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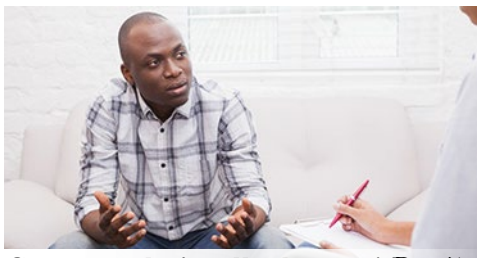
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The Clarion

Produced by Students, for Students

Volume 41, Issue 16 | Jan. 30 Feb. 5, 2017 | www.sinclairclarion.com

Jake Conger

GEM CITY CATFE

Jake Conger
Reporter

The Gem City Catfe had their grand opening on Jan. 2, 2018. Located at 1513 E. Fifth St., the Catfe brings a very new business model to Dayton, combining a local coffee shop and a sanctuary for select cats.

"I was in marketing when I noticed the catfe idea cropping up in America," Karin Gudal-Johnson, owner of the Gem City Catfe said. "When I was originally making plans I thought an existing rescue would partner up with an existing coffee shop. When that didn't work, this came to fruition."

Finding an effective location for the catfe was the next step. Gudal-Johnson knew from the beginning that she wanted her catfe to be in Downtown Dayton, and after looking at a few places including the South Park area and the Oregon district, ultimately decided the catfe would fit best right on East Fifth Street.

"The neighborhood was really friendly," Gudal Johnson began, "and the community very well established. There were empty buildings that needed work, so I took the initiative."

For those who have asked since it is a relatively new business, what is a catfe?

Simply put, it is a relaxing cafe patrons can attend for all of their

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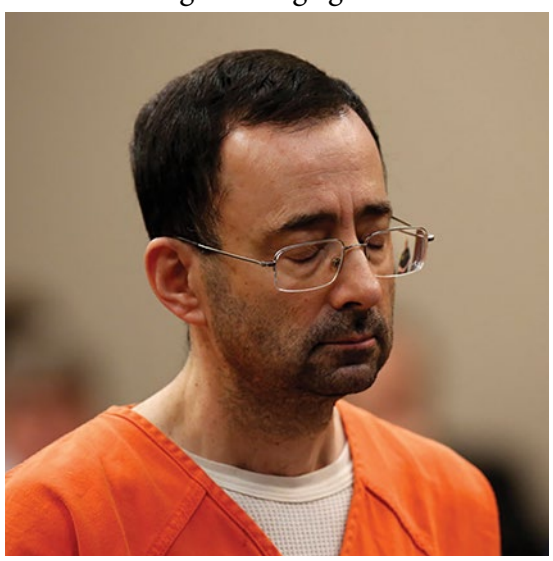
NASSAR SENTENCED TO 40–175 YEARS

Kali Macklin
Reporter

On Jan. 24, 2017 a world renowned sports physician to many Olympic gymnasts, Larry Nassar, 54, was sentenced to 40 to 175 years in prison after a sentencing hearing of seven days. Nassar was the caretaker of hundreds of young women, 150 of whom spoke out against him in court for sexual assault allegations.

In 1986, Nassar began working for the USA Gymnastics national team as an athletic trainer. In 1993, Nassar graduated from Michigan State University as a Doctor of Osteopathic Medicine. From 1996 to 2014 Nassar was the national medical coordinator of USA Gymnastics.

In December of 2016, the FBI arrested Nassar after they found more than 37,000 images of child pornography, as well as a video of him molesting underage girls.


Huffington Post

In April of 2017, his medical license was revoked for three years. In July of 2017, Nassar pled guilty of receiving child pornography and possessing photos from 2003 to 2016 as well as tampering with evidence in an effort to destroy the images. He was sentenced to 60 years in prison for these convictions.

In November of 2017, Nassar pled guilty to sexually assaulting seven girls under the age of 16.

Seven days of victim impact statements allowed 150 young women, most of which worked for USA Gymnastics and Michigan University, to speak out in court regarding the crimes Nassar had committed to them. Judge Rosemarie Aquilina sentenced him to 40 to 175 years in prison for sexual assault against minors.

Many women reported that they had in fact spoke out about the treatments by Nassar, but were disregarded or ignored by organizations in power including USA Gymnastics, U.S. Olympic Committee and Michigan State University.

Rachael Denhollander is a former gymnast who first made the abuse public in 2016, in an interview with IndyStar. She explained all the ways the system had failed her as well as other women and allowed the abuse to happen for so long. "What was done to myself and these other women and little girls and the fact our sexual violation was enjoyed by Larry matters," Denhollander said. "It demands justice and the sentence you impose today will send a message about how much these precious women and children are worth."

Nassar made statements in court apologizing for what he had done. "There is no words that can describe the depth and breadth for how sorry I am for what has occurred…I will carry your words with me for the rest of my days" said Nassar.

Nassar also admitted to using his trusted medical position to take advantage of young girls under the cover of performing medical treatment.

Before Judge Aquilina delivered the sentence, she read a letter that Nassar had written the court defending his medical care. He said that he was manipulated into pleading guilty, and accused the women of lying.

His letter read, "I was a good doctor because my treatments worked, and those patients that are now speaking out are the same ones that praised my work and came back over and over. The media convinced them everything I did was wrong and bad. They feel I broke their trust. Hell hath no fury like a woman scorned."

After reading the letter, Judge Aquilina stated the letter conveyed Nassar "didn't

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FREE

Gem City Catfe

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regular coffee needs with an added bonus, that being the cats. For a small fee, consumers can sit in a well furnished room with some of Dayton's friendliest cats and pet, play with or watch the cats.

The cat part of the catfe is not a business, but rather a non-profit shelter for cats named Gem City Kitties. The cats are screened before admission to the catfe to make sure they are the type of cats who love being around people and are comfortable around other cats.

Gem City Kitties handles these cats, and any adoption that may happen at the establishment. While the catfe will not push any of their patrons to adopt one of their cats, it is certainly welcome and eight cats have already been adopted.

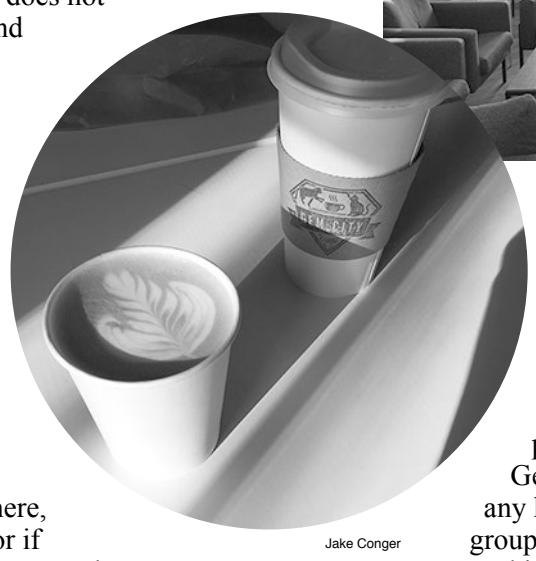
The whole operation is kept sanitary using a few different processes. The kitty part of the catfe is separated by two doors, both of which cannot be opened at the same time. Additionally, the building has separate ventilation, one for the cat room and one for the cafe. This ensures no mixing of air, to prevent cat hair from falling anywhere in the cafe.

While the kitties provide a comforting atmosphere, the coffee is the main attraction for the Gem City Catfe. The lead barista, Shelby Lewis, has been one for seven years, and got the opportunity to design the kitchen at the Gem City Catfe. She has participated in latte art competitions before, and is currently busy training her young crew on how to become equally accomplished.

