

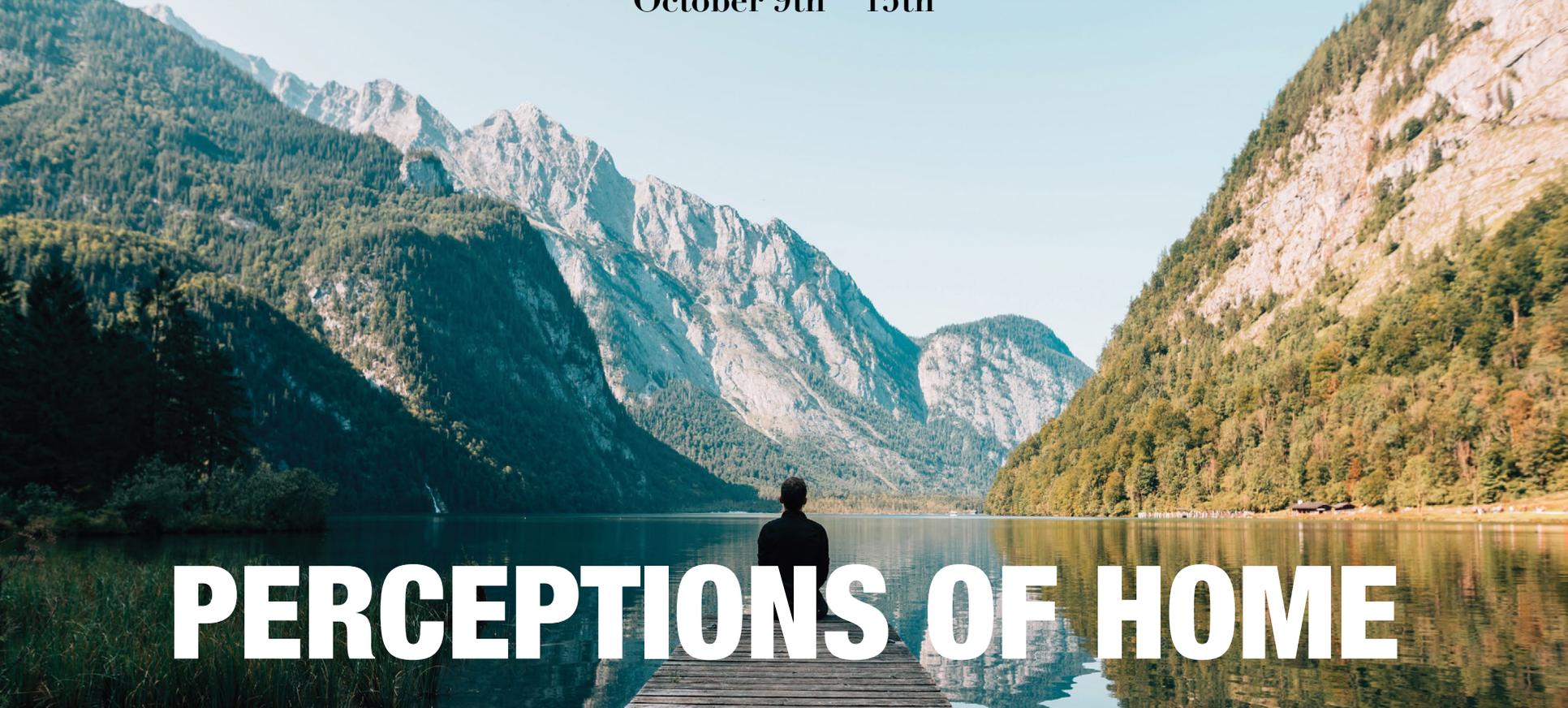
The Clarion

Produced by Students, for Students

Volume 42, Issue 6

October 9th 15th

www.sinclairclarion.com



PERCEPTIONS OF HOME

Eclipse Leavy
Buisness Manager

The Appalachian people are an important, but little recognized group. Coming from the region surrounding the Appalachian mountains, which includes 13 states and 420 counties, there are more than 20 million Appalachian people.

The Appalachian region includes West Virginia and parts of New York, Pennsylvania, Ohio, Maryland, Virginia, the Carolinas, Tennessee, Kentucky, Georgia, Alabama and Mississippi.

One of their primary forms of work was coal mining, so when the coal mines began to decline after the great depression, it sparked the "great migration." Between the years of 1940-1970 about 4 million people

migrated and dispersed throughout the country.

Most of the migrants headed towards the midwest seeking employment, homes and education.

In fact, Cincinnati has the largest population of Appalachian people in the midwest, which makes it the epicenter of political and cultural events.

The migration of the Appalachian people changed the religious map of the United States, bringing evangelical christianity across the country. The Appalachia people are a diverse group, containing African Americans, caucasians and Native Americans.

The Appalachian Outreach program works with Sinclair in order to bring cultural awareness of the Appalachian population to the

community. Their mission is to raise cultural awareness and break down social and educational barriers.

They partner with local organizations, collaborating to create programs which encourage the celebration of Appalachian heritage, culture and values. Most recently, they have partnered with the Urban Appalachian Community Coalition.

The Urban Appalachian Community Coalition brought their exhibit "Perceptions of Home: The Urban Appalachian Spirit" to Sinclair for the month of October. This exhibit follows 22 Appalachian individuals and families who uprooted their lives in search for a better life.

While they may have moved away from their "home" region, it is clear there is a deep cultural pride and

sense of community among them.

On Oct. 4, 2018, Appalachian scholar and activist Mike Maloney, who is of Appalachian heritage, came to speak about his personal experiences. He was born in 1940, in a log cabin in Kentucky, where he was one of nine children.

He spoke of the communities they helped build in Moraine, starting with storefronts and eventually building megachurches. He stated that many of the migrants had no more than a high school education.

