

The Student Voice

ADHD in college

Imagine waking up each day and having to decide if you want to be able to focus throughout the day without interrupting people and straying away from conversations, or if you want to be able to focus but have absolutely no emotions, walking around like a zombie, all day. As for myself, I am not sure I would be able to choose. But I sat down and had a talk with someone who makes this choice every day. I asked Mag where she would like to go, and we decided that she would be most comfortable in the car for this interview because she can focus in the car for the most part.

I asked Mag to tell me about her ADHD and this 25 year old responded, “I guess it started in elementary school. Because I moved around a lot my teacher actually duct taped a square on the floor and that is where I was supposed to sit.” As we came to a light, Mag fell silent and peered up at the bright red light. As the light shifted from red to green, she continued, “This rule was only for me. As I got older they had me tested for ADHD. And they prescribed me Ritalin at first when I was a kid, and that just straight up turned me into a zombie. I feel that this was to a point I started getting picked on because I wouldn’t talk and I was just like... I was just a... Zombie.” Mag struggled to find her words as we pulled into a parking lot. She then parked and continued on.

“The medicine does help but I just hate the way it makes me feel. And it got to a point that I was getting picked on for my ADHD. Like, teachers would pick on me, and students would pick on me, I got shoved into lockers, I got a bunch of shit for it -- And when you are going through an awkward stage in your life, everything happens in middle school, you don’t need to be picked on, especially by teachers. It got to the point that my mom threw me into Christian school.” Mag looked out the window not once glancing back at me.

“I always doodled, and it got to the point that I would doodle so much that I could not pay attention, or at least they didn’t think I was paying attention. Half the time I wasn’t, but doodling

helps.” Mag with her finger now wipes the condensation on the window back and forth, back and forth she continued on, and still no looks my way. “I stopped taking it around the time of Christian school.” She stopped rubbing the window abruptly, “But like, doodling helps when I am not on medicine.” She finally locked eyes with me, “I’m always losing my phone, my wallet, and my keys. I lose stuff all the time. With ADHD you get so distracted to where you don’t know where you leave stuff.” She looks back out her window, “It’s in everyday life, like not only a school and stuff. It’s just an everyday struggle.” Her hand is now playing with the lights dial. “When I hit high school, I just didn’t care. I was the type of person if you don’t care about me I don’t care and won’t do the work, and these teachers didn’t care because I was always fidgeting and tapping and moving about. I would get like B’s and C’s, which is way below what I could be getting.”

I then asked Mag about college. She had tried out college more than once, the first time not going so well. “In high school I didn’t do well, but with college, I did worse because with all the distractions in college without medication and stuff. I wanted to be like a teenager. I was super hyper and my friends egged me on with my hypertension. It just got worse. I wouldn’t go to class, I would just run around and drink a lot. I just stopped going because I just didn’t care. My brain distracted me, saying there’s something better, like oh I can just get a job, you don’t need a degree to get a job.” Her leg was now bobbing, and her whole body shaking, she uttered, “I finally moved out on my own and dropped out. Which was a mistake. I never should have dropped out.” With her leg still bobbing, the whole car was shaking like a leaf.

“My second time around, I got pills from the beginning and it helped a lot. It’s just the one thing I hate about it is that it still turns me into a zombie. I don’t eat, I will zone out from time to time. It’s great for going to school and stuff and not being distracted, but it also sucks. It’s like a love/hate relationship. I mean its nice not having to interrupt people because I hate doing that, but it’s just that I get so excited, I’m like a little puppy dog, I have to tell you before I forget. I hate the way I am on the pills though. Because I like that I don’t eat all the time, but also it sucks because I don’t eat at all, which is bad. But it has helped a lot in school. I think because I stopped taking it as much in my last semester is why I did so bad.” She was back to staring out her window.

“I would take it when I was in a part where I needed to get something done, and I would procrastinate like the whole week. But I also kind of abused it a little bit because I would take it, then I wouldn’t take it, then I would take two.” She fell silent once again and started again rubbing off the condensation.

