



## Presidential Election Opinion

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## Harry Potter returns to the big screen to the excitement of fans

By: Alana Wielgosz

Ever Since the premiere of *Harry Potter and the Deathly Hallows- Part 2* in 2011, Potterheads<sup>1</sup> have been begging for new stories from author J.K.

Rowling. Five years later, she certainly delivered. 2016 has been filled with substantial amounts of new canon<sup>2</sup> Harry Potter content.

In September of 2013, J.K. Rowling released that she would be making her debut as a screenwriter for *Fantastic Beasts*. In 2015 it was released that the film will premiere on November 18th, 2016. On July 31st, 2016 we were given yet another gracious gift by Rowling with the release of *Harry Potter and the Cursed Child parts 1 and 2*, a script for the West-End stage play that Rowling co-wrote with Jack Thorne and John Tiffany. A new Wizarding World opened at Universal Studios: Hollywood, and new Pottermore<sup>3</sup> content regarding the American School of Magic, and a Patronus<sup>4</sup> quiz was added by Rowling herself. She has certainly listened to the requests of fans.

With less than a month until the release of *Fantastic Beasts*, the tension is growing. The story takes place in New

York City in 1926, where Newt Scamander, a type of Zoologist to the Wizarding world (if you will, Potterheads), is on a journey to find magical beasts. Those who have read the Harry Potter series may recognize his name as the author of one of Harry's required texts at Hogwarts, "Fantastic Beasts and where to Find them" which is referenced often throughout the series. Upon Scamander's arrival, he finds New York to be in a state of chaos, with a mysterious creature currently attacking the city. The MACUSA<sup>5</sup> head of security is on the hunt for these creatures – and for Newt himself. The plot thickens when Scamander's briefcase is mistakenly opened, releasing several magical beasts. Scamander, along with three friends, Jacob Kowalski, Tina Goldstein and her sister, Queenie, take New York and try to hunt down the creatures before damage is done, or the looming evil group, "Second Saemers," who are plotting against wizarding kind, catches them.

Both Potterheads and those who just casually want to see the film should remember that this is not a story about Harry. This story takes place 65 years before Harry begins at Hogwarts. This film is planned to be one of 5, and the beginning of a storyline about American magic history. Whether you plan to see the movie on premiere night, dressed in

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<sup>1</sup> Harry Potter fans

<sup>2</sup> "Canon", in this sense, can be defined as "...the material accepted as officially part of the story in an individual universe of that story."

<sup>3</sup> Interactive website created by J.K. Rowling where new canon stories and information is released from time to time.

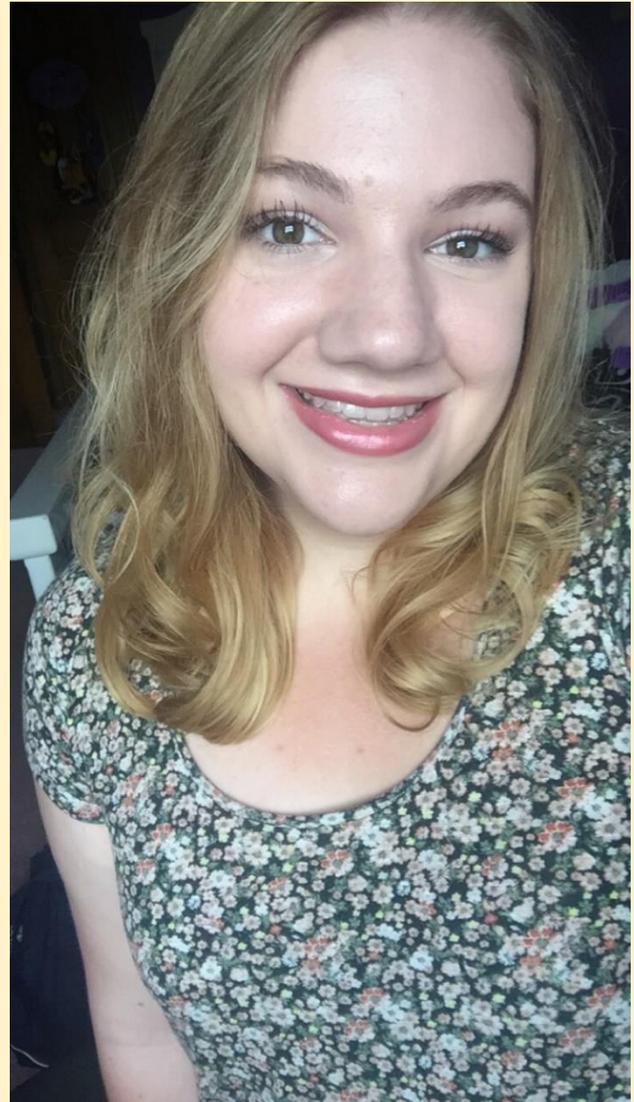
<sup>4</sup> A complex spell in the Harry Potter series that gives anyone who casts the spell, a protector animal specific to their personality.

<sup>5</sup> American version of the Ministry of Magic, "Magical Congress of the United States". A body of many witches and wizards who keep the wizarding world hidden under the noses of the rest of non-magic society, and decide on Wizarding laws, rules, and regulations.

your best Harry Potter attire, or you will be dragged to the film against your will by the obsessed Potterhead in your life, I hope that you enjoy the movie, and the magic that comes along with it.



Photos and details about the upcoming film are courtesy of:  
[http://www.upi.com/Entertainment\\_News/Movies/2016/10/25/Fantastic-Beasts-and-Where-to-Find-Them-What-we-know/2971477400383/](http://www.upi.com/Entertainment_News/Movies/2016/10/25/Fantastic-Beasts-and-Where-to-Find-Them-What-we-know/2971477400383/)



**Alana Wielgosz** is an English major. Her interests include music, cats, and Harry Potter.

## The Hidden Disease

*By Amajla Tricic*

My recent progress note from the doctor's visit said I had no issues at this time as it said every other year. I'm doing well in school, I have a normal appetite, one bowel movement per day, no constipation. My menstrual cycle is regular, I have no interpersonal relationship problems, no drug consumption, no sexual activity, and I appear well. I am living a healthy satisfactory comfortable life, and my body is okay.

My mental health? Not so much. But my doctor did not need to know that because I've been handling that for years. I did not need medicine or therapy to tell me how to take care of my own body. I put it through my head that nothing was wrong with me because people have it so much worse and that I was merely being overdramatic. That is where the problem starts. We need to stop telling ourselves our feelings just have their moments, and that it cannot come first because someone else is having it worse.

I have struggled with anxiety for twenty years of my life. And do you know when I got help – At twenty. My cousin could not remember a time she did not feel depression and anxiety and only got help a couple of months ago. My friend, on the other hand, suffered from depression since she was eleven due to an unfortunate childhood.

But she chose to deal with it because she created a tough skin. We chose to let these things carry on for years because we did not have discussions at hand and sugarcoated diagnoses from people we relied on.

