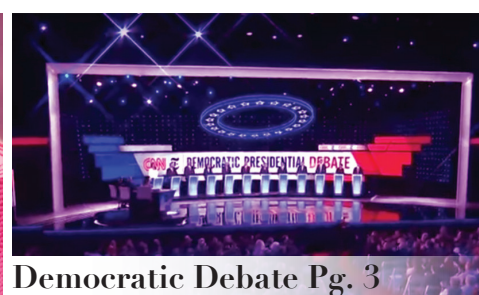
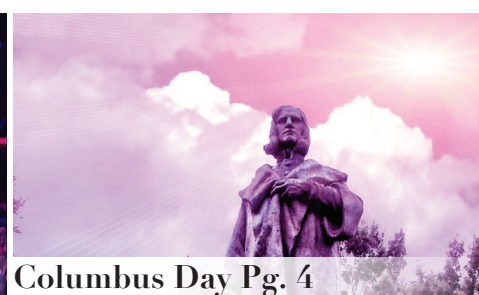




Yogo Studio Pg. 2



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# The *Clarion*

Produced by Students, for Students

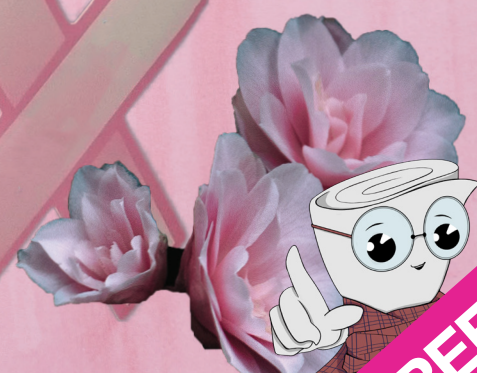
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[www.sinclairclarion.com](http://www.sinclairclarion.com)



**Breast Cancer  
Awareness  
Month pg. 6**



THE OFFICIAL STUDENT NEWSPAPER OF SINCLAIR COLLEGE

**FREE**



# Tartan Spotlight: Bailey Galbraith

Hannah Shafer  
Reporter

Bailey Galbraith is a cashier for Sinclair’s Building 10 Center Café. She started working there during the first week of fall semester, which also happens to be when she began studying at Sinclair as a student.

At the café, Galbraith stocks the snacks and drinks as well as maintains the coffee makers. The coffee at the café is currently Stumptown but they also offer a few bottled drink options such as bottled Starbucks frappuccinos.

Employees at the café are required to ground the coffee and roast it then place it out on the table so that customers can pour it themselves and make it how they please. In addition to the self serve coffee, there are also lattes, cappuccinos and Americano espresso brews that customers can order.

Galbraith’s favorite part of working at the café is the genuinely kind individuals who interact with her rather than just coming and going as quickly as possible. She also likes the pumpkin spice donuts.

Outside of working in the café, Galbraith is a Sinclair student, currently working on her

general education requirements, hoping to graduate within the next three years. While she is undecided in regards to her major or career, she is considering both cosmetology and communications and is open to other possibilities.

Her free time is preferably spent making herself busy whether it be hanging out with friends or listening to music, she likes to constantly be doing something.

She believes in the importance of worrying about one’s self and one’s own happiness and told me that people should “do things that make them happy and if they aren’t happy doing it, don’t do it.”

In terms of her passions, Galbraith cares deeply for women’s and LGBTQ rights and strongly believes in the power of simply being a decent human being.

She hopes to one day live in Oregon and also hopes that the Center Café will have more tea options as well as the possibility for iced coffee in the future.

For those interested in visiting the Building 10 Center Café, its hours of operation are Monday through Thursday from 7:30 a.m.-10 p.m. and Friday from 7:30 a.m.-1 p.m.



Galbraith in her element, doing what she loves. Photo By Hannah Shafer

# Hot Yoga Studio and Wellness Center



Photo by Staff Photographer Nikki Neumann  
A group of yogo mats available for use.

Nikki Neumann  
Reporter

Mollie Stodd is a local business owner who invests herself within the Dayton community. She touches each individual spiritually who enters into her studio and steps onto the mat.

Stodd is the proud owner of Hot Yoga and Wellness Center located at 576 Miamisburg-Centerville Rd.

Stodd used to be a frequent runner who was capable of running multiple miles a day

but due to knee problems, cut back on running and found a new lifestyle in a yoga class she took while attending Marymount California University.

She would later complete her teacher training through Corepower in Huntington Beach, California and received a bachelor’s in Psychology at Alliant International University in Los Angeles.

Stodd has owned the studio for almost a year and a half and has high hopes for its future.

Hot Yoga and Wellness Center currently offer many levels of yoga that can fit anyone’s specific lifestyle. The studio has a variety of classes including Intro and Advanced Vinyasa Flow, Yoga Sculpt, Tabata, Fusion Flow and a Hot Series Standing.

Hot yoga creates a mind-body connection that can ease anxiety, decision making and relationships. Many students even emphasize and describe how “yoga has saved their life.” Several walls in the studio are adorned with inspiring quotes from students and teachers that are there to push and welcome all new yogis.

The yogis bring a positive and like-minded energy to

each session. The respect they give one another is a lifestyle that could be seen as inspiring. Anyone is capable of partaking in yoga at Stodd’s studio, no matter the size.

“When you dare to step on the mat you open your journey into self,” said Stodd “Our purpose in life is to live our very best self. Yoga is a practice of one’s own creation into the soul meaning of purpose and breath. Come explore a whole new word with us on your magic carpet ride.”

Stodd hopes for the studio to grow into a bigger family and looks to the community to take what her yogis learn on the mat and bring it into their everyday lifestyle.

To find the yoga schedule go to HotYogaDayton.com. Students and military drop-in class fees are \$10 with ID versus the usual \$15.

Hot Yoga and Wellness Center proposes an experience where peace and serenity is promised once you step off the mat.



Photo by Staff Photographer Nikki Neumann  
A group of positive messages from students and teachers



Photo by Staff Photographer Nikki Neumann  
Contact information displayed on the door of Hot Yoga.



# The Fourth Democratic Debate Comes to Ohio



A group shot of the democratic candidates at the debate

Source: Youtube/ The New York Times

Quinton Bradley  
*Contributing Writer*

On Oct. 15, the fourth Democratic primary debate premiered, with each of the candidates doing their best to score some more votes as we draw ever closer to the 2020 election.

For this round, our very own state of Ohio would play host to the twelve candidates who managed to make it onto the debate stage that night, with Otterbein University serving as the venue for what amounted to be perhaps the weakest debate as of yet.

Hosted this time by both CNN and The New York Times, the usual suspects would grace the stage once again. The race’s top three candidates—former vice president Joe Biden, Vermont Sen. Bernie Sanders and Massachusetts Sen. Elizabeth Warren—appeared to be in a league of their own, though that says a lot about the night’s events, seeing as how no single member of the trio could boast any standout moments.