He then spoke of his frustration with the Appalachian stereotypes, one article in a newspaper he recalled had called the great migration, "the hillbilly invasion." This article had implied crime, violence, drinking and other misinformation.

continued on page 2

FREE



Henry Wolski

Maloney says Bluegrass music festivals began in the 1960's as a tribute to their heritage, as a way to celebrate cultural values, as well as sharing with others. Omope Carter Daboiku, a talented writer, storyteller and Appalachian migrant, also came to speak about her experiences. Ms. Daboiku migrated from Irontown in southeast Ohio, to Cincinnati where

she resided for 30 years. She spoke of her childhood, growing up with 3 siblings. She said her father made less than a dollar an hour and struggled to pay their mortgage despite his hard work. Her mother was serious about church and teaching her children to be responsible. "One night she woke me up at 2 a.m. and brought me to the kitchen

to teach me exactly where every one of the dishes was supposed to go so that I wouldn't leave them in the drain. I never forgot after that," Daiboku said with a chuckle. She talked about the rigidity of the beliefs she was taught, but also explained the concept of "Magical thinking." She says magical thinking expresses the idea that the magical, divine aspects of life are not that far separated from the mundane experiences. "The things that are for you, are drawn to you. That's what magical thinking is." Daiboku said.

When she was 40 years old, she became a single mother of her two children. She said it was then that she tapped into her heritage, beliefs and values taught to her. She said she wanted to raise her children to understand the importance of their heritage and their ancestors. She laughed as she told the story of the pictures featured in the exhibit of herself.

"It was a Saturday. I hadn't done mine or the kids hair, the kids had dressed themselves, I hadn't gotten to clean my house yet. I wasn't entirely pleased to have a visitor with a camera, but I did what any good Appalachian would do. I welcomed him into my home, offered him some tea and sweet things." This is just one of many incredible stories of the Appalachian people. Be sure to go see the exhibit in the upper floor of the Loggia, available until the end of the month.

Henry Wolski



How Sinclair Uses Open Source Textbooks

Sean Kahle
Staff Writer

Textbooks are an integral part to the modern education system. They provide reliable references and structured learning among many other advantages, which makes them an extremely useful tool for educators. Although textbooks have proven to be a useful tool for both students and teachers, some find them to be a headache. Traditional textbooks can be very expensive, many being over 100 dollars. This can be a struggle for many students as they are already paying a pretty penny just to attend school. Traditional textbooks are also more of a one size fits all solution for learning. Since the resources are put together by a third party, the educator has little control over what students have access to in the book. There may be less information about certain topics or more than they would like to cover. What could possibly answer the issues created by this tried and true media? A potential solution that many

campuses, including Sinclair, are beginning to try are called open source textbooks. Open source is a word that is heard often with software, meaning that it can be openly modified and distributed without many limits while also being free of charge. This is almost identical to the way that open source textbooks work. Open source textbooks are free for use and modification by educators, which solves many of the problems faced by students and teachers alike. Students are able to access the content free of charge, which enables a broader range of people to be able to access information. Educators are also able to modify the content to fit their course specifically. As new resources are available for a specific topic, the material can be changed immediately to reflect it. With all of the positive parts of open source textbooks, there can also be some drawbacks and concerns. One of these concerns is whether or not a resource is peer reviewed and accurate. In a resource where anyone may openly edit and distribute, this is an inherent issue. Another concern is the accessibility

by all students. Some students may not have internet or a device capable of accessing it all together. Many schools allow students access to on campus computers and internet, which may develop even more as the medium develops. Some professors at Sinclair use Open Educational Resources (OER) in their classes. According to Gregory Deye, M.Ed., Sinclair began exploring the use of OER in 2009 to reduce textbook costs. There are also over 25 courses that use some form of OER to replace textbooks. Also according to Gregory, for the 2017-2018 academic year, students filled 25,747 seats in those courses resulting in an approximate savings of \$2,574,700 for those students. So far, many students and educators alike have found open source textbooks to be a useful addition to the tools they use in their education. Affordability and the ease

of adapting content to the course are two of the advantages to this relatively new media. Although accuracy and accessibility are a concern, this is a growing type of content in the classroom which will be used more and more by educators which will bring additional attention and progress to the medium.



Pexels

What is State Issue 1?

Kelsey Fitzpatrick
Staff Writer

It's election year, and that means Ohioans will be voting on upcoming issues and new state officials. If you haven't registered the deadline is practically here, Tuesday Oct. 9. Ohio Issue 1 is first up on the ballot and can pose to make many changes to the lives of Ohioans. The issue has several parts, directly relating to the issue of drug use in Ohio. This issue will convert felony 4 and felony 5 drug possession crimes to misdemeanors and will not require jail time on the first two offenses in 24 months. Drug trafficking crimes will stay a felony. The time spent in prison

by offenders who complete rehabilitation will be shortened so long as they complete rehabilitation. This does not include criminals charged with murder, rape or child molestation. The issue will also not allow judges to send people to jail for violating their probation with anything that isn't a new crime. The issue also will require that the money the state saves from putting fewer people in prison into programs for treating drug addiction and aiding crime victims. The issue will also allow for those convicted to petition the court for resentencing, to have the charge changed or for release. The issue could bring a lot of change to members of the Dayton area. With a major heroin

epidemic, this would make the punishment for drug related crime less harsh. This issue would apply to most drugs, not just a few. Marijuana, cocaine, etc, they are all part of this potential change. The Dayton area could see major changes to the atmosphere around drugs in the future if this issue is voted into effect, both positive and negative. The issue could bring a lot of positive components to our area, allowing more money to go to sources many Ohio voters would prefer and would allow Ohio's police force to focus on more dangerous crime. The issue also poses some



Pexels

negatives, giving more buffer room for people who possess drugs. Some Ohio residents argue it may encourage more people to use drugs rather than help rid our area of drugs. Mike DeWine, the gubernatorial candidate opposes State Issue 1, while Democratic candidate Richard Cordray support the bill. Cordray's goal is to convict those distributing drugs in our state and to provide support to those struggling with substance abuse.

