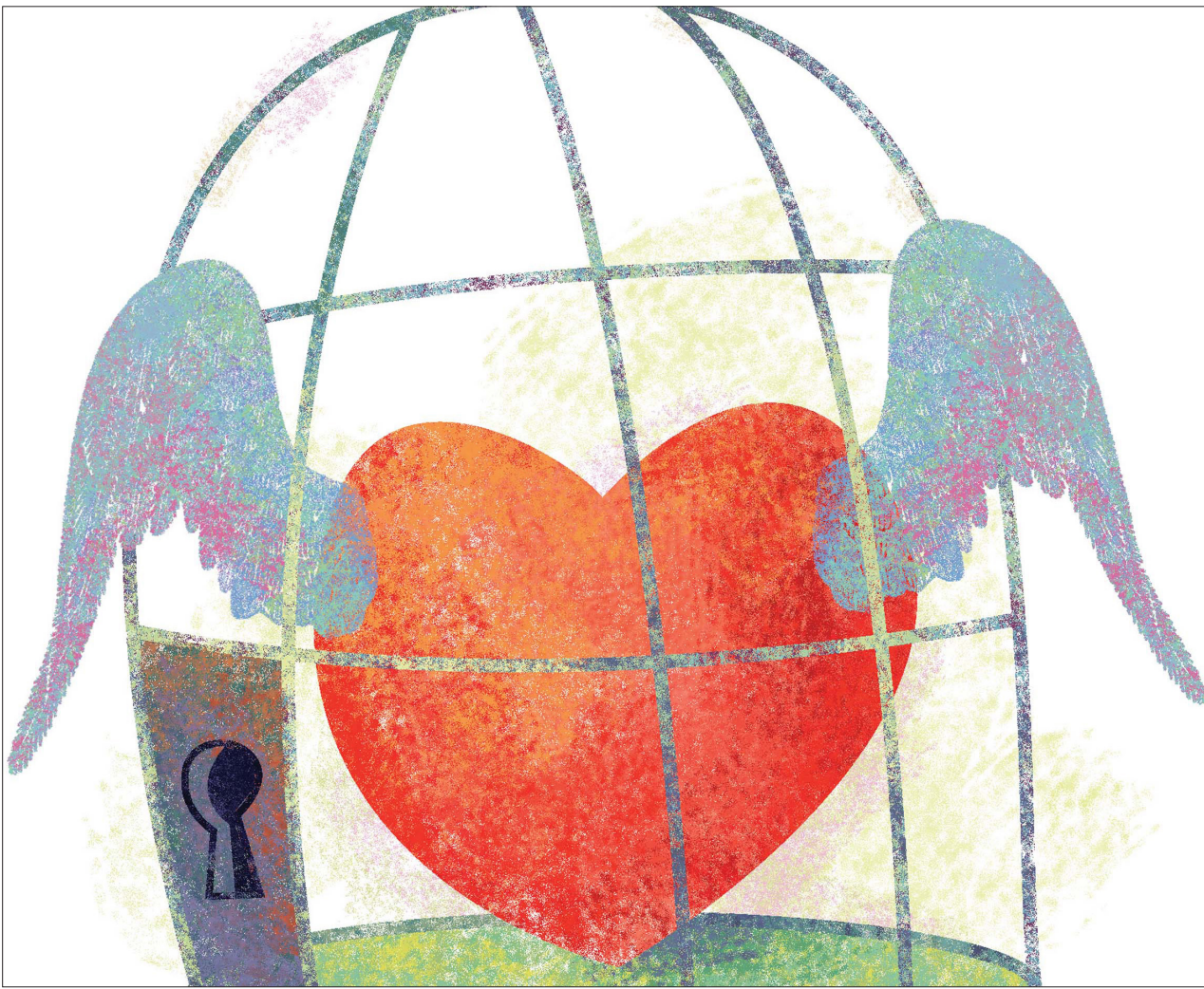


My Voice Stars and barred page 4	Poetry Pick Muddy Hill page 4	Dear Gabby Crazy vet lady page 5	Arts & Entertainment Shall we dance? page 3	Blast from the past The Splat page 3
---	--	---	--	---

VULNERABILITY: WEAKNESS OR STRENGTH?



Tribune News Service

Gabrielle Sharp
Executive Editor

Imagine a sealed box, tightly closed away from any possible connection; now picture a heart in the center, away from any human interaction. According to Brené Brown, author of Daring Greatly and new book, Rising Strong, said when people fail once or fear the possibility of

connection, they hold themselves back. Brown said the so-called imperfections and experiences block people from life’s purpose. “Connection is why we’re here; it is what gives purpose and meaning to our lives. The power that connection holds power in our lives was confirmed when the main concern about connection emerged from the fear of disconnection; the fear that

something we have done or failed to do, something about who we are or where we come from has made us unlovable and unworthy of connection,” Brown said. As people begin to experience more, their emotions grow and evolve based on their understanding of connection and worthiness, according to Brown. These emotions not only cre-

