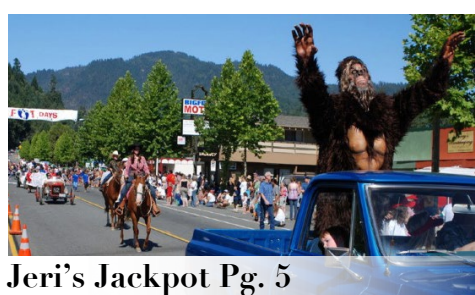
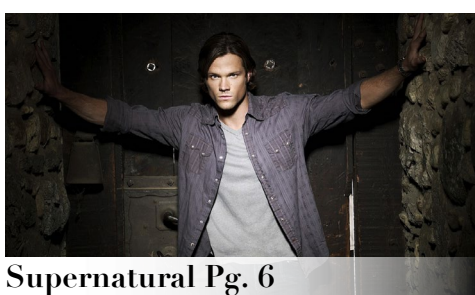




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GEM CITY MARKET: AN OASIS IN THE DESERT

Justin A. Baker
Staff Writer

Hunger and poverty seem to go hand in hand. It is amazing how many children only eat one meal a day and that meal mostly consists of preservatives, chemicals, dyes and who knows what else.

It seems that if you are impoverished you are more likely to live a life of poor nutrition and hunger.

Well, luckily for the downtrodden there are forces out there that have put plans in motion for a project to try and not only remedy the poor nutrition choices but give something positive to a community that always seems to be without or forgotten.

This positive, life changing project is called the Gem City Market. It will

be located in the west side of Dayton where change is sorely needed.

I interviewed one of the people responsible for making this market a reality, Amaha Sellassie; A person known for his political activism, using his voice for urban support and teaching as a professor of sociology at Sinclair College.

He took time for me during his busy day and explained how the market came to be and why.

It all started out when opportunity maps were created by the Montgomery County Health Department. They found that opportunity was divided by the Miami River.

Meaning, the west side of Dayton that is majorly 98 percent African-American, was categorized as lack of opportunity.

One of these areas that represent a lack of opportunity are known as food deserts. This shows that residents are 200 percent below the poverty line and have no access to fresh fruit or vegetables in a one mile radius.

This results in either taking two or more bus rides to and from a grocery store, or the community sustaining their families on unhealthy options which are the only ones available in the area.

As the Montgomery County board fully grasped the gravity of the situation, they decided to build a market for the community that would be abundant with the nutrition needed to help the neighborhood flourish.

"At first we came up against a wave of objections, negativity, and

outright disbelief that we could bring anything that positive to the west side of Dayton," Sellassie said.

Sellassie and his team persisted and visualized the possibility of the community, having a shared hope and positive change that would have a ripple effect through generations.

"The market is going to feature a health clinic, a community room and a full service grocery with subsidized pricing," Sellassie said. "Which means that the stable goods will be sold as close to cost as possible."

In layman's terms, those who have less income will now be able to purchase more goods that they need to survive. There will also be featured programs that reward those who buy healthy produce and they will be rewarded with double produce.

continued on page 2

Gem City Market Continued



Facebook

“Lastly this market is a co-op, it’s community owned and worker owned,” Sellassie said. “This is paramount in Dayton. This is one of the first neighborhood owned

and run entities.” This is possible due to a hybrid pricing formula where higher cost items’ profits will be used to purchase lower cost items.

This market is a stepping stone into making a side of Dayton that was neglected come alive once again. The removing of Good Samaritan Hospital was devastating to the west side of Dayton. The market works toward a mission statement of fulfilling an essential need in a community that many take for granted. For those who want to feel even more a part of this project while

affecting change in the community you can go to GemCityMarket.com. There is a design survey that will give invested Daytonians a say in the design of this upcoming market. Several people I have talked to cannot wait for the market to be fully built and opened, and are looking forward to becoming a part of something that is a positive step in the right direction. This market isn’t just about providing options, it’s about making something for the community out of nothing. It aims to give a new sense of pride and purpose to people who feel that society does not care about them. The day that the walls are put up and the roof is set on the Gem City Market is growing closer, and it will provide a service to those on the “other side” of Dayton. As their slogan says, “It’s more than a market, it’s a movement!”

Broken Down and Unafraid: Her Story House



Kelsey Fitzpatrick
Staff Writer

Facebook

Montgomery County is ranked 2nd for the most overdoses in Ohio, with 521 reported overdoses last year, but a group of women from Her Story Inc. are trying to change that. Her Story Inc. is a non-profit organization which helps homeless women struggling with addiction and drug abuse turn their lives toward brighter light. The

organization is based out of Xenia and has been taking action. Her Story Inc., founded by Whitney Caudill, has recently opened a home in Greene County to try to help women get recovery care that encourages lasting results. The home, Her Story House, has already had several guests, and one woman graduate from Her Story. Brandy Gleason, Executive Director of Her Story Inc., spends a lot of time at the home coordinating volunteer work, setting up treatments and more. Gleason, a woman in recovery herself, said, “I know God gave me this opportunity because I am not the only one able to beat this.” Gleason has had the opportunity to work directly with these women and empower them to beat their addictions. The ultimate goal for women under the care of Her Story House

is to help them obtain better long term outcomes. Residents in the home do not pay to live there, and Her Story helps them gain access to social services like food stamps and health care. What makes Her Story House different from many recovery homes is that it is faith based. It has a more humanistic approach, working with what helps the individual rather than following a strict system that may be more challenging from one woman to the next. “These women are fighting. This could be your daughter, sister, or mom,” says Gleason. The home requires residents to make the effort in starting the process of rehabilitation. Families can’t do all the work to get their loved one in the home, and residents must make their own choice to stay there. Residents can learn many skills at Her Story House, women coming to volunteer by teaching an array of classes, from budgeting to yoga. The home wants to help women hit the ground running once they are

back out there on their own. The house can currently only house 4 women at a time, but Her Story would like to see more homes opened in the future so they can reach more women. Because the home is non-profit and faith based, it runs on donations. The house possesses few staff positions, filling day and night shifts, and class teachers with volunteers. Anyone who can pass a background check can work in the home, and they do not discriminate for drug history. Gleason says, “These women have a tribe of crazy strong women supporting them. They aren’t doing this alone. Everyone deserves love.” Montgomery County may have one of the largest epidemics in the state of Ohio, and the nation, but Her Story Inc. wants to change that. To get information about the house and stay up to date on news, check out their website at herstoryhouse.com.

