



Sinclair Has a Pool? Pg. 2



Logan Turner Fund Pg. 3



Puppies on Campus Pg. 4



Luna Gifts Pg. 9

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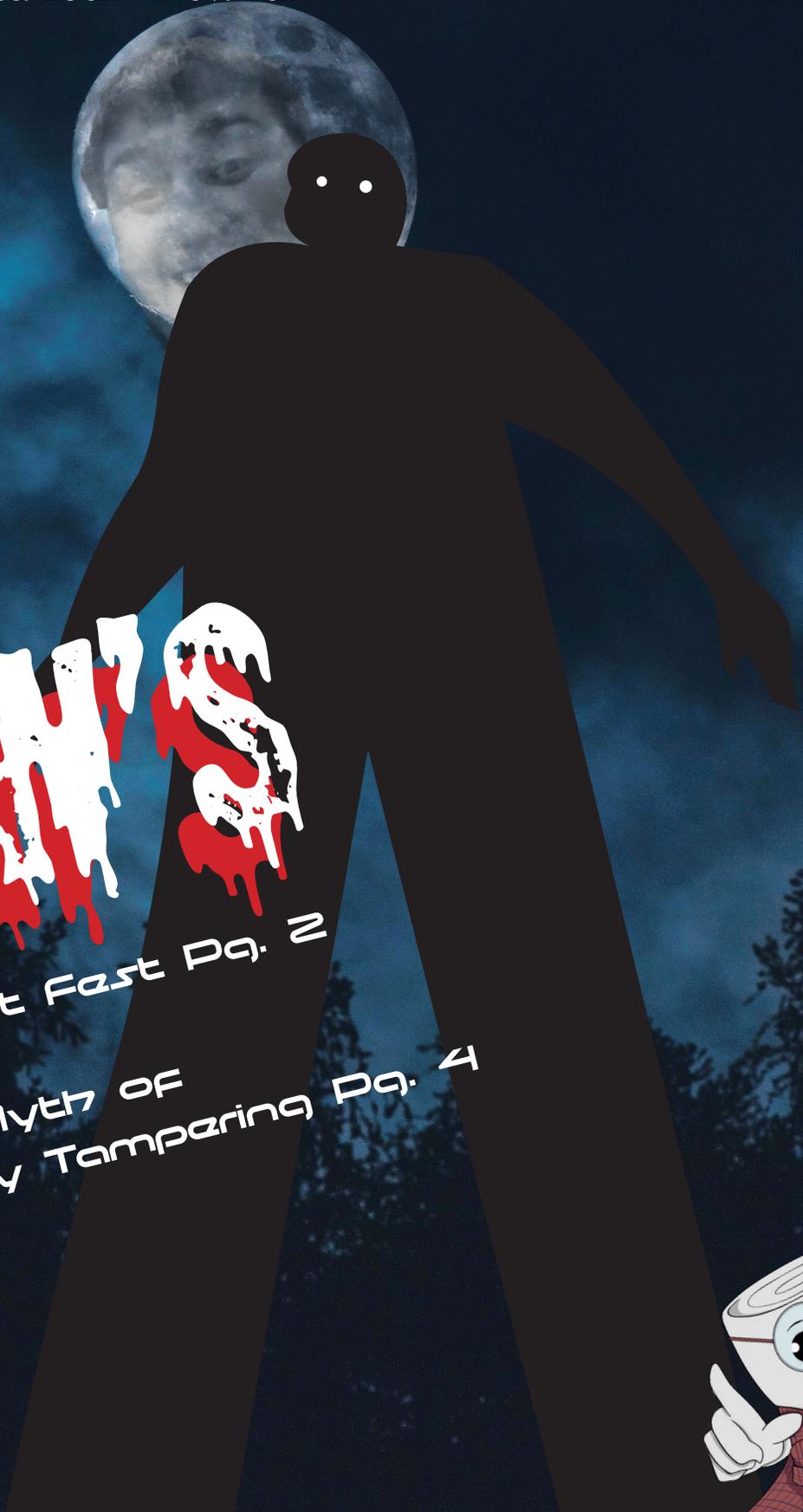
Oct. 29th Nov. 4th

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**ALL
HALLOWEEN
EVE**

Harvest Fast Pg. 2

The Myth of
Candy Tampering Pg. 4



FREE

Harvest Fest Promises Fall Fun for Students



Photo by Staff Photographer Brian Walker

A yard decorated for the spooky season.

Henry Wolski
Associate Editor

For students who need a chance to relax and de-stress after the chaos of midterms, the Student and Community Engagement department presents Harvest Fest on Thursday, Oct. 31 from 11:30 a.m.-1:30 p.m. in the Belltower Plaza outside of Building 7.

In the event of inclement weather,

the event will be held in the Building 8 Gym. Sinclair's social media account will provide updates.

The event is a long-standing and enjoyed tradition at Sinclair, remaining one of the most attended events of the year.

"Harvest Fest is a tradition at Sinclair and archival records indicate that the event has historical significance dating back to before the current location of the Dayton Campus was built," Tristan Chaput, Coordinator of Student Engagement, said.

All hands will be on deck this year, with several academic departments, as well as student clubs and organizations joining in on the fun.

The departments attending include Student and Community Engagement, Student Senate, Brite Signal Alliance, Sinclair Library, Multifaith Campus Ministry, Psychology Club, Career Communities, Appalachian Outreach, Counseling Services, Accessibility Services, Sinclair Library, Sinclair Bookstore and others that will provide information about their respective groups and provide games and activities. For example, the Art Club will demonstrate

their skills with free face painting.

"The goal of the event is to provide a fun, engaging activity for students as we head towards the final few weeks of the semester," Chaput said. "It is a great opportunity for students to participate in a lot of different games and get to know one another outside of the classroom! I think we have something for everyone this year and really hope to see a lot of people participating."

There will be plenty of spooky activities and food to celebrate All Hallows Eve, such as a pumpkin decorating contest sponsored by Aramark, spider web cotton candy, carnival games, cookies, hot chocolate, apple cider and popcorn.

The Clarion will also be present, and will be holding the annual Halloween Costume Contest. Those that show up to the event in costume can enter for a chance to have their name, a few brief words and a photo featured in a future edition of the paper and on Clarion social media.

The pièce de résistance is a 35x35 inflatable corn maze that attendants can brave their way through after signing

a waiver. Workers from the Tutoring and Learning Center will be dressed as characters from "The Wizard of Oz" while guiding wanderers on their way.

"Participating in events, such as Harvest Fest, is a great way to meet some of the people who are here to support you throughout your time at Sinclair and just have fun in between classes," Chaput said. "We hope to see you there!"



Photo by Staff Photographer Brian Walker

A pair of carved pumpkins sit ready for candles to light them up.

Dive In: Sinclair has a Swimming Pool?

Samuel J. Claude
Managing Editor

In addition to a vast sea of courses and degrees to shoot for, Sinclair offers many luxuries to its students and staff. From a mini art museum in Building 13, to the Tartan Marketplace, Sinclair Community College bends over backwards to assure that students are comfortable and capable to complete their courses.

