

The Clarion

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The Voice of the Students of Sinclair Community College

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NEW BEGINNINGS WITH END PROGRAM

Hannah Hamlin
Reporter

This Fall semester, Sinclair Community College has become the second college in the state of Ohio to offer an electroneurodiagnostic (END) degree. While the electroneurodiagnostic technology has been around for some time in various dated forms, it is advancing into a life-saving and sophisticated field that is in high demand for students and employees.

Melissa Struewing, who is the head of this new degree and technology at Sin-

clair, sees this field as a great fit for many students with an interest in the medical world.

Sinclair's two-year degree in Electroneurodiagnostics will cost approximately \$11,000 total and after becoming board eligible, the approximate entry level annual salary is \$44,000. The average annual salary for neurodiagnostic technologists nationwide is \$65,000, but someone who is self-employed, full-time in neurodiagnostics can make over \$120,000 yearly.

The electroneurodiagnostic field may

be in high demand, as all of the hospitals in the Dayton, Ohio area are hiring, but Dayton is certainly not the only place to kick-start your career.

According to Struewing and her sources, "by 2020 this field is projected by the Bank Board Bureau to produce something around 30,000 jobs across the nation".

"A lot of people assume with a degree in electroneurodiagnostics that you will work in sleep, which would be a night position, but there are a lot of options besides sleep. You could work

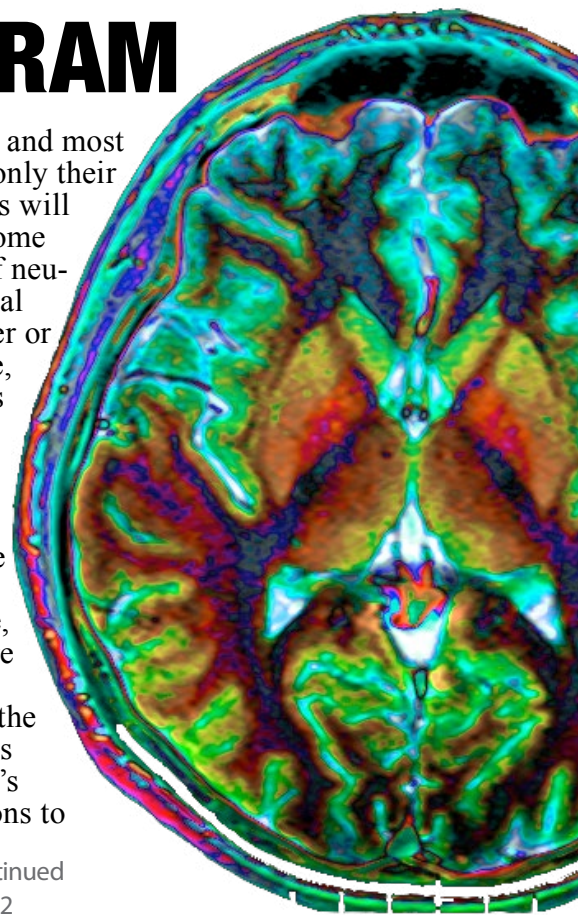
in a hospital, a doctor's office, you can also work from home if you have the equipment setup and some people go and work in other people's homes doing home health care for a long term study," says Valerie Mayfield, the Administrative Assistant of the Psychology Department.

To summarize what a neurodiagnostic technologist does, they collect and analyze data on the patient for the physician. The patients a neurodiagnostic technician may see can range from a newborn to someone

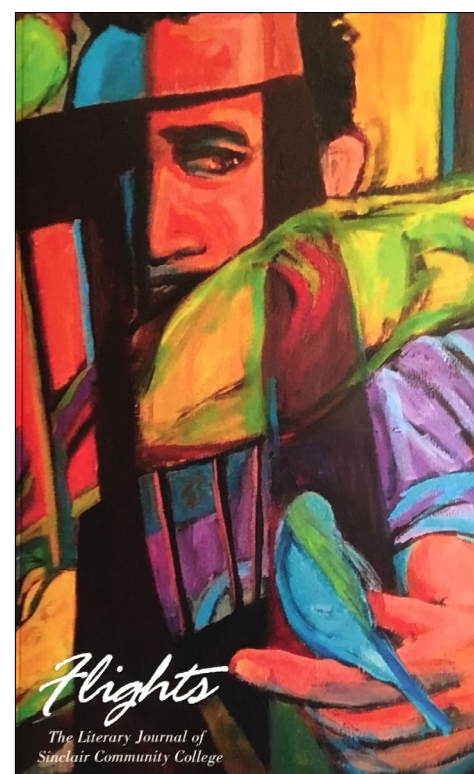
elderly and most commonly their patients will have some kind of neurological disorder or disease, such as epilepsy or a brain injury.

To be more precise, they are monitoring the nervous system's functions to

Brain continued
on page 12



Nevit Dilmen | Wikimedia



Write place, right time

Barton Kleen
Executive Editor

Looking for opportunities to be published during your time at Sinclair? The first step might be to pick up a copy of "Flights," the Literary Journal of Sinclair Community College. Featuring artwork from Sinclair Professor Mark Echtner, the newest edition of "Flights" will be available on campus soon.

From beginnings in the mid-70's, "Flights" has been a yearly publication featuring a wide variety of poetry; fiction, creative

nonfiction as well as the annual cover art.

Founded by retired faculty Ed Davis, "Flights" has been edited by a succession of English Department faculty.

Current Editor of "Flights," Kathryn Geiselman, described the breakdown of published work.

"My vision is to have about a third of the pieces in the magazine come from Sinclair-affiliated students, faculty, and staff; about a third from local people or those with a connection to the

Flights continued on page 2

Beyond Stereotypes

Claudia Gomez
Reporter

Sinclair celebrated International Day of Peace by hosting a "Beyond Sound Bites and Stereotypes: Meeting Islam in Person" program by the Multifaith Campus Alliance and the Muslim Student Association.

The program took place on Wednesday, September 21 at the Sinclair library loggia. It featured a presentation and panel discussion with Muslim faculty members and staff.

Reverend Larry Lindstrom, Multifaith Campus Minister, organized this event so people could share their stories and inform others of the religion

of Islam.

"The key goal for us, as the title suggests, when people think of Islam there tends to be an immediate thought of, 'these folks are terrorists, this is a terrible thing and we need to be frightened of anyone who claims to be [Islamic].' We hope to put a human face on what it means to be Muslim," Lindstrom explained.

The program began with a presentation from five different speakers. The speakers provided different perspectives of Islam.

"I've asked them to focus on how did they become acquainted to Islam. Either

Islam continued on page 12

The things you need to stop doing to be happier right now

Susie Moore
greatist.com

The other day, I had three hours to hit a work deadline. Early mornings are when I do my best work, so I got up, made coffee and sat down to write. Then I got on Facebook and was sucked into a news story about a Bravo housewife, which led to more celebrity gossip and finally, a piece about “the gross things lurking in your ice cubes.” Next I got an email with an urgent reminder to submit an invoice. Then my sister called. All of a sudden it was 10 a.m. and I hadn’t made any progress with my work.

Have you ever wondered where the hours go? We’ve all been there, but if I did this every day, I would be sluggish, unproductive and unhappy. Luckily, I know what I need to stop doing in order to be more productive, energized and overall, so much happier.