I’m just trying to better understand her and then I asked, “So you would say it is hard for you to work off from the pill?”

“Yeah, it’s hard to do school work without it -- but even in everyday life. Like at work I will get easily distracted. It’s not just that I am hyper -- it’s that my mind is going so fast. It’s hard because I am treated like a child for the most part because I am so hyperactive. So people see me more as a child than an adult – A child! A child!”

“Do you feel like you have missed out on learning because of this disability?”

“Yeah, I feel like I missed out on a lot because I probably would have done better in school. Even everyday life, like every day learning lessons. I will miss out on so much stuff, like school, things you need to know to be an adult and all this stuff because I am so distracted. It’s a constant back and forth and it’s just something really hard to control.”

“Did you ever, the first or the second time going, reach out to the disability center at the school?”

“I tried but they need paperwork. And my paperwork is down in Georgia, which is where I got diagnosed, and I don’t even know where that doctor’s office is and I couldn’t afford to get tested again. When I first got tested I had ADHD and an IQ of 140. Have you heard that people with ADHD have higher IQ’s than the average person?”

“No. I didn’t.” I found it hard processing the idea that people’s educations can be held back even in the younger schooling systems.

“We are put in special needs classes because they couldn’t keep our attention without medicating us. I learn visually and if they taught me that way instead of saying ‘hey, stay in this square’ I would have learned a lot more. They need to find different ways of teaching not just send kids to a different class just because they can’t do it. I didn’t ask for ADHD. It’s not my fault.”

“What was your GPA in your second time of college?”

“I got a 3.5 GPA in culinary arts. I got all A’s except for last semester where I got one B and a C.”

“Did you ever think you would graduate from college?”

Mag looked me straight in the eyes. “No. I honestly didn’t think I would go back and I honestly didn’t think I would ever graduate after the first time I was done.”

“What showed you that you were capable of doing this?”

“I realized I was passionate about food and the first thing I ever made was sushi, and I was taught how to cook and stuff. I wanted to go back to school after noticing this because I had a lot of ability. I wanted to not only serve food but make it. It’s an art and you can do anything with food.”

“That is great.” I continued to let Mag talk.

“I don’t take my medicine anymore and I should I really should. I just haven’t got my prescription but I need it because I need to be able to focus in everyday life and it sucks to be dependent on a medication. Its either be focused and keep a job or be me basically.” Her voice had started to crack and she was no longer looking at me.

I had but one final question to ask.

“What would you say if you have one thing to tell kids that are going through exactly what you went through as a child?”

“Don’t let them say you are nothing, you be you, don’t let them bring you down because it sucks to have ADHD and be treated in such a way that you feel like it’s wrong to be the way you are.”

By: Elijah Pape



“Pride In Sports, Brings Unity To Society”

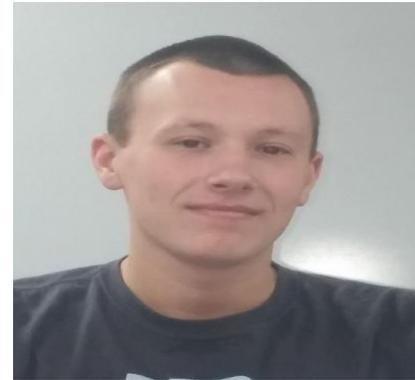
The pride that Americans have for the sports teams they follow creates a sense of hope and excitement no matter what age. From little Jimmy at age 2, to Grandma Betsy of age 92, the devotion of their team is displayed on their cloths, bumper stickers, key chains, and around the house. It's obvious that sports is the glue that connects every race and gender, but where does this sudden dedication come from? What makes a man love one team for a lifetime?

The most popular answer that the average fan gives when asked why they chose their team is “They are located in my home state.” This notion makes sense, but could it really be that simple? In New York, the common fan base includes the *Mets*, *Yankees*, *Bills*, *Jets*, *Giants*, and *Knicks*. These might all be teams out of our home state, but it's hard to accept that a sports fan's pride derives from a love of his or her homeland. New York is notorious for high taxes, cold winters, and only being known for its big city. For most people who reside upstate, they make remarks on how one day they will move away from this place. With all this being said, the love of our state plays no factor in which teams we follow.

