

# The Clarion

Volume 40, Issue 7

The Voice of the Students of Sinclair Community College

October 11 - 17, 2016

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## African American Male Initiative



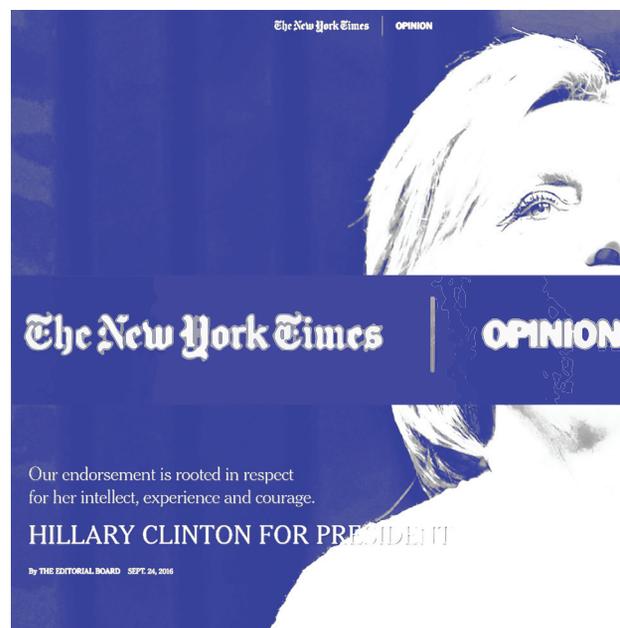
Justus Hayes  
Sinclair Community College | Flickr  
Reporter

The African American Male Initiative will be holding an open house for any young African American male who wants support navigating college life. The initiative is led by 3 leaders. Coordinators Marc Dewitt and De'Shawna Yamini and the Director Christopher Welch. These three have set out to help young African American males not only find the right path but find the finish line.

The Initiative has four main goals outlined in their mission statement. The first is for Certificate and Degree Completion. For Yamini, who finished her degree after 6 years, she finds this to be one of the most important parts of the Initiative.

"I am a Sinclair graduate and it took me way too long to get my degree. So I want to share my experience and let them know you can do this, you can do this in a reasonable time frame. You should get an associate's degree in two years and no more than three. So let's work to get you to that point," she said.

The second goal is Term to Term Persistence Rate. The leaders want to see these young men continue and achieve at a persistent pace. The AAMI continued on page 2



## PRESSED WITH A CHOICE

Laina Yost  
Managing Editor

It's the time of the year when newspaper endorsements are all the rage. This political season, there has been a number of surprising endorsements and it has also raised the question

of media bias.

Paramountly, the purpose of journalism is often defined to be a service in kind to a government watchdog. According to Poynter, "Watchdog journalism is at the heart of a newspaper's commitment to public service."

There is a legitimate question if watchdog journalism can exist if newspapers endorse candidates.

In a poll done by the Huffington Post, they found that 51 percent of voters think that newspapers should not make an endorsement.

This may have something to do with the fact that in a new Gallup poll that showed that Americans' trust in mass media has hit a new low. Only 32 percent of voters say that they have a "fair amount" of trust in the  
continued on page 2

# Minority success, major focus

AAMI continued from front

goal here is to change a demographic of a lack of young African American men from finishing not only Sinclair but at any college in the nation.

“We get about 200 African American males every year and only about six percent graduate in a six-year window and that’s a national metric so it looks even more dismal at a community college,” Dewitt said.

The 6 percent graduation rate is the call to action the Initiative is looking to take a hold of and grow. They want to see their young men accomplish the goals they set for themselves and follow the path laid out for them. They want to cut the timeframe of 6 years to 3 years.

The third goal of the initiative is maintaining a GPA in

Good Standing. The goal is to keep the young men from failing or flunking and as the last goal says, keep a persistence from term to term. The fourth and final goal is Personal and Professional Development.

The development of personal and professional life is at the heart of the Initiative. Each goal shows they want their young men to flourish and be successful. For Dewitt and Yamini this is a full circle, since both graduated from Sinclair. They want to give their young men the support they didn’t have.

“I didn’t know anything about the college process.... I was the first one from my family to go to college. I am able to do for students something that was never done for

me,” Yamini said.

Beyond those 4 goals, the 3 leaders care. They want more than recognition, they want results and to give their knowledge and support. The goal they have is to change the perception that Sinclair isn’t just a community college but a launch pad for success.

“Sinclair wasn’t my first choice, when it should’ve been,” Dewitt and Yamini said.



Sinclair Community College | Flickr

If you are a young African American man and you are looking for support, looking for somebody who has been there before, and someone who looks at you as a person and not a demographic, then

this initiative is the place you need to be. Their support and care is genuine. You will find your finish line if you find your place.

# Accountability or profitability

continued from front

media.

This number is mainly fueled by Republicans, where only 14 percent of them said they had a fair amount of trust in the media. However, both Democrat and Republican frontrunners have raised the question of media bias themselves after concerns of coverage ranging from emphasis on Clinton’s emails and Trump’s out of context commentary.

This is coupled with the fact that the owner of the New York Daily News has made donations to the Clinton Foundation. The Washington Post has also donated to the Clinton Foundation in the past. Carlos Slim, the largest shareholder in the New York Times, has also donated a large amount of money to the Clinton Foundation, along with Thomson Reuters, the owner of Reuters, as well as George Stephanopoulos, an ABC News anchor and AOL. The parent company of CNN has also donated to Clinton’s foundation. PBS, MSNBC and NBC News and the owner of Politico is on that list as well.

Newspapers have been endorsing candidates for years. It’s a part of their tradition.

However, the Pew Research Center study done in 2008, 69 percent of people said that a newspaper’s endorsement would not affect their vote.

In 2012, 73 percent of Republican voters said that a newspaper endorsement would not affect their de-

cision. Trump has yet to be

publicly endorsed by a large news organization.

The New York Times endorsed Democrat nominee Hillary Clinton for President on September 24. In their endorsement they said, “A lifetime’s commitment to solving problems in the real world qualifies Hillary Clinton for this job, and the country

should put her to work.” They are not the only newspapers who want to give Clinton the job. The Los Angeles Times, New York Daily News and the Cincinnati Enquirer have also endorsed Clinton for president. The Cincinnati Enquirer endorsed a Demo-

crat for the first time in nearly a century. “Presidential elections should be about who’s the best candidate, not who’s the least flawed. Unfortunately, that’s not the case this year,” they said.