For advancements and treatments, doctors and psychologists have made mental illness still a taboo subject. There is a lack of progression in society because we have individuals dealing with depression and anxiety. And we have individuals who don't. And these individuals believe depression and anxiety happen to everyone and the key to beating it is to be calm and stay happy.

They like a simple explanation and solution rather than the real unfortunate one. They simply cannot process the biochemical imbalance happening in our brains. Now Western societies may still have a misunderstanding when it comes to these disabilities, but it is even worse when we have people raised in traditional settings.

Like the three of us girls. My close friend, Annabella, recalls a moment where she realized the lack of emotional support and grieving. "I remember learning that my cousin was locked away in her room because she was hysterically crying all of the time, and they concluded she was possessed by a demon. When you factor in

the acknowledgement that her father and uncle had died pretty close to that occurrence, it was clear she was grieving – hearing these types of things, as well as being exposed to lack of media, which portrays mental illnesses properly, dampened my self-perception. It was always “if you’re not dead, you’re fine.”

For me, feelings were never talked about in my house – if I felt overwhelmed, it was just part of my character. My cousin was labeled *the moody child*; she always had a little grump on her face. It was cute as a child, but for whatever reason people did not take it seriously as she grew. We just assumed this was who we are, and if we felt anything it was just a trait of ours.

The internal negative voices in our heads continued to yell at us even when we thought it was normal. My cousin, Azra, describes her depression as a strange hollowness inside of her that she cannot get rid of, not just a bad day in particular – that it felt weird to have her brain and body fight against each other while trying to bring her down.

My anxiety on the other hand, feels like my head and my heart want to blast out of my body. It feels like my rib cage is a prison and my lungs just want to be free, so they continuously bang on the poles trying to get attention. My head likes to guilt me and make me over think, so I

don’t have the capability to do what it says. My cousin says she thinks the stigma behind mental illnesses made her believe that what was going on in her head wasn’t a big deal and that everyone went through the trials.

This kind of thinking is why people do not get the proper diagnoses. And this is why many people assume the loved ones they know do not suffer. It is this invisible silence that makes people feel like they do not have a place to vent. And we all feel our illnesses in different ways.

I spent years thinking that my engulfed feelings were not valid because my anxiety was so much different than the panic attacks people had to suffer through and the physical pain it caused them. My anxiety hurt relationships I have had with people because I was socially distressed to put myself out there, and I was frightful of large crowds and days that were not sunny. But that made me an introvert. Not a person with anxiety. And it only got worse.

My first year of college brought me to my breaking point where I questioned if I was depressed or not, and it was the point in my life where I realized that my anxiety was real and valid and I was not being dramatic. My anxiety had led me to the edge of depression. I let myself deal with it for so long that it crushed me.

When I finally got medicated and spoke with a doctor who suffered the same way I did, I had wondered why I did not get help years ago. And I realized it was because I was never properly informed that my illness was legitimate. It became a part of my character rather than a disparity that I should not have had to deal with.

Burden comes with our defects as well. My cousin thinks that it's weird because she knows she has incredible family and friends that offer support and understand, but she finds it hard to let people know when things are bothering her, "I don't want people to feel like they always have to take care of me." Annabella believes it is not much of a burden as it is repetitive – constantly having to discuss your feelings so much that no one really cares anymore. "They don't really validate what I endure, and I deserve to be around better people than that."

All three of us have helped ourselves in different ways. All three of us treat our illnesses in different ways, but it does not erase what we have. Just like words of wisdom and hope are not a quick healing process – neither is medication and therapy. Sometimes it takes years to feel all right, sometimes it takes weeks, and sometimes we have great days that are erased with bad ones. Mental illness is a thing we have to live with – just like people who have physical illnesses.

Not only is the issue of mental illness unspeakable most of the time, but so it is the issue on how people get help. This brings me back to the way people treat the healing process. "Walk outside, breathe in the fresh air, look at the sunset, walk down the beach with a person you care about and talk about your feelings, heck, even see a therapist if you really need to! But you don't need prescription pills, it's all in your head and the pharmaceutical industry just wants to make money off of your pain!"

While I will not deny the big pharma is corrupt - that is a different issue at hand. It is very dangerous to preach that prescription pills do no good. Especially telling that to people who have a chemical imbalance in their brain and need prescription pills to help settle that problem.

We have come a long way in terms of medication. People were thrown into asylums and suffered from shock therapy when they were not in the right condition, and this is still recent in our history. But now, we have the tools to help, not harm. Spreading the stigma that medication is no good almost sounds like the people who want to take them are no good either. "I think a lot of people assume medication is for the lazy that just want to be numbed and addicted. But they play a part in my treatment process and it helped me stabilize my anxiety so I don't panic and stress over

every single thing anymore.” And that’s not something Azra could have achieved with a pep-talk.

Annabella’s thoughts on medicine is simply because people ignore the first issue at hands, she says that they are viewed negatively because people don’t want to acknowledge that there is a problem there. “Ironically enough, they also view that pill-popping is an issue even though this country is run on this idea of ‘pop a Xanax and you’ll feel better’ or ‘pop an Adderall and you can get your work done in no time.’ It’s just a hypocritical mess. Pills are cool until you actually need them, basically.”

I have seen the growth of Annabella and Azra as well as my own. There’s a comfort in knowing that you aren’t the only person who feels certain ways and there’s a closure in accepting and learning our difficulties. Even though the situation is not the best, I am proud that through our strains we have become aware of things we did not understand when we did not accept our own defeat. It makes us stronger. That can inspire anyone going through the same hardships.

I guess what I am saying in this article is don’t let anyone dictate how you feel. Your own validation is more important than anyone else’s words. In the process of discovering and

understanding my own anxiety, I want to encourage others to speak up when they believe something does not feel right. No matter how little or big the pain is, you have a right to talk about it. You have a right to reach out to your doctor. Don’t feel ashamed. Most people are suffering through the same things – you are not alone. And if you are someone who does not deal with the diagnoses, try to understand people who do. All you can do is be there for them and accept what they think is best for them. Be just as vocal about the issues of mental illness as someone who suffers. Anyone can be suffering and you wouldn’t even know. That is why it is important to talk about it. Don’t make it a trivial topic, don’t make it controversial. Let people get the right treatments, understand that it does not make anyone delusional or demented.

The silence of our affliction only heightens the hate in our world.