Many other fans fall under the category of a “front runner.” This is the term used for fans that follow a certain athlete or team because of their winning ways. One can argue that these are not “true” fans, but any fan base will gladly accept more followers with open arms. Sports franchises are businesses. Although diehard fans are what a business strives for, the object of the business is to get as many products with their logo on it to the public.

The more I asked about how people became a sports fan, the more diverse the answers became. Some carried out the family tradition, others liked the logo or name of their team, and even one little girl liked the Vikings because their color was purple. No matter what reason each fan had, there was no question that they spend time and money on a franchise that in all honestly, may never give anything back in return. How does a business get us hooked on a group of overpaid athletes located across the country? The reason for a nationalistic sense of commitment in every American is the desire to be a part of something. Joining a fan base is a way to express yourself and become a conversation starter. It allows us to connect to people we didn't know before whether they are a fellow fan of the same team or an arch rival. This type of connection unifies a nation that is so diverse. It doesn't matter what ethnicity a person has, the idea of being a part of a sports team eliminates skin color. The MVCC vs. HCCC basketball game is a prime example of this. Every year the game attracts more fans than there are seats, just to catch a glimpse of another episode in the ongoing rivalry. With every bucket, the crowd got louder, and it was easy to tell that the game meant a lot to both teams. I asked a couple fans why they are getting so fervent in a community college basketball game, and the best answer I could get was “Why not?” Sports are constantly bringing people together and the pride we share spreads farther than just a professional basis. To answer the ultimate question; “How do we become a sports fan of one team” has become unnecessary. It doesn't matter what the reasoning is behind our choice in sports teams. What's

important is that the pride we all have creates the pieces that interlock within society to unify a nation. By: Zachary Thoman



Transfer to SUNY Potsdam

"I was blown away by the people who were so accepting and made me feel like part of a close-knit community. A true family is what I have found here at SUNY Potsdam. I am challenged by my academics, but find balance with the clubs and activities that are always happening on campus daily."

Madeline Patumbo
SPRING 2014 TRANSFER

- personal attention
- a great value
- no maximum to the number of credits transferred
- smooth transition into any program

Contact our Transfer Services Team to discuss your career goals and how Potsdam can help you reach them!

www.potsdam.edu/admissions/transfer
transfer@potsdam.edu
315.267.2932

Further
Potsdam
THE STATE UNIVERSITY OF NEW YORK

Education is the passport to the future, for tomorrow belongs to those who prepare for it today.

Malcolm X

Terrorism: Then, Now, and its Defeat

. So often in the American media, in political affairs and in the social scene, the topic of violence and social upheaval are discussed. These matters often coincide with the use of the word terrorism or terrorist(s) when referring to a person, group or an ideology that has resorted to violence for their own means or for what they view as being the means of society. While this label may or may not be fair when the word terrorism or terrorist(s) is used, it is often used without any definition, which in turn results in a lack of consistency regarding the word. Depending on the context in which it is used, one cannot tell if the word simply means terrorizing people by using violence and coercion or if it is terrorism for the purpose of bringing about a change. Before such an analysis of the topic is to be made, one must first define their topic. For a definition, let us look to Webster's Collegiate Dictionary that defines terrorism as being "... the use of terrorizing methods of governing or resisting a government." This definition is both simple and fair as it not only defines the topic, but also implicates both the state and its citizens of being potential terrorists. Refer back to it as you read on.

On that note, the United States of America has had a long love/hate relationship with terrorism which has dated back to the Boston Tea Party, lasting throughout the American Revolutionary War, to the favor of the Americans whose revolutionary leaders, commonly known as *The Founding Fathers of America* were considered little more than terrorists by the British and their sympathizers. Then again in the war of 1812, the British had attempted to reclaim their recently lost colonies and still claimed that *The Founding Fathers* were terrorists. The Americans won that war as well, and since the spoils of war belong to the victor's, history has it that the Americans were anything but terrorists in both instances. In the 1860's similar claims were made on the new continent, but this time they were being made by the northern states toward The South as a result of The South's secession from the union in an event that would become known as the American Civil War, and The South succeeded primarily for the purpose of preserving slavery.