Ronaldo Faces Rape Allegations



Flickr

Henry Wolski
Executive Editor

Notable Juventus soccer star Cristiano Ronaldo is the latest figure facing accusations of sexual assault. American Kathryn Mayorga alleges she was raped by Ronaldo in June 2009 and filed a lawsuit last week. Mayorga is from Nevada. The lawsuit claims that Mayorga went with a friend to the Rain nightclub at the Palms Hotel and Casino that night and met Ronaldo there. It states that he invited her and a group of people to his suite. According to the lawsuit he

barged in on her while she was changing, exposed himself and asked her to perform a sex act. When she refused, he raped her. The lawsuit also alleges that Mayorga received a payoff of \$375,000 in 2010 in an effort by Ronaldo's fixers to keep her quiet on the incident. The Las Vegas police confirmed the reopening of a sexual assault case from 2009 that corresponds with the date of Mayorga's allegation earlier this week. The department states that she did not identify a suspect or a location of the crime. She did not appear at a press conference, as she left to avoid media scrutiny. Mayorga's lawyer, Leslie Stovall, said his client had suffered from major depression and considered

suicide since the alleged assault occurred. He also said a psychiatrist had diagnosed her with post traumatic stress disorder. The lawsuit states: "The psychological trauma of the sexual assault, the fear of public humiliation and retaliation and the reiteration of those fears by law enforcement and medical providers left plaintiff terrified and unable to act or advocate for herself." Mayorga said that the #MeToo movement inspired her to take action. Ronaldo responded to the allegations in an Instagram live video last week: "Fake. Fake news," Ronaldo said. "You want to promote by my name. It's normal. They want to be famous, to say my name. But it is part of the job. I am a happy man and all good." He took to Twitter on Oct. 3, denying the claims and refusing to elaborate further: "I firmly deny the accusations being issued against me," Ronaldo said. "Rape is an abominable crime that goes against everything that I

am and believe in. Keen as I may be to clear my name, I refuse to feed the media spectacle created by people seeking to promote themselves at my expense." Several of Ronaldo's sponsors have expressed concerns over the allegations, chiefly Nike and EA Games, the latter especially, since Ronaldo appears as the cover athlete of their "Fifa 19" video game. However, Juventus has doubled down in their support of Ronaldo, releasing a statement on the issue: "Ronaldo has shown in recent months his great professionalism and dedication, which is appreciated by everyone at Juventus. The events allegedly dating back to almost 10 years ago do not change this opinion, which is shared by anyone who has come into contact with this great champion." The Union of European Football Association (UEFA), whom Ronaldo is an ambassador for, is monitoring the situation, and the Las Vegas police are continuing the investigation of Mayorga's allegation.

My Diverse Family

Shaeli Spurlock
Reporter

I grew up in a tiny little town, so tiny in fact, that my “town” was considered a village. With a population of only 1,344, I can safely assume I knew almost everyone around me.

Now, let’s talk about diversity. How much diversity do you think there is in a “village” in Southern Ohio, with that small of a population?

You guessed it, next to none. We had a very small amount of people who weren’t white. I realized this at a very early age. It confused me, but I accepted it as normal.

As I got older and gained more freedom and responsibility, I traveled outside of my town and was faced with so much more beauty and diversity. Growing up, I never really thought about the diversity I had within my own family, it never crossed my mind.

My grandfather’s father was from Peru, this was something he was extremely proud of. He would tell us all about South America, and he would show us pictures and trinkets he had collected from there.

I would tell classmates at school of my Peruvian meals crafted by my grandfather, tongue tacos, ceviche and homemade salsa. My friends labeled it strange, but I never thought anything of it.

My grandfather wouldn’t speak entirely in Spanish, but he would throw in some Spanish words here and there. If my sister and I were talking instead of eating our warm, fresh dinner, my grandpa would say “Ah! Comer!” which in Spanish means “eat.”

We may not be Spanish speakers (my sister and I), but we knew exactly what he meant every time he said it!

We would often sit outside during the summer and fall months on our porch swing to watch for hummingbirds. As we laid our heads on our grandparents’ laps, watching the sky change from a light blue to a deep purple, we would ask our grandpa how to say things in Spanish.

We would ask how to say “mom,” “grandma,” “grandpa,” “birds” really anything and everything. He would always smile brightly and give us the Spanish translations.

We would always ask how to say our names in Spanish, which my grandpa would chuckle at and try his best to explain that our names



Pexels

are our names, and they don’t translate!

I would talk about my African-American uncle, my uncle Peach, to my friends at school. I would never mention his skin color because it really wasn’t something that I recognized.

Sure, he was a different color than me, but why did that matter? He was my favorite uncle; his skin color was what it was, and it really didn’t seem that outrageous to me. I only learned it was “different” when a few friends came over and met my uncle, they were “shocked” (not in a negative way) to find out my uncle wasn’t white like me!

My uncle Peach was the sweetest man you could ever hope to meet. He was a D.J., a vocalist and he even had his own band called Gem City Platinum!

If you ever were to ask him “Why does everyone call you ‘Peach?’” he would respond with, “Because I was born even whiter than you!” The real reason was because he had a birthmark in the shape of a peach! He was always ready to give sadness curing bear hugs and hilarious stories.

Just being in his presence made you feel so much love and happiness. Every year on my birthday he would call and sing me happy birthday.

My last memory of him is of a phone call we shared at my graduation party. He told me he loved me and that he was sorry he couldn’t make it because of a gig his band had, but he was so very proud of me.

He sadly passed away this month, but he will forever be in my heart and in my thoughts daily. I love you uncle Peach, thank you for the great memories.

He introduced my mom to soul music when she was young, a love she then passed on to me. My mom often tells me cute “throwback” stories of summers she spent with my Uncle Peach.

She would bring up funny stories that I would always run back and interrogate my goofy uncle about. He would always stare down at me and laugh.

I have many other family members with different ethnicities and different cultural perspectives than my own but writing out the entire list would take an excruciating amount of time.