Tartan Spotlight: Jayme Johnson



Emilee Brewer
Reporter

Meet...

Jayme Johnson is a freshman at Sinclair Community College. He is a recent graduate of Beaver Creek High School, and he looks forward to his

time here at Sinclair.
Why he is interesting...
The baby of the Johnson family, Jayme loves living life. He is full of optimism and compassion, and wherever there is an adventure to be had, you'll find Johnson first in line. "I enjoy going out in the world and trying new things," Johnson stated with a smile.
At the moment, Johnson lives at home with his mother and dog, Zeke. He loves to play basketball and was a top player on the Beaver Creek team. You can also find him at the gym or working overtime at HomeGoods.
His favorite thing in the world, however, is going on spontaneous journeys and seeing where the road takes him.
Johnson is always looking for a new escapade, and his next big adventure is conquering college and going on to

become a whirlwind magnate.
The young man is majoring in business management. Johnson decided on this career path because he feels it's incredibly versatile and he can find great success in life with this degree.
He didn't originally plan on going down this road. In fact, he had no interest in business at all until however, he watched his uncle successfully run his own shop. It was then that Johnson felt inspired to start his own endeavors.
At the age of 35, Johnson's uncle created Acton Services, and Johnson is looking to get in on the action. He hopes to be promoted to part owner, and possibly become the full owner in the future. His ultimate goal, though, is to open a restaurant after graduation.
An avid sports fan himself, Johnson wants to start a sports bar in the Dayton area. Johnson loves

fraternizing, meeting new people and he has a passion for mixology. His go-to favorite drink is a simple Jack and Coke.
A humble mechanic to a restaurateur? If anyone can do it, it's Jayme Johnson. He had excellent grades while in high school and is still boasting an outstanding work ethic. Johnson credits his uncle for inspiring him to be a hard worker while maintaining a compassionate side.
No matter where life takes him, he'll always remain full of positivity and have a zest for life. He hopes that others can learn from his outlook as well.
"One thing to take away from this interview is to try and be the best version of yourself as much as possible," Johnson laughed, "because life's no fun being stressed out or mad all the time."

Old School vs. New School: Michael Jackson vs Bruno Mars

Tiauna Horejsi
Reporter

In the past few weeks, I've talked about the King of hip-hop, so now I have to talk about the king of pop, Michael Jackson. Michael is another artist that not a lot of new school artists can say they are better than. A lot of today's music is inspired by old school music.
This applies to all genres of music, as we wouldn't have a Drake or Bruno Mars without Tupac or Michael. This brings me to my next comparison,

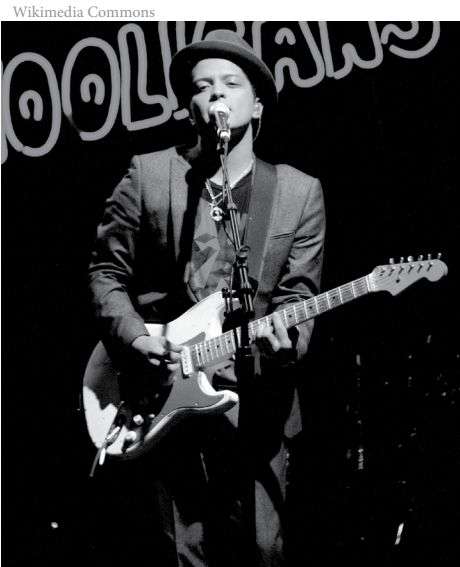
Michael vs. Bruno.
From what I have researched so far, people don't think Bruno is better than Michael but he does remind a lot of people of him.
From his music, his style and to his dances moves it's a lot like Michael.
I noticed this myself during one of Bruno's performances when he did the moonwalk. This dance is one of many dance Michael was well-known for.
Bruno is one of the artists today that may be the closest to Michael Jackson, and while I'm not saying he can replace him, he does a lot of things that resemble Michael. For example, Bruno's video "Finesse" has the same beat as Michael's video "Remember The Time".
In Bruno's video, he does a lot of the old school dances mixed with old school clothes. Not only in remembrance of Michael but to all the oldies.
A big difference from Michael's music and Bruno's is there is a storyline in Michael's videos. He sets a scene where you kind of forget you are watching a music video and almost feels like a movie.
Personally I don't feel a lot of music

artist today can do that, I usually just skip the video until they start singing or rapping.
In "Thriller," "Remember the Time," "Beat It" and many other songs of his all told a story. His videos all around were fun to watch; he really had a gift many artists today like Bruno also have; by being able to entertain through his music and that's what it is all about.
Michael was a performer since being part of the Jackson Five at a young age, so it was not much of a surprise when he got bigger during his solo career.
You could really see Michael's whole family was very talented, and coming from a musical background Michael was destined to be a good performer.
Performing at a young age is something him and Bruno also have in common. According to biography.com, Peter Gene (Mars' real name) "grew up in a very musical family." His father was a Latin percussionist and his mother was a singer.
They both have that confidence of being able to reach the stars and didn't let anyone get in their way.
Bruno's family also performed together like the Jackson Five. So, it



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sounds to me if you have you come from great performers then you will be one as well.
I don't think Bruno's fans are the only ones noticing the similarities between him and Michael. Bruno pays tribute to Michael with certain outfits he wears and his dance moves, sometimes even doing impressions of Michael.
Overall, I don't think anyone can fill the shoes of Michael, so we can all just look at Bruno Mars as a modern day Michael Jackson.
Michael will forever be missed and is always in our hearts as the king of pop.



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Appalachia Rising: Ghosts and Haints



Nora Stanger
Contributing Writer

Growing up my family had a love/hate relationship with telling scary stories. My sister, Linda, was the best at coming up with tales that could make us shake to the core.

Linda, convinced that I was a vampire because of two birthmarks on her neck, even drew a line down the middle of our bed sheets and slept with pillows between us so I wouldn't bite her in the night.

We lived way back in the Appalachian hills, eighteen miles from any town. When we wanted to visit someone we always walked.

Once, while Linda and I were walking to Granny's house late at night, we got scared of a coming storm. All of a sudden, a huge bolt of lightning and immediate thunder crashed down near us, close enough to blind us momentarily. Shortly after, a car passed by.



Linda told me, "Did you notice that the car didn't even slow down? They couldn't see us! That means we were struck by that lightning and we're really dead!"