ate thoughts, but also establish standards for behaviors. “The self-conscious emotions are powerful motivators of human behavior,” Michael Lewis, author of Handbook of Emotions, said. Emotions are strongly dependent on our environment and culture, according to Lewis. How people develop from children to adults sets personal standards with how they express themselves. Brown said, unlike adults, children have strong spirits—life is still sparkling with curiosity; they don’t mask the negativity. They feel the emotions and then move on with creating new experiences. As adults, the moment we feel uncertainty, fear, or shame, we shut down, according to Brown. “Vulnerability is not weakness, and the uncertainty, risk and emotional exposure we face every day are not optional,” Brown said. “Our only choice is a question of engagement. Our willingness to own and engage with our vulnerability determines the depth of our courage and the clarity of our purpose; the level to which we protect ourselves from being vulnerable is a measure of our fear and disconnection.” Along with the creation of self-conscious emotions, behavioral acts also have a role in the blockage of painful emotions. Robert Plutchik, psychologist

and professor at The Albert Einstein College of Medicine said verbal reports of emotion influence behaviorism. Emotions may be repressed, inhibited or conscious, according to Plutchik. Language itself is ambiguous; this results in people not knowing the differences between fear and anxiety, guilt and shame, or envy and jealousy. As a result of repressing feelings, physical behavior changes. This means feelings are connected through events and situations that motivate actions. Emotions generally have an underlying cause that trigger physiological awareness. This means not only are emotions culturally scripted, they are also personally manipulated. Even though actions show emotions, the brain is the controller. The structure of our brain has the ability to influence thoughts from our conscious and unconscious mind. Larry Cahill, neuroscientist, said emotions are stimulated by concealed memories. People’s behaviors are guided by the interaction of the brain and the body. Cahill said the cause of emotional impulses have to do with the prefrontal cortex, which sets emotional tone. These differences and brain impulses are the root of self-concept. According to Brown, people start to self-regulate emotions

Vulnerability continued on page 6

International Series: Mongolia



Dr. Brenard Gross | Wikimedia

Ehron Ostendorf
Copy Editor

Sinclair will host an “International Series” consisting of professors who have travelled abroad immersing students in the culture and customs of other countries. There are three presentations; The first event was September 16 on the topic of Mongolia by Katherine Rowell, The second event will be October 21 on the topic of

Puerto Rico by Yolanda Burgos-Olinger, and the third and final talk will be November 18 on the topic of Iceland by Mohsen Khani. Each talk will provide traditional food that relates to their visited country. All presentations will be from noon to 1:00 p.m., in Building 8 on the stage. The first presentation consisted of Mongolia, where Katherine Rowell, professor of Soci-

ology and Cultural Anthropology at Sinclair, took a 10-day journey to Mongolia in August. Mongolia is the second largest landlocked country in the world resting between China and Russia within Asia. Rowell said imagine not having any access to seaports, no ocean, and no beaches. Professor Rowell said it took her a day of travel to get there and a day of travel to get back. She landed in the capital city of Ulaanbaatar, commonly known as simply Bator by the locals.. The population of Mongolia is about 3 million people, and Rowell said half of that population resides within the capital city. She spent half the week of her visit at the North-East Asian Conference on Peace with a colleague and friend of hers. Rowell said that there were only three other Americans present at the conference. The conference was presented in English, even though that is the second language to the

International continued on page 6

Tartan ballers

Afi Ntolono
Reporter

As the season is approaching, the Tartan Men’s Basketball Team is also preparing mentally and physically. Sinclair men’s basketball team has been preparing for the season with 12 new recruits and five returning players. Jalen Robertson, who is one of the Tartan’s returning players, seems really excited and ready this season. He was raised in Virginia and graduated from Franklin County High School while also playing for an AAU team called the Brand X. Being recruited for Sinclair last season, Robertson had to make a lot of changes in his game. “The first year was kind of different, as far as having a lot of guys first semester and then only coming out to about 7 guys second semester. It became harder, you know having to play against teams with more players. We had to go out there and we had to work harder, which was difficult, but we made it through the conference semifinal with only seven players,” Robertson said. “At the

end, I thought overall with that many guys it turned out to be a very successful year.” Robertson said he personally felt like he improved throughout last season. “I feel like I grew a lot this year compared to last year. As far as my improvement, I feel as if I’ve improved on my strength—my offense has gotten a lot better. I’m able to shoot without worrying. I’ve become a smarter player overall,” Robertson said. As a power forward and also a center, Robertson was ranked Top 10 in the country for blocks, and also led the conference in blocks. He describes his skills of playing as “I am more of a defensive player, very aggressive, unselfish and coachable.” He said he believes hard work beats talents, and is willing to work hard until he is recruited by a four-year university next fall. Sinclair has another returning player, Caleb Walker, who is a small forward for the Tartans. Walker, a former graduate from Gahanna Christian Academy in Columbus Ohio, was recruited for Sinclair last year. Walker

also played for an AAU team named Hitten Gyms. This will be his second year playing for Coach Price. Ready for the season to start, Walker has been preparing himself mentally and physically. “Compared to last year, I believed that I’ve improved more on my confidence. My goals this year is to do my roll that would be to be more aggressive on offense, and as well as defense—doing whatever coach wants me to do,” said Walker. New recruit, Reshadd Harris, is a former player for School of Craft Community College. This will be Harris’ first year and also last year at Sinclair Community College. He graduated from Michigan Collagen high school in 2010, where he earned his basketball scholarship to School Craft Community College. It’s been a long year for Harris because he said he hasn’t been on a college basketball court in four years. “It took me a long time to grow mentally, and now that I’ve finally got my act together I’ve decided to return back to what I love the most, which is playing basketball. Going through all that I’ve been through