In the spirit of the new season, I reflect on some things

that I’ve intentionally gotten rid of over the years that have helped me work better and live better. Here are 13 of them.

1. A scattered focus

We don’t have a time shortage; we have a focus shortage. Warren Buffet, the world’s richest man, said, “The biggest difference between successful and unsuccessful people is that successful people say no.” What do you need to say no to? I’ve realized I need to say no to social media and nonurgent phone calls before 11 a.m.

2. Friends who aren’t happy for you

The best time to evaluate who your most trusted friends are? When things are going well for you. When you get engaged, get promoted or get fit and healthy, who is cheering you on? Hold on to those people! As for anyone who express jealousy, doubts or puts your decisions down? Say adios stat.

3. Grudges

Forgiveness is key in experiencing freedom.

When we feel hate, anger or resentment toward another person, the intended impact (to hurt the other person) actually backfires, making us feel even more miserable. Grudges can even make us sick over time. Who can you forgive _ right now?

4. Overthinking everything

Every day people lose countless hours to rumination and overthinking. Trying to decode what your crush’s text message means or wondering if a colleague’s comment was actually a personal insult is an utter waste of time (and not entirely unrelated to point No. 1).

5. Talking [EXPLICIT] to yourself

Stop this pronto! The first stage is awareness. What do you say in the mirror every morning? When you make a mistake at work? When someone doesn’t respond to your calls? Make it something kind and nonjudgmental. What happens in the

Happy continued on page 12

In ‘Flight’ imagination soars

Flights continued from front

Miami Valley area; and about a third from far and wide,” Geiselman said.

However, that is not always the case according to Geiselman. “We don’t always have that balance in our submission queue. The most underrepresented group is NOT established writers from all over the country; it’s Sinclair folks. I strongly encourage students, alumni, faculty and staff to send their work.”

Other English Department faculty heavily involved in “Flights” includes English professors Jamey Dunham, Rebecca Morean and Sally Lahmon as Poetry editor, Fiction editor and Associate editor respectively.

To have your submission considered for publication, submit your work from right this moment until April 30. Fiction work of any genre is to be any length from 50 words to 5,000. Poetry is to be on any subject, but no

more than 70 lines—no greeting card verse. Creative non-fiction essay submissions will be accepted up to 5,000 words. “Flights” asks that cover art submissions be publication-quality. For longer lengths, contact “Flights.”

For more specifics on submission guidelines, visit flightssc.word-press.com.

To pick up your own edition of “Flights” visit the English Department office in Building 5



Multifaith Minister: Larry Lindstrom

Meggan Lanahan
Reporter

Sinclair welcomes Larry Lindstrom, the new Multi-faith Campus Minister. Lindstrom is excited to be part of the team at Sinclair's Campus Ministry and the Multi-faith Campus Alliance (MCA).

Lindstrom has a bachelor's degree in English from Texas Lutheran College as well as a Master of Divinity degree from Luther Seminary. He has been an active member of Rotary for over 30 years and loves to work with a diverse group of people to find common ground in his community. He knows of Sinclair's track record and ongoing ministry work on campus.

"I appreciate the learning

that goes on [at Sinclair], not only in the classroom but also as people build new relationships and expand their perspective," says Lindstrom.

Campus Ministry is part of the Student Affairs department. It provides pastoral care for personal life issues and crises. It also supports students, faculty, staff and administrators of Sinclair by sponsoring spiritual growth and development opportunities, according to its website. To go alongside that, MCA is committed to celebrating religious diversity and encouraging multi-faith dialogue, according to Lindstrom.

Prior to coming to Sinclair, Lindstrom served as a pastor to the Lutheran community in Farmersville, Ohio. After

32 years pastoring, he comes to Sinclair, ready to take on the new challenges that go along with a growing campus ministry.

In fact, he plans to establish Campus Ministry's presence at each of the learning centers in Eaton, Englewood, Huber Heights, and Mason by visiting twice every semester. He will build relationships, connect with the communities, and encourage Sinclair students in their spiritual journeys.

"I appreciate the need for religious groups to be able to sit down and engage in respectful conversation with one another," says Lindstrom. "Every day we see the global consequences of failure to show respect or to engage

others in dialogue, so I hope that our work here at Sinclair can be a step toward a better way."

Students should feel encouraged to introduce themselves if they see Lindstrom around campus. He wears a uniform of sorts, a bright blue shirt that reads, Multi-faith Campus Minister. He hopes that by being easily-identifiable, he will let others know that he is accessible and ready to help.

Campus Ministry is located in Building 10, Room 310. Lindstrom looks forward to serving anyone he can.



Brittany Fletcher | Designer/Intern

International Series: Ethiopia

Leonard McAfee, Jr.
Reporter

The International Series of Sinclair Talks continued in Building 8 last Wednesday featuring Ethiopia. Keynote speaker and Sinclair Sociology Instructor Amaha Sellassie provided information on Ethiopia from its culture to its history, as well as the people of Ethiopia. From their customs to their way of life, Sellassie also touched on Ethiopian values.

Towards the end of the discussion, Sellassie stressed the importance of love and hospitality in Ethiopian culture. Sellassie, who had traveled to Ethiopia, regarded the Ethiopian people as both welcoming and friendly to interact with. Ethiopians also have a great sense of community and respect for one another—sharing a "we," opposed to an "I," mentality, according to Sellassie.

Ethiopians observe certain customs such as never eating a

meal alone. Sellassie explained that Ethiopians tend to believe eating with others strengthens bonds within their community. Ethiopians also stand if they are sitting when an elder enters the room as a sign of respect.

"The values within the Ethiopian culture could benefit everyone in general by having respect for our elders and youths while having a sense of hospitality and respect



JLR/Stevie Mann | Wikimedia

Brittany Fletcher | Designer/Intern

for each others differences," Sellassie said.

particularly during the reign of King Solomon and Queen Sheba. Ethiopia, according to Abraham, is perhaps unknown for its role in the development of coffee.

Abraham went to school in Ethiopia, and remarks how difficult the classes were. Abraham described the social clubs where Ethiopians gather to enjoy coffee and talk to people about what's going on in their everyday lives while

