

## MISSOURI GUBERNATORIAL ELECTION

Poll	Date	Parson	Galloway
Remington Research Group <a href="#">[7]</a>	Sept. 30-Oct. 1, 2020	51%	44%
Remington Research Group <a href="#">[7]</a>	Sept. 16-17, 2020	52%	43%
We Ask America <a href="#">[7]</a>	Sept. 1-3, 2020	54%	41%
Trafalgar Group <a href="#">[8]</a>	Aug. 26-28, 2020	51%	36%

**Mary Rommer**  
News Editor

As November 3, 2020 draws closer, tensions are on the rise over the United States Presidential election and many other critical elections including the 2020 Missouri gubernatorial election. The race for Missouri governor is between the current Missouri governor, Mike Parson (Republican), and State Auditor, Nicole Galloway (Democrat). Polls conducted through October 7th, indicate a close race. A poll by St. Louis University from September 24th through October 7th

showed Governor Parson with 50% of the votes and Galloway with 44%, only a 6% difference. This poll continues what may be an alarming trend for Republicans and Governor Parson as it appears that Galloway is closing the gap. Polls dating back to the summer and early fall show a rapidly tightening race. A poll by the Trafalgar Group from August 26th to August 28th showed Parson with 51% of votes and Galloway with 36%, a 15% gap. Less than a week later from September 1st through September 3rd by

We Ask America showed Parson with 54% of votes and Galloway with 41%, a 13% gap. Approximately two weeks later, a poll by the Remington Research Group from September 16th through September 17th showed Parson with 52% of votes and Galloway with 43%, a 9% difference. Another poll by the Remington Research Group from September 30th through October 1st showed Governor Parson with 51% of votes and Galloway with 44%,

*Cont. on page 4*

*Image from ballotpedia.org*

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## Publication

The Missouri Miner is a publication of the students of the Missouri University of Science and Technology. It is distributed each Wednesday in Rolla, Missouri.

The Missouri Miner encourages comments from its readers and will attempt to print all responsible letters and editorial material received. All submissions must have a name, student ID number, and phone number for verification. Names may be withheld if request is justified.

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Submissions for publication must be sent to our Editor-In-Chief [dgn3md@umsystem.edu](mailto:dgn3md@umsystem.edu) by 3:30 p.m. on the Thursday before publication. Paper submissions through our mailbox at 218 Havener Center are also accepted. The Missouri Miner reserves the right to edit all submissions for style, grammar, punctuation, spelling, length and matters of good taste.

The Missouri Miner is operated by students of Missouri S&T and the opinions expressed in it do not necessarily reflect those of the university, faculty or student body.

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If you have things to say, write an article for the Missouri Miner to be published in an upcoming issue!

Email your article to [dgn3md@umsystem.edu](mailto:dgn3md@umsystem.edu)!

October 21, 2020

## The Kummer's \$300 Million Donation to S&T

**Alyssa Crum**

News Writer

Missouri University of Science and Technology (Missouri S&T) recently received an extremely generous donation of \$300 million from alum Fred Kummer and his wife, June. Following his education at Missouri S&T, Mr. Kummer went on to build his own company - the HBE Corp. - which he developed into a leading design firm for health care. Now Mr. Kummer is building another legacy at Missouri S&T, namely the Kummer Institute Foundation which will play an integral part in expanding Missouri S&T further.

The Kummer Institute Foundation will help to create a new school at Missouri S&T called the Kummer School of Innovation, Entrepreneurship, and Economic Development. The school will be dedicated to combine Missouri S&T's current business programs with new programs related to innovation and entrepreneurship to create more degree programs for students. The donation also established the Kummer Institute for Education and Research with 4 sub-sections: the Center for Advanced and Resilient Infrastructure, the Center for Resource Sustainability, the Center for Advanced Manufacturing, and the



Center for Artificial Intelligence and Autonomous Systems. These centers will be using research space in Rolla, and will be the junction for Missouri S&T partnerships with various entities “to stimulate business innovation, provide corporate research and development, and develop prototypes for new products.” The Kummer’s goals are to promote greater outreach in the Missouri S&T community in Community Education, Distance Learning, and Industry and Entrepreneurship Education. The generous donation also provides other enhancements for Missouri S&T as a whole. New scholarships

and fellowships will be created for undergraduate and graduate students, expansion of the current Missouri S&T online degree programs, and more. “Everything about The Kummer Institute Foundation is focused on innovation and entrepreneurship – just as June and Fred themselves have been throughout the years,” Chancellor Dehghani stated. “Their gift will position S&T as a recognized leader in innovation and entrepreneurial education, and for that we are truly grateful.”

Fred Kummer, age 91, was born in New York, and attended the City College of New York before deciding to transfer to Mis-

souri University of Science and Technology (then called the Missouri School of Mines and Metallurgy). He left Rolla to serve in the Army in 1952, married his wife June while serving our country. He returned to complete his education in 1954, and graduated with a degree in civil engineering in 1955. Fred Kummer founded the HBE Corporation in 1960, which developed into an extremely successful design-build firm for health care. HBE’s earlier construction work also included some of Missouri S&T’s buildings, such as the Curtis Laws Wilson Library and Gale Bullman Building. Fred believes much of his success is owed to Missouri S&T, and is happy to give back to the community that provided him with so many opportunities. The Kummer’s have been generous donors to Missouri S&T for decades, and this is their largest contribution yet. This donation has become the largest gift to higher education ever in the state of Missouri. Contributors like the Kummer’s help Missouri S&T grow and improve in all aspects of the community, and show what an impact Missouri S&T can have on an individual’s life.