For the next fifteen minutes she convinced me, and even herself, that we were merely ghosts now and no one would ever see us again. We talked of how we wished we could tell our mom we loved her one more time. We contemplated what the life of a ghost would hold for us and if would we be cursed to walk the pot-holed filled roads of Aaron's Creek for eternity. We were in tears, grieving our short-lived lives and tormented by the dark unknown ahead of us.

When we turned the bend and saw the light from Granny's house, we weren't comforted as we usually would be. Instead, we spoke of how hard it would be to see Granny there waiting for us without being able to tell her of our demise. When we walked up to her door we were thrilled to find that she could really see us!

Still convinced we were ghosts, we told her of our terrible death and that we were so sorry we couldn't be with her anymore. Granny laughed and laughed.

Grandpa, a very thin, sickly man who almost never talked and NEVER laughed said, "So ye afeard of haints are ye?" He too enjoyed our overactive imaginations.

On the hill behind Granny's house, deep in the woods was an abandoned cemetery. Before every Memorial Day we kids would clean the broken tree limbs and leaves off the graves



in preparation for Mr. Bowman's annual trek up the hill to visit his dearly departed.

Until he died, even at a very old age and being so feeble, Mom made us climb the hill with him. Mr. Bowman never missed a year to visit the cemetery. We told ourselves as long as we honored Mr. Bowman

wanted after that.

What is it about humans that often we tease with the prospect of endangerment then run to the shelter of safety at the last moment? We ride the riskiest dare-devil rides at King's Island and go through terrifying haunted houses. Afterwards, we share our stories of fright and pat



and his wish to see his long-passed family, the ghosts of the cemetery would never haunt us.

Then the year came that Mr. Bowman joined his family, never to climb the hill again.

Linda once again conjured up ways to scare us. She convinced us that we could no longer be protected from the hauntings of the abandoned cemetery. Our brother, Garry, took to wearing his shirts inside out and backwards.

When Mom tried to correct him, he said, "This way if the ghosts chase me they'll think I'm running the opposite way!" Mom let him wear his shirts how he

ourselves on the back for surviving the perils in our way.

Though we don't really like danger, we enjoy the adrenaline rush of fear. In fact, I've heard it said that to really enjoy a scary situation, we have to know we're in a safe environment.

As an adult I honestly have no desire to create a scary experience and avoid it at all costs. But as a child, there was something special about walking through these adventures with the people I loved most. The combination of standing together through the scary moments brought a strange sense of comfort.

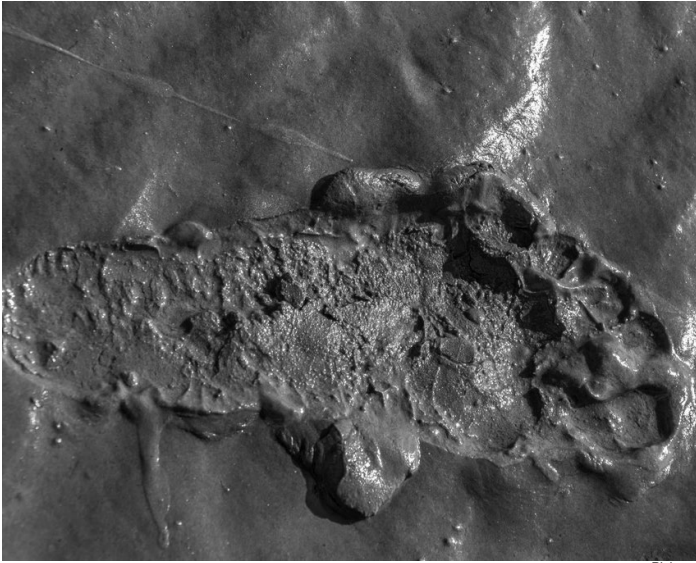
I guess child's play is a lot like life, in the adult world. We need our 'village' of people to strengthen and comfort us as we face life's trials.

Jeri's Jackpot: The Legend of the Wood Ape



Jeri Hensley
Graphic Designer

Continuing on our trek through the various festivals as well as the weird and wacky things around the United States, we come to the age old legend of Bigfoot, or as he has recently been renamed by the North American Wood Ape Conservancy, the Wood Ape.



Bigfoot is a legend that spans back as far back to at least 1898, if not further. According to anthropologist David Daegling, the legend of Bigfoot existed long before there was even a name for such a creature. The first sighting of bigfoot was in 1811 by David Thompson, in what is now Jasper, Alberta Canada, who found some tracks in the snow that were “fourteen inches long and eight inches wide, with four toes” according to unkmuseum.com. In 1884, the capture of a creature, named Jacko who was referred to as

a “Sasquatch” was reported in a local Canadian newspaper. However, due to the description of the creature, many think it is likely that it was simply an ape brought over on a ship from Africa. Over the next century or so, Bigfoot sightings began to increase in number and location. He has become such a legend that in Skamania County, Washington,