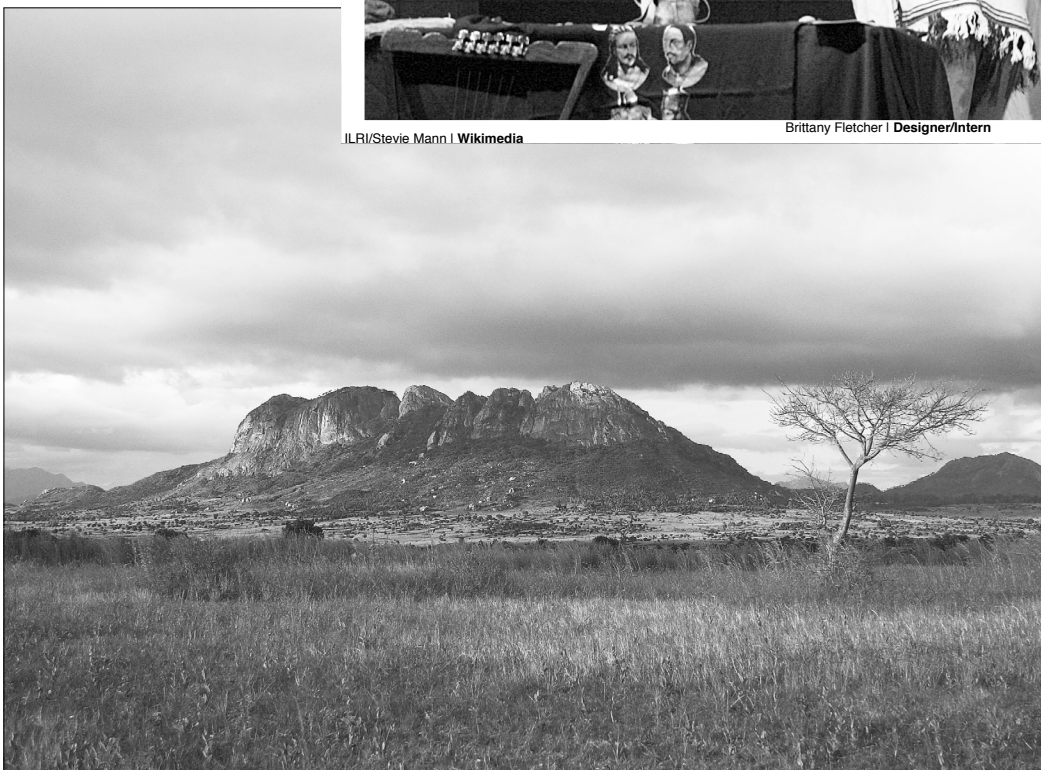
being entertained with music and arts.

Both Sellassie and Abraham believe Ethiopian people and culture have a lot to contribute—not just those contributions to the pumpkin spice lattes from the campus Starbucks.

The next International Series will take place on October 19 from 12:00p.m. to 1:00p.m. featuring Brazil at the Building 8 stage area.

"These Ethiopian values could help improve the world."

Elaine Abraham, a former resident of Ethiopia who now works Dayton Job Corps Center, detailed her experiences growing up in Ethiopia. Abraham said the rich history of the Ethiopian people traces back to biblical times,



My Voice Outreach? More like haunting

Barton Kleen
Executive Editor

Last week I published an article on the visit by Chelsea Clinton to Building 12 of Sinclair. The event was supposedly targeted at millennials, yet there's almost no evidence that the campaign hit their mark. Perhaps the Clinton campaign needs more gun control.

In the room was predominantly middle-aged white women, far from the millennial generation, however to save myself some scrutiny I'll consider all of the women honorary 21-year-olds.

Where is all this ghostly outreach? We keep hearing about how Clinton's targeting millennials, yet we never see any shred of evidence that she has either millennial support or any interest in garnering it.

Is it perhaps her health that has lately stunted these efforts? The lack of advertising such a popular event was

yet another striking misstep. How does one get those millennials without actually reaching out to them?

No advertising, no advance notice. The earliest I had heard was from a minority woman in her late 20's who is a Dayton business owner, who was canvassed one-week prior.

Most of us received an email some two days prior to the event.

As a student journalist, I've attended both Trump and Clinton events. I am also a voter, this will be my second election voting. I've gone to rallies and political events even at a young age, for

Democratic, Republican and even Independent candidates.



DonkeyHotey | Flickr

I can say, without a doubt, that the very content of Chelsea's speech and the topics at Trump events are so very

similar it is an astonishing contrast to the 2008 election and even what I experienced as a ten year old in 2004 at campaign events.

The only thing that seemed to even play into the millennial democratic concern checklist was college education. Gee, perhaps a speech at Sinclair Community College could have done more than maybe two minutes about very general statements on even broader goals. Chelsea Clinton was happy to go after Trump's lack of descriptive and concrete plans, yet provided very little precision herself.

It didn't matter to the

crowd. The non-millennial crowd, certainly fewer than ten. What a massive showing, if only there were some body full of 30,000 some voting-age bodies to have reached out to. Surely, a political campaign that created an event to reach the youth vote wouldn't be so ignorant and insincere to miss such an opportunity, right?

Perhaps 12:05 p.m. was not the most amicable time for college students on any given Thursday to stop by. The only question from any youth came from a Xavier student who asked how to deal with being persecuted on campus for being a Democratic candidate supporter. Is that really the millennial's highest concern, people having different perspectives than their own? A privileged life of higher education can afford you such a thing, I suppose.

Is this election going to be the one where the youth vote matters? I don't know, we're all a bit too interested in ourselves and not so much in our own self interest.

Playing It Forward 'Party' planning

Barton Kleen
Executive Editor

Does flying across the country to meet strangers sound like a healthy decision? What about sharing hotel rooms for events? Perhaps you've heard the stranger danger talk, I certainly did. I wasn't raised too shabby, but life is simply doing just that. Everyone will just be a stranger if you let him or her be one.

With online dating being a cultural norm now, technology has really influenced how we make connections to other people. I have made great connections with many people I am blessed to have in my life entirely because I risked getting to know someone. Here's my catalogue of strangers, a small story: The dynamic life of a dweeb gamer.

We start in Ohio, but two thousand miles later I landed in Los Angeles. I stayed with my friend I had met at an anime convention in Kentucky. I had saved enough to budget out my summer off from work, go to Anime Expo and plan out my Sinclair semester.

My friend and I had shared a hotel room with two complete strangers who were also attending, as we arranged months before. Sounds much sketchier than it is, but conventions that sell out rooms across the L.A. hotel block are often understood to be a mix of a hostel rooming situation and generally your agreements include expectations and responsibilities for the parties involved.

Everything sounds so risky to some people, and perhaps it was—but rooming with two girls that were into

anime and Japanese culture wasn't something that concerned me.

Those two girls I roomed with some three years ago are now some of my closest friends. We talk regularly and game together. I've seen one in both Los Angeles and San Jose, despite her being from just outside Seattle, Washington and myself from Dayton, Ohio.

Nowadays, I regularly see people in all sorts of states from all over the convention scene, even friends from other countries. It's a social culture, which some may not realize from the outside.

That was just the start back then, but it's not the craziest part. The real story for why I made that trek goes back to 1998.

In 1998 I was four. However, I had an older sibling as well as divorced parents. What does that have to do with anything? Well, it means I got bimonthly visitation from my father, who lived in



another state. Usually it was a few hours in the car to get to a place where I had few forms of entertainment when my father had to work.

We did have, however, a Nintendo 64 and a computer—when computers became more common. My brother played a game called "Diablo," which I then tried. I didn't understand much about

it.

Fast-forward to 2002 and I've begun playing the expansion, released in 2001. In third and fourth grade, I also played Halo online regularly with my friend, who on the first time I went to her house to play in first grade, we played a game called "Power Stone" on the Sega Dream-

PIF continued on page 5

In Life and Liberty

Political terrorism



Laina Yost
Managing Editor

A couple of weekends ago, my Twitter account was flooded with bad news. That's not really a surprise anymore. However, it seemed as if that early Sunday morning I was supposed to read nothing but tragedy.

First it was an explosion in a trash can in New Jersey that, thankfully, injured no one. Then it was a bomb in Chelsea, New York, injuring 29 people. And then there was another bomb discovered in Elizabeth, New Jersey, but it had not yet gone off.