*Cont. from front*

a 7% difference. These studies were conducted with similar sample sizes ranging from 980 to 1046 (excluding the study by We Ask America with a sample size of 500) and similar margins of error ranging from 3% to 4.4%. As election day is approached, the Missouri gubernatorial race is becoming increasingly tight. Galloway is planning to use this to her advantage, focusing her campaign advertisements on the

weeks directly preceding the election when more people are paying attention to the race. But advertising may not be enough to pull ahead.

One of the main issues which will likely decide the race is the COVID-19 pandemic and each candidate's response plan. Governor Parson has been governor throughout the entirety of the pandemic and despite an ongoing outbreak of the coronavirus in Missouri, has kept Missouri functioning. Under Governor Parson's

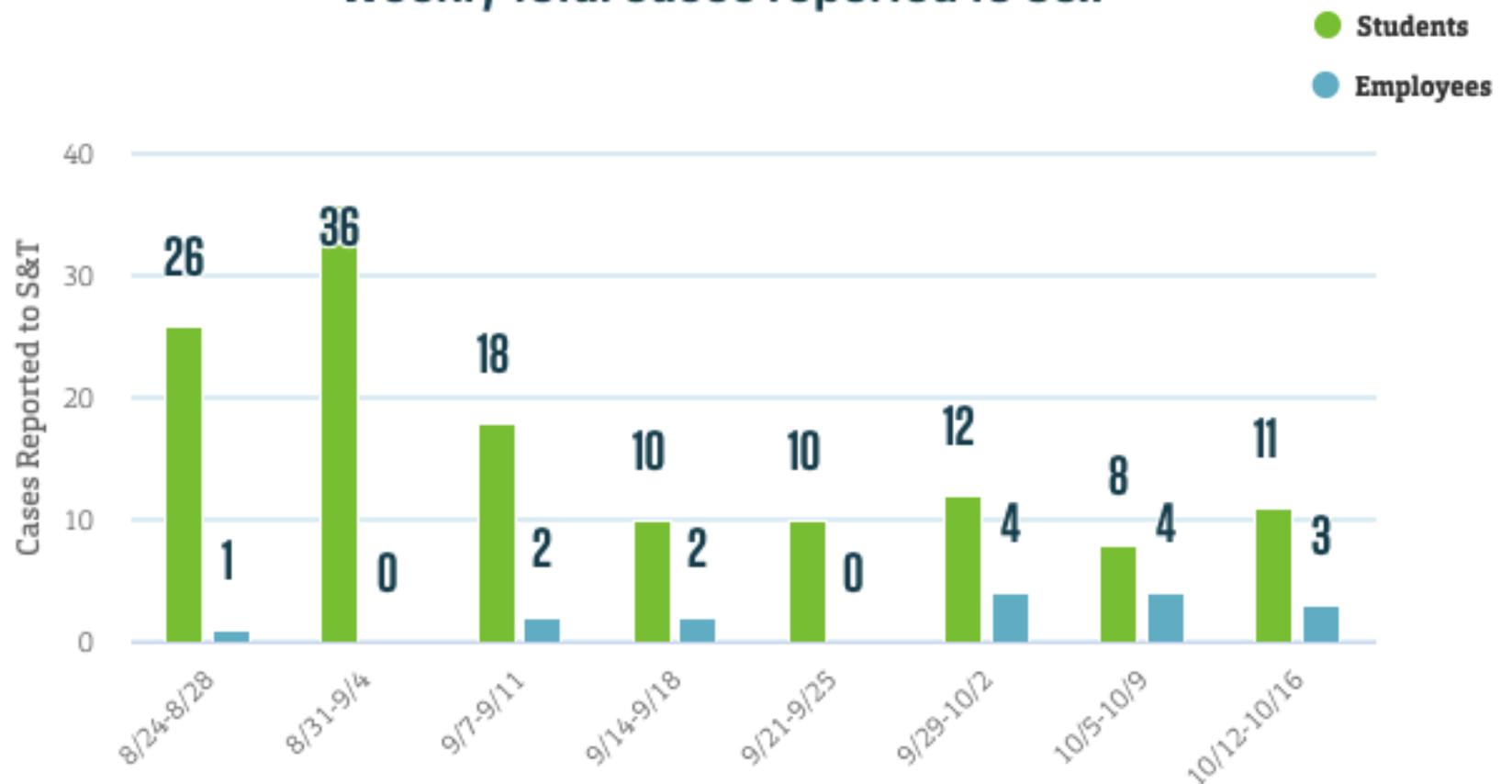
leadership unemployment rates have been on the decline since the pandemic initially put many out of work and as many as 85% of schools have reopened with 75% of schools providing in-person education and hybrid education. In addition to these statistics, Governor Parson reserved \$10 million for COVID-19 testing. Galloway has offered how she would, as governor, address the COVID-19 pandemic and subsequent recovery if elected. Galloway would rely upon the

federal Coronavirus, Relief and Economic Security (CARES) Act to obtain resources to aid recovery, particularly when it comes to education and getting students safely back to in-person learning and filling any educational gaps left during the pandemic.

