

Mount Mercy TIMES

Viktorja K Heires/ Times
Joe Nguyen, associate professor of chemistry, speaks about influential women of color that impacted American history and politics during his Fall Faculty Series lecture, "Influential American Women: Infusing Race and Culture into Politics" on Oct. 14.

Role Models



Fall Faculty Series Highlights Influential Women of Color

By Viktorja K Heires
News Editor

Dr. Joe Nguyen, assistant professor of chemistry, added to the 2020 Fall Faculty Series with his lecture on influential women of color and the impact they have had on American politics and the struggle for equality.

The Flaherty Community Room saw its largest socially distanced audience to date, with 20 in attendance and about 10 viewing the YouTube livestream according to Joe Hendryx, assistant professor of English. Many of those in attendance were motivated by a fun game of Kahoot!



Mount Mercy University image
The logo for this year's Fall Faculty Series, called "The 19th Amendment: 100 Years Later." See page 2 for another story on the series.

that Nguyen planned as mini intermissions between themes.

Nguyen says he wanted to focus specifically on the lesser known and under-appreciated women—the women that were probably never talked about in history class.

Among the list of notable people were women who made impacts not only across all three branches of our government, but who were significant to the civil rights movement as well.

This includes women like Fannie Lou Hamer, who was beaten, arrested, and evicted from the land she rented with her husband

as a result of trying to register to vote and to help other African Americans register in 1962.

As a result of her speech to the DNC Credentials Committee in 1964 and the Voting Rights Act of 1965, the number of African American voters in Mississippi increased from 28,000 to approximately 280,000. There was also an increase in African American officials.

Nguyen also discussed the life of Mary McLeod Bethune, born in 1875. She was the only child out of 17 who was able to go to school. In the evenings she would share what she learned with her siblings, thereby educating them as well.

Bethune worked as an educator in the South and founded the historically Black college that today is known as Bethune-Cookman College in Daytona, Florida. She negotiated the

merger between her own all-women's school and Cookman, an all-men's school. Bethune's vast experience was utilized by several presidents over the next decades and she was a member of FDR's "Black cabinet" as an advisor on minority affairs.

LaDonna Harris, a member of the Comanche Nation and wife of former senator Fred Harris, got involved with the civil rights movement and became an advocate for Native Americans. Harris became a nationally recognized figure for her work with the Taos Pueblos Nation when she successfully lobbied to have Blue Lake land returned to them. This is the first time the government had ever returned land to Native Americans.

Harris was appointed by

President Johnson to lead the National Women's Advisory Council of the War on Poverty. She also ran as a vice presidential nominee in 1980 with fellow Citizen Party candidate Barry Commoner.

Other notable women Nguyen discussed included Patsy Takemoto Mink, the first woman of color elected to national legislature and first Asian-American woman in congress; Carol Mosley Brawn, who in 1992 was the first African American elected to senate; and Ladda Tammy Duckworth, a veteran of multiple wars and the first person with a disability elected to congress. She advocated for better health care and easier access to health care for veterans.

"My daughters are multi-racial, and I wanted to choose women who they could look up to as role models," said Nguyen.

The livestream of this presentation can be watched on MMU's YouTube channel at <https://youtu.be/QFgmiM6qAJc>.

Move to Virtual Instruction May Impact Academic Scholarships

By Courtney Hoffman
Managing Editor

Academic scholarships, which are adjusted according to a student's residential status, may be decreased if Mount Mercy shuts down and moves to virtual instruction this year.

Commuter students experience a \$3,500 decrease in academic scholarship awards compared to students who live on campus. If campus is shut down, whether by choice or by statewide mandate, students who don't qualify to stay in the dorms will have their academic scholarship reduced as well.

"At this point we are hopeful the semester will continue as is," said Beth Davenport, director of financial aid. "If there were to be a state mandate such as we had in the spring, that requires us to move students off campus. We would follow our current scholarship agreements and housing contract students have in place."

"This means academic scholarships with residency requirements attached to them will be reduced according to the percentage of time the student lived on campus," Davenport added. "Room and board will be adjusted in a similar fashion."

She also noted that if the university were to make the decision this semester to close campus in the spring, academic scholarships for that semester would be adjusted according to the current guidelines.

"We have no plans to make any changes regarding how we currently administer our institutional scholarships," Anne Gillespie, vice president for business and finance added. "We plan to follow our

financial aid guidelines along with our residential housing agreements."

Talent scholarships, including music, athletics, and writing, likely won't be affected, provided the student still meets

"This means academic scholarships with residency requirements attached to them will be reduced according to the percentage of time the student lived on campus."

Beth Davenport, director of financial aid

the requirements for it and chooses to continue to participate in their activity.

"As of now, I do not believe special talent scholarships will be adjusted," Davenport said. "We did not make any adjustments to them when we closed in the spring."

These decisions are made by the Pandemic Task Force and the University Cabinet.

Nate Klein, vice president for student success, says that Linn County Public Health experts are consulted on a bi-week-

ly basis, where he and representatives from three other Linn County colleges discuss health and infection-rate guidelines.

"On that call, we talk with experts at Linn County Public Health, and if there is ever an outbreak on a team, in a residential space, or other, we would consult with them on their thoughts as well to handle and respond to the situation," he added.

As of right now, university officials plan to maintain in-person sessions for as long as possible, and a limit has not been set on the amount of positive COVID-19 cases necessary to prompt a shut down.

"At this point in time, Mount Mercy University does not have a specific limit for COVID positive cases," Klein said. "We do review the data every day to make decisions about athletic teams, music groups, residential students, commuters, and employee groups to determine if we need to act or respond differently."

Heads up:

Virtual Business Career Fair

Business, finance, and accounting will host a virtual career fair on Thursday, Oct. 22 from 3:30-5:30 p.m. The event will be hosted through Handshake. Contact Kalindi Garvin, kgarvin@mtmercy.edu with questions.

Virtual Nursing and Health Care Career Fair

The Martin-Herold College of Nursing & Health will host a virtual Handshake career fair on Monday, Oct. 26 from 9 a.m. to noon. Interested students should contact Kalindi Garvin, kgarvin@mtmercy.edu with questions.

Freshman Mini-Retreat

Campus Ministry will host a freshman retreat on Monday, Oct. 26 from 6-8:30 p.m. in the Chapel of Mercy. The retreat will serve as an evening of reflection and will be hosted by peer ministers. Contact Michael Beard, mbeard@mtmercy.edu, with questions.

Election Day

Don't forget to vote on Nov. 3, Mustangs! Polls are open for in-person voting in Linn County from 7 a.m. to 9 p.m. Find the nearest polling place on the Iowa Secretary of State website at <https://sos.iowa.gov/elections/voterreg/pollingplace/search.aspx>.

Related stories on pages 3 and 4.

Iowa Suffragettes Make Their Mark Fighting for Equal Rights

By Viktorja K Heires
News Editor

Allison McNeese, assistant professor of history at MMU, can't recall a time that she wasn't interested in history.

"I've always loved to read," she said. "To me, it's fascinating to know the stories of peoples' lives, and I have been passionate about race and gender history since at least my high school years."