Then again, in 1914-1915, the coal miners in Colorado went on strike against various business interests in an attempt to get a higher pay rate and more benefits from their employers. This would become known as the *Colorado Coal Strike*, a strike in which the rebels would be viewed in much the same way by their own government as *The Founding Fathers* were viewed by *The Crown*. The result of the strike was an all-out massacre of the miners by a rag-tag army assembled by the mining companies and supported by congress. Such instances of rebellion followed by political hostility would continue to persist in the U.S. throughout the twentieth century and would appear toward the suffragist's movement, the civil rights movement, Native American uprisings, the movement against the war in Indochina, and various other instances of people resisting their government, at times to the point of violence in an attempt to bring about social, economic and political change. Most recently this has been in the forms of the *Occupy Wall Street Movement* and the *Black Lives Matter* movement, both of which have been a response to various forms of injustice.

Now let us consider the history of the United States with terrorism in the third world. During the 1980's when the Soviet Union was engaged in its proxy war in Afghanistan, the then president of the United States, Ronald Reagan had begun to fund a group of guerrillas in Afghanistan in order to combat the "Evil Empire." The mission was a success, the Soviets retreated, and the Afghan guerrillas were left in power – they were the *Afghan Mujahidin*, more

commonly known as the *Taliban* and their leader was a Saudi millionaire named Osama bin-Laden. Mr bin-Laden would go from being an ally of the United States to the nation's biggest enemy and an internationally wanted terrorist following *Operation Desert Storm*, less than a decade later.

Osama is but one instance of such events occurring in which the ally becomes the enemy, seemingly overnight. A more recent example of this occurred in 2011-2012 in Syria. 2011 has been a monumental year in the Arab world as it has been a year of great uprisings. The spring of 2011, the so called *Arab Spring* was one of huge uprisings throughout the Middle East in which people were marching by the millions demanding a change to the leaders who had failed to uphold the will of their people. On top of this, the protesters had also demanded democracy in their countries. Of these countries, the nation of Syria has stood out. In Syria, in the spring of 2011, there was an uprising which had essentially turned into a civil war between the regime of president Bashar al Assad and the people who had spent their lives living under his regime and previously that of his father. In this frenzy, the Obama Administration had begun to speak out in favor of the revolts against Assad as well as support said revolts. The Obama administration has continued to do so, not that there is anything wrong with supporting the overthrow of a dictator; however, in the process, the administration had begun to train, arm, and back up certain rebel groups who Obama would often refer to as being so called "moderate" forces. However these "moderates" would soon prove to be anything but, rather it has become increasingly known that they are anything but moderates; they are radical Islamists attempting to create a Caliphate in the Arab World, and they too must now be fought and defeated along with their ideology. On top of that, they must be defeated in a manner that will not result in further turmoil and not create more enemies of the United States, thus continuing the cycle which has haunted the Arab World for the past two decades.

What has been attempted so far has failed. The six month NATO blockade and bombing of Syria killed around twenty thousand people without making a dent in the Jihadist forces, who were referring to themselves as the Islamic State of Iraq and the Levant (ISIL) by that point. In fact the only thing that it appears to have done is increase their numbers (approximately 200,000 at this point if we are to believe the group's claims). Putin's bombing of Syria has proven to be more successful in dealing with ISIL; however, it has come at the cost of even more civilian lives and an increased hatred toward Russia that was already unpopular due to their long lasting friendship with the Assad family.