However, one that few, if any students know about, is the actual Sinclair swimming pool in the physical activity center of Building 8.

This 25 yard, six-lane swimming pool was installed when Building 8 was built back in 1974. Just to put this into perspective, it took a million dollars to construct each of the buildings one through seven. They were in fact the first buildings built down on the Dayton campus. Building 8 however, due to its

specialty areas, which once included a bowling alley until 1999, cost up to seven million dollars to build.

The pool is used to host any athletic team within the Ohio, Michigan and Indiana region approved by the National Junior College Athletic Association. Many swim teams have journeyed to Sinclair to hone their aquatic craft such as the Kettering swim team and our own Dayton Raiders. Sinclair has also hosted many high school teams such as Waynesville High School.



A glimpses of the pool.

Photo by Samuel J. Claude

Aside from organized swim meets, Sinclair's pool finds uses in more unconventional ways. Sinclair offers swimming classes which are non-credit courses and cost \$25.

For students desiring to pursue a more adventurous career, Sinclair hosts scuba diving classes. This class requires multiple certification and skills tests beforehand, yet the price for this course is cheaper than most other private lessons.

Outside of swimming, many other departments use the pool in various ways,

including engineering students. Sinclair once hosted an engineering class of Stebbins High School where the students constructed boats from corrugated plastic and duct tape and raced them across the surface. Aviation classes have also hosted water survival lessons for students pursuing a career in the sky.

These courses and many others demonstrate the usefulness of a pool for students of all fields. But what about those who simply desire a pleasant afternoon dip? The pool is open to the general public from 1-4 p.m. on Mondays and Wednesdays and from 1-2 p.m. along with 3-5:30 p.m. on Tuesdays and Thursdays.

To top it all off, Sinclair will be hosting a luau this coming April of 2020. So whether you're a student or a simple campus goer, what better way to enjoy some free time than by grabbing a towel and taking the plunge?

Local News:

- Wright State President Cheryl Schrader announced Tuesday, Oct. 15 that she will retire from the position at the end of the year after serving two and a half years at the university. Schrader was hired in 2017 with a five-year contract. Provost and Executive Vice President Sue Edwards has begun to take over some of Schrader's duties.

Source: Dayton Daily News

U.S. News:

- Facebook CEO Mark Zuckerberg was grilled for six hours on Capitol Hill, answering questions regarding fact-checking on the site's ads. Representatives inquired about Cambridge Analytica, a corporation in which former Trump appointed White House Chief Strategist Steve Bannon served on the board.

Source: MSNBC

World News:

- The bodies of 39 people--31 men and 8 women--were found in an Essex lorry (British equivalent of a semi-truck) this past week. The bodies were initially believed to be Chinese nationals though the BBC says at least three of the victims were probably from Vietnam. Three people have been arrested including the driver of the lorry.

Source: BBC News

**Quick
News!!**

Sinclair Establishes Logan Turner Scholarship

Richard Foltz
Executive Editor

As part of a combined effort, Sinclair Community College announced last Wednesday, Oct. 23 that a new scholarship would be established in memory of one of the victims of the Oregon District shooting.

Logan Turner was a 30-year-old machinist who lived and grew up in Springboro, Ohio after attending college in Dayton and Toledo. His mom had described him at the time of the shooting as the “world’s best son,” and “sweet and smart.”

Logan’s parents, Danita Turner and ex-husband Michael Turner helped to establish the fund in dedication to their son. Logan’s father had started the #LoganHugs in September, in which he embraced love in the wake of his

son’s death by hugging hundreds of Daytonians.

“If you were fortunate to know Logan, you probably knew him as an incredibly kind, determined young man who found fulfillment in impacting the lives of others,” said Danita.

The scholarship, which will be offered to “deserving students who are enrolled in an engineering discipline, full or part-time,” according to a press release. The scholarship was established in memory of former Sinclair student, Logan Turner, who was among the victims of Dayton’s Oregon District mass shooting on Aug. 4.

Turner, a Springboro High School graduate, was a former Sinclair Community College graduate who earned an associate degree from Sinclair before transferring to the University of Toledo.

The \$750 scholarship is to be awarded specifically to Springboro graduates who pursue a degree in engineering at Sinclair.

Logan, a football standout at Springboro went to Sinclair like his mother and aunt and earned his degree. He had started working as a machinist at Thaler Machine Co. in Springboro at the time of the shooting.

“We are honored that the Turner family has chosen Sinclair to establish this special Scholarship Fund,” said Steven Johnson, Sinclair president in a news release.

“This scholarship will be life-changing for students who have a desire to enter a career in engineering and who may not otherwise be able to afford the education.

“This is a wonderful way to honor Logan’s memory and for his life to continue making a difference in the community and in the industry he loved,” he added.

“We hope that this fund will help students that receive it go forward and find a meaningful career, live a full and



Source: MCT/Tribune

rewarding life- the kind that our son, Logan, lived,” said Logan’s parents in a statement.

For more information and for a link to donate to the fund follow up with this article on our website at www.sinclairclarion.com. To donate directly to the Logan Turner Fund go to: give.sinclair.edu/logan-turner-scholarship on the Sinclair Community College website.

Tartan Spotlight: Professor Joe Czupryn



Source: Pexels

Anwen Harris
Reporter

Joe Czupryn is a math professor at Sinclair Community College.

He is known for his great teaching methods and effective lectures, according to RateMyProfessor.com. Current and former students can attest to the fact that Czupryn really cares about his students. For Czupryn, teaching has always seemed to be in his future.

“I always wanted to be a teacher when I grew up, and as I got older, I decided that I would prefer math to be my subject of choice,” Czupryn said. “When I was growing up, seeing the effect that certain teachers had on myself and other students inspired me to pursue the profession. The interactions you get to have on a daily basis are something you do not get in any other profession.”

Czupryn enjoys being a professor at Sinclair. He explains, “One of my favorite things about my job is that I get to have such genuine interactions with students each and every day.” In fact, this is also one of the most significant aspects of his teaching methods.

“I think the most important thing about teaching is being there for your students and communicating with them effectively,” Czupryn said. “If you cannot understand where they are coming from and present yourself in such a way that makes you approachable, I don’t think you can be a successful teacher.”

He began his journey in higher education at Wright State University.

“I am a three-time Wright State University graduate - BS in Mathematics, MEd in Mathematics Education, and MS in Mathematics,” Czupryn said.

For most people, attending college is a lot of work and takes quite a bit of motivation, and Czupryn’s have always been clear.

“Knowing that after I was done that I would be able to pursue my career of choice was always my motivating factor and kept me diligent,” said Czupryn.

Another aspect of college is not only the social scene students must adapt to, but also the people that they will be working with. The better the community fostered, the more support is around them, and it offers students more chances to succeed. Kindness and respect are vital for this.

“From a professor and student perspective, it is important for everyone to treat each other with respect and kindness because we are all one big community and need each other to be able to be well rounded and successful people,” Czupryn said.