We also cannot forget the shoppers at a mall in Minnesota who were stabbed by a man who repeatedly mentioned 'Allah'. An ISIS news source has since said that the man was a soldier of theirs and the attack has been identified as an act of terror.

Something else was dominating Twitter as well. Donald Trump. Of course all he was doing was offering his condolences and throwing in some heavy politics. Trump claims he will keep our country safe. We're just not sure how he plans to do that.

Clinton is determined that we will not cower, we will be strong and we will conquer. We're just not really sure how that's going to happen either.

This is a cycle. Some terrible event happens, such as 29 people injured by an explosion or eight people stabbed at a mall, and the two adversaries jump to a response and then clobber each other with insults.

They want us to think that their way is the correct way. That's politics and that's how that works. At some point, they have both accused the other of being a part of the Islamic State and they have both said that the other candidate is only aiding ISIS to victory.

There is an entire city that's on edge because of at least 6 explosive devices found and the response is to accuse someone of being an ISIS supporter. There is no right side in this one.

Meanwhile, Governor Chris Christie, everyone's favorite lap dog, has said that we need to be more vigilant. "We need to say out loud that those people who are radical, especially radical Islamic terrorists, need to be called out."

So maybe if we say "radical Islamic terrorists" three times and really fast, terrorism will go away. There is also another side of politics to this. His name is Gary Johnson.

Johnson is grateful that no one got hurt in the explosions. Except that 29 people just got hurt and were taken to the hospital.

There is no good answer for terrorism. It's an awful thing and unfortunately, it will never go away. If ISIS is defeated, then there is another group ready to take its place and wreak havoc on the world and in our minds.

However, this is the presidential election season. There are only three responses available and that's not one of them.

Response number one is to be like Clinton. We can persevere and conquer as long as you remember that the other guy is bad and probably helping ISIS right now, so vote for Clinton and whenever this happens, she'll give you platitudes and encourage you to stand strong. Meanwhile, she does pretty much nothing. Maybe she'll just drop a couple of bombs in Syria and that will do nothing but add to the chaos that they have.

She has this great list about what she plans on doing. It looks really great. It has points and everything. However, it really amounts to about nothing.

Response number two is to be like Trump. We should be terrified and afraid and he is the only one who can protect so we need to vote for him. Meanwhile, the other person running only enables terrorists and don't forget the media because they are the ones to blame too.

If we take a look at Trump's website, he has no clear listing of his stance on national security and foreign policy. So I guess we can assume that he really won't do anything.

Response number three is to be like Johnson. The good 'ole libertarian. He doesn't know what Aleppo is and he didn't know that 29 people were injured. That's why you should vote for him. Because he will just blatantly ignore the problem and hope it goes away. Isn't that what we should do too?

The fact of the matter is, there is no good response. My prayers go out to everyone who was injured both in New York and Minnesota. Terror is a horrible thing and nothing any politician will ever say will make it better and sometimes, they just make it worse. But then again, that's just politics for you.

Virtual connections

PIF continued from page 4

cast.

So really, gaming has been so very important in my life and lead to friendships that have lasted many years, many of which continue today despite thousands of miles between us.

It all started with a business arrangement where a higher player had helped me through the game mode in exchange for me coughing over the rewards you receive for completing it.

The mere coincidence that one character pushed mine

and talk that way like we had for years. I still remember all the commands I've typed in so many times.

Now we regularly use Skype or one of the many variants playing titles like "Overwatch," "League of Legends" or even "Diablo III," the third installment some fifteen years later after the game that started this all.

What it boils down to is that connection occurs through any interaction. We played years and years together, regularly, as an ever-expanding group. They are



Greg Balzer | Flickr

through the cycle of the game eventually led me some eight years later on my way to L.A.

Virtual meetings are quite different nowadays. I had no concept of the people I was talking to for some five years or more. Eventually, I paid for my own cell phone and had brief conversations to put voices to the names of the people I had long befriended.

When Skype came out, everything felt surreal for anyone in the online community. Webcams were hard to come by; an Internet connection at which you could use one was even more rare.

Skype and text messages made communication so much easier than AIM which was always buggy. It was easier to just log into the game

some of my closest friends who I visit as often as I can.

Do I recommend just meeting anyone? No, certainly not. But when I was an adult and could travel, by that time so many years elapsed. I had spoken with my friends' parents, arranged stays and had been recognizable to my friends and many of their friends knew of me or even thought I was their schoolmate.

Nope, I'm just a guy from Ohio that they met 12 years ago online—but life is a crazy and dynamic series of connections; connections that if we open ourselves to them, can significantly impact our lives. Even if they all start from some small game.

Horrifying reads to get you ready for 'American Horror Story's sixth season

Mercedes Reiner
BookTrib (TNS)

It's no secret around the office that I'm a huge fan of FX's "American Horror Story." I even had the once-in-a-lifetime experience of walking around the set of "Coven: Season 3," meeting the writers and watching the actors film for six hours. Anyways, enough about me.

As we all know, fall means Halloween time fun, which correlates to loving everything that is scary, especially a new season of "AHS." From a depressing group of ghosts to an insane clown and most recently a group of hungry vampire children, writer Ryan Murphy is certainly not afraid to push the boundaries of television.

If you've watched every trailer far too many times to count and read every blog post predicting the season ahead

(just like I have) then pick up one of these "AHS"-inspired novels.

"American Horror Story: Murder House" (Season 1)
"Sharp Objects" by Gillian Flynn (Broadway Books, 2006)

"Murder House" trumps every season, and it's not just

Objects" has similar traits to "AHS" alum Violet Harmon (Taissa Farmiga) and her mother. Let's just say she isn't a Southern belle. Can you say Constance Langdon (Jessica Lange)? "Sharp Objects" isn't necessarily about a haunted house exactly, but there are plenty of skeletons in their

"As we all know, fall means Halloween time fun"

because it was the first season. The characters alone are surprisingly relatable in their own dark, demented ways. If you haven't read this psychological thriller, now's the time. Camille Preaker of "Sharp

Victorian home.
"American Horror Story: Asylum" (Season 2)
"Letters from the Looney Bin (Book 1)" by Thatcher C. Nalley (2014)
Briarcliff Manor is most

definitely not your typical insane asylum. Filled with corrupt nuns, aliens and a serial killer, why wouldn't you want to escape? Unfortunately for the patients and staff of Emerson Rose Asylum, that was not an option. If you're looking for a glimpse into the dark and dire past of this asylum, "Letters From The Looney Bin" does not disappoint. Briarcliff has nothing on this chilling asylum.

"American Horror Story: Coven" (Season 3)
"Miss Peregrin's Home for Peculiar Children" by Ransom Riggs (Quirk Books, 2011)

Have you ever felt like you just didn't belong? That you were different than everyone else? Jacob Portman may not fit in like the rest of us but he has found his new "normal," an orphanage for the peculiar. "AHS: Coven" is a bit different, well let's just say a lot darker. But Miss Robichaux's Academy hosts teens with their own peculiar powers. If you enjoy the supernatural, "Miss Peregrine's Home for Peculiar Children" will have you dreaming up your own "dark power."