The 2020 Missouri gubernatorial race will be a critical determining factor for the future of the state and will keep Missourians on the edge of the seat until the ballots are counted on November 3rd.

## COVID-19 Updated Cases

Weekly total cases reported to S&T



October 21, 2020

# FYRE Program Applications Open

**Megan Percy**

News Writer

As of October 9th, applications for the First Year Research Experience (FYRE) program are open for the 2020-21 academic year.

The FYRE program offers an opportunity for first year students within the College of Arts, Science, and Business (or CASB) with no prior research experience, to gain research skills directly applicable to their future career paths, according to Dean Melanie Mormile who gave a lecture on the topic to Dr. Rainer Glaser's Chemistry 1110 class. Students looking to get into the field of research for the first time will find a great first project in one of the 17 FYRE projects available this year.

In order to apply to the FYRE program, a first year student (this does not necessarily have to be a freshman; just a first year student at Missouri S&T) should visit the FYRE program webpage and read about the different projects proposed by the faculty the given academic year. The project does not have to be within the discipline the student is studying for their major. After reviewing the projects, the interested party should find the application (also found on the FYRE homepage) and fill out all fields before submitting to CASB. The application



*Image from casb.mst.edu*

asks for your name, major, your year, your transfer history, and which FYRE research projects you are interested in. You are given the option to list a single project or rank your interests of up to three projects. You are then asked why you are interested in the projects you listed and what you hope to gain from the experience. Applications should be submitted to CASB by email, with the application form as an attachment.

A former participant in the FYRE program, Sara McCauley, also spoke during the aforementioned lecture to offer students some advice on how to do well in

the selection process. One big key to being successful in the selection process is showing enthusiasm for the project. One way Sara suggested students prove their enthusiasm is by reaching out to the professor in charge of the projects one may be interested in and asking them questions about the project, such as how many hours will be expected of the student.

The FYRE program emphasizes one-on-one mentorship with a faculty member, so only one student will be picked per project. Decisions regarding match-ups will be communicated November 20, 3 days after the deadline for

submission, which is November 17. Work for the projects begins for students in January of 2021. Once work on the projects commences, students and their faculty mentors will have regular communication and students will be given regular milestones to drive progress. In addition to obtaining useful experience, FYRE students are also awarded a \$500 scholarship so long as they satisfactorily complete the program. The program lasts one semester (until May 2021) at which point students must present their findings at the FYRE Research Showcase.

# Staying Fit with Julia Meyr

## Absolute Abs

Training your core is included in just about every workout. When doing different muscle groups, often you are using your abs to help complete that given exercise. This is why it's important to engage every muscle in your body with the exercise you are trying to complete, while also training your abs on the side. Some people do simple ab workout just about everyday for 5-10 minutes, other times people train their abs for longer but with more tension added or resistance added to their exercise movements.

Here are a few by some amazing athletes:

### Swiss Ball Core Circuit - @clairephtomas

*For 25 minutes, complete as many rounds as possible of the following circuit. Rest as needed, as minimally as possible.*

- Swiss Ball Side V-Ups - 8 reps each side
- Swiss Ball Plank Circles - 8 reps each side
- Swiss Ball Crunches - 15 reps
- Swiss Ball Knee to Elbow Crunches - 6 reps each side
- Swiss Ball Knee Tucks (side + middle + side = 1 rep) - reps
- Swiss Ball Pike Ups - 6 reps
- Swiss Ball Passing V-Ups - 10 reps

### Love Handles - @ashleigh\_jordan

- Oblique - 3x15 each side
- Standing Knee to Elbow - 3x15 each side
- Bicycle Variation - 3x20
- Standing Bird Dog - 3x10 each leg

### Core Work - @gabsfit15

*3 Rounds 10-12 Reps Each*

- V-Ups
- Leg Raises
- Mountain Climber with Twist
- Crunches

Reminder: abs are not made with just 1000 sit ups, check the diet you are working with too!

## Absolute Leg Crusher

It's a fantastic day for leg day! Jumpstart your morning with a killer workout like this one. Follow @hiitburn for more powerful workouts that will get you into shape and kick your butt.

Here's the first workout. Set your interval timer for 40-seconds on, 20-seconds off for 5 rounds. The exercises you'll be doing are seen in her current second video on her Instagram page.

- Alternating Lateral Lunge
- Deadlift
- Front Squat
- Glute Raise
- Reverse Alternating Lunge

If needed, pause your timer after lunges to take more rest between rounds! Choose a weight that will challenge you and get after it. The exercises seen in the video are seen done with a barbell challenging in weight, however, it can be done with dumbbells, kettlebells, or any other form of resistance that is available for use.

The second leg exercise can all be done with one dumbbell! You often don't need much equipment when it comes to training, so here is a great leg crusher for you.

- Deadlift to Goblet Squat
- B-Stance RDL
- Goblet Lateral Lunge
- Reverse Lunge (rack position)

If you need a workout, try doing a 40-20 interval for 3-5 rounds! This will really get your legs and cardio rocking.