\*I have been given permission to use the names and identities of my friend and cousin as an example of speaking out courageously and facing the disability/illness.\*

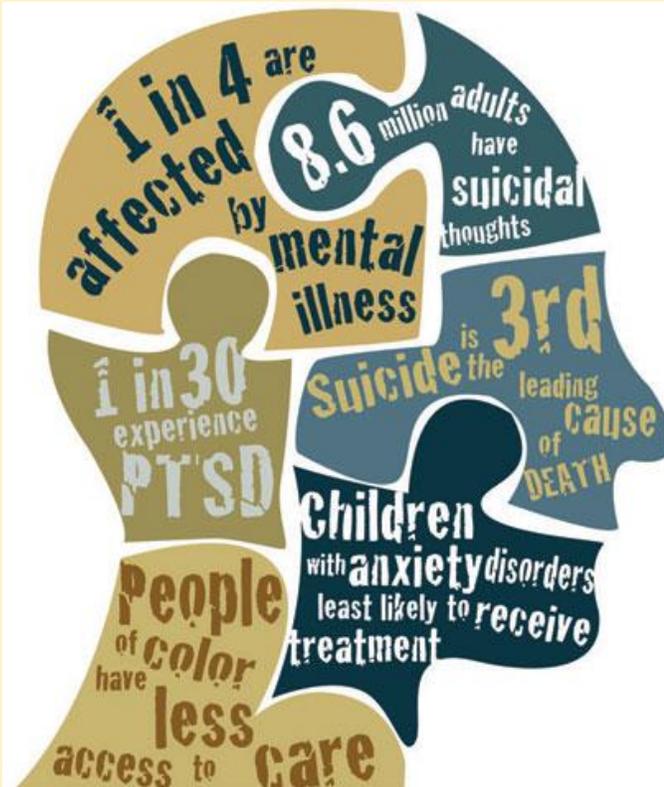


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*Amajla Tricic is a Humanities Major. Her interest include writing, literature and people who possess superpowers, magical abilities, and can sing any Broadway tune.*

## Tips for Transferring

*By Hannah Francisco*

There are as many reasons to attend MVCC. As for students who attend MVCC, some of us are here for an Associate's Degree or certificate that will lead directly to employment. However, many of us plan on transferring to a 4-year institution once our time here is done—degree or otherwise. As someone who transferred into MVCC, and will transfer out of it, I spent a lot of time learning about the processes and options of transferring schools. This is what I've learned from my own transfer process.

- 1.) Start planning early. Many schools want applications in by November or December. Before spending the money on an application, it's advised to tour the schools you're interested in, talk to admissions, and talk to financial aid. When visiting, you should bring unofficial transcripts from any college you've attended, as well as high school transcripts. Your new school, once accepted, will likely require you to take care of immunization forms, financial aid, housing and email, all before you can even register, which at this point most of us know it's better to register early than late.
- 2.) Take advantage of all the resources you have. Here on campus, we have University Partners and Transfer Center, located in the Alumni College Center. I've talked to them before, and they were very friendly and helpful in helping me make decisions about transferring. There is also a Transfer Fair on Campus every semester, and as you may have seen colleges are always in the AB

building talking to potential students. Don't forget to talk to professors and staff on campus if you have a chance. Off campus, you can contact the Admissions Offices of your potential colleges, friends, parents, and the Internet. Just remember to make sure the information you are receiving is accurate and up-to-date.

- 3.) Unfortunately, most people's educational pathway is strongly influenced by finances. Applying to multiple schools and seeing which college is the best deal can be a wise decision. If you get good grades at MVCC, there is also the potential to qualify for transfer scholarships at your new school. SUNY schools are generally cheaper than private universities, although there are exceptions to the rule. If you have the option of living with a parent or guardian, that is usually cheaper. However, if you're commuting a long distance, vehicle maintenance and gas costs will add up quickly. Lastly, applying for FAFSA early, getting a part-time job, and applying for private scholarships can help lessen the financial burden on yourself.
- 4.) Don't forget, that if you graduate from MVCC with an Associate's degree, you are guaranteed Junior standing at a 4-year SUNY school. Our University Partners and Transfer Center also has information on private schools that have transfer agreements. Beyond this, reverse transfer is also an option at MVCC, and we have a few Bachelor's programs that for the most part can be completed at the MVCC campus.

5.) Enjoy your time here at MVCC. Regardless of how you got here or how long you're going to be here, there is a lot to take advantage of at this college. We have clubs, sports, events, tutoring, and more. The people you meet here may become lifelong friends, business partners, romantic partners, or neighbors. It may seem like people spend forever at MVCC, but most people I've met miss it once they leave.

All in all, transferring is a bittersweet process. It's taking a step into the unknown to hopefully bigger and better things. If done correctly, the process can be fairly simple. If not done correctly, it can be extremely stressful. As long as you're academically successful at MVCC, turn things in early and do your research, it should be easy to enjoy your new school once the time to leave MVCC comes.

I obtained much of this information from the MVCC University Partners and Transfer Center website:

<http://www.mvcc.edu/transfer-services/transfer-services>



**Hannah Francisco** is a General Studies transfer student. She enjoys music, socializing, and making people think.

## The World of Our Dreams

*By Christopher Gray*

Lucid Dreaming. We've all heard of it, been afraid of it, and some of us have even tried it. It's 2016 and most people would probably shrug it off as an illusion, most people are skeptical. But what if you could imagine a whole new world that you could feel and touch?

Lucid dreaming occurs when you are asleep and your brain knows you are asleep and you can "control" your dreams. Imagine that kind of power and the things you could do. Our brains store so much information, so much that it is almost unimaginable what our brains are capable of. Our brains store the memory of every face we have ever seen and every car and ever house we have ever been inside.

Somewhere stored in our brain is every single moment of our entire lives, every song lyric we have ever heard, and every movie we have ever seen. There have always been techniques for inducing lucid dreaming.

Dated all the way back to ancient times, people have tried lucid dreaming. Some try it for escaping the troubles of the real world, and some try it for meditation. But it all starts the same basic way with similar techniques. One for example is this. The Mnemonic Induction of Lucid Dreams technique, or MILD for short. It is the technique in which the person tries to visualize themselves in the last dream they had, as they are falling asleep. They should look for any key indicators in the dream that tells them that they are actually dreaming and not awake. Once you are asleep and you know that you are dreaming, you can begin to take control with your mind and build your world from there. It can be very difficult to start out, do not get frustrated, lucid dreaming can take many, many

tries before you get it right. Once you are in though, it is your world to control.

Lucid dreamers can re-experience pain, pleasure, excitement, any range of emotions. We are in a wonderful age of technology, and there are new inventions designed to help inducing lucid dreaming. There are lucid dream hypnosis mp3 players, REM or Rapid Eye Movement headbands, and so much more available to us to try to experience this amazing phenomena.

In my own experience, I have tried lucid dreaming and have failed on many occasions, but the times when I was successful made every failure completely worth it. You can in your dreams, climb away from your physical body and go wherever, you can walk a thousand miles per hour across the world, and you can go anywhere you want. You can see space with the most vivid vision. It is a truly amazing experience and I encourage all to try it at least once in their lives.



**Christopher Grey** is a photography major. His interests include photography, camping, doing interviews, and music.

## College Care Packs 101

*Carissa Constantini*

Dear moms, dads, grandparents, friends, and family, the care packages you have sent to your children away at college are greatly appreciated. Anything sent from you is always a pleasure, and never fails to bring a smile to our faces. Next time though, perhaps you could include some of the following.