The Atlantic, which has not endorsed a candidate since 1964, has endorsed Clinton as well. “Our endorsement of Clinton, and rejection

of Trump, is not a blanket dismissal of the many Trump supporters who are motivated by legitimate anxieties about their future and their place in the American economy. But Trump has seized on these anxieties and inflamed and racialized them, without proposing realistic policies to address them,” they said.

“Anyone but Trump” rhetoric is popular among the endorsements. Several different newspapers stated that Trump was “dangerous” to the country and for that reason they would refuse to endorse him.

USA Today, who has never endorsed a presidential candi-

date before, did not actually endorse anyone, but made a plea to not vote for Trump. “Trump has demonstrated repeatedly that he lacks the temperament, knowledge, steadiness and honesty that America needs from its presidents,” they said.

The Washington Post also went a similar route and pleaded for voters to not vote for Trump.

Keven Ann Wiley, editorial page editor for the Dallas Morning News who endorsed Clinton, told the BBC, “At a time when there are so many voices, we need to speak up and do our civic responsibility to not be over-shouted.”

Libertarian candidate Gary Johnson has received three endorsements, one of which was from the Chicago Tribune. “We offer this endorsement to encourage voters who want to feel comfortable with their choice. Who want to vote for someone they can admire.”

Republican nominee Donald Trump has made history by receiving no major newspaper endorsements.

The Cincinnati Enquirer has defended their position by saying that “I still believe it is important for the editorial pages of newspapers to take strong stands for the benefit of the communities we serve.”



# Deciding your way to happiness



Anthony Dunn | Creative Director

times, you have to struggle through. Life sometimes requires just satisfactory performance. It may not be stellar, but it may be necessary for that moment.

However, honesty is both something to be with you and with others. To be honest, you must understand empathy and sympathy. They're both tools to communicate. If you cannot expect honesty from someone, they should not expect a favor from you.

Also, people may not know that what they're asking is unreasonable or placing a lot of pressure on you, you have to communicate that when it happens or suffer the consequences.

### Understanding 'the threshold' of happiness

Life is more than surviving to us. We're battling our own biology, set up for us to simply survive. We're so used to the battle that we are desensitized to the smaller actions in life, as we margin out our responses.

Can we mentally afford to give something that small the attention to fix it? Most of the time, the answer is no. It is not threatening or uncomfortable enough, so it is lower on our priority list to answer.

There's one of our worst mistakes—that threshold. When you finally resolve your im-

mediate concerns, you're likely not going to even remember seeing something that you thought might have been a little off.

### Command your attention, don't let it command you

It wasn't screaming out to you, it was not commanding your attention and so your mind puts it off. However, just because something does not require your immediate attention does not suggest that it requires none at all.

We like to distance ourselves from misfortunate realities because it's a defense mechanism to keep chugging through life. You saw the signs. You saw them a few times. You knew you had to replace something when it got damaged. You knew you could have done more research, but now suddenly you're left feeling like it was the part salesman's fault and that he's conned you out of your family's sanity.

### Are you going to let yourself off the hook so easily?

You can set yourself up to be crushed, in part because being crushed is easier than carrying a heavy load. You have to unburden yourself. Start with a realistic self-concept and be comfortable enough that when there is an issue, you can identify known potential conflicts and handle them. Don't test your odds. Test yourself instead.

honestly write off to chance?

It may be tempting, but remember: if you keep blaming that black cloud you will never develop ways to make it clear up on your own.

### What you accept as luck, you leave up to luck.

Rest assured, you are a better bet than leaving it up to random chance. Your odds are better when you bet on yourself. You are not random,

you make deliberate actions and can do so to make personal change happen.

### Honesty prevents overload

Circumstance and personality can be a bit too friendly with one another—worse yet, they may not listen to experience and rationality. If too much is taken on at one time, responsibilities might slip through your fingers.

Champion honesty. Some-

but maybe even the right ones to get you where you want to be.

### Life can snowball and do so quickly.

Our big mistakes are a result, typically, from the microcosm of issues we pay no attention to. It adds up. Have you had days where one slip up leads to the next and suddenly you're left feeling like you're underwater? How much are you going to

Barton Kleen  
Executive Editor

One of the most dangerous games to play in life is one in which you both set yourself up for failure or fail to compete. Either option draws this black cloud over you that you can't seem to shake—but how much is really luck? Understanding these key points can help you make not just better decisions,

# You are what you eat

Lindsey Huff  
Intern

When we think of the word desert, we think of sandy, desolate areas with little or no water. We don't associate the word with food, let alone think that something like a "food desert" could exist. With the way cities seem to be growing nowadays, grocery stores seem to be everywhere. So what exactly does it mean to live in a "food desert" and what exactly is a "food desert?" Dr. Reece Freeman, who did the Sinclair Talk, has chosen this topic to educate students just exactly what a "food desert" is.

Freeman defined a food desert as an area where a person may live 1.5 miles or more away from a grocery store and lack transportation to get the food they need. According to the statistics given by Freeman, Ohio ranked 19 in the nation with 18.1 percent in food hardship. Impacting Dayton alone there are 39,390 children that go hungry. The numbers of

food hardship caused by these food deserts has only seemed to go up and food deserts are one of the problems causing it.

It's important to understand the effects of food deserts and why it matters if you are living in one or know someone that is living in one. Freeman mentioned the negative effects that living in one of these areas causes. People who live in food deserts are more likely to: have heart disease, have higher rates of obesity, be unemployed, increased likelihood of poverty and crime and have a decreased overall look on life. It's important that we have access to fresh food, so that we can maintain a healthy diet and be productive.

"It's not about empty stomachs, children that don't eat well don't learn well and adults that don't eat well, don't work well." Freeman quoted from one of his student's research projects on the matter.

The point of making students aware of food deserts is because it affects

people around us. With the numbers like the ones Freeman provided, the person you are friends with could very well be living in one of these food desert areas. The only difference is that they may have transportation to get food, but there could be some that don't have that option and as a result they end up going hungry. That's what it all comes down to, these food inequalities causing hunger and food hardships not just within our state but even within the city of Dayton.

How do we solve a problem like this? A few ideas were given on the services available that could help bridge the gap when it comes to food inequalities and hardships that may include those who live in food desert areas and don't have the means of getting fresh food. Food Banks and churches, mobile food pantries and community gardens are good ways to get the fresh food out to the people who are in need of it.