The other candidates included Sen. Cory Booker, Sen. Amy Klobuchar, former HUD secretary Julián Castro, businessman Andrew Yang, South Bend, Indiana Mayor Pete Buttigieg, Sen. Kamala Harris, Rep. Tulsi Gabbard and former Rep. Beto O’Rourke.

The stage was also joined by a

newcomer in the vein of Tom Steyer, a billionaire hedge fund manager whose message during his sparse 7.2 minutes of airtime amounted to an appeal towards “ethical” capitalism. Despite the fact that his campaign looks to be presenting him as a member of the elite who’s willing to call out other elites on their greed, he was vague on what he would actually do to balance the socioeconomic scales of the nation.

The night began with the subject of impeachment and the conduct of the current administration. When prompted by the moderators (with the duties being handled by CNN’s own Anderson Cooper and Erin Burnett alongside New York Times national editor Marc Lacey), each candidate described President Trump as “the most corrupt president in history.”

Continuing with the theme of shady political behavior, Biden was questioned afterwards about the business dealings of his son Hunter Biden in Ukraine, which has become a hot-button issue for Republicans and the subject of a Nickelback-themed meme featuring a photograph of Biden and his son on a golf course with Ukrainian businessmen that Trump mockingly tweeted earlier this month, leading the former vice president’s son to appear on ABC’s “Good Morning America” on the day of the debate, in an attempt to clarify the situation.

Posing a key question, Cooper asked

Biden why he finds it unethical that President Trump’s family is involved in foreign businesses when it’s possible that a member of Biden’s family had done something similar during his tenure as vice president.

“My son did nothing wrong. I did nothing wrong,” Biden answered. “I carried out the policy of the United States government in rooting out corruption in Ukraine. That’s what we should be focusing on.”

He continued, saying that “I never discussed a single thing with my son about anything having to do with Ukraine.”

Biden quickly switched gears and went on the offensive, regarding the claims against him and his son as a desperate smear tactic and named himself as the biggest threat to Trump’s possible re-election in 2020.

“He [Trump] doesn’t want me to be the candidate. He’s going after me because he knows if I get the nomination, I will beat him like a drum.”

The claps in the audience following Biden’s shot at Trump was one of the few applause getters throughout the night. During statements that one would expect to get a generous round of applause, the cheers for many of the lines that the candidates had clearly prepped beforehand were noticeably subdued. And that was during the few times that the audience did respond.

Unlike the prior debates, the one held here in Ohio last week had a much different feel. The crowd seemed to be not easily swayed by the cliches and tropes that have been thrown about ad nauseum by the candidates leading up to their appearance at Otterbein University and it showed in their performances.

Soldiering on with the mantra of “If it ain’t broke, don’t fix it,” the candidates stuck to the scripts that each of them had made shortly after launching their campaigns, leaving nothing new for potential Ohio voters to ruminate about.

Warren once again showcased her ethos, railing against corporate corruption and calling for universal healthcare in the midst of getting dogpiled by the moderate democrats onstage who questioned her plan to pay for it. Sanders, bouncing back from a heart attack he suffered weeks prior, played the “hits” as well, urging the American people to join him in a “political revolution” in his call for universal healthcare and free public college at the expense of the country’s uber-rich.

Buttigieg (whom Dayton mayor Nan Whaley is putting her support behind) continued to present himself as one of the “common sense” democrats onstage, with Klobuchar, O’Rourke and Harris following suit.

Though he seems to be getting more and more comfortable onstage as the debates surge on, Yang still looks to be solely relying on his promise of a “Freedom Dividend,” a guaranteed basic income of \$1,000 a month for every single American over the age of 18. Gabbard, Booker and Castro made no impact on the night and Biden continues to lead in the polls with his notion of being the only one that can go head-to-head with President Trump should he get the nomination.

With the election just a year away and Warren’s support growing steadily, the road to 2020 is shaping up to be an interesting one despite the latest blander-than-rice-cakes debate.

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

QUICK NEWS!!

Local News:

- Dayton Commission candidates, Chris Shaw and Matt Joseph, and challengers David Esrati and Shenise Turner-Sloss all agree that Javier Harrison and Devin Harrison were murdered in late Sept. garage shooting.
- Vandalia’s coffee shop, Warehouse 4, was recently ranked third on Yelp’s list of the 100 Best Coffee Shops in Ohio.  
*Source: Dayton Daily News*

U.S. News:

- Rep. Elijah E. Cummings, a Baltimore attorney and civil rights advocate who served in Maryland’s legislature before representing the state in the U.S. House passed away Oct. 17 at the age of 68.
- On Oct. 17, President Trump announced that Secretary of Energy Rick Perry plans to leave his position at the end of 2019.  
*Source: NPR*

World News:

- Welcome to Video, a darknet website has had its server containing approximately eight terabytes of child sexual exploitation videos seized and Alex Daniel Paxton, a Columbus, Ohio man has been arrested in conjunction with the investigation. This is the largest seizure of its kind, according to investigators. Jong Woo Son, a South Korean national was indicted for his role as leader and distributor of the website.  
*Source: 2News*

# Claude's Column: To Yeet or Not to Yeet

Samuel J. Claude  
*Managing Editor*

Call me a stubborn old editor wound tight as a wall clock, but I believe this generation lacks the vast vocabulary of the past. Abbreviations often replace words and even sentences and the overuse of emojis has caused the art of conversation, as well as the art of film, to suffer.

In addition, slang language, which has existed in print since the 1800s, is now more prevalent than before. Yet of all the slang words from “Gucci” to “G.O.A.T” one word has proven to be more universally utilized than possibly any other.

However, like most modern fads, this has left me puzzled on how it rose from the internet and become such a common phrase. So after searching and exploring the bowels of the internet, I must pose a question that I’m sure many have been asking over the past decade; what does it mean to “yeet?”

Yeeting can take on several definitions, some simple and others rather abstract. The exact origins of the word “yeet” are unknown, nevertheless, the word has been tossed about with several different meanings over the past decade.

An Urban Dictionary user described

the word as an expression of excitement, particularly during a basketball game.

The most common yet complex definition of yeet is “an exclamation of excitement, approval, surprise or all-around energy, often as issued when doing a dance move or throwing something,” according to Dicionary.com.

As a dance move, the yeet, which is basically a prominent swinging arm chop, has gained much popularity over social media. Possibly the earliest and most notable example of yeeting is Lil Meatball, a rapper. In March of 2014, vine user, Jas Nichole posted a video of Meatball dancing surrounded by people off camera chanting “Yah yeet yah.” The video was an instant hit, reaching over four million views on YouTube and causing the popularity of the word yeet to spike exponentially.

With the advent of Vine, yeet came to possess multiple meanings depending on the context. A series of videos from various vine users feature a person holding a bottle, declaring it to be empty and chuck it across the room, screaming “YEET!”