Stick to practical professional objectives. Postpone brainstorming and dreaming. Don't react blindly. Think over your moves. Play by the rules. Choose private over public engagements. Travel would interfere with your work. Advance methodically.

The Splat!

Emily Culbertson
Reporter

90's kids rejoice! Nickelodeon is bringing back a blast from the past, all your favorite shows from the 1990's! That's right, you read that correctly we are going to see all our favorites again. However, there is a lot of speculation that is flying about The Splat. Social media has been booming with this news so much that it has been trending for the past week, but there are a lot of questions popping up, such as, what shows will they play? Will it be a channel or a TV series? Are they going to renew old shows? Will they remake them? And so on, but Nickelodeon has not released any information about any of these questions besides that they want to release The Splat in October. They have just released a link to the website for The Splat but all it states is, "Coming soon" with a picture of the logo. So, if you have been wondering about the new Facebook gossip of the fate of your favorite old show, just know it is happening.

Variety has just recently done a story about The Splat as well, only they are giving us some terrifying information about our childhood shows. Variety has stated that, "Rocko's Modern Life, Salute Your Short, and The Secret World of Alex Mack",

will be the only shows it will bring a spotlight around. They also went on to claim that big hits

idea by showing newer shows. While iCarly, Victorious, Drake & Josh, and Zoey 101 were all great hit shows, they aren't exactly what Teen Nick was first based around. All of those shows we have grown up with, but they all released in the mid 2000's, not the 1990's. I believe Nickelodeon wants to start The Splat because their ratings are down with the new shows they've produced, so they want to bring back what made them into "TV gold" back in the day.

There have also been speculations floating around that The Splat will bring back the old shows but not as we knew them. Multiple sources have been claiming that "Nick was going to revamp their old shows" meaning give them a face-lift. They will take the shows that we love and give them new storylines and twist the situations for kids today to understand and fit in with. None of these speculations have been settled or clarified with Nickelodeon as they have not released any information on The Splat. So let's just hope all our favorites will return this October and we won't have to wait until 12 in the morning to watch them! If you want to look more into The Splat, you can follow them on Twitter @thesplat or go to their website, www.thesplat.com but remember they are being very secretive about what is to come.

from the 90's such as The Rugrats, Hey Arnold! and CatDog along with many more will not be included in what Nick is planning. Don't freak out just yet though because if you go to the website they just released for The Splat, then you will see that it is back shadowed in their mega hits from the 90's which include the shows Variety has stated it will not be in it. Variety has also been calling The Splat a "series" while Nickelodeon has not given us any info on if it's going to be a solid channel dedicated to what gave them their big name or just a mini-series.

Here is why I don't believe it will just be a mini-series. Teen Nick already shows their most popular hits from the 90's, but you have to wait until 12 a.m just to watch one of your favorite old shows. While Teen Nick was made to center around the teens and give us the old shows we grew up with, they have been slipping up with that

Shut up and dance



Contributed by Pexels

Gabrielle Sharp
Executive Editor

Dance like no one is watching, right? So while you're in your bedroom working on your moves, here are some dance trends to help you become a dancing diva. Technology and style are always evolving, and so is dance. In order to steal the show, you might want to freshen up on what is hip and what is not., and also review some old school moves. Here are some dance trends to keep you on your toes:

The Whip:

This new dance has gone viral since rapper, Silento's song, "Watch Me." This dance move is created by lifting the knee and dropping it, and then using the opposite arm straight out from the shoulder as if you were driving a car.

The Shmoney:

Created by Brooklyn rapper, Bobby Shmurda, when it was performed in his music video. This dance is for the not-so-coordinated person. This simple dance move is created by moving forward and back repetitively, while using your arms in different positions of your choice.

The Nae Nae:

Like every dance trend, the Nae Nae was first performed by Atlanta rap group, We Are Toonz. This movement is created by rocking back and forth, between one leg to the other, while swaying the upper body back and forth. While swaying, the right arm is straight up with the palm facing up. This dance is usually added with freestyle and

then four counts of the Nae Nae.

The Dougie:

This hip-hop dance was first created in the 1980s. Once Cali Swag District released their song "Teach Me How to Dougie," the dance made a comeback. This dance consists of swaying back and forth, while leaning to the right and the left twice. Once you master the feet, then you can add in the arms, which consist of running your hands over your head or through your hair.