Anthony Dunn | Creative Director

# My Voice

## When self-love turns radical

Barton Kleen  
Executive Editor

I'm tired of seeing it plastered all over Facebook and social media. I'm tired of educational programs trying to beat around the bush on it. I'm not talking about the election, I'm talking about the insane amount of "feel good" posts that are actually made by companies that want themselves to feel good by taking your money and selling you what you want to hear.

Unless you're a surfer, when you say 'radical' it's demonstrative that the concept it describes is in excess—it's just too much. Too much sugar can lead to diabetes, so we avoid too much sugar. Too much feel good, self-love, leads to emotional compromise.

When did the concept of 'you're perfect exactly how you are, you don't have to do anything to feel good about yourself,' come from? Our experiences in life are formed from our actions. We didn't become something "good enough" by doing nothing, so let's shift this trend of companies directly profiting off manipulating your self-esteem through image dynamics to something rational.

A radical love is not a healthy one. Radical use of supplements and steroids is not a supremely healthy lifestyle. See the trend? We can't just hype up how important this blatantly dangerous form of self-care and pretend it isn't being marketed exactly like any other beauty trend.

Just because it's a lifestyle they're selling doesn't mean it's any better or worse than a directly tangible product. The deliberate vagueness of the product being pushed leaves a dangerous dynamic

for interpretation. Advertisers know that if they make you feel negatively about yourself, you are more likely

out a market.

Do you really feel comfortable knowing all these companies pandering to how great you are uniformly adopted the self-love movement and commercialized it into a radical, trendy marketing ploy?

They don't want you to love yourself rationally. They don't want to see you

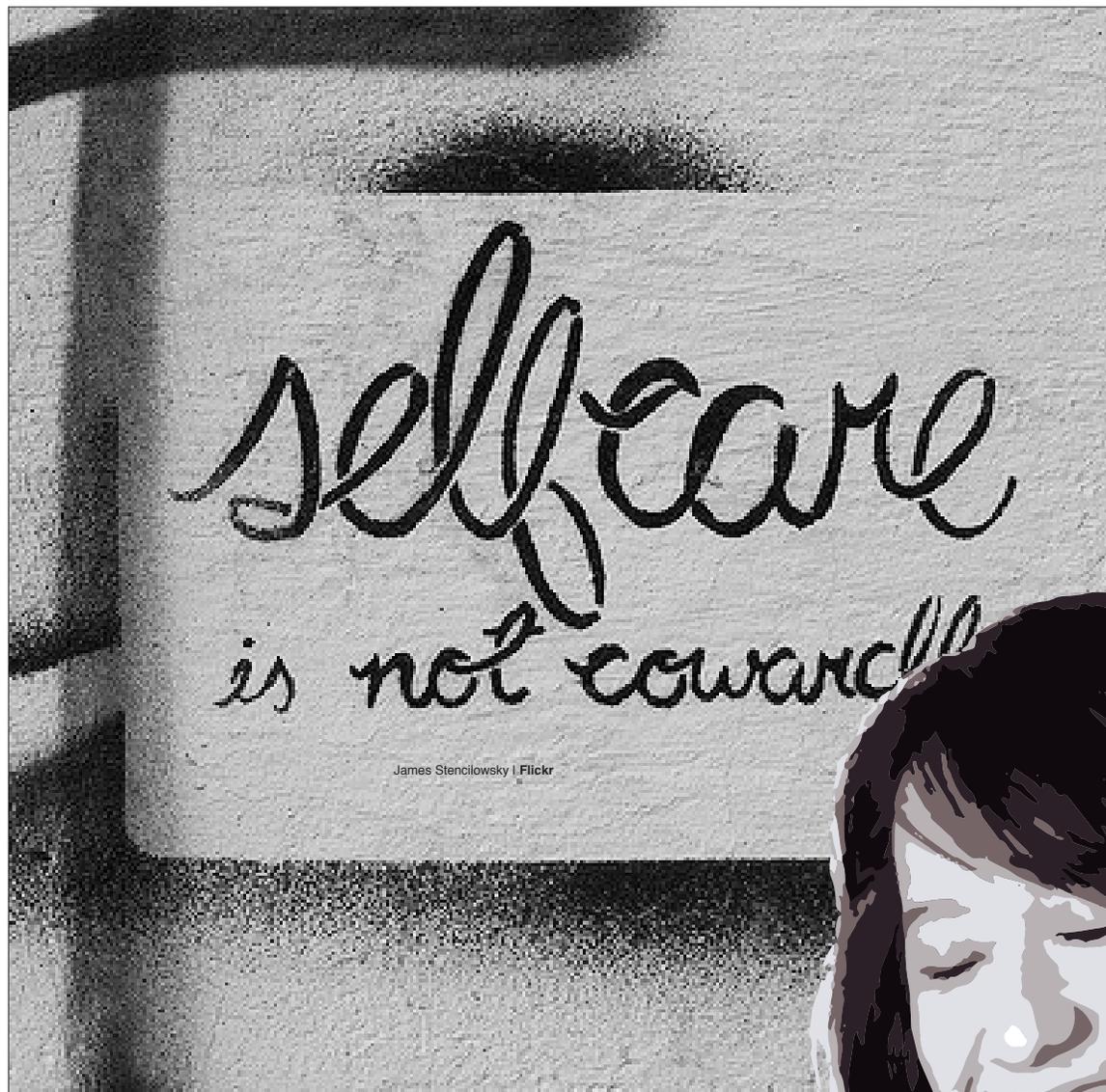
close enough will feel they have to either defend their own happiness or incorporate a new element to it to feel validated in their identity. Quite sinister, but so the world continues to turn.

If you actually love yourself, it means not just ignoring the parts you have to work on. There's nothing

about "love" that includes concealment, erasure or inauthenticity. Self-love relies on self-care. Self-care includes that ever-important element of perception checking.

We have to realize that in our culture, every portion of our life is game for marketing. Everything you post on Facebook, social medias and so on is sold off as information. Algorithms are always being used to create data profiles to account for personalities and then to sell off what makes you who you are to advertisers.

The point, nothing has to be radical about loving yourself. It's hard work. There's no shortcut. A trend won't make you happier in the long run, advertisers rely on this. Society tries to sell you off in one way or another, so at the very least don't sell yourself short and make it so easy.



to purchase their products.

It's like a diet that despite all evidence to the contrary, you still know that person who's a little susceptible is being taken for a ride of false promises. All these products have come out so mysteriously for the trendy and impressionable to feel they absolutely must have to really love themselves.