Now all of the above are examples of what one might consider yeeting. But the question still remains, what does it truly mean to yeet?

Frankly, there may never be a definitive

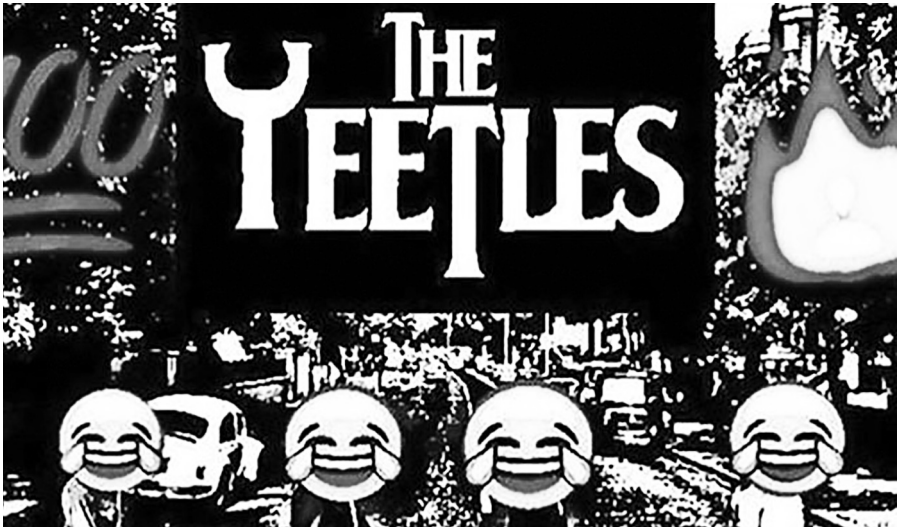
answer, but from what I’ve studied I believe it is the verbal equivalent of an exclamation point. Think about it. The excitement of a basketball game, the dance move, the act of tossing something, all of them are very energetic and excitable acts. Much like how an exclamation point adds emphasis or importance to a sentence, so does the word “yeet” to our everyday lives.

I believe to yeet is to concentrate all of one’s passion, effort and emotion into a single action. Whether the emotions be positive or negative, they all play a part in

the act of yeeting.

So the next time someone mocks you for using such an absurd word, consider it less of a cool word that the kids say and more of a verbal exclamation point. We may not know what the future of the rapidly evolving internet culture brings nor do we know the lifespan of the word yeet, but for the moment, let us all yeet joyfully now and maybe one day we can look back on the word with fondness and nostalgia.

Until then, live long and yeet on.



A yeet meme found in the bowels of the internet. Photo by @reizt\_way\_to\_spam/Instazu

## Divisive Holidays That Share the Same Day

Richard Foltz  
*Executive Editor*

October holds two holidays, celebrated on the same day, that are divisive amongst those that celebrate the other holiday. Indigenous Peoples Day, first celebrated in 1992 but coming to popularity more recently, was created as a way to celebrate the nations of native inhabitants of the Americas that were murdered, died of plague spread by European colonizers or otherwise displaced, in most cases far away from their native lands.

Columbus Day, first celebrated in 1892 is an annual holiday that honors the now somewhat divisive reputation of the first European explorer, Christopher Columbus, to set up a permanent settlement on the American continents, despite the fact that he never officially made it to the mainland Americas and despite the fact that there were later found to be Scandinavian explorers that set up settlements in modern-day Canada.

Though, what is normally left out of the Columbus Day narrative is the reason why the holiday was originally adopted as a national holiday. According to a New York Times article entitled “How Italians Became White,” the holiday was adopted following the lynching of several Italian-

Americans in New Orleans. Adopted by then-president Benjamin Harrison who, in his 1891 State of the Union, called on Congress to protect foreign nationals. Columbus himself was an Italian, being born in the Republic of Genoa, an independent Italian state that would later be part of modern-day Italy.

Though, despite the help that Columbus Day provided for Italian immigrants gaining acceptance in a culture that excluded them, it is also seen as a day that celebrates a man with a dark, seldom told history.

Columbus himself upon arriving in the Bahamas set about enslaving the native people and later as the governor of Hispaniola (the island that now makes up the countries of Haiti and The Dominican Republic) enacted barbaric acts of torture on the island’s population.

Adding to that, as the “discoverer” of America, Columbus bears the brunt of the blame, warranted or not, for the vast array of acts carried out by European colonizers in both North and South America, including but definitely not limited to:

The Great Swamp Massacre, an event that took place during King Philip’s War in modern-day New England, in which a tribe of Narragansett natives were attacked after a dispute with colonizers, which then resulted in 300-1,000 natives being killed.

The Extermination of the Pequot, where 700 Pequot were killed by colonists and hundreds more were being sold into slavery in the West Indies.

The Gnadenhutten Massacre in which 96 Delaware tribespeople were brutally murdered with hatchets and mallets.

The Creek War, in which 2,500 militiamen slaughtered 186 Creeks at Tallaschatee. According to an article on the History Channel’s website, the massacre was so bad that mothers killed their children, fearing that the soldiers would do worse to them.

“We shot them like dogs,” said Davy Crockett, frontiersman, politician and American folk hero.

Apparently during the assault, a native woman attempted to kill her baby and eventual president Andrew Jackson took the baby from her and raised it as his own.

Speaking of Jackson, his Indian Removal Act of 1830 displaced nearly a quarter-of-a-million Cherokee, Choctaw, Creek and other native inhabitants out of the Southeast. Thousands died along the way.

Yet, all of this is just a fraction of the massacres carried out by colonists enacting Manifest Destiny, in an attempt to create a new world on the homeland of an already native people.

Yes, all of it can’t be attributed

to Columbus alone. But the idea of celebrating a day that immortalizes the person most known for bringing Europeans to the Americas and in turn, enabling the genocide of an entire race of people again and again and again is obviously a little upsetting for some people, especially members of the native community. A community, who as recently as 2016, saw land near their reservation used for a pipeline that could poison nearby Lake Oahe in North Dakota.

The cycle of degradation started with Chirstopher Columbus and as a country built on the backs and bones of a native population that has been nearly eradicated and on migrants who were demonized until they were accepted by the colonist population, the idea of celebrating the genesis for that torment seems at worst political and at least insensitive.

We cannot rewrite our history, but a step in the right direction would be the act of coming to terms with our history, especially the ugly parts and working to make right the wrongs carried out by our ancestors.



A statue of Christopher Columbus. Source: Flickr



# Tips on Keeping Up With Your Mental Health

James Novonty  
Staff Writer

A good deal of people comprehend the significance of having a sound body and physical health. Those same people, however, ignore the importance of mental wellness. As our attitudes and education towards mental health continue to grow there are a few things you can do to keep your mental health in shape.

**Exercise, Medicate and Eat Well**  
This may seem like it solely focuses on physical health but bear in mind your brain still is part of your body and needs nutrition and that mental muscle stretched!