Another feature of the Gem City Catfe is the use of space. Upon entering there is a fair sized sitting room positioned next to the barista counter, with a large viewing window into the cat room.

Jake Conger

It does not end there, for if you round the corner and go up the stairs you will walk into a dining room. This rather large room has many wide tables that could fit study groups, and the walls are adorned with works from local Dayton artists. A different artist is shown each quarter. The works of Amy Kollar Anderson is featured currently.



Jake Conger

Admission to the cat room is $10, and can be booked ahead of time. Alternatively, customers can opt to buy a $25 membership. This membership ensures they and any one that accompanies them pays $5 on a return visit. The Gem City Catfe is open late for any kind of work, especially study groups.

This local business is in close proximity to campus, and is a place where students can get a cup of coffee, cuddle with some kitties and study in the upstairs room among local Dayton art.

Winter Jam 2018 Tour Spectacular

Kelsey Fitzpatrick
Reporter

On Jan. 20, Winter Jam came to Columbus for their first Ohio concert of the season. The tour will continue on through Cincinnati and Cleveland in February.

Every year the Winter Jam tour travels the east coast, inspiring members of the Christian faith with popular faith based music, inspirational speakers and more.

The show is a regular event for many attendees, and is seen as an opportunity for Christians to meet other Christians and worship with one another. Men and women of all ages, races and backgrounds attend.

Winter Jam has been held since 1995, previously known as January Jam until 2000. The event was created by christian music band NewSong.

The cost to attend the event is $15. The money from the gate then gets donated to Winter Jam and is distributed to various programs, like adoption services, missionaries and churches. It is a general admission show, so you cannot purchase tickets in advance.

All ages are welcome, and the show is family appropriate. There are many genres of christian music from rap to pop to rock; there is something for everyone. The event provides about four hours of show time.

Daja Alcorn, a student of Sinclair Community College who was in attendance that night says, "My favorite part would be that the concert is filled with different styles of Christian music."

There is a membership opportunity called Jam Nation, where members can purchase a membership of their choice and receive benefits like early seating, free merchandise and more. Membership prices vary, and group memberships are available.

At the very end of the show many of the night's performers come out for a meet and greet session, at no extra charge. This years' performers are NewSong, KB, Kari Jobe, Skillet, Building 429, John Crist, Nick Hall, Jordan Feliz and Addison Agen.

Alcorn, who attends each year says, "I attend each year because I can pick my own seat and see the celebrities after the concert."

NewSong, the founders of Winter Jam, have been together since 1981. They have been involved with Holt International, a program that helps children all over the world in situations of extreme poverty, and promote it at the Winter Jam event.

Holt International is a non-profit organization that has been present at previous Winter Jam events. It is a faith based humanitarian organization that gives those in attendance the opportunity to sponsor orphaned, abandoned and vulnerable children.

Alcorn encourages everyone thinking about going, to go.

The next Ohio concert is in Cleveland on Feb. 9 at 7 p.m., and the last show is in Cincinnati on Feb. 17 at 6 p.m.

southflorida.com

Nassar sentenced to 40 to 175 years

continued from front

get it" and dismissively tossed the letter aside.

She then issued Nassar's sentence, saying "I've just signed your death warrant."

Several higher ups in USA Gymnastics tendered their resignations last week, including Chairman Paul Parilla, Vice Chairman Jay Binder and Treasurer Bitsy Kelley.

Aly Raisman, Olympic gold medalist and a survivor of the abuse, believes that justice has yet to be served after the sentencing, believing that the organizations Nassar worked at needed to be investigated and held accountable for their roles in the abuse.

"They have to get to the bottom of what happened," Raisman said. "And until we do that, and until there is an independent investigation, we can't be sure this won't happen again. So until I'm sure that these organizations are taking it seriously then there won't be justice."

She continued: "But I don't even know if you ever feel justice, because it's never something you heal from. Abuse isn't just in the moment, it's for the rest of your life."

Vice News

MSU: A history of abuse

Henry Wolski
Executive Editor

Cerridwyn Kuykendall
Associate Editor

The fallout from Larry Nassar's sexual misconduct sentencing is affecting the institutions he previously worked at, including USA Gymnastics, the U.S. Olympic committee and his alma mater, Michigan State University.

All three organizations are being investigated and questioned about their complicity in the abuse.

This has led to the resignation of Lou Anna K. Simon, president of MSU, as well as the retirement of Mark Hollis, athletic director for the college.

Youtube

"As tragedies are politicized, blame is inevitable," Simon said. "As president, it is only natural that I am the focus of this anger … throughout my career, I have worked very hard to put Team MSU first … I have tried to make it not about me. I urge those who have supported my work to understand that I cannot make it about me now. Therefore, I am tendering my resignation as president according to the terms of my employment agreement."

Simon will receive many special benefits following her resignation, including but not limited to free lifetime tickets to MSU football games and a 12-month paid research leave if she returns to the faculty.

Nassar had become an athletics trainer for USA Gymnastics in 1986, and was accused of assaulting Olympic medalist Jamie Dantzscher during a six year period starting in 1994. He was named medical coordinator of the company two years later.

The history of Nassar's abuse at MSU began in 1992 when he was still a student there. He allegedly assaulted a 12 year old girl under the guise of medical research, according to a 2017 lawsuit issued by her.

In 1997, he became gymnastics team physician and an assistant professor at MSU. That year, Larissa Boyce was assaulted and attempted to tell gymnastics coach Kathie Klages about the incident.

"She said I must be misunderstanding what was going on," Boyce said in a 2018 interview with Detroit News.

An anonymous Michigan State athlete detailed her assault in a 2017 lawsuit. It occured in 1999 and her concerns were dismissed by a coach who said Nassar was "an Olympic doctor" and "knew what he was doing."

In following years more athletes were assaulted by Nassar and their complaints were ignored. They included Kyle Stephens, Tiffany Thomas Lopez and Rachael Denhollander.

On Sept. 12, 2016, the Indianapolis Star published a story detailing Nassar's history of abuse, with comments from two assaulted athletes.

MSU fired Nassar eight days later. They explained their reasoning in a statement:

"Over the past week, the university received additional information that raised serious concerns about Nassar's compliance with certain employment requirements."

Many victims accuse MSU of allowing Nassar and others to continue abusing young women and not taking complaints seriously, and fostering a dangerous environment.

Wikipedia

On separate occasions in 2010 and 2014, other allegations of sexual assault against members of MSU sports teams were reported to the the school. Victims state these allegations were handled with similar disregard by the school.

Many federal lawsuits have since been filed against MSU for their handling of these situations. The Michigan State University board of trustees is also requesting an investigation into the school's original responses to complaints against Nassar.

While Nassar had been cleared of two previous investigation in 2014, conducted by MSU campus police and Title IX, the Office of Civil Rights (OCR) later conducted an investigation with a different outcome.

During a period of 16 months, while Nassar was under these investigations, he was allowed to continue seeing patients at Michigan State. At least a dozen assault allegations were reported to have taken place during this time.

The OCR investigation found that MSU had been fostering a "sexually hostile" environment for many years. As a result of this investigation, MSU officials had to completely restructure their policy and approach to sexual assault allegations.

This restructure was due to an agreement with the OCR that the investigation lead to. Which also resulted in a three year monitoring period of MSU and their policy. The monitoring period was due to end this year.

MSU requested an early end to the monitoring in fall of 2017, stating they had been acting on "good faith" and went "above and beyond" in meeting standards set by federal officials. Their request was denied.