What is important to keep in mind when assessing terrorism in the Middle East as well as the rest of the world is not only that poor attempts at curtailing it can and do add to it, but also that terrorists change as do their motives. In a 1998 speech given at the University of Colorado titled *Terrorism: Theirs and Ours*, Eqbal Ahmad stated that "(t)he terrorist of yesterday is the hero of today and the hero of yesterday is the terrorist of today." This statement has proven its validity time and again in Afghanistan with the Taliban in Syria with the "moderate" rebels; in Iraq whose former dictator, Saddam Hussein was supported by the United States throughout the 1980's despite his huge violations of international law and human rights; in Pakistan whose Islamist government was created with the help of the CIA working with Muhammad Ayyub Khan and later with Zia ul-Haq; and lastly, in Israel/Palestine where prior to *The Holocaust* the *Jewish Underground* in Palestine had been considered a terrorist organization by the British Government -- one will

have no problem going on line and finding wanted posters of leading members of the Zionist movement including Menachem Begin, the sixth prime minister of Israel.

There does appear to be a light at the end of the tunnel as people are becoming more and more aware of the fact that the act of simply killing off people who are suspected of being terrorists does not work, especially when such actions are conducted by a first world party which happens to be an imperial power acting out the role of a bringer of democracy to the third world. Rather what must be done is that coalition governments must be supported that make an earnest attempt at dealing with such issues. Furthermore, international laws must be respected and followed unhypocritically. These are laws of war, the *Geneva Convention* and *the Geneva Charter*, *the UN charter*, *the Declaration of Human Rights*, etc. Moreover, let one not underestimate the power of seemingly small groups of people such as the Kurds in Iraq and Syria who have proven to be the most effective line of defense against ISIL, and other similar groups with relatively minimal losses of civilian life. The Kurds are finally being supported by the United States following years of marginalization and being labeled “terrorists.” Lastly, one must not underestimate the power of civilian uprisings and protests in eliminating tyrants. After all, was it not the Iranian people who removed the Shah of Iran from power in 1979 following years of oppression? Was it not a massive civilian uprising in Tahrir Square, Cairo that sent President Hosni Mubarak fleeing from Egypt? Civilian uprisings have succeeded in removing unwanted people from power and will continue to do so in the future with or without the help of a third party.

As I sit here finishing up this article, there are massive demonstrations occurring throughout Afghanistan in which Afghans of all sects are coming together to protest the most recent barbarism of the Islamic State in which nine people, including two children have been beheaded belonging to an ethnic group called the Hazaras. These protesters are demanding that something be done about ISIL by the Afghan Government, by the United States, by NATO -- by anybody, but that it be done in a manner that will not result in more excessive numbers of civilian deaths and more illegal actions and policies that have proven time and again to be the pre-requisites for the situations in which the Arab World has found itself in over the past twenty years.



By:Isak Kulalic

“Between individuals, as between nations, peace means respect for the right of others.” Benito Juarez

Growing up is Hard

Do you remember ever going through a rough phase in your life, where you would act out and disobey rules from your parents or authority? This is a growing stage that every person experiences throughout their childhood. Now all cases are not the same, as every child does not grow up in the same circumstances. A person's brain is not fully developed until he reaches the age of 25. This means that the decisions you make as a child, should not reflect who you are in adulthood. Nearly 3000 children under the age of 17 have been sentenced to life in prison without parole sentences. These children will never get the chance to prove to society that the decisions that they made as a child is not who they have grown up to be. Child psychology has proven that children are influenced by their surroundings, so what they see is most likely what they will do. If a child grows up looking up to someone who commits crimes or does not make the best decisions, the child will be influenced and eventually follow in their footsteps. I believe that sentencing a child to life in prison without parole should be illegal, as a child's decision making process is not even fully developed yet.

In the documentary *15 to Life: Kenneth's Story* a 15 year old boy, Kenneth Young was sentenced to life in prison for multiple robberies. One would say that a robber belongs in prison, but I believe different for Kenneth. Kenneth was raised in a high poverty neighborhood in Tampa Florida. He watched his mother struggle day to day just to put dinner on the table for him and his siblings. Kenneth was forced to be independent at a young age. His mother was a drug addict and his sister had a baby when she was 15. This caused Kenneth to drop out of school at the age of 13, so he could watch his nephew, while his sister worked to support him. Kenneth then hooked up to local drug supplier. This alone shows that Kenneth had no positive adults to see as a role model. Kenneth followed this drug suppliers' footsteps, leading him down the wrong path, as he did not know any better. This supports the fact that a child is influenced by his surroundings, Kenneth was only 15, his brain was not fully developed, the decisions he made were no doubt wrong, but he had no one to guide him to make the right choices. Kenneth's actions should not have given him a life sentence. The law authorities should have looked into his background and put that as a contributing factor. No child's process of decision making is the same as an adults, so they should not have the same disciplinary actions.