Speaking over Zoom to an audience of 27, McNeese presented her Fall Faculty Series lecture, "The Fight for Women's Suffrage in the Hawkeye State," where she noted the significant impact of Iowan women during the suffrage movement.

Iowa had been a state for just six months when the first Women's Rights Convention took place in Seneca Falls, and America had only celebrated independence for its 72nd year.

The suffrage movement has

its beginnings in the 1780s and 1790s when women were looking for opportunities for their voices to be heard. First Lady Abigail Adams and Judith Sargent Murray, an early American advocate, both saw the need to educate women beyond the domestic sphere so they could participate as full citizens in the Republic.

After the first convention in Seneca Falls, women's rights conventions were held annually from 1849 to 1861. The Declaration of Sentiments, as they were called, were modeled directly after the grievances laid out in the Declaration of Independence.

Iowa, still in its infancy of statehood, had a fair number of its own women supporting the cause of suffrage and marching for the vote. It wouldn't be a fair question to ask who McNeese's favorite is, though. "I'm not sure I have a one solid favorite in the movement," she said. "In Iowa I'd put Annie Savery, Eleanor Elizabeth Gordon, Mary Jane Coggeshall, and Carrie Chapman Catt on



Mount Mercy University image

The logo for this year's Fall Faculty Series, called "The 19th Amendment: 100 Years Later."

See page 1 for another story on the series.

Important Dates in Iowa History:

1847 – Iowa passed legislation creating state institutions of higher learning 59 days after becoming a state.

1855 – University of Iowa, the first institute of higher learning to admit women, has a graduating class of 124, 41 of whom are women.

1868 – An act of legislation deleted the word "white" from the Iowa constitution, effectively eliminating citizenship as race-based.

Important Dates in U.S. History:

1878 – Anthony amendment in U.S. Senate presented by Aaron Sargent – this will later become the 19th Amendment

1894 – women gained limited suffrage – could vote for issues like taxes and bonds, but not elections.

1896 – 1913 15 states add suffrage for women

1914 – Great War begins, and women are needed in roles traditionally held by men

1918 – During a joint session, President Wilson asks that they vote "yes" for suffrage

1919 – Senate votes for suffrage

Aug. 18, 1920 – Tennessee becomes 36th state to ratify the 19th Amendment

that list."

Annie Savery was a transplant from London to Des Moines; she was a philanthropist and suffragist as well as a pioneer in feminism. Savery attended the University of Iowa and was one of the first two women to graduate from the College of Law. She became a leader, speaking on behalf of suffragists and helping to establish organizations that

supported it. She also helped found the first public hospital in Des Moines.

The suffrage movement grew from the abolition movement and significant contributions were made in both arenas by Keokuk transplant Charlotta Pyles. She was an African American woman who had been born into slavery, but she was freed when her owner died.

After moving her family from Kentucky to Iowa, Pyles went to large cities in the east to give speeches about the abolition and suffrage.

One of the most recognized figures was Carrie Lane Chapman Catt, who attended Iowa State University and was the only woman to graduate in her year. Carrie successfully worked on campaigns in South Dakota to get women the right to vote, and repeated that success in Colorado.

Chapman-Catt was also the President of National American Woman Suffrage Association and cofounded the League of Women Voters.

Many of these women came together, despite ridicule and physical and verbal abuse from all sides. Though there were men who supported women having the vote, there were a surprising number of women who did not believe they should have the right to vote. The sentiment at the time was that voting and politics were in the purview of men only.

McNeese said in closing, "My grandmother was born in 1885 and didn't have the right to vote until she was 35, despite being head of household and having lost both her husband and first child to a fever epidemic."

Annie Barkalow/Times

Josh Scholl, freshman, receives a flu vaccine from Kathryn Starr of HyVee Pharmacy in Hennessey's first floor lobby on Oct. 7. Flu shots will be available on campus through the month of October.

Shot in the Arm



Flu Shots Made Available on Campus So Students Won't Face Two Viruses

By Jada Veasey
Senior Opinion Editor

While America deals with one pandemic, another potential one looms in the not-so-far future – influenza. Luckily for Mustangs, Mount Mercy is providing students with a chance to

get a flu shot right on campus.

Getting a flu shot is an important way to prevent the spread of the flu, which is especially important as we deal with the impacts of COVID-19 at the same time.

In a joint CDC and National Foundation for Infectious Diseases web-

"Let's do what we can with the tools that we have, and we have a good tool in an influenza vaccine."

Dr. Anthony Fauci

cast earlier this month, Dr. Anthony Fauci, one of the nation's leading experts on the front lines of the COVID-19 pandemic, said that the flu "is a serious

disease; it is not trivial. Let's do what we can with the tools that we have, and we have a good tool in an influenza vaccine." Mustangs who are

interested in getting their flu shots through MMU should check their school email accounts for Happenin' on the Hill emails that include the sign-up link. Face masks are required, and students will need to bring an insurance card or \$35 to be able to receive the shot. Upcoming flu shot oppor-

tunities include:

Monday, Oct. 26: 3:30-6:30 p.m. in Graduate Center classroom 112

Thursday, Oct. 29: 11 a.m.-2 p.m. in the Hennessey first floor lobby

Friday, Oct. 30: 10 a.m.-1 p.m. in the Hennessey first floor lobby

Campus Community Action Plan Brings Help to Local Non-Profits

By Viktorja K Heires
News Editor

The 2020-21 academic year sees the inauguration of a new program at MMU called the Community Action Plan (CAP).

Four local non-profits were each paired with a team of students and faculty, who will work together to come up with innovative and sustainable solutions to the organization's challenges.

The idea came to Ricardo Etienne, a graduate assistant in the sustainability office, and Rachael Murtaugh, director of the office of sustainability, who are looking to make this a yearly program that gives students the opportunity to build skills in teamwork and critical thinking.

The four non-profits participating in this inaugural year are Catherine McAuley Center, Trees Forever, Deafinitely Dogs and Metro Catholic Outreach. Each one has given their respective team two different concerns they would like assistance with.

Many of the issues center around community service and outreach. They target work for food pantries for low-income individuals with medical issues, community garden space, and literacy for English learners.

Other problems teams will be trying to solve include fund-raising to train service dogs for people with PTSD and

raising awareness of the importance of replanting our lost trees.

This year there are 13 students, a marketing research class, and several faculty members acting as mentors and liaisons participating in the program.

Murtaugh stated that Etienne participated in a similar competition when he was a student and wanted to bring the idea to MMU's campus. After going through several edits and asking for feedback from other faculty members,

they came up with the current format.

Teams will meet regularly to go over goals and discuss ideas and obstacles. Each team must also come up with a budget for their solution while

keeping in mind the long-term feasibility of its implementation.

The culmination of the Community Action Program will be a showcase in February to highlight the non-profits, their respective challenges, and the innovative solutions each team came up with.

Details for the Feb. 2021 showcase have not been finalized yet, due to the need for flexibility around the pandemic. It is unknown at this time whether the showcase will be virtual or live.

Although signups are currently closed for CAP, there will be another opportunity for students to engage with each other and the community through this program in the future.