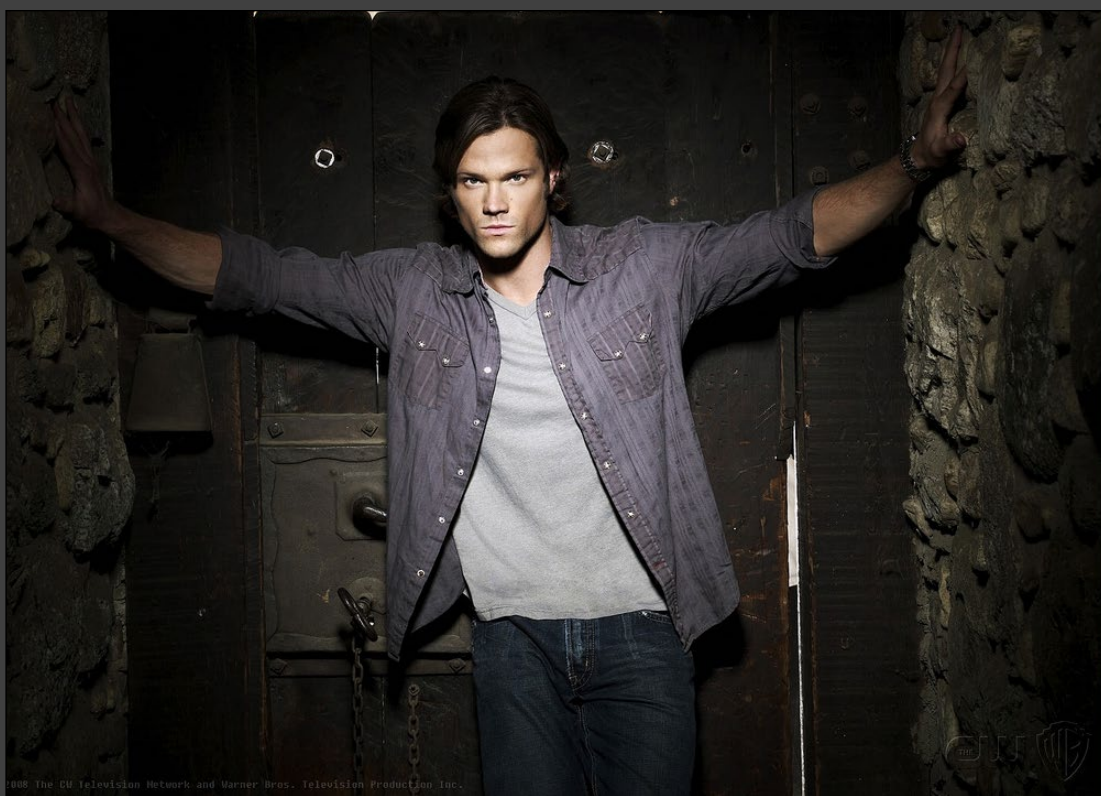
anyone who shoots and kills a Bigfoot will face a \$1,000 penalty and five years in jail. In Texas, there is the North American Wood Ape Conservancy (NAWAC), which is a research center dedicated to researching and educating people about the creature. It is made up of a team of researchers, most of whom have a degree in anthropology, wildlife or are experienced hunters. The site has several links to Bigfoot related information, such as their description page. According to NAWAC, the Wood Ape is described as having a “large bulk, powerful build and thick chest.” It’s thought that there are both male and female Wood Apes, with the females described as having “pendulous breasts” as the most defining characteristic. The creatures are more human like in nature than bearlike, and have

thick hair covering most of their bodies. In most encounters, people describe the Wood Ape as having a graceful gait, appearing to almost float across the ground. Bigfoot is more than just a research center though. Several states around the U.S. have Bigfoot Festivals. Destinationamerica.com lists the top five Bigfoot related festivals in the U.S. The first on the list is the Honobia, Okla. festival that typically runs from Oct. 5 to Oct. 6 each year. According to travelok.com, “The Honobia Bigfoot Festival & Conference features live music, handcrafted arts and crafts, fun games, a nature walk, delicious food, family friendly entertainment and an art show showcasing the work of local artisans.” The festival takes a small break on Sunday for a 10 a.m. church service and resumes after. They encourage festival goers to bring their own four wheelers for Bigfoot ATV rides. Willow Creek, Calif. has its own Bigfoot Days the first week of September. The event kicks off with a parade, which according to seecalifornia.com, has no rules. Anything goes in terms of entries into the parade, from livestock to floats. There are various games that people know and love, and music performances. The China Flat Museum houses the Bigfoot Collection as well as many other artifacts. The festival in Leetonia, Ohio takes place in the summer, usually in June and draws a crowd with its Bigfoot Howling contest. There is also a ghost walk as well as food and games. Skamania County, Wash. had the Bigfoot Bash at Logtoberfest this year on Oct. 6. The host of “Finding Bigfoot” from Animal Planet returned

this year. The Bigfoot Mojo, a performance group performed on the mainstage and there were several events for kids. The Bigfoot Bash was combined with Logtoberfest, meaning it was a two part event this year. There were also Sasquatch vendors as well as many fall themed vendors. Last but certainly not least on the list is The Bigfoot Jamboree in Happy Camp, Calif. The event has ran for 52 years as of this year. The first night kicks off with a Bigfoot Pie Bake Off and dinner. There is a parade, festivities and even a King and Queen crowning. Bigfoot has been a part of humanity’s legends for centuries, and will continue to be for the foreseeable future. Maybe one day we’ll finally track one down, and learn to understand the species. For all we know, Bigfoot could be supernatural or he could simply be some undiscovered species just waiting for discovery. Perhaps one day, Bigfoot will be on the list of endangered species and will be something to marvel at instead of hunt. Who knows what mysteries really lie out there in our strange world? Next time on Wacky and Weird, we’ll take a look at the Hobo Festival and the Tarantula Awareness Festival.



SUPERNATURAL RETURNS FOR SEASON 14



Erika Brandenburg
Arts and Entertainment Editor

On Oct. 11, 2018, the fourteenth season of the hit dark fantasy television series “Supernatural” started. It will be airing on the CW network Thursday nights at 8 p.m. and will span for 20 episodes, making it a show for the 2018-19 season.

The first airing brought about 1.49 million viewers, a significant drop of 0.61 percent from season 13’s premiere, and marking it as the lowest viewed season start along with season eight and season 11.

However, the 13th episode of the new season will be the 300th episode of the entire series proper. Andrew Dabb and Robert Singer continue to be the showrunners of this season, marking it as the third one they’ve had this role for.

“Supernatural” first started back on Sept. 13, 2005 on the WB. Eric Kripke is the creator of the series with the producers being Warner Bros. Television in association with Wonderland Sound and Vision.

Over the years, the role of executive producer has been

shuffled between several figures including Sera Gamble, Jeremy Carver and Adam Glass. One of the former executive producers and director Kim Manners, unfortunately, passed during the production of the fourth season due to lung cancer.

Kripke had originally planned for the show to run for three seasons, though he later expanded his vision of the main storyline to encompass five. Once the fifth season ended and the main story was finished, Kripke departed from the series as a showrunner.

The origins of the series, however, were somewhat different than what the final product turned out to be. Kripke’s original vision was that of an anthology before shifting to tabloid reporters driving across America in a van “fighting the

of the truth.”

Unfortunately, the network wasn’t the biggest fan of the reporter idea and, in a last ditch effort, Kripke changed his idea to involve the main protagonists being brothers, a decision that wound up with approval.

When the pilot aired, it was estimated at 5.69 million viewers and the ratings for the first four episodes were favorable, leading to the WB picking it up for a full season and kicking the series into future stardom.

In 2015, “Supernatural”

claimed the title of the longest-running American live-action fantasy TV series with its eleventh season.