Exercise makes the body discharge endorphins. Endorphins make your synapses fire which makes you feel better and restrain your body’s reaction to stress.

Appropriate eating regimen and dietary patterns can likewise help diminish stress as well as various health risks. A lot of caffeine and alcohol can advance uneasiness.

**Get Some Sleep**  
Rest is a period for your body to fix and process the worry and work from the day. It is the time your cerebrum needs to loosen up. It additionally enables your body to unwind in the wake of utilizing tense muscles for the duration of the day.  
Rest acts as the reset catch for your feelings of anxiety. It encourages you to evade genuine pressure reactions, for example, anxiety.

To help reduce pressure, get 6-8 hours of relaxing rest every night.

**Practice Mindfulness**  
Mindfulness seems like the new buzzword and for good reason. Mindfulness is living in the present moment. Start small. You can meditate for as little as ten minutes a day and build your way up.  
Learning to live in the moment diminishes thoughtless activity, nervousness and depression. The goal of mindfulness is to carry this skill outside of solitude and quiet places and use it in everyday times of high stress or anxiety.

**Question Your Negative Self-Talk**  
Liking yourself is crucial to emotional and mental wellbeing. Stress and negative contemplations can stall you and shield you from living your best version of yourself. Self-uncertainty can be especially troubling.  
It may be hard to catch at first but by practicing the previously stated mindfulness catching negative self-talk will become much easier. If you catch yourself speaking negatively about yourself, choose to question it. “Is this the kindest I could be to myself?” “Is this idea, actually right?” and my personal favorite, “Would I treat someone else this way?” These phrases will become your new inner voice.

**Self-Care Time**  
In this fast-paced, digital world it is hard to be mindful and give yourself truly meaningful personal time. Some people even feel guilty about entertaining the idea, especially parents.

But how can you be the best parent, student, employee or friend you can be if you don’t take care of yourself? Self-care can take many forms from the aforementioned small meditative sessions to engaging in a cell phone-free hobby.

**Write It Down**  
One of the troubles when it comes to mental health is the lack of a numerical or measurable outcome like physical health that relies on weight, heart rate, blood pressure readings and more to measure progress.  
Journaling can assist you with organizing your ideas and creating a system to help you measure your success. Journaling can also help keep track of negative self-talk and your reactions to it.

**Healthy Relationships**  
This is always a hard area to work on as it involves other people and feelings of shame and guilt. However, no one deserves to be treated poorly. Social help is significant during troublesome experiences.  
Healthy relationships with friends and family are crucial to overcoming

negative situations and altering your inner critique. When looking at your relationships and what they provide you it is key to remember that you owe no one anything. The adage, “... but they are family” does not excuse mistreatment at the expense of your health.

**Seek Help If Needed or Even When it’s Not**  
There is a common misconception that only people who have “issues” see therapists and that is a very unfortunate belief. It is customary in our society to visit a doctor every three months not because you have an illness but just for a simple checkup and to address any potential concerns.  
Yes, psychologists and psychiatrists are there when there are genuine problems but developing a relationship where you have “check-ins” every few months regardless of your mental state is not a bad idea and could even relieve mental stresses before they develop. In the fast-paced life of a college student, where time is occupied by schoolwork and a job or two, it is important to take stock of oneself and keep mental health at the forefront.



Source: Unsplash

## Events of the Week!

**Tuesday, Oct. 22**  
*Mini Transfer Fair & Pizza Party*  
11 a.m.-2 p.m., Building 10, Floor 3

**Wednesday, Oct. 23**  
*International Series: Malta*  
Noon-1 p.m., Building 8 stage

*FASFA Workshop*  
2-4 p.m., Building 10 Expo Level, Room 10001

*Women’s Volleyball vs Owens Community College*  
6-8 p.m., Building 8 Gym

**Thursday, Oct. 24**  
*Becoming Bulletproof*  
3:30-6 p.m., Building 12, Room 12116

**Friday, Oct. 25**  
*Greene County Pumpkin Glow*  
7-10 p.m., Hobson Freedom Park, 2910 Trebein Rd.

*Fun Fall Spooky Garden Celebration*  
3-7 p.m., Wegerzyn Gardens Metropark, 1301 E Siebenthaler Ave.

**Saturday, Oct. 26**  
*Women’s Volleyball vs Lakeland Community College*  
11 a.m. - 1 p.m., Building 8 Gym

**Sunday, Oct. 27**  
*Wind Symphony Fall Concert*  
2-4 p.m., Building 2, Blair Hall Theatre

**Monday, Oct. 28**  
*First Day to Register: Spring Semester 2020*

*Adaptive Sports Presentation & Demo*  
1:30-3 p.m., Building 8 Stage Area





# Everything You Need to Know About Breast Cancer Awareness

Richard Foltz  
Executive Editor

Henry Wolski  
Associate Editor

In the U.S., 1 in 8 women will be diagnosed with breast cancer in their lifetime. An estimated 41,760 women will die due to complications from the disease this year. Besides skin cancer, it is the most common cancer found in American women regardless of race or ethnicity.

In rare cases (1 in 1000), men can develop breast cancer as well. It is typically detected as a hard lump underneath the nipple and areola.

Men carry a higher mortality than women do, primarily because awareness among men is less than their female counterparts and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment.

The first known mention of the cancer was documented in Egypt around 1600 BC. The Edwin Smith Papyrus, an ancient text found in 1860 in an Egyptian tomb, described eight cases of tumors or ulcers of the breast. The first doctors attempting to treat breast

cancer wrote of the then-unknown disease: "There is no treatment!"

Medicine has advanced tremendously since that first case, as death rates from breast cancer have been in decline since 1990, in part due to better screening technology and earlier detection, increased awareness and continually improving treatment options.

However, the root causes of the disease are still unknown, other than the fact that it always forms due to damage caused in a cell's DNA.

Caffeine, deodorant, microwaves, cell phones and contact with those that have cancer have been debunked as agents that cause it.

Most risk factors found by the CDC are genetic and unpreventable. These include: getting older, as most cases are diagnosed in women over the age of 50, family history of breast cancer, previous treatment using radiation therapy, reproduction history and genetic mutations.

Some other risk factors that can be prevented include not being physically active, drinking alcohol or smoking, taking hormones or being overweight/obese after menopause.

It is recommended that women routinely attend breast cancer screenings so that it can be found early and become easier to treat.

Screenings can be performed in many ways. The most effective way is via a mammogram, an x-ray screening of the breast. It detects the cancer early, before it is big enough to cause women to feel symptoms.

Breast MRIs are another tool that uses magnets and radio waves to take pictures of the breast. These are used mainly for women who are at a high risk of getting breast cancer, as the MRIs may appear abnormal even if there is no cancer present.