The Cat Daddy:

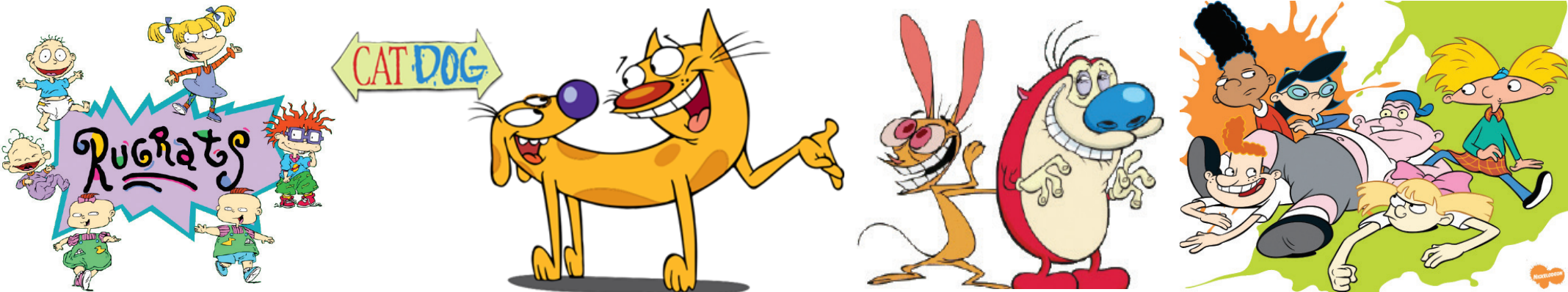
This dance craze went viral in 2011, when The ReJ3ctz released their single, "Cat Daddy." Although the group had already created the move, it wasn't until Chris Brown performed this move that made it famous. This dance consists of two main motions. The first move looks as if you are buckling a seatbelt on both sides, and then finishes with the motion of rolling a wheelchair.

The Stanky Legg:

This dance became popular in 2008, when GS Boyz released their song, "Stanky Legg." The main motion of this dance craze is created by moving the right leg in a circular motion, while leaning to the left, and then repeat on the other side.

Hit The Quan:

This dance was first performed by Rich Homie Quan in his video for the song "Flex (Ooh, Ooh,Ooh), but was made popular by Vine. Many videos of this dance have been produced, from college kids to newscasters.



== Fall movie guide ==

Jimaur Calhoun
Arts & Entertainment Editor

Even though "Summer Blockbuster" movies have come and gone, it does not mean that the time for movies is over. Here are some films that may catch your eyes for the upcoming fall season.

"Hotel Transylvania 2" comes out September 25. It is the sequel to the 2012 children's film. Returning cast include Andy Samberg and Selena Gomez as well as Adam Sandler voicing Dracula. In the film, Dracula has opened his hotel to both humans and monsters, but he has fears that his grandson, Dennis, voiced by Asher Blinkoff, is not showing any signs of vampirism. This drives Dracula to call on help from his friends, which include Frankenstein, voiced by Kevin James, to put Dennis through "monster boot camp". Genndy Tartakovsky,

the creator of "Dexter's Laboratory and Samurai Jack", directs the film, it is rated PG.

"The Martian"

premieres on October 2. Matt Damon stars as the titular Martian, Mark Watney, an astronaut who is accidentally stranded on Mars after a freak storm, causes his crew to leave the planet. While making the best with what he has, Watney is able to make contact with NASA, which works tirelessly to bring him back. The film co-stars Kate Mara, Donald Glover, Kristen Wiig and Jeff Daniels, directed by Ridley Scott. The movie is rated PG-13.



Contributed by Simon Breese | Flickr

"Pan" will be released on October 9, starring newcomer, Levi Miller as the boy who would become Peter Pan. Spirited away to Never Land, Pan befriends Tiger Lily, played by Rooney Mara, and others, while battling the likes of Blackbeard, played by Hugh Jackman of "X-men" fame. The film is directed by Joe

Wright and is rated PG.

"Scouts Guide To the Zombie Apocalypse" will be released just in time for Halloween on October 30. This horror comedy stars Patrick Schwarzenegger, son of actor and politician Arnold Schwarzenegger, as one of three boy scouts who go on a camping trip

together only to discover the next day that a zombie outbreak has reached their city. Together, the three friends have to use whatever they can to save their town. Blake Anderson of "Workaholics," Cloris Leachman and David Koechner co-star, and is directed by Christopher Landon. This film is rated R.

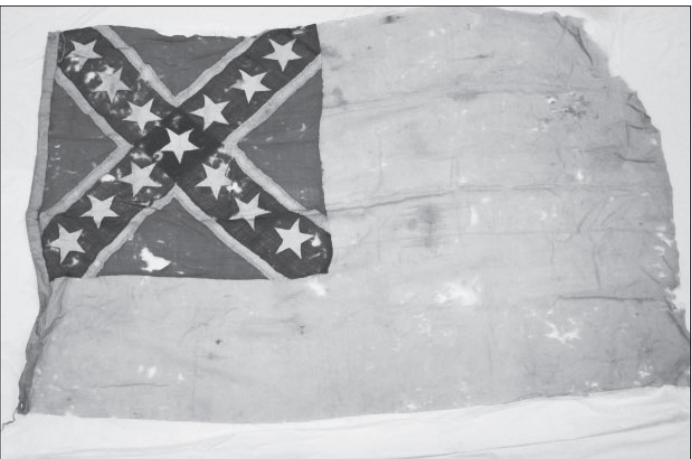
"Spectre" is the much anticipated James Bond film. Daniel Craig returns as the secret agent who, following a message directly for him, goes on a hunt to uncover the sinister truth behind Spectre, an evil organization that has been his on and off adversary since

the beginning of the Bond franchise. Christoph Waltz, Monica Bellucci and wrestler Dave Bautista co-star and the film is directed by Sam Mendes. The film is rated PG-13.