Author Showcase Highlights Job Joy

By Annie Barkalow
Staff Writer

How do you retain enthusiasm for your career and leverage your personal strengths to bring out the best in yourself and others? That was the focus of conversation during Mount Mercy's Favorite Author Showcase, featuring Patti Seda and her Amazon No. 1 best-selling book "Creating Job Joy: Your Guide to Stretching Without Snapping."

Originally scheduled to appear last April, the pandemic pushed her appearance at Mount Mercy to August. Then the derecho pushed it to October, a fact she reminded her Zoom audience, stating how glad she was to be able to speak with everyone at last.

She opened by telling the audience how fond she was of Mount Mercy, being the mother of three graduates, before segueing into her book.

Seda, an owner, consecutive coach, and talent consultant with Seda Consulting, brings 25 years of experience as a human resource executive to her clients. Years of watching people at their very best suddenly struggle when changes were made to their company challenged her to look deeper and pinpoint not only what went wrong with these careers, but also what went right.

The key, she realized, is self-awareness, starting with the problematic question people ask young children, "what do you want to be when you grow up?"

Seda pointed out that the answer is usually based on a technical talent someone may have. What usually follows is an encouragement to pursue a degree in that area of interest, although many people find that once they're working in that particular field, they don't actually like it. Through research and experience, Seda

has learned that one needs to combine the question of "what do I want to be when I grow up?" with "how do I have to be?"

"When you combine the 'what' and the 'how,' that's when you can get your job joy," she stated.

Using a rubber band as an example, Seda encouraged the Zoom audience to think of their career in terms of elasticity. Neglecting our strengths within the capacity of our profession causes our enthusiasm and talent to grow brittle, as does spending too much time in our areas of weakness. Trying to be "too amazing" in our areas of weakness will only make us weaker physically, mentally, and emotionally.

To identify clients' areas of strength, Seda uses the Management and Performance Organization (MPO) personality tool, highlighting different aspects of personality, how they complement those on the opposite side of the spectrum, and celebrating all types.

Once you have stepped into a role that matches your personality and temperament, learned to pinpoint when "something's off," and work with others different from you, Seda says there are several ways to "keep your rubber band happy."

Those include points like: beware of positive and negative voices, keep finances in check so you're not pulled into the wrong job, keep your ego in check, choose your boss wisely, and take care of your basic needs first before helping others with theirs.

Seda says helping people become self-aware and teaching them to leverage their strengths within their career brings her joy.

"This is my life's passion and every time someone says 'wow, this made a difference,' it adds fuel to the fire," she said.

Presidents are Important, but Don't Forget the Senate

2020 is a presidential election year, but hopefully you already knew that. What you perhaps have forgotten about is that there are other elected positions on the ballot as well. Here in Iowa, one item on the ballot you should really pay attention to is the Senate option. And we have reached a conclusion about that race that we are sharing with you.

Senate seats are only up for grabs every six years. Each state has two senators, and in 2020, Iowa's sitting Republican Senator Joni Ernst is up for reelection. Her opponent is Democrat Theresa Greenfield, a real estate developer who has never held a political office.

There are a few reasons why

Staff Editorial
The opinion of Times editors

Though we can't expect anyone to be a single-issue voter, if you were going to be one, COVID-19 would be a worthy issue to care about. The virus has wreaked havoc on both the nation and on Iowa itself.

this senate race is important. First, we can't ignore the significance of what the race means for women's representation in Iowa politics. Joni Ernst was the first Iowan woman to be elected to a statewide office when she won her seat in 2014. Now in 2020, her Democratic challenger is a woman as well. That is something to acknowledge and respect, especially in the year of the 19th Amendment's centennial anniversary.

Secondly, senate races are always important because those officials represent their constituents in a more direct way than the president does. Ernst and Greenfield both live in Iowa and interact with Iowans on a routine basis. Ernst has offices in Iowa and so would Greenfield, if she wins the seat. The people of Iowa are their senator's



Voting is already underway in this 2020 general election. The Times is endorsing a candidate in the U.S. Senate race. Voters will also choose a president, a U.S. House member and others. A voting guide is on page 4

constituents, which makes it easier for Iowans to make their opinions and wishes heard in Washington.

Lastly, this race is important because the two candidates are so different in their beliefs and campaign promises. This editorial isn't the place to get into the specifics of the two candidate's platforms, but there is a major difference that voters should be aware of – Ernst and Greenfield have very different opinions about the United States' response to the COVID-19 pandemic.

The differences in the candidates' opinions is not surprising, as Americans have morphed what should simply be a matter of public health into a partisan political issue.

Ernst has publicly downplayed the pandemic. According

to NPR, at a campaign event in Waterloo last month, Ernst leaned into COVID-19 conspiracy theories, saying she is "so skeptical" of the death toll count that has been attributed to the virus. Ernst also insinuated that healthcare facilities are being reimbursed at higher rates for COVID-19 deaths than they are for deaths related to other causes.

Greenfield, on the other hand, has urged Governor Kim Reynolds to order a statewide mask mandate, and has expressed concern over the federal government's handling of the pandemic.

Though we can't expect anyone to be a single-issue voter, if you were going to be one, COVID-19 would be a worthy issue to care about. The virus has wreaked havoc on both the

nation and on Iowa itself – our state is quickly approaching 1,500 deaths. To put that in perspective, that's more people than there are undergraduates on this campus. The pandemic is no small thing.

The Mount Mercy Times is not always consistent about making election endorsements. We are certainly allowed to, but we don't always pay as much attention to state and national politics as other media do. And a newspaper's endorsement doesn't generally change the dynamics of any race. But we think endorsements are a good idea when an editorial board has something to say that it deeply feels.

For us on the Hill, we're very worried as we head indoors and breathe each others' breath this winter, and we are sure that we need a senator who will take such concerns seriously and not bring on the anti-science, anti-mask brigade.

Therefore, out of an abundance of concern for public health and safety, the Times is formally endorsing Theresa Greenfield for Senate.

Sisters of Mercy Image

The Billings Room is named after Sister Cora Marie Billings, who has been a guest speaker several times at MMU.

SGA Dedicates a Room to Diverse Students

This year, Halloween is going to look different across the country. As an SGA, we have decided not to host Halloween on the Hill, which has been hosted for campus and our community in previous years. We hope to bring this back next year for families and students to participate in trick-or-treating, crafts and other festivities.

SGA held our first Senate Meeting of the fall semester on Monday, Oct. 16. There are both online and in-person, socially distanced options for this meeting.

This team is composed of students from various aspects of student life including residential, commuter, non-traditional, and graduate students. We have a team of 18 students who meet once a month to discuss various topics that concern students, and we look for opinions regarding them.

This month, we will be discussing different policies that have been talked about surrounding this semester and COVID-19, community service projects and how we are starting these, and the Billings Room.

The Billings Room is named after Sister Cora Marie Billings, who is from Pennsylvania and has been working on reform from the inside of her Catholic faith. Sister Cora is the granddaughter of John Aloysius Lee, Sr. who was the first black man allowed in Philadelphia's Catholic high school league basketball in 1902.