October 21, 2020

# Tampa Bay: World Series Bound

**Ashton England**

Sports Writer

For the second time in franchise history, the Tampa Bay Rays, formerly the Tampa Bay Devil Rays, are headed to the World Series. After a grueling seven-game series against the Houston Astros, Tampa Bay finally broke through and secured the American League Pennant. The last time Tampa Bay won the pennant, they would go on to face the Philadelphia Phillies in the 2008 World Series. Winning only one game during the five-game set, Tampa Bay would go on to lose to the Phillies in '08. Looking to have a different outcome this season, the Rays are primed for a great matchup against either the Los Angeles Dodgers or Atlanta Braves pending their game seven outcome.

This season, the Tampa Bay Rays won 40 games out of the shortened 60 game season, which put them atop of the American League Eastern Division. One big difference between the Rays in 2019 and in 2020 was the offensive improvements. With the additions of Hunter Renfroe and Brett Phillips among others, the Rays were able to improve their offense just enough to power them to a World Series Appearance. However, the Rays offense is far behind the offenses of the National League Championship



*Image from USAToday*

Series teams. Whether the Rays are forced to face the Atlanta Braves or the Los Angeles Dodgers, the offense will need to step the game up in order to put more runs on the board than those elite offenses. Ideally, the few days of rest the Rays will get before the World Series begins will help to give their offense a new spark.

Most notable about the 2020 Rays' lineup was their starting pitching. With a rotation consisting of Tyler Glasnow, Blake Snell, Josh Fleming, Ryan Yarbrough, and Charlie Morton, the Rays raised havoc for opponent hitters all season long. Charlie Morton, the former Houston

Astros starter in 2017, was a notable player during the ALCS as he faced his former team of accused cheaters, and players he has openly denounced for their actions in the scheme. Of their 40 total wins, the starting rotation would pitch their way to earning 17 of those. The bullpen would pick up the slack and accumulate another 15 wins, which is a critical piece of the puzzle when it comes to winning a World Series title. But, if Tyler Glasnow can emulate his regular season success in the World Series, the Rays should win at least two games this go-around. With a .833 winning percentage this season, Glasnow proved his worth as the Rays'

number one starter in the rotation, even though his ERA was a mediocre 4.08. The young Tampa Bay team is very exciting, with a young corps of pitchers to try to leave this team a chance in every game.

The young Tampa Bay Rays team is a fun, well-coordinated group of ballplayers. But, in their second franchise World Series appearance, the Rays will have their work cut out for them. If the Rays would like to bring home their first commissioner's trophy, the Rays will need to bring their "A-Game" and make sure the offense gets going a lot quicker than it did in the ALCS against the Astros.

# Rating Rolla: 150 Daze Trivia

**Katie Beel**

Features Writer

Throughout the week, many students try to find ways to take a break from their studies and enjoy themselves. With the current world situation, it can be difficult to find new ways to accomplish this. While Rolla seems like a small town, there are always new places and events to explore right here off of Interstate 44. Luckily, with a little effort, it can often be easy to still find new and refreshing events to attend and enjoy.

While many students may know Hoppers for their food and Route 66 punch cards, their trivia nights are great ways to bring in students and members of the community to test their knowledge. The nice aspect of their most recent trivia event was that it had somewhat of a twist to it. This past Thursday, Hoppers Pub teamed up with the Missouri University of Science and Technology's St. Pat's board to honor 150 Daze until the next St. Pat's celebration. The event started at 6:00 PM and was a fun follow up to the Pat's sweatshirt reveal at Sunnywall, next to the off-campus bookstore. Hoppers usually hosts trivia nights with a wide variety of randomized questions; however, Thursday



*Image from Hopper's Facebook page*

night all twenty-five of the trivia questions were St. Pat's themed. Those who were well-versed in their knowledge of all things Pats were rewarded for their efforts with St. Patrick's decorated prizes. One of the most impressive aspects of the night was the deals that Hoppers had on their food and drinks in support of the 150 Daze trivia. In regard to their food, a burger with fries was discounted to seven dollars and the same low price was applied to their wings. Another

deal that many of my twenty-one-year-old friends and I enjoyed was the five-dollar pitchers of domestic beers. While some might think seven dollars seems pricey for a burger compared to what many would spend at a fast-food establishment, the quality of their food made this a great deal and added to the overall experience. However, like with most things in life, nothing is perfect and there were a few shortcomings that are worth dis-

cussing for anyone who might be interested in attending an event like this in the future. While trivia can be entertaining for some people and a good reason to gather with friends, the questions were often difficult to hear, especially for those playing in groups, making this an event that was more desirable to those who are not hardcore trivia players. The only other shortcoming of the trivia was that although it was unique that all the questions were St. Pat's themed, it made it difficult for those who are not extremely knowledgeable about Pats board to get excited about the questions. Overall, this trivia event was a great way for students and the community alike to learn many interesting facts about a tradition that is highly valued by the Missouri S&T campus each spring. Learning the history behind these traditions allows students to greater understand what exactly it is that they are celebrating. With all of this information in mind, I am giving this event a rating of 7/10 because Hoppers offered some decent deals on their food and the Pat's board presented questions that may have been difficult but were still unique and informational.