The moral of my little story is that diversity is beautiful and having it within your own family is a true one of a kind experience. The diversity within my family, and within this country, is what makes America so great.

Baker’s Beat: What to do With Your Student Refund



Pexels

Justin A. Baker
Staff Writer

Happy days are here students of Sinclair. Why? Well, because it’s that joyous time of the year where everything doesn’t seem as hopeless.

There are smiles on peoples’ faces and a bounce in their steps. It’s the special time of year where anything seems possible!

It’s student refund check season! Yes, that special time of years where college students receive the money they haven’t spent from their scholarships and or loans at their respected collegiate institutions.

This sudden surge of wealth can be overwhelming and lead to certain purchases that may cause buyers remorse later on (I still haven’t found a use for my portable flamethrower).

So here are a few do’s and don’ts to

help keep a couple of dollars in your pocket and bank account.

DON’T: Seeing all that money in your account may give you a true inflated sense of wealth. Do not take out all your money out of your bank account in small bills, go to your house, put on “Mo’ Money, Mo’ Problems” and dance around while throwing money in the air and having it rain down on you!

You will lose bills in the process every time (I’m still looking for that lost \$20).

DO: It is great that you are able to pay off bills, debt and or any loans you may have but you need to pay the most important person first, yourself!

Just put \$20 to \$30 aside or whatever small percentage you can so that when you feel the pain of all that money slowly disappearing from your account to pay bills you can at least buy yourself the finest fast food meal that money can buy.

DON’T: Don’t, I repeat don’t look at shopping sites or think of making any large purchases! Trust me unless it’s absolutely needed, do not go splurge shopping.

Most likely after you’re done you’ll have a house full of stuff, an empty bank account and an empty filling that you could have done more with

your sudden wealth then brought an inflatable palm tree raft with cup holders when winter is just around the corner.

DO: Invest, it is never too early or too late to try and get out of that cycle of living paycheck to paycheck, refund to refund.

Research some stocks or business you’re interested in and put some money down and invest. Over time that investment could pay off so much that every day can be like refund day!

DON’T: Trying to impress friends and romantic interests is very ill advised. Yeah, they’re going to be impressed in that moment when they learn you’re a high rolling, big spender, but what happens when you need to keep up that trend and have nothing in your pockets except a two for one coupon, some pocket lint and a stolen mint!

Skip the clubs, bars and parties; Netflix already has your back for \$9.99 and they won’t judge if you wear pajamas to hang out!

DO: Take a financial inventory. This money can grant you a chance to see where you are financially and what you may have to remove from your life once you’ve paid bills and have a little room to breathe without the crushing weight of your debt.

DON’T: No one likes paying bills. But they are a reality of life so don’t put off paying a bill until it’s too late if you have the financial means from your refund.

Take care of the most important bills first. Those that are marked scary red, with the words FINAL NOTICE on them. You know the one. Take care of those and then set up payment arrangements for the rest. Payment arrangements can help stretch out your money and pay off pressing bills at the same time.

DO: Lastly, take a look at your refund check and realize that this isn’t some small lump of free money. It is a symbol and a reminder that you are in school working hard for a better future.

A future that hopefully doesn’t involve final red notices or celebrations over meager refund checks, because you’ve been eating ramen for the past three months.

This refund check is a tool to keep you on a track so that you can look back fondly one day in your house that’s paid for and with a family that will never know hunger.

Then you can sit back and say: I remember when struggle was my way of life, and this life was just a dream to help past the time.

Old School Vs. New School

Tiauna Horejsi
Reporter

Everyone loves music, no matter if it’s slow jams, r&b, country or rap music. The real debate is about what’s better: old school music or new school music.

Growing up I heard my parents listen to artists like Tupac, LL Cool J, and groups like TLC and SWV. I am a 90s baby so I would say I am right in the middle of old and new school music just because I grew up to a lot of old school.

My parents and grandparents were huge Tupac Shakur fans, so of course I grew up to be a big Tupac fan. So big that I feel that none of the new school rappers can compare to Tupac. Not a lot of rappers can die and still be making millions off of

their hit songs.

According to forbes.com Tupac had made \$3.5 million just last year and he died 22 years ago. “Shakur has sold over 75 million records worldwide,” the site reports.

If you compare him to a rapper today for example like Drake, in my opinion he’s definitely crushing Drake and he’s not even alive.

Tupac went down as the biggest iconic rapper of the decade per billboard.com. The only reason Drake had a chance is because of Tupac’s death.

Personally when I listen to music I look for the meaning behind it, yes beats and a catchy rhythm seems to draw people’s attention, however that does not make that person a good rapper.

That’s a slap in the face to real

rappers that actually write meaningful lyrics and work hard for the success. Today music is just beats and saying a course repeatedly. I’m not saying Drake is a bad rapper, but to all those Drake fans out there, I am going to say he has nothing on Tupac, hands down.

Surprisingly when I looked up Tupac vs. Drake a lot of drake fans came for blood. They feel that Drake’s flow, dance moves and lyrics are way better than the legendary ones from Pac. A lot of people feel that Tupac is more of a poet than a rapper, but what is rap music but poems with a beat.

Personally I feel you have to have some kind of poetry skills to be a rapper.

Key elements like rhymes, emotion



Flickr

and literature that go into poems are the same that goes into rap music. So Drake fans might want to come up with a better argument than Tupac being more if a poet than a rapper. According to the Urban dictionary rap is defined as “street poetry.”

Of course the debate still continues but I don’t think anyone can change my mind about who the better rapper is.



MICHAEL MEYERS RETURNS!

Erika Brandenburg
Arts and Entertainment Editor

As the fall season comes around once more, horror movies are coming back into the proper spotlight. "Halloween," the classic horror movie series that has been around since 1978 is getting its tenth sequel.

Originally, Dimension Films held the rights but failed to make another movie for the franchise in time, leading to the loss of those rights.