The premise of the series is that two brothers, Sam and Dean Winchester, travel around the country in search of the supernatural in order to kill them. They were brought into this type of life by their father John Winchester, who went missing prior to the first episode of the series.

Their mother, the catalyst for the events at beginning of the series, died after the demon Azazel comes into the Winchester house on Sam’s six-month birthday and kills her and burns the home down.

This event led to John’s obsession with hunting down Azazel and finding a way to kill it along with leading him to educate his sons on the lifestyle of a hunter.

Sam, however, rejected this and went to Stanford University and got a girlfriend named Jessica, before Dean came and got him to go find John. However, upon the search failing and the brothers only disposing of a spirit, Sam returned back to University only to find Jessica pinned to the ceiling in the same way his mother had been.

She is promptly killed in front of him before the room is set ablaze, an incident that pushes Sam back into the life of hunting the paranormal in order to find the creature that has now killed two people that were close to him.

From there, several more characters were introduced to the cast and new story arcs are put into place. The mythology only grows as the series continues and, for what is known, the fourteenth season may not even be the end.



THE HAUNTING OF HILL HOUSE THRILLS

Jeri Hensley
Graphic Designer

Netflix's new series "The Haunting of Hill House" released on Oct. 12, 2018 as a full series. The show was comprised of ten one-hour long episodes, each focusing around one of the main characters until it came to a head in the finale.

The show focuses on the Crain family, composed of Olivia and Hugh, the parents, and Theodora, Shirley, Steven, Luke and Nell, the children. The series is loosely based off of the novel of the same name by Shirley Jackson.

In the novel, she refers to the house as a body, and this same metaphor is prevalent throughout the entirety of the show.

WARNING: SPOILERS FOR THE HAUNTING OF HILL HOUSE BELOW

The Crain family moves into a new house, named Hill House, over the summer months while Olivia and Hugh – who are home renovators – work on getting the property ready for resale. The children are varying ages, the oldest roughly thirteen, while the youngest – Nell and Luke, the twins – are only six or seven.

At first, they're excited to be staying at the house. It's big, with lots of rooms and space to explore. However, over the course of their stay, things begin to happen in the house.

First, Nelly begins to see a

ghost she refers to as "the Bent Necked Lady." Then, Luke begins experiencing nightmares of a tall man who floats above the ground and moves by a cane.

Over the course of each episode, it moves from flashbacks to the house, each labeled appropriately leading up to the "final night." In the modern day, viewers get to see how the events at Hill House left the children of the Crain family scarred, and in turn caused issues later on in life.

Steve is now a writer of ghost stories, having investigated several haunted well known places such as The Queen Mary ship, and has written about his time in the Hill House as well. Shirley is a mortician and funeral home director, running her business out of her home.

Theodora is a child psychologist who wears gloves because of an issue with touch, which we later learn is because she inherited her mother's ability to sense things about people through touching them. Nell had gotten married, watched her husband die of an aneurysm and has started to once again see "the Bent Necked Lady."

Luke is a drug addict who has been to recovery three times with no success and their father, Hugh is almost non-existent in their lives.

The trigger point that sets off the story for the Crain family is the death of Nell, after she returns to the Hill House and apparently



commits suicide. The story takes off from there, and the ghosts from the past come back to visit.

"The Haunting of Hill House" is a slow burn, but what it lacks in pace, it makes up for in story and thrills. According to an article on Buzzfeed.com, some people found the scary parts of the episodes so intense that they passed out.

The ending of "The Haunting of Hill House" finally sheds some light on what went on in the mysterious Hill House and what exactly happened the night that six of the Crain family members finally escaped.

Olivia Crain had become "possessed" in a sense by the house. She had begun to believe that it was her forever home and that leaving would only cause her and her family pain. Due to this, Olivia began to act strangely, often doing things that were out of character for her. She often times would wake up unaware of what had happened.

One such instance occurred when she woke up on top of Hugh, a screwdriver pressed to his neck as if she were about to stab him.

After Olivia's condition deteriorated past the point of saving, Hugh realized he had to get the kids out of there. The final straw occurred when Olivia staged a tea party for Nell, Luke and Luke's friend Abigail, who was the daughter of the

caretakers. She poisoned the tea and served it to the children, but only Abigail drank it.

When she fell on the floor, dying from the poison, the children realized there was something wrong with the tea. Hugh came in just in time to stop Nell and Luke from drinking it and rescued them from the house along with the other children.

It is revealed that Olivia killed herself and is now the one in control of the house as a spirit. She wants her children to come back to her, still believing the house's lies that her husband took them away to harm them by exposing them to the world.

Nell is now part of the house as well but is aware enough to save her siblings and free them from the house's and Olivia's grasp. The show plays with the idea of life being non-linear in that things from the future may be in our past just as our past is in our future.

Overall, the slow burn of the show mixed with the psychological and physical scares makes for one of the best shows this season, and certainly a win for Netflix.

"The Haunting of Hill House" is a representation of the type of show Netflix strives for – enthralling, captivating, yet just short enough to leave you feeling satisfied without a long drag.

The Haunting of Hill House is now streaming on Netflix.



Sinclair Cares Counseling Services

Do you need to study but can't find the motivation? Do you procrastinate and wait to complete assignments right before they are due? Let's talk about tips to stay motivated and avoid procrastination!

- Keep a calendar or planner to keep track of due dates and to schedule times to study and finish assignments. Use alarms on your phone as reminders to stick to your schedule.
- Maintain good organization. Keep information for each class together to find it easily.
- Use good time management. Make sure you setting aside enough time for studying and finishing assignments. Make sure there is a balance and you include time for yourself as well.
- Try studying outside of your home. A lot of people have difficulty studying at home and get distracted easily. Try studying in the library or another local library and reduce your distractions while studying. Put your phone away and focus on your work.
- Set short, attainable goals during the semester. Long term goals are good but reaching short term goals can give a boost of confidence during the semester.
- Prioritize studying above free time. Tell yourself to study for a set amount of time and then reward yourself with the free time after the studying or assignment is complete.
- Stay positive and avoid negative self talk. Believe in yourself and your ability to do well in your classes. Remind yourself that this is one more step towards your long term goals.

When do you think most people complete their homework assignments: 24 hours after they are assigned or 24 hour before they are due?

The recommendation is that students complete homework assignments within 24 hours of them being assigned. Most people wait to finish them within 24 hours of them being due.

