Plato constructed his arguments through long debates, where each character would voice a different opinion, in his classic *Republic*.

And, in his political essay, *On Liberty*, John Stuart Mill writes that knowing and understanding opposing opinions is the best—and only—way to truly understand and defend our own opinions.

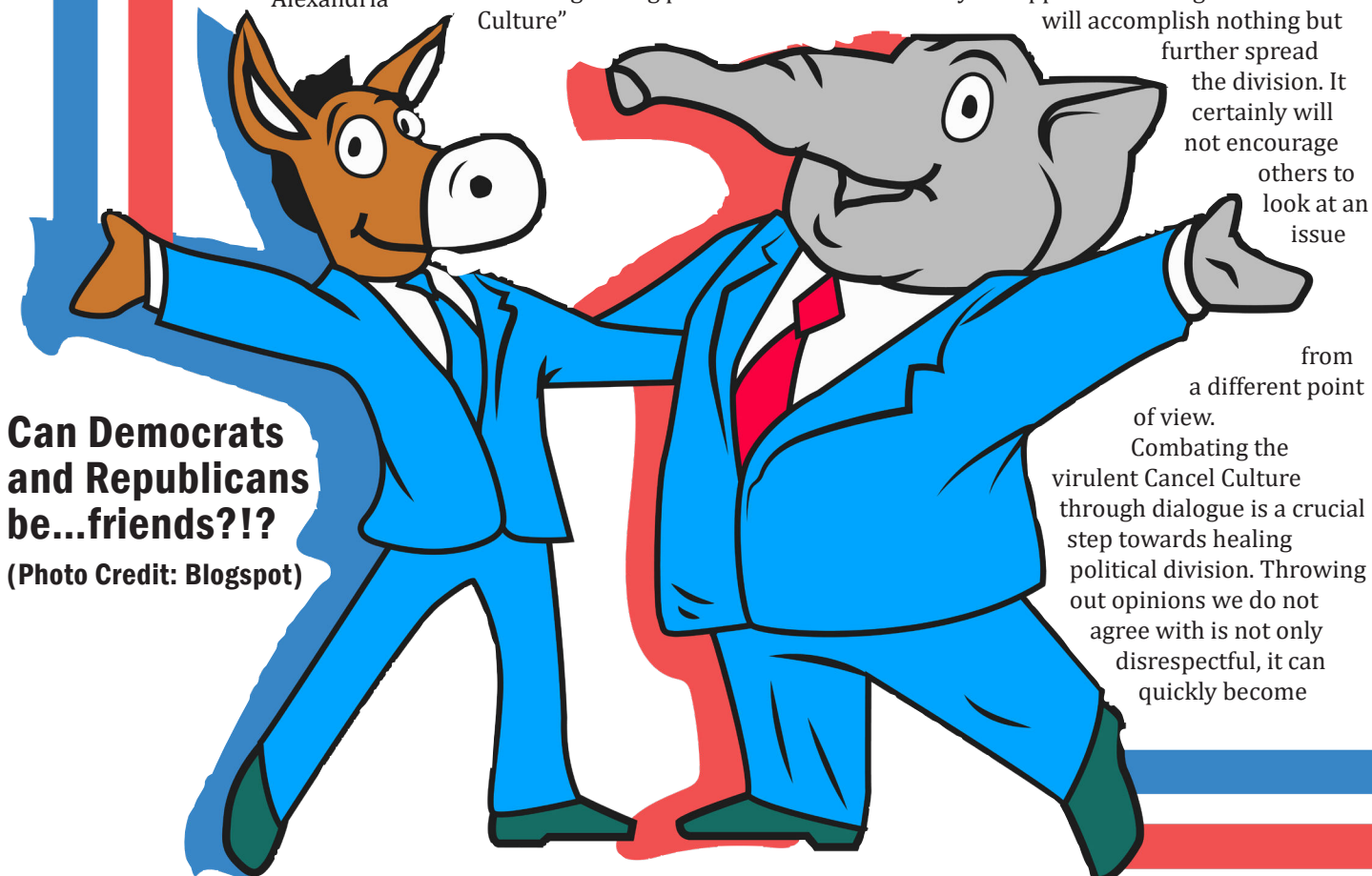
Finally, it is of utmost importance to realize that our political opponents—whether they be Republicans, Democrats, Independents, or all of the above—are human beings, too. They have hopes, dreams, and fears. They have homes, histories, families, and loved ones. They are our professors, our fellow students, our co-workers, and our neighbors.

They can be cruel and illogical. They can make horrible mistakes. But they can also learn to overcome those mistakes.

At Saint Leo University, our Core Value of Community gives us the mission to "foster a spirit of belonging, unity, and interdependence..." and to "challenge all of us to listen, to learn, to change, and to serve."

The message that Jesus Christ taught in the Gospels is just as challenging to accept now as it was over 2,000 years ago, but this message is no less important: "Love your enemies, and pray for those who persecute you."

In closing, please be kind and patient this election season.



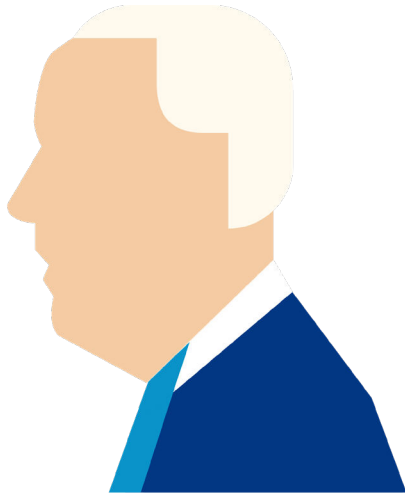
**Can Democrats and Republicans be...friends?!?**

(Photo Credit: Blogspot)



# Editorials

## JOE BIDEN: HIS POLICIES AND WHY HE'S BEST-SUITED FOR THE PRESIDENCY



**Emily Miller**  
*Contributing Writer  
and Senior Copy Editor*

Vice President and Democratic candidate for the 2020 presidential election, Joseph “Joe” Biden, Jr. is best-suited to be America’s next leader. His policies not only serve the American people on the whole, but hit close to home for the Saint Leo University community.

One of the biggest issues facing any Catholic institution, Saint Leo included, is the pro-life versus pro-choice debate. Biden plans to codify Roe V. Wade, restore federal funding for Planned Parenthood, and restore the Affordable Care Act’s contraceptive mandate.

Biden may seem like an undesirable choice to Catholics, given the Church’s stance on abortion. But these policies are not harmful to pro-lifers nor do they contradict the pro-choice stance, instead, they unify both sides of the argument.

The study, “Unintended pregnancy and abortion by income, region, and the legal status of abortion: estimates from a comprehensive model for 1990–2019” conducted by Jonathan Bearak, Ph.D., et. al found that in countries with restrictions on abortions, the abortion rate increased.

“The proportion of unintended pregnancies ending in abortion had increased since 1990–94 in countries where abortion was legally restricted. As such, individuals with unintended pregnancies relied on abortion services even in settings where abortion was restricted, potentially facing legal and physical risks for doing so,” according to the Lancet Global Health study. Biden’s policies which work to give women freedom and choice with regard to pregnancy could actually decrease abortion rates.