"American Horror Story:

Freak Show" (Season 4)

"IT: 30th Anniversary Release" by Stephen King (Scribner, January 2016)

Sorry "Water for Elephants," this is a different kind of show. Yes, this is the obvious choice but how could I not recommend "It." Stephen King's unforgettable novel is everything season 4 represented. Creepy clown, check. Children in danger, check. You tell me who is scarier, Pennywise or Twisty.

"American Horror Story: Hotel" (Season 5)

"The Devil in the White City: A Saga of Magic and Murder at the Fair that Changed America" by Erik Larson (Vintage, 2004)

H.H. Holmes was not your everyday architect. He opened a hotel during Chicago's World Fair in 1893 with one thing in mind: murder. Mr. March, played by "AHS" fan-favorite Evan Peters, captured the demented ways of this infamous killer. There may be vampires missing from Larson's novel, but he will have you on the edge of your hotel bed, while contemplating your safety at your next Marriott stay.

Unfiltered horror

Lindsey Huff
Intern

Last Wednesday a new type of movie was released for download on Vimeo. The movie tilted, "Sickhouse" was actually originally posted in 10 second clips to popular social media app Snapchat as the plot unfolded before the eyes of many followers.

"Sickhouse," starring Internet-famed stars such as Andrea Russet, was posted to Snapchat as a story in a series clips. The clips told a story of terror as Andrea and a group of her friends decided to check out a rumored haunted house just outside Los Angeles.

The plot sounds overdone and clichéd, but the catch in this story is that Russet did not tell her fans that the clips were actually a scripted movie. Followers of the youtube star were scared and worried for her safety as the snaps earned over 100 million views. Watching on, the fact that this seemingly terrifying experience is just a movie isn't revealed until the very last snap.

While the plot of this movie has been over done many times over and the first person camera has been around since "The Blair Witch," the one thing that set Hannah McPherson's story apart from others was that it seemed real. Every bit of the acting in the movie appeared to be real to viewers. Russet worried about not telling her followers it was a movie because some were ready to contact the police.

The movie is now available to download for \$5.99 on Vimeo as a completed feature, even including extended footage that wasn't on Snapchat. Although the format is still under the Snapchat language, you wouldn't suspect this movie was ever made via clips on a phone.

With this movie being made via Snapchat and being released as a download, we are left to wonder; how will this affect future films? Today, streaming and using social media are both common aspects of both recreational purposes and for marketing and advertising. This movie was the first of its kind, but could it lead to others following suit?

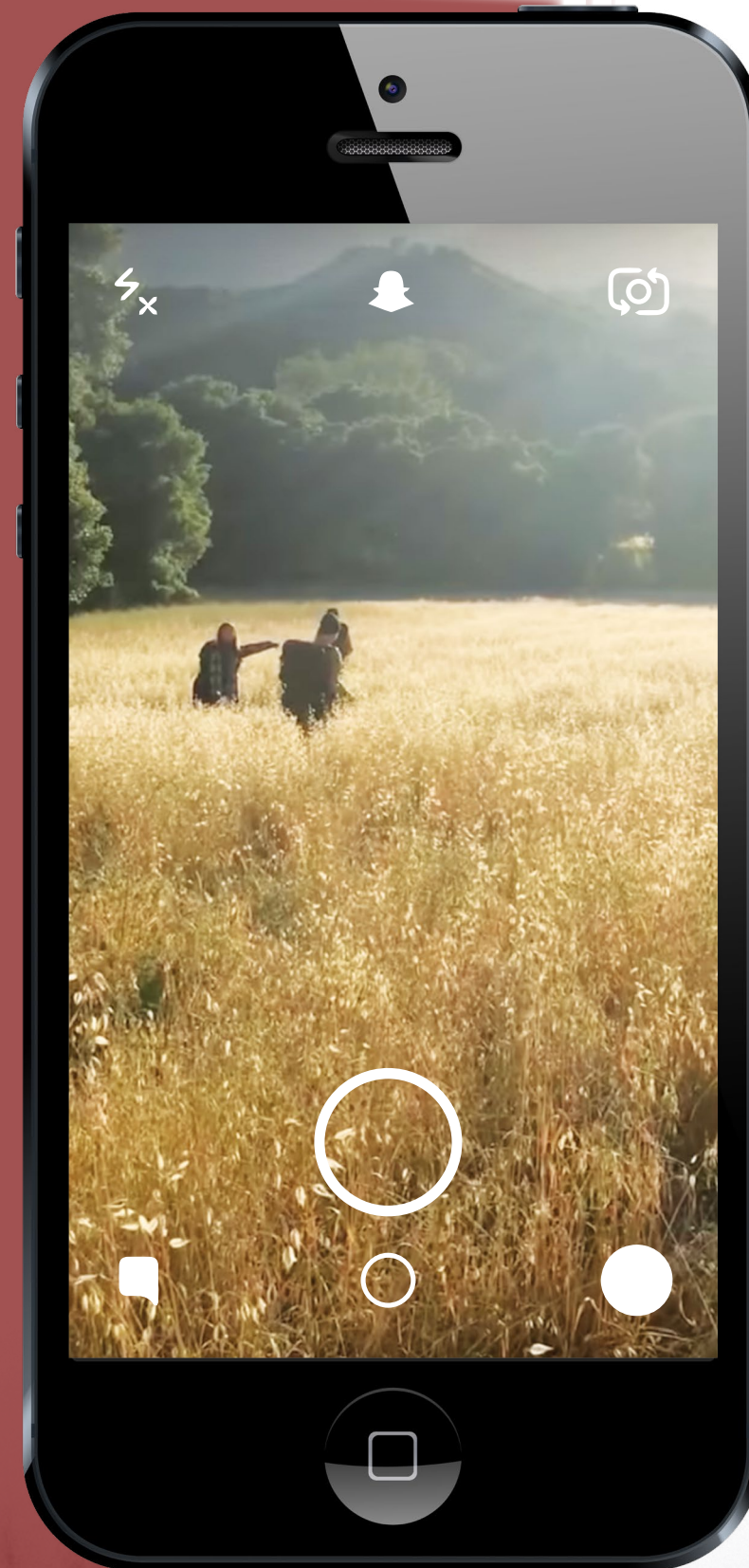
With movies only an app away, movies coming to social media or being filmed by social media means fans can leave their feedback immediately and online.

"If whoever made it is fine with it being posted on social media, who am I to care? More power to them." Says Krystle Wolford via Facebook.

"I see no problem with it as long as those who produced it get recognized and compensated for it." Says Sarai Emanuel.

"I mean I think it makes sense. I feel like people will be more inclined to watch it if it's available as people want to watch it." Says Emily Grapes.

Perhaps in the future, "Sickhouse" won't be the only movie to be made by social media and put available for download on Vimeo. This could be the start of a trend.



Movieclips Film Festivals & Indie Films | YouTube



Your Voice

What type of courses would you like to see Sinclair offer?



Jake Oehlenschlager
Liberal Arts

“Oh, we totally need a film course in this school.”



Andrew Sweeney
Mathematics

“Statistics II.”