Children are essentially the future of our world. If a child does one bad thing, makes one bad choice, we cannot let that affect the rest of his life. We must allow them to strive forward and learn from their mistakes with the chance to prove themselves that they can do right and learn from it. If we sentence children to life in prison, there is no chance of this happening. The child will grow up behind bars never receiving the chance to change. They will always be surrounded by negativity and never have the opportunity to do well.

By: Myesha Reed



Stress As It Seems

When thinking of stress, three important words come to mind. Overwhelmed, frustration and fatigue. People in college especially go through stress specifically with school work but also with jobs and personal situations happening at home. Students in college handle and cope with stress differently than others and somehow seem to be successful in their strategies. Stress can be considered a temporary factor that can be relieved but then unravels again the next day. It can be tough at times trying to conquer stress, but everyone gets through it in the end.

In relation to how one goes through stress and what they do to relieve stress, I interviewed a very good friend who also studies at Mohawk Valley Community College to see what he does.

“When you are stressed how do you feel?” I asked.

He replied by saying “When stressed I usually feel very overwhelmed, like wanting to punch a wall.”

“How do you usually handle your stress or overcome it?”

“Well to handle my stress, usually I just have this rubber ball; just bounce it around on the walls, on the floor, everywhere. Also, going for walks helps me a lot to just take my mind off of everything and just relax.”

“What is it that you usually get stressed about?”

“I get stressed about schoolwork often especially with tests considering how awful I am at taking them.”

“How often are you stressed?”

“I’m stressed basically everyday if not at least 3 days a week”

Throughout the interview process, I realized how it is possible to take care of stress no matter what kind of stress it perceives to be. Even during the interview process, I could observe that he was stressed and shaky because he was being put on the spot and thrown at with all these questions. Thoughts that one thinks whether it be with positive or negative thoughts can affect an individual and all contribute to increased stress which is what my friend was probably. I can see how he was biting his lip, fidgeting with his hands, and noticed how he was tapping his foot that clearly all showed signs of stress.

To find out more about what other college students do to relieve stress and how they cope with it, I decided to interview another peer. More or less the same questions were asked.

“What do you do in a case where you are really stressed?”

“When that happens usually everything is pushed out of my way that includes all schoolwork, and everything that is near me and just listen to music to relieve my stressors and just relax my whole body”.

“How often do you get stressed?”

“Every minute of every day it seems to be honest”.

“What triggers your stress?”

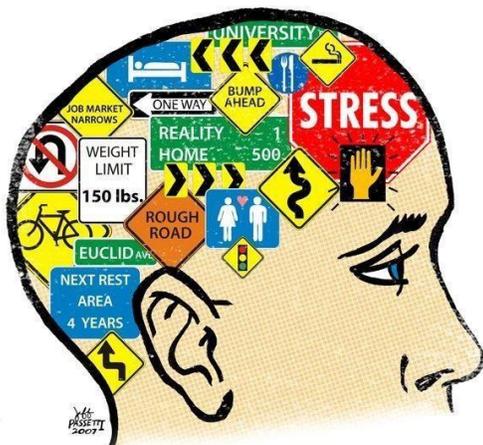
“Mostly big assessments and quizzes as well as the teachers and the amount of work that is given to us”.

“What do you think is the best strategy to get rid of stress?”

“Well I would definitely say that talking to friends can be a big distraction to get your mind off of stress”.

When students go through stress in relation to school, it is a time when they are feeling overwhelmed with tension and the feeling to get things done in a timely matter. When students go through stress in college it is a normal factor considering there are so many things that are happening at once. It is not easy for everyone to come up with coping mechanisms for stress, but in the end, everyone finds a way to be relaxed and relieved. According to my interviews it goes to show how if there is a will there is a way with dealing with stress.