The best time to complete assignments is when the information is fresh in your mind. Even if you don't want to, push yourself to get your work done and then it's out of the way!

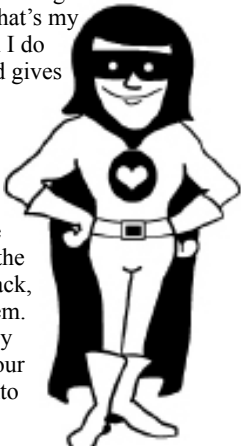
If you think you need help with any of these things, please contact Counseling Services to see if we can help! Contact us at 512-3032 and we are temporarily located in 4-331!

Contributed by Emily Hudson

Ombuddy Corner

Many people struggle to find their life purpose, or calling. There is no set formula to figure out what your calling is, but the Ombuddy wants to share three tips to make the process less intimidating:

- Break the question down into something more manageable – instead of thinking “what’s my life purpose?” try thinking “what can I do with my time that feels important and gives me a sense of satisfaction?”
- Not everything is fun all the time. Even the things you enjoy most have some aspect of discomfort to them. Think back to the things you brainstormed from bullet one. Do the positives outweigh the negatives? If the answer is yes, you are on the right track, because you will likely stick with them.
- Let go of the idea that there is only ONE thing you are destined to do. Your purpose in life comes from getting into action!



The ombudsman is your student advocate!
To learn more, visit www.sinclair.edu/ombudsman.

Your Voice

What is your favorite thing about Halloween?



Mame Thione

“My favorite thing about Halloween is hanging out with my best friend. We watch movies and eat the candy we didn’t pass out.”

- Natalie Schulte
Visual Communication

“I think for me, the best thing about Halloween is dressing up in your favorite character and nobody gives you that strange look that you would get if you do it on any other day.”

- Dieudonné Muhirwa
Electrical Engineering



Mame Thione



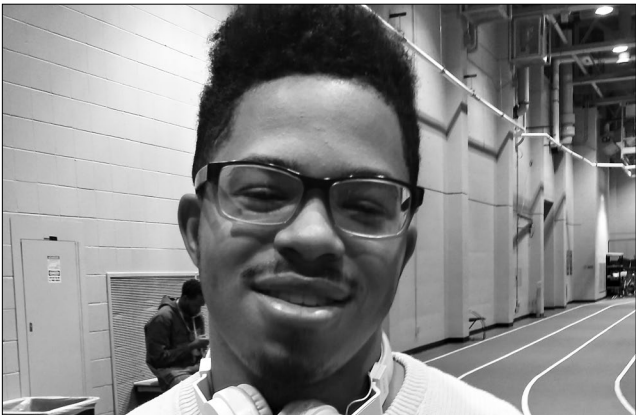
Mame Thione

“I like Halloween for sweet candies and horror movies.”

- Daria Kolesnikova
Business Administration

“My favorite thing about Halloween is the idea of facing ones fears and enjoying the fall weather and horror films that come with the season.”

- Trey Turner
Multimedia Journalism



Mame Thione

Clarion Cartoons



La Vie de l'encre
Created by:
Leo Walter

Dwyn's Den: Trick-or-Treat for Absurd Laws



Treating. Violating this strict Halloween schedule will result in charge of a misdemeanor, a fine of up to \$100 and up to 30 days of jail time.

The city's officials have stated that the reason behind these new laws is to stop Trick-or-Treating related mischief caused by older teens, and Chesapeake isn't alone in this opinion.

Many other Virginia cities such as Portsmouth, Hampton, Norfolk and James City County have put in place similar rules as Chesapeake.

If these cities truly are trying to cut down on Halloween day shenanigans, such as the theft and smashing of pumpkins, TP'ing houses and etc..., are these new laws really the best way to go?

Trick-or-Treating before age 12 almost always means going with an adult or guardian, as most parents rightly don't feel safe letting younger children out alone that late.

However, usually around age 12 or 14, kids begin to start exploring independently and go Trick-or-Treating with friends rather than siblings and family.

I could understand frowning upon Trick-or-Treaters above the age of 17 or 18, which I feel most people already do because after

all, Trick-or-Treat is a fun childhood activity. However, children between the ages of 12 and 15 are most definitely still children.

This isn't the only absurd law found in the U.S.A.; for example, in a city in Alabama it is considered a public safety violation to carry, manufacture, sell or handle confetti.

In Mississippi, despite freedom of speech, public profanity is in fact illegal. The use of "vulgar or obscene language" in the presence of more than two people can be punished by up to 30 days in jail.

While it is hard to enforce, in Nebraska it is illegal to get married if you have an STD. This law is considered part of the health code and could prevent thousands of Nebraskans from marriage.

In Utah, it is illegal to "hurl a missile" at a bus or bus terminal, unless you are a peace officer or security personnel. Violation of this law is a third degree felony. What is absurd about this law is the specification of hurling a missile, and that peace officers are exempt.

The U.S is full of these odd laws, and there is at least one in every state. Some of them are downright weird, some oddly specific, and others that make you wonder why that's there. In future Dwyn's Dens I intend to look at more of these odd laws.

You may not be able to let your donkey sleep in a bathtub, drive blindfolded, Trick-or-Treat after age 12, drunkenly hurl someone in a bar or eat a frog that died during a race, but if you live in South Dakota, it is perfectly legal to set off explosives like fireworks to safeguard your sunflower crops. Have a great week everyone!

Cerridwyn Kuykendall
Managing Editor

This October in an attempt to stop Halloween day mischief, the city of Chesapeake, Va. has passed an ordinance code threatening Trick-or-Treaters over the age of 12 with fines and/or jail time.

The city's new code states that any persons over the age of 12 caught participating in Trick-or-Treat or "similar activities," will be charged with a misdemeanor and fined an

amount between \$25 and \$100, as well as facing the possibility of a jail sentence up to six months.

The rule does have the exception that older siblings or guardians over the age of 12 accompanying young Trick-or-Treaters is acceptable, and the city has stated they do not intend to seek out violators, according to CBS News.