The final way is to have a clinical breast exam, where a doctor or nurse uses their hands to feel for lumps and changes in size, or the patient performing it themselves.

Doctors recommend that women age 50-74 that are at average risk for breast cancer get a mammogram every two years. Women aged 40-49 years old should talk to their health care professional about when to start and how often to get a mammogram.

Premier Health, a network of hospitals, medical organizations and physicians



Source: YouTube/Premier Health

The Premier Health Mammogram Mobile.

based in Southwest Ohio introduced a mobile mammogram van to the area in 2015 as a way to provide busy women a more convenient way to get their screening. It travels to businesses and public venues like schools and churches.

"By taking our new mobile coach to locations close to where women live and work, Premier Health hopes to encourage more women to get this essential screening test," James Pancoast, Premier Health president and CEO, said in the August 2015 press release announcing the program.

The mammogram mobile has served the region for four years, providing 6,000 screenings. The mobile features advanced imaging equipment, traditional 2-D and 3-D mammography technology, an all-female staff and private dressing rooms for patients.

Women age 40 and older are eligible for the program without a physician order, while those under 40 require one. In addition, women who have not had a mammogram in the past 12 months, do not have breast issues, such as a lump or discharge from the nipple area and are able to walk and maneuver the van's stairs are also eligible.

The mammogram

mobile will be making stops throughout Dayton for the rest of the month as well. It will be at the Sam's Club on 6955 Miller Lane on Oct. 26 from 9 a.m.-5 p.m. and at Girdwood Orthodontics in Lebanon from 8 a.m.-4 p.m. on Oct. 28.

The mammogram mobile is coming to Sinclair's Dayton campus on Thursday, Oct 24 from 9 a.m.-5p.m.

Financial assistance will be provided to those who lack insurance or do not have sufficient insurance to cover the procedure.

October is the month of breast cancer awareness and several organizations flood the world with pink, asking for support.

Some notable charities include the Dr. Susan Love Research Foundation, which devotes 81.7% of their funds into direct research, according to Charity Navigator, the National Breast Cancer Coalition, a group that has over 60,000 members and donated more than \$3 billion in federal research funding.

The National Breast Cancer Foundation is another institution that focuses on providing early detection, support and education through free mammograms to people across the U.S. They allocate around 80.8% of their total funds directly to programs and services.



The pink ribbon display in the Tartan Marketplace

Photo By Staff Photographer Brian Walker





# TOP 5 SURPRISES OF THE NFL SEASON SO FAR

Jeff Allen  
*Sports Editor*

Attention NFL fans, Carolina Panthers quarterback Kyle Allen has a better record as a starter through Week 6 this year than Baker Mayfield, the Cleveland Browns' signal-caller.

This NFL season has been incredibly unpredictable, with some marvelous moments, emerging stars and rising contenders. Through six weeks, I counted down the top five biggest surprises of the season so far:

## 5. *The Antonio Brown enigma*

Antonio Brown has always been known for his generational talent and his flashy, emphatic personality that spurs from coming up through the ranks as an underdog.

But everyone witnessed the shenanigans that took place as his time drew to a close in Pittsburgh as he burned every bridge he had after he requested a trade and started feuding online with his teammates.

Eventually, Pittsburgh caved to his demands and traded him for an average price tag to the Oakland Raiders due to his locker room antics. That move drew attention to an already vocal squad of polar personalities all over the board. It looked as if the Raiders were among the top of the league talent-wise and ready to make waves with team chemistry.



Source: Tribune/MCT

Jimmy Garoppolo after scoring a touchdown, Oct. 13

But shortly before the start of the season, Brown defied the "O" and was released upon his demand out of nowhere after a multiple week struggle over keeping a certain type of helmet and disrespecting his team's GM after a heated exchange. Brown got his wish after his twitter post marked his release.

The world was shocked several hours after this as Brown almost immediately signed with the best dynasty in NFL history, the New England Patriots. It would have been a nightmare season for opposing fans had Brown not once again reigned supreme.

After one successful game in a Pats' uniform, disturbing sexual abuse allegations surfaced days later. The Patriots are a very logical and fact-based organization and I don't think they would have released Brown if they didn't have reason to believe these allegations.

Nonetheless, they cut Brown, retracting all guaranteed money from his contract. Within a month, Brown had gone from one of the most talented receivers ever, to a controversial, toxically vocal locker room cancer. It's truly one of the most shocking turn arounds of all-time.

## 4. *The undefeated San Francisco 49ers*

We've all seen great rebuilds before, and we continue to see another blossom before our eyes with General Manager, John Lynch at the helm. The Niners were 4-12 last season.

Still waiting to witness a full season out of recently paid quarterback Jimmy Garoppolo, the team added significant pieces to an already talented defensive unit in pass rusher Dee Ford, linebacker Kwon Alexander and first-round pick Nick Bosa.

This team was expected to make huge strides but few were

expecting the utter defensive dominance that took place through the first six weeks of the NFL season. On their way to a perfect 5-0 start, they've managed to rank first in the entire league in total defense and second in scoring defense.

Offensively, Jimmy G and a dangerous committee of running backs have led them to be third in total scoring and second in rushing offense. Garoppolo has thrown for 1,163 yards, seven touchdowns and five interceptions on a 69.9 completion percentage so far. Though his 11-2 total record as a starter for San Francisco shines through, he still has a lot to prove.

He has a stellar supporting cast and right now it is the Niners' time to shine, but the question remains; will Jimmy G validate the tremendous hype to be considered amongst the greats?

## 3. *Buffalo Bills put the pieces together*

Buffalo has always been a town very invested in its football team. Despite the team's checkered past on the cusp of Super Bowls and on the edge of mediocrity, the fans remain enthused and hopeful.

Last year, after a cycle of average quarterbacks, the team took a chance in the first round on a kid named Josh Allen from Wyoming. This move instilled some hope in the fans, especially when he proceeded to show flashes of fantastic play to come.

The Bills went 6-10 with a couple of key wins at the end of the year with Allen starting. They have made some great draft choices this year in Ed Oliver, Devin Singletary and Cody Ford. They also spent quite a chunk of money in free agency adding support for this young squad.

Buffalo has now marched on to a great 4-1 start with the only loss coming one-possession



Source: pexels.com

within the best team in the league. The Bills are incredibly balanced and their team is dangerous going into the future, but only time will tell if this passionate town's dreams will come true.

## 2. *Gardner Minshew takes over*

The Washington State product has become not only a meme but a sensation in the NFL community. His mustache and goatee have become signature already as a rookie backup was thrust into the driver seat of the Jacksonville Jaguars after Nick Foles suffered an injury.

Don't get confused by the Minshew media mania, this man can play football. Since taking over as the starter, Minshew has thrown for 1,442 yards, nine touchdowns and two interceptions on a 63.3 completion percentage; also scrambling for 125 yards on the ground picking up four key first downs.