After all, people that love themselves would buy a new celebrity yoga mat and drink this new super fruit juice they saw on Oprah. By marketing an idea, tying it to a lifestyle, marketing it into a trend, advertisers can plan

grow personally and embrace the dynamic person you are. They don't want to see you realize your potential.

What they want is for you to either feel bad enough about where you are that you will adopt a lifestyle to include their products, to be complacent enough that you will give them a try, or happy enough that you can still be influenced by the trendsetting pressure around you.

If they make a new standard for happiness, those that are already there or



## Correction

The reporter name and reporter title was wrongly attributed. Decide the debate was written by Barton Kleen, Executive Editor. There was a misprint on page 6. It is Sesame Street meets 3rd.

# In Life and Liberty

## Life beyond politics



Laina Yost  
Managing Editor

I have a surprise. I'm not talking about Trump's taxes. The story that has dominated the news cycle and I'm not going to talk about it. I'm not going to talk about the VP debate either. Or the second debate between Trump and Clinton.

A couple reasons for that. First off, I'm tired of talking about Trump and Clinton. I'm pretty sure people are tired of hearing about them too.

Second, is it really any big surprise that Trump lost a lot of money, found a bunch of loopholes to make the debt go away, avoided paying income tax, probably did so legally and then says he can fix the loopholes he went through as president? No, it's not. This is business and that's how businessmen operate, not just Trump.

Third, there are so many other things that have went through the news recently.

Columbia, a war torn country that has been working towards a peace deal among the

government and the Marxist rebels has been rejected. Both sides have said that they will not go back to fighting. However, no one knows what will happen next. It is more than likely that someone will pick up weapon and they fighting will begin again.

According to the New York Times, about 220,000 people died in that war and six million were displaced. There is also an untold number of women who were raped and children who were forced into battle. Although opponents of the agreement said it was too lenient on the rebels, there is no good idea of what to do next.

A Dutch photojournalist was killed in Libya by ISIS snipers. At least 11 other journalists have been killed since the Libyan crisis began in 2011. The journalist, Jeroen Oerlemans, was converting a government offensive against ISIS when he was killed.

There is a pattern for journalists who go into the Middle East. Those who bring stories and photos of what the frontlines look at, often lose their life in the process. According to the Committee to Protect Jour-

nalists, there has been 93 journalists killed in Syria since 2012.

In Ethiopia, 52 people were killed in a stampede, which started after police fired tear gas and warning shots into the crowd. Oppositions are saying that the stampede started because of the police. Reportedly, sections of the crowd began to shout anti-government slogans and started to make anti-government gestures.

There is a lot more to this world than just Trump or Clinton. It's good to be involved, it's good to go out and vote and it's good to care about issues that affect our country. It's also okay if you feel frustrated with this election.

However, most of the time, what dominates our news cycle and Twitter accounts is politics. There is so much more that is happening in our world that is actually tragic and heartbreaking. People have their lives in danger maybe because they were just in the wrong place at the wrong time. Or maybe they have risked their lives to give the general public photos and stories about what happens in war torn places. Some people were just born into it. There isn't much they can do to escape it except leave their home when they are older.

The world is bigger than just Trump and Clinton. One of them will be our president and whether you like it or not, the show must go on and life will continue.

I think we need to look beyond the front page and dig deeper into other things that have gone on around the world. The media has become so obsessed with this election, that other parts of the news often seem neglected and yet they are just as, if not more so, import-

# Playing It Forward

## Appropriation or appreciation

Barton Kleen  
Executive Editor

Let's get right to the nitty-gritty of the issue: someone, somehow, in some way shape or form is going to boycott specifically only white people wearing costumes this Halloween on the grounds of "cultural appropriation." More and more Tumblr posts will be made about completely real events where the costumed white devil singlehandedly attempts to take all the world's culture away by dressing up as an Indian chief at your local gay bar. Everyone clapped, please reblog if you want to fix race-relations.

Pay no mind to the policeman, construction worker, cowboy and other members of "The Village People" group costume they're doing.

If you can't see how dehumanizing, trivializing, gentrifying, native-erasing, and culturally insensitive "The Village People"—or how they should be named, the Problematic People are to real Natives, policemen, construction workers and so on news flash: you're a white supremacist. It's 2016.

Anyone who's met me or read any of these columns can pretty much gather my experience in the costuming world. I've done events from workshops to forums to karaoke and anything in between, one of these events centers on diversity in the costuming community. I'm here to just share some of the realities that I deal with along the convention scene, since that culture has bled right into Halloween today.

One of the recurring discussions is "cultural appropriation." This topic is a little rough to discuss, mostly because it makes zero sense: people are upset that some groups of people don't physically own corporeal ideas and social constructs. If you don't want someone to perceive "your" culture, maybe you should trademark it or perhaps you could focus on actual issues instead of perceived offenses.

Who actually has time to dedicate his or her mental energy into being offended over how someone dresses. It's beautiful because the reality is, how they dress is none of your business. If someone wants to dress as a sexy tree for Halloween they're not appropriating tree culture. People seem to think it's either culture or costume—as if cultures don't have costumes.

To go further, Halloween is already cultural appropriation if we have yet to notice. It didn't just come from nowhere: it evolved from various cultures and Pagan religions. The culture of Halloween as we understand it is currently an American cultural aspect, one that includes the element of costumes.

Also, if it was not apparent, one individual dressing as an Indian is not actually the entire, broad culture of Native Americans. As the individual is not in fact an entire demographic, they are not "appropriating" a "culture."

Honestly, if you're going to try and claim someone is appropriating a culture, you might be wise to perhaps even remotely know the culture you're claiming is being so very ruined. It's still going to be logically inconsistent as an



argument but at least you might show some sort of valid concern.

I may be incredibly insensitive but unfortunately I'm at least somewhat logical and consistent. I can't even recall a costume ever giving me any negative feelings besides absolute horror over all these clowns that better not remotely come near Sinclair because I can and will stay up in my office and lock the door until the season ends.

Do other cultures get to have cultures, but America and particularly white Americans since we're the only ones that get called out for doing anything that doesn't stay in line with somehow holding the delicate balance of the entire world's race issues in our tiny costumed hands? Maybe you could stop misinterpreting our American cultural traditions

PIF continued on page 8

# Campus Candid



# The Clarion Costume Contest

On **Tuesday, October 25** from **11:00am to 1:00pm** in the Stage Area of **Building 8**, the Clarion student newspaper will be hosting a Costume Contest at Harvest Fest! Get your picture taken in costume and be entered to win.