MSU has publicly acknowledged their "unfortunate oversight." However, as of Jan. 17, the university has yet to release full paperwork on Nassar or their files on the assault reports.

MSU spokesman Jason Cody, Stated "MSU is committed to taking the right actions to create a culture that provides a safe environment for all students."

However, Cody would not answer any direct questions regarding the missing documents or MSU's response to assault allegations over the years.

In response to the allegations against Nassar and MSU, Department of Education director Betsy DeVos stated "The department is investigating this matter and will hold MSU accountable for any violations of federal law."

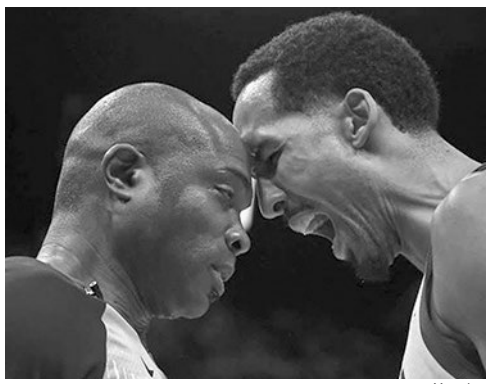
While Nassar will face up to 235 years of jail time for his crimes, the investigation into the conduct of MSU and USA Gymnastics is ongoing. As additional information is revealed, the reputations and public trust in these institutions could continue to decline.

NBA or MMA?

Paul Helmers
Sports Editor

Anyone who has been paying attention to the NBA this year has seen the headlines and replays, and the spotlight has been stolen by all the fights.

Bobby Portis vs. Nikola Mirotic, Serge vs. James Johnson, Dragic vs. DeRozan and Livingston vs. Referee are just a few of the scuffles seen so far.


Youtube

This is a major difference from recent years, as basketball has transitioned into the AAU era where every pro has known each other since they were young. Most played together in their childhood, either on the same team or meeting at tournaments, so everyone seems to be friends.

Sports pundits everywhere have said this has caused the "end of true rivalries." Most of the players also appear to only want to team up with other stars.

My question is, why is this happening, and is it going to end anytime soon? I mean, surely the NBA doesn't want the players in fist fights, this isn't hockey, and is basketball even considered a contact sport? Players fighting makes the league look bad, and it makes the players look like thugs, right? Or instead does it drive viewership and help to recreate the rivalries we have been missing? Is the NBA listening to us and trying to solve their steady decline in TV ratings?

In the 1995-96 season, the NBA's average viewership was rated at 5.0, which loosely means that 5 percent of the U.S. population was watching nationally broadcast games.

Obviously, this probably has something to do with the Michael Jordan led Chicago Bulls, but when compared to the 2016-17 season getting an average rating of 1.9 there has to be more to the problem. It's not like we don't have stars as big as Jordan now, and the Warriors are just as good in this generation as the Bulls were in their generation.

Whether the problem is just that Jordan was more liked than LeBron, or Durant, or Curry, or whoever, or if it is because of the concentration of talent remains to be seen. However it doesn't really matter.

The NBA can't force teams to spread the talent out without a potential change in the salary cap, and that can only happen with the approval of the NBA Players Association. They won't do this because it would mean the players ultimately get paid less. So, what existed then that doesn't now?

The answer is simple: FIGHTS. Back then it was great to watch Bill Laimbeer viciously throw someone on the ground and start a brawl on the court, or Charles Oakley getting in countless battles, or even in more recent years the Indiana Pacers and the Detroit Pistons starting the "Malice at the Palace" where Ron Artest famously punched out a Pistons fan. As gruesome as it may be, it makes great TV. And the NBA DESPERATELY needs to produce great TV.

The NBA wants these fights, and they're telling us all that through their actions. Player suspensions are a joke these days. After the above mentioned "Malice at the Palace", Ron Artest was suspended for the rest of the season, which amounted to 86 total games, and Stephen Jackson got 30 games. Latrell

Youtube

Sprewell was once suspended for 68 games for punching a coach, and in 1977 Kermit Washington was suspended for 26 games for punching Rockets player Rudy Tomjanovich in the face. Even Carmelo Anthony got 15 games for fighting once.

The longest suspension for fighting this season was eight games, which was Bobby Portis who fought a teammate at practice before the season started. Not a single other fight got anything over six games, even when the Houston Rockets players forced their way into the Clippers locker room to fight, or when Shaun Livingston head-butted a referee!

Case in point, if the NBA wanted the fights to stop this year they would impose heavier suspensions on players. Plain and simple. Actions speak louder than words, NBA. Your actions say fights are acceptable.

Gem City History #1: Why are we called the Gem City?

Henry Wolski
Executive Editor

Dayton, Ohio. Whether you moved here at some point or you were born and raised here, Dayton is a unique city with a rich history, dating back to the late 18th century.

This new series will show why Dayton is special by taking a look at some of the biggest events in the city's history, notable residents and the inventions made here.

The city was founded in 1796, and was home to many different inventions during the 1800's and early 1900's, including the airplane, electrical starting motors, the cash register and the world's first aerial missile.

After an industry boom and residential growth from the 1940's to 70's, Dayton was very prosperous. It earned the nickname "Little Detroit" during this time, due to the thriving industrial jobs available to citizens.

However, many factors such as loss of jobs, decentralization of the metropolitan area and various economic crises, impacted Dayton and its reputation negatively.

Dayton had the third-greatest percentage loss of population in Ohio since the 1980s, behind Cleveland and Youngstown.

Blake Campbell

Yet the city still perseveres, as restoration efforts were put into place in 2010, and new job opportunities arose in the healthcare and education fields.

But our question today is about the nickname Gem City, which was given to Dayton back in the mid to late 1800s.

It is a nickname that is attached to a variety of current and former businesses in the area, from coffee shops to hardware stores, even a hockey and a roller derby team. Gem City is synonymous with Dayton.

So how did the city we know today earn such an illustrious moniker?

A quick search shows that the answer is not concrete, but there are some theories.

The first refers to a well known racehorse that was trained and owned in Dayton during the 19th century called Gem.

The second refers to an article written in the Cincinnati Daily Chronicle by someone named only "T," over 170 years ago. In it, T marvels at how well the city was maintained.

The 1845 article states: "In a small bend of the Great Miami River, with canals on the east and south, it can be fairly said, without infringing on the rights of others, that Dayton is the gem of all our interior towns. It possesses wealth, refinement, enterprise, and a beautiful country, beautifully developed."

This was the first known instance of Gem City being used to describe Dayton.

After this, the moniker wasn't mentioned again until 1882. William Bickham, the editor of the Dayton News Journal at the time, pushed for the name to be adopted officially in his editorial columns.

Then, the Gem City Stove Co. was the first business to officially incorporate the name in 1885. Following this, in 1887 the Dayton Board of Trustees took on the name.

This caused it to gain more traction and become popular to people outside of the state of Ohio.

Thus, the Gem City was born, and Dayton endured decades of prosperity and innovation.

While there is still some major work to be done to earn the name, Dayton will always be known as the Gem City. With this, perhaps we can gain some hope and drive to propel our city back to its former glory.

Daniel's Depot: Mind Games

Daniel Riley
Managing Editor

Video games have been around for decades, and since the beginning people have argued the advantages and disadvantages of them.

Approximately 155 million Americans, almost half the U.S. population, play video games, according to a 2015 report by the Entertainment Software Association (ESA). The report also states that four out of five U.S. households own a device used to play video games.

With this many people playing video games, it comes as no surprise that some players have developed mental health issues associated with gaming.

The World Health Organization (WHO) released the beta draft of their 11th International Classification of Diseases (ICD-11), and one of the new conditions added is "gaming disorder."