Sister Cora has fought her entire career for freedom, desegregation, and the rights of women in America. We find it appropriate to name a space that exemplifies diversity and offers a place for non-majority students to her and hope that students will understand her legacy and what this means for our university.

Thursday, Oct. 22 is the Fall Liaison Committee Meeting, where faculty members and the SGA Executives meet with several members of the Board of Trustees and give updates on what we are doing throughout this year.

SGA will be giving updates regarding our intent with our COVID-19 policies, how we have supported students this year, our new RSOs, the Multimedia Room and the Billings Room. This is an important time to showcase what the Student Government has been focusing on and what support we can get.

SGA Column

Emma Lantz
SGA President

Show You Care for Respect Life Month

October is a beautiful month. The crisp fall mornings, the bright sunshine, and the colorful leaves are just a few things that come to mind when I think of October. For most of us, it is the time to break out the cozy sweaters and scarves. It is the month of the Rosary; it is Breast Cancer Awareness month. October is also Respect Life month.

We celebrate the gift of life and we recognize the intrinsic beauty of it. Life comes in all shapes, sizes, colors, and places, yet no matter the category, it is still life. From its natural start to its natural end, life is amazing.

Respecting life comes in many forms. While there may be political debates about this topic, it is not hard to find common ground and ways to agree.

We can agree that all people deserve to have a good life. All people deserve to have water, a

Faith on the Hill

Vanessa Milliman
Columnist

home, food, personal safety, and other basic necessities. Giving people these basic necessities of life is a great way to show that we care.

As disciples of Christ, we are called to serve the poor, those in need, and the vulnerable. We are called to respect life by treating it as a precious gift and by acknowledging that life has intrinsic value.

Life is beautiful even when the circumstances surrounding it are not. We need to step up, especially when the circumstances are bad. For example, with the derecho, there are many people in our community that are suffering and still do not have the basic necessities mentioned above.

One way to show our respect for all stages of life is to help all people whose dignity is being threatened or compromised.

We can volunteer at preg-

We celebrate the gift of life and we recognize the intrinsic beauty of it. Life comes in all shapes, sizes, colors, and places, yet no matter the category, it is still life.

nancy resource centers like Bridgehaven and Birthright to support mothers and their unborn children. At the other end of the spectrum are the elderly. Talk to your grandparents or write letters to a nursing home.

We can also volunteer at a homeless shelter or a place for refugees; here in Cedar Rapids there are places such as the Catherine McAuley Center and Willis Dady. The Mustang Market is a free food pantry that we can donate to or volunteer our time.

Caring for our fellow Mustangs is another way to show how great life is. Simply being there for our friends when they are struggling will let them know that they are worth so much. Speaking up about mental health and suicide is another practical example. By doing small things, we can work together to promote the dignity of every human person.

Praising Pumpkin Spice To Ease Pain of 2020, I Need a Taste of Fall Joy

2020 has been one heck of a year and seems like it has lasted much longer than it should. I feel like I've aged at least a decade. And somehow, we've still got two whole months to go!

So, yes. 2020 is terrible. So painful. Literally the worst. But you know what even a pandemic-election-double-whammy of a year can't ruin? Autumn!

It is, in my humble opinion, the best season. No offense, Christmas, but I think that Halloween might actually be the most wonderful time of the year. I will take a light autumn breeze over a December snowstorm any day of the week, thank you very much.

I have been enjoying all things autumn as of late. I broke out the Halloween decorations, I took a trip to the pumpkin patch. I've been watching spooky movies, and of course, I indulge in all things pumpkin spice.

There, I said it! Pumpkin spice things are good! They're fun! They make it slightly less painful to exist in our current reality. And yet, the fall flavor is constantly under attack, and those who enjoy it are

Opinion

Jada Veasey
Opinion Editor

mocked and scrutinized by society at large.

Twitter exploded earlier this year when Dunkin' Donuts announced they would release their pumpkin flavored beverages and treats in August rather than waiting until September or October like some other coffee retailers.

People all over the internet were outraged! How dare one of the most successful and beloved coffee companies in America give their customers the option to order a pumpkin spice latte in August! It's practically sacrilegious!

To a point, I understand the outrage. There are some slightly questionable pumpkin spice products in existence.

The Beemster brand is selling pumpkin spice gouda cheese, there are pumpkin spice Pringles, and apparently there are even pumpkin spice flavored Wheat Thins these days. Sure, those all sound strange. But are they really hurting anyone?

This column is an appeal to the general public – please just *chill* about how much you hate pumpkin spice. That's fine, no one is going to make you drink a latte you didn't ask for. Just let those of us who love pumpkin-spice-everything enjoy the season. Who cares if it's a little (or even a lot) #Basic? In 2020, we must find joy whenever and however we can.



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The Mount Mercy Times is a biweekly student publication serving MMU students, faculty, and staff and those close to the Mount Mercy University community. The Times is published on alternate Thursdays during the school year (each issue has a Thursday date, but the paper is usually distributed Wednesday).

In addition, the Times maintains a student-run website for the dissemination of additional news in various forms, including Times TV video stories.

Membership on the staff of the Times is open to any MMU student, full- or part-time, undergraduate or graduate.

Please attend one of our staff meetings, which are all open to the public, or contact an editor or our advisor for more information. Meetings will be announced in the paper, via social media and with on-campus posters. During the pandemic, meetings may be remote, at the discretion of editors.

Staff Writers are listed by name on the stories they write, photographers are

credited on photos.

Content in the Times represents student writers, and is not official communication from Mount Mercy University. Editorials express the opinions of the Editorial Board and may not be the opinion shared by the university nor by all individual Times staff members. Bylined commentaries and cartoons reflect the opinions of the writer or artist.

Letters to the editor are encouraged. Letters should be concise, 300 words or less, and preferably emailed. The author's name, phone and address must be included. The name is published with the letter. Longer commentary, in the form of guest columns, is also encouraged. Besides the name, a photograph of the author is published with guest columns.

The Times reserves the right to edit or omit submissions. Letters and other submissions may be sent to the Times via email, campus mail or brought to the Times office in the lower level of the Busse Library.

The Times sells advertising space. Advertisers are responsible for their own content, but the Times reserves the right to refuse an ad at its sole discretion.

The Mount Mercy Times will not print material found to be in poor taste or that it deems detrimental to a person's personal character. However, provocative comments on matters of public interest are encouraged.

Letters are due Friday at noon for consideration of publication the following Thursday.

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Mount Mercy Times Voting Guide

Courtney Hoffman, Managing Editor; and Victorja K. Heires, News Editor, provide summaries of major candidates running for president, Senate and Congress who will be on local ballots. The summaries are based on data posted by each candidate’s web site. Voting is underway in the Nov. 3 election.

U.S. House of Representatives:

Abby Finkenauer, D; vs. Ashley Hinson, R

By Victorja K Heires/News Editor



Abby Finkenauer, 31 Democratic Party, Incumbent

One of the first two women elected from Iowa to the U.S. House of Representatives, Finkenauer was the second-youngest woman to ever elected to that branch of Congress. An Iowa native from the Dubuque area, she graduated from Drake University with a bachelor’s degree in public relations before going on to work for other politicians.