Aiden Armogida
Psychology

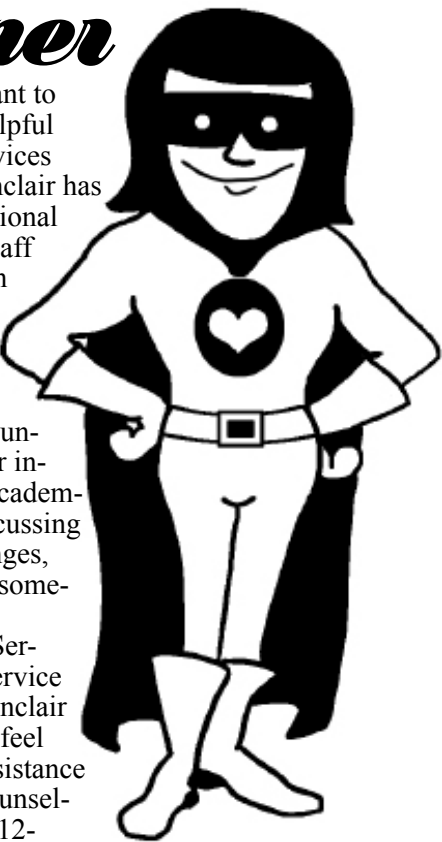
“Paranormal investigation! Yes!”



Adham Davenport
Unmanned Aerial Systems

“A more serious photography program.”

Ombuddy Corner



Today we want to highlight our helpful Counseling Services Department. Sinclair has licensed professional counselors on staff Monday through Friday, 8 AM to 5 PM, to assist students. Some of the reasons students visit counselors at Sinclair include: sharing academic concerns, discussing personal challenges, and just having someone to listen. Counseling Services is a free service for registered Sinclair students. If you feel you need the assistance of one of our counselors, call (937) 512-3032.

We will see you next week! To learn more about the ombudsman, visit www.sinclair.edu/ombudsman.

Contributed by Amy Hartman.

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Advertising Representative
Distribution Coordinator

Applications for all positions are located on the Clarion office door in building 6, room 314.



What would you be interested in seeing more of in the Clarion?

- ☐ National News
- ☐ Campus Events
- ☐ Economy
- ☐ Spotlights
- ☐ Social Issues
- ☐ Other _____

Which social media platform would you keep up with the Clarion on?

- ☐ Instagram @TheClarion
- ☐ Website SinclairClarion.com
- ☐ Facebook Sinclair Clarion
- ☐ Twitter @SinclairClarion
- ☐ YouTube SinclairClarion

Name _____

Phone _____

Major _____

Age _____

Gender _____

Email _____

Do you or someone you know read the Clarion student newspaper?

- If so what is your/their favorite sections?

☐ Campus Life

☐ Tartan News

☐ A&E

☐ Tartan Opinion

☐ Puzzles
- If not, why?

☐ Time

☐ Content

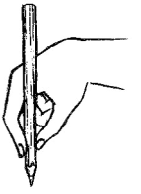
☐ Other _____

What type of coupons would you like to see in The Clarion?

- ☐ Bookstore
- ☐ Local Business
- ☐ Aramark
- ☐ Other _____

Drop off completed surveys at the Clarion office in building 6, room 314.

Clarion Cartoons

Filbert Cartoons
**Created by:
La Bonte**

 For more comics and animation visit
FilbertCartoons.com


How to be basic



Brittany Fletcher
 Designer/Intern

It's that time of year again, y'all!

It's fall, and the leaves are changing colors. Okay, the leaves aren't changing colors yet, and it's barely official. Let's get real though. If the month is after August and ends in -ember: it's FALL!

Since it is officially the best time of the year, this week you'll be learning how to get basic with your life.

The most important thing to know about being basic is that you need to become obsessed with all of the things that are about to be mentioned. Like, you just have to.

The first thing you have to start implementing into your life is the word "like." Use it in every sentence after, like, almost every word. I'll demon-



Contributed by Petr Kratochvil

strate.

"Like, I am obsessed with, like, all the leaves changing, like, colors. It's, like, beauti-

ful!"

Easy enough, right?

The next thing to being basic is adding pumpkin spice lattes, or simply 'PSLs,' to every meal. You need one at breakfast, lunch and dinner. You may even want one in between some of the meals.

I am legitimately obsessed with PSLs. It's becoming a problem. Thankfully there is a Starbucks in our library.

Having an iPhone is fairly essential to being basic, too. The newer the iPhone the more basic you'll become. With the release of the iPhone 7 and iOS 10 update, you may want to hop on the train now if you want to get to Basictown.

Dressing the part is also pretty key to being basic. This isn't an overly complicated concept either. It pretty much consists of four key items.

For your bottom half get some leggings. Black is the most common color, but you're welcome to (pumpkin) spice things up with grey or brown leggings.

On your feet there better be the most basic of basic shoes – Uggs. Again, black is the preferred color, but do you.

The top half of your body is also fairly simple to dress. The basic shirt of choice is just an oversized sweater. The more it hangs off your shoulders

and hands the better. Your armies don't need to fit in their sleeves. (It is actually really comfortable in case you haven't tried it out before.)

To fix your hair in the mornings just throw it up in a messy bun, and by messy I actually mean fix it with a brush and hair-spray but make it look messy.

This is probably the most complicated concept out of the whole dressing basic process.

There are a couple of activities you can do to up your basic factor. If you like being outdoors, go camping and/or hiking. It will keep you fit for all those leggings you'll be wearing.

If you're like me and not a fan of the outdoors, you can build a bonfire and have all your basic friends over for s'mores. I love a hot, melty, gooey s'more. Mmm. Don't forget to have someone bring the PSLs!

Also, if you have a significant other the only thing y'all should ever want to do together is snuggle.

Don't go out to eat together. Don't go see any new movies.

Don't even get out of bed or off the couch.

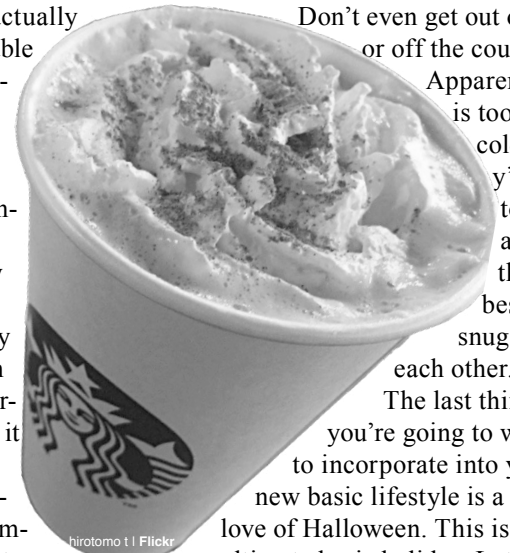
Apparently it is too darn cold for y'all to do anything besides snuggle each other.

The last thing you're going to want to incorporate into your new basic lifestyle is a love of Halloween. This is the ultimate basic holiday. Let your inner fall-obsessed, basic self out into the world.

Go buy all the fall decorations. Go get all the pumpkin spice candy and foods. Go to the pumpkin patch and get as many pumpkins as you can fit in your car.

You can actually use all those unnecessary pumpkins for your bonfire so you can carve basic pumpkins.