Furthermore, Biden’s contraceptive mandate provides “an exemption for houses of worship and an accommodation for nonprofit organizations with religious missions,” according to his campaign website, [joebiden.com](http://joebiden.com). This means that the Catholic Church, among other houses of worship, are not required to

provide free access to contraceptives. The aforementioned accommodations allow women free access to contraceptives only through their insurance company or third-party administrator, but not through an employer-provided insurance plan. Thus, Biden’s policies provide a middle-ground, allowing secular organizations to provide women with contraceptives, either for regulating hormones or for birth-control, while still respecting the beliefs of religious organizations.

Biden’s campaign also pushes to support veterans as has Biden himself in the past. From his advocacy for the care of Vietnam veterans affected by Agent Orange and other toxins to the Joining Forces initiative which works to multiply employment opportunities for veterans and military families, Biden has been with those who serve our country every step of the way. His 2020 campaign plan is no different. The Biden Administration will provide health care for veterans, covering both physical and mental health. Resources will be provided for the VA and Suicide Prevention Office and the VA’s capacity to care for veterans’ specific needs will be expanded under Biden’s presidency.

Biden’s sense of respect extends to his plan for combating COVID-19 and keeping the American people safe. While President Donald J. Trump is the first president since Woodrow Wilson in 1918 to face a global pandemic, and thus the situation has been challenging, his handling of the virus has been less than satisfactory. Currently, the U.S. leads in the world with 7,380,326 cumulative cases and 208,787 cumulative deaths due to COVID-19, according to the World Health Organization (WHO). Despite this, Trump continuously downplays the virus. Starting on Jan. 22, 2020, when the CDC identified the first case of COVID-19 in the U.S. Trump implied he was not worried about the virus in a CNBC interview.

“We have it totally under control. It’s one person coming in from China and we have it under control. It’s going to be just fine,” said Trump.

Even after his COVID-19 diagnoses, Trump tweeted tone-deaf advice on Oct. 5.

“[...] Don’t be afraid of Covid. Don’t let it dominate your life [...],” Trump tweeted.

But it’s hard to ignore a disease that has been so deadly and the data shows

this advice has been harmful to hundreds of thousands of Americans.

The Biden Administration plans to fix the damage Trump’s downplaying of the virus has caused with a seven-step, detailed plan that can be found on Biden’s campaign site. This plan includes, but is not limited to, using the Defense Production Act of 1950 to increase production of masks and other personal protective equipment (PPE); increasing the number of drive-through testing sites, home tests, and instant tests; investing \$25 billion in a vaccine plan which follows FDA guidelines and ensures every American receives the vaccine without cost; ensuring the CDC provides clear evidence-based guidelines for social-distancing, mask-wearing, and when it is appropriate to open or close certain public spaces. This response tackles COVID-19 head-on, freeing Americans from the virus which currently dominates our lives.

Coronavirus has had devastating effects on the financial situations of many Americans and students know these effects first-hand. Saint Leo, among other universities, cannot refund students for “housing, dining, or tuition” under an emergency situation where on-ground instruction is no longer available, according to the “Return to

the Pride” framework. Among other policies designed to help the middle class, Biden plans to implement a federal grant program for students attending community colleges who have experienced an “unexpected financial challenge that threatens their ability to stay enrolled,” according to his campaign site. While this policy may not directly affect students currently enrolled at Saint Leo, one can certainly understand the positive effects this policy will have on fellow students, especially during a global pandemic. Furthermore, Biden plans to continue and expand on his College Promise programs, which give students access to free two-year or four-year college educations.

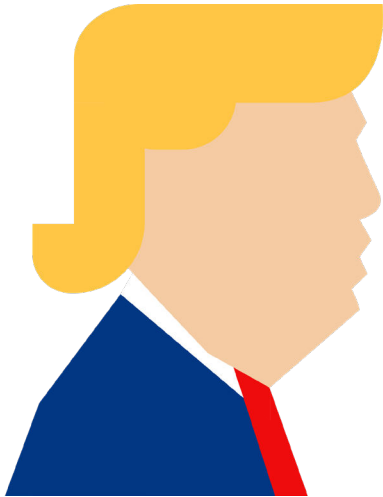
The Biden Administration promises a multitude of policies that work to make education after K-12 affordable; they are not limited to just community colleges. Universities and colleges which provide for many low-income students and students of color are currently suffering from a lack of resources. Biden will invest more than \$70 billion in these institutions to allow them to flourish with opportunities like more affordable education and the creation of new centers, labs, and facilities for research into issues like climate change and cancer. Biden has the future of the U.S., and the world, in mind—this is just one example.





# Editorials

## COMING UP TRUMPS: WHY YOU SHOULD KEEP AMERICA GREAT BY VOTING FOR PRESIDENT



**Gracie Swind**  
*Managing Editor*

Although there is a chance we may not know who the next President of the United States will be on election night due to mail-in voting, we will all be given the chance to cast our votes and raise our political voices before the results are called. Ultimately, each individual will cast their vote for whichever candidate they feel better aligns with their beliefs and values, but for those of you still on the fence, here are some important reminders about the triumphs the U.S. has felt under the administration of our standing POTUS, President Donald J. Trump.

As of January 2020, the Trump administration added 6.7 million jobs to the economy and the unemployment rate reached 3.5 percent%, the lowest it has been in half a century. According to information provided by the U.S. Bureau of Economic Analysis, during the first three years of Trump's administration, poverty was trending down, average wage numbers were up, farm income was on the rise, and the stock market was flourishing at record levels.

In addition to leading the country to financial prosperity during the first three years of his presidency, President Trump has also proven himself as a capable leader abroad. Early in his time in office, Trump pulled out of the Trans-Pacific Partnership trade agreement, reducing the number of jobs leaving the country and taking the opportunity to seek and exploit cheap labor overseas from American companies that were utilizing the trade agreement to outsource jobs to cheaper workers.

Since Trump's inauguration, the United States has also withdrawn the U.S. from the North American Free Trade Agreement (NAFTA), which was another such trade agreement that allowed American companies to outsource jobs and ferry goods across North American borders. NAFTA was replaced with a bilateral trade agreement called the U.S.-Mexico Trade Agreement, and under the new agreement, Trump added stipulations that required cars manufactured in Mexico to be built with at least 75 percent% parts made in North America and placed higher requirements on wages for automobile manufacturing workers abroad.

In the middle-east, Trump pulled out of the United Nations Relief and Works Agency (UNRWA), citing that the U.S. was bearing a disproportionate share of the burden of UNRWA's costs.

The Trump administration also retracted the U.S. from the Iran Deal, which Trump famously called "the worst trade deal in the history of trade deals, maybe ever." At the time, it had become clear that Iran had not held up its end of the deal with the U.S., and had continued developing nuclear weaponry, despite the deal stating they wouldn't; by cutting off the Iran Deal

and putting more sanctions on Iran, Trump kept the pressure on foreign adversaries and made it clear that America would not be pushed around.

With the historic tensions between the United States and certain middle-eastern countries, it is critical for American leaders to give no quarter when dealing with outside threats. In addition to his withdrawal from the Iran Deal, President Trump proved his mettle in dealing with Iranian threats this January, when a U.S. civilian contractor stationed in Iraq was killed by a rocket attack from Iran; President Trump's swift retaliation and cool level-headedness kept us from the brink of war.

In an interview conducted this January following the U.S.-Iran clash, Dr. Marco Rimanelli, a tenured professor in Political Science and International Security at Saint Leo University, said, "Because the Iranians have done many things before[...]and the Americans had not reacted because nobody had died, they took this not as a sign of restraint, but as a sign of weakness[...] Trump wanted to teach a lesson short of going to war. He took a gamble - he won[...]In the process, Trump has shown that he was strong, as well as very unpredictable, and that keeps scaring everybody."