Finkenauer was first elected to fill a vacancy in the Iowa House of Representatives in 2014. She ran for reelection in 2016 and was unopposed. In 2018, she was elected to the U.S. House of Representatives.

Finkenauer is dedicated to boosting Iowa’s infrastructure for connectivity, roads and bridges, and flood prevention systems.

Finkenauer also supports increased access to health care for veterans by creating better partnership between VA and non-VA healthcare providers and is in support of educational opportunities for veterans through the GI Bill.

Her campaign website can be found at: <https://www.abbyfinkenauer.com/>.



Ashley Hinson, 37 Republican Challenger

Hinson, an Iowa native, graduated from the University of Southern California with a degree in broadcast journalism before starting out as an anchor for KCRG in Cedar Rapids.

Hinson has been serving in the Iowa House of Representatives for the 67th district since 2016 and is running against Finkenauer for the U.S. House of Representatives.

While serving in the Iowa House of Representatives, Hinson has supported legislation that includes increasing taxation of e-cigarette and vaping devices at the same rate as other nicotine products are taxed.

Hinson supports legislation that would require employers to provide reasonable accommodations for health conditions relating to pregnancy or childbirth.

Hinson also supports current legislation that would prevent employers from accessing potential employees’ criminal records except under specific circumstances.

Her campaign website can be found at: <https://ashleyhinson.com/>.

President: Donald Trump, R; vs. Joe Biden, D

By Courtney Hoffman/Managing Editor

Republican candidate and incumbent President Donald Trump, 74, is running for re-election. The first President in U.S. history without prior military or government experience, he has built his campaign on the back of his business career. His campaign website can be found at: <https://www.donaldtrump.com/>.

With the campaign slogan, “Make America great again,” he has stated his goal to keep jobs in America and made it a point to support American corporations with tax cuts.

Trump has also stood firm on creating stricter immigration policies, making it a point to push for a border wall



between the United States and Mexico and further strengthen the military.



Vice President Mike Pence

He has rolled back on environmental protections and federal regulations on pollution and greenhouse gas emissions.

Trump has stated his goal to repeal and replace the Affordable Care Act. His running mate is the incumbent Vice President Mike Pence.

Democratic nominee Joe Biden, 77, served as vice president of the United States from 2009 to 2017 under the Obama administration. He started his career as a lawyer before moving on to politics, serving as the U.S. Senator from Delaware from 1973 to 2009. His campaign website can be found at: <https://joebiden.com/>.



Biden plans to rebuild and expand the middle class, including plans to cut middle-class taxes and raise taxes for wealthy citizens and corporations.

He has also been clear on his prioritization of health care, especially his support for the addition of a public option for the Affordable Care Act. He



VP Candidate Kamala Harris

opposes ‘Medicare for All.’ With plans to work toward sustainability and clean energy, Biden hopes to build a sustainable economy and combat climate change, supporting a carbon tax to reduce greenhouse gases.

He supports raising the federal minimum wage to \$15 an hour and boosting pay for educators. His running mate is California Sen. Kamala Harris.

U.S. Senate: Joni Ernst, R; vs. Theresa Greenfield, D

By Victorja K Heires/News Editor

Joni Ernst, 50 Republican Party Incumbent

Ernst has been one of Iowa’s U.S. Senators since 2015. Prior to this office, she held the role of Iowa State Senator. A native of Montgomery County, she graduated from Iowa State with her bachelor’s degree before enrolling in Columbus State University for her master’s degree in public administration.

Ernst enjoyed a 23-year military career before moving on to politics, serving in the Iowa National Guard, including 12 months in Kuwait during the Iraq War. She then set her sights on the Senate seat being vacated by Tom Harkin, who was retiring.

After gaining endorsements from several prominent Republicans including Sarah Palin, Mitt Romney, and Kim Reynolds, Ernest was the first woman ever elected to represent Iowa in congress.

Ernst supports a nomination to the vacant SCOTUS seat by President Trump prior to November’s election, despite blocking former president Obama from doing the same in 2016 prior to elections. For



those wanting a senator to vote in line with Donald Trump’s views, her record shows that she does so 91 percent of the time.

Ernst opposes a federal minimum wage, stating that it is the states, not the federal government, that should set wages. She also proposed legislation that would do away with the Internal Revenue Service in favor of simpler, flat tax codes.

Ernst favors overturning Roe v. Wade and defunding Planned Parenthood. She also supports open carry gun laws. Ernst supports legislature to end taxpayer-funded presidential campaigns, stating that no campaign that took these funds has won in the last 16 years. Her campaign website can be found at: <https://joni-ernst.com/>.

Theresa Greenfield, 56 Democratic Party Challenger

Greenfield grew up on her family’s farm in rural Minnesota just over the Iowa border and says she understands the importance of communities pulling together and neighbor helping neighbor. From a young age, Greenfield and her sister helped run their father’s crop-dusting business, giving her a foundation of how businesses are run. She attended both Iowa State University and Minnesota State University while working multiple part-time jobs.

After graduating, Greenfield worked with several communities as an urban planner before joining a home building company, and today she is president of a family-owned real estate company in Des Moines.

Greenfield announced her candidacy for U.S. Senate in 2019, citing her disappointment with the incumbent Joni Ernst. Prior to this announcement, Greenfield had little experience in politics. She commits to bringing her plain-spoken, can-do attitude with her to overcome issues faced by Iowans.



Greenfield believes that health care is a right, not a privilege and says she will work to make health care more affordable and accessible for Iowans by exploring ways to strengthen the Affordable Care Act and offering public health insurance options for Iowans to buy into.

She supports a living wage, and equal opportunities and pay for women in the workforce. Greenfield also supports protecting voting rights for all citizens and growing small businesses.

Noting social inequalities, she plans to confront racial disparities, push for women’s reproductive rights, and support protective legislation for LGBTQ+ individuals

Her campaign website can be found at: <https://greenfieldforiowa.com/>.

Community Fights Rent-Raising Undead in Fun, Flawed Film

The fact that I love Halloween is no secret. I have an October birthday, so I feel like I should be a little obsessed with the spookiest time of the year. I decorated the door of my dorm room in mid-September, I wear Halloween-themed socks year-round and pumpkin-flavored ice cream is my absolute favorite.

Since I love Halloween in general, I also tend to love Halloween movies! I have many fond memories of my childhood, curled up on the couch with my sister as we watched spooky favorites like “The Nightmare Before Christmas” and Disney Channel’s iconic “Twitches.” I’m always excited to try out a new Halloween movie, especially when they lean towards the goofy side of the spectrum rather than the legitimately scary side.

Netflix’s “Vampires vs. the

Review



Jada Veasey Opinion Editor

Bronx” seemed like it was just the sort of movie for me. The movie is rich with vampire lore, but it is still a comedy, not a horror film. The basic premise is genius – gentrifying white vampires have invaded the Bronx, and the diverse neighborhood must rise up to stop not only the vampires from sucking their blood, but also from raising their rent. It’s politically charged but gives a silly twist on the vampire film genre. I was thrilled when it dropped on Oct. 2.