Blumhouse Productions (the same company that produced "Get Out" and "Insidious") obtained it with the original co-creator John Carpenter's involvement. For this movie he was the executive producer, a creative consultant and the composer.

Jamie Lee Curtis reprised her role as Laurie Strode while Nick Castle, the original Michael Myers, will appear as a cameo for one scene. Myers will be played otherwise by James Jude Courtney.

The principal photography began on Jan. 13 and finished on Feb. 19. The audience of the Toronto International Film Festival were the first to witness the movie in full on Sept. 8.



"Halloween" will come to theaters for the United States on Oct. 19.

The plot focuses on the present time of 2018. Forty years have passed since Laurie Strode's fateful encounter with Michael Myers on Halloween night. Now, on that same fateful date, the sole survivor of that night and the killer will have their final encounter.

Tying in with the movie taking places 40 years after the original, the franchise has also been going on for equally as long. "Halloween" hasn't been restricted to film, however.

There are also novels, comics and online stories that feature Michael Myers and a plethora of new cast members for him to torment.

Along with this is a video game that was released on the Atari 2600 in 1983, just five years after the original film's release. While the game was named after the movie, all the references to it are outside of the game itself as there are no mentions of Michael Myers or any of the other characters.

Looking back on the other films from the franchise, there is a different director for each version (except for "Halloween II" (1981) and "Halloween: Resurrection" which are both directed by Rick Rosenthal). The release dates have tended to be rather close together with the original's direct sequel being produced only three years later.

The lore of Michael Myers and the franchise as a whole has been built up over the last four decades, leading to some



confusion on what is right when it comes to directors retconning (retroactive continuity, a literary device used to adjust, erase or otherwise change previously known information) parts of it in the movies that come after.

One example of this comes from the idea that Laurie Strode is the sister of Myers, making for some weird issues in later films within the franchise before it's ultimately retconned multiple times over to fit the story better.

Oddly enough, "Halloween III: Season of the Witch" has nothing to do with Michael Myers. While apart of the series, it completely ignores the previously established details in favor of a different route altogether. It entirely follows another set of characters and a plot that diverges heavily from



anything the viewers of the first two movies has in it.

For all the 40 years of content that has been delivered for this franchise, "Halloween" has kept up its reputation as a classic slasher film well. Michael Myers is a known name and a cornerstone of American horror and the reviews for this sequel are already generally positive.

The critical consensus from the website Rotten Tomatoes stats that "Halloween largely wipes the slate clean after decades of disappointing sequels, ignoring increasingly elaborate mythology in favor of basic - yet still effective - ingredients."

While this may not be an opinion shared by all, "Halloween (2018)" is sure to enter the record books in some shape.

GEM CITY COLLECTIVE



Angel Hopson
Reporter

Did you know Dayton's nickname was the Gem City? Some believe the nickname is a result of several local businesses that had the name in their title. Others believe Dayton was given the nickname due to the number of inventions, inventors and artist located in the city.

Speaking of artists, are you an artist looking for an outlet? Have you wondered what talent we have in Dayton?

Here in Dayton, we have

various locations that host open mic nights. Such as Therapy Café, Yellow Cab Tavern and 3rd Perk Café. Another open mic night is held at the Taste, where I was able to see performances ranging from spoken word to instrument solos.

There were singers, dancers, rappers and bands from different genres.

I learned that a handful of Sinclair students regularly attend these events. I had the experience to interview one Sinclair student and Dayton native, Demetrius Oglesby, a communication major and musical artist of Gem City Collective.

Gem City Collective is a group of musical artists that have been active in Dayton's local art scene with several performances throughout the Dayton and Columbus area.

The group has eight members which include six musical artists and two graphic designers in charge of designs and music videos. Oglesby goes by the stage

name Me3ch and works alongside the lyricist Souluicien, King Kells and Shakur.

When asked how the group originated Me3ch said:

"Gem City Collective started before we even knew it would exist. We were all close, like... brothers, and we decided we [could] make [more] moves as a group than as individual artists. We came up with our name just by stating who we are while making sure it's known where we're from."

Gem City Collective has worked with many other local artists such as JXVE (Jive) and local music groups such as Famous Family Entertainment (FFE).

GCC has a performance later this week, so I asked how the

scheduled meetings, self-marketing and networking could make one wonder how school fits into the greater scheme of things.

To that Me3hs states, "school is the hardest part to manage while making music, but I'm not one to quit so I'll get through it."

This year, Gem City Collective has made a short-term goal of expanding and traveling with their music. Their long-term goal includes working with more artist outside of Ohio, having a fan base and creating a name for themselves throughout the country.

Outside of performing, Me3ch states "[we] have mainly been working on networking with different artists in different states through the internet..." to reach



group prepares for a gig, Me3ch states "...we just practice over and over until we [are] satisfied with how we are. We also give each other feedback on how we can do better."

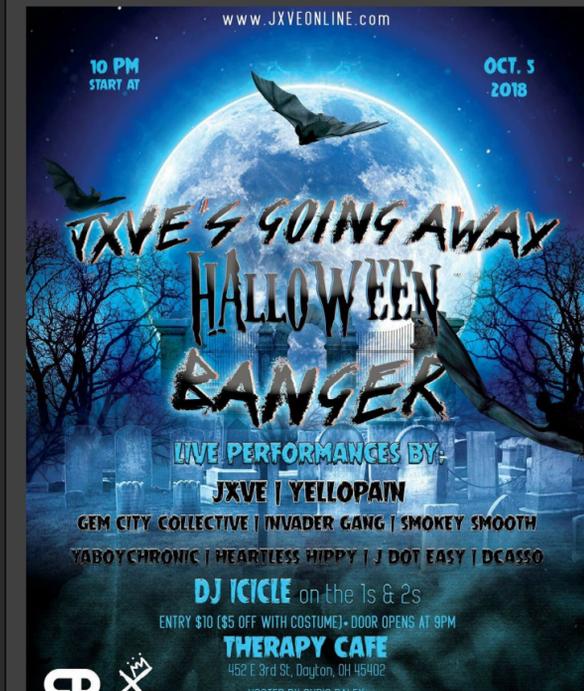
The group has been working and practicing together for some time therefore I asked has there been any noticeable growth.