As college students, we are broke, hungry, and homesick – even if we do not tell you – and a little – may I say a lot stressed. Some of the things you could put into a care package would help immensely:

### 1. Socks

Socks are always getting lost one way or another. It is just one of the mysteries in the world that will never be solved. Where have all our socks gone? The only plausible answers we could come up with is that either they have disappeared into thin air, or they were eaten by some kind of sock eating monster. Because of these rather disturbing circumstances, some socks would be fabulous in a care package.

### 2. A card

Whether or not we tell you, we do miss you. We miss your home cooked meals, and seeing your faces every day. A nice card will put these uneasy feelings of homesickness at ease, and keep our smiling faces happy. Just knowing that you're thinking of us is enough to keep us going for the semester until we can come home. In fact, you don't even have to buy a card. A homemade, paper card would do just fine.

### 3. Local Goods

Some local goods that we never really thought much of before are crossing our minds at a rapidly increasing pace. All of those locally made jams and candies really are a taste of home. Some of these items would provide us with a little something extra that would settle our nerves – just give us a little bit of home.

### 4. Pens and Pencils

The unexplained disappearing sock spell has also made its way to all of our pens and pencils. We are sure we did not enroll at Hogwarts, so really we have no clue how these things keep disappearing. Anyways, a new package of pens would be great. We could continue to do our schoolwork, and if you send a package of them towards the middle of the semester, they should at least last until the end. It also would reduce our stress about tests and classes. There is just something special about a new package of pens, and coming from you, they would be even more significant.

### 5. Pictures Please!

Now that is not something you hear every day from your college student. Take advantage! A few pictures whether they be old ones, or new, would supply us with some familiar faces, creating a sense of home. An added extra, if you have pictures of pets available to you, we would love to see them again as well. All these pictures would ease our stress, reminding us of the wonderful people and pets we get to come back to.

### 6. Everything We Forgot

Now, we understand from this heading that you may be thinking, "Do they want us to send the whole house?" Really we're just talking about the basic health factors we need for life. Some toothpaste, a hairbrush, and maybe some mouthwash would be good. One of those little

first aid kits with the Band-Aids and ointment would not hurt either. We always seem to be getting papercuts from all this homework. Also, cough drops and tissues would be not only amazing, but so helpful we would never be able to repay you. Everyone is always sick, and these would be so beneficial. Plus, this way we wouldn't have to miss class if we were not sick. Some herbal teas would not hurt either. Those are always good for soothing sore throats and relieving stuffy noses.

### 7. Entertainment

Let us face it, there are some nights when we do not have anything going on, we just want to procrastinate a little, and we are missing our favorite movies. If you could send some of those DVD's, maybe Harry Potter, or some Disney movies you would be helping a whole bunch. Magazines would be good too. You know the ones with celebrities or clothes. Whatever you find really.

### 8. Healthy Foods

Do not get us wrong, we might not be outwardly complaining about the food, but it is pretty bad. Perhaps you could do us a solid favor, and send some healthier foods, like granola bars, trail mix; even some apples would be great. Anything to help us escape from eating candies and other junk foods.

### 9. Dorm Room Decorations

Our rooms are so bland they remind us of the walls of our classrooms. Please send some decorations to help liven up our living space. Those fairy lights would be good, or maybe some little statues to put on the nightstand, or windowsill. A colorful fuzzy rug would be awesome, but we understand if those are a little too much. Even a lamp of some kind would help

bring to life the room we have to call home for now.

### 10. Gift Cards

We have not gone shopping in eons, nor have we eaten anything other than the food the college gives us. We need a break. A gift card, for literally anywhere would be amazing. It could just be \$10.00. We have been working really hard to keep up in all of our classes, and we've been getting pretty decent grades. Just a little something would give us time to recuperate from the stress we have been under and get back on top of things.

We just want to remind you that these are merely suggestions. Everything you have sent us so far has been great. We have appreciated all of it. These are just ideas you could include for the next care package if you feel like it. We look forward to seeing you again, and to being surprised by whatever happens to be in our next care packages.



**Carissa Constantini** is a General Studies Major. Her interests include reading, dogs, and debates.

## Liberty is Ethics

*By David Penner*

For all the big to-do about who is going to be the next president of the United States, the outcome doesn't matter much. This is not only because both of the candidates are bad, but because even the best possible candidates would be running to be the head of an organization of institutionalized violence and theft on a massive scale.

When I was growing up, I was taught that I should always do the right thing regardless of the consequences. That there was no excuse to hurt people who weren't hurting you. I haven't always lived that way, but it is an ideal that I strive for, both in my personal life and in my political beliefs. If it is wrong for me to hurt people, to commit aggression against them, how can I turn around and advocate for others to commit acts of violence on my behalf? This would seem like an astounding level of hypocrisy, but sadly most people in the world hold this contradicting set of opinions.

I would wager that everyone reading this would agree that it is wrong for any individual to commit acts of aggression against other people. Indeed, the SUNY "Affirmative consent" policy (found at [www.mvcc.edu/title-ix/affirmative-consent](http://www.mvcc.edu/title-ix/affirmative-consent)) says as much, though for some reason it only applies the thinking to sexual acts. But if it is wrong for one person to act this way, shouldn't it also be wrong for two people? Five people? Fifty? One hundred? One hundred thousand? One million? Three hundred and eighteen million? Seven billion? Is there a line at which an evil act becomes a good one just because enough people agree that it should be done? Apply to question to sexual acts and the

question should sound absurd. Of course it is wrong. Rape is rape, no matter how many people think it is a good idea. Why should this not apply to other forms of aggression? Violence is violence, theft is theft, and any evil action is an evil action regardless of the justifications.

Admittedly, sometimes the violence can be difficult to spot. Among the conceits of statism is an obfuscating veneer of "Law and order" – rituals to disguise the true nature of their actions. It would not be pragmatic for the State in a developed society to rule directly through violence and terror, but when Mao Zedong said that "political power grows out of the barrel of a gun," he was right, and the barrel of the gun may be a few steps removed, but do a little digging and you will always find it somewhere, lurking just behind almost all actions of a statist government with scant – if any – exceptions. One needs look no further than how it funds itself, taxation. All taxation are extracted from individuals with complicated tax codes and the ever-present "or else." Failure to pay taxes is not an act of aggression, but it will always be met with a violent response from the state or the threat thereof until the "offender" is brought into compliance. The death of Eric Garner provides a stark and tragic example of this process in action.