"Hunger Games"

will come out on November 20. Based on the young adult novels by Suzanne Collins, "Mockingjay," starts where part one left off as Katniss, played by Jennifer Lawrence, is given the title of Mockingjay, which is a symbol of hope and rebellion. Katniss uses this title to lead a revolution, with the rest of district 13, against the oppressive Capital. Julianne Moore, Liam Hemsworth, Elizabeth Banks and the late Philip Seymour Hoffman co-star. The movie is directed by Francis Lawrence, who previously worked on earlier Hunger Games movies "Mockingjay part 1" and "Catching Fire." The movie is rated PG-13.

MY VOICE



Contributed by Naval History and Heritage Command

Barton Kleen
Managing Editor

September 21-Fairmont High School in Kettering, Ohio made headlines after the involvement of the NAACP resulted in a policy change for student’s expression of free speech on campus. The Confederate Flag, or more specifically the “Stars and Bars” is no longer to be flown at any time on school grounds.

Superintendent L. Scott Inskeep made remarked in defense of the policy change, which arose after a parent filed a complaint with the local NAACP unit:

“If somebody wants to fly the Confederate flag, that’s fine,” Inskeep said. “That is their prerogative, as long as they do that when it’s not on school property or on grounds that offends or affects other people and other citizens when they are conducting work.”

Tinker v. Des Moines may come to mind, where students went to the Supreme Court for being suspending after wearing black armbands in class to protest the Vietnam War. The ruling upheld the student’s rights to display their protests on the grounds that the armbands were a quiet, passive, non-disruptive act of speech.

The decision of the Supreme Court also hinged on two other elements: First Amendment rights are available to both students and teachers, with certain necessary restrictions to maintain the characteristics of a school environment, and that “a prohibition against expression of opinion, without any evidence that the rule is necessary to avoid substantial interference with school discipline or the rights of others, is not permissible under the First and Fourteenth Amendments.”

Fairmont’s policy used

to allow the flying of Confederate flags on student vehicles before the hours of school and after, but has since been done away with.

According to Inskeep, the flying of the flags by five student vehicles was offensive and thus disruptive--justifying the ban of this expression of free speech on campus.

Does the mere flying of a flag constitute an environment that is unreasonably affecting students? To get an idea, the National Center for Educational Statistics reports that students ages 12–18 experienced about 1,420,900 nonfatal victimizations (theft and violent victimization) at school, compared with about 778,500 nonfatal victimizations away from school. No flags violently victimized, fatally injured students.

This is not to say that only violent victimization characterizes an unsafe environment, certainly not. NCES also reports that for 2013, 3 percent of students ages 12–18 reported that they were afraid of attack or harm away from school during the school year. So far, things are looking up for the perception of safety in school for children.

Is censoring a flag keeping those students that do feel concerns for

their safety, safer? If the presumed reason for the banning of the flag due to connections to racism and prejudice, then does keeping a flag off campus prevent those with racist thoughts from acting on racist thoughts? No, it certainly does not. A flag is a symbol, and the Confederate flag is one such symbol with a complex past and future.

What a privilege it is to live in a society in which what affects you is a piece of fabric strung up on a truckbed above all else. But this privilege goes deeper than that. The complaint’s worries are merely that of the thoughts of others, openly expressed lawfully. Not the actions.

I don’t think I’m in alone in the belief that a world in which racist thoughts are kept to themselves is a lot more preferable than a world in which racist actions are permitted, and a lot more realistic than believing that people will somehow not be affected by confirmation bias.

Racist speech is free speech; we don’t have to look much further than Brandenburg v. Ohio for that ruling. If a person has racist thought, which I would contend is impossible not to no matter how much someone may want to deny it, would it be preferable for them

to polarize society and worsen race relations or to invest as a society in a system that both protects the rights of all individuals while simultaneously preventing racism in action? The choice to me is simple.

But protecting people from the actions of racism is not the goal of those who propose that the Stars and Bars be prohibited on school grounds or for sale or elsewhere. These avid, convenient historians are not after the empowerment or protection of the individual, instead they aim for the thoughts of the masses all the while acting as if their goals are any different from that of a supremacist.

The issue is not the flying of the Confederate flag, the issue is not what the actual intent of flyer is, the issue is that free speech that is disliked becomes persecuted as if those who said it are without their constitutional rights. If you do not think a certain, specific way—a way that conveniently aligns exactly to the cultism of the politically correct agenda—you no longer have rights, apparently.