October 21, 2020

## Alissia Canady: Who is she?

**Matias Aura**

Features Writer

For the last few months the main focus in this country has been on one date-November 3rd. The media has had the spotlight on Trump and Biden in the race for the presidency, and state elections are often an afterthought to most people. However, local and state elections are just as important to be informed on, and you can have an impact by being active in these elections. Many important state representative positions are being voted on this November, as well as a couple of amendments that have significant ramifications on Missouri's political landscape. The two highest positions up for election in Missouri this year are governor and lieutenant governor. Currently, Republicans hold both of these seats. For the 2020 election, Nicole Galloway is the democratic nominee for governor, and Alissia Canady is the democratic nominee for lieutenant governor. The S&T College Democrats were fortunate to be able to host Alissia Canady last week for an informative discussion about the upcoming election and hosted Nicole Galloway Tuesday night. Both sessions offered the opportunity for students to prepare questions and tune in to learn more about the race for governor of Missouri.

Alissia Canady is a small business owner, former council member, and former prosecuting attorney from Kansas City. Her competitor for the lieutenant governor is the current lieutenant governor, Mike Kehoe. This is the third election cycle in which Canady has been a part of, and she has not slowed down in her efforts, even with the pandemic. She has been utilizing virtual campaigning and has been getting her message out in new ways. Speaking with the S&T College Democrats over Zoom is just one example of how she has been able to inform voters and gather support for her campaign during the pandemic.

In her discussion with S&T College Democrats, Alissia Canady spoke about the role of lieutenant governor, her focus in the position if elected, and other important topics concerning the upcoming election. Lieutenant governor is a very important role since it is the second highest position in the state and the only position in both the executive and legislative branches. The lieutenant governor gets elected for a 4 year term and the responsibilities include advocacy for seniors and Veterans, serving on various boards, president of the senate and voting in case of a tie, and filling in as governor in case of death, conviction,

resignation, or impeachment. Her main focus as lieutenant governor would be in the advocacy for the groups mentioned previously, as well as improvements to housing and education. Canady also spoke of her disapproval of Amendment 1 and Amendment 3 which are being voted on in November. Amendment 1 sets the limit to two terms for the lieutenant governor, secretary of state, state auditor, and attorney general. Amendment 3 is mostly concerned with redistricting, and if passed there will be a bipartisan commission appointed by the governor for districting, rather than using the existing nonpartisan state demographer. Canady emphasized the importance of speaking to undecided or uncommitted voters, encouraging others to vote, and utilizing early voting. You may only have one vote to cast, but through active participation you can have a much larger impact on the election. With click-bait articles covering the elec-

tion coming out constantly, it is important to do your due diligence and be informed on all the issues on your ballot. There are many competitive and important races this election that may sway in a different direction in the next few weeks. Even with the semester in full swing, there are ways you can have a larger impact on this election: phone or text banking for candidates, getting friends registered to vote or encouraging them to go to the polls, or starting a political dialogue with friends and family. Whether you are wanting to be politically active or just cast your vote this election, make sure to maximize your impact these last couple of weeks leading up to November 3rd.



*Image of lieutenant governor candidate Alissia Canady, Photo from themissouritimes.com*

# Changing Lives One Pancake at a Time

**Mackenzie Petersen**

Features Writer

Every year the Chi Omega Eta Kappa chapter at Missouri S&T hosts their annual pancake breakfast, more commonly known as ChiHop. With different circumstances this year, the sorority has had to adapt and change the typical serve yourself style pancake bar in order to protect not only their members in house, but also the Rolla community. They have decided to proceed with their pancake breakfast, but rather than inviting guests into their chapter house, it will be served drive through style where cars will pull up on the curb by the house and tell members how many pancakes they would like, toppings they want added, and if they would like syrup. Next, the members, while wearing masks and gloves and obeying COVID-19 guidelines, will gather what they requested and run the items back to the car. There is also an option for delivery rather than coming to the chapter house. Along with changing the way ChiHop is run, the sorority has also extended the hours of the breakfast from 9am to 2pm on November 15th.

In anticipation for their big ChiHop philanthropy event, Chi Omega hosts what is known around campus as Stock the



*Chi Omega's Pats with a Purpose Sweatshirt for 2021*

Box and Wish Week. Stock the Box is currently going on every Wednesday outside of Price Chopper from 9am to 7pm. The members at the table offer passerby's flyers with a list of items to donate which includes pancake mix, oil, tubs of butter, oil, and chocolate chips. If one does not wish to donate items at Stock the Box, they also have the option of donating money that goes directly to Make a Wish. The schedule for this year's Wish Week, the week leading up to ChiHop, will have a

variety of events. First, on Monday from 9am to 2pm there will be Pie-O a Chi-O, where students and faculty can make donations to pie a Chi Omega. Next, on Tuesday from 9am to 2pm there will be Swishes for Wishes, where one can shoot as many baskets as they can in one minute with only one try per person, and the winner at the end of the event will get an email with a prize. On Wednesday from 9am to 2pm there will be Free Popcorn, where Chi Omega's will be on campus

handing out free popcorn and providing information about ChiHop as well as Make a Wish. Lastly, on Thursday and Friday from 9am to 2pm there will be a bake sale, where you can obtain baked goods by donation basis (last year there were tons of yummy brownies and cookies). At every Wish Week table there will be the opportunity to donate directly to Make a Wish, as well as mark up for ChiHop itself. Any questions or concerns one might have about COVID concerns can be answered at the table by members working the booths.

