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2020 Presidential Election

Written by: Alysia Oliver

On November 3, 2020 America will choose the 46th president! They will either vote for President Donald Trump or Former Vice President Joe Biden.

Now let's talk about what went down at the debate. On September 29, 2020 the presidential debate was held. President Donald Trump had his pros and cons and so did Joe Biden. President Donald Trump is running for the Republican Party. Joe Biden is running for the Democratic Party. Both nominees spoke over each other to say whose point of view is better. President Trump who recently had Covid-19 spoke badly about Joe Biden for always wearing a mask anywhere he went. " I don't wear masks like him," said President Trump talking about Joe Biden. "Every time you see him he's got a mask. He could be 200 feet away from me and he shows up with the biggest mask I've seen", said President Trump. Also, during the debate Joe Biden disrespectfully called President Trump a clown and a liar. " You're the worst president America has ever had." said Joe Biden. The next debate is October 15, 2020.

COVID-19: The New Normal

By: Erica Rose E. de los Reyes

COVID-19 is keeping us in our homes with our families. It has ruined our precious time at school where we can interact physically with our friends and classmates and learn with our teachers on every subject that we have. Now, we are in Distance Learning, acquiring knowledge through Zoom meetings with our teachers and doing work independently. Masks are required in every building (but, our houses), and we cannot even go outside, or enter business establishments, without wearing a facial covering and practice social distancing which is now the new normal. Life is really very different now and it will probably be like that until our scientists, medical experts/professionals and governments will find the cure to this new virus which is making our lives miserable and causing various issues in our nation and the whole world, as a whole.

To provide you with more information about COVID-19, here are some basic facts and the latest statistics about total coronavirus cases, deaths and recoveries globally and locally:

What is COVID-19?
Coronavirus disease 2019 or COVID-19 stands for 'CO' - corona, 'VI' - virus, ' and 'D' - disease and '19' for the year it started or discovered. Its previous name is 2019 novel coronavirus or 2019-nCoV.

COVID-19 is a new illness affecting lungs and airways. It is caused by a new coronavirus called SARS-CoV-2. It is different with influenza (Flu) since it is not due to infection with influenza viruses.

How is the virus transmitted?
COVID-19 spreads mainly from person to person through respiratory droplets from coughing, sneezing and talking.

What are the symptoms that the virus can cause?
Possible symptoms can appear 2 - 14 days after being exposed to COVID-19 such as fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

How can I protect myself from the virus?
As suggested by medical professionals, we can protect ourselves from contracting COVID-19 by doing the following:
- wash hands often with soap and water for at least 20 seconds and/or use a handsanitizer with at least 60% alcohol content;
- avoid close contact with people who are sick;
- practice social distancing (at least six feet apart); and
- wear masks in public settings and when around people outside of their household.

In addition, the dietary experts have also suggested that eating fruits, with a serving size of two cups (four servings), such as apple, banana, blackcurrant, cantaloupe, grapefruit, guava, papaya, pineapple and pomelo, will help to improve immune system in preventing COVID-19.

How many people got infected with the virus, died or recovered globally and locally?
Per the statistics provided by Worldmeters.info website as of October 11, 2020, there are now 37,700,479 COVID-19 cases globally comprising of 216 countries where 1,080,414 are the total deaths and 28,285,093 are the total recoveries, while in USA, there are 7,981,418; 219,611; and 5,121,734, respectively.

Globally
The **Top 10 countries with most COVID-19 cases** are: 1 - USA with 7,980,336; 2 - India: 7,118,770; 3 - Brazil: 5,095,586; 4 - Russia: 1,298,718; 5 - Colombia: 902,747; 6 - Spain: 890,367; 7 - Argentina: 883,882; 8 - Peru: 846,088; 9 - Mexico: 814,328; and 10 - France: 734,974.

The **Top 10 countries with most COVID-19 deaths** are: 1 - USA with 219,672; 2 - Brazil: 150,338; 3 - India: 109,179; 4 - Mexico: 83,642; 5 - UK: 42,825; 6 - Italy: 36,166; 7 - Peru: 33,223; 8 - Spain: 32,929; 9 - France: 32,683; and 10 - Iran: 28,544.

The **Top 10 countries with most COVID-19 recoveries** are: 1 - India with 6,145,918; 2 - USA: 5,121,213; 3 - Brazil: 4,453,722; 4 - Russia: 1,020,442; 5 - Colombia: 783,131; 6 - Peru: 738,189; 7 - Argentina: 709,464; 8 - South Africa: 622,153; 9 - Mexico: 591,150; and 10 - Chile: 453,352.

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The **Top 10 states in USA with most COVID-19 cases** are: 1 - California with 853,748; 2 - Texas: 832,928; 3 - Florida: 734,491; 4 - New York: 509,283; 5 - Georgia: 331,409; 6 - Illinois: 322,188; 7 - North Carolina: 231,471; 8 - Arizona: 225,575; 9 - New Jersey: 217,202; and 10 - Tennessee: 214,717.