The city also plans on enforcing the strict end time of 8 p.m. for Trick-or-



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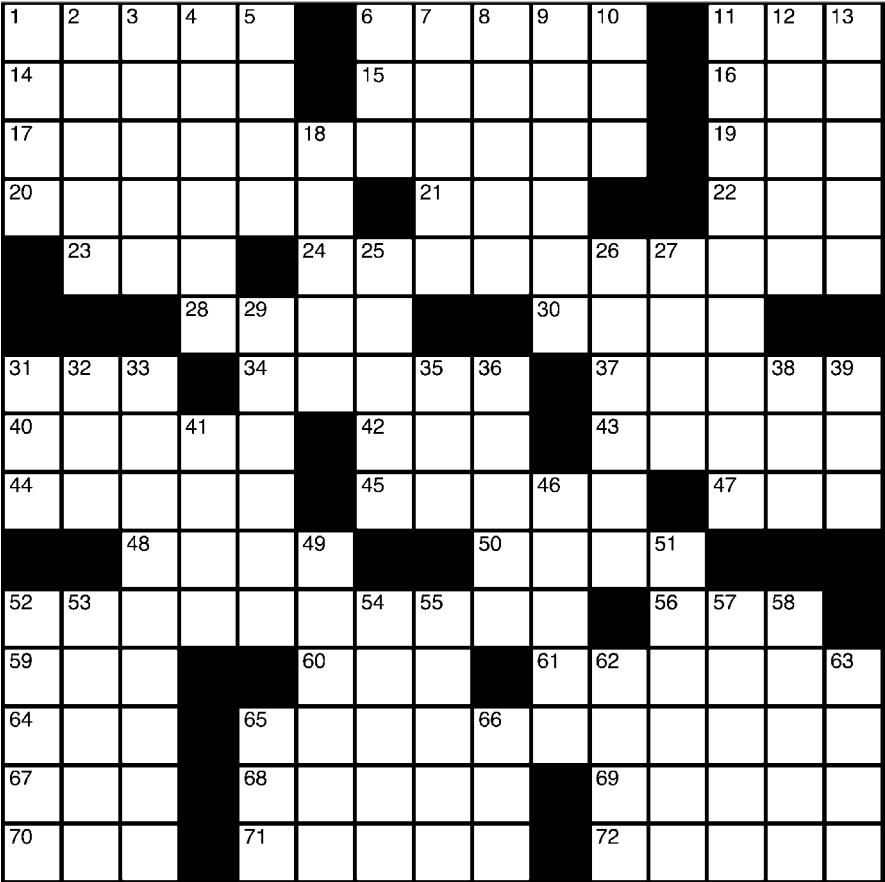


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Crossword Puzzle



- Across**

1 Uneducated guess

5 Recreation in which players become characters, for short

9 Get rid of

14 Word before or after brand

15 Rooty Tooty Fresh ‘N Fruity chain

16 Pup

17 Figure skating leap

18 Launched at great speed

20 Place at the track?

22 Calf’s suckling spot

23 Stuntman Knievel

24 Lioness of film

28 Hard-to-fold bed linens

31 Airport rental

34 Have title to

35 Mexican pyramid builder

36 Herb in Italian seasoning

39 Lively, musically

41 Ready to bloom

42 No. on a grad’s résumé

43 Va. winter hours

44 Senior British military rank

49 Unload for cash

50 Yale students

51 “Better in Time” singer Lewis
- 55 Phrase including hand gestures symbolized by the puzzle circles

58 Russian ballet company, familiarly

61 Deadly shark

62 Bad-tempered

63 Mario __: Nintendo racing game series

64 “It’s my time to shine!”

65 Leg joints

66 Iowa State city

67 Screwball
- 25 “I got this”

26 Dance moves

27 Fancy necktie

29 Truck weight unit

30 Fedora, e.g.

31 Elaborate dos

32 Golfer Palmer, to fans

33 Billy Idol’s “__ Yell”

37 Easily fooled

38 Use an abacus

39 FedEx Office alternative

40 Dismissive sound

42 “A Time to Kill” novelist John

45 Kitten cry

46 “North to the Future” state

47 Actor Mahershala of Netflix’s “Luke Cage”

48 B’way show with the song “Valjean’s Confession”

52 44th president

53 Canon competitor

54 Terrible pain

56 Hasbro specialty

57 Oldies, in their day

58 “Shame on you!”

59 Attila the __

60 Bard’s “before”

Poetry Pick

Eft

Tiny flicker
hiding
in wet leaves,
infant flame
cool to my
monstrous fingers,
you look at me
inscrutably
with your
minute eye,
your mouth
a straight line,
neither smile
nor frown.

Little wriggler,
orange spy,
you seem to be
keeping a secret.
Even your name,
which means
nothing to you,
feels cryptic,
incomplete,
part of a word—
the way you slip
into the cleft
between rocks
when I let you go.

Jeffrey Harrison

Sudoku Puzzle

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

Last Edition’s Solution

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

Last Edition’s Solution

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

Anamark Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Guest	Qdoba Mexican Grill	Lee's Famous Recipe Chicken	Panda Express	Gyro Palace	
Soup	Turkey Chili/Hearty Chicken Gumbo	Turkey Chili/Pasta Fagioli Soup	Turkey Chili/Cheddar Bacon Potato Chowder	Turkey Chili/Vegetable Rice Soup	Turkey Chili/Lemon Garlic Chicken Soup
Grillzone	Mushroom Swiss Burger/Chimichurri Roast Beef Telera	Avocado Ranch Crispy Chicken Sandwich/Chimichurri Roast Beef Telera	All-American Garden-burger/ Chimichurri Roast Beef Telera	Grilled Reuben/ Chimichurri Roast Beef Telera	Grilled Lemon-Herb Striped Pangasius/Chimichurri Roast Beef Telera
Pizzazone	Meat Lover's Pizza	Margherita Pizza	BBQ Chicken Pizza	Grilled Vegetable Pizza	Sausage Pizza
Deli	Chicken & Hummus Ciabatta	Chicken & Hummus Ciabatta	Chicken & Hummus Ciabatta	Chicken & Hummus Ciabatta	Chicken & Hummus Ciabatta
Flatbreads	Cheesy Tomato Melt/Turkey & Cheddar Melt	Cheesy Tomato Melt/Turkey & Cheddar Melt	Cheesy Tomato Melt/Turkey & Cheddar Melt	Cheesy Tomato Melt/Turkey & Cheddar Melt	Cheesy Tomato Melt/Turkey & Cheddar Melt

The Clarion is accepting student poetry submissions! Send us an email at clarion.central@gmail.com to submit your work.



This Week's Riddle:

How do you fix a jack-o-lantern?