These strong shows of leadership from President Trump have regained international respect and deference for the United States and proven again and again that Trump puts the interest of the country first. However, many of Trump's successes over the course of these past four years have recently been forgotten in the face of the COVID-19 pandemic, by the public and the media.

President Trump was dealt a bad bit of luck with the emergence of COVID-19 riding the coattails of his first presidential term, the effects of which unfortunately undid a lot of his hard work for the economy, job market, and stock market. I believe that Trump cannot be held fully accountable for the sudden recession that the country has been thrown into, however, I would be remiss not to mention that his actions or lack of actions did play a role in how COVID-19 affected the country in one way or another.

On January 31, President Trump suspended travel into the country from China, and was immediately raked over the coals by the media, which labeled him and his travel suspension order xenophobic and racist. This was also around the time that Speaker of the House, Nancy Pelosi, made a spectacle of herself in San Francisco's Chinatown, aiming to further shame President Trump for his order by framing it as a racial attack instead of a health precaution.

Downplaying the virus, which at the time had killed several hundred people worldwide and was spreading fast, Pelosi encouraged people to visit Chinatown, saying in an interview to NBC, "That's

what we're trying to do today is to say everything is fine here."

The simple truth of the matter is that Trump's ban on travel from China for non-U.S. citizens saved lives; it was not a racial attack and was instead a precaution put in place to delay and lessen the spread of COVID-19 to the United States.

Eight days prior to Trump's suspension being put in place, China locked down Wuhan, the source of the novel coronavirus, and imposed travel bans of their own, quashing all domestic travel internally to limit the spread among their own people. If China was recognizing the threat of COVID-19 in January and taking action to slow its spread, why couldn't President Trump take similar action without it being construed as racist or xenophobic?

Later this year, in September, President Trump was quoted by Bob Woodward in his new book entitled, "Rage," as saying, regarding the coronavirus, "I wanted to always play it down. I still like playing it down, because I don't want to create a panic."

Since then, the president has come under blast for admitting to intentionally down-playing the severity of the coronavirus, however, it should be clear that Trump was trying to avoid further riling up a country that was already panicking.

Remember, this was at a time when across the nation, fights were breaking out in supermarkets over who among us got to hoard the most toilet paper; necessities such as soap and certain food items were flying off the shelves and going completely out of stock all across the country, and in general, the public was panicking. By not stoking the fires of fear in what was already a nigh-uncontrollable blaze of panic, President Trump did what any good leader should

do for his country in a time of crisis: reassure his people, try to give them hope, and remain outwardly positive and confident.

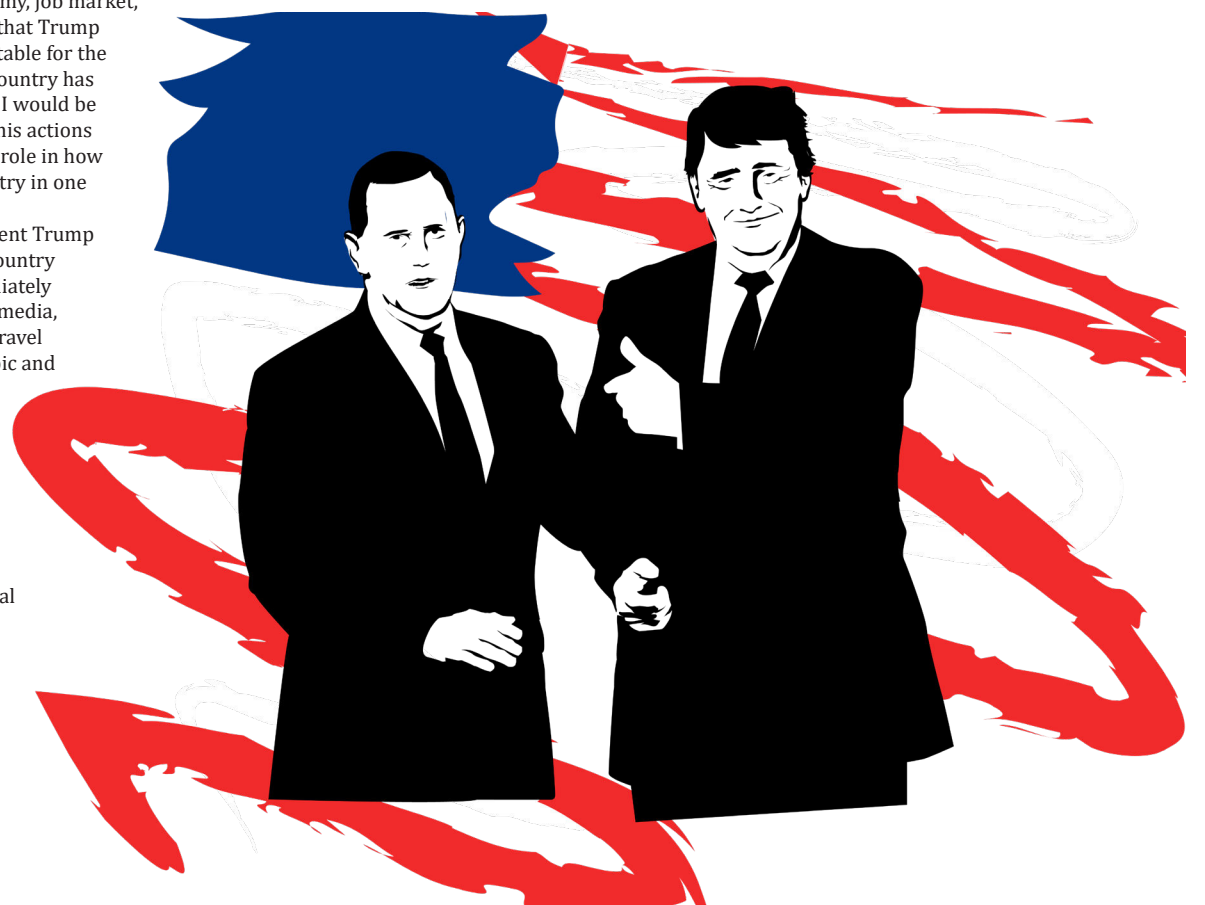
In the background, President Trump and his administration worked to combat COVID-19 and support the medical field as they researched and developed a vaccine by restricting travel, directing the manufacturing of ventilators, and signing in numerous acts and executive orders.

On March 11, Trump signed in an economic relief package that expanded free testing, Medicaid, and additional protective measures to health care workers. On March 18, with the signing of the Families First Coronavirus Response Act, Trump expanded the Supplemental Nutrition Assistance Program (SNAP) and Woman, Infants, and Children (WIC) programs by \$500 million to help those under their protections who were affected by COVID-19.

Throughout the year, the effects of the Coronavirus, Aid, Relief, and Economic Security (CARES) Act, which was signed into law by President Trump on March 27, were felt by the country in the form of a \$2 trillion package that included stimulus checks, support for small businesses, funding for state, local, and tribal governments, and job preservation efforts.

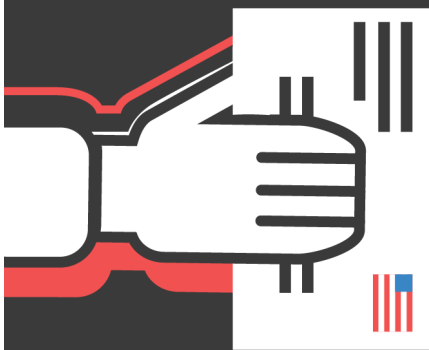
Quoting from the U.S. Department of the Treasury, "The CARES Act provides fast and direct economic assistance for American workers, families, and small businesses, and preserve jobs for our American industries."