The ICD-11 describes gaming disorder as "a pattern of persistent or recurrent gaming behavioral … to the extent that gaming takes precedence over other life interests and daily activities."

One of the ways someone could end up with a gaming disorder is by using video games to help deal with anxiety.

Flickr

According to the Anxiety and Depression Association of America (ADAA), "anxiety disorders are the most common mental illness in the U.S." and less than 40 percent receive treatment for it. This can lead many to self-medicate, and gaming is one of those *medications* used.

Although gaming has been shown to help with anxiety, it is not a cure, and if misused can even add to the problem.

Using video games to help avoid stressful situations can cause us to regret missing out on opportunities, and sometimes we can go as far as staying home from work or school to play video games.

Gaming can also be very addictive.

I personally have been caught up in a game enough that it was becoming a problem. It wasn't that I was using it as an escape, rather I was just enjoying it so much that I didn't want to do anything else. Thankfully I realized what I was doing and was able to manage my game time enough that it never caused any major issues.

With these issues associated with gaming it is easy to think it is all bad, yet research has shown that there can also be benefits to gaming, such as improved coordination, problem-solving skills, attention and concentration and many others.

Video games have also started to be used as teaching tools, especially for younger children. The military has even started using video games to treat PTSD and aid in physical therapy for those injured in combat, as well as virtual reality simulations based off video games to train soldiers.

As the benefits of gaming have come to light multiple groups have popped up that are trying to help others through gaming.

One non-profit organization, Alpha Nerds Guild (ANG), was recently created by media personality and army veteran John Burk. The main purpose of the group is "to help our veterans, LEOs [Law Enforcement Officers], and first responders battle their PTSD and anxiety disorders through gaming and the mutual love of all things nerdy."

Burk and the other admins of the group are currently trying to work out a program where they can have mental health professionals on-call for members of the group. They are also trying to provide those with financial problems computers and/or video game consoles.

As more research on gaming is done more advantages and disadvantages will be discovered. What needs to be remembered is that video games are just a tool, and like any tool they can help or harm depending on how they are used.

Come on, let's talk about it!

Justin A. Baker
Staff Writer

As I was growing up I was taught to deal with my problems myself. I needed to be a strong black man and not show any true weakness. Weakness leads to the world or my community thinking I'm weak and can't be dependable for anything.

I was told that therapy or even conversations with a counselor was something you just didn't do.

Well this is one misconception I am all too eager to dispel.

Last semester I started to feel the full emotional and psychological weight of dealing with school, work, dieting, relationships and what my potential future may look like if I failed at any one of those things.

I began to feel as if I was drowning on dry land. I just felt emotionally and physically drained every morning even with a full eight to ten hours of sleep.

This all came to a head after I went for a free teeth cleaning and was told I couldn't due to high blood pressure. This small little thing set me spinning and I was truly on the verge of tears due to the fact that I had been tirelessly dieting and exercising in preparation for an upcoming physical fitness test.

The emotional dam was about to break. I could feel the tears starting to well up and the emotional walls I had constructed in my mind about to crumble. I really needed to talk to someone.

But who? I didn't dare bring this problem to my friends in fear of some unknown consequences of idea that I wasn't good enough to deal with these simple stressors.

My mother was busy with her work as a clerk for women infant care (W.I.C), so she didn't have a lot of free time. I was at a loss, until I remembered a flyer I had seen about counseling services on campus. I quickly walked over to the fourth floor of building 10 and asked to see someone immediately.

After a few minutes I was placed with the counselor. As I sat there telling them the reason I was there today the tears started to fall freely. A faucet was turned on and streams of salty tears rolled down my cheeks.

It felt amazing! And not only because the crying and opening up was a release I didn't know I needed. The reason I got this feeling was because I had someone just to talk to, who truly listened and didn't judge. Someone who didn't try to offer quick fixes but gave suggestions. Someone who was there with compassion, concern and real, genuine interest in me and my situation.

I was truly lucky to have found that and continued to see the counselor for the rest of the semester before my classes. It helped me put things in perspective and slow down and take things one at a time.

This worked for me, but will it work for you dear reader?

All I know is that it is more dangerous to hold things in, in an attempt to look strong and confident in front of your peers. But finding someone to console with and talk through all the problems you have, that takes true strength.

So if you ever need a true sympathetic ear, or just a warm smile as you lay out your burdens, trials and tribulations I hope, no I urge you to find someone you feel comfortable and safe with to talk and be real with.

It's time to end the stigma surrounding going to therapy or counseling. Because how can you be real with yourself if you can't be real with anybody else?

mentalhealth.net

Guardians of Time: Haunting Figures

Type Image Source Here

Haley Edwards
Reporter

Swiftly appearing and disappearing without fuss the "Guardians of Time" invoke emotion and questions from the people who happen upon them.

They first appeared at Skulpturenpark Artpark in Linz, Austria. Manfred Kielnhofer created the first sculpture out of stone in 2006. These sculptures have since been made and placed all over the world.

Kielnhofer is said to have thought of the "Guardians of Time" after a near death experience. Kielnhofer had an accident while skiing and was placed on bed rest for a long time and was unable to work.

During that time Kielnhofer had plenty of time to think and he was astounded that he was still alive. Leading him to question why? How? And who saved him?

Kielnhofer said that while thinking about his situation he closed his eyes and concentrated and in the darkness of his mind clocked figures appeared and he knew that they were what saved him from death.

Kielnhofer named these figures "Guardians of Time" because they are independent of religion, time and space itself. They watch over mankind no matter what race, religion or nationality.

The Guardians are not related to religion but something entirely of their own accord. Kielnhofer says that mankind owes its existence to theses cloaked figures because they are always watching and keeping us safe.

"It is certain that all of humanity is guarded and protected by strange characters," Kielnhofer said. The designer and photographer was always interested in the human being as a model, as well as a potential source of danger for humanity. This shows very prominently in his artistry.

The statues were originally made from stone, but Kielnhofer has since made them in smaller plastic versions. The plastic versions are made to show that no matter if they are large and made from stone or small and plastic, the impact they have and the message they carry is still the same.

The guardians are often seen alone or in a group. It doesn't matter if the guardians are alone or together as they always seem to be moving forward in a ritualistic manner. They are also seen sitting in wait. They are often seen at landmarks such as ancient castles, squares, old mines or in parks around the world. They have been spotted at many famous historic sites, such as Stonehenge, as well.

Kielnhofer has been recognized for his work, and many of his sculptures have been featured in exhibitions and other prestigious activities of that nature across the world. He is not strictly limited to sculpting though, he is also a painter and photographer as well as a designer.

Kielnhofer takes advantage of the natural human desire for safety and security and puts it in his art.

When asked about the guardians Kielnhofer says not to fear, as they are here to help protect us. But they are always watching. And if you actively partake in misdoings when your time comes you will be held accountable.

The Guardians of Time have a powerful presence wherever they appear. With the alluring combination of eeriness and being visually satisfying, these sculptures have captured the attention of many onlookers and will continue to do so when they show up next.

Paige Rogers
Reporter

If you are a fan of Dungeon & Dragons, then you have probably heard of the mystical land of Tal'Dorei. The tales of Vox Machina and how they have slayed the mighty Beholder in the depths of the Underdark, located in an enslaved city of Illithids.

How they freed Whitestone from the tyranny of the Briarwoods, and rescued the entire continent from the reign of the Chroma Conclave. In their last journey, they saved the entire world from the rule of the undead god, Vecna.