The NAACP unit in Dayton will work with Kettering to provide diversity training amid the ruckus of an often wrongly-assumed-to-

be-held opinion being displayed. The “diversity” training will do what diversity training does, which is simply to silence and reduce the actual diversity of thought.

What about preparing students for the reality that in a society that values freedom, including the freedom of speech and thought, students with a race—all students—must learn to tolerate the right of others to their own thoughts? This includes dealing with the situation that people are not going to sympathize with your every thought or go along with your every idea. Learning to deal with potential racism, among other scenarios of conflicting beliefs, is more valuable to each person than remaining ignorant solely because “Well in a perfect world there would be no racism!”

This is the real world. And being prepared to deal with a diverse marketplace of ideas includes the reality that racism is allowed to remain in the minds of any person. And it should be. That is diversity of belief. Apparently there is just no tolerating another person’s rights, even when they aren’t legally allowed to infringe on yours.

Stars continued on pg 5

POETRY PICK

Muddy Hill
by Nathanael Greene

Trudge up this sludgy hill
Where it leads, I cannot tell

For I am but a warrior covered in mire

Soldier of war, soldier of work, or simply a soldier of life?

It matters not the war I fight, for this battle is my plight

The rain pelts my face with this hefty pace.

Against the oncoming machine gun fire, I still rise

Why can't I cease in persistence up this hill?

I haven't a clue, but what I can say is this:

I will continue forward, steadfast against the raging storm

Ever further, up this muddy hill.

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

Finish Strong with Us.

wittenberg

SCHOOL OF COMMUNITY EDUCATION

EASE OF TRANSFER

We accept the Ohio Transfer Module.

50% TUITION DISCOUNT

Scholarship with Phi Theta Kappa Membership.

Hybrid course delivery (@Witt@home) via a combination of in-class and online sessions.

EVENING PROGRAMS INCLUDE:

- ORGANIZATIONAL LEADERSHIP ■ BSN COMPLETION
- CRIMINOLOGY AND CRIMINAL JUSTICE

In addition to our evening degree completion programs, we offer day programs in over 30 fields of study.

FOR MORE INFORMATION

Please visit our website for additional program offerings at www.wittenberg.edu/sce or call 937.327.7012.

clarioncartoons



“DEAR GABBY”



Dear Gabby,

I am a veterinarian tech at Miami Jacobs here in Dayton. I love dogs, cats and just about every animal on the planet. I am dealing with a huge problem right now. I hope you can help me.

So I work night shift at the pet shop. Every time I come into work, all of the animals are so excited to see me, but they start to talk to me every night. The problem is they only sing one song...Sam Smith’s Stay With Me. It’s really annoying now and I don’t know how to get them to sing another song. What should I do?

Sincerely,
Crazy vet lady

Dear Crazy vet lady,

Wow, it seems like you have a huge problem—here are some tips that I hope will help you out. Animals love music. There is a study called Zoomusicology. It’s basically a combination of zoology and musicology, which studies music and animals.

According to Discover News, animals prefer specific music that varies in tones, pitches and tempos. Contrary to the belief that animals like the same music humans do, dogs and cats in particular follow the frequency range of different music. So even though you might like one song, doesn’t mean the other animals will like it.

Sam Smith’s music might really hit the tones and pitches

perfectly for the dogs and cats in the pet shop. Maybe try talking to them and using different sounds and music to see how they react. Sometimes introducing them to music will help.

As humans, when we hear music it automatically gets stuck in our heads—maybe animals are the same way. You might need to play new music so that they start hearing new sounds. It might help them get the tune out of their head—try introducing new music each week, this will give them variety.

Good luck,
Gabby

“Dear Gabby” is written by Executive Editor, Gabrielle Sharp. The views and advice expressed in “Dear Gabby” replies are solely the opinion of Gabrielle Sharp. They are not reflective of the Clarion or Sinclair Community College. Gabrielle Sharp is not a professional counselor, and her advice shouldn’t be taken as such. If you think you are in danger of hurting yourself or others, please visit a professional counselor.

MY VOICE

Stars continued fom pg 4

Imagine if we applied that way of thought to the rest of our decision-making. Accepting the idea that if someone finds something offensive, it is justifiable to no longer be able to function. I want to call into work offended.

While Inskeep does seem to have the school’s functioning as a whole at the top of his priorities, the judgment call to resort to diversity training—“you can’t think that training”—all because around five students flew the Stars and Bars along with the Stars and Stripes on their vehicles on school grounds is rightfully subject for scrutiny.

Fairmont might as

well take down the Stars and Stripes, if the decision or perceived offense and disruption had anything to do with slavery, war, atrocities against human rights and conflict. I can assure you that if any flag can be perceived as a symbol of racism or injustice, the current flag has flown longer and higher.

The rainbow flag should probably be taken down too, seeing as the expression of something even wrongly believed to be controversial is deemed offensive and disruptive. Somehow I don’t see schools enacting that policy equally, and as that is the case I am to believe that there must be something different about the scenarios, not in content but in

administration.