As they say, hindsight is 20/20, and it is easy to criticize Trump after the fact for actions he took when we were still not fully aware of what this crisis entailed. This final year of President Trump's first presidential term has been shaky, but let us not forget all the prosperity that Trump brought to the country prior to the emergence of COVID-19.



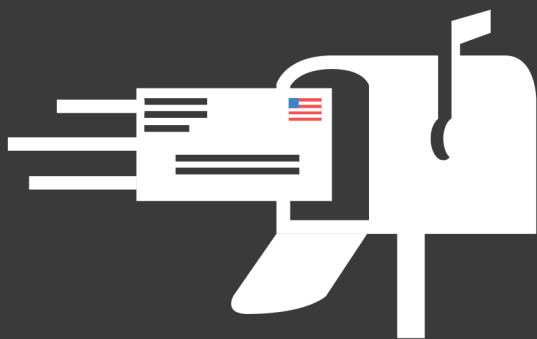
## VOTING BY MAIL

Vote.org provides voters with a request form for an absentee ballot that requires a first and last name, permanent home address, birth date, and email address. When it arrives, it's important to bring your ballot to a drop-off location rather than shipping it yourself, as it's more likely to get sent in time through the drop-off location. Instructions will be provided inside of the absentee voting ballot.



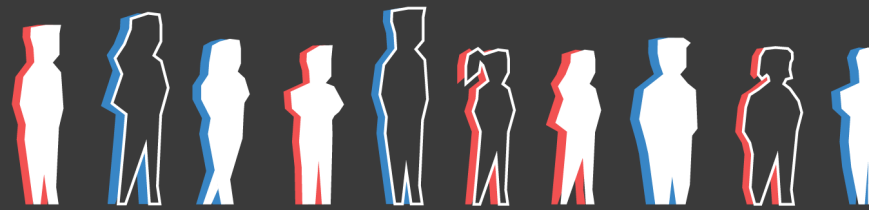
The United States Postal Service encourages voters to mail their ballots at least one week before election day, but the earlier the better – so it's best to return the ballot before Tuesday, Oct. 27 this year.

Registered Florida voters can check the status of their Absentee ballots with the Division of Election's Voter Information Lookup. Some states don't allow absentee voting without documentation like New York and Texas, while other states mail ballots directly to all voters like California and Colorado, so make sure you're aware of the rules of your home state. In other states like Florida, voters are allowed to use absentee ballots but must request it in advance.



Info by: **Ryn Williams**, *Social Media Manager*

Graphics by: **Christian Silva**, *Creative Director*

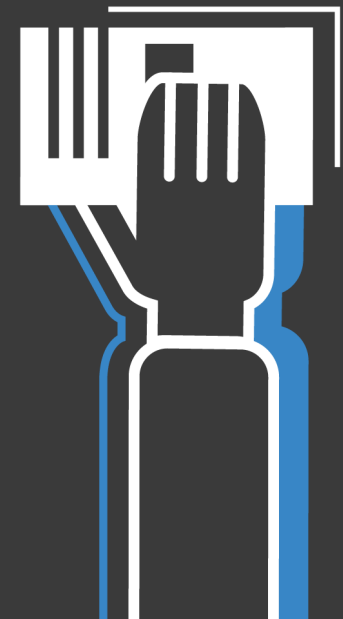


## HOW TO

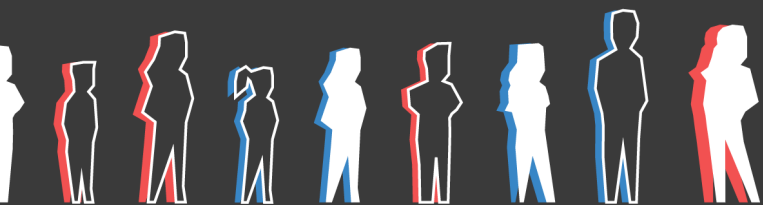
## VOTING IN-PERSON

If you didn't request an absentee ballot this year, don't worry. Early Voting begins Oct. 19 and will last until Nov. 2. Many people are choosing not to vote in person this year. Still, not everyone trusts the mail-in system, so the best solution is to vote early. If you go onto the Division of Election's Voter Information Lookup, it's free to check at which precinct you are able to vote.

The website will also inform you of the early voting period for your precinct in case you are unable to make it in person on Nov. 3, or if you want to avoid the crowd. Make sure to bring a mask and distance yourself from other voters and staff if you choose to vote in person. Staff will be equipped with masks, sanitizer, and will enforce social distancing.

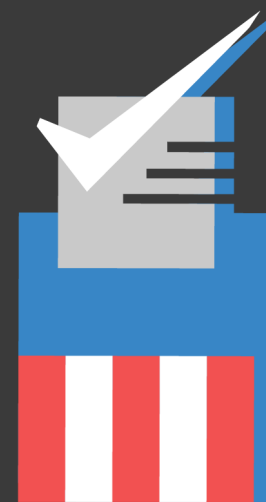






## MAKING A VOTING PLAN

A field experiment done by Harvard University in 2008 found that people who make a concrete voting plan are more likely to vote. A voting plan consists of knowing exactly when and where you will go, instead of just telling yourself you will vote at some point. Encouraging others to vote is another great way to stay on-track for your personal voting plan. Try making a goal to talk to at least one person every day until Nov. 3 about voting – different perspectives can be learning experiences, and it's helpful to stay informed.



# VOTE

## DEBUNKING "VOTING ONLINE"

Due to this year's circumstances, several states are allowing online voting for military members and dependents in Hawaii, Idaho, Louisiana, Utah and the District of Columbia, under the Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA). Over 100,000 service members sent in ballots electronically in 2016, despite cybersecurity experts stating that online voting can have risks, like hacking and privacy breaches. As of 2020, civilians are not allowed to vote in federal elections. The only way to vote without being present, is to request an absentee or mail-in ballot.

## HOW TO FIND SAFE NEWS

According to a Gallup poll, over 62 percent of Americans believe that the news they consume is biased. This is due to certain news publications taking their own beliefs and spreading them which can be dangerous. Unfortunately, there is no such thing as unbiased news, but finding the most factual news is the best choice. Try finding news sites that are dedicated to the truth and notice who they're funded by. There are also some websites, like All Sides, that present articles from the left, right, and center. They also catalogue how far left or right certain news sites are.

## BEWARE OF SCAMS!

If a website claims you can vote online, avoid it. It's impossible unless you are a service member. Never enter your social security number online unless you are absolutely sure that it isn't a scam. Voting websites will never ask you for any other information than what was listed above: your full name, street address, date of birth, and email or phone number. Make sure to verify that the site you are looking at is legitimate: are they non-profit? Is it a government site, related to your education or finances? A good rule of thumb is to avoid putting your SSN anywhere on a website that has ads.



# Arts & Culture

## Remembering Ruth Bader Ginsburg & John Lewis

**Haley Robinson**

*Editor-in-Chief*

Ruth Bader Ginsburg (March 15, 1933 – Sept. 18, 2020) aka The Notorious RBG was the second woman to ever be appointed as United States Supreme Court Justice. She was born in Brooklyn in a low-income, working class Jewish-American home. Throughout her academic education she studied at prestigious universities like Cornell, Harvard, and finally Columbia Law School.