The D&D group, Critical Role, has been playing this game for many years. However, they started streaming on Twitch every week since early 2015. They have been in an ongoing campaign that has lasted two years and they finally completed it in October of 2017.

The Dungeon Master is famous voice actor, Matthew Mercer. He is accompanied by several other voice actors like Laura Bailey, Liam O'Brian, Ashley Johnson, Travis Willingham, Sam Regal, Marisha Ray, and Taliesin Jaffe.

Each person has their own character with an in-depth backstory, which resurfaces throughout the campaign.

Laura Bailey plays Vex'ahlia, a half elf ranger. Vex'ahlia is the owner of a bear named Trinket. Her twin brother, Vax'ildan, the half elf rogue, is played by Liam O'Brian.

The lovingly short and gnomish cleric, Pike Trickfoot, is played by Ashley Johnson. Travis Willingham plays the not so smart goliath barbarian, Grog Strongjaw. The roguishly handsome and narcissistic, gnomish bard, Scanlan Shorthalt, is played by Sam Regal.

Throughout the series, they have had several guests on the show play their own characters as well. Felicia Day plays Lyra, the human wizard, Mary Elizabeth McGlynn plays Zahra Hydrus, the tiefling warlock and Wil Wheaton plays Thorbir Falbek, the dwarf fighter.

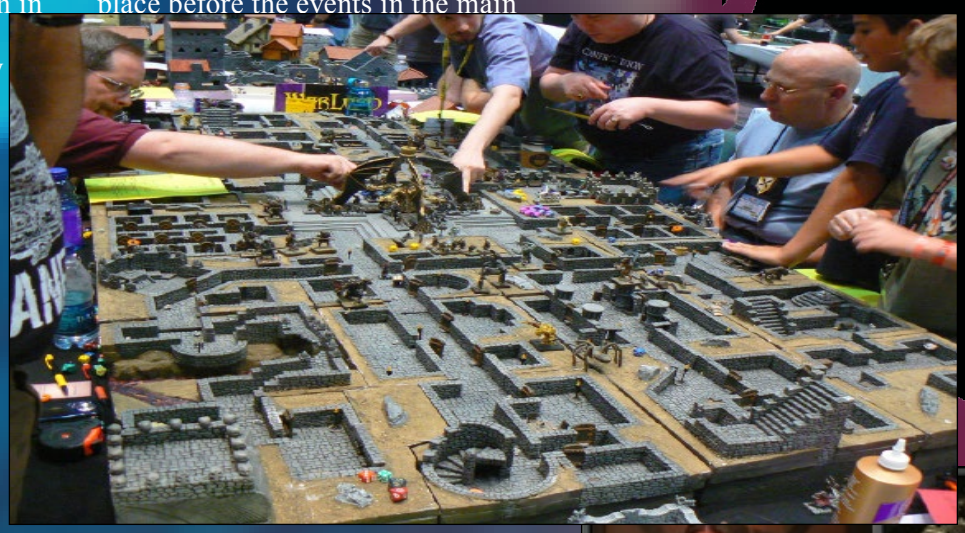
Other guest stars include Chris Hardwick as Gern Blanston, the dragonborn wizard and Joe Manganiello as Arkhan, the dragonborn paladin.

Critical Role has been involved in charity work and has been extremely successful in raising money. On Oct. 16, 2015, they raised over $20,000 for the Children's Miracle Network during the broadcast. The show was also nominated for a Streamy Award in 2016 for gaming.

There is also a web series that was produced in 2015 about a "Winter's Crest Festival." This series takes place before the events in the main campaign, and was written and directed by Marisha Ray and Taliesin Jaffe.

The new campaign is set to take place in the future of the same world, however, Vox Machina, is a legend of the past. The new campaign will revolve around brand new characters, which have yet to be revealed to the public. Matthew Mercer will still be the Dungeon Master and the same voice actors are returning for the new campaign.

The new season of "Critical Role" has started airing on Twitch.com on the Geek & Sundry channel. Their newest quest began on Jan. 11 and new episodes stream at 7:00 p.m. PST and 10:00 p.m. EST.



Sinclair Cares Counseling Services

Have you ever experienced the machinery of the foster care system, worked with a Child and Family Services Social Worker, lived with people who didn't birth you or know your way around an Educational Training Voucher –ETV.

If you answered yes to one (1), Sinclair is the Best Road to Your Future! A program have been created just for you Tartan Scholars Connection (TSC) and currently operates out of our Counseling Services department.

You are our Tartan Scholars!

The Counseling Services department is interested in sharing ways to help you find your rhythm while you are pursuing your academic goals here at Sinclair Community College.

Our goal is to serve our Tartan Scholars! who have lived the experience of ward of the state, foster care, social workers and filling out mounds of forms.

Our other aim is to motivate, encourage and inspire you to reach your higher education goals, connect you with leadership experience and opportunities to get involved.

To get connected as one of our Tartan Scholars please call Emily Hudson or Brenda Smith in Counseling Services at 937-512-3032.

We will help you develop a holistic plan of services to achieve success including but not limited to:

- Mentoring
- Leadership Development
- Support Groups
- Tutors
- Student Incentives for Participation and Accomplishments

Students will also have paths to link to other campus services such as:

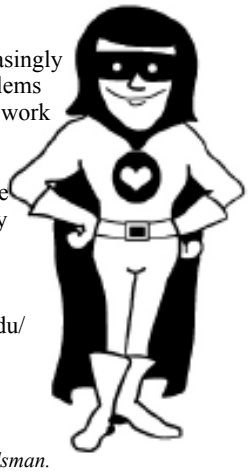
- Student Support Services/Trio Program
- Accessibility Services
- Student Engagement
- Academic Advising
- AAMI
- UAAM

See you soon!

Contributed by Brenda Smith

Ombuddy Conner

This week the Ombuddy comes to you with some words of encouragement!



Remember that as classes get increasingly challenging and unanticipated problems arise, to keep on pushing. The hard work you are doing now can only help you in your future endeavors. C.S. Lewis said "Hardships often prepare ordinary people for an extraordinary destiny." You can do it!
The ombudsman is your student advocate!
To learn more, visit www.sinclair.edu/ombudsman.

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To learn more, visit www.sinclair.edu/ombudsman.

Contributed by Amy Hartman

Your Voice

What is the noise/sound that bother you the most?

JuanGabriel Encarnacion

"When two speakers are playing the same song but they are slightly off from each other."

- Camdon Alyza Wing
Music Education

"To me, people chewing their food loud is one of the most annoying sounds."

- Anna Walker
Nursing

JuanGabriel Encarnacion

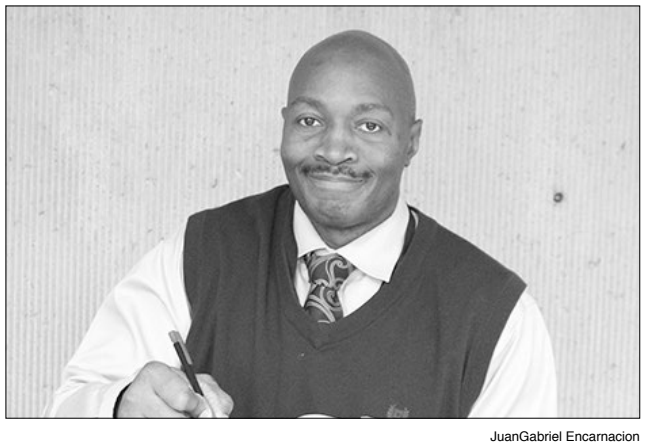
JuanGabriel Encarnacion

"I can say that the unnecessary clicking of pens is annoying!"