The Jaguars have started off 2-4 so far this year but Minshew has shown promise this year, even under pressure. But the Jaguars can't quite seem to fully execute at the right times this year.

The fact that their star player Jalen Ramsey has been the center of trade rumors since the offseason hasn't helped. Just recently Ramsey sat out for the birth of his child and finally on Oct. 15, he was traded to the Rams. The Jags will hope to ride the Minshew wave until Nick Foles returns next year.

## *The tragic retirement of Andrew Luck*

All in all, in a surprising year, this one was perhaps the most shocking sequence of events. There have always been devastating periods of time where the oft-injured Luck was out for long stretches but no one ever believed the rumors of finally calling it quits on football in entirety.

One year after his legendary comeback season in 2019, leading the Colts to a playoff appearance and a miraculous stat line of 4,593 yards and 39 touchdowns, Luck came back and called it quits.

He was weighing the risk of putting his body on the line and with agreeable reason. This younger generation is finally realizing how dangerous the game can be over long spans of time.

After going through training camp with ankle soreness, he decided to no longer continue his career. Andrew Luck was an exceptional talent and has excelled in the league since being drafted first overall in 2012.

Jacoby Brissett has been thrown in the spotlight now to fill Luck's role. But the entire Colts' organization, fanbase and the NFL community at large is left to wonder if Andrew Luck would have fulfilled his Hall of Fame expectations had injuries not plagued his career.



# Sinclair Cares Counseling

Time sometimes feels like something that is out of our control. However, there are changes that we can make to help balance our lives with time and all the things we need to do. Here are some suggestions for better time management:

If mornings are a busy time for you, try to get things ready the night before so there is less you have to do in the morning-and maybe you can sleep in too!

Complete a time management schedule to determine what your week looks like and make changes where needed to create better balance.

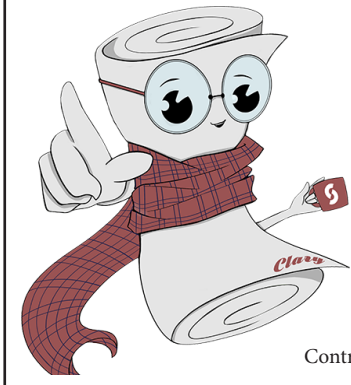
Try to complete homework and reading assignments within 24 hours of class.

As a general study rule, spend 2 hours per credit hour each week on studying and homework.

Be sure to take breaks when studying. For example, if you study for 1 hour, take a 15 min break, if you study for 2 hours, take a 30 min break.

Do not work on difficult material for more than 3 hours. If you find yourself getting frustrated, take a break and try it again later or the next day. And finally, if you want some assistance with balance and time in your life, counselors in

*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 appointment.*



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](https://sinclair.edu/ombudsman)*



# Your Voice

“Do you believe the amount of homework assigned to students should be decreased?”



Photo by Staff Photographer Brian Walker

“I think it wouldn’t hurt. Maybe making the homework more interactive or more relevant to the course material instead of being busywork might be another alternative.”

- Henry Wolski



Photo by Staff Photographer Brian Walker

“I think the amount of homework is somewhat typical for college courses. It’s a lot of work in a short amount of time.”

- Erin Robertson



Photo by Staff Photographer Brian Walker

“No, I don’t think so. I think the homework assignments are important for my major and it requires extra thought and effort.”

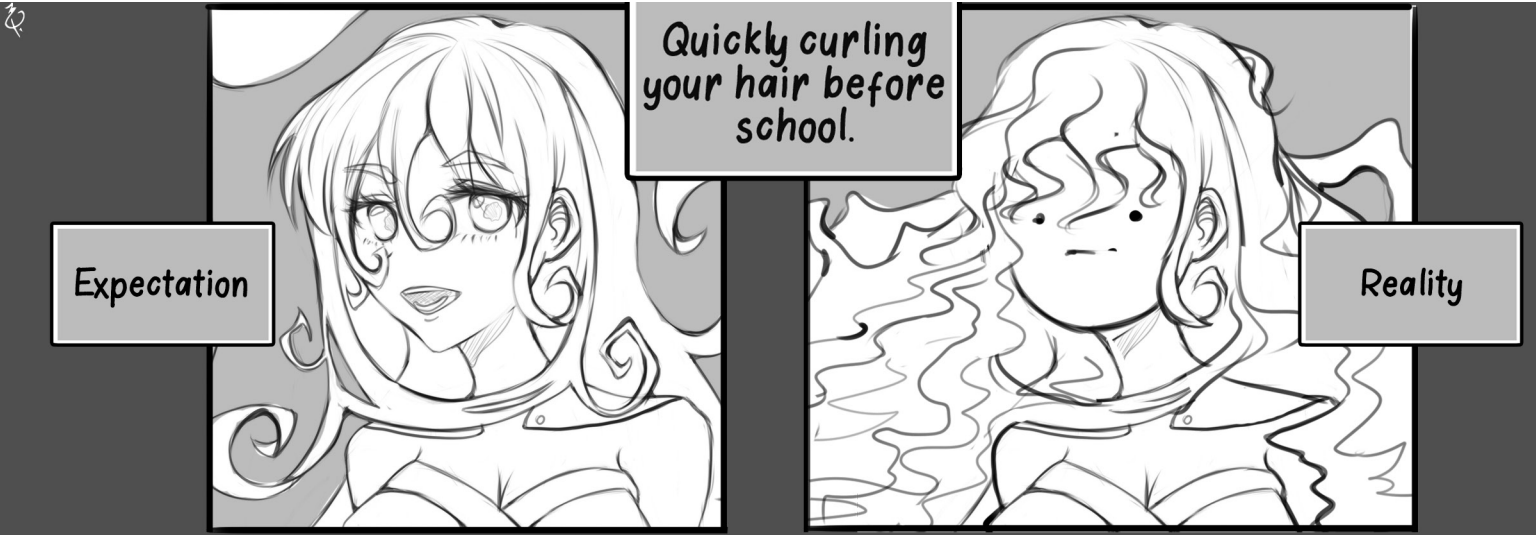
- Jaden Cypher



Photo by Staff Photographer Brian Walker



# Clarion Cartoons



Visible Struggles

Created by:  
Zoë Pirslin

## My Voice: Cutting Down on Homework

Kayleigh Dalaet  
Reporter

There is no doubt that homework is an essential part of learning; vital in retaining and applying information. However, too much homework can lead to diminishing health, social life and grades. Teachers want their students to succeed and utilize their newfound skills in the workplace but many don't consider just how much they're asking of their students. Most students take an average of four-six classes a semester, depending on their major. It's been found that a student taking four courses usually devotes about five hours per day doing homework, in addition to actual time spent in class, according to Courtney O'Banion Smith of TheClassroom.com. If a student's class is anywhere from one-three hours long, that's on average six-eight hours spent per day on course material alone. This doesn't even factor in if a student takes multiple classes a day. If a student has, let's say, three classes a day,