All entries will be shared on the Clarion's social media pages.

The Clarion photo booth for the Clarion Costume Contest ends at **1:00pm**. Voting opens at **1:00pm** and 1st, 2nd, and 3rd place winners will be announced after voting ends. You do **NOT** have to be present to win! Winners can receive their prizes at the event, or pick them up the following week at the Clarion office in Building 6, Room 314.

So be sure to come in your best costume and check us out to get your photo taken!



# WHILE YOU SLEPT WE ANALYZED YOUR DREAMS

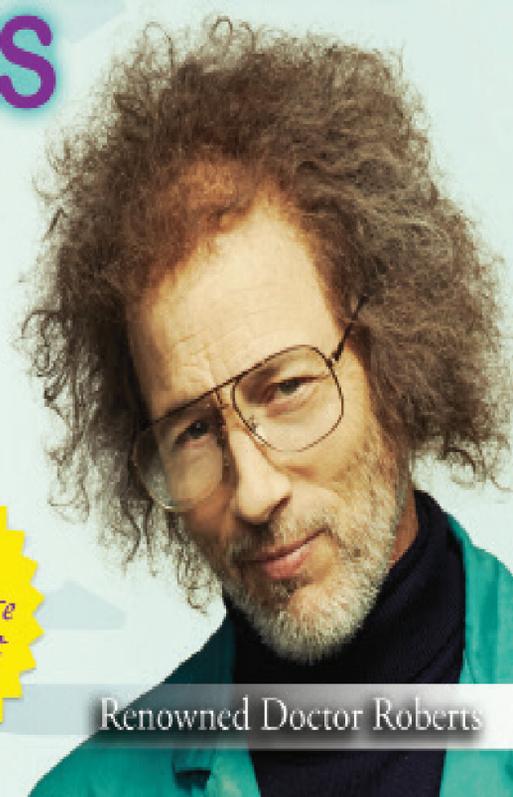
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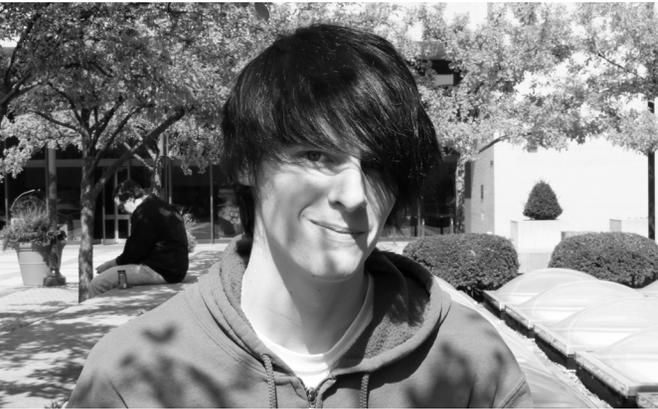
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Renowned Doctor Roberts

# Your Voice

If you were to turn into a food based on what you eat the most, what would it be, and why?



**Fredrick Wood**  
*Chemistry*

"I don't really eat anything the most. Probably seaweed 'cause I'm good for ya."



**Tara McGhee**  
*Veterinary Technology*

"I think I would be an egg sandwich because I eat a lot of egg sandwiches. I don't like meat. Protein!"



**Maxwell Linder**  
*General Education*

"I'd be a banana because I often get cramps in my legs, so I like the amount of potassium it gives me."



**Sami Gibson**  
*Criminal Justice Science*

"I would turn into a cheeseburger because you can do just about anything with them. They are very diverse, and that's how I am."

## Ombuddy Corner

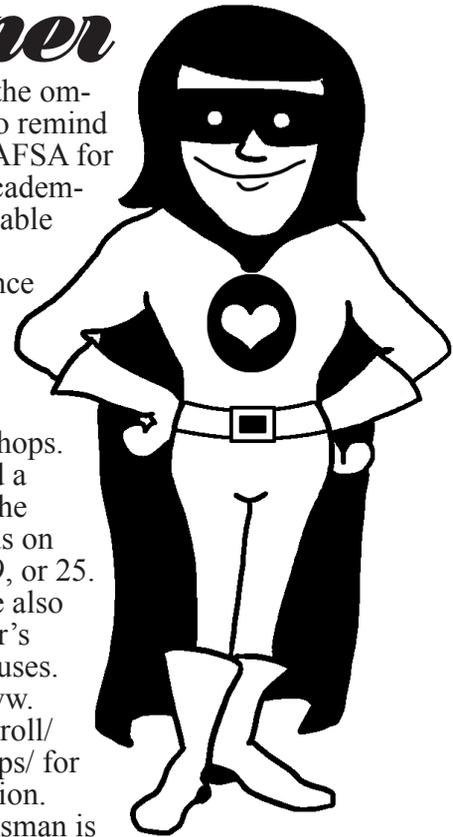
This week the ombuddy wants to remind you that the FAFSA for the 2017-18 academic year is available NOW!

For assistance filling out the FAFSA, attend one of Sinclair's FAFSA workshops. You can attend a workshop on the Dayton campus on October 13, 19, or 25. Workshops are also held at Sinclair's regional campuses. Visit <http://www.sinclair.edu/enroll/fafsa-workshops/> for more information.

The ombudsman is your student advocate!

To learn more, visit [www.sinclair.edu/ombudsman](http://www.sinclair.edu/ombudsman).

Contributed by Amy Hartman.



## NOW HIRING

**Marketing Representative**  
**Advertising Representative**  
**Distribution Coordinator**

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



## Culture cultures

PIF continued from page 5

as something sinister and problematic through another cultural lens, while claiming you love diversity so much?

The last Halloween before I actually got into costuming whatsoever I didn't get to celebrate—but I wanted to be a group of the Wizard of Oz characters. Am I allowed to dress as the cowardly lion or am I offending actual lions and their rich cultural history in the Great Plains and whatever else I take as fact from "The Lion King?"

However, no one else was really feeling that suggestion. Maybe it was too offensive. But by the time Halloween did roll

around, my friends came up with some other outfits: pregnant Kourtney Kardashian and Oprah dressed as a shark. I don't recall getting any cease and desist letters for the great shame we brought to the rich culture of the Kardashians and Oprah. And sharks.

Why let this attitude of actually trying to warp every single scenario into some dynamic anti-some group, problematic situation ruin not only your daily life but now even the one night you're supposed to go dress up?