The **Top 10 states in USA with most COVID-19 deaths** are: 1 - New York with 33,379; 2 - Texas: 17,055; 3 - California: 16,579; 4 - New Jersey: 16.291; 5 - Florida: 15,365; 6 - Massachusetts: 9,587; 7 - Illinois: 9,230; 8 - Pennsylvania: 8,432; 9 - Georgia: 7,416; and 10 - Michigan: 7,219.

The **Top 10 states in USA with most COVID-19 recoveries** are: 1 - Texas with 718,115; 2 - California: 439,002; 3 - Florida: 434,895; 4 - New York: 404,707; 5 - Illinois: 215,400; 6 - Tennessee: 192,958; 7 - North Carolina: 192,644; 8 - New Jersey: 175,637; 9 - Louisiana: 157,873; and 10 - Ohio: 143,123.

Coronavirus is Ruining Our Lives

By: Erica Rose E. de los Reyes

Coronavirus disease 2019 or **COVID-19** is a deadly virus that is killing, infecting, and impacting the whole world! It <u>may</u> have existed back when. But the question is, who started it? Was it started by an animal, or was it caused by humans who ate an infected animal? The issue is what the animal is eating, or is it on the animal itself and people have started eating it without cleaning the food properly?   Or, is it even reasonable to eat wild animals like bats?

I think COVID-19 was started by people who consumed infected animals. So, it is quite illogical for food markets to sell infected animals and not know the risk of potential illnesses that can be contracted by people. Coronavirus might have been started by mere carelessness! They should have not eaten wild animals, like bats, which might have swallowed the dirty blood of other wild animals that are sick. So, this teaches us to always do things carefully to avoid a grave consequence. Now, the whole world is experiencing the negative impacts of this COVID-19 pandemic.

COVID-19 is impacting everyone's lives, especially for a student like me. First, we start by not being able to be social with my classmates. This one really affected my life at school! It felt weird not hugging my friends when they come to school. It doesn't feel natural and friendly. Then, we have Distance Learning. I like it a lot, but I miss being able to see my friends. It is depressing to not physically see my friends. But, the good thing is video games exist. They are like our best friend in this type of situation since they provide us with entertainment, at the moment, since we cannot just go outside because of the fear of catching the virus.

In addition, COVID-19 is also affecting families. Some patients are in hospitals not because of the coronavirus, but because of non-infectious diseases. Imagine yourself in this situation. You are isolated in a hospital room because you have a condition like Congestive Heart Failure (CHF). Your family cannot visit you because of "the risk of infecting the patient". You are lonely because you cannot physically see your family. Before the pandemic, a family member was there to support you all the way which made you recover much quicker. But now, you are alone because of strict hospital rules pertaining to COVID-19. This is making the situation much more difficult with you which is adding more chances for you not to

recover fast, or not to recover completely. Because of this type of situation, families of these patients are significantly affected by it since they do not have a chance to provide their support completely to their loved ones and to show how they really love them all the way.

Moreover, COVID-19 is affecting our nation. Currently, because of this pandemic, there is an economic recession, increasing unemployment, negative impact on mental health due to stress, isolation, quarantine and worry on coronavirus, overwhelmed health care system due to numerous coronavirus cases, among other issues.

This COVID-19 pandemic will be here to stay until the medical professionals, scientists, researchers and governments will find the best cure to this new and challenging virus. However, each one of us can contribute our worthy share in minimizing the COVID-19 cases by cleaning our hands, not touching face and eyes, using hand sanitizers, wearing face masks/gloves, practicing social distancing for at least six feet apart, avoiding close contact with people who are sick, and eating healthy foods to improve the immune system, at every opportunity.
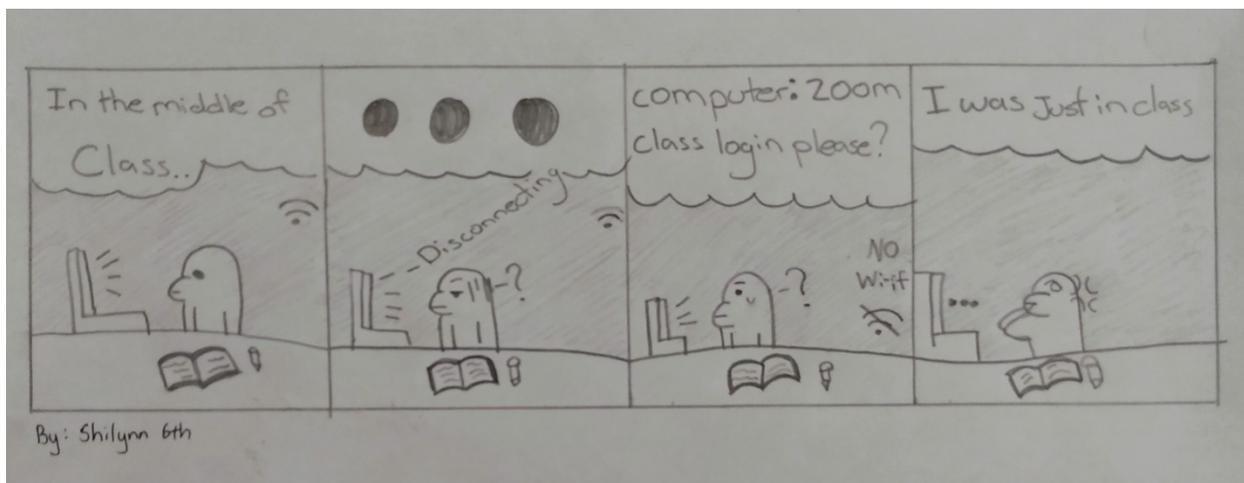
152.6 M Registered Voters in USA to Vote on November 3, 2020