While it can be extremely difficult to juggle all of life’s responsibilities, especially when you are in college, finding time to have fun is always important.

“I am a big NFL fan (Go Pack Go!) and play quite a bit of fantasy football,” Czupryn said. “I also play video games and am a comic book nerd. While work can be busy, you manage to always find time for the things that you enjoy doing outside of work.”

“My biggest piece of advice for students would be to be aware of how available your professors actually are for you and attend their office hours if you have questions about anything,” Czupryn said. “It

always disheartens me to hear students feel like they are bothering me or someone else if they come into office hours. I promise that is what they are for, and we would love to have you come in and ask questions or chat!”

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Here's Henry: Candy Contamination?

Henry Wolski
Associate Editor

It's that time again, folks. One of the greatest holidays of the year (second-best behind Christmas), Halloween. It kicks off the holiday season as the young and old gorge themselves on candy, costumes and scary movies.

However, a constant fear among those celebrating the spooky month is the potential for trick or treaters' bounty of candy to be tainted with dangerous materials such as poison and razor blades.

Yet, Joel Best, a sociology professor at the University of Delaware, has spent over 30 years studying and concludes that most reports of "Halloween Sadism," or crimes specifically committed using Halloween treats or customs, are of questionable authenticity.

In fact, there are zero reported cases of someone randomly passing out poison and killing unsuspecting trick or treaters.

The only confirmed case of tainted candy is much more heinous.

Much of the blame for these rumors can be put on a Texas man named Ronald O'Bryan, whose actions would christen him as "The Man Who Killed Halloween."

O'Bryan, looking to claim life

insurance money from his children to pay off debts, gave cyanide-laced pixie sticks to five neighborhood children, including two of his own on Oct. 31, 1974. Only one of them ate the tainted candy, and it was his eight-year-old son Timothy.

Timothy died that night, and O'Bryan was the prime suspect. He was convicted of the murder on March 31, 1984 and sentenced to death.

When is the appropriate age to stop trick or treating? Does such an age exist, or should teenagers be allowed to indulge in the spooky tradition as well?

In 1964, Helen Pfeil, a New York housewife made that decision in a controversial way, handing out ant poison, dog biscuits and steel-wool pads to children she deemed "too old" to be going door to door.

She was arrested and maintained that it was just a "joke" when questioned. Thankfully, no one ingested the poison. As an added shade of irony, Mr. Pfeil accompanied the couple's 14 and 16-year-old sons trick or treating that night as well.

One final (and fascinating) case of candy contamination took place in Japan in 1984, perpetrated by a crime ring known as the "Mystery Man with 21 Faces."

Ezaki Glico, a major confectionery

company that produces biscuits and processed meats was under fire from the crime group. In March of that year Katsuhisa Ezaki, president of Gilco, was kidnapped by three men with a ransom of \$4.3 billion in cash or 220 pounds of gold bullion requested.

Ezaki managed to escape his capture unscathed three days later, however, his perils were far from finished.

The crime group set fires in two of his plants and letters were sent to news organizations in Osaka in mid-May warning of cyanide-laced packs of Glico candy being placed on store shelves. It was an empty threat, but Gilco sales plummeted which led to 1,000 workers being laid off.

Then on Oct. 9 of that year, something more sinister took place. The extortion plot continued when packs of sweets were found to be laced with cyanide, complete with typewritten warnings of its contents. Threats were later sent out warning that 30 more boxes of contaminated sweets would be sent, without labels, if their demands were not met.

Action was quickly taken and no one consumed the poison, but to this day, following 125,000 investigations by Japanese police, the Mystery Man with 21 Faces was never found. The lone casualty was the chief of the Shiga Prefecture

police department, who eventually killed himself because of his failure to stop the crime ring.

Also in the news recently are warnings and reports of cannabis-laced sweets being handed out to children. To those concerned about this: Chill out. No one is going to give their edibles to strangers. They are too expensive, and the only way they'll get mixed in the trick or treat bowls is if someone prepares it while they're high (which is probable, I guess). So you may have to deal with a tired, giggly, paranoid and very very hungry six year old for a few hours. Isn't that what regular six-year-olds are like anyway?

So no matter how many "Dear Abby" columns warn us about strangers in the dark giving perfectly good rat poison to kids indiscriminately, just know that if anyone is gonna spike Halloween candy, it'll be someone you know!



Source: Unsplash/Taylor Rooney

Events of the Week!

Tuesday, Oct. 29

FASFA Workshop

10 a.m.-12 p.m., Building 10 Expo Level, Room 10001

History Symposium: 19th Amendment in the Context of Voting
All Day Display, Tartan Marketplace

Health Sciences Career Fair

1-3 p.m., Ned J. Sifferlen Health Sciences Center (Building 14)

Wednesday, Oct. 30

Haunted Hospital

8 a.m.-12 p.m., Building 14, Room 225

Blood Drive at Mason Campus

9 a.m.-3 p.m., 5386 Courseview Dr.
(Donor bus will be in parking lot)

FASFA Workshop

3-5 p.m., Library, Huber Heights Campus

Thursday, Oct. 31

Harvest Fest

11:30 a.m.-1 p.m., Belltower Plaza

Friday, Nov. 1

Visiting Scholar: Gilbert King

5-7:30 p.m., Building 14 Premier Health Grand Entrance

Saturday, Nov 2

Women's Basketball v. Kankakee Community College

5:30-7:30 p.m., Building 8 Gym

Monday, Nov 4

Scholarship Workshop

10 a.m.-12 p.m., Building 10 First Floor

Game Day in the Library

12-1 p.m., Library Loggia

Visiting Scholar: Wil Haygood

5:30-7:30 p.m., Smith Auditorium, Building 12

Concert Band Fall Concert

7-9 p.m., Blair Hall Theatre, Building 2



What are the Moderate Democrats Fighting For?



Source: Source: Wikimedia Commons

Quinton Bradley
Contributing Writer

South Bend, Indiana Mayor Pete Buttigieg, California Senator Kamala Harris, former Rep. Beto O'Rourke and Minnesota Senator Amy Klobuchar may talk a good game when it comes to criticizing corporate greed and the government's indifference toward the working-class, but when one looks beyond the surface and digs into their policies, an air of "business as usual" looms in the background.

In the battle for the centrist vote within the Democratic party, Buttigieg has emerged as the top dog for the moment since the last debate, narrowly edging out Harris in multiple polls after a post-debate bump in support, lending him credit toward being the most popular left-leaning (major emphasis on the word "leaning") moderate not named Joseph Robinette Biden Jr.

And why would anyone be surprised? The clean-cut mayor ticks off many of the boxes that the establishment/corporate crowd tend to adore.

Ivy league education? Check. Military experience? Check. Strong religious beliefs? Check. Youthfulness? Check. A unique background that when carefully utilized by campaign staff could make him simultaneously appeal to salt-of-the-earth factory workers and yoga-loving wine moms? Being a piano-playing polyglot from America's heartland with the possibility of becoming the nation's first gay president certainly can't hurt in that regard.