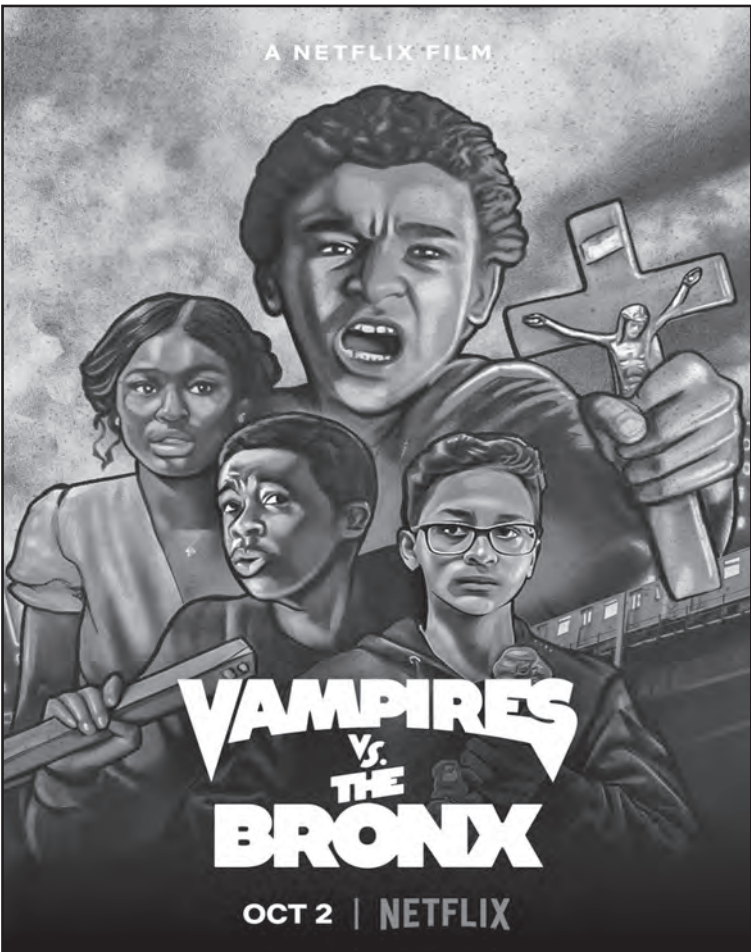
Even though the premise is good, the film itself is a bit lackluster. The pacing is too quick, with only an 82-minute run time,

The movie is rich with vampire lore, but it is still a comedy, not a horror film. The basic premise is genius – gentrifying white vampires have invaded the Bronx, and the diverse neighborhood must rise up to stop not only the vampires from sucking their blood, but also from raising their rent.

problems, is cute and endearing, he makes you want to root for him. Miguel is joined by his two best friends, Bobby (Gerald W. Jones III), and Luis (Gregory Diaz IV), who provide comic relief and a steady flow of bickering. I could take or leave most of the other members of the cast,

I think they could have included a few scenes to make everything feel less rushed.

One thing the movie does do well though, is showcase and celebrate the power of teenage friendship. The film’s protagonist Miguel (Jaden Michael), affectionately nicknamed “Lil Mayor” by his neighbors for his tendency to try to fix the community’s



Netflix Promotional Image

but these three really work well together.

Overall, “Vampires vs. the Bronx” is a fun enough film. It’s not exactly the hilarious piece of social commentary I was hoping

for, but it works in a pinch for a quick Halloween watch. The concept alone is reason enough to give it a try. I give it 3 out of 5 stars.

Athlete Adjusts to New Ways Due to COVID-19

As a student-athlete, I can say that this year is something that we never thought we would experience.

There are many new things that we have to do on a daily basis. Every morning we have to list our symptoms and record our temperature. We must also wear a mask at all times during practice. It took a little bit of time to get used to the regulations, but they have become a part of our life.

The games have been relatively the same with some changes. Typically, after a game we would shake the other team's hand and tell them all good game. Now all we do is take our hats off and yell good game from across the field.

Pitchers tend to lick their fingers while pitching to increase their grip, this can't happen now. Rosin bags are used in place of finger licking because the flour like substance helps with grip.

We also have to social distance while we play. Some players sit in chairs outside of the dugout. Of course, masks must be worn at all time when not playing.

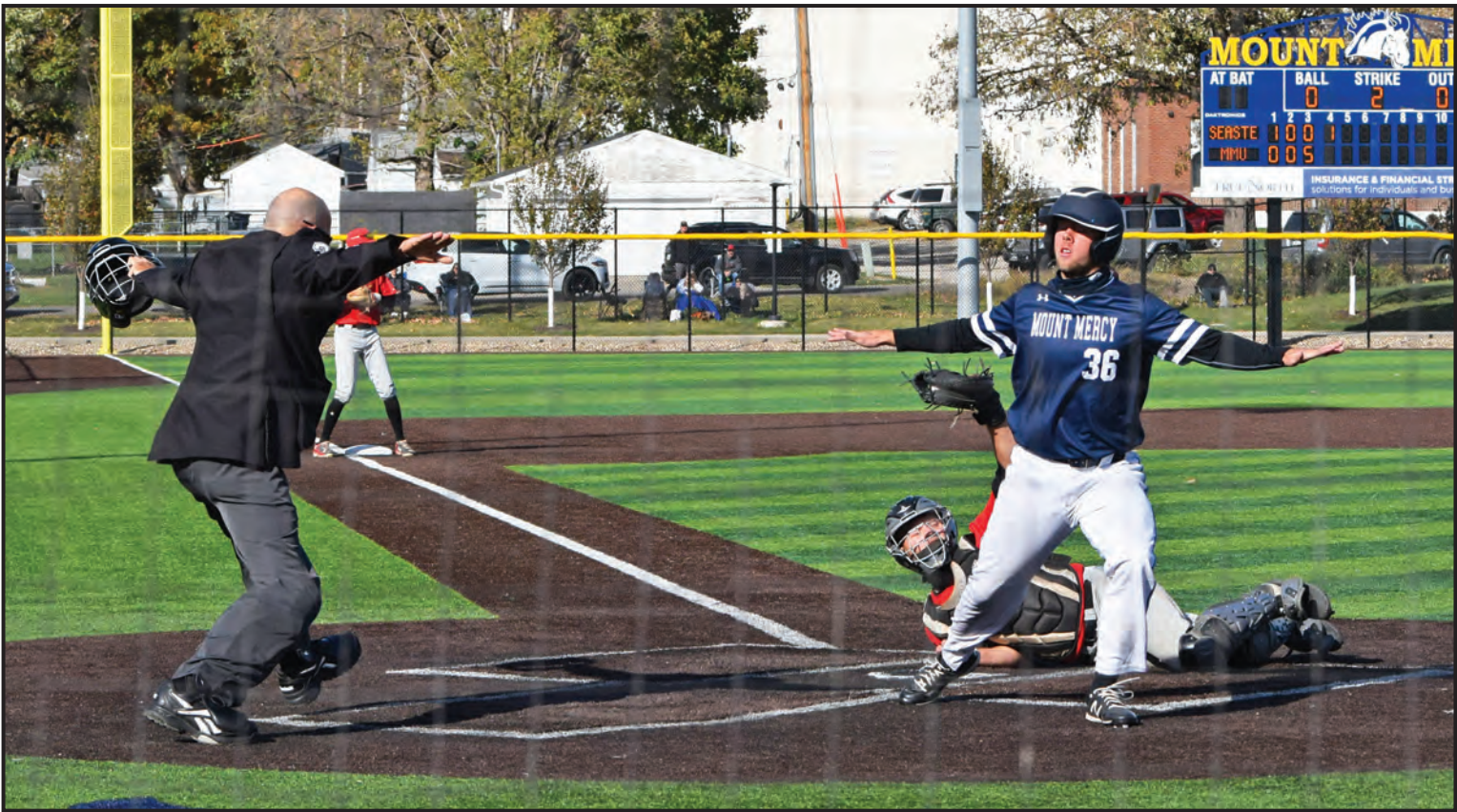
I think most of these new rules are a little much, but I do understand the seriousness of the whole situation. I know that if the regulations set out are not followed, our season could be taken away from us like it was last year. Losing our season last year was heartbreaking, and I have no intentions of letting this season slip away.