this is a range of 8-14 hours a day. For most students, school is their ultimate focus. However, this doesn't mean that students don't have other goals or commitments outside of the classroom. It's been found that about 70-80% of college students work while enrolled in classes and 40% of those employed work at least 30 hours a week, according to a report from the College of St. Scholastica. This means that at the very minimum, employed students are spending 72 hours per week between school and work! This leads to an exhausting and hectic routine. "Just like medicine, homework can be overprescribed," says Jacob VanTilburg, a second-year Sinclair student. "Teachers mean well but the solution isn't always assignments." Too much homework doesn't just take over a student's schedule but leaves them overwhelmed and discouraged. The human brain is only capable of retaining so much information and our

bodies need time to relax as well. Skimming readings to meet deadlines and cramming in assignment after assignment does nothing to help our case. This results in burnout and sometimes even careless work. Furthermore, too much homework induces an unhealthy lifestyle, both physically and socially. When students are busy running around, they are less inclined to go grocery shopping or cook meals for themselves and opt for fast food because it's quick and easy. If by some miracle they have the chance to relax, they're usually beat and are unlikely to spend time outside or exercise. This unhealthy lifestyle is also present in lack of sleep. Recent survey data shows that most college students only get six hours of sleep a night, which isn't nearly enough when you're so active throughout the day. Additionally, many students grow distant from their friends and romantic partners in college because they simply don't have time to be with them. Spending

time with loved ones is an essential part of personal happiness and when students are deprived of this, depression can skyrocket. This leads to a poor work ethic and an unmotivated attitude. Though homework is a crucial part of a student's learning process and is meant

to help them grow, too much of it can have the opposite effect. It is important to acknowledge the various effects excessive homework can have on college students and work to find a balance. No good can come from overworking students.



Source: Unsplash



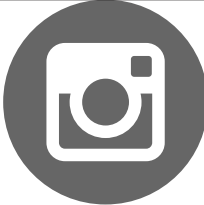
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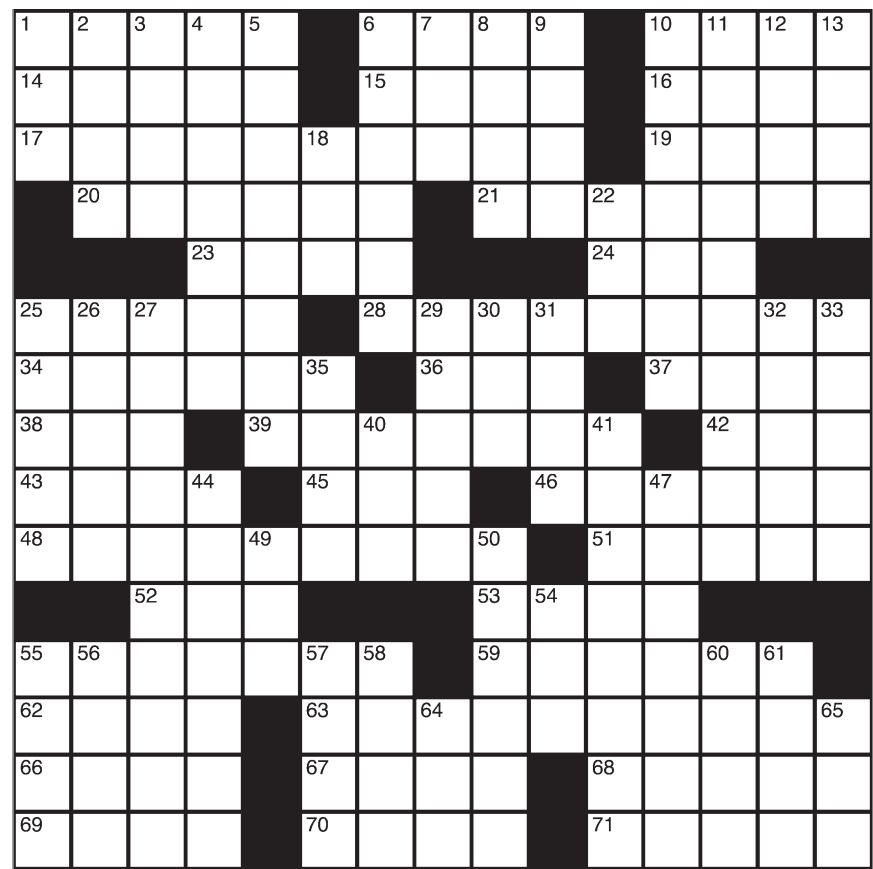
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Crossword Puzzle



- Across**

1 Barbecue glowers

6 Priestly robes

10 Cobblers' tools

14 Neighborhood map on a city map, e.g.

15 Java neighbor

16 Former Iranian ruler

17 Classroom text

19 Deep sleep

20 Represent

21 Like a bike

23 Goes on to say

24 Summer on the Riviera

25 MLB Network analyst Martinez

28 Twinkling in the night sky

34 On bed rest, say

36 Lupino of "High Sierra"

37 Bird's crop

38 Colorado native

39 Relief from the daily grind

42 "\_\_\_ Am": Alicia Keys album

43 Screen material

45 Sinus doc

46 Growing weary

48 Office spot with a coffee pot

51 Landlord's income

52 Tell tall tales

53 Field of study

55 Pays some of

59 Closed in on

62 Cut \_\_\_: dance, in old
- slang

63 Start of a sports season, and what each half of 17-, 28-, 39- and 48-Across can have

66 Hightail it

67 Trait carrier

68 Mozart's "Così fan \_\_\_"

69 Spill the beans

70 Taiwanese PC maker

71 Most common roll of two dice
- Down**

1 Prefix with gender

2 How software was once sold

3 Queens tennis stadium

4 Johnny's "The Big Bang Theory" role

5 Was conspicuous

6 Convent leader

7 Language of Southeast Asia

8 Hard punch

9 Many a Punjabi

10 One leading a Spartan lifestyle

11 Healthy bread type

12 Like a weak excuse

13 Roe source

18 Inc., in the U.K.

22 Slender aquarium swimmer

25 \_\_\_ bob: vertical measuring tool

26 Diner

27 Gas at a truck stop

29 Connect with

30 Big deal

31 Whitewater ride

32 "Who \_\_\_?!": "Join the club!"

33 Small sticks

35 Jetty

40 6, on a cellphone keypad

41 Insects with a painful sting

44 Stylist's supply

47 Debate again

49 Hawaii's Mauna \_\_\_

50 Style

54 Camping gear brand

55 Inane

56 Mystery writer Gardner

57 Tranquil exercise

58 On \_\_\_: without a contract

60 1999 Ron Howard film

61 Go out with

64 WSW's opposite

65 Japanese money

Poetry Pick

In a Station of the Metro

The apparition of these faces in the crowd;  
Petals on a wet, black bough.