Underneath the glossy magazine covers, presidential aesthetic and his appearances on Showtime's "Desus & Mero" and the wildly-popular radio show known as "The Breakfast Club," Buttigieg's strategy—along with the strategies of the other center-left Democrats in the race—is to use the neoliberal playbook from the Clinton/Obama years.

This "strategy" is one which involves saying a lot without actually saying anything at all. And this time, this model has been updated for 2020.

Had Biden chose not to run in this election, I'm highly confident that

Buttigieg would be polling as a solid third, with Senators Bernie Sanders and Elizabeth Warren duking out for the number one spot as both of them would alternate between first and second until the nomination.

Don't believe me? Buttigieg is Ivy League-educated (he graduated magna cum laude from Harvard University and followed it up by attending England's prestigious University of Oxford on a Rhodes Scholarship for his postgraduate studies), well-spoken, looks like a natural on the debate stage and his status as a married, openly-gay politician has high potential to aid in erasing the negative stereotypes that many Americans still hold towards the LGBT community.

On paper, he should be among the ranks of the growing progressive branch of the Democratic party, being seen in photo ops with left-wing firebrand Alexandria Ocasio-Cortez (who recently announced her support for Sanders) and Shahid Buttar, the 45-year-old attorney from San Francisco aiming to unseat House Speaker Nancy Pelosi from congress.

Yet, the 37-year-old mayor was found to be bankrolled behind the scenes by lobbyists and special interest groups. In fact, up until a few months ago, Buttigieg was the sole remaining candidate receiving high-profile donations from the likes of wealthy contributors to the campaigns of Barack Obama and Hillary Clinton in addition to taking funds from Steve Elmendorf, one of Washington D.C.'s most powerful lobbyists. Since last April, Buttigieg has sworn off big-money donors.

Each of the moderates have plenty to say when it comes to social issues in America. They've given countless monologues about racial inequality, women's reproductive rights, gun control and the state of the nation under the leadership of President Trump. However, once anything revolving around the country's rich and powerful comes into discussion, they quickly divert from passionate left-wing-style rhetoric and moonwalk toward the center.

Take for instance, the proposal of Medicare for All, the call for universal health care for every American citizen, which has been spearheaded by Sanders

and Warren and is supported by 70% of Americans.

Instead of going along with most Democratic voters who support the measure, the moderate democrats in the race have chosen to hide behind fear-mongering (and ironically) right-wing talking points such as "How are you (referring to Sanders and Warren) going to pay for it (Medicare for All)?" or "What would you say to the hard-working (insert 'farmer,' 'factory worker,' 'mechanic' or any other generic Midwestern archetype that politicians of all stripes feign compassion for here) who likes their current health insurance?"

Buttigieg has trotted out his plan of "Medicare for All Who Want It," which, similar to the proposals of Biden, Harris and O'Rourke who aim to simply expand Obamacare, would allow Americans to "opt in": they can choose to go with a private insurer, but if an individual feels that the private insurer isn't giving them a good enough deal, they can switch over to a more "affordable" health care plan.

According to his campaign website, the "Medicare for All Who Want It" plan would "...incentivize private insurers to compete on price and bring down costs," by "...leveling the playing field between patients and the healthcare system," and give "...the American people a choice...to set the pace at which our country moves in a better direction on health care."

In other words, anyone in the race for the Democratic nomination not named Bernie Sanders or Elizabeth Warren proposes forcing Americans to barter their lives with billion-dollar corporations for health care and should they not be able to find an adequate insurer (i.e., if they can't afford to pay for it), they can "opt in" to a weak, shoddy version of government-funded healthcare.

Curiously enough, both Harris and Buttigieg are ex-supporters of Medicare for All. Harris co-sponsored the plan back in 2017 and Buttigieg announced his former support of the plan via a tweet back in 2018, yet they both now urge the importance of not abolishing private insurance and giving the American people a "choice."

In one of the few noteworthy moments from the last Democratic debate, Warren dismissed Buttigieg's plan as "Medicare

for All Who Can Afford It."

The double-talk and appeasement toward the rich has left a growing portion of progressives within the Democratic party with a feeling of disdain toward the D.C. dwelling, suit-and-tie wearing, power lunch-eating elites that have wielded the reins of America's mainstream left since the nineties.

There is some good news for those sick of the corporate Dems. While he still holds a clear lead in the race, Biden's campaign has begun to fall far behind Warren and Sanders in fundraising, despite the fact that his cash flow is being supplied by wealthy donors and those loyal to Obama and the Clintons.

But don't be too enthused. Due to their fears of Sanders or Warren securing the nomination, the democratic establishment is working on a Plan B if Biden's campaign runs out of steam. Campaign donors have discussed an emergency replacement of sorts, floating around the names of neoliberals such as billionaire and former New York mayor Michael Bloomberg (a man worth over \$50 billion), Senator Sherrod Brown (D-OH), Hillary Clinton ("Why?" I ask) and even Michelle Obama.

If we really want to push for real change in the upcoming election, poor and working Americans need to realize that the moderate collective within the Democratic party does not have our best interests in mind. For all the pandering that they do, they will never hesitate to let the poor and disenfranchised fall through the cracks while the corporate class—regardless of their political affiliation—continue to rule this nation with an iron grip.

As long as Wall Street and pharmaceutical companies can continue to buy and trade politicians like Pokémon cards while pushing prospects who pose no threat to their net worth to the top of the election pile, we may as well prepare ourselves for the possibility of Hillary Clinton crowbarring her way onto the debate stage next year.

Quinton Bradley is an Ohio-based writer. He runs a blog called Hammers and Papyrus and can be followed on Twitter @QBAbstract.

Puppies on Campus Bring Joy to Sinclair



Nikki Neumann
Reporter

4 Paws for Ability was founded by Karen Shirk, who is alive today because of her service dog.

Shirk was home-alone with her service dog after an open heart surgery. Due to a bad mix of medicine, she was left unconscious. Her service dog Ben dragged her ringing phone next to her, placed it beside her and continuously barked until her father realized something was wrong and rushed over. 4 Paws for Ability provides service dogs to children worldwide.

The highly-qualified dogs enrich the child's life by always being there for them. It gives them a partner who will provide them with constant companionship and support, especially when they need it the most. Having a service dog provides the child with more self-independence.

The midterm relief of having puppies was enjoyed by everyone. The next puppies on campus event will occur during finals week on the Building 8 stage from 11:30 a.m.-1 p.m. on Dec. 10 and 11, a time when

everyone can once again use this comforting outlet.

When going to puppies on campus each individual who wants to hold and pet the pups must sign a release form and put on hand sanitizer so the puppies are not at risk of getting sick.

4 Paws for Ability also accepts donations during the events. They recommend people to bring Clorox cleaning supplies, paper towels, laundry detergent, dishwashing soap, hand sanitizer, dog treats, batteries and much more.