There are always the objections that these actions are justified because we actually did consent to them, but a quick reading of the SUNY's Affirmative Consent policy will quickly show that this is not the case. Can you withdraw your consent from the state without retribution to your person or property? No. People have tried to go "off the grid," and live without government amenities, only for the government to evict them from their own property. And with the ever-present barrel-of-

the-gun pointing at all citizens of the United States at all times, there is no way it could be proved that the consent wasn't the result of "any coercion, intimidation, force, or threat of harm." For a more in-depth exploration than a college rape policy, Lysander Spooner's No Treason: The Constitution of No Authority ([en.wikisource.org/wiki/No\\_Treason/6](http://en.wikisource.org/wiki/No_Treason/6)) goes into great detail on the subjects of consent, contracts, and the nature of state action.

The second thrust of the arguments in favor of aggression and unprovoked violence is that they are necessary for a functioning society. Classical liberals such as John Locke and Frédéric Bastiat believed that the function of government was to protect, in Locke's words, "Life, liberty and property." I agree with them that life, liberty and property ought to be protected, but I have not heard of any statist government that has actually done those things. Rather, they tend to be careless with life, restricting of liberty and disregarding of property on a scale unrivaled by any "private" source of crime. It is clear that if we want to protect those three things, we must begin by abolishing this institution that violates them while claiming to protect them. What is done from that point is ultimately up to the people, but systems of non-aggressive property protection have already been thought about and proposed, and can be read about in the very accessible Chaos Theory by Bob Murphy ([mises.org/library/chaos-theory](http://mises.org/library/chaos-theory)) or David Friedman's more in-depth look in David Friedman's Machinery of Freedom ([davidfriedman.com/The\\_Machinery\\_of\\_Freedom\\_.pdf](http://davidfriedman.com/The_Machinery_of_Freedom_.pdf))

The state currently maintains a monopoly on several services that are helpful to society.

Courts and police, roads and bridges. All of these are things we need, but to say that they wouldn't exist without government assistance is to say that humanity cannot be trusted to act in its own self-interest, and that we must be compelled by force in order for these things to come about. Remember that my only concern is doing the right thing, and eschewing evil regardless of the consequences, and if ending a system of perpetual, systemic violence and coercion means setting society back a ways, I still feel that it would be worthwhile to achieve an ethical society.

But, thankfully, there is no cause to be so grim. Humans are ingenious creatures capable of overcoming all sorts of problems. Yes, it's possible that it might be more work to do good in a society with no organization constantly extorting a population, but isn't that true of any good action? It will always be more difficult to take the virtuous path than the vicious short-cut, and the virtuous way will always be more rewarding. Living in a peaceful, voluntary society will be its own reward.



**David Penner** is a History Major. His interests include Politics, Philosophy and Minecraft.

"How do you defeat terrorism?

Don't be terrorized." — Salman Rushdie

## Climate Change

*By Belkisa Nuhanovic*

Climate change or global warming as some people call it is just a term used to describe a gradual increase in the average temperature of the Earth's atmosphere and its oceans. Climate change is great debate amongst people. Many people believe that climate change is a hoax, and others believe that the planet is in danger. Scientists are looking at the data they have, and the facts agree that the planet is warming. Scientists believe that changes from global warming can result in rising sea levels due to the melting of the polar ice caps, and also an increase in occurrence and severity of storms and other weather events.

There are many things people can do to prevent global warming from happening. Replace the light bulbs in your house with CFL bulbs, they consume seventy percent less energy than regular light bulbs and they last you much longer than the regular light bulbs. Another way to prevent global warming is by driving your car less or even carpooling –his way you're saving gas and reducing the amount of fumes polluting the air.

Everyone on the planet should know this rule: Reduce, Reuse, and Recycle –the three R's you should live by religiously. Next time you are out and about, try buying more eco-friendly products. Reuse bottles and plastic containers, and don't just throw them away. Recycle unwanted paper, bottles anything that can be recycled as recycling can help in reducing landfills. One tip in reducing global warming that seems awesome is planting a tree. Planting trees will help reduce global warming because they give off oxygen, but they also take in carbon dioxide during the process of

photosynthesis, which is actually the main source of global warming.

Spread the awareness of helping reduce global warming because it is a serious matter that our planet will face if we do not take the time and effort to take care of it. Climate change is real, and it is not just some hoax made up by the Chinese. Take time to save energy, celebrate Arbor Day and live by the three R's.



**Belkisa Nuhanovic** is a General Studies Major. She is interested in reading, Beyoncé, and theatre.

## What about Aleppo?

By Anna Compton

Nothing is more disheartening than a video of a Syrian toddler holding his brother as their parents are being bombed and their entire city is in war. Following that, the second most disheartening thought is we have become so cold to the idea of these innocent people coming into our country for a better life. I address the tragedy of Aleppo

Since 2011, civil war and conflict occurs between the Syrian President Bashar Al-Assad, ISIS, and the Syrian opposition force. . This has led to over 200,000 deaths and has caused over 22 million people to flee their country. Many of these people have become victims of human trafficking and smuggling. Many are travelling on unsafe boats, trains, and trucks. Currently, refugees are entering European countries that are allowing them to enter, while asking Russia and the United States for help.

The United States was built on the slaughtering of Native Americans, yet we have such a strong opinion when it comes to refugees fleeing war zones coming here for safety and the

opportunity for a normal life. We live in fear. We are so petrified of these people because of their physical attributes and the stereotypes that follow with this. We categorize people based off of the actions of a select handful of people from a race or religion.

Yet, we have Neo-Nazis and KKK members joining forces in our own states. but we turn a blind eye to this. We are so scared of Muslims But what if it was in reverse? What if it was our country that was bombing ourselves? What if our country had no resources to stabilize our Nation and recover the losses and injuries that occur day to day? Imagine if we were all in desperate need of fleeing a war zone and needed to head to Syria, but Syria wouldn't let us in because of our physical attributes and our faith. This is how we often associated with terrorism.

Why are we so willing to turn these innocent souls away? How can we consider ourselves the "country of the free" and the "melting pot" if we sip our coffee every morning and see children covered in their blood as well as their family's blood? -- Yet we go on with our day We are so cold hearted to these people, while all of us are getting our education and putting our heads down at night knowing that we are safe. These people are begging for help from other Nations.

How do we respond to this? We deny them the help that they need. The issue is that we are a prejudiced country. If we really analyze the situation, all of us are the product of refugees. Whether your family fled from the Holocaust, or came here for Ireland, France, Germany, Italy, we are all here because our ancestors came here for a better life. With our ancestry, we should not shut our doors when it comes to these people needing us in a crisis.

If anything we should really be asking the indigenous tribes who are currently protesting the *Dakota Access Pipeline* that is being built across their land about the Indian people's hospitality to the first colonists. Because actually, this is their country, and if we really want to look further in to history, this is not our country. Christopher Columbus slaughtered these people in order to claim America, yet we celebrate him. But we won't let people come here who actually need us because their country is in a war zone. So, if this is the case, and we are all just members of this huge melting pot, we should be welcoming these refugees into our country. This is a crisis. This is real. And we should be taking precautions to help these people.