At Harvard, Ginsburg faced aggressive backlash from the male dominated law classes she was attending; she was even told by the Dean that she was commandeering the spots of men who were more qualified. After much hard work and perseverance, she was the first woman to be a

member of the "Harvard Law Review." When her husband, Martin Ginsburg, accepted a job in New York, Ruth transferred to Columbia Law School. She still faced the same gender inequality that she did at Harvard and this sparked her fierce fight for gender equality.

Ginsburg's list of

achievements prior to her appointment to the Supreme Court was astronomical; she taught at Rutgers University Law School and then became Columbia's first female tenured

sex marriage in all 50 states.

Over the course of Ginsburg's late life she endured many health scares involving pancreatic, colon, and lung cancer, undergoing multiple

**"Women belong in all places where decisions are being made. It shouldn't be that women are the exception."**

**- Ruth Bader Ginsburg**

professor. She was an activist to the core serving as a director for the Women's Rights Project where she tactfully argued six monumental cases for gender equality.

Once appointment to the Supreme Court by President Carter, she earned the reputation of being a moderate, cautious, and empathetic judge. Ruth was more famous for her "dissents" or disagreement statements.

She was at the center of multiple landmark court cases such as *US v. Virginia*, *Sessions v. Dimaya*, *Olmstead v. LC*, and *Reed v. Reed*. In recent years her most famous case among our generation is *Obergefell v. Hodges* which

legalized same-

sex marriage in all 50 states. Despite the health scares, one of Ginsburg's secret weapons to staying strong and healthy was her trainer, Bryant Johnson, who worked with her for over two decades.

In July 2020, after being hospitalized for breaking three ribs, Ginsburg confessed that she was in remission for liver cancer and that the results looked promising. However, she sadly only lasted until Sept. 2020 where she passed from metastatic pancreatic cancer in the comfort of her home in Washington D.C.

Since her passing, many citizens, especially women and members of the LGBTQIA+ community, fear what will happen to cases like *Obergefell v. Hodges* and *Roe v. Wade* if a more conservative judge is funneled into the Supreme Court before the end of the election cycle. A list of issues that could be at stake are reproductive rights, voting rights,

discrimination protections, the corrections system, immigrants' rights, and healthcare policies.



Ruth Bader Ginsburg. Photo Source: (Time Magazine)



# Arts & Culture

## Remembering Ruth Bader Ginsburg & John Lewis

John Lewis (Feb. 21, 1940 – July 17, 2020) was one of the Big Six leaders of the 1960's civil rights movement. Born in Alabama, he felt firsthand the sting of oppression and racism. Inspired by the late Martin Luther

**"Get in good trouble, necessary trouble, and help redeem the soul of America."**

**- John Lewis speaking in Selma, Alabama, on March 1, 2020**

King Jr., Lewis leapt into the Civil Rights movement, becoming the youngest speaker at the March on Washington.

Lewis was raised in an era of racial injustice and segregation helping his sharecropper parents make ends meet. In his younger years, he was severely disappointed that the infamous Brown v. Board of Education ruling that schools should be desegregated did not affect his personal school life. Lewis was an active follower of the movement and was deeply inspired by King's sermons which lead him to seminary school.

After completing seminary school, where he learned the art of peaceful protests, Lewis began his career in activism organizing sit-ins at local segregated establishments. He was arrested multiple times during these demonstrations but, he got back up, more determined to speak out against injustice. Through his persistent commitment to the movement, he went on to

join the infamous Freedom Riders.

Lewis didn't stop at boycotts and sit-ins, he took his fight to the steps of Washington D.C. as one of the Big Six organizers of the March on Washington. Lewis

speech declared, "We all recognize the fact that if any radical social, political and economic changes are to take place in our society, the people, the masses, must bring them about."

The aftermath of the March on Washington contributed to the passing of the Civil Rights Act of 1964, which prohibited

the discrimination of peoples based on race, religion, color, or sex. This act didn't change the way

African Americans could vote in the South and Lewis wanted to spotlight this disparity. He organized the march on Selma, more commonly known as Bloody Sunday, due to the police brutality the protestors experienced during the demonstration.

Lewis was devastated by the assassinations of King and Kennedy; he channeled his sorrow into becoming the Director of the Voter Education Project which helped millions of minority voters register to vote. His accolades also included running for office and being elected to the House of Representatives in Georgia. Lewis became one of the most highly respected and revered congressmen for his work in civil rights, healthcare reform, gun reform, and education.

Since his passing in July of this year due to stage four pancreatic cancer, Lewis leaves behind a legacy. Before his death he co-authored a series of graphic novels recounting his work during the Civil Rights movement. His work in Congress is considered unrivaled – he has earned numerous honors and awards including the Presidential Medal of Freedom, the NAACP's Spingarn Medal, and sole Profile in Courage Award,

created by JFK.

John Lewis. Photo Credit: (Time Magazine)





# Arts & Culture

## DYSTOPIAN NOVELS: REALLY SCARY READS FOR HALLOWEEN (OR ELECTION) SEASON

**Alora Peters**  
Arts & Culture Editor

Dystopian—the genre of literature that thrives among unpublished teenage fanfiction stories, yet stands the test of time among the greatest works of classical literature. The genre that is more frightening than any horror story and more suspenseful than any action thriller. The genre that paints a picture of society just as precise and informative as the best of historical fiction, or is just as fantastic and inventive as the best of science fiction.

Dystopian fiction speaks to readers in ways that many other genres do not, and have, unsurprisingly, remained one of the most popular and compelling forms of literature to date. Dystopian literature examines the antithesis of a utopia, a perfect society, and presents the picture of a society gone completely wrong.

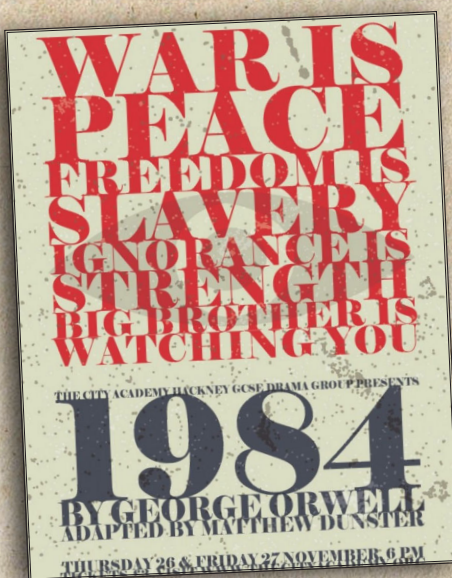
Given that the month of October is both Spooky Season and the month leading up to the general elections, what better time to enjoy some chilling novels about corrupted societies that may be headed our way in the not-too-distant future? Here are just a few of our favorites.

### DO ANDROIDS DREAM OF ELECTRIC SHEEP?

This 1968 novel by Phillip K. Dick depicts a dystopian society where nuclear conflict has created an apocalyptic planet Earth. In “Do Androids Dream of Electric Sheep?” many people are bribed to immigrate

to off-world colonies with the lure of a less-polluted atmosphere and the gift of an android servant. A group of androids escape, however, and attempt to live normal lives disguised as normal humans. Meanwhile, back on earth, owning a living animal has become

a status symbol, since so many animals were exterminated in the warfare. Aside from taking care of their pets, everyday citizens will carefully regulate their emotions and feelings using a device called a “Mood Organ.” These technological advancements lead many of the characters in the novel to ponder the difference between human beings and the artificial androids that serve them.