"The environment was so happy and calming," Karrie Myers, a student visiting puppies on campus said. "The puppies really helped decrease my stress levels and increased my happiness."

Puppies on campus is one way for friends to get together and forget about the stress and worry brought on by exams for just a few minutes while holding cute, comforting puppers.

For midterm break, Sinclair Community College hosted puppies on campus to relieve some stress for students and staff. Puppies on campus is a great way to bring smiles to Sinclair's grounds. 4 Paws for Ability brought their precious puppies that will one day be service animals that will provide comfort and support for individuals who need them.



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clarion.central@gmail.com

Example

	Name
	Favorite Snack
	Favorite Toy
	Owner's Name



Luna: Gifts & Botanicals

Hannah Shafer
Reporter

Luna Gifts and Botanicals is a small local business focused on providing “unique one of a kind gifts for the people of Dayton and the surrounding areas.” The shop is located at 261 Wayne Ave., in the Oregon District.

Luna opened in September 2016 and was started by Carly Barrett, Tracy Robillard, Brittany Smith, Kelsey Kussman, Sarah Smith and Kelly Fortener. The owners “saw a demand in the market for botanical natural products,” which is shown through Luna’s popular sales with their indoor houseplants.

“By supporting small local businesses you are engaging with your community and contributing to lives by choosing to spend your time and money in local shops,” Sarah Smith said.

When being involved with a local business, a customer is able to see behind the scenes a bit more than one would with a large chain. This is especially prominent in today’s modern age through the use of social media.

Luna Gifts and Botanicals is active on their Instagram account (@luna_gifts) and states that “social media platforms are the easiest and cheapest way for us to engage with our customers directly.”

“We love getting feedback and seeing the different ways our customers find joy in our products,” they also said.

Luna is able to obtain its wide array of botanicals by working with local wholesale plant nurseries. Aside from the popularity with their variety of houseplants, “air plants and air plant accessories are also very popular.”

Some underrated products include their great variety of

books that “serve as a great starting point for anyone interested in learning more about plants, gems and other natural topics.”

The staff at Luna also make efforts in sustainability and environmentalism as they “take pride in recycling the materials from our packaging in the appropriate way. We also reuse and recycle display items and make every effort to encourage our staff and customers to keep it simple and be aware of ways they can make green choices in their own lives.”

In regards to the future of Luna, they are currently focused on “servicing our customers at this current space” but they mentioned that they have “big dreams for the future.”

For those interested in visiting Luna Gifts and Botanicals, it is open 11 a.m.- 8 p.m. every day including weekends.



A photo of the sign outside the shop.

Source: Staff Photographer Brian Walker



A selection of plants available for purchase.

Source: Staff Photographer Brian Walker



Source: Pexels

Hong Kong in a State of Political Unrest

Kayleigh DeLaet
Reporter

For several months, the streets of Hong Kong have been full of chaos.

Every week, hundreds of thousands of Hongkongers join together demanding democracy. As citizens have demonstrated relentless persistence, the protests have evolved into a powerful movement.

But why the political unrest? What’s going on?

This past February, the Hong Kongese government proposed an extradition bill known as the Fugitive Offenders and Mutual Legal Assistance in Criminal Matters Legislation Bill 2019, according to an NPR article written in late August. If the bill went into effect, it

would broaden the range of countries where suspected felons can be sent, on a case by case basis. This range of countries includes China, where the courts are controlled by the Communist party. Carrie Lam, Chief Executive of Hong Kong, claimed the bill was necessary to ensure justice in cases where criminals escape punishment due to Hong Kong’s lenient judicial system. However, Hongkongers believe the bill will target political enemies of China and eventually diminish their independence from China completely.

After massive protests erupted in response to the bill in June, Lam suspended the bill. Still, protests persisted as Hongkongers were dissatisfied with the legal action taken.

Activists are worried the bill will be revived and claim they will march until the bill is formally withdrawn.

In recent weeks, protestors have resorted to violence as their demands are not being met by authorities. In response, the Hong Kong government has issued a ban on the wearing of surgical masks in protest under the Emergency Regulations Ordinance of 1922.

The bill permits restrictions on an individual’s freedoms as long as it promotes public interest. The ban is intended to discourage violence, as police will be able to more easily identify violent marchers.

Despite increasing restrictions enforced by the government, demonstrators have endured their cause.

On Sunday, Oct. 20, nearly

350,000 Hong Kong citizens took to the streets, led by Figo Chan, Vice Convener of the Civil Human Rights Front.

Protestors marched from Tsim Sha Tsui to the West Kowloon station, challenging the recent ban on assembly and the attack on CHRF’S Convener, Jimmy Sham.

Though their protest started out peaceful, it gradually became more violent.

Many protestors resorted to vandalism and petrol bombs.

Angered by the uproar, officials used force to deter the protestors, including water cannons, tear gas and rubber bullets.

As no foreseeable solution is clear, with both protestors and authorities holding their ground, it’s hard to know what will happen next.

Sinclair Cares Counseling

By now, most people have some form of social media accounts and/or smartphones right at their fingertips. While there are many pros to social media and technology, research is showing that social media can also impact a person’s mental health. If you think about it, how quick are you to check your phone if a notification pops up? Or, how do you feel if you post something and you do not get a lot of responses? For many people, self esteem and worth get validated through social media, which can be quite unhealthy.

Some research suggests that the longer someone is on social media, the likelihood that they feel lonely and anxious increases.

Other research indicates that people have trouble interacting with other peers because they are so used to interacting through social media, that some of their basic communication skills are struggling.

Other risk factors with over use of social media could be comparing our lives to others, which could create jealous, and loneliness. To assist with this problem, try turning off your notifications from popping up on your phone. Also, keep your phone off or on vibrate in another room when studying to enhance focus when studying.

For Iphone users, consider using the Screen Time settings to monitor how much time you are spending a day or even a week on your phone. It is important to set limits for how much time you are spending on your phone. Remember, there is a better chance of having a positive social interaction with someone in front of you, than on your screen or social media. If you feel you are experiencing some concerns with your phone and social media usage, contact Counseling Services at 512-3032, or stop by our office at 4-331.

Counseling Services are available to help you with that. You can stop by our office at Building 10. Room 424 or call us at 512-3032 to set up an



Contributed by Eric Henderson

Ombuddy Corner

This week the Ombuddy wants you to know just how much Sinclair CARES!

Did you know that there are multiple offices here at Sinclair devoted specifically to assisting you with issues inside and outside of the classroom?

From Accessibility Services to Veteran Services, Sinclair is here to provide you with help you may need and lots of activities that may interest you during your time here.

Please be sure to visit our Sinclair CARES website at: <https://www.sinclair.edu/about/offices/student-affairs/>.

Keep your eye on Sinclair’s homepage to learn about upcoming events in Student Affairs!

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



Your Voice

“Out of all the Halloween costumes, which was your favorite?”



Photo by Staff Photographer Brian Walker

“Well I’ve usually done drag on Halloween, so...”
-Aaron Eldridge
Nursing

“Probably when I dressed up as an “American Girl”
-Anna Caes
Creative Writing



Student did not want her photo taken.