The outcome of the election is heavily important because that will have a huge part of the say in the amount of access we are willing to give these refugees. It is so important for us to be politically active and vocalize our opinions on topics like this. Because although all of us may not be able to go to Greece and help these people get off of the boats, or work for *International Relief* programs –we do have the power to be aware and to advocate for these people.

So protest, be vocal, donate, and be aware. Don't just shove it out of your mind because you are not physically able to go and be on the ground assisting. Instead make those around you aware that this injustice is happening.



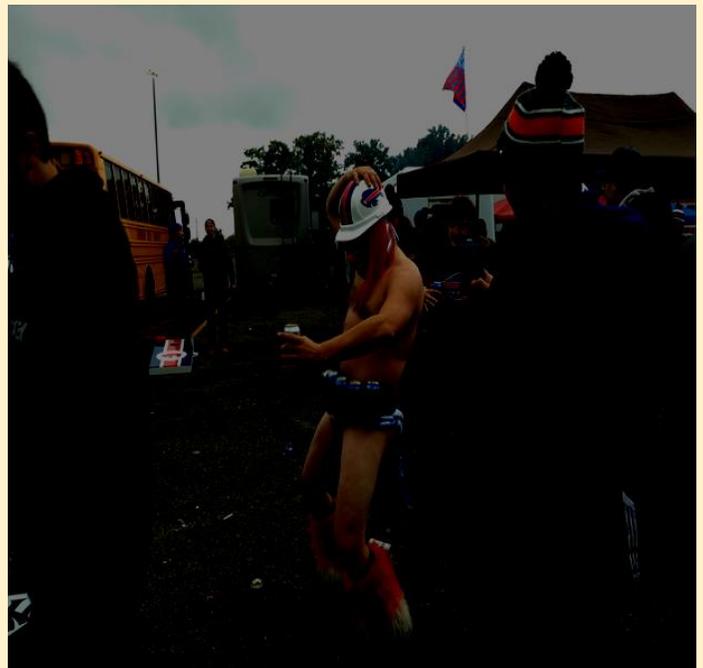
**Anna Compton** is a Social Science Major. She is interested in Social Justice, Travelling, and Volunteering

# Behind Enemy Lines

*By Alec Ambruso*

If you have ever been to an *NFL* football game before, then you probably know things can be quite crazy and rowdy, and then the level of rowdiness is squared when the two teams playing are division rivals. This past Sunday, October 30, 2016, was the day I got to find this out in person. I have heard the stories of harassment, rude remarks, and fights—some of them between fans of the same team—so I knew enough to expect the unexpected, especially in Buffalo.

Somehow, some way, my expectations were blown away with what I found there in Buffalo that day. As I walked out on to the parking lot, I could smell the odors of smoked food, cigarettes and alcohol, all in the same whiff. Mixed with these confusing smells were the sounds of thirty year old men and women dancing to dubstep while playing beer pong under a tent. And for the icing on the cake, there were men dressed up as clowns, ninja turtles, bears – and whatever on earth, this guy in the picture above was trying to be.



After an entertaining tailgate, in which we ate delicious chili, breakfast pizza, and cinnamon rolls, and listened to the same rotation of dubstep for two hours, it was time to enter through the gates. Now, for starters, there probably aren't many better teams to see play the *Buffalo Bills* in Buffalo than the good ole division rival *New England Patriots*, who had previously been shut out by the *Bills* in week four 16-0 – of course – without Tom Brady at the helm due to his suspension.

At *New Era Field*, I was shocked to find so many fellow *New England Patriots* fans, proudly wearing their navy blue Brady, Edelman, and Gronkowski jerseys, knit hats, and caps, without showing much fear in the

attention they would inevitably receive – attention that I wanted to avoid, as I hid my Brady t-shirt underneath my hoodie, even resorting to wearing a *Syracuse University* knit hat to hopefully avoid trouble.

In Buffalo, you're never safe, not even in the bathroom. I was merely washing my hands, and a guy goes up to the sink next to me and asks with a snarky tone, "Syracuse?"

I go, "Yeah, what's your school?"

Then he says, "Villanova b-----s!  
Defending national champs!"

I did end up having a few 'Cuse fans acknowledge my hat, but I guess you can't win with everybody. At least I wasn't caught with a *Patriots* hat because when I was walking out of that same bathroom, a *Bills* fan said something along the lines, "I bet you didn't wash your hands you New England f--!" to a passerby. The game didn't even start yet, but the insults still flew in the air just like the odd stench of the tailgate.

A few minutes before kickoff, Brady and the *Patriots* ran on to the field to the roaring boos of the *Buffalo* fans, and a lot of that love was definitely towards Brady, back in action on his revenge tour. I clapped in muffled booms with

my gloves and enjoyed the moment, knowing the *Bills* were about to get some payback. It turned out to be a pretty good game at the half, the *Patriots* were up 24-10, and in another half of football, anything can happen. In that first half, Brady delivered a beautiful, silky smooth 53 yard lob pass to Chris Hogan in the first quarter, and they made it look so easy. Then, in the second quarter, Brady did it yet again, except this time to his trusty tight end, Rob Gronkowski, who bowed down in the end zone before spiking the football into the ground with such immense force, it could have set off the "Big One" in San Francisco.

One of the other notable occurrences in the game came in the third quarter, when a classy *Bills* fan threw a sex toy on to the field in the middle of a pass play in the red zone. Even all the way up in the bleachers, I saw the thing bounce on to the field, thinking to myself, "No, it couldn't be. Could it?" And sure enough, it was. The referee didn't even pick it up, instead he kicked it off into the sidelines after staring at it, shocked at this foreign object on the field of play.

To be honest, at that point in the day, I wasn't surprised at all at what had happened, nor was I surprised when a woman yelled not once, not

twice, but three times on three separate occasions “Tom Brady shot Harambe!” No, he didn't shoot Harambe, but he did shoot down the *Bills'* hopes in capturing the *AFC East* title, not that there were any expectations for that to happen.

Overall, I had a blast at the game. But the one aspect of the experience I enjoyed the most, other than seeing my first *NFL* game, was seeing the fans in Buffalo. I don't think I've ever been so entertained by anything outside of the game as I did on that day with the eccentric fans. If there's one thing you should be aware of before going to a *Buffalo Bills* home game, it is that you should not be surprised by what you see, hear, or smell – because the experience at *New Era Field* is quite the adventure that will either disturb you or entertain you for years.



*Alec Ambruso is a Social Sciences, and Humanities Major. His interests include sports, writing, and running.*

## Presidential Election Opinion



*Courtesy of Google Images*

### No Choice November

*By Amajla Tricic*

Many of the people surrounding me are at the age where they are eligible to vote for the first time, and many of those people feel disheartened and let down because they have to choose between two candidates that may be the most hated in modern day history. Being able to finally have a choice in who may be president does not feel like a choice at all because we are stuck having to choose between who is the lesser of two evils when we should be deciding who we fully believe will run this country sufficiently.