When it comes to being basic, it isn't all that hard. Just become obsessed with all the essentials – PSLs, basic clothing and Halloween. Everything else will fall into place. Now get out there and be basic.



hirotomo t | Flickr

Welcome to the weekly "How To" column with intern and designer, Brittany Fletcher. Each week Brittany will be giving you advice on how to do things you probably didn't know you needed to know how to do. Brittany is not a professional at most of these things, so her advice is not meant to be taken 100% serious.

Aramark Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Guest	Qdoba Mexican Grill & FUSIAN	Lee's Famous Recipe Chicken	Panda Express	Bob Evans Restaurant	Gyro Palace
Simmer	Cheddar Bacon Potato Soup Chicken & Pinto Bean Chili	Chicken & Pinto Bean Chili Barley Vegetable Soup	Three Onion Soup Chicken Double Noodle Soup	Broccoli Cheddar Soup Chicken & Pinto Bean Chili	Chicken & Wild Rice Soup Jerk Chicken Soup
Sizzle	Southwest Grilled Chicken Sandwich	Grilled Four Cheese Sandwich	Southwest Grilled Chicken Sandwich	Buffalo Crispy Chicken Sandwich	Garlic Grilled Salmon
Pizzazone	Taco Whole Grain Pizza	Buffalo Chicken Calzone	BBQ Chicken Pizza	Mushroom Calzone	Chicken Parmesan Mini Rolletto
Del	Turkey & Avocado Mayo Sandwich	Buffalo Chicken Sub	Turkey & Avocado Mayo Sandwich	Buffalo Chicken Sub	Turkey & Avocado Mayo Sandwich
This Week's Wrap: Buffalo Blue Cheese Chicken Wrap					

Crossword Puzzle

Across

- 1 Sonic employees
8 Shrinking section at Barnes & Noble
11 Bit of wit
14 Anatomical rings in irises
15 Earth-moving tool
16 Reproductive cells
17 Fishing spot for vacationing Londoners?
19 Upset, with
- "over"
20 Legwear for air travelers?
22 Ruff stuff
25 Lacking
26 Not quite right
30 Until now
33 P replacers, in some lineups
34 Woman's name meaning "white"
38 Smooth, perhaps
39 Retirement party remark ... or a homo-

Down

- phonic hint to four long
Across answers
42 Epps of "House"
43 Computer conveniences
44 [That's kinda funny]
45 Sylvester's genus
47 Radius, e.g.
49 "The Great Escape" setting
53 Lots
54 007 returning from assignment?
- 59 "... quit!"
60 Vacant look?
64 Toondom's Phineas, to Ferb
65 Strauss' "... Heldenleben"
66 Like the edges of some mirrors
67 Dodge City-to-Topeka dir.
68 Mining supply
69 Talked big

Down

- 1 Waiter at a stand
2 LAX stat
3 Bonn : König :: Lisbon :
4 Place of rapid growth
5 Miscellany
6 "¿Qué ?"
7 Very, in Vienna
8 "Carmina Burana" performers
9 "It tolls for thee" poet
10 Wetlands grasses
11 Beat the buzzer, say
12 National alternative
13 Show wonder
18 Email attachment
21 Court action
22 After "Our" and with 54-Down, title for the Virgin Mary based on an 1871 apparition
23 Where many strikes are called
24 Subtle come-on, perhaps
27 Geisha accessory
28 Thin coating
29 WWII White House dog
31 Johnson & Johnson brand
32 Hard-working "little" folk tale critter
35 "30 Rock" network
36 Michael of "Arrested Development"
37 ... vincit omnia
40 Work on a novel
41 System of thought
46 Carpenter's array
48 Access requirements
50 Forum language
51 "... you done yet?"
52 E. Berlin's land
54 See 22-Down
55 African city on the Mediterranean
56 Romaine relative
57 Muffin go-with
58 St. Petersburg's river
61 Space bar neighbor
62 What's found in central Arizona?
63 Byrnes of '50s-'60s TV

Campus Calendar

September 28, 2016

The TEAS Exam - How to Prepare
Building 2, Room 334
3 p.m. - 4 p.m.

September 28, 2016

Volleyball v. Columbus State
Building 8, Gym
6 p.m. - 8 p.m.

September 29, 2016

Business & IT Conversations with Experts
Library Loggia
11 a.m. - 1 p.m.

September 29, 2016

An Evening with Sonia Manzano
Conference Center, Smith Auditorium
5:30 p.m. - 7:30 p.m.

October 1, 2016

Volleyball v. Edison Community College
Building 8, Gym
1:30 p.m. - 3:30 p.m.

Weird Weekly Holidays

September 27, 2016

Crush a Can Day

September 28, 2016

Ask a Stupid Question Day

September 29, 2016

Confucius Day

September 30, 2016

National Mud Pack Day

October 1, 2016

World Vegetarian Day

October 2, 2016

Name Your Car Day
National Homemade Cookie Day

October 3, 2016

Techies Day

Last Edition's Solution

D	R	A	B	I	T	I	S	M	I	D	A	S
I	O	T	A	N	A	R	C	A	C	E	L	A
S	W	O	R	D	F	I	S	H	Z	E	L	I
C	A	N	T	O	O	E	R	U	D	I	T	E
O	N	E	A	R	T	A	M	E	R			
		B	A	B	Y	B	A	C	K	R	I	B
M	O	B	G	A	P	S	R	A	N	S	O	M
E	A	R	L	S	E	E	T	O	A	L	S	O
S	T	E	V	I	E	N	E	O	S	E	E	G
S	H	R	I	M	P	S	C	A	M	P	I	
			M	A	T	E	R	I	N	E	P	T
E	V	I	L	E	Y	E	A	C	A	C	I	A
X	E	N	O	N	R	O	C	K	Y	R	O	A
A	N	D	E	S	E	L	H	I	U	L	N	A
M	A	Y	B	E	O	D	I	N	T	I	O	S

Poetry Pick

The Clarion is accepting student poetry submissions. Email clarion@sinclair.edu to submit your work.

Events and Stories

Do you know of an event or have a story we should cover? Let us know at clarion@sinclair.edu.

Sudoku Puzzle

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow. In a 9 by 9 square Sudoku game:

- Every row of 9 numbers must include all digits 1 through 9 in any order.
- Every column of 9 numbers must include all digits 1 through 9 in any order.
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Every Sudoku game begins with some squares already filled in, and the difficulty of each game is due to how many squares are filled in. The more squares that are known, the easier it is to figure out which numbers go in the open squares. As you fill in squares

correctly, options for the remaining squares are narrowed and it becomes easier to fill them in.

Sudoku Tips: Start by looking for numbers that occur frequently in the initial puzzle. For example, say you have a lot of 5's in the initial puzzle. Look for the 3x3 box where there is no 5. Look for 5's in other rows and columns that can help you eliminate where the 5 might go in that box. If there is a 5 in columns 1 and 2, then there can't be a 5 anywhere else in either of those columns. You know then that whatever leftmost 3x3 box that is missing a 5 must have it go in column 3. If you can eliminate all the possibilities in that box except for 1 square, you've got it down!