Photo by Staff Photographer Brian Walker

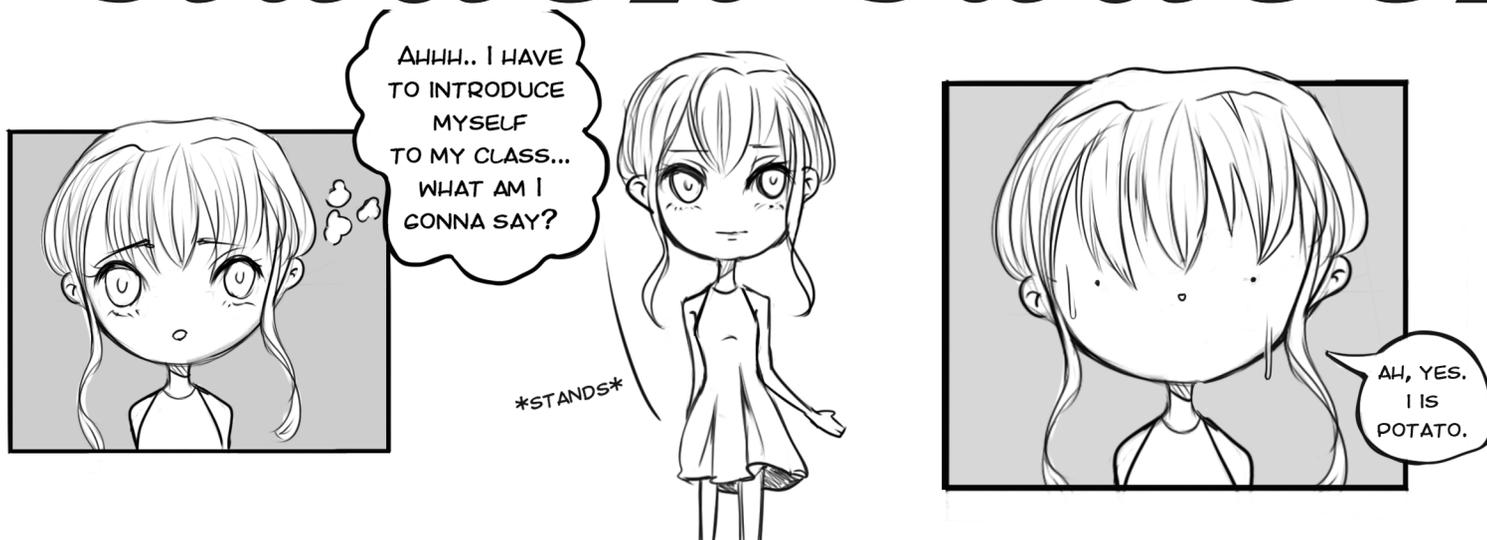
“When I was five or six my mother got me this inflatable dinosaur suit, and when I was wearing it I’d go around to people’s trees or bushes and hit my tail against them. I miss that thing.”
- Chris Riesenberg
Mechanical Engineering

“I don’t really dress up for Halloween, but I enjoy the really scary costumes and any that have to do with video games.”
- Casey Pike
Cyber Forensics Major



Photo by Staff Photographer Brian Walker

Clarion Cartoons



Visible Struggles

Created by:
Zoë Pirslin

Reverend Janglebones' Soapbox: Therapy

Brian Yoder
Reporter

Beheld by some to be their own personal salvation, by others as the butt of a joke, and others, still, an agonizing hour of existential dread and hard truths fraught with difficulty. The internal reactions that happen when one thinks of therapy have as many variations as therapy itself does.

What seems to be the issue here is a similar pattern to our this-or-that fight-or-flight instinct in which our animal meat-brains always aim to achieve for survival. Even though we are capable of much more evolved

ideas (not to mention that our lives are not in constant physical danger since we built society) we are innately prone to have an experience, feel something from it and make a predictive decision about every future encounter with anything that reminds us of that initial experience.

Get sick from a seafood buffet one time, and I doubt you will be caught dead in one ever again.

We, as humans, have a basic assessment of things that we are hard-wired to attempt boxing all cognitive experience within. That assessment is simply this: Good, or Bad?

Our first impressions count for a lot, as has been proven in studies

that show how the first one seems to stick, but what of the following impressions? One bad therapist, or a family member that has beaten the therapy drum loud enough to cause you to legitimately need one, may be unpleasant, if not traumatizing, but still is not enough reason to shut oneself off to the entire idea of healing.

That's what therapy means. Healing.

The Oxford English Dictionary simply and elegantly defines therapy as "treatment intended to relieve or heal a disorder." Now, ignoring your preconceptions, does that sound like something to avoid?

Therapy can be religion. It

can be a conversation. It can be intimacy, or a walk in the woods or a day at the shooting range. Therapy, as defined by Oxford, can literally be defined by you.

If it makes you feel better, gets you perspective and doesn't hurt anybody, well that's therapy. So the next time you need to go for a run for your mental health, or you have to take a bath for sanity's sake, just let your loved ones know what is really going on.

Most people are happy to afford you the time you need if you are willing to admit that you need it.

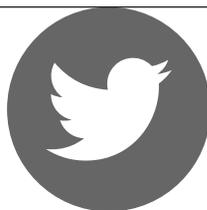
Let's all meet halfway here. This is the future, after all.



Source: Unsplash



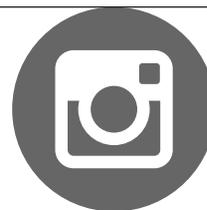
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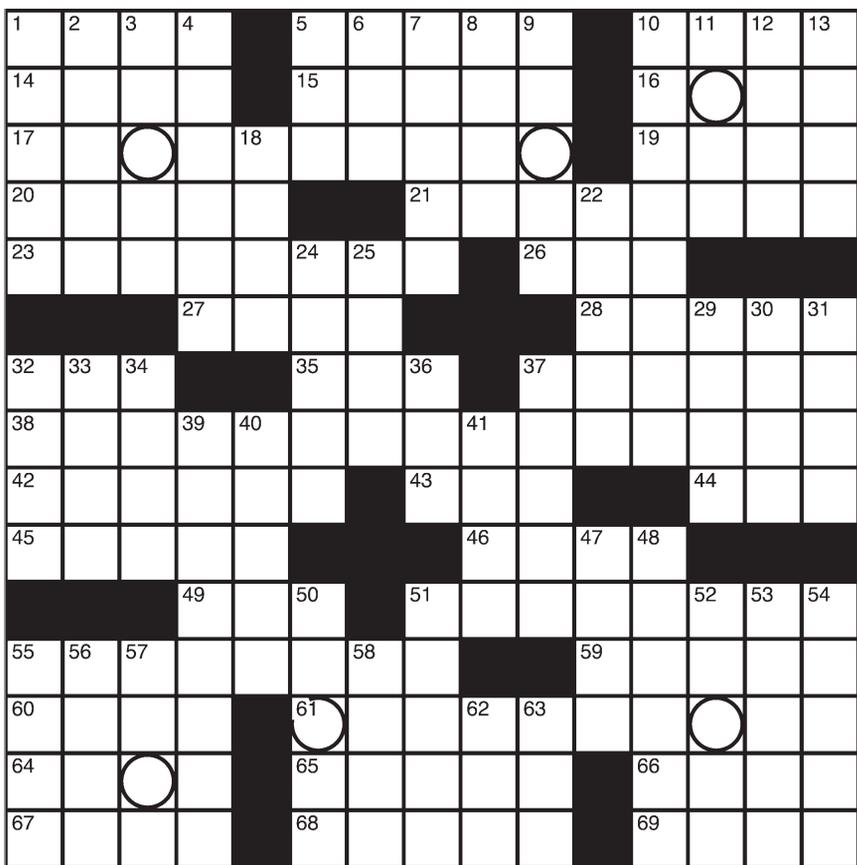