Along with the excitement of starting Stock the Box this week, Chi Omega was able to announce their partnership with the St. Pats Board to make a "Pats With a Purpose" sweatshirt. The sweatshirts will be \$35 a piece, and will be in a Carolina blue with the specific Make a Wish design that Chi Omega aided in designing. Also, \$5 from each sweatshirt, with up to 20% if there is more interest and sales, goes directly to Make a Wish. The design was revealed on October 15th, and preorders were made available at the booth and online on their website and are currently still open!

October 21, 2020

## Mac 'n' Cheese With the KD's!

**Jane Thompson**

Features Writer

Each year thousands of Americans go about their normal days. Some people go to work, some go to school and some struggle with bigger life issues. For Kappa Delta, a panhellenic sorority here at Missouri S&T, the mission is to prevent child abuse in the US. This mission is what the women of KD refer to as philanthropy. Philanthropy is an effort or cause that brings awareness to a large scale problem or disease. Last week we saw Zeta Tau Alpha's Pink Week in support of Breast Cancer Awareness and Education, and in the future we will see Chi Omega's Make-A-Wish week. However, this week campuses across the country could witness the women of the various KD chapters striving to make a difference alongside PCAA.

Shamrock week, as we all know it here at Missouri S&T, brings our campus together in a fight against child abuse. A Panera fundraiser, a game night, and Mac 'n' Cheese with the KD's are all events hosted by Kappa Delta. Proceeds of each event go toward Prevent Child Abuse America (PCAA) and we all have the chance to contribute to the fight. PCAA is an organization that is focused on giving every child the chance to grow up in a healthy house-

hold. Hundreds of thousands of children each year are abused by family, friends, and loved ones. These helpless kids need someone to stand by their side to stop an abuser before something worse is able to occur. "In honor of PCAA and all of the innocent children not able to fight back, we are fighting for them through Shamrock Week and all year round," said Kristin Clevenger, sophomore in Kappa Delta.

One of Kappa Delta's most prominent events during this week was their annual Mac'n'Cheese with KD's. Typically, they would open their kitchen up to campus and allow students, faculty, and Rolla residents to pay a small fee in exchange for personalized macaroni. Toppings included bacon, chicken, cheese, chives, as many sauces as desired, and much much more. This year, thanks to the everlasting pandemic here in the United States, Mac'n'Cheese with the KD's looked a little different. Due to our typical mask and social distancing guidelines on campus, Kappa Delta decided to continue on with the event, but with curbside pickup that even included dessert. Basically what this entailed is an online sign-up, which led their supporters to a google form where they were able to choose shredded



cheese, hotdogs, bell peppers, bacon bits, green onions, ham, crunchy onions, and/or BBQ Sauce to go on their homemade Mac'n'Cheese. Attendees signed-up for a pick up time, chose a dessert, and showed up at the respective time they had signed up with. It was a win-win since individuals were able to get delicious mac'n'cheese all while supporting an amazing cause. The event lasted from 11am-1pm for lunch hours and 5pm-7pm for dinner hours on October 16.

There was a mark-up and credit card payment available. Don't worry if you missed it, contributions can be made as easily as donating on the PCAA website or to the Kappa Delta house, where they will get it to the right place. If you are upset about missing awesome macaroni and cheese, there is always next year. Be sure to follow @KD\_MST for more information on upcoming philanthropy events to ensure you do not miss out again!

# Social Media Account Promotes Mental Health Awareness

**Delaney Neely**  
Editor in Chief

September was Suicide Prevention Month, and I saw a lot of people on Twitter reposting posts from an Instagram account called “The Depression Project”. I retweeted one of them and moved on.

A few weeks later, I ended up finding that account on Instagram in the explore page and decided to go through it. The account was so much more than I thought. Initially, I thought it would just be generic facts about mental health and generic things towards the promotion of mental health in this day in age. I wasn’t expecting more than the mental health presentations that we receive each year. There are facts, but there is so much more than that. There is

something for everyone, regardless of what they know or think they know.

One of the most important things that is posted on this account is the amount of options it gives people for responding to those in their life who might be struggling with different mental illnesses.

There are posts with what to say, what not to say, what to do and what not to do. It’s something that many people might find helpful for communicating with others in their lives.

Aside from that, there are also posts with warning signs and things to look for in those you may be worried about. You might even learn things you’ll notice in other people and maybe even yourself. I think these posts with things to look for is extremely

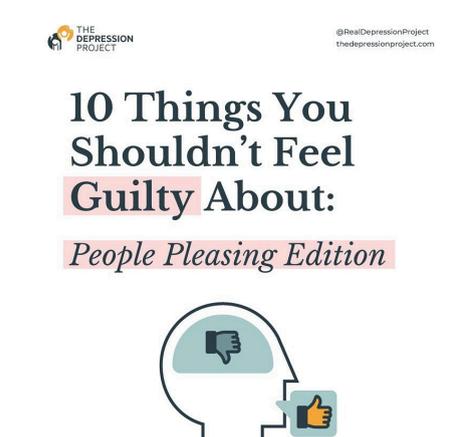
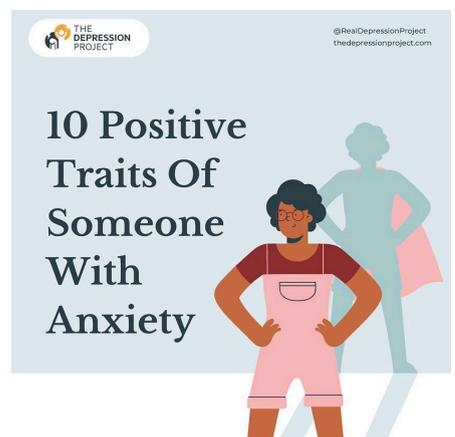
important for everyone to look at and learn about, it might end up saving someone you love.