What is probably most amusing is that the only people that actually seem to dislike someone from another culture



Alessandra Nötting | Flickr



Peyri Herrera | Flickr

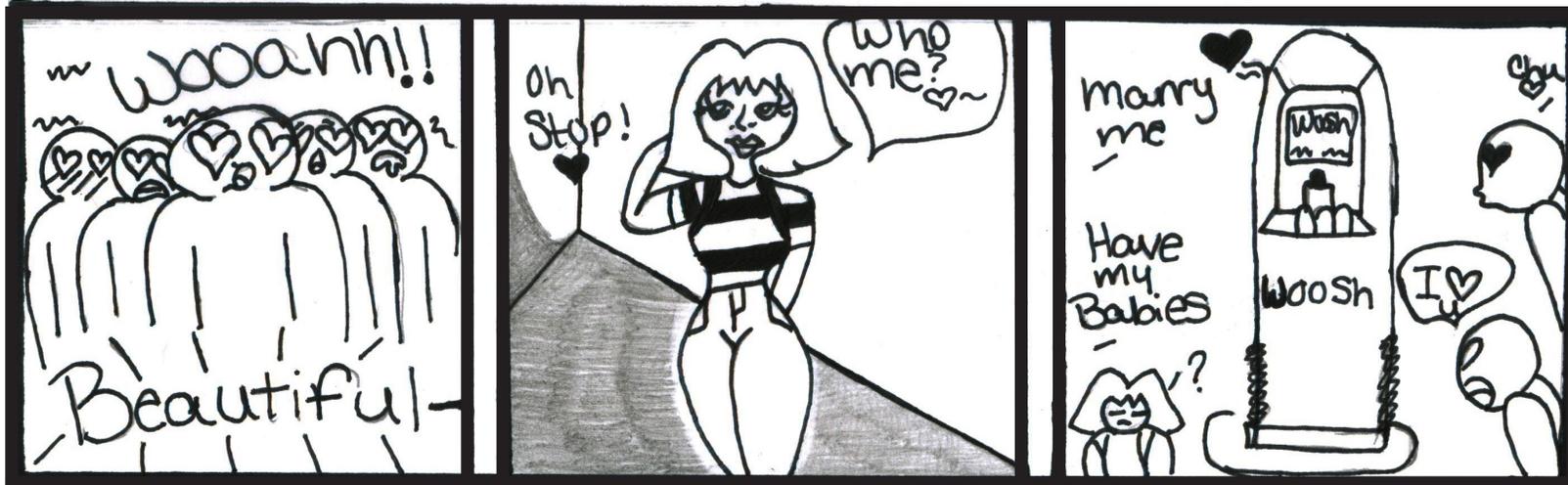
dressing in costumes or even costumes that include cultural elements from another region are white people. Of course, not about the giant array of white cultural costumes that are ever popular, those aren't offensive because stereotypes of white cultures and generally anything anti-white is totally mainstream and accepted.

had a friend dress up as Lil' Wayne because he's his favorite rapped—yes he can name three of his albums—and out of maybe some five thousand people he encountered, perhaps two said something snarky to him. And they were white. Clearly, black culture and hip-hop have ceased

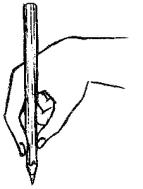
to exist since then and the main point of this article is to apologize for that.

Moral of the story, if you discourage people from dressing from other cultures, you're discouraging diversity and cultural exchange—that's a lot more insensitive than white Lil' Wayne or myself as Nicki Minaj.

# Clarion Cartoons



## Honey Bee Hives



Created by:  
Brendan Florence

## How to be Healthy



Brittany Fletcher  
Designer/Intern

Living a healthy life is important when you're a college student.

We are busy people trying to balance papers, exams and social obligations. It's hard to remember all of the things we need to do keep our bodies in balance, too.

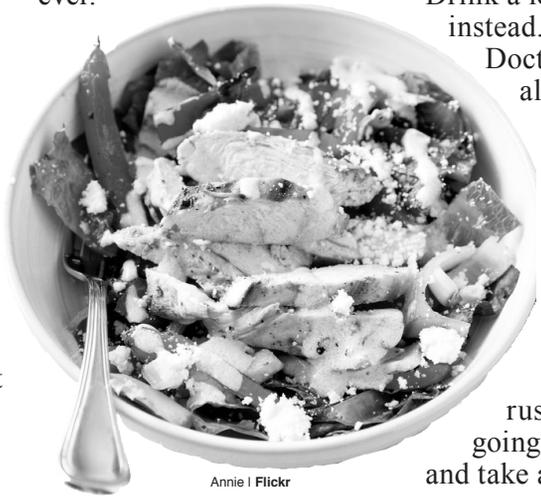
Here are a few tips for when you need a reminder.

When you're hungry, salads are pretty good for you, but they can get pretty boring.

So, you should definitely go for the meatiest, greasiest food item readily available. It's going to taste fantastic, and you'll feel so bloated

that you won't even bother with that paper you need to write. Or you could write it and get it greasy, too.

Speaking of food, eat all the carbs. They taste the best. Pasta. Potatoes. Whatever.



Annie | Flickr

There are also plenty of health nuts that think cooking meals at home means you'll eat healthier. Psh, wrong.

If you're like me and can't cook to save your life, just eat out all the time.

White Castle and Taco Bell have healthy options like those tiny burgers and Doritos tacos.

Bonus points: it's called "fast" food for a reason. So, you can get it quick and get back to the studying.

Water is also an option for being healthy, but it's literally the most un-flavorful thing imaginable. Drink a lot of soft drinks instead.

Doctors say you should also cut back on sweets and sugary snacks. I say you should eat them all. You'll get a sugar rush for cramming all that knowledge for your tests.

After your sugar rush, you're probably going to want to crash and take a nap.

That's fine. Sleep for like 12 hours. There's nothing wrong with that. Who says we only need seven to eight hours of sleep as adults? Not the smart

people!

According to the medical professionals, we

also need to exercise and walk more to be healthy.

Meh. No one wants to do that. I say you should just go ahead and be lazy. Lay in bed and watch Netflix, or you could at least be a good student and work on that paper you've been meaning to start.

While you're inside being lazy, you're also avoiding that dreaded sunlight and fresh air. Apparently the sun gives you vitamin C and the fresh air is just "good for you."

I beg to differ! I don't want to be outside getting

hot and sweaty. Plus, if you have allergies the fresh air is not so fresh. Just continue to stay inside and never see the light of day.