Me3ch states "over this year alone, it's crazy how much growth I've had. My mixing is better, my writing is better, and I just feel like overall, I'm a better ME3CH than I was last year."

Performances, practices,

their goals. Samples of their music can be located on social media such as Facebook and Soundcloud.

However, Gem City Collective plans to perform their unreleased content this Friday, the 5th, starting at 10 p.m. The event will be held at Therapy Café on 452 East 3rd street and there will have several performances from other acts such as Invader Gang and Smokey Smooth as a going away party for the artist JXVE.



Sinclair Cares Counseling Services

Midterms are upon us at Sinclair-are you prepared? The middle of the semester is a great time to assess how you are doing, and if there are changes that you can make to enhance your overall success.

Often times, students are not aware of their grades at midterms or have assumptions on how they think they are doing. It is very important to know your grade in the class at midterms. If you are not sure what your grade is, look at e-learn, or talk to your instructor.

Many classes also have midterm exams, which are worth a lot of points for your overall grade for the semester. Here are some tips for getting through midterms:

Have a midterm study schedule-make sure you are giving enough study time for each exam Consider forming a study group Be sure to get good sleep-avoid cramming and all nighters

Study in an environment that has the least amount of distractions-keep in mind this might not be your home

Ask your instructor about the best ways to prepare for midterms for their class Practice relaxing through either deep breathing, positive thinking, or stretching the night before and the morning of midterms

If you need any one on one assistance during midterms, contact Counseling Services at 512-3032, or stop by our office at 4-331.

Contributed by Eric Henderson

Your Voice

How do you keep your life in balance?



Mame Thione

“ I practice gratitude. Have a life talk with an intimate friend around a teapot. I also take time to forgive myself for the wrong I’ve done. Have some “me time”, watch emotional movies and enjoy a good meal.

- Husain Alnaqi
Psychology ”

“ I pray. It helps me find peace. I always pray for a better tomorrow and try to live life to the fullest.

- Ahmed Heija
Biology ”



Mame Thione

“ I try to keep my friends close!

- Sean Kahle
Computer Science ”



Kayla Lipot

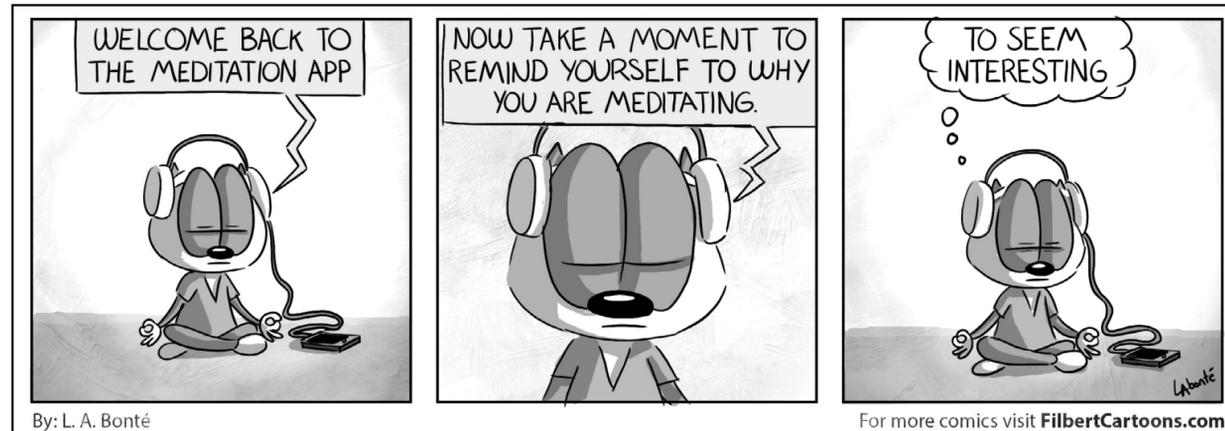
“ I do yoga and I run four times a week

- Cerridwyn Kuykendall
Liberal Arts/ CCP ”



Noah Kiln

Clarion Cartoons



By: L. A. Bonté

For more comics visit FilbertCartoons.com

Filbert Cartoons
Created by:
Anthony Labonte

My Voice: Yoga: More Than Exercise



Pexels

Kali Macklin
Staff Writer

again, and I found the yoga studio I am a part of now – Yoga XTC.

Many people hear the term yoga and think of it as a form of exercise. While this may be true, it only skims the surface of the true meaning of yoga.

I have had an interest in yoga since high school when once a week a woman came in during gym period and taught a class. In February, my interest was piqued

It was here I learned the true meaning of yoga. I am now enrolled in a teacher training program at the studio and my love for yoga continues to blossom.

There is much more to yoga than meets the eye. The definition of yoga is union – a state of perfect balance between thought, speech and action. It is a system of

practices used to master the mind and in turn create peace within ourselves and the world we live in.

In our western society yoga has become known simply for its asana practice. Asana is the physical poses, which is only one of many parts of the practice of yoga.

Doctors often refer patients with muscle or other injuries to go to a yoga class because the asana can be extremely healing in a way regular physical therapy or medicine cannot. This is true, but only the tip of the iceberg when it comes to yoga.

It is intended to be a journey – a way of life.

Yoga has changed my life in many ways and I have only been practicing a short amount of time. It encourages you to study yourself, get to know yourself and to love yourself physically, mentally and emotionally.

It requires constant monitoring of one’s own actions. However, the conclusions you come to about

yourself are not meant to be a form of judgement. Rather, they are intended to make you mindful and act as a starting point for improvement.

It also recognizes that every single person is different, and that is something to appreciate. In our society we tend to compare ourselves to others in many ways.

Yoga asks that you do not compare yourself to the person sitting next to you but focus on where you are at. No one is the same, and that is fine.