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Crossword Puzzle



- Across**
- 1 Rogues
 - 5 Is without
 - 10 Possesses
 - 14 Rose's Broadway love
 - 15 Copier brand
 - 16 Game with cues and balls
 - 17 Social event with costumes and facial covers
 - 19 Gaelic tongue
 - 20 Defunct Amer. soccer competition
 - 21 Commented
 - 23 Footwear insert
 - 26 Slice of history
 - 27 Homebuyer's need
 - 28 Accustom (to)
 - 32 Ron Weasley's pet Scabbers, for one
 - 35 The "S" in CBS: Abbr.
 - 37 San Diego ball club
 - 38 Act in a bipartisan way, and what the circled letters do Across and Down
 - 42 Major blood vessels
 - 43 Have a bug
 - 44 Northern Calif. airport
 - 45 Avow
 - 46 Lunch hour
 - 49 Nutrition fig.
 - 51 Native encountered by Crusoe
 - 55 Large watchdogs
 - 59 "SNL" alum Cheri "Time" singer
 - 60 Rebuke from Caesar
 - 61 Kitchen storage brand
 - 64 Rolled-up sandwich
 - 65 Office communication
 - 66 "___ hardly wait!"
 - 67 Internet transmission delays
 - 68 Uses for a fee
 - 69 Therefore
 - 29 Caterer's coffeepots
 - 30 Snorkeling spot
 - 31 Gas brand in Canada
 - 32 Some TVs
 - 33 In ___: lined up
 - 34 Ripped up
 - 36 Mrs., in Madrid
 - 37 Traffic cone
 - 39 Recipients of venture capital
 - 40 Broadway restaurant founder
 - 41 "Mean Girls" screenwriter Fey
 - 47 ___ about: roughly
 - 48 Peabrain
 - 50 Chasing
 - 51 "Washington Journal" channel
 - 52 Surfer's hangout
 - 53 Pianist Claudio
 - 54 Real estate claims
 - 55 Whimper
 - 56 Gillette brand
 - 57 Without a date
 - 58 Do a slow burn
 - 62 Mango remnant
 - 63 Trains over the street
- Down**
- 1 "The Stranger" novelist Albert
 - 2 Make selfconscious
 - 3 "Y.M.C.A." music genre
 - 4 Book that continues a story
 - 5 Charlemagne's domain: Abbr.
 - 6 Balloon filler
 - 7 Hiccups cure, so they say
 - 8 Lymph ___
 - 9 Unifying feature of many escape rooms
 - 10 Part of MO
 - 11 Toil
 - 12 Odor detector
 - 13 Iditarod conveyance
 - 18 ___ no good: scheming
 - 22 "That's ___ shame"
 - 24 Speaks in a gravelly voice
 - 25 One-named "Only

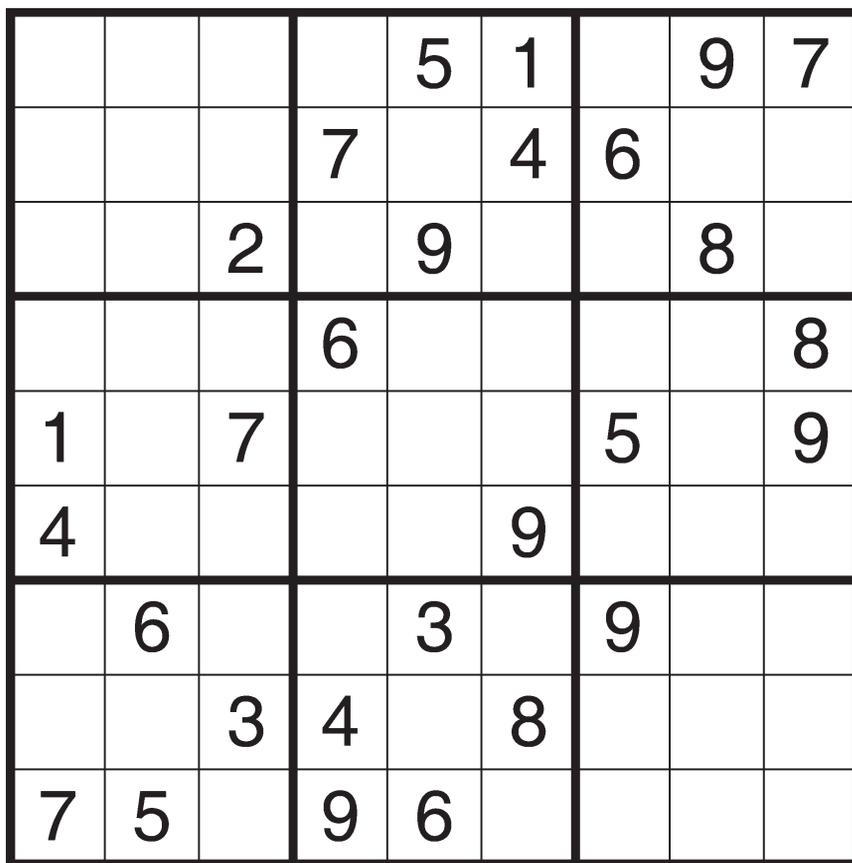
Poetry Pick

Thaw

Over the land freckled with snow half-thawed
 The speculating rooks at their nests cawed
 And saw from elm-tops, delicate as flowers of grass,
 What we below could not see, Winter pass.