Ezra Pound, Famous Poet  
1885-1972

Sudoku Puzzle

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

Last Edition's Solution

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

Last Edition's Solution

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



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/Chicken & Wild Rice Soup	Chili Con Carne/Vegetable Barley Soup	Chili Con Carne/Cheddar Bacon Potato Chowder	Chili Con Carne/Vegetable Rice Soup	Chili Con Carne/Chipotle Chicken Tortilla Soup
Grillzone	Buffalo Garden-burger(R)	Avocado Jalapeno Turkey Burger	Grilled Four Cheese Sandwich	Chicken Quesadilla	Grilled Lime Chili Cod
Pizzazone	Margherita Pizza	Meatball Calzone	Chicken Parmesan Pizza	Deluxe Pizza	Sausage Pizza
Deli	Chicken & Roasted Pear Wrap	Chicken & Roasted Pear Wrap	Chicken & Roasted Pear Wrap	Chicken & Roasted Pear Wrap	Chicken & Roasted Pear Wrap
Flatbreads	Grilled Chicken & Bacon Panini/Melts made to order	Grilled Chicken & Bacon Panini/Melts made to order	Grilled Chicken & Bacon Panini/Melts made to order	Grilled Chicken & Bacon Panini/Melts made to order	Grilled Chicken & Bacon Panini/Melts made to order

**The Clarion** is accepting student poetry submissions! Send us an email at [clarion.central@gmail.com](mailto:clarion.central@gmail.com) to submit your work.



**This Edition's Riddle:**  
  
What time does a tennis player get up?  
  
**Last Edition's Answer:**  
  
A Fence.

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# Horoscopes

**Libra: Sept. 23 – Oct. 23**  
Help others on your team understand a subtlety that you recognize. A lucky opportunity beckons. Cheer everyone on. Together you can win.

**Scorpio: Oct. 24 – Nov. 21**  
A lucky professional opportunity appears. Like a diamond in the rough, it may not look like much. Make sure that foundations are strong and that demand is high.

**Sagittarius: Nov. 22 – Dec. 21**  
Monitor road and traffic conditions before dashing off. Guard against overdoing things. Take the easier route. Rest frequently. Research ways around an obstacle.

**Capricorn: Dec. 22 – Jan. 19**  
Review numbers and monitor budgets. You can see hidden potential. It may not look luxurious. Fix things up together and watch the values rise.

**Aquarius: Jan. 20 – Feb. 18**  
Avoid a temporary clash between love and money with your partner. Stay gracious and forgiving of mistakes. Make plans for the future together.

**Pisces: Feb. 19 – March 20**  
Keep practicing. Luck benefits self-discipline and initiative. Get feedback from trusted doctors, coaches and colleagues. Your performance is growing stronger. Polish the rough spots.

**Aries: March 21 – April 19**  
Harmony could require effort. Don't show a loved one unfinished work. Keep polishing the details on a creative project. A lucky connection bridges a gap.

**Taurus: April 20 – May 20**  
Beautify a mess at home. Find family solutions. You can get what you need. Discover practical solutions through conversation. Diplomacy and communication resolve a concern.

**Gemini: May 21 – June 21**  
Keep your sense of humor. Miscommunications could confound and delay things. Don't gamble with the rent. Friends help you make an important connection.

**Cancer: June 22 – July 22**  
Abundance can be yours. Don't stir up jealousies or controversy. Costs are higher than expected. Take advantage of a lucky and profitable opportunity.

**Leo: July 23 – Aug. 22**  
Discover a personal good luck omen or sign. Fortune rewards your initiative, courage and persistence. Imagine the result you want and go for it.

**Virgo: Aug. 23 – Sept. 22**  
Avoid risk or expense. Simplify things. Review where you've been and consider future plans. Restore your energy with good food and extra sleep.

Linda C. Black Horoscopes: by Nancy Black.

Distributed by MCT Information Services





A glimpse of the new Building 10 entrance.

Photo By Staff Photographer Brian Walker



A photo overlooking the construction near Building 17.

Photo By Staff Photographer Brian Walker



A display case in Building 13 showing numerous 3D prints students have completed.

Photo By Staff Photographer Brian Walker



Building 13 in all it's shining glory on Oct. 17

Photo By Creative Director Sophie Hayden



A few students enjoying the Party in the Plaza on Oct. 17

Photo By Staff Photographer Brian Walker

# A Harry Styles Update: New Single ‘Lights Out’ Released

Anwen Harris  
*Reporter*

After the lengthy disappearance of actor, musician and ex-boy band member Harry Styles, the world is left pondering his whereabouts. Luckily, to clue us in on his happenings, Styles has simply tweeted, “Do.”

As one can imagine, fans have contrived a vast array of theories as to what this mysterious tweet could possibly mean. These theories range from far-fetched ideas such as marriage proposals to even the return of One Direction.

One of the more prominent theories has to do with speculations of an upcoming album. Many fans have spotted signs in LA that are broadcasting the phrase, “Do You Know Who You Are,” with the stamp of his record label on it. Also spotted on these posters was one of Styles’ signature phrases, “Treat People with Kindness” or “TPWK” for short. This could possibly hint at the title of Styles’ second album.

Others ventured to guess that this enigmatic tweet was Styles’ way of

telling his fans to “do” something nice on Oct. 5, which just so happens to be national “Do Something Nice” day.

Why couldn’t he have just said “Hey everyone, do something nice for someone on this holiday!” you may ask? Well, we may never know.

But undoubtedly it is always a good thing to do nice things for people. So maybe we should listen to this advice, even if it isn’t from Styles.

In other Styles news, the 25-year-old now has new music for us all to be wowed by. However, as the majority of pop-culture knows, his musical journey wasn’t always as a solo artist.

Styles is an ex-member of popular boy band One Direction. After their break in January of 2016, which began with Zayn Malik’s departure in May of 2015, the boys began releasing music individually starting in 2017. Styles released his first album, self-titled “Harry Styles,” as a solo artist on May 12 of 2017.

Now, after a two-year hiatus, he is back with his new single, “Lights Up.” This song was released on Oct.

11 and needless to say, everyone is freaking out. It has R&B influences and many people say that it has a Tame Impala vibe to it.

As it turns out, the poster board phrase, “Do You Know Who You Are?” is not the title of anything (so far) but it is incorporated in the chorus lyrics to “Lights Up.”

To go along with this new release, we have also received a very risqué music video to accompany it. It features Styles, with all of his tattoos visible, surrounded by scarcely clothed men and women. To quote Styles, this song is all about “sex and being sad”.

Although everyone has their haters, Styles has been overwhelmingly well-liked since the beginning. From his One Direction days to his debut album, his incredible skill has been evident. While we are all happy about his return, we are even more excited about his upcoming music and how he will continue to inspire people through his talent.



Source: YouTube/morethanthisx3  
Harry Styles performing at a concert.