- Kumeka Parks
Liberal Arts/ Science

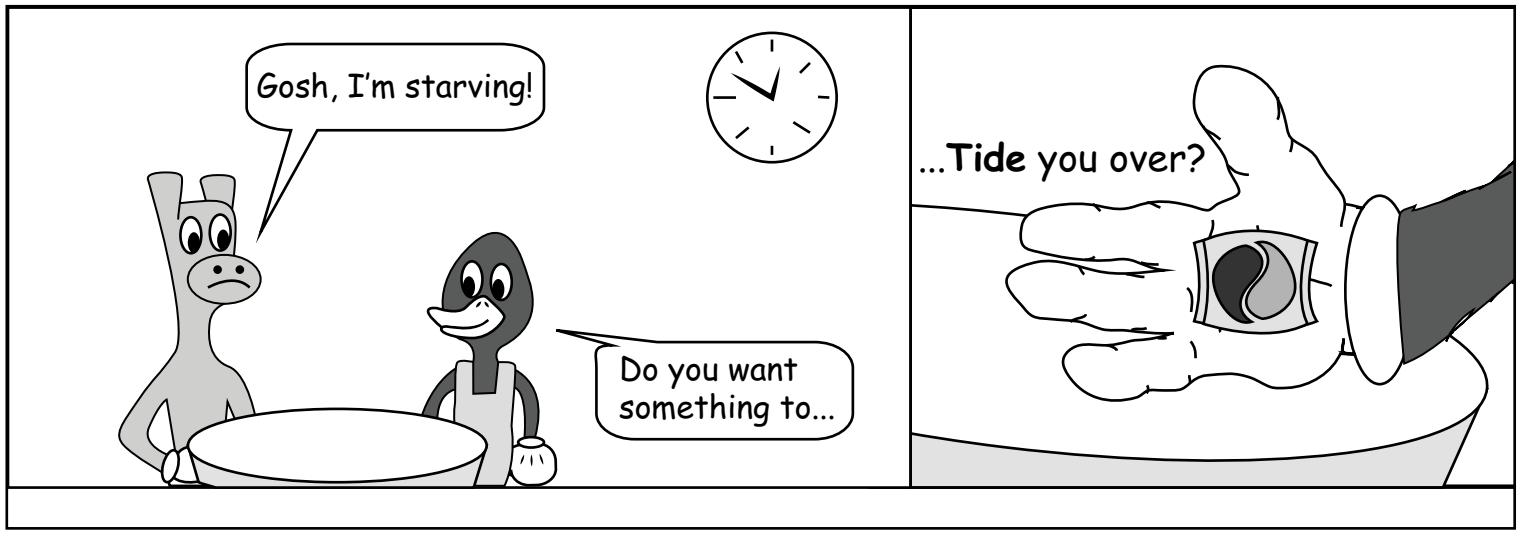
"Since there is usually something going on around all the time, I've learned overtime to study regardless of the annoying noises."

- Darrel Brooks
Electronics Engineer Technology



JuanGabriel Encarnacion

Clarion Cartoons



Dad Jokes

Created by: Noah Kihn

My Voice: Misophonia

Erika Brandenburg
Reporter

Picture this: you're settling into your CPR class where the teacher has the explicit rule of banning gum from his classroom due to kids being irresponsible with the disposal. You relax; finally, you can go through a period without hearing someone crack or chomp on their gum.

However, that's when everything goes awry; you have a substitute and she doesn't care to enforce the rule. Suddenly, in the midst of a video, the first crack sounds from right behind you.

Someone has began to chew gum and it is absolutely obnoxious, the downtime between the popping being that of wet, squelching noises as teeth grind the gum. Involuntarily, you find yourself in tears after a couple minutes, desperately snaking your headphones up through your zipped up jacket to avoid the teacher's reprimands for using electronics in class.

Music is turned on, soft enough to partially block the noise while still allowing you to pay attention. The rest of class is agonizingly slow as you miss several answers and have to get them from your table partner, all with the gum chewer behind you none the wiser to the emotional rollercoaster you've gone through.

The bell ringing is your savior and you nearly run from the room, getting away from the horrid noise as soon as possible.

pinterest

How this entire scene plays out seems to like an overreaction, right? It's just a little bit of noise, why would anyone have such an agitated response?

Well, that would be due to the disorder known as misophonia.

Misophonia is defined as "a disorder where people have abnormally strong and negative reactions to the ordinary sounds humans make, such as chewing or breathing."

This disorder can be developed at any age, though it mostly starts to appear in late childhood and early teenage years.

express.co

Everyday sounds such as these when heard by someone suffering from misophonia can result in a fight or flight type of response that can lead to feelings of panic, anxiety or rage.

People with misophonia usually realize how excessive their response is and, in turn, they tend to feel out of control of their emotions whenever it gets triggered.

Some symptoms are: irritation or disgust turning into anger, becoming verbally aggressive towards the person making the noise, being physically aggressive towards objects or the person making the noise or taking evasive action to escape the source.

Sometimes people even mimic the sound as it helps them feel better (for example, mimicking how someone's mouth moves when they chew gum loudly).

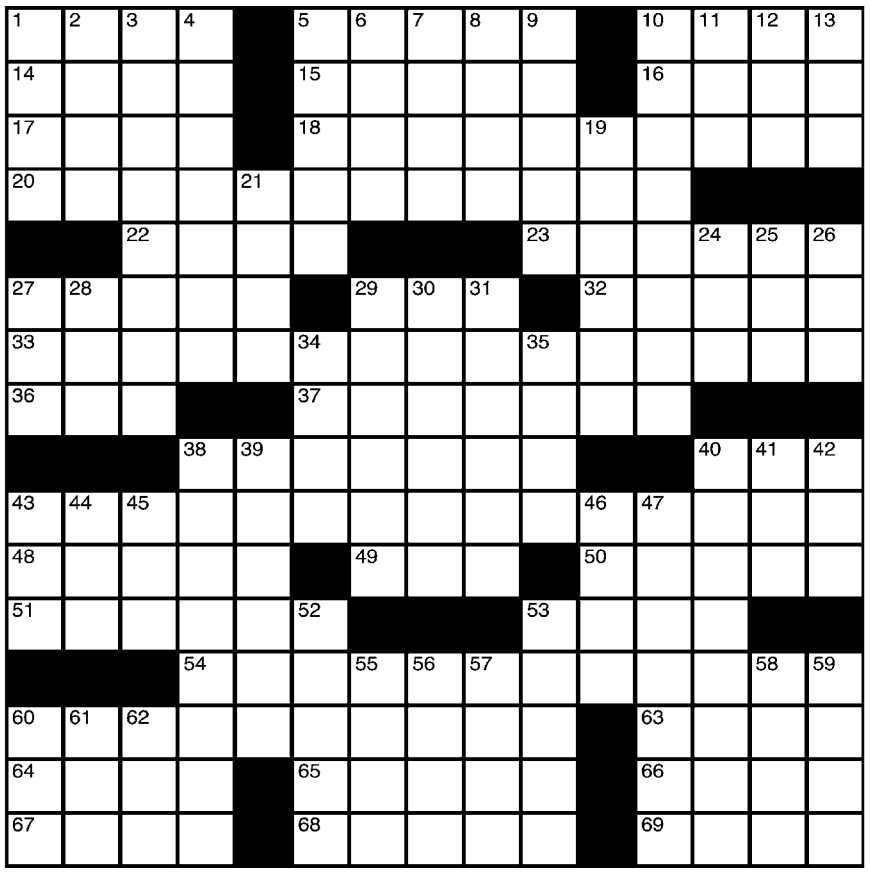
The most common triggers are eating sounds, followed by loud breathing or nose sounds, and the trio of horrid sounds is rounded off by finger or hand noises.