### 1984

George Orwell's haunting exploration of a totalitarian government, published in 1949, has remained one of the most influential and popular dystopian novels to date. “1984” imagines a future where citizens are kept under the firm control of “the Party” and its all-seeing leader, Big Brother, through fear,

misinformation, subversive political ideologies, and the looming presence of the Thought Police.

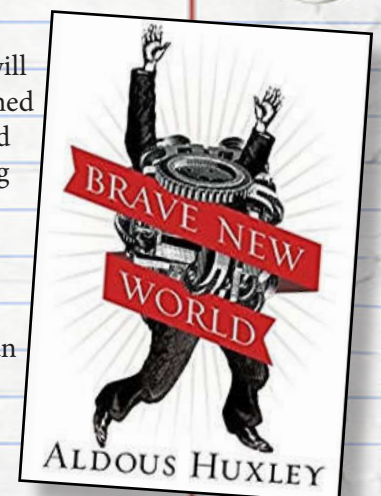
Orwell's exploration of propaganda and language as tools for controlling a society is one of the most memorable aspects of “1984.” The lead character, Winston Smith, is employed in the Ministry of Truth, a branch of government that deals with the writing of history, literature, and the news—or rather, cleverly disguised propaganda

Whenever the Party has a change in economic or wartime policy, whenever a public figure says something that is unaligned with the government, or whenever a word is deemed “dangerous” to the ideologies of the Thought Police, the Ministry of Truth will alter every preservable document in the country to successfully delete the unapproved policy, person, or word from living memory.

### BRAVE NEW WORLD

In 1932, Aldous Huxley introduced a unique dystopian society where pleasure—not pain—keeps citizens in line. In “Brave New World,” massive strides have been made in genetic technology, and control of the populace has been perfected to a science. In Huxley's dystopian world, human beings are grown in a lab and conditioned from the very first moments of their existence through adulthood to assume and enjoy a particular ranking and role in society that has been prearranged by the government.

The people of “Brave New World” are further manipulated into obeying the will of their superiors by being overwhelmed with distractions. The people spend their time watching entertaining shows, having numerous sexual affairs, and ingesting food and drink laced with an addictive, happiness-inducing drug; with such an influx of diversions, these citizens never stop to think or ask questions about the lives they are really living.





# Arts & Culture

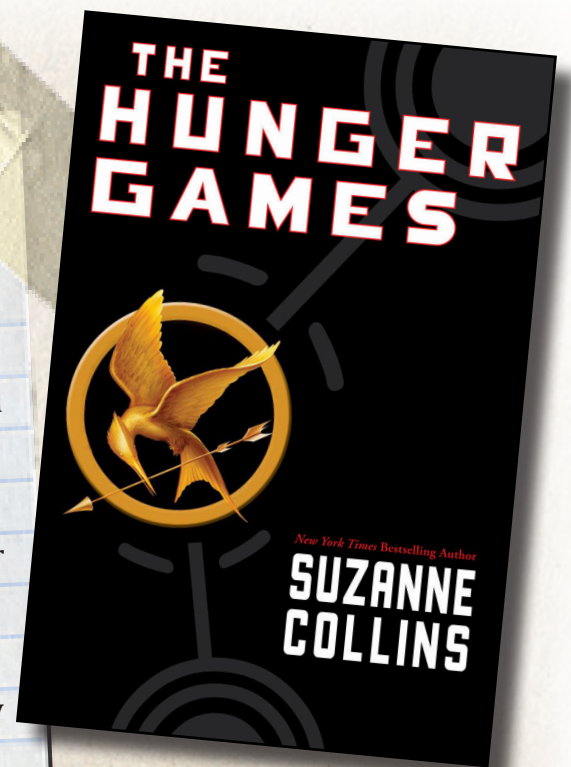
## THE HUNGER GAMES TRILOGY

With the first book published in 2008, "The Hunger Games," by Suzanne Collins, quickly became a worldwide phenomenon and a bestseller among young adult fiction. The dystopian themes of the trilogy, however, are anything but juvenile—"The Hunger Games" depicts a future in which the continent

of North America has been reimagined as the nation of Panem, where all government and economic power is held in the hands of the Capitol.

The Capitol controls the outlying 12 Districts, each of which provide an annual quotient of a different agricultural or material resource to be redistributed by the Capitol throughout the

country. Similar to the Party of "1984," the Capitol keeps the Districts under its authority through propaganda and fear by hosting the annual Hunger Games—a televised game show in which District children are forced to fight to the death—and by using the example of an obliterated 13th District as an example of what happens when anyone decides to step out of line.



## FAHRENHEIT 451

"Fahrenheit 451," a 1953 novel by Ray Bradbury, is the story of a dystopian world where books have become outlawed. The hero of the story, Guy Montag, is a "fireman" - a government official whose duty is to find

and burn books; conversely, citizens who are in possession of these illegal items are branded as criminals and outlaws.

Despite the fact that books have become a controversial and unpopular source of enjoyment, there is no shortage of entertainment in this futuristic society. High-tech television screens and earbuds bring film, radio, music, news, and other popular genres to citizens and the media personalities of these programs have become so important that they are considered to be more lovable than family.



## ANIMAL FARM

Another Orwellian classic, the 1945 novella "Animal Farm" is a satirical novel that explored the birth of a Communist nation through the eyes of talking farm animals. The hungry and overworked pigs, horses, chickens, cows, and sheep of the fictional Manor Farm decide to rebel against their human master after having

suffered enough. The revolution is successful: the victorious animals rename their home "Animal Farm" and resolve to create a utopian paradise where all animals will be treated equally.

However, these ideals and slogans are quickly hijacked by a group of scheming pigs who use the energy and zeal of the other revolutionary animals to seize power in the animal community. The novella was roughly based off of the historical Communist Revolution in Russia.





# Arts & Culture

## Easy, Dorm Friendly Fall Snacks

**Muirel Zamora**

*Contributing Writer*

If you are someone who likes treats, these recipes are the ones for you. As a college student, it can

be hard to take time out of your busy schedule to cook. Balancing between work, classes, and free time is hard, but we've provided some quick and delicious treats that you should definitely try!



### Cinnamon Apple Chips

**Ingredients:** 3 to 5 apples (depending on size), 2 tsp of cinnamon, 1 tsp of white sugar.

**You will need:** oven, toaster oven, or air fryer, knife, bowl, baking sheet, parchment paper or cooking spray.

**Steps:**

Preheat your oven to 200 degrees Fahrenheit.

Line the baking sheet with parchment paper or apply cooking spray.

Add the sugar and cinnamon in a bowl and mix.

Core and cut your apples into slices. Coat the apple slices with the mixture.

Place the apples flat on the baking sheet. Make sure not to overlap so that everything cooks evenly!

Bake for two to three hours until the chips are dry and still a little soft.

You can also make this recipe using an air fryer! If using an air fryer, set it at 350 degrees Fahrenheit and bake the apples for 12 minutes.

Enjoy!



### Pecan Pie Coffee Creamer

**Ingredients:** 2 cups half-and-half (or one cup of heavy whipping cream mixed with one cup of whole milk), 1/3 cup maple syrup, 2 teaspoons pecan extract, and nutmeg.