Below are some screenshots of posts from the account, the top row is one collective post, all about why people might push others away. Even if you don’t suffer from any mental illnesses, it might be good to learn about the things people do and why. It might open your mind up to why some past relationships didn’t work out.

The bottom four are just examples of other posts to show the type of things that are posted on this account. The first one is positive traits of someone with anxiety. Sometimes, it’s really hard to see positive things about yourself if you have anxiety, and it’s good to help people remember that you aren’t all bad. The second from

the left is a list of things that you shouldn’t feel guilty about. This could be for anyone, not just those who have depression or anxiety. This is another one of the posts I encourage all people to view for insight on themselves.

The third from the left is titled “Mental Illness is NOT...” This post was important to me because people can’t always identify mental illness and we need to make this more important. Mental illness is not insanity, and people with mental illnesses don’t need to be hospitalized, they are just like the rest of us, and they need us. Follow @thedepressionproject on instagram and share it with your friends. You never know who might need to hear these things today.



Crossword from Washington Post

October 21, 2020

- |                                    |   |
|------------------------------------|---|
| 1 They clean up                    | 46 Award show VIPs                        |
| 9 Menu category including shells   | 49 Egg dropper                            |
| 14 Park, for one                   | 50 Plane, for one                         |
| 15 Monopoly player?                | 51 "What can I help you with?" speaker    |
| 16 Sign in many restaurant windows | 52 Clear out                              |
| 17 Emblem on a dollar bill         | 54 It often includes a colon              |
| 18 For or against                  | 56 Amtrak speedsters                      |
| 19 Parisian street food            | 57 Retreat from, as a previous statement  |
| 21 CPR group                       | 58 Gives up                               |
| 22 "__ Story"                      | 59 Clomps (through), as a puddle          |
| 23 Reasons for sighs               | <b>DOWN</b>                               |
| 25 Female rabbit                   | 1 Renaissance faire contest               |
| 26 Like "Home Alone"               | 2 Challenging H.S. science class          |
| 28 City NNW of Park City           | 3 Clingy, say                             |
| 31 Many glasses are sold as one    | 4 Memo intro                              |
| 33 Queen dowager of Jordan         | 5 Menlo Park, N.J., notable               |
| 34 Browning but not cooking        | 6 Pythia of the Temple of Apollo, for one |
| 35 Have the ability to             | 7 Vintage                                 |
| 36 Ripped                          | 8 MS enclosures                           |
| 37 Barbecue tool feature           | 9 Volkswagen sedan                        |
| 38 Fireside sight                  | 10 MGM motto word                         |
| 39 Like some tricks                | 11 Safe room barrier                      |
| 40 Showed scorn                    | 12 Baseball or soccer                     |
| 42 "Erie Canal" mule               | 13 Start of a Shakespeare title           |
| 43 App update messages, say        | 15 Its lines have lines                   |
|                                    | 20 Hazards                                |

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- |   |  |                              |
|---|--|------------------------------|
| 23 Sting  | 32 National Mustard Day mo.            | 46 Biblical prophet          |
| 24 Ingredient in the Indian dish dal              | 35 Adheres ... or separates            | 47 "Time in a Bottle" singer |
| 25 Discourages                                    | 39 "__ Kapital"                        | 48 Some islands have them    |
| 27 Like a cloudy London day                       | 41 Angle symbols                       | 49 Temperature control syst. |
| 28 Goes (for)                                     | 42 Boardwalk activity                  | 51 They're often rivals      |
| 29 Gentle parting sentiment                       | 44 Online show offering Hollywood info | 53 Ginger __                 |
| 30 Criticized publicly                            | 45 Update after a new survey, maybe    | 55 Ring decision, briefly    |
| 31 Charley, in Steinbeck's "Travels With Charley" |  |                              |