Personal growth is the goal here, and only when each and every one of us take steps to improve can the world see a true change.

Yoga is not an easy journey, but anyone can do it if they set their mind to it. It is a practice that has existed for thousands of years and changed the lives of numerous people.

If you have thought about trying a yoga class, or just wondered what it’s really all about, I encourage you to attend a class. Don’t limit yourself. It may very well change your life like it changed mine.

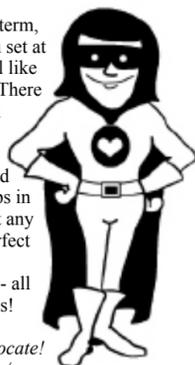
Ombuddy Corner

This week the Ombuddy wants to congratulate you because it’s week 8 and you’re halfway there!

As you reflect on your progress this term, take time to reevaluate the goals you set at the beginning of the term. If you feel like you’re a little off course, don’t fret! There is still plenty of time to work toward those goals.

Choose actions that move you toward your goal and begin taking baby steps in the right direction. If you haven’t set any goals for yourself yet, now is the perfect time to do so! Let’s see what we can accomplish in the next eight weeks -- all of Sinclair is rooting for your success!

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



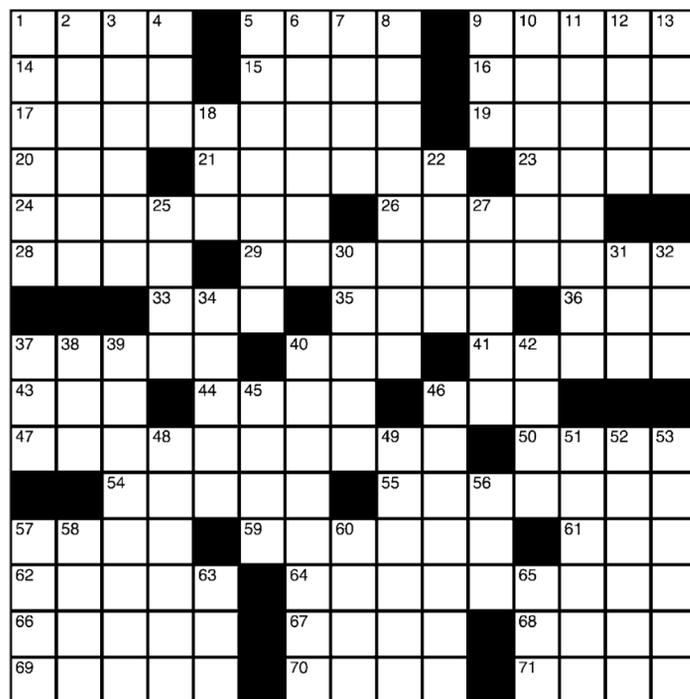
Sinclair Clarion

@SinclairClarion

SinclairClarion

@TheClarion

Crossword Puzzle



- Across**
- 1 "Big Board" that lists GM and GE
 - 5 Strauss of jeans
 - 9 Scam using spam, say
 - 14 Fireworks cries
 - 15 Eye layer that includes the iris
 - 16 Roman robes
 - 17 How something precarious may hang
 - 19 Love, to Casanova
 - 20 Soft toss
 - 21 "Out with it!"
 - 23 List-ending abbr.
 - 24 Diplomatic office
 - 26 "No more for me, thanks"
 - 28 Simon ___
 - 29 How a good comedian leaves the audience?
 - 33 Farm layer
 - 35 Lamp-to-plug line
 - 36 Little mischief-maker
 - 37 Marisa of "My Cousin Vinny"
 - 40 Asian New Year
 - 41 Very unpleasant
 - 43 "It's ___-win situation"
 - 44 Clinton's veep
 - 46 Fifth scale note
 - 47 Difficult time
 - 50 Queries
 - 54 Schleppe
 - 55 Eats a little
 - 57 "Verrrry funny"
 - 59 Stem (from)
 - 61 Opposite of "yep"
 - 62 Overplay the part
 - 64 Care
 - 66 Career employee
 - 67 New ___: modern spiritualist
 - 68 Rebuke from Caesar
 - 69 Put off
 - 70 Gridiron throw
 - 71 Stinging insect
- Down**
- 1 Aristocrats
 - 2 Grammy-winning cellist
 - 3 "Not too ___!": "Good work!"
 - 4 "To the max" suffix
 - 5 Slyly attracts
 - 6 "Brideshead Revisited" novelist
 - 7 Wiener schnitzel meat
 - 8 Words of confession
 - 9 School fundraising gp.
 - 10 Household skills class, for short
 - 11 "Let me handle it"
 - 12 ___ Lee desserts
 - 13 Canine command
 - 18 Elevs.
 - 22 Mideast chieftain
 - 25 Arthur of tennis
 - 27 Dictation pro
 - 30 Like dessert wines
 - 31 Ambulance pro
 - 32 007, e.g.
 - 34 Figure skating figure
 - 37 Sticky subject?
 - 38 Musical Yoko
 - 39 Get sassy with someone
 - 40 Import-export imbalance
 - 42 "Sadly ..."
 - 45 Newspaper opinion page
 - 46 Norelco products
 - 48 Pointed beard
 - 49 Baked potato topping paired with sour cream
 - 51 Piano piece
 - 52 Some big box stores
 - 53 Clinched, and a hint to the four longest Across answers
 - 56 "... and two if by ___"
 - 57 ___ up: robbed
 - 58 Parisian gal pal
 - 60 Latvian capital
 - 63 Blow it
 - 65 "Do the ___": soft-drink slogan