However, misophonia isn't entirely limited to noises: repetitive movement such as someone bouncing their knee can set a person off as well.

As this is a relatively newly identified disorder, there aren't any specific treatments available. Studies show that ways to improve your environment are by using earplugs or headphones to drown out the noise, seeking a therapist, practicing self-care and even explaining your situation to family and friends.

From one misophonia sufferer to another: here's to hoping we can someday relax when someone snores or chews their gum with their mouth wide open.

Crossword Puzzle



Across
1 Vulgar
5 Cancel, as a mission
10 Leave in a hurry
14 Gobi Desert continent
15 Calf-roping event
16 "The __ Duckling"
17 Writer Ayn
18 Harmless garden slitherer
20 Played the Samaritan
22 Italian automaker
23 "The Big Bang Theory," for one
27 Big bang
29 Rock band staple
32 Gush
33 Ones who once shared quarters
36 Juicy Fruit, e.g.
37 Cause of shrinking beaches
38 Delivers the news
40 Cup o' mud
43 Love sugary snacks, say
48 Up in the air
49 Ukr., until 1991
50 Many Middle Easterners
51 More alluring
53 App symbol
54 Ten or more points, rebounds and assists in one game, in hoops lingo ... and a literal feature of 20-, 33- and 43-Across
60 Minor infraction
63 Special forces mission
64 Ointment additive
65 Fertile desert spot
66 Thomas __, 9/11 Commission chairman
67 Snowy day toy
68 Hilton rival
69 Poet Pound

Down
1 Cooking fat
2 Morales of "NYPD Blue"
3 Collection of energy-producing turbines
4 Avant-garde art movement
5 Specialized jargon
6 NYC division
7 Took too much, briefly
8 Clarinet insert
9 Shades of color
10 Baker's ring-shaped mold
11 Turkish honorific
12 Type
13 Caustic chemical
19 Earthquake prefix
21 Garden entrance
24 Piece of the action, or a shout that stops the action
25 Valuable underground find
26 Peaks: Abbr.
27 2016 film based on a Roald Dahl novel, with "The"
28 Baseball's Gehrig
29 Archery ammo
30 Poet Marianne and actress Julianne
31 Dorm decoration
34 Workout count
35 Waterfall spray
38 Updated, as factory equipment
39 Diner, drive-in or dive
40 1969 Woodstock folk singer
41 Gambling venue letters
42 "I didn't hear you" sounds
43 Gives birth to
44 Pub brew
45 __ populi: popular opinion
46 Food truck fare
47 Political satirist P.J.
52 Copier maker
53 That is, in Latin
55 Ask for divine guidance
56 Pop singer Loeb
57 Discharge
58 Perjurer
59 Writer Ferber
60 __ de deux
61 Pipe bend
62 Digit on a foot

Poetry Pick

Hoping to Hear from a Former Friend
Margaret Hass

Is it you on the other end of the line
hesitant to speak to me, pausing for a moment
to register my hello so you know my number
stayed the same, my last name remains mine?
Though my voice isn't young as when we last spoke,
don't you hear a familiar timbre?
Still you hesitate so as not to startle me
after all this time. Dots string out like an ellipsis
in the endless sentence of your absence.
I hear static-filled ticking, then
a friendly stranger mispronounces my name.
Recognizing a pitch to sell something
and feeling foolish, I hang up quickly.
Won't you ever break your long silence?
Sorrow and anger keep my line open to you.

www.poemofthebooks.org

Sudoku Puzzle

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

Last Edition's Solution

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

Last Edition's Solution

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

Aramark Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Guest	Qdoba Mexican Grill	Lee's Famous Recipe Chicken	Panda Express	Gyro Palace	Fusian Sushi
Simmer	Turkey Chili Hearty Chicken Gumbo	Turkey Chili Pasta Fagioli Soup	Turkey Chili Cheddar Bacon Potato Chowder	Turkey Chili Vegetable Rice Soup	Turkey Chili Lemon Garlic Chicken Soup
Sizzle	Jalapeno Pepper Panini	Grilled Reuben	BBQ Pork Poutine	Greek Chicken Sandwich	Buffalo Black Bean Burger
Pizzazone	BBQ Chicken Mini Rolletto	Hawaiian Whole Grain Pizza	Buffalo Chicken Calzone	Grilled Vegetable Pizza	Sausage Pizza
Deli	Curry Cauliflower Wrap/Thai Chicken Wrap	Curry Cauliflower Wrap/Thai Chicken Wrap	Curry Cauliflower Wrap/Thai Chicken Wrap	Curry Cauliflower Wrap/Thai Chicken Wrap	Curry Cauliflower Wrap/Thai Chicken Wrap
Main St. Cafe	Thai Chicken Wrap	Turkey BLT	Grilled Chicken & Bacon Melt	Buffalo Chicken Calzone	

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

Can you find the mistake?

YOU YOU YOU YOU YOU YOU YOU YOU YOU YOU YOU
YOU YOU YOU YOU YOU YOU YOU YOU YOU YOU YOU
YOU YOU YOU YOU YOU YOU YOU YOU YOU YOU YOU
YOU YOU YOU YOU YOU YOU YOU YOU YOU YOU YOU
YOU YOU YOU YOU YOU YOU YOU YOU YOU YOU YOU
YOU YOU YOU YOU YOU YOU YOU YOU YOO YOU YOU
YOU YOU YOU YOU YOU YOU YOU YOU YOU YOU YOU

Horoscopes

Aquarius: *Jan. 20 – Feb. 18*
Rely on the support of a reliable partner. Repay the favor with a thoughtful gesture or valuable contribution. Share resources, connections and comfort.

Pisces: *Feb. 19 – March 20*
Physical exercise and action energize you. Maintain practices to keep growing your strength and endurance. Provide excellent service. Rest, and enjoy the view.

Aries: *March 21 – April 19*
Prioritize love, family and fun despite surprises. Get organized, and coordinate plans for maximum ease and efficiency. Persuade with treats and good music.

Taurus: *April 20 – May 20*
Focus on domestic priorities. Quick action saves a bundle. Take advantage of current circumstances. A little paint works a miracle.

Gemini: *May 21 – June 21*
Communication provides the key to unlock a situation. Don't assume that anyone's forgotten anything. Balance accounts. Put together a clear timeline. Research story details.

Cancer: *June 22 – July 22*
Monitor cash flow to minimize losses. Shop for bargains, and negotiate terms. Plug a financial leak. Use old stuff in a new way.

Leo: *July 23 – Aug. 22*
Polish your image with a new haircut or outfit. Rest, eat well and pamper yourself with a special treat. Recharge to keep providing steady leadership.

Virgo: *Aug. 23 – Sept. 22*
Review past dreams, and consider future possibilities. Check considerations, and then choose your action plan to fulfill what you want now. Completions satisfy.

Libra: *Sept. 23 – Oct. 23*
All hands on deck. Develop and refine your team strategy. Friends and colleagues provide the missing links. Do what you can to help.

Scorpio: *Oct. 24 – Nov. 21*
Stand your ground. A professional challenge requires a cool head and quick action when the timing is right. Pay attention, and stay ready.

Sagittarius: *Nov. 22 – Dec. 21*
Get ready to move. You can take wide ground once you get going. Prepare and pack lightly. Organize for greater ease of motion.

Capricorn: *Dec. 22 – Jan.19*
Handle financial matters with joint accounts. Coordinate actions. Send invoices and pay bills. Sign contracts and budgets. Get terms in writing.