If you do like to be tan though, I suppose a tanning bed is an option for you. Again, these are not good for you, but if you do use one make sure you lather yourself in all the lotion. A whole bottle should be sufficient.

"It puts the lotion on the skin, or it gets the hose again."

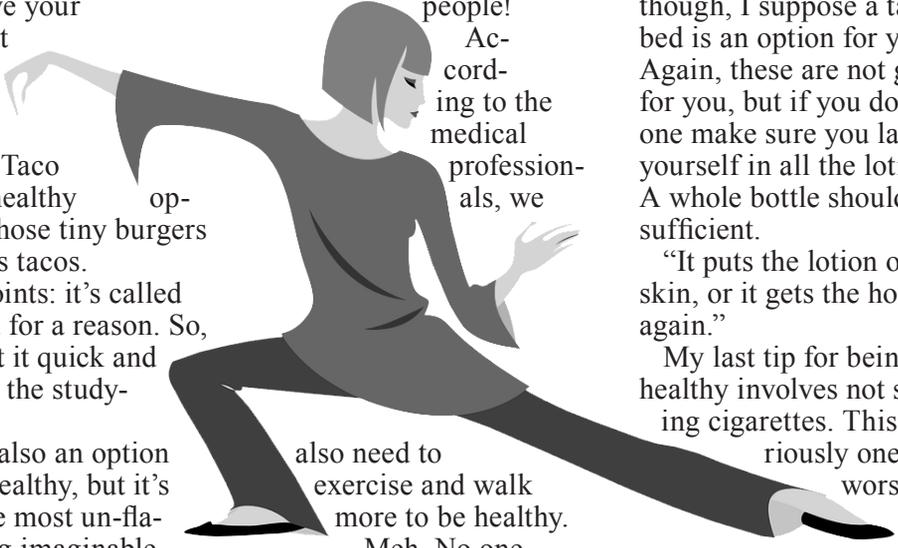
My last tip for being healthy involves not smoking cigarettes. This is seriously one of the worst habits to start.

Just don't do it. There is no joke here.

I, on the other hand, do smoke. So, it's like the pot calling kettle black. It's my gross habit; I'm allowed one.

Just remember that being healthy is important to your education because you can't study and write those papers if you're dying.

Also, I am not a professional in any kind of medical field. I wouldn't take all of these health tips seriously if I were you.



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.

*Anamark Weekly Menu*

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Guest</i>	Qdoba Mexican Grill & Fusian	Lees Famous Chicken	Panda Express	Bob Evans Restaurant	Gyro Palace
<i>Simmer</i>	Chili Con Carne Hearty Chicken Gumbo	Chili Con Carne Vegetable Soup	Chili Con Carne Boston Clam Chowder	Chili Con Carne Roasted Corn & Potato Soup	Chili Con Carne Minestrone Soup
<i>Sizzle</i>	Southwest Grilled Chicken Sandwich	Grilled Reuben	Greek Chicken Sandwich	Chicken Quesadilla	Beer-Battered Cod Sandwich
<i>Pizzazone</i>	Chicken & Bacon Whole Grain Pizza	Buffalo Chicken Calzone	Philly Cheesesteak Mini Rolletto	Mushroom Calzone	Chicken Parmesan Mini Rolletto
<i>Deli</i>	Turkey BLT	Cashew Chicken Salad Sandwich	Turkey BLT	Cashew Chicken Salad Sandwich	Turkey BLT
This Week's Wrap: Thai Chicken Wrap					

*Campus Calendar*

**October 11, 2016**  
**Exercise Your Right to Vote!**  
 Building 8, Room 113  
 1 p.m. - 3 p.m.

**October 12, 2016**  
**Sinclair Talks: Seeing the "Able" in Disability**  
 Building 8, Stage  
 2 p.m. - 3 p.m.

**October 14, 2016**  
**African American Male Initiative Open House**  
 Building 8, Room 027 (Near stage)  
 2 p.m. - 4 p.m.

**October 16, 2016**  
**A-Term Classes End**  
**October 17, 2016**  
**B-Term Begins**

*Weird Weekly Holidays*

**October 11, 2016**  
 It's My Party Day

**October 12, 2016**  
 National Fossil Day  
 Take Your Teddy Bear to Work Day  
 National Gumbo Day  
 Old Farmer's Day

**October 13, 2016**  
 International Skeptics Day

**October 14, 2016**  
 Be Bald and Free Day  
 National Dessert Day  
 World Egg Day

**October 15, 2016**  
 White Cane Safety Day

**October 16, 2016**  
 Dictionary Day  
 Bosses Day

**October 17, 2016**  
 Wear Something Gaudy Day

*Crossword Puzzle*

- Across**
- 1 Solidifies
  - 5 Extends, as a building
  - 11 Triple \_\_: liqueur
  - 14 Golfer Aoki
  - 15 Unfortunate event
  - 16 Thurman of "Kill Bill"
  - 17 Noir film temptress
  - 19 Writing implement
  - 20 Therapeutic ointment
  - 21 Tenants
  - 23 Engineer Nikola
  - 25 "\_\_\_ F!": pre-week-end cry
  - 27 Homer Simpson's wife
  - 28 Football-like sport played with a disc
  - 31 Falsehood
  - 32 \_\_\_ Angeles
  - 33 '50s prez
  - 34 Kareem's former name
  - 35 Dangerous current
  - 37 Female pronoun
  - 40 Cupid's mo.
  - 41 Year, in Spain
  - 42 Ate
  - 43 Close kin
  - 49 "\_\_\_ Rae"
  - 50 "\_\_\_ who?!"
  - 51 Execs, or outfits hanging in their closets
  - 52 Goes on the offensive
  - 54 Gentle
  - 55 Life story, briefly
  - 56 Ironic change in destiny ... and, literally, what happens in this puzzle's circles
  - 61 Egg cells
  - 62 Transition slowly
  - 63 \_\_\_ out a living
  - 64 Crossed (out)
  - 65 Same-as-above marks
  - 66 Fender damage
  - 24 Nobelist Wiesel
  - 25 Sporty sunroof
  - 26 Develop in the womb
  - 29 "I was with my girlfriend all night," say
  - 30 No longer encumbered by
  - 35 Edited
  - 36 "Mockingbird" singer Foxx
  - 37 Asian mushroom with an odd spelling
  - 38 "Freeze!"
  - 39 Breyers competitor
  - 40 Storm relief org.
  - 43 Packed up for shipping
  - 44 Whodunit reason
  - 45 "The Wind in the Willows" croaker
  - 46 Help out
  - 47 Dating from
  - 48 Bungled
  - 53 "The Bridge on the River \_\_\_"
  - 54 Daughters' brothers
  - 57 Part of a tennis match
  - 58 Padre's hermano
  - 59 On a scale of one to \_\_\_
  - 60 Approx. figure