I feel that I'm getting used to all of the changes and that my team is flowing at a steady pace. I'm seeing great strides from my new teammates and growth from those who I have played with before. I am excited for our spring season to come and whether or not these regulations are lifted, the Mount Mercy baseball team will be something special to watch.

Opinion



Dylan Campbell
Staff writer



Veronica Jons/Times

The umpire apparently agrees with David Mitchell, who is safe and scores in the fourth inning of the first game during an Oct. 16 double header with Southeastern Community College.

Southeast Blackhawks Soar Over Mustangs

Community College Prevails in Both Halves of Exhibition Double Header at Plaster

By Veronica Jons
Editor-in-Chief

Mount Mercy's baseball team was no match for the Southeastern Community College Blackhawks during the doubleheader exhibition game on Oct. 16, 2020 at the Robert W. Plaster Athletic Complex.

The game started off strong, with MMU only allowing Southeastern one run in the first inning. From there, the Mustangs put a stop on the Blackhawks from the second inning to the fourth, not allowing anyone from the opposing team to score.

At the bottom of the third, MMU was hitting with fire, scoring five runs that inning. With Mount Mercy seeming like no match for Southeastern, the Blackhawks decided to fight back. Mustangs leading 6-1 by the bottom of fourth.

By the fifth inning, MMU had replaced their pitcher with Brady Schiesl and were set to go. Starting the inning off strong, senior Jake Faur stealthily dived at third stopping a ground ball and throwing to second base to get the first out of the inning. But it all went downhill from there. Southeastern's #42 got hit by the pitcher. With bases fully loaded, Southeastern's #19 hit a single, sending a run home for the Southeastern Blackhawks.

Their tactical offense didn't stop there. Following the single run, #59 from

Southeastern hit a triple, sending home three boys due to a slow defense in the left field. The Mustangs, desperate to score after giving the Blackhawks 5 runs, tried to battle back. Freshman Tyler Dahm hit a single and then stole second. Things were looking up for the Mustangs when senior Lyle Fini hit a double, sending Dahm home. Next up to bat was junior Camden Pennock, #42 from Southeastern, who caught his foul ball, signaling the end of the fifth and ending the inning 7-7.

The sixth inning could've been the comeback inning for the Mustangs, but they fell short. Replacement pitcher, senior Dylan Campbell, walked the first runner at bat. Faur caught a pop-fly to third base, getting the first out of the inning. Blackhawks' #19 hit a home run with one runner on base, putting two more points on the scoreboard. With another walk on fourth ball, the inning looked grim. Just in time, sophomore Trey Roberson caught a line drive to first, ending the top of the sixth inning. With Mount Mercy not scoring in the bottom, they trailed behind 7-9.

Allowing the Blackhawks to score one run in the seventh inning, Mustangs could not bring themselves to score, finishing the first game 7-10.

The second game was a shutout, with the Mustangs losing 0-6 to the Southeastern Community College Blackhawks.



Veronica Jons/Times

Jake Faur delivers a pitch during the second game of a double header Oct. 16 at the Plaster Athletic Complex.

Huhndorf Sets Her Best Pace

By Josh Harmon
Senior Multimedia Editor

Kelsi Huhndorf broke her personal best and finished in the top 10 in the women's 5k race on Saturday, Oct. 10. The women placed 12th and men placed 19th out of 25 teams in the NAIA Seminole Valley Stampede cross-country meet.

The chilly, fall breeze blew persistently at the Seminole Valley Park in Cedar Rapids, Iowa. The women's 5k race started off the meet, which contained 25 different teams from throughout the Midwest, with multiple teams coming from the NAIA Heart of America Conference that MMU competes in.

Baker, William Penn, Clarke and Graceland University were a few of



Jordan Hernandez (above), freshman from Eastvale, California, passed the 2-mile mark during the 5k on Oct. 10. Chase Kress (right), senior business management major, sprints the final 100 meters to finish the 8k.



Josh Harmon/Times

the other HAC teams present.

The winner of the women's 5k finished with a time of 16:24, over a minute faster than the second place runner. The first Mount Mercy runner to cross the finish line was Kelsi Huhndorf, junior

from Marion, Iowa with a time of 18:41. This time beat her previous personal best time by 24 seconds set at a meet earlier this season.

Jessica Ertz, senior; Ruth Cobieya, junior; Carli Reitinger, freshman; Jordan Hernandez,

freshman; and Abby Hill, freshman, were the other Mount Mercy finishers. The women's team ended up placing 12 of 25.

The men's 8k race had a closer finish compared to the women's with the runner-up crossing the finish line nearly 10 seconds

after the winner, who finished with a time of 24:44. Of the Mustangs, Cameron Steffens, senior, finished first and ultimately crossed the finish placing 43rd.

Behind Steffens finished runners Chase Kress, senior; Matt Hellige, freshman; Noah Cokel, fresh-

man; Jared Tegeler, junior; Ryan Clancy, freshman; and Josh Scholl, freshman. The men's team finished placing 19 out of 25 teams.

Seminole Valley Park will host another Mount Mercy cross-country meet, the Mustang XC Jamboree, on Saturday, Oct. 24.

Upcoming Home Games

Saturday, Oct. 24

Women's cross country at 10:30 a.m. at Seminole Valley
Men's cross country at 11:15 a.m. at Seminole Valley

Tuesday, Oct. 27

Women's volleyball v. Culver-Stockton at 7 p.m. in the Hennessey Rec. Center

Wednesday, Oct. 28

Women's soccer v. Culver-Stockton at 5 p.m. at the Plaster Athletic Complex
Men's soccer v. Culver-Stockton at 7:30 p.m. at the Plaster Athletic Complex

Saturday, Oct. 31

Women's soccer v. Benedictine at 1 p.m. at the Plaster Athletic Complex
Men's soccer v. Benedictine at 3:30 p.m. at the Plaster Athletic Complex

Sunday, Nov. 1

Women's volleyball v. William Penn at 1 p.m. in the Hennessey Rec. Center

Tuesday, Nov. 3

Women's soccer v. William Penn at 5:30 p.m. at the Robert W. Plaster Complex

Thursday, Nov. 5

Women's volleyball v. Grand View at 7 p.m. in the Hennessey Rec. Center

Sports In Short

Women's Golf

Oct. 5 and 6, Mount Mercy women's golf placed 4 out of 10 at the Heart of America Athletic Conference preview located at Raymore, Missouri. By day two, Mustangs scored 687, finishing third overall.