By: Marlee Migdale



How Much Do You Trust the Media?

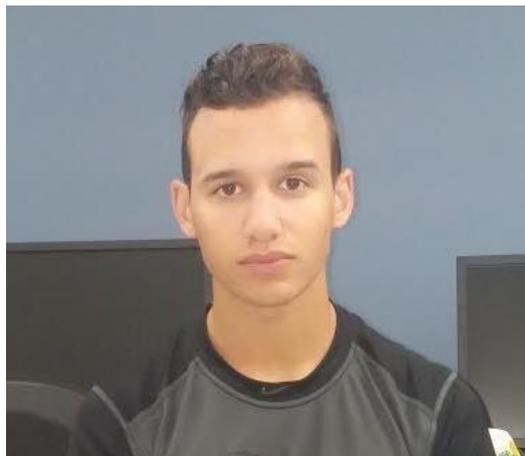
The Friday after *Thanksgiving Day* is known to be one of the best days to save money on some of the more expensive items, especially bought as Christmas gifts. We in America treat *Black Friday* like a holiday. The rush of people storming into the store, running and sprinting to get their hands on an item that could sell out very fast, waiting in lines for hours to get a good spot for the opening at midnight, and of course, the low prices are all the factors that make *Black Friday* chaotic across malls and plazas around the country. The attacks by *ISIS* across several countries and the latest Paris, France attack has caused the media to dramatize *ISIS* as they are predicting attacks on *Black Friday*.

These attacks across several different countries has put fear across the general public in the United States. According to videos on *CNN* and *Time Magazine's* websites, *ISIS* members have stated they are coming for major cities in the United States next. Many are predicting that an *ISIS* attack will be on *Black Friday* because many unaware people will be in a confined area in a certain amount of time, called soft targets. An attack does seem feasible from a military standpoint, it seems even more likely for *ISIS* to attack us when we're least expecting it.

Because the media has hyped up a prepared attack on *Black Friday*, this will cause fewer people to actually go out to malls and plazas at midnight. Not only has the media put fear into us, but also the media is hurting our economy for *Black Friday*. The fear is broadcast across major social media websites: Twitter, Facebook, Instagram and more, so there will be less people at stores on *Black Friday* compared to past dates.

Considering American's trained security in large gatherings, there most likely may be no attack on *Black Friday*. People who are highly concerned may avoid going out on *Black Friday*, or they could go to stores where crowds are not too large and compact and quickly purchase what they want. Of course, *Black Friday* shoppers can shop online.

By: Joseph Cozza



Choosing the Right One

We all have grown up in a world of politics and debate amongst several hot topics because we have the great freedom to have a say in these topics and decisions made in this country. What is even more incredible is the fact that while countless citizens in other countries have no say in the decisions being made, America's people do.

The 2016 election is just around the corner, and the race is already on between multiple candidates running for the same position, president of the United States of America. If you've been keeping up with the news lately, you have probably witnessed several debates and beliefs of the current candidates running for election. Three well known candidates at this point include Hilary Clinton, Donald Trump, along with Jeb Bush. Donald Trump and Jeb Bush are running for the Republican Party while Hilary Clinton is running for the Democrat Party. While each of these candidates differ from one another in major aspects they also must strive to meet specific goals and standards to gain the American people's votes and stay at the head of the race.

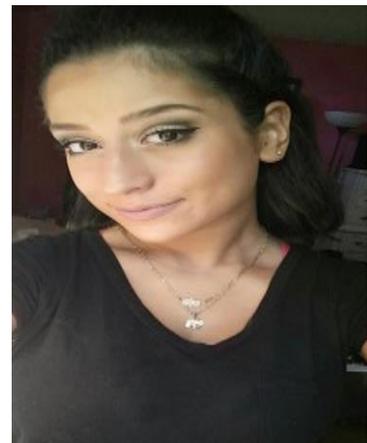
Hilary Clinton has many groups of people she must please and win over for this election. First and foremost the coalition of blacks and young college-educated voters who stood behind Barack Obama throughout his running as president. However a large base of her support comes from white working class women while also battling for the college-educated women in the suburbs. One major obstacle Mrs. Clinton must overcome is winning over states such as Colorado and Florida and convince Hispanics and other races questioning her commitment that she is on their side and is an ideal candidate.