Poetry Pick

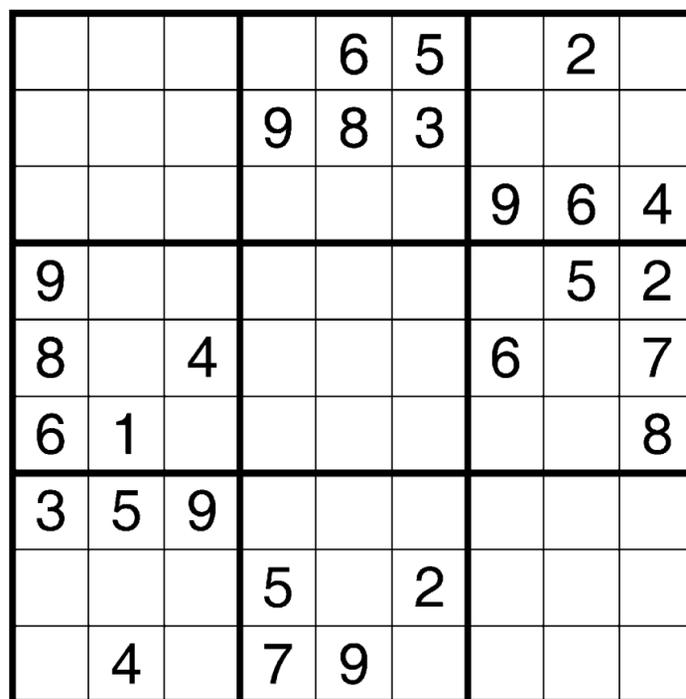
Stranger by Night

After I lost my peripheral vision I started getting sideswiped by pedestrians cutting in front of me almost randomly like memories I couldn't see coming as I left the building at twilight or stepped gingerly off the curb or even just crossed the wet pavement

to the stairs descending precipitously into the subway station and I apologized to every one of those strangers jostling me in a world that had grown stranger by night.

Edward Hirsch

Sudoku Puzzle



Last Edition's Solution

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

Last Edition's Solution

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

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/Cheedar 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 did the father lose 125 pounds in 1 day?

Last Week's Answer:

The letter r.

Clarion Staff

- executive editor**
Henry Wolski
- managing editor**
Cerridwyn Kuykendall
- creative director**
Noah Kihn
- business manager**
Eclipse Leavy
- social media coordinator**
Gabrielle Turner
- A&E editor**
Erika Brandenburg
- marketing representatives**
Brandon Johnson
- staff writers**
Justin A. Baker
Kelsey Fitzpatrick
Sean Kahle
Kali Macklin
- distribution coordinator**
Claire Hamer
- 'the clarion' adviser**
Heidi Arnold
- graphic designers**
Jeri Hensley
Kayla Lipot
Justin Pokorski
Matt Hall
Katrina Smiley
- photographers**
JuanGabriel Encarnacion
Mame Thiome
Ana Garcia
- advertising representative**
Christopher Davidson
- phone: executive editon**
937.512.2958
- reporters**
Tiauna Horejsi
Samuel Claude
Lindsey Elam
Angel Hopson
David Jacobus
Nora Stanger
- phone: advertising**
937.512.2744
- clarion staff email**
clarion@sinclair.edu

The Official Student Newspaper of
SINCLAIR COLLEGE

'The Clarion' is a member of the Associated Collegiate Press, the Columbia Scholastic Press Association and the Ohio Newspaper Association.

'The Clarion' location Building 6, Room 314
Established: March 15, 1977

'The Clarion' retains the right to all original artwork, logos and business letter marks used within this publication, and is protected by the laws governing U.S.A.'s copyright materials. 'The Clarion' does not endorse any advertisement published in our print edition or website. 'The Clarion' retains the right to refuse any advertisement for any reason.



Horoscopes

- Libra: Sept. 23 - Oct. 23**
Find more ways to increase cash flow over three weeks, with Mercury in Scorpio. Discover new sources of revenue. Income arises through communication.
- Scorpio: Oct. 24 - Nov. 21**
Reinvent yourself, and share your vision. It's easier to make difficult personal decisions with Mercury in your sign. Realign your interests over the next few weeks.
- Sagittarius: Nov. 22 - Dec. 21**
Commune with your inner muse. Finish up old business, with Mercury in Scorpio. Sort, file and organize. Complete projects, and make space for what's ahead.
- Capricorn: Dec. 22 - Jan. 19**
Close communication feeds a group effort, with Mercury in Scorpio for three weeks. Team projects expand through networking and connecting. Resolve puzzles together.
- Aquarius: Jan. 20 - Feb. 18**
Make big professional decisions, with Mercury in Scorpio. Plan your next career move. Explore the possibilities. Stay especially respectful. Talk about your dream position.
- Pisces: Feb. 19 - March 20**
Travel and discovery beckons. Plan your next adventure, with Mercury in Scorpio for three weeks. Discuss logistics and make reservations. Explore new horizons.
- Aries: March 21 - April 19**
Focus on financial planning over three weeks, with Mercury in Scorpio. Venture farther out. Make lucrative plans with partners. Collaborate for shared benefit.
- Taurus: April 20 - May 20**
Rely on a strong partner. Compromise comes easier over three weeks, with Mercury in Scorpio. Creative collaboration flowers. Brainstorm, invent, write, film, broadcast and publish.
- Gemini: May 21 - June 21**
Communication benefits your work, health and services, with Mercury in Scorpio. Streamline practices. Review creative ideas on the back burner. Find inspiration in a conversation.
- Cancer: June 22 - July 22**
Your thoughts turn toward fun and romance, with Mercury in Scorpio. It's easier to express your feelings. You're exceptionally creative over the next three weeks.
- Leo: July 23 - Aug. 22**
For about three weeks, focus creativity and intellect toward domestic solutions. Fix up your home, with Mercury in Scorpio. Consider color, texture and lighting.
- Virgo: Aug. 23 - Sept. 22**
You're especially brilliant, with Mercury in Scorpio for the next three weeks. Capture creative ideas into writing, music and art. Practice diplomacy, and edit your message.

Campus Candidids



Mame Thiome



Mame Thiome



Mame Thiome



Mame Thiome



Mame Thiome



Mame Thiome



Mame Thiome



Mame Thiome



Mame Thiome



Mame Thiome



Mame Thiome