I knew from the very beginning Trump announced his candidacy to run for the Republican Party that I would not stand on the side of a bigot and a party I did not, for the most part, like at all. I thought it was a complete joke, I laughed at the eagerness he had in himself – that he was in over his head if he thought anyone would favor him.

But here we are now – someone who could very well run our country. Someone who offends me

as a woman and refugee and he wants to represent The United States. I think having white supremacist groups favor him proves what kind of man he is. What is more disappointing than him being a potential president is the people who root for him. Never in an election have I seen such atrocious violence at Trump’s rallies and absolute hatred. It’s disappointing that a country full of diversity is also filled with hate from people who do not appreciate that this is what makes America what it is. And I’m not sure what is worse. Trump or the hatred he has unleashed in his followers.

People often mistake my dislike for Trump as a sign that I am all for Hilary. That my love for women’s rights means I want her in the office because she’s a woman herself. But that’s pushing it. I would love for a woman to be in the White House because I would love that representation, that we are just as capable. And possibly even more.

But I don’t want Hilary because I don’t fully trust Hilary. I don’t want either of them. But because mine and many other individual’s options are limited – I do have to go for the most qualified even if the complete admiration is not there. I support a lot of the beliefs she carries when it comes to issues regarding women’s healthcare and immigration policies. And I would rather have someone in the office who has had years of political experience rather than a man who was a reality television host. It does not make it any less disappointing.

The elections this year have been an exhausting one and it feels like we don’t have a fight to win. Come the day of November 8<sup>th</sup>, I hope people vote for not just what benefits them, but what benefits the country as a whole despite our differences. The outcome either way

will prove to be difficult, but it is up to us to decide how we can make a real fight.

## **Is the election a big joke?**

*By Belkisa Nuhanovic*

I over hear many people talking about the election, and many of them say the exact thing. People see the election as a joke because they don't see two people running for President – they see a person who spends majority of the election bringing the other down than addressing real life issues.

I often ask people if they have watched the debates or what they thought about the debate. I almost always get the same answer “I only watch it to make myself laugh” or “I don't really care about it but, it's fun to watch”. Presidential debates are not about making the audience laugh, it is about two candidates who are asked questions and expected to answer in a professional manner.

I watched the first debate with Hillary Clinton and Donald Trump, it was appalling. I could not believe the actual words coming from Donald Trump's mouth. Not only did this man not know how to speak, he interrupted Hillary Clinton several times. I can understand why people think the election is a joke because it is. Donald Trump rambles on and does not let the other person get her word across. He is always preaching about making America great again, but will not let Hillary finish a statement without adding a rude remark or bringing up her past. There is a lot of unprofessionalism in the election and majority of it is due to Donald Trump.

Hillary Clinton, on the other hand, was very well mannered during the debates. She

answered all the questions that were asked of her, sometimes she went on to talk more than she needed too, but she always let Mr. Trump finish his statements even if it was him making sneer comments about her. She held herself together. She had great poise and always answered the questions that were asked.

It is hard to see people relate this election to a joke, but unfortunately it is. Hillary does try her best to keep it at a professional manner. I am not saying that I am all for Hillary, but the way she presented herself at the debate is astounding especially when you have someone constantly interrupting you and deriding you every chance they get. She kept it under control – I can't say that I would have. Donald Trump acted like the bully we had in middle school, always degrading Hillary, always interrupting, always poking fun, bringing up past events that do not matter now. Maybe she was prepared for this election, and he just joined because he could, and he is upset because a woman is beating him, making him ashamed so he lashes out. It's the most interesting election I have ever been able to witness and in my opinion the most childish.

## **A Third Option?**

*By Christopher Gray*

With this upcoming election, there are many opinions going around as well as a lot of tension. Scandal is filling news sites –they report on personal matters of these presidential candidates. But seeing this point that we have come to, we are stuck between a rock and a hard place.

Donald Trump is an eccentric billionaire who has the belief that he can go around doing whatever he would like. Hillary Clinton is from

a powerful but corrupt political family. These are our two main choices from the democratic and republican parties.

There are two other options, but from the much smaller libertarian and green parties. Jill Stein and Gary Johnson, the smaller voices in politics.

Personally, I do not support any of the main candidates. They are hostile and are going about this election the wrong way. We hear less about the platforms of their parties and more about bad mouthing the other candidates. This course of action is leading us to the brink of war and that is serious.

I've had a thought about this whole election and some have found it comical while others have seen the good side of it: Postpone the election for one year. Yeah, it is unheard of, but illegal? Maybe a little, but hey, rules are meant to be changed with the times. We can't expect old rules to always work out for us. So postponement, this gives us the people, time to find candidates who actually want this country to be great. With the way things are going, we are looking at civil war II, or world war III.

I don't know about all of you, but I do not want to see the day when war is breaking out right in our home towns and cities. A postponement to this election gives us time to repair our country and really find a qualified candidate, we need a strong leader who can help the US step back from the brink of war and fix our country.

## **The topic of Politics makes me Nervous**

*By Alana Wielgosz*

Many people feel very strongly about their political views. Being passionate about your

views and opinions is wonderful, and makes for a strong individual. I personally do not feel strongly about my political views because I am very overwhelmed by what I am constantly taking in from everyone else.

This election has evoked many strong opinions from both Republicans and Democrats, so much so that I cannot recount a time where I have seen, heard, or read two opposing sides "debate" without yelling, or insulting one another.

Yelling and insulting makes me nervous. I am not a very political person. You can judge me for that if you'd like. My best friend tells me that I should become informed on politics in order to contribute as an adult to society. I have not yet had the desire to do so, probably because of the intimidating strong opinions, yelling, an insulting that I have been hearing, reading, and seeing since the presidential nominees were announced.

If you try to voice your opinion, and you cannot cite every statement you make precisely and accurately, you are called stupid, and told to get your facts straight before you share your opinion. This is why I have not felt qualified enough to strongly voice my opinions. This may anger some, who say that I should be concerned for the future of America, and I should become politically informed.

And someday I'm sure I will feel the urge to purposely politically educate myself in depth. But for now, I will count down the days until the winner is announced, and the arguing will hopefully begin to diminish.

## **Not Him but Not Her Either**

*By Carissa Constantini*

This coming election will be one for the books. Between Hilary Clinton and Donald Trump it's been by far the most interesting run for president that I've witnessed. Who I am voting for this coming November, I have no clue, but I do know I am not voting for Mr. Donald Trump.

My reason for not choosing Donald Trump is the way he speaks about women and their rights. I greatly believe that women should be in charge of their own bodies, and should have the right to freely choose what to do with them. Donald Trump does not support women getting abortions. While I understand that he is entitled to his opinion, I do not share this way of thinking.

I strongly believe that abortions should be legal. Women should be able to have to the option of this, especially in extreme circumstances. Women should, under no circumstances, have to fight for their own bodies, so I am not voting for Donald Trump.