Last Week's Answer:

The horse's name is Friday.

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Horoscopes

- Scorpio: Oct. 24 – Nov. 21**
Take career action. Profit through communications, transportation and data, with Mercury in Sagittarius. Track your earnings. Use persuasion and encouragement to boost another's output.
- Sagittarius: Nov. 22 – Dec. 21**
Travel and study. Make long-distance connections. Resources and benefits arise in communication over three weeks, with Mercury in your sign. Share your skills and talents.
- Capricorn: Dec. 22 – Jan.19**
Contribute to shared accounts through tomorrow. Your creativity favors privacy, with Mercury in Sagittarius. Secrets get revealed. Generate an inspiring vision. Dream and invent.
- Aquarius: Jan. 20 – Feb. 18**
Collaboration flowers today and tomorrow. Make social connections, with Mercury in Sagittarius for three weeks. Community efforts grow. Share talents, resources and information with friends.
- Pisces: Feb. 19 – March 20**
Exercise builds strength and endurance. Professional opportunities abound, with Mercury in Sagittarius. Let others know what you want. Communication benefits your career.
- Aries: March 21 – April 19**
Launch a fun adventure. Long-distance communications improve, with Mercury in Sagittarius. Expand your territory. Travel beckons over the next three weeks. It could get romantic.
- Taurus: April 20 – May 20**
Building family savings comes easier for three weeks, with Mercury in Sagittarius. Set long-range financial targets. Count money, and keep track of spending.
- Gemini: May 21 – June 21**
With Mercury in Sagittarius, the competition is fierce. Support your partner, and work together. Listen carefully. Ignore petty stuff, and pull together. Rely on each other.
- Cancer: June 22 – July 22**
Profitable work abounds today and tomorrow. Solutions arise in communication, with Mercury in Sagittarius. Create and discover efficiencies. Learn ways to optimize health and fitness.
- Leo: July 23 – Aug. 22**
Energy surges. You're especially persuasive and clever, with Mercury in Sagittarius. Express your love in creative ways. Communication grows family connections, romance and passion.
- Virgo: Aug. 23 – Sept. 22**
Consider a dream. Coordinate household renovation over the next three weeks. Find forgotten treasures, and discover new purpose for old stuff. Family discussions provide solutions.
- Libra: Sept. 23 – Oct. 23**
Teamwork provides efficiency and energy. Enter a three-week creative communications phase, with Mercury in Sagittarius. Study and investigate. Write, broadcast and share. Connect and network.
- Linda C. Black Horoscopes: by Nancy Black.
Distributed by MCT Information Services

An Empire That Was Built to Stand Tall



Wikimedia

David Jacobus
Contributing Writer

Leati Joseph Anoa'i, or better known to the sports entertainment world as WWE Superstar Roman Reigns, is a man who has overcome obstacles put in his path to become one of the biggest stars in the world of professional wrestling.

On October 22, during an episode of Monday Night Raw, the then WWE Universal Champion revealed to the world that over a decade ago, he suffered from the disease known as leukemia. He hesitantly announced the disease had made its return, forcing Reigns to step away from the squared circle.

Being born into one of the most prestigious wrestling families in professional wrestling history, Roman was destined for greatness.

However, Roman made it a goal to create his own legacy. And that legacy became an empire.

Reigns was born into the Anoa'i family which has produced some of the most well known wrestlers in history. Wrestlers such as: Dwayne "The Rock" Johnson, Rikishi, Jimmy and Jey Uso and Yokozuna.

Reigns' career started on another field. Reigns played football at the University of Georgia Tech and

seemed to have his sights set on a career in professional wrestling.

He was signed by the Minnesota Vikings, the Jacksonville Jaguars and then the Edmonton Eskimos in the Canadian Football League.

However, football turned out not to be the ultimate destination for Reigns.

In 2010, Anoa'i looked for a restart, which led him to WWE. He was signed to a developmental contract and worked through WWE's developmental territory, Florida Championship Wrestling, now NXT. Through his few years in developmental, he caught the eye of many who wanted to show Roman Reigns to a worldwide audience.

On Nov. 18, 2012, Roman Reigns made his main roster debut at Survivor Series alongside partners Seth Rollins and Dean Ambrose. Their collaborative team was known as The Shield, which became one of the most dominant teams in WWE history.

Over the next few years, The Shield stood side by side and dominated everyone in their path. Their path of dominance ended in 2014 when the team split and went on different paths.

Roman's path was straight to the top. In his short time as a singles competitor, he would go on to win

the Royal Rumble match and main event WrestleMania. It was a star in the making and his star grew brighter and brighter.

He would go on to win: WWE Championship (3x), the Universal Championship (1x), the Tag Team Championship (1x) United States Champion (1x), Intercontinental Champion (1x), and would main event WrestleMania (4x).

No superstar has made such an impact in a shorter amount of time than Roman Reigns. Whether some like or dislike him, Roman Reigns has given it all for the WWE and he continuously strives to give it back to who matters. The ones who matter are the fans who every week tune in to watch their heroes duke it out in the squared circle.

Roman, behind the scenes has also become the most important person in the locker room. Reigns had strived and had become the leader of the locker room. He led the locker room on a day to day basis and kept order amongst the superstars in the back.

Roman's hard work and perseverance led him to SummerSlam this past August. Reigns had finally conquered the one man he was unable to beat, Brock Lesnar. Reigns reached the top of the mountain once again after a long journey and became Universal Champion.

Roman set out to become a fighting champion the WWE Universe wanted to see. He fought all comers and sought to be the best in the world. He did not let anything crumble his Roman Empire.

The hard work and determination would soon become halted in one announcement. Monday Oct. 22, 2018 will be a day that lives in infamy with wrestling fans for

years to come. It opened with an announcement that no one saw coming and led to a night that shocked the wrestling world to its core.

The night that Roman Reigns forfeited the Universal Championship due to his battle with leukemia changed the landscape of the world of wrestling we see today. The fans that once booed Roman Reigns was now cheering and thanking Roman Reigns.

Making us realize that at the end of the day, whether they are wrestlers, entertainers or even viewers, we are all human at the end of the day and anything can happen.

Thoughts and prayers are with Roman and his family. Knowing the obstacles that have been put in front of him before, we know that Roman will fight this with everything he has and will kick leukemia down for the three count to finally make his way back into the ring.

He will go back to doing what he does best and that is performing for the WWE Universe. Believe that.



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