By: Erica Rose E. de los Reyes

On Tuesday, November 3, 2020, there are approximately 152.6 million registered voters in the United States of America (USA), as provided in the www.worldpopulationreview.com website, who will or have already participated in the federal, state and local elections by casting mail-in absentee ballots, or voting in-person at official polling places based on their residential address.

Among the electable positions to be contested are the office of the President of the United States, 435 seats in the United States House of Representatives, 35 of the 100 seats in the United States Senate, 13 states and territorial governorship, and other positions covered in the state and local elections.

In the 59th quadrennial U.S. presidential election of 2020, there are six Presidential candidates with their running mates who can be selected by the registered voters as the next President and Vice President, with a term lasting from January 20, 2021 to January 20, 2025. They are, as follows (in alphabetical party name order):

- American Independent Party - Roque "Rocky" De La Fuente / Kanye Omari West
- Democratic Party - Former Vice President Joe Biden / Senator Kamala Harris
- Green Party - Howie Hawkins / Angela Nicole Walker
- Libertarian Party - Jo Jorgensen / Jeremy "Spike" Cohen
- Peace and Freedom Party - Gloria La Riva / Sunil Freeman
- Republican Party - Incumbent President Donald J. Trump / Vice President Michael R. Pence

In order to be eligible to vote in California, one has to be a registered voter through online registration at www.registertovote.ca.gov website by October 19, 2020; through mail, postmarked by October 19, 2020; and through in-person at designated polling places by November 3, 2020. Registration requirements are: must be a United States citizen, a resident of California, be at least 18 years old or older on Election Day, not be currently in state or federal prison or on parole for the conviction of a felony, and not be currently found to be mentally incompetent to vote by a court, respectively.

According to Pew Research Center's survey report published last August 13, 2020 at www.pewresearch.org website, the top 12 issues for voters in making their decisions with the corresponding percentage of registered voters are: 1 - Economy (79%); 2 - Health care (68%); 3 - Supreme Court appointments (64%); 4 - The coronavirus outbreak (62%); 5 - Violent crime (59%); 6 - Foreign policy (57%); 7 - Gun policy (55%); 8 - Race and ethnic inequality (52%) and Immigration (52%); 10 - Economic inequality (49%); 11 - Climate change (42%); and 12 - Abortion (40%).

Election Coverage

Third Presidential Debate

Written by: Alysia Oliver

The second presidential debate was supposed to happen on October 15, 2020. Due to President Trump recently having Covid 19, the debate would take place "virtually", so they wouldn't need to be on the same stage together. President Trump would not agree to those rules so the second debate was cancelled.

The third debate was on October 22, 2020 using social distancing. They debated on topics such as health insurance, coronavirus and minimum wage. Joe Biden wants to make minimum wage $15 for everyone in all states. "These people are working two jobs, because one job is below poverty " said Joe Biden. President Trump thinks that each state should get to decide their own minimum wage. "It should be a state option. Alabama is different from New York. New York is different from Vermont. Every state is different ," said President Trump.

 The third debate was arranged a lot better than the first one, with good use of a mute button being used. This time we didn't have to struggle to hear what the candidates were saying as they spoke over each other and didn't let the other finish their sentences. Both candidates said why they think they should be elected for president , now it's up to the people to decide.

Election Day is November 3, 2020. Remind your parents and your adult family members to go and vote because every vote counts.

Travel

By Riley Salvador

Many people enjoy traveling all over the world. However, due to the coronavirus, traveling has been limited to keep everyone safe and to stop the spread of this virus to other people. But don't get discouraged! Although many places are closed down, there are still many others that you can visit that aren't very far away.