- Down**
- 1 Animated Internet file suffix
  - 2 Suffix with Siam
  - 3 Meaty dish that would make Mary sad?
  - 4 Mogadishu native
  - 5 Radio band-switching switch
  - 6 Day, in Spain
  - 7 Hrs. that begin when we "spring forward"
  - 8 "Doctor Zhivago" actor Omar
  - 9 "Tall" story
  - 10 Amateur night at a comedy club, e.g.
  - 11 Exquisite
  - 12 Come into view
  - 13 As far as the eye
  - 18 Jack of old Westerns
  - 22 Stun with a gun
  - 23 Rock's Jethro \_\_\_

*Last Edition's Solution*

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

### 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!

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

### Last Edition's Solution

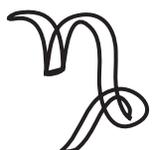
6	4	9	5	3	7	1	2	8
8	3	5	1	6	2	7	4	9
2	7	1	4	8	9	5	6	3
4	5	6	9	2	1	3	8	7
1	8	2	7	5	3	6	9	4
3	9	7	6	4	8	2	1	5
5	6	3	8	1	4	9	7	2
7	1	4	2	9	5	8	3	6
9	2	8	3	7	6	4	5	1

## Horoscopes

**Libra: Sept. 23 – Oct. 23**  
 Someone attractive has your attention. Enjoy time spent with people you love. Practice your art, craft and skills. Relax and avoid tense situations. Keep your promises.

**Scorpio: Oct. 24 – Nov. 21**  
 Get into interior decoration, and make functional upgrades. Get innovative to conserve resources and space. Replace something before it breaks. Research value, quality and price before buying.

**Sagittarius: Nov. 22 – Dec. 21**  
 All this data could seem deafening. Sift and filter it for friends. Your common sense is welcome. Think before you speak, and then broadcast as widely as possible.

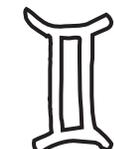
**Capricorn: Dec. 22 – Jan. 19**  
 Get into a profitable project. Measure progress to meet milestones. Ask your team for support when needed. Follow through with deliverables. You have an ace up your sleeve.

**Aquarius: Jan. 20 – Feb. 18**  
 Assertiveness works well now. Take charge of your destiny. Make positive changes. Don't take anything (or anyone) for granted. Stifle automatic reactions and focus on love.

**Pisces: Feb. 19 – March 20**  
 Take time to catch up on filing and organization. Sort through your treasures. Cash in your coupons before they expire. Show appreciation to someone who helped you.

**Aries: March 21 – April 19**  
 Wait on a decision until you've done the research. You can find what you need. Rest and review. Someone on your team teaches you a new trick.

**Taurus: April 20 – May 20**  
 Focus on a professional goal. The more you complete, the better. Good news arrives from afar. Indulge in private acts of compassion. They grow your heart stronger.

**Gemini: May 21 – June 21**  
 An adventure tempts. Consider all options. Not everyone agrees with the plan. Postpone action until key players are in alignment. Don't gamble. Send someone else ahead.

**Cancer: June 22 – July 22**  
 Manage financial obligations. Figure out what's really important and put your money where your mouth is. Your quick service increases your income. Repay a favor. Count your winnings.

**Leo: July 23 – Aug. 22**  
 Move quickly to beat the competition. Good money management skills are required. Consult a good strategist. You don't have to do everything; delegate! Create or expand your network.

**Virgo: Aug. 23 – Sept. 22**  
 If the workload seems intense, manage the overwhelming feeling with tea, peaceful music and dedication to your checklist. Fulfill (or amend) promises made. A stroke of genius reveals new options.

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

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The Official Student Newspaper of

# Tartan Spotlight

## CAROLINE REYNOLDS



Andrew Sipos | Photographer

Matt Harlan  
Reporter

### Meet...

Caroline Reynolds, a professor in the English Department at Sinclair Community College.

### Why She's Interesting...

Born in Athens, Ohio, she grew up to immediately find a passion for the arts, particularly literature.

After moving from Athens, she continued to go back and visit. It is an extremely important place in her childhood.

"I spent a lot of time there growing up during the summers (and other holidays)," she said.

Athens is a historic college town along the Hocking River in southeastern Ohio. It is home to Ohio University.

The natural scene of the Midwestern town of Athens had a clear influence on her development into such an enthusiastic lover of the arts.

"I am passionate about music, literature, politics, and teaching," Reynolds said.

Reynolds moved to Dayton early on in life due to her father's job transfer.

"I was raised just south of Dayton," she said. There, she went to high school and has called it her home for a large portion of her life. Growing up she knew she always had a love for reading. However, it took her a while to decide that she wanted to become a teacher.

Reynolds first went to college at Sinclair. It allowed her to continue to mature and grow as a student. She continued her education at Wright State University, where she graduated with a B.A. and M.A.

Reynolds said her inspiration to

become an English professor stemmed from her love of literature. "Reading was a favorite activity as a child, it still is," she said.

Becoming a teacher, getting married and having 3 children keeps Reynolds extremely busy. She says she doesn't have time for many hobbies. She finds time for what is important in her life.

"Spending time with my family, getting lost in a good book and going to Cincinnati Reds games are some of my favorite activities," Reynolds said.

In the classroom, Reynolds has a true passion for her students, and truly cares about their success.

"Seeing students work hard and succeed in their academic pursuits is very rewarding," she said.

She loves to see her students grow and succeed in the future.

"I work hard to set high standards for my students, and I work to help them achieve those standards to the best of their ability," Reynolds said.

She cares about her students, and loves to see them become passionate about reading and English. She considers it one of the most rewarding parts of her job.

Despite her many obligations, Reynolds enjoys collecting jazz albums from the 1950's and '60s including Bill Evans, Red Garland and Cannonball Adderley. She also enjoys reading some of her favorite authors, like Charlotte Bronte.

An extremely blessed, hard-working and caring individual, Reynolds is forever grateful for everything she has grown to accomplish.

"I feel very fortunate to have a loving and healthy family and a challenging and rewarding career." She never takes anything for granted.



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