## **Can it be over?**

*By Anna Compton*

I want it to be November 8th. I want the election to be over. I no longer want to see "memes" with Donald Trump and Hilary Clintons faces plastered all over them. I no longer want to see twitter wars while children in Syria are being bombed and pipelines are being built across Native American ancient burial grounds, all while Haiti and half of the East Coast are under water. I no longer want to feel as though politics are a joke and that we are all living in a reality TV show.

This affects us all. I do not find this funny. I find it scary. I want the United States to be the country that it once proclaimed itself as. I do not want a president who wants to deny access to innocent Middle Eastern refugees. I do not want a president who is endorsed by Neo-Nazis and KKK members. I do not want a president who is excused for objectifying women and perpetuates rape culture but says it is "locker room talk." I do not want a president who preaches about "Making America Great Again" but refuses to admit that this country was never a white country and is built on genocide of the indigenous people to this land.

Just putting this out there, this is not our country. Who are we to judge those who are different from us? America is the "melting pot" yet we are so scared of people who are different. I do not want a president who openly wants to deny access to a safer and better life to these refugees because of their physical attributes.

Donald Trump himself is a terrorist. The fact that he openly preaches hate towards anyone who isn't a privileged, white, Christian, wealthy male and causes immigrants to pack their bags in fear of deportation, is itself is terrorism.

I think that one of our Nations issues is that we are manipulated in to believing that we live in this two party system, that you are either a complete swing right Republican or swing left Liberal and that you have no other option besides these two parties.

Our issue is that there is no middle ground, we are not willing to meet halfway. I am sick of being persuaded to vote out of fear. I am sick every time I hear "vote for the lesser of two evils." The beautiful thing about my right to vote is that no one can tell me who to put down. I have very heavily considered who I am voting for. It is extremely difficult for me because as

much as I would like to give my vote to third party, I also know the danger in that. And although I am not one hundred percent on board with Hillary, she may be receiving my vote because I will do anything not to see Donald Trump in office.

But again, I will be one hundred percent certain on November 8th because I do feel that it is time to break out of this two party system and look at a third party as an option. Politicians' personal beliefs exemplify the person that they are and their intentions for their country, especially minorities. So, this election season, my vote is not given to anyone yet. But it will absolutely not go towards Donald Trump.

## **My Journey through the 2016 Election**

*By Hannah Francisco*

Here we are, less than two weeks from Election Day. It's been a long and difficult road, making people question their priorities, ethics, and political allegiances. From the beginning, it's been marred by scandals and investigations. Families have fought over dinner tables, significant others refused to speak, and schoolchildren taunt and tease over opinions – much like the candidates themselves. Considering everything that has happened in the last year and a half, we must ask ourselves: what have we learned from it all? I can't say what anybody else has learned, but I can tell you what I have learned.

I have learned that every person who can vote, should vote. Many are disillusioned with the main presidential candidates, and feel that it is pointless for them to vote. But even if you despise the presidential candidates, it's still

important to vote. Remember that there are not only the Democratic and Republican tickets, but the Libertarian, Green, Constitution, and other third parties as well. When you enter the voting booth, you are also choosing our Congressmen – and Congress women. You are voting for state, county, and local elected officials. These are the people who will make decisions that affect your day to day life. They are the people who decide we can repave roads, turn on streetlights, and make improvements in the community. Even at the Federal level, the Congress makes the laws, the President only approves or vetoes them.

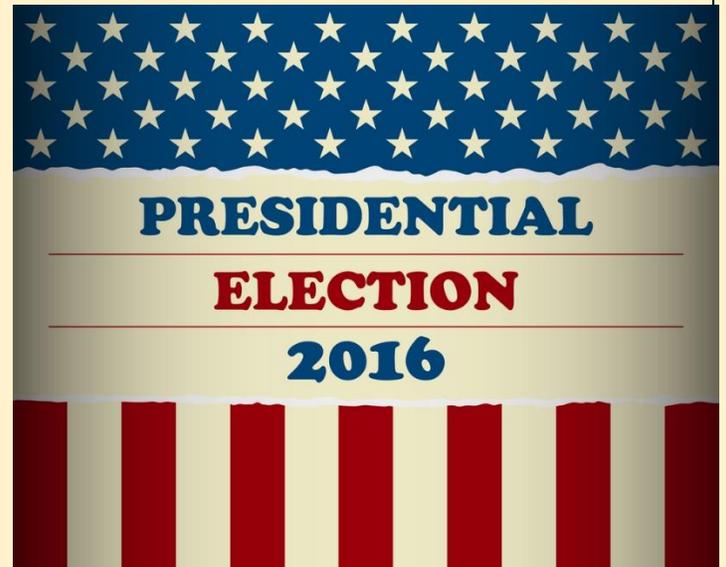
I have learned that it's not politicians, but people, who define a nation. Donald Trump and Hillary Clinton are only two people out of the millions in our population. As Americans, we shouldn't define ourselves by their standards, behavior, and policies. We don't need to think that what they say or do is acceptable; and quite frankly we shouldn't. If we did, we'd lose sight of what it means to be American.

I've learned about the importance of being informed and involved in the political process. Yes, politics can get nasty, and even depressing at times. But as citizens, we have a duty to be informed. Many things in this election have deserved our attention and outrage – including but not limited to deleting emails, allegations of sexual assault, rigging elections, racism, sexism, announcing classified information, and general issues of character. An uninformed public doesn't know about these problems, so an uninformed public will vote for these people without considering them. It is important to know how a candidate feels on the issues, and what they plan to change. Ignorance of these facts and events is what leads to the downfall of a nation. Beyond this, it is important to know how a candidate feels on the issues, and what they plan to change. Just keep in mind that

candidates don't always do what they say or can arbitrarily do what they promised.

Lastly, I've learned that in all of this, it's important to keep our humanity intact. Neither Trump or Clinton supporters are absolute evil – they are unique individuals just like you or I. Politicians, businesses and the media may be trying to tear us apart, but it is important for us to fight back and keep the fabric of this nation together. Regardless of what subgroup of people Donald Trump decides he doesn't like next, or whatever WikiLeaks releases about Hillary Clinton tomorrow, their supporters are American citizens, just like you or I. Don't succumb to insults, defamation of character, or screaming and yelling to establish your point. Talk to these people, make civil debate popular again. This is a presidential election, not Mad Max: Beyond Thunderdome. You can't convince people of your political opinion by resorting to childhood antics.

I wish everybody the best of luck in this election season – the way it's been going we all need it. I personally dread the day Hillary Clinton or Donald Trump become President. I believe both will lead to decreased civil rights, a poor economy, civil unrest, and possibly more war. However, I know these are the two main candidates, and it's extremely probable one of them will hold office. I just hope we as a nation learn from this election, and that the 2020 election is much more productive.





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**To contribute, please email submissions to [atreis@mvcc.edu](mailto:atreis@mvcc.edu)**

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