Edward Thomas
 1879-1917

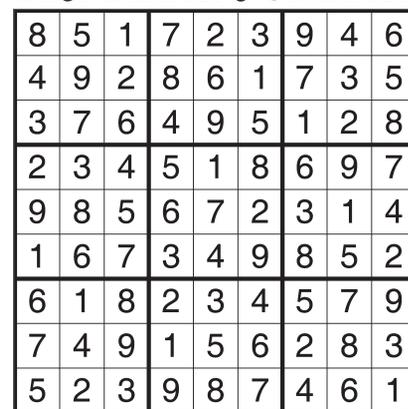
Sudoku Puzzle



Last Edition's Solution



Last Edition's Solution



Anamark Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Guest	Qdoba Mexican Grill	Lee's Famous Recipe Chicken	Panda Express	Gyro Palace	
Soup	Chili Con Carne/ Broccoli Cheddar Soup	Chili Con Carne/ Beef, Mushroom, Barley Soup	Chili Con Carne/ Spicy Lentil & Kale Soup	Chili Con Carne/ Chicken Double Noodle Soup	Chili Con Carne/ Minestrone Soup
Grillzone	Crabbyless Crab Cake Sandwich/ Steakhouse Black Bean Burger	Crabbyless Crab Cake Sandwich/ Cobb Turkey Burger	Crabbyless Crab Cake Sandwich/ West Coast Avocado Burger	Crabbyless Crab Cake Sandwich/ Jalapeno Pepper Panini	Crabbyless Crab Cake Sandwich/ Po' Boy Fish Sandwich
Pizzazone	Grilled Vegetable Pizza	Chicken Parmesan Pizza	Buffalo Chicken Pizza	Loaded Potato Pizza	Chicken Bacon Ranch Pizza
Deli	Soutwestern Chicken Chipotle Wrap	Soutwestern Chicken Chipotle Wrap	Soutwestern Chicken Chipotle Wrap	Soutwestern Chicken Chipotle Wrap	Soutwestern Chicken Chipotle Wrap
Flatbreads	Chicken Parmesan Panini/Southwest Chicken Melt	Chicken Parmesan Panini/Southwest Chicken Melt	Chicken Parmesan Panini/Southwest Chicken Melt	Chicken Parmesan Panini/Southwest Chicken Melt	Chicken Parmesan Panini/Southwest Chicken Melt

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



This Edition's Riddle:

What belongs to you, but other people use it more than you?

Last Edition's Answer:

Ten-ish.

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Jessica Graue

Horoscopes

Scorpio: Oct. 24 – Nov. 21

Discover a windfall opportunity or profitable insight. Have faith in your imagination and dedication. Take advantage of good conditions for lucrative gain. Give thanks.

Sagittarius: Nov. 22 – Dec. 21

Your greatest strength is love. Remember what worked before when launching a new personal initiative. You're learning. Evolve your image and brand. You're empowered.

Capricorn: Dec. 22 – Jan. 19

Imagine the future you'd love to see. Make beauty a priority. Articulate your direction and plan your moves in advance. Strategize. Rest and recuperate.

Aquarius: Jan. 20 – Feb. 18

Share ideas and information with associates, colleagues and friends. Plan and coordinate joint efforts for maximum efficiency. Strategize for common gain. You're better together.

Pisces: Feb. 19 – March 20

Crazy professional dreams seem possible. Love finds a way to open doors. Schedule carefully. Prepare for inspection. Polish your presentation and do the homework.

Aries: March 21 – April 19

Make a delightful discovery such as a new shared income source. Make plans for an educational adventure. Mingle business with pleasure and explore new terrain.

Taurus: April 20 – May 20

Partnership makes a difference. Collaborate for shared financial gain. Do your part to contribute. Review reserves and put away provisions for the future.

Gemini: May 21 – June 21

Get out and move with your partner. Walk or bike. Talk about matters of the heart. Share support around passion, compassion and love.

Cancer: June 22 – July 22

Have fun. Physical exercise energizes you. Get your heart pumping! Rest to balance yourself after vigorous activity. Eat well and avoid toxins. Dance to great music.

Leo: July 23 – Aug. 22

Family has your heart. Relax and enjoy your favorite pastimes and people. Indulge in a passion, hobby, sport or game. Whip up a fine romance.

Virgo: Aug. 23 – Sept. 22

Talk and action come together to propel a home improvement project. Coordinate with family. Domestic arts and crafts produce satisfying results. Home-baked pie delights.

Libra: Sept. 23 – Oct. 23

Support others and be supported. Brilliant ideas flow by word of mouth. Your past work reflects you well. Contribute your expertise. Articulate a positive message.

'The Clarion' location Building 6, Room 314

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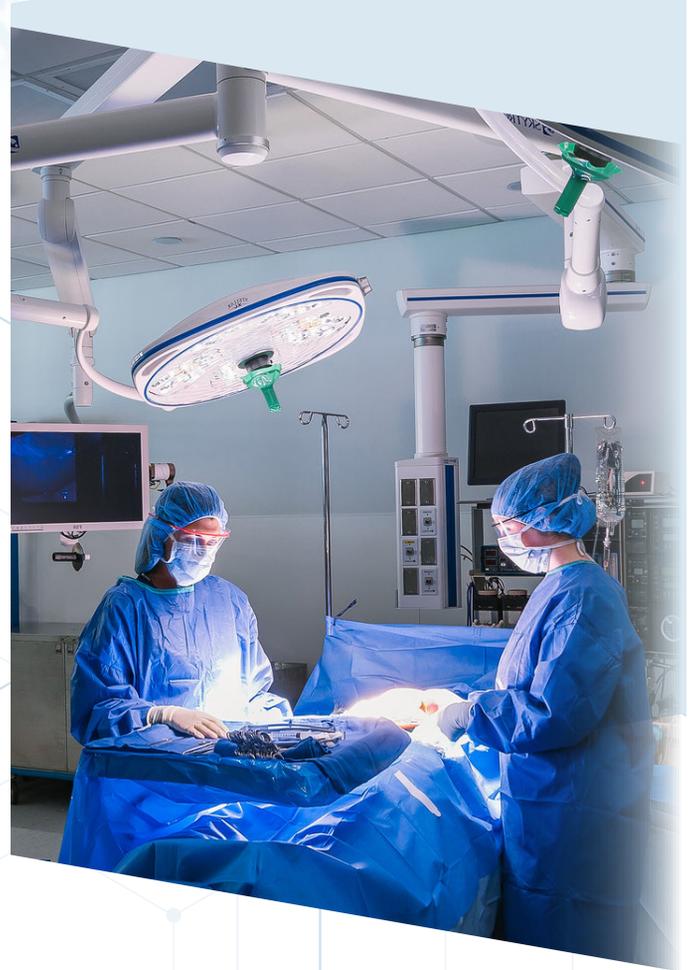
Linda C. Black Horoscopes: by Nancy Black.

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JOIN US!



32ND ANNUAL **HEALTH SCIENCES** CAREER FAIR



TUESDAY, OCTOBER 29, 2019

Building 14 | Ned J. Sifferlen Health Sciences Center

9:00AM - 11:00AM

Showcase of Student Presentations/Open House

View displays and presentations and learn about the Health Sciences programs available.

1:00PM - 3:00PM

Health Sciences Career Fair

Network with healthcare employers ready to hire you!

FEATURED EMPLOYERS

- Alto Health Care Staffing
- Consumer Support Services
- Premier Health

**VISIT WWW.SINCLAIR.EDU/ENGAGEMENT & CLICK ON CAREER FAIRS FOR MORE INFORMATION
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