**You will need:** a stovetop, deep frying pan, heat-safe container, fridge.

**Steps:**

Warm up the pan on low heat before pouring in your half-and-half (or mixture of heavy cream and whole milk).

Mix the base in low heat for around 2 minutes.

Add in the maple syrup and pecan extract.

Throw in a dash of nutmeg.

Mix everything together while slowly raising the heat.

Once it starts boiling, take it out and let it cool down.

Pour it inside a sealable container and let it chill in the fridge.

Add it to your choice of coffee and enjoy!

### Pumpkin Pie Bites

**Ingredients:** 1/4 cup pumpkin puree or canned pumpkin, 1/4 cup honey, 1/2 cup peanut butter, 3/4 cups old fashioned oats, 1 tablespoon chia seeds, 1/2 teaspoon cinnamon, 2 teaspoons pumpkin pie spice.

**You will need:** large bowl, fridge, spoon, container.

**Steps:**

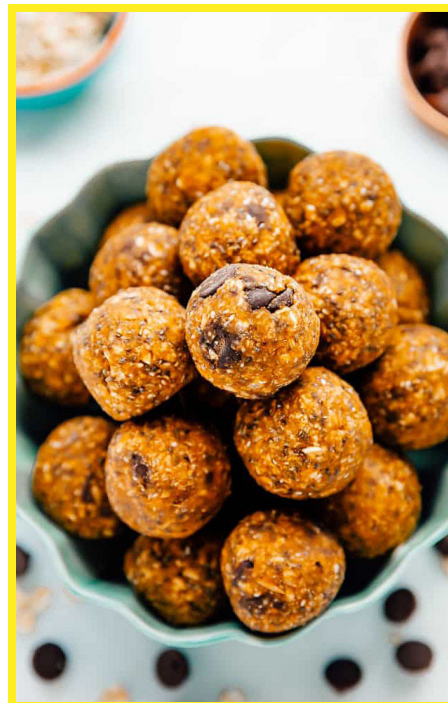
Mix pumpkin, honey, and peanut butter in a large bowl.

Slowly add in oats, cinnamon, pumpkin pie spice, chia seeds and mix.

Spoon out the mixture in balls and put them in a refrigerable container.

Refrigerate for 20 minutes or until firm.

Enjoy!



### Caramel "Apple" Grapes

**Ingredients:** Green grapes, caramel dip and chopped peanuts.

**You will need:** Toothpicks, microwave, bowl, knife.

**Steps:**

Wash the grapes and dry them, make sure they are off the stems.

Warm up the caramel dip according to the packaging.

While waiting for the caramel to cool slightly, stick a toothpick inside each of the green grapes.

Break the peanuts into finer pieces (this can be done by laying the knife sideways over the peanuts and pressing down) and put them in a bowl.

Grab the grapes by their toothpicks and dip them into the caramel individually.

Dip the grapes again into the bowl of peanuts.

As you can see these recipes are easy to make and perfect for fall. You can play with the ingredients—add more or replace others to make your own unique version of each treat.



# Arts & Culture



## CORONA-WEEN: WHAT CAN WE EXPECT FOR HALLOWEEN THIS YEAR?

**Al'Janae Anthony**  
*Contributing Writer*

Candy, parties, costumes, and great memories are just a few of the escapades to look forward to on Halloween night. But this year, things may operate on a different scale.

Coronavirus has taken over people's lives, requiring them to wear masks, social distance, and miss out on various plans people made for this year. A statement issued by the Center for Disease Control states that "Many traditional Halloween activities can be high-risk for spreading viruses."

However, people have already begun to create their own Halloween plans, disregarding any guidelines put out by the CDC. Memes and posts have been circulating on social media and the internet with the idea of #SaveHalloween2020.

These posts open up the conversation that the government does not control how one can celebrate holidays, urging people to go out and buy bags of candy to

pass out to trick-or-treaters. Even though Halloween is one of the nation's holiday staples, it may not be worth risking the potential spread of the virus.

Changes have been implemented to numerous activities that typically operate during the spooky season to protect individuals from contracting the virus. Haunted houses are one of these operations. Specifically, the famous Scream-A-Geddon in Dade City.

Scream-A-Geddon is a local Halloween scare attraction located about twenty minutes from University Campus, it invites customers in for scary haunted houses, spooky attractions, and monsters running around the park grabbing, lunging, and throwing themselves onto those who attend.

As listed on their website; Scream-a-Geddon will be limited to 50 percent of the park's capacity, masks are required by staff when social distancing is not feasible, social distancing is not mandated but requested if possible by the customer, temperature checks

are required, and hand sanitation is required prior to entering any attraction.

These procedures seem precautionary, however, without proper social distancing, problems could arise leading to a surge in cases in the Pasco County area, especially if they continue to implement the idea of touching and interacting with customers.

Costume parties still remain, as numerous have been posted on eventbrite.com in the Tampa Bay area. For example,

Glow in the Dark Halloween Party, an event for LaDee-Da Kids Spa, is still scheduled to go on as planned, requiring mask-wearing for adults and encouraging it for children. Space is limited to 12 children to corroborate with social distancing guidelines.

As fun as these events may sound, they may pose a health risk, according to the warnings from the CDC and scientists.

Be that as it may, = Saint Leo students feel torn about the upcoming holiday and how it should be celebrated.

Drake Gibson, a freshman majoring in Bio Medical Health science, offered his take on what he believes should change as far as celebrating Halloween. "Despite the college being a Christian college, I feel as if a lot of students that are living on campus are there for fun, and there's nothing wrong with a bit of fun, once we adhere to the safety restrictions of COVID-19," said Gibson.

Shayna Santo, a sophomore in the Social Work program followed

with a few suggestions as to what campus life should look like for this upcoming holiday.

"I'd like to think that Halloween should be completely cancelled but that would be unrealistic. I don't think you can completely cancel the holiday, so there should be major restrictions," said Santo.

Santo added, "I think the campus can still have regular Halloween fun with scary movies on the Bowl and candy with friends can still bring that same spooky fun feeling. Saint Leo should do a scary movie night with spread out seating on the lawn where you can eat candy and snacks with your roommates."

With these opinions gathered, it's clear that the student body is mixed on their opinions of Halloween on campus.

It also raises the question of, what people can do as a campus to stay safe, have fun, and navigate the virus safely.

The answer lies within the minds of the student body. First, practicing social distancing, wearing a mask around campus, and washing one's hands frequently will ensure a safe, benign environment for on-campus students, staff, and faculty.

Keeping activities small and intimate would help prevent the spread. An alternative to Halloween parties would be hosting parties with immediate family or people someone interacts with, consistently.

And rather than participate in Trick-or-Treating, keeping kids inside with great Halloween-themed games, movies, or spooky activities. But, if going out is an absolute must, try to wear a mask and practice social distancing..

As for the surrounding world, the possibilities are multitudinous as Halloween draws closer with activities beginning to entice the public but Lions now must do their part to protect the Pride and look with excitement towards the future and safety of the school.



# Sports

## A QUARTER INTO NFL SEASON - RECAP



In the yellow circle are the first two picks of the previous draft, Joe Burrow (left) and Chase Young (right). Surrounding them are some of the bigger stars in the league, Dak Prescott (top left), Richard Sherman (bottom left), Patrick Mahomes (top right), and Lamar Jackson (bottom right). (Picture from ESPN.com)

### **Anthony Martinez** *Sports Editor*

Week four is wrapping up in the NFL season and, in a flash, they are a quarter of the way through the regular season. It wasn't long ago when there was a lot of uncertainty of whether the NFL season would even take place and, suddenly, 25 percent of the season is over.