## Helpful Websites for College Students

Delaney Neely  
Editor in Chief



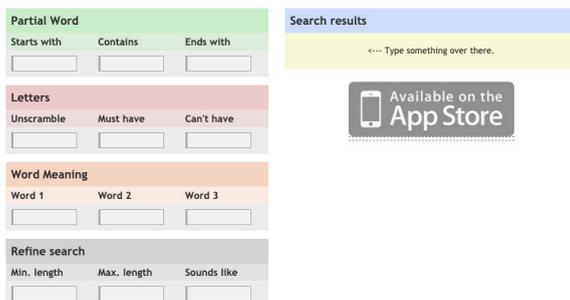
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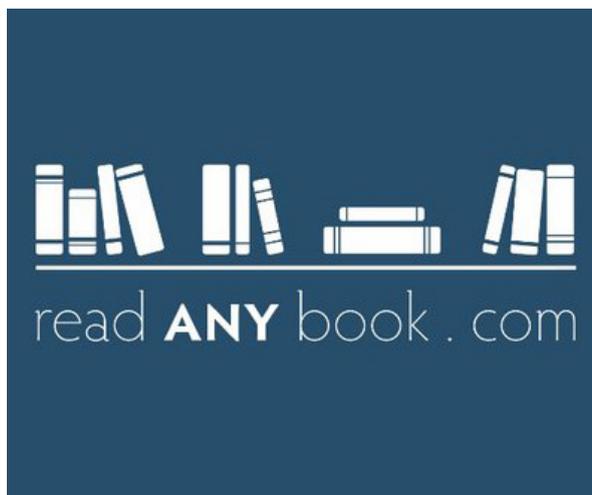
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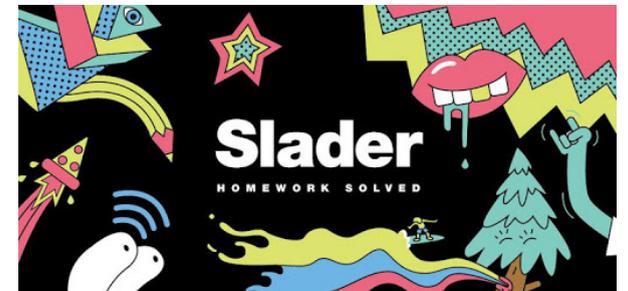
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October 21, 2020

Easy



## Halloween Ghost Oreo Truffles

### Directions

*Step 1*

Line a baking sheet with wax paper, set aside.

*Step 2*

In a food processor, process cookies until finely crushed. Add cream cheese and salt; pulse until combined.

*Step 3*

Shape 2 tablespoons of the mixture around a tiny marshmallow. Place in a single layer about 1 to 2 inches apart from each other on prepared baking sheet and chill until firm.

*Step 4*

Working with 1 at a time, carefully pour about 1 tablespoon of the candy coating over the chilled balls. Place 2 miniature chocolate pieces for eyes. Let stand until set.

### Ingredients

- 1 14.3 ounce package chocolate sandwich cookies with white filling
- 1 8 ounce package cream cheese
- pinch salt
- 18 – 20 tiny marshmallows
- 8 ounces vanilla-flavored candy coating, melted
- 36 – 40 miniature semisweet chocolate pieces

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Hard

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## Solution

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56	A	C	E	L	A	S		57	W	A	L	K	B	A	C	K		
58	C	E	D	E	S			59	S	P	L	O	S	H	E	S		

Drinks of the Week



**Pumpkin Spice White Russian**

**Ingredients**

- 4 gingersnap cookies, crumbled
- 1 tsp. honey
- 3/4 c. coffee liqueur (such as Kahlúa)
- 2/3 c. vodka
- 1 1/2 tsp. pumpkin pie spice
- 3/4 c. heavy cream

**Directions**

Place crumbled cookies on a plate. Rub rims of 4 glasses with honey. Dip in cookie crumbs to coat. Whisk together coffee liqueur, vodka, and pumpkin pie spice in a measuring cup. Pour in to prepared glasses, dividing evenly; top with ice. Divide 3/4 cup heavy cream evenly among glasses and serve immediately.  
*countryliving.com*



**Melted Witch Martini**

**Ingredients**

- 1.5 Oz. Vodka 1 shot
- .75 Oz. Blue Curacao 1/2 shot
- 1.5 Oz. Pineapple Juice 1 shot
- 1.5 Oz. Orange Juice 1 shot

**Directions**

In a pitcher, combine orange juice in a shaker; add the vodka, Blue Curacao, Orange Juice, Pineapple Juice and a cup of ice. Shake vigorously until cooled. Strain into the prepared cocktail glass  
*3yummytummies.com*



**Death in the Afternoon**

**Ingredients**

- 1/4 to 1/2 oz. absinthe
- 4 oz. chilled Champagne or other sparkling wine

**Directions**

Pour absinthe into a Champagne flute, and top with Champagne.  
*countryliving.com*



**Purple Potion Punch**

**Ingredients**

- 4 c. purple grape juice
- 1 c. vanilla ice cream
- 1 liter lemon-lime soda
- Garnish: Vanilla ice cream, confetti sprinkles

**Directions**

In a large pitcher, mix grape juice and melted ice cream until blended. Just before serving, add soda and stir just until blended. Pour into glasses and top each serving with a small scoop of ice cream and sprinkles.  
*countryliving.com*



**Witch's Brew**

**Ingredients**

- 2 1/2 oz Midori melon liqueur
- 2 1/2 oz lemon lime soda (Sprite)
- 2 1/2 oz orange juice

**Directions**

Add ice to a cocktail shaker and pour ingredients in. Cover and shake until chilled, then pour into martini glasses and serve.  
*thechunkychef.com*



**Liquid Web Cocktails**

**Ingredients**

- 3 oz. chocolate liqueur
- 3 oz. coffee liqueur (such as Kahlúa)
- 2 oz. milk
- Lightly sweetened whipped cream
- Ice
- Pumpkin pie spice or nutmeg

**Directions**

Combine chocolate liqueur and coffee liqueur, milk, whipped cream, and ice in a cocktail shaker; shake until chilled. Strain into cocktail glasses. Garnish with pumpkin pie spice or nutmeg. Top with small plastic spiders.  
*countryliving.com*