That ban on students wearing cat ears and certain types of clothing has clearly resolved the problematic cat-persons and wearers -of-spaghetti- straps that have long kept Fairmont from glory.

Why pick a bone with Kettering? Because it’s not about Kettering. Sure, there have been rather questionable bans and policies, but there’s no point in trying to call that out. We have to really look at our school systems as communities, and in Fairmont’s case that means sometimes making hard calls. I believe Inskeep made one such call.

When something like this happens, if something is affecting a community, there needs to be communication between those that operate and those that attend or entrust their children to the school. Part of that

communication needs to include taking a hard look at what the policy changes are going to do, how the decision was reached, and how it relates to the rights of both students and officials.

Will diversity training help? Perhaps, if the training actually teaches people how to function as individuals in a society. Expecting to never have to deal with things you find offensive is certainly not in the best interest of students. I will try and give the benefit of the doubt that even more tax dollars aren’t simply being wasted perpetuating hysteria and career-racism.

Remember that every dollar spent on identity politics is one subtracted from a child’s education, subtracted from aid to the poor and the sick, chipped from the defense of our country and our allies, and another dollar

in the pocket of corporations and organizations that benefit from perpetuating divisive legislation and policy. But it was all worth it to deal with the problematic vehicular-antebellum-mechanized-racism that plagues our parking lots.

What it boils down to is that being offended does nothing. If you encounter something, and your only response is that you’re offended and not to articulate your thoughts, what worth is there to it? If an argument can’t be constructed against something, I’m not going to give it merit for simply wasting time and certainly not going to base my policy around it.

There truly is no merit in being offended. The statement is meaningless. You can take offense, you can feel offense, but someone cannot offend you without your par-

ticipation and intent. You are in charge of your response. The entire essence to being offended is entirely socially constructed, resulting in one of the greatest wastes of air to ever occupy the atmosphere.

Hopefully, with the difficult and monumental victory over the Stars and Bars, Kettering can resume duty and tackle the hard issues that face high school children. Suicide prevention, drug culture, mental health services, pregnancy, actual racism, hazing, violence, the list goes on. I’m sure glad the flag was banned.

But those bumper stickers with aborted fetuses, gay marriage, support our X, Nickelback,pro Second Amendment, police brutality, sexually explicit and illegal immigrant supporting acts of speech are fine.

puzzlesolutions

B	A	R	T	A	B	L	A	M	A	A	R	C
O	R	E	I	D	A	A	G	O	G	M	E	R
M	E	L	O	T	T	N	A	D	A	I	I	I
B	A	Y	S		M	C	A	T	S	I	N	G
				M	A	R	I	E	O	S	M	O
B	A	M	B	I	N	O			R	I	P	A
A	T	O	L	L	S	A	D	E	U	C	L	A
M	O	R	A	L	O	B	L	I	G	A	T	I
M	I	T	T		L	Y	E	S	R	E	D	D
		A	A	R	E			C	L	A	S	S
M	I	D	N	I	G	H	T	O	I	L		
A	B	E	T	S		E	A	S	T	I	L	S
Y	S	L		I	M	A	C		M	O	T	O
B	E	L		N	O	P	E		U	N	I	T
E	N	A		G	E	S	T		S	A	S	S

crossword

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

sudoku



Check us out today on our weekly social media feature!

On and off court

Sports continued from front

has given me a reason to stay motivated and focused this year. Having a second chance really helped me to be more focused in my school work and also with basketball,” said Harris.

He said he’s been working hard on and off the court and paying attention to everything that has to do with the team.

“I’ve been conditioning a lot on my own and also with the team. One thing I can tell you is that the

game has slowed down compared to when I first started to play, but that hasn’t stopped me from giving my best performance,” Harris said.

He described his skills of playing as “fierce, competitive and a team player.” He said he thinks of how many people doubted him during his downfall, and that’s what he uses as motivation now. Harris came to Sinclair with a mindset on helping the Tartans win

conference this year, and also to graduate.

Sinclair has a lot of talents this year, all three players said that they are not sure on who Coach Price will plan on starting this season. The team is packed with all 17 starters—even the players are being competitive about their starting spot.

Around the world



International continued from front

D'Angelo Philpot | Photographer

majority of attendants there.

Rowell said it was partly for adventure and for the experience, as well as because her desire to explore Mongolia. Rowell said she was influenced by the movie “Babies,” where a Mongolian baby made an appearance, and she said she instantly fell in love and wanted to go to the country.

Rowell said the country currently faces many obstacles. Mongolia has recently been considered above poverty level, the U.N expects Mongolia to begin repaying any debts they have. Unfortunately, due to that, the Mongolian government doesn’t have enough money to improve their infrastructure, which is currently in disrepair. They also struggle from extremely high pollution counts in their capital city. However, according to Rowell, it’s not all doom and gloom for the Mongolians. The Mongolian people cherish a 98 percent literacy rate, and take pride in that—most Mongolians are bi-lingual, knowing both Mongolian and Russian.