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

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The Official Student Newspaper of SINCLAIR COLLEGE

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

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

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The Clarion
Produced by Students, for Students

Amazon Go: Shop In The Future

Wikimedia

Cerridwyn Kuykendall
Associate Editor

In 1994 Jeff Bezos founded the now well known online shopping company called Amazon. Now, over 20 years later the company has grown from online shopping and opened its first in person store.

On Monday Jan. 22 the first Amazon Go location was opened in Seattle, Wash. The store utilizes sophisticated technologies developed by Amazon, to track purchases automatically. The store is devoid of all chashiers, registers and self checkouts.

Pexels

Amazon uses computer vision, machine learning software and hundreds of cameras throughout the store, to detect and track every item on the shelves and in shoppers' bags. Customers enter the store, pick out what they want and leave without ever waiting in a checkout line.

How? Before entering the store customers must download the stores smartphone app, which is linked to their Amazon.com account. When you enter Amazon Go you swipe your phone at the front gates to ensure you have downloaded the app. This is how Amazon bills you later.

The technology in the store tracks every time you pick up and set down an item from the shelves. Anything you pick up and do not set back down is considered in your cart. Amazon sends you a receipt for your items moments after leaving the store.

This also eliminates the risk of shoplifting. A New York Times reporter covering the new store tried to trick the system and sneak out sodas, with Amazon Go's permission. He was unable to trick the system and it billed his account for the items just like Amazon Go designed it to.

The app also has a refund button available when you receive your receipt. Customs who find problems with items or flaws in the system my get a refund for said item, without having to return it to Amazon Go.

The refund button is largely based on the honor system. Amazon says they predict misuse of it to be minimal, and are confident in their systems accuracy.

The facility is 1,800 square feet and is almost a mini mart of sorts. Merchandise available for customers include convenience store type items like soda and chips, as well as some things normally found at the Whole Foods supermarket chain, which Amazon owns.

While Amazon Go employs no cashiers, the technology that runs the billing system has not entirely eliminated the need for associates in other parts of the store.

Amazon Go still has many employees. Amazon says the technology just shifts the role of associates to other areas of the store.

Gianna Puerini, executive in charge of Amazon Go, says associates are now employed in areas the company feels would benefits customers experience best.

Employees at the store have tasks such as restocking shelves, assisting customers, greeting shoppers as they enter the store and checking I.D. in the beer and wine section.

There is even a kitchen neighboring Amazon Go, where chefs and staff prepare meals available for sale in the store.

Amazon hasn't announced any official plans to expand Amazon Go or use its technology in other stores. However, according to the New York Times, there is some speculation as to what Amazon plans to do with the technology.

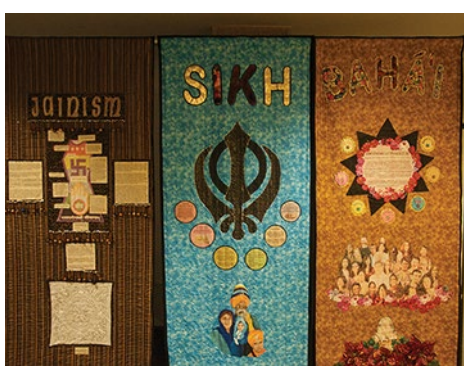
One such theory is that Amazon will sell the technology to other retailers. If that decision was made many cashier jobs may change or be eliminated.

The other main theory is that Amazon may utilize their new technology in the Whole Foods chain they own. However, executive Puerini says the company does not plan to do so.

According the Bureau of Labor Statistics, there are 3.5 million cashiers in the U.S.

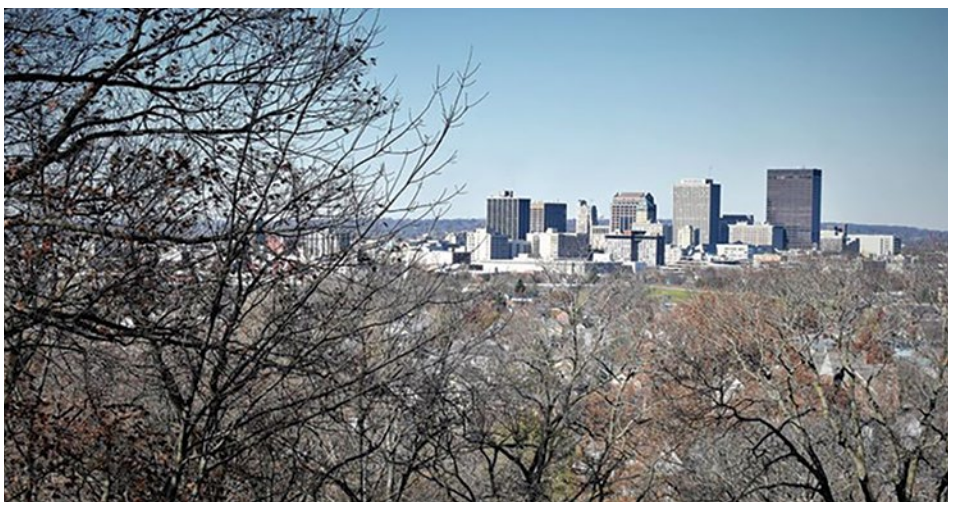
A good portion of those work in grocery stores. Amazon Go technology has the potential to drastically change shopping experience for both the customers and employees.

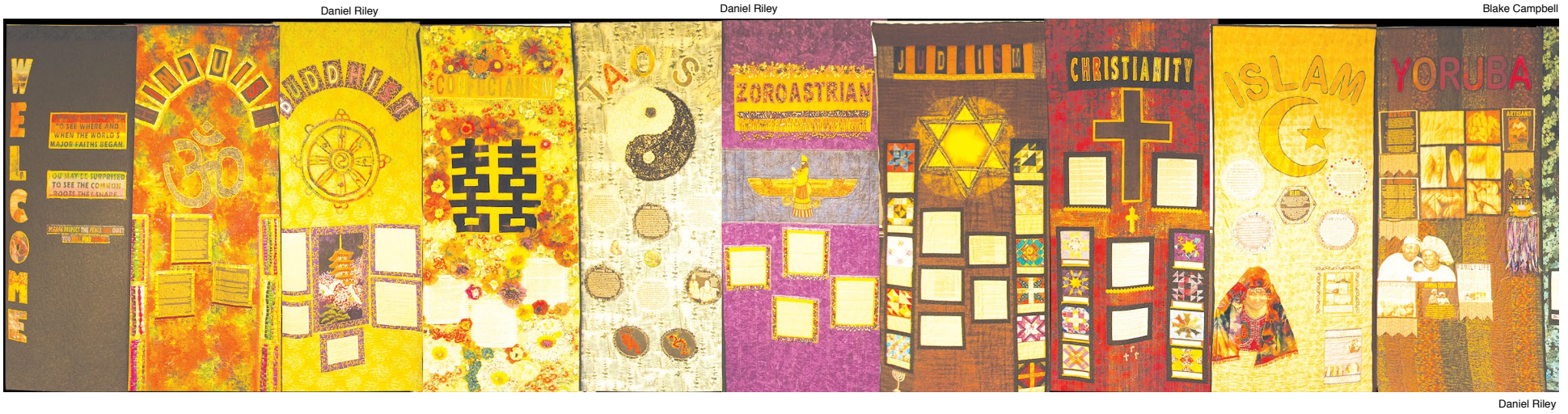
Campus Candids



Daniel Riley

Daniel Riley


Blake Campbell



Daniel Riley