In the Bay Area, there are multiple beaches nearby that you can go to when you want to relax. Some of these beaches are Half Moon Bay, Stinson Beach, Baker Beach, and many more! Here you can swim, play in the sand, or just take a nap. If you had a long week and want to relax, you can come here and watch the sunset, too. There is so much fun that you can have here and even more if you come with your family. Beaches are very big, so you won't have to worry too much about it being crowded, either. This way everyone is already social distanced which makes everyone safe while still having a lot of fun.

If you want to travel somewhere that is close by and safe, there are many options to choose from. So when looking for a place to go for the weekend, or just want to be somewhere where you can relax, look no further than right here.
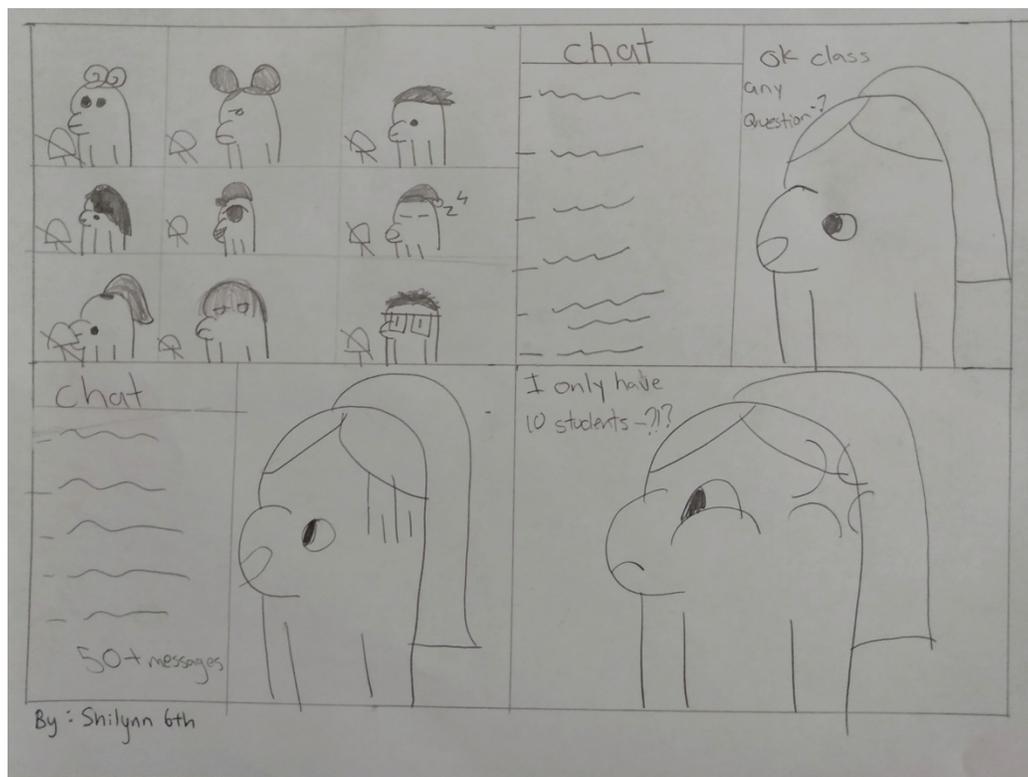
Sports

By Nicholas Gums

Recently, in basketball, the NBA finals just wrapped up and the Los Angeles Lakers are the 2019-2020 NBA Champions who beat the Miami Heat in 6 games. This is how the series of games went:

Game 1: The Lakers won 116 - 98. The highest scorer for the Lakers was Anthony Davis with 34 points and for the Heat it was Jimmy Butler 23 points.

Game 2: The Lakers won 124 - 114. The highest scorer for the Lakers was Lebron James with 33 points and for the Heat it was Jimmy Butler again with 25 points.

Game 3 however: The Heat won 115 - 104. The highest scorer for the Heat was once again Jimmy Butler with 40 points and for the Lakers it was Lebron James with 25 points.

Game 4: The Lakers won 102 - 96. The highest scorer for the Lakers was Lebron James with 28 points and for the Heat it was once again, Jimmy Butler with 22 points.

Game 5 though: The Heat won 111 - 108. The highest scorer for the Heat was Jimmy butler with 35 points and for the Lakers it was Lebron James with 40 points.

And for Game 6: The Lakers won 106 - 93. The highest scorer for the Lakers was Lebron James with 28 points and for the Heat it was actually Bam Adebayo with 25 points.

And that was how the NBA finals in 2020 went.

Commentary

Ms. Lenz-Acuna

As the moderator of this student newspaper, I must express how proud I am to work with such talented and informative students who want to have a voice and who want to represent the students of their St. Joseph Community. A student newspaper give students a chance to express their opinion and ideas as well as inform its readers. It is important for students to actively participate in the discussion of social issues in and outside of school, especially during these unprecedented times…their voice matters.