Oct. 9 and 10, Mustangs traveled to Winona Lake, Indiana, where they spent the weekend in Battle the Henge. The first day, women had a score of 343. On the second day, they scored 321 (+37), placing the Mustangs in fifth place with a total score of 664 (+96).

Men's Golf

Oct. 5 and 6, men's golf competed in the Heart of America Athletic Conference Preview at Raymore, Missouri. Throughout the weekend, Mustangs maintained fifth

place out of 10 spots with a score of 628 (+52).

Women's Volleyball

Oct. 11, women's volleyball came back strong after a temporarily postponed season. The team won against Graceland in three sets.

Oct. 16, the team travelled to Peru State where they took over the gym by winning in three sets.

Oct. 17, Mustangs headed to Graceland where they pulled a win after four sets. Maddie Bell led the team with 15 kills, with Kayla Dagget receiving 32 assists.

Quick Change of Seasons



Josh Harmon (top two images) and Annie Barkalow (pumpkin images)/Times.

The weekends saw some quick changes from Mother Nature. On Oct. 17, M2AP Board sponsored pumpkin painting in Betty Cherry. On Oct. 18, a quick morning snow melted before many saw it, but Monday at midday heavier, wet snowfall coated the MMU campus. Halloween time suddenly looked a lot like Christmas on the Hill.



M2AP Board Uses Virtual Trivia Night As COVID-19 Safety Forces Adjusting Fun

By Josh Harmon
Senior Multimedia Editor

M2AP Board is an organization made up of Mount Mercy students. Their goal is to provide different events and activities for MMU students to participate in. So, how is M2AP Board working around COVID-19 guidelines to continue bringing students these activities?

On Oct. 5, M2AP Board hosted a Netflix trivia night virtually via Zoom. Students were able to join the meeting from wherever they could and were encouraged by different prizes to play along in the trivia. Questions were asked and answered through the popular Kahoot! website.

For those unfamiliar with Kahoot!, a trivia question is displayed, and participants are given roughly 30 seconds to read the question and answer from a set of options. The trivia featured 10 rounds, each containing 10 questions. Once every participant submits their answer, the correct answer is revealed. When multiple students answer correctly, their score can be affected by how fast they submitted their response.

Each round was inspired by popular movies and television shows. The first round featured questions based on the American version of British sitcom "The Office." A couple questions included were "Where does Jim hide Dwight's stapler?", and "What food is Kevin forced to eat?" Participants would have to know that Jim, Dwight, and Kevin are all characters from the show.

Other rounds included in the trivia were Spider-Man, Grey's Anatomy, Stranger Things, Back to the Future and others. Winners of each round received a prize based on the theme of the round.

The Spider-Man prize was a blanket themed after the Marvel superhero, the Back to the Future round winner won a pair of socks and a license plate based on the movie. "People seem to really enjoy winning prizes in the comfort of their dorms," said Ashley Frees, sophomore executive for internal events and host of the M2AP Board event. "They are perfect for anyone that doesn't feel comfortable coming to in-person or face-to-face events," Frees added.



Jada Veasey/Times

Marshall Muehlbauer, nursing senior, distributes protective gear as MMUANS students screen athletes Oct. 10. (Muehlbauer supplied the mug shot above).

Tuba Playing Tutor Serves on National Committee

Nursing Major Sits on NSNA Resolution Panel

By Jada Veasey
Senior Opinion Editor

Nurses are busy people. They have a lot to keep track of – a lot of patients, medications, and information to keep organized. Once senior nursing major Marshall Muehlbauer graduates this May and enters the nursing profession, he should have no trouble keeping up in his career. He's already used to being one of the busiest Mustangs on campus.

The St. Cloud Minnesota native is no stranger to a long to-do list. Muehlbauer currently serves as the president of the Mount Mercy University Association of Nursing Students (MMUANS), sits on the National Student Nurses Association's (NSNA) resolu-

tion committee, plays tuba in the university band, and tutors in the Academic Center for Excellence.

He also works part time as a patient care tech at Mercy Medical Center and as a lab assistant in MMU's nursing simulation lab. Muehlbauer sits on two committees within the nursing department: the student affairs committee and the curriculum committee. He has also previously served as a student ambassador, a Mustang welcome leader, and bowled during his first two years at Mount Mercy.

The fact that Muehlbauer sits on the NSNA's resolution committee is no small feat; the committee consists of only a handful of nursing students from around the nation.

He was appointed to the committee by the NSNA's president after a rigorous application process. They meet and collaborate digitally throughout the year to help review and organize resolutions that are submitted for approval at the organization's

"Sometimes my to do list is longer than what gets done."

Marshall Muehlbauer, senior, nursing

national conference in the spring of each year. Muehlbauer believes that sitting on the committee is important

for Mount Mercy's nursing program, it shows true commitment to the improvement and expansion of the profession. When he's not fulfilling one of his many responsibilities, Muehlbauer goes out of his way to give other students a positive experience at Mount Mercy. He is always ready to answer a question or offer assistance if he is able.

"My favorite part about Mount Mercy is that everyone knows your name," Muehlbauer said. "You really can't be anonymous at Mount Mercy."

With a lot on his plate, many ask Muehlbauer how he stays on top of his many commitments. To this, Muehlbauer laughs and has one thing to say, "I don't!"

"Sometimes my to do list is longer than what gets done," he said. Despite this, he is able to stay organized and keep it all together. For this, careful thought and planning are a must.

"It's kind of cliché, but I use good time management skills," he added.

Heard on the Hill

By Josh Harmon
Senior Multimedia Editor

What people are saying on topics of interest

With the fall chill closing in and Halloween just around the corner, the Times asked students: What are your favorite movies to watch around Halloween time?



Jeanette Blasi, senior, psychology major.

"The Addams Family' cartoon from 2019."



Drake Powell, freshman, exercise science major.

"Michael Myers 'Halloween' movies and the 'Saw' series."



Jose Leite, sophomore, business major.

"Typically I watch action or drama movies. Scary and Halloween movies aren't really my thing."



Mahlon Steepleton, senior, journalism major.

"Ghostbusters,' 'The Shining' and 'The Conjuring' are a few of my favorites."



Dinisha Chhetri, junior, nursing major.

"I don't really watch movies. My time is mostly spent studying."



Mija Cotton, senior, health administration major.

"Halloweentown' is a classic; bad acting but I still love it."



Sophie Feahn, junior, criminal justice major.

"I try to watch scary movies but always end up hiding behind my hands."