Donald Trump running for president is such a hot topic today because of his controversial speeches, insulting several sensitive topics such as the laws on immigration as well as directing negative viewpoints towards our current president, Mr. Barack Obama. Interestingly enough, Mr. Trump's moves so far in the election have generated support from the wealthy Republican Establishment. Trump has even obtained support from several business leaders in New York City.

Jeb Bush is one of the top running candidates primarily because amongst his main support group, the vast majority of Republicans, he is the ideal candidate for this job. In conjunction with the Republican Party losing the election twice consecutively, the republicans are hungry to reclaim their title and get back into the white house. Although a substantial amount of people are hesitating on electing a third Bush into office, many people are also extremely fond of his family, and for that Bush has full support of several voters regardless of his efforts throughout his running.

Subsequently, all of these candidates have many beneficial things to offer our country or at least attempt to. That is what keeps the election going, convincing us that a candidate means what they say and actually has a sufficient plan to turn things around.

By: Anna LaMendola



Contact Us

Email us with ideas and feedback. We love hearing from you.

atreis@mvcc.edu

Visit us on the web at

http://
www.mvcc.edu/
current-students/
main

Editors' Note:

This Newspaper is a service for the students of *Mohawk Valley Community College*, and is our concluding issue for the fall 2015 semester.

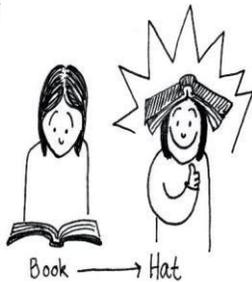
Although this may be the end of our voice, it is just the beginning of yours. If you desire to have the chance to have your voice heard and the opportunity to speak up, you can do so by signing up for this course for the Spring 2016 semester. We love to expand our paper, so all are welcomed. Feel free to email us if interested. Remember you are making the right choice, go ahead, and raise your voice!

Anna LaMendola, Marlee Migdale, and Myesha Reed.

HOW TO DO FINALS

BEFORE THE EXAM:

~~Study~~
Learn through
osmosis.



<https://unnecessaryducklings.files.wordpress.com/2013/03/bwahbwahbwah.jpg>http://www.canstockphoto.com/imagesphotos/thanksgiving.html#file_view.php?id=1288772



We turned to the net to gather more information about Thanksgiving. We would like to share this site with you.

What Really Happened at the First Thanksgiving? The Wampanoag Side of the Tale

[Gale Courey Toensing](#) 11/23/12

When you hear about the Pilgrims and “the Indians” harmoniously sharing the “first Thanksgiving” meal in 1621, the Indians referred to so generically are the ancestors of the contemporary members of the Wampanoag Nation. As the story commonly goes, the Pilgrims who sailed from England on the Mayflower and landed at what became Plymouth, Massachusetts, in 1620 had a good harvest the next year. So Plymouth Gov. William Bradford organized a feast to celebrate the harvest and invited a group of “Native American allies, including the Wampanoag chief Massasoit” to the party. The feast lasted three days and, according to chronicler Edward Winslow, Bradford sent four men on a “fowling mission” to prepare for the feast and the Wampanoag guests brought five deer to the party. And ever since then, the story goes, Americans have celebrated Thanksgiving on the fourth Thursday of November. Not exactly, Ramona Peters, the Mashpee Wampanoag Tribe’s Tribal Historic Preservation Officer told Indian Country Today Media Network in a conversation on the day before Thanksgiving 2012—391 years since that mythological “first Thanksgiving.”

Read more at <http://indiancountrytodaymedianetwork.com/2012/11/23/what-really-happenedfirstthanksgiving-wampanoag-side-tale-and-whats-done-today-145807>