Rowell informed the audience that after the fall of Genghis (pronounced ching-es, not ging-es) Con’s empire, the Chinese sought retaliation. In 1919, the

Chinese attempted to invade Mongolia, but the Russians intervened to stop it. Under Russian influence, Mongolia formed the Mongolian People’s Republic, which had heavy Russian influence remaining up to the end of the Cold War. Many of the Mongolian buildings today still bear the Russian language.

The Russians weren’t all knights in shining armor, according to Rowell. She said that during the time of Stalin's repressions, Soviet Russian Communists killed between 30,000 and 60,000 Mongolian people. The Mongolian people today don’t hate the Russians; however, they have a disdain for the Soviet Russian Communists of that time. Rowell said she wouldn’t get deep into the political atmosphere because that was for another time, but she did inform the audience that the Chinese didn’t get away so easily from their past aggressions against Mongolia. The Mongolian people still have a high mistrust against the Chinese government for their attempt to invade Mongolia multiple times.

Politics aside, Rowell said the rest of her trip was “for fun” and she enjoyed her time immensely. She said she had a small team on her

trip. A driver, a translator who is a current student at the University of Mongolia, and her friend that works with the U.N. She said she stayed with nomads during the remainder of her trip. Rowell informed the audience that the nomads of Mongolia don't need a permit to live on the national park land. The nomads move up to four times a year, their huts can roll up since they’re made out of lamb felt (a compact pliable material). Rowell said she considers herself a vegetarian, but in Mongolia, there is no such thing as a vegetarian. She said she still enjoyed most of the food she had. Rowell said that the best thing she enjoyed was the warm and friendly people who had her as a guest in their homes.

Rowell said she made many friends and was sad to say goodbye to them, but had to get back home to teach for the fall semester at Sinclair. The time difference between Mongolia and the U.S is ten hours, so naturally jet lag was existential. Now that Rowell is back, she said she tells her students about her experience in Mongolia a lot.

Expert care to get you moving again



Experiencing bone or joint pain? The specialists at Wright State Physicians Orthopaedics are uniquely trained to get you moving again.

We specialize in the following:

- Joint replacement
- Hand
- Sports medicine
- Spine
- Shoulder and elbow
- Trauma
- Foot and ankle
- Podiatry
- Knee
- Orthopaedic oncology

In addition to locations throughout the Dayton area, we are conveniently located at the Wright State Physicians Health Center on the Wright State University campus.



Wright State Physicians
ORTHOPAEDICS
wrightstateortho.org
937.208.2091

Clarity of purpose



Contributed by Tribune News Service

Vulnerability continued from front

and conform to society’s rule of emotional display. She said before people realize, they have already started building a wall around their hearts because they feel unaccepted, blamed for their emotional state, or guilty because they feel unworthy.

“I believe that owning our worthiness is the act of acknowledging that we are sacred. Perhaps embracing vulnerability and overcoming numbing is ultimately about the care and feeding of our spirits,” Brown said.

Starting at a young age, humans are taught to control themselves. Brown said

that people must feel worthy in order to embrace love. This corresponds with the masking of negative emotions. If people do not feel as though they deserve love and connection, then in result they will hide from interaction, Brown said. Many of our painful memories consist of fear, shame, and guilt. This is when shame takes control—the feeling of not being good enough, the feeling of no one caring, the feeling of suffering, according to Brown.

“We live in a world where most people still subscribe to the belief that shame is a good tool for keeping

people in line. Not only is this wrong, but it’s dangerous,” Brown said. “Shame is highly correlated with addiction, violence, aggression, depression, eating disorders, and bullying.”

Certain regions of the brain consist of pain, conflict, isolation, memory, attention, decision-making, and emotional display. The amygdalae manage our sense of fear and the dorsal anterior cingulate cortex recognizes anger. However, sadness involves more than 70 regions in the brain. Many negative emotional states consist of one section of the brain, but triggers physical behavior.

Similar to sadness, love and happiness consist of many regions of the brain. Sometimes because sadness and love can overpower one another, the results can be blinding. The amygdala can block out the ability to love because the sadness region is exceeding its power. This uncertainty has a way of shutting us down, according to Brown.

“Worrying about scarcity is our culture's version of post-traumatic stress. It happens when we’ve been through too much, and rather than coming together to heal (which requires vulnerability) we're angry and scared and at each other's

throats,” Brown said.

Even though humans are capable of hiding pain, it doesn’t mean they have an absence of happiness. Positive emotions are processed on the left hemisphere of cerebral cortex, and negative emotions are on the right hemisphere. This explains why people are able to feel happy and sad at the same time. Patterns of emotional communication relate to self-development. When unconscious emotions and memories are stored, people unconsciously activate the subcortical cortex of the brain, according to Cahill. This results in feelings either displayed or hidden

unconsciously.

In order to produce more positive emotions to break the barrier, people should change the direction of the original interaction. Humans should set a standard that consists of the power of love, while trusting uncertainty, according to Brown. She said vulnerability “sounds like trust and feels like courage,” and is a necessity in order to live life to the fullest.

“Vulnerability is not knowing victory or defeat—it’s understanding the necessity of both; it’s engaging. It’s being all in,” Brown said.