	4			9		6		
					6		3	
7						8	9	5
		5	4			9		3
				7				
8		3			1	5		
5	8	2						4
	1		6					
		7					2	

Last Edition's Solution

8	1	6	7	3	5	9	2	4
2	7	4	9	6	8	1	3	5
3	9	5	1	4	2	8	6	7
1	4	2	3	5	9	7	8	6
9	6	3	8	1	7	4	5	2
5	8	7	4	2	6	3	1	9
7	2	1	6	9	3	5	4	8
6	3	9	5	8	4	2	7	1
4	5	8	2	7	1	6	9	3

Horoscopes



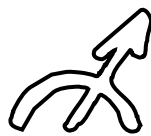
Libra: Sept. 23 – Oct. 23

Improve your family's living situation over the next six weeks, with Mars in dutiful Capricorn. Make plans while you clean closets and clear clutter over the next two days.



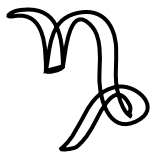
Scorpio: Oct. 24 – Nov. 21

Team projects go well today and tomorrow. Enjoy a party phase. Education and exploration are key themes over the next six weeks, with Mars in Capricorn.



Sagittarius: Nov. 22 – Dec. 21

Face a professional test or challenge today and tomorrow. Dedicate action toward making money. The next six or seven weeks could get lucrative, with Mars in Capricorn.



Capricorn: Dec. 22 – Jan. 19

You're spurred to act. Venture farther today and tomorrow. Your personal and physical power grows over the next six weeks, with Mars exalted in your sign. Develop new skills and old talents.



Aquarius: Jan. 20 – Feb. 18

Reduce and minimize excess clutter for about six weeks, with Mars in Capricorn. Clean closets, garages and attics. Enjoy your renewed, peaceful space. Revise the budget today and tomorrow.



Pisces: Feb. 19 – March 20

Romance with your partner simmers today and tomorrow. Pour energy into a team effort over the next six weeks, with Mars in Capricorn. Together, anything's possible.



Aries: March 21 – April 19

For about six weeks, with Mars in Capricorn, move forward boldly. Pour energy into your career. There's more work coming in over the next two days. Stretch before repetitions.



Taurus: April 20 – May 20

Travel and exploration call to you for a few months, with Mars and Pluto in Capricorn. Articulate and follow long-term plans. Invite someone special along today and tomorrow.



Gemini: May 21 – June 21

Take action to grow joint accounts over the next few months. Pull in a fat harvest. Focus on increasing savings. Focus on home and family today and tomorrow.



Cancer: June 22 – July 22

Study the situation today and tomorrow. Summarize your views. Move into a new level of partnership over the next month and a half, with Mars in Capricorn. Share responsibilities.



Leo: July 23 – Aug. 22

Provide excellence. For over a month and with Mars exalted in Capricorn, work faster and earn more. Release stress through rest, meditation and exercise. Today and tomorrow especially get lucrative.



Virgo: Aug. 23 – Sept. 22

Take action for love over the next six weeks, with Mars in Capricorn. Instigate romance or diversion. Deeds speak louder than words. Gain options with strength today and tomorrow.

Linda C. Black Horoscopes: by Nancy Black. Distributed by MCT Information Services

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The Official Student Newspaper of



Opening a dialogue



Brittany Fletcher | Designer/Intern

Islam continued from front they were born into the faith or if they converted to it. Also, what their experience has been like up to this point like the challenges they have faced being [Muslim] in America. We're trying to make it clear to folks that to be religious in America, we tend to think that it's a very easy thing to do and that we're open to all religions—but for Muslims, it's not necessarily that way" added Lindstrom.

The speakers consisted of Dr. Ribhi Daoud who is an Economics professor here at Sinclair, Dr Marylin Fischer who taught Philosophy at the University of Dayton for many years but is now retired, Professor Jerry Eddy who has taught First Year Experience for eight years now here at Sinclair, Ms. Rukhi Jan who has been at Sinclair for 15 years and finally Professor Faheem Curtis-Khidr who is a professor in the History Department.

After the presentation, a panel opened up for audience members to comment or ask questions. Some shared their own personal perspectives of Islam.

"We hope these folks help people see that this is what true Islam looks like, and not what headlines on the news" Lindstrom commented.

The program's purpose was to help people understand what being Muslim in America is like. It was also an opportunity for people who may not know much about Islam to ask questions about the religion. Students and faculty engaged in conversation and showed respect for the religion and Muslims.

International Day of Peace opened up new perspectives of Islam for students and staff here at Sinclair. For any questions, contact Rev. Larry Lindstrom in the Campus Ministry office located in Building 10, Room 310.

Creating a happy reality

Happy continued from page 2

privacy of our own minds creates the reality of our lives.

6. A fear of change

Change is the only constant in our lives. There are no exceptions. Try to think of even one thing that never changes! Embracing (or just being OK with) change is a massive factor in living a happy life.

7. Complacency

People who live full lives push themselves on purpose. They understand that stretching personal boundaries and making progress is rewarding and fun. When was the last time you did something completely new or set the bar higher for yourself?

8. Clutter

I love to declutter! There is no better way to spend a rainy day (OK, besides watching Netflix) than cleaning out a part of your home you've neglected. Decluttering includes closets, paperwork, jealous friends, even apps and inboxes. Simplicity is heaven. Try it!

9. Trying to please every-

one

Overusing the word yes is draining. It's exhausting. And believe it or not, it's bad for everyone involved. When you say yes to something you secretly want to reject, you're saying no to your deeper needs. And you're allowing anger and resentment to build up over time. Remember: Wanting someone else's approval is the worst reason to be a yes person. A yes should feel like freedom!

10. Comparing yourself to others

Comparison is selective, exaggerated and unreal. We have no idea what is going on in other people's lives. We may envy someone's financial success but be unaware that their child is struggling with bullying or that their marriage is falling apart. Instead, stay busy appreciating your own good fortune and being grateful for the positives in yourself. (They're there, I promise.)

11. Worrying

Happiness researcher Shawn Achor says, "Adversities, no matter what they

are, simply don't hit us as hard as we think they will. Our fear of consequences is always worse than the consequences themselves." Worry just robs the present moment of its joy. And the present moment is all we've got.

12. The BS belief that your dreams aren't possible

So often we bury our gifts, follow a "safe" path or simply do not have the courage to pursue what we really want. This results in a lot of regret in the future and dullness in the present. I heard once that the definition of hell is when the person you are meets the person you could have been. Our inner voice knows when we're settling and does not go away even when we do our best to tune it out.

13. Procrastination

The best way to do something it is to do it. Take risks. What are you waiting for? Instead of dwelling on what could go wrong if you get a new job/move to a new city/train for a triathlon, ask yourself: What is the best that could happen?

Something on your mind?

Brain continued from front

ensure when they operate on a patient, they are effectively treating them and avoiding high-risk situations.

With a two-year degree in Electro-neurodiagnostic Technology at Sinclair, students with gain special skills in electroencephalogram (EEG), intraoperative neuromonitoring (IONM), evoked potentials (EP), nerve conduction studies (NCS), long-term monitoring (LTM) and polysomnography (PSG)," Struewing said.

electroencephalogram is used to record electrical activity in the brain so it can diagnose symptoms and evaluate health.

Intraoperative neuro-monitoring is used to monitor the patient's nervous system during a surgery, so the neuro-diagnostic technician can inform the surgeon on the patient's state.

If a degree in Electroneurodiagnostics is something you would like to pursue or consider, go to Sinclair's website, talk to your advisor or email Melissa Struewing if you have any questions.