It's been a unique season so far; with no OTA's and no preseason, teams had very little action before starting the season which could've factored into some of the early results. One thing that blatantly stands out so far is the number of injuries that have occurred this season, especially season-ending injuries. Week two of the season was especially brutal with stars like

Saquon Barkley and Nick Bosa both experiencing a torn ACL. Tarik Cohen also tore his ACL, Christian McCaffrey experienced an ankle injury, and Tyrod Taylor punctured his lung.

Some teams have been hit harder than others, like the 49ers who lost, as mentioned earlier, Nick Bosa, along with Solomon Thomas, and even quarterback Jimmy Garoppolo. The Eagles have felt the injury-bug as well, as their entire starting offensive line in one way or another is dealing with an injury.

There have been some impressive teams in the early going and some early Super Bowl favorites. There are a still few undefeated teams, those being the Green Bay Packers, Seattle Seahawks, Buffalo Bills, Kansas City Chiefs, Tennessee Titans, and

the Pittsburgh Steelers. Explosive offenses like the Packers and Seahawks are fighting for the top spot in the NFC while the Chiefs seem like the overwhelming AFC favorite, despite some strong competition.

There are some notable one-loss teams who are still threats, especially the Baltimore Ravens. Other teams like the Tampa Bay Buccaneers, Los Angeles Rams, and Indianapolis Colts are all threats.

While the league has had some powerhouses so far this season, there have also been some bottom-feeders. Most notably the New York Giants and the New York Jets. New York is having a bad year of football. Jets have the second-worst scoring offense and the second-worst scoring defense. The Giants are surprisingly tied

as the 14th best-scoring defense. It's nothing to write home about but it's solid, nonetheless. That could be however because other teams don't need to score much against this team to win. They average 11 points a game, simply an inept offense. Without star running back Saquon Barkley, for the year, there is little hope for improvement with this team offensively unless second-year quarterback, Daniel Jones steps up.

There's good teams, bad teams, and then there's disappointing teams. Great quarterbacks like Matt Ryan for the Falcons and Deshaun Watson for the Texans are still without a win. The Texans' defense is struggling, and the Falcons can't hold a lead. Then there is the case of the Dallas Cowboys who have such



# Sports

an explosive offense, but the worst scoring defense in football. They allow a whopping 36 points a game and can't win like that, period.

Team success aside, there have been numerous names currently in the MVP picture a quarter into the season. They're all quarterbacks, but the current odds on favorite is definitely Russel Wilson. Four games into the season and Seattle is undefeated and Wilson has thrown a whopping 16 touchdowns to two interceptions and a QB rating of 136, which would be an NFL record.

Other candidates include former MVP and Chiefs quarterback Patrick Mahomes who is once again showing he signed half a billion-dollar contract. Packers quarterback, Aaron Rodgers, looked like his old self when he won two MVPs. Ravens quarterback Lamar Jackson, the reigning MVP, is also in the race, although his campaign took a slight hit with his performance against the Chiefs, throwing for under a hundred yards in the game.

Those were all expected, but, the one that is surprising some people based on their opinion of him before the season started, is Josh Allen, quarterback for the Buffalo Bills. He was drafted as a quarterback with a cannon for an arm and a lot of upside, but he clearly needed work. His quarterback rating as a rookie was 67 then as a second-year player he improved to 85, a good jump but not ideal yet. This year is a different story, he looks like he's been doing this for years and has a rating of 122 and has thrown 12 touchdowns in four games. Everything has clicked this year and the Bills are rolling.

This year's rookie class is making an impact early into the season. With all the injuries and some players deciding to opt of the season entirely, more

rookies are having a chance to play early. Players like Chase Young and Mekhi Becton look like they've been doing this for years already, dominating with their physical prowess. Some of the young receivers look the part of future stars, like Ceedee Lamb, Justin Jefferson, and Jerry Jeudy. The Chiefs seem to have found another offensive weapon in Clyde Edwards-Helaire, the running back out of LSU.

First overall pick, Joe Burrow has had an interesting start to his career. The touchdown to interception ratio is solid and he's throwing for a lot of yards. Some of the issues reside in the fact that, because of the Bengals offensive-line, Burrow has already been sacked 15 times and been hit even more than that. Also, some of his yardage output is due to a huge amount of pass attempts as he is only averaging 6.3 yards per attempt. Still, his future looks bright.

For the other rookie quarterbacks, none of them were expected to get much early playing time. However, due to a punctured lung of Los Angeles Chargers quarterback Tyrod Taylor, the rookie out of Oregon, Justin Herbert, was able to get a couple of starts as a result. Herbert has made the best of his opportunities, having a QB rating of 102, 13 points higher than Burrow. Some of his throws have been outstanding, he gets so much air under the ball and not in a bad way, enough for his receivers to run under the ball. He arguably has more upside than Burrow.

As fast as the first quarter of the season has felt so far, the league still has three quarters of the season left. There is much room for change but so far this is what the league looks like and it makes sense to expect some of the same of the mentioned teams and players.

## NBA OPENS AREAS FOR VOTING/REGISTRATION

**Eva Sanders**

*Contributing Writer*

It's nearing election time, once again, and for those who are choosing to vote in-person rather than by mail, a number of NBA arenas have opened their facilities.

The majority of Americans already know which candidate they're voting for, however with the current state of the pandemic, the process of in-person voting will need to adhere to safety protocols. Since compact spaces and Covid-19 don't mix, an arena is large enough to ensure safety for the vulnerable population who still want to cast their ballot.

Local election officials were previously panicking, due to the fact that there weren't any buildings large enough to enforce social distancing while voting or registering to vote. Larger metropolitan areas were in the midst of this chaos. The facilities being used had to be large enough that voters could social distance while waiting in line. The home of the Los Angeles Lakers, Staples Center, was one the first teams to announce they'd open as a voting center. Lakers player, LeBron James has encouraged other NBA teams to open their venues to the public as voting and registration centers. NBA arenas can fit an incredible amount of people, while still spacing them out.

A number of arenas have taken the initiative to open their facilities to the public. Unfortunately, not all of these locations are easily accessible to Floridians if they aren't willing to make a long drive, however, there are a few that are within the area. Orlando Magic arena, has a capacity of approxi-

mately 20,000 people and is available to Orange County registered voters. Early voting access will be granted from Oct. 19 to Nov. 1. The Atlanta Hawks are another considerably local team. Their arena has a capacity of 21,000, and will be open starting Oct. 12. A portion of the building will be dedicated to counting mail-in-ballots. It's also one of the largest voting locations in the history of the state of Georgia.

Due to player protests, plans of arenas reopening have been changed. Privately-owned arenas would be ideal to use as voting and registration centers since the owners can easily offer their facility. On the other hand, publicly-owned arenas would make the process more difficult, since local officials have the authority to deny citizens requests. This has happened already. Players whose teams practice in public arenas have been advocating for these centers to open up to voters, however their requests were denied. Many local officials still aren't convinced that voting can be done safely and effectively, which would be the reason to not grant access to the arenas.

With the current state of the world, people are encouraged to vote now more than ever. While politics may be a controversial topic, it's still imperative that voters of all ages, especially the upcoming generation cast their ballots.

"The easiest way to keep us from changing anything is to keep us from voting," LeBron James stated.

If voting can be done in a safe environment, there's virtually no reason not to vote.

