

Tartan Spotlight
Brandon Jablonski

Your Voice
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FACE YOUR FEAR



Contributed by Ascention Earth

Gabrielle Sharp
Executive Editor

Elaine Isbell, Professor of Psychology and Mary Wells, Associate Professor of Psychology, agree that facing fears rather than avoidance is the best way to overcome the terror that is attached to phobias. Both agree that it is important to face your fears.

"A lot of us have things that we don't like that we're phobic of, but we wouldn't really diagnose it unless it got to level that it interfered with your functioning," Wells said. "That's the thing—a lot of phobias you can just avoid and it's not going to necessarily impact your life in a negative way," Isbell added. Wells said there are a lot of

people with snake phobias, which is not unusual, but here in Ohio it is not an issue because the likelihood of seeing a dangerous snake is low. However, Isbell said if people were to live in Texas, where there are lots of poisonous snakes, that's where the phobia would become an issue. Phobias fall into different

categories: social and cultural phobias, specific phobia and agoraphobia. Cultural and social phobias are characterized by the fear of being judged by others or offending people. Specific phobia is triggered by a certain stimulus. Agoraphobia is the type of phobia where people fear open spaces that could easily become crowded.

Isbell mentioned that environment and socialization could impact the kind of phobias people develop. She said in Japan there are many cultural phobias because they feel as if their attitudes and beliefs are inadequate in social situations and their culture.

"In Japan, they have a type of phobia where people are afraid of their own body odor and offending people," Isbell said. "There's a phobia of blushing and eye-to-eye contact—it's very interesting."

Isbell and Wells agree that the media also plays a huge role in stimulating phobias.

"The media definitely contributes to what we find [frightening], and it's probably especially true at this time of year at Halloween, and all things people do to purposely scare ourselves," Wells said. "Alfred Hitchcock tends to create kind of phobic response in people," Isbell

said. "It's interesting because there certainly can be that impact in popular culture in terms of what people fear," Wells added.

Fear of clowns is another phobia people have, according to Isbell and Wells. It's not only common in children, but also adults. However, they said it stems from evolution because if people can't recognize facial expressions because of a mask then it becomes difficult to see if they present a risk.

"If you think about it from an evolution point of view—before our hunting and gathering ancestors, before we had language. How we were able to judge whether a person presented a risk to us was often judging their facial expressions," Wells said. "If you're covered in makeup or you're wearing a mask or something that hides your face, then it makes it more difficult to judge."

Isbell said most of us have our irrational fears, and can



Boehner to resign



Contributed by Ascention Earth

Barton Kleen
Managing Editor

John Boehner, Speaker of the House, announced his decision to resign from his position effective at the end of October. In response, the Republican Party has scrambled to rally behind a replacement that can both unify and heal party divides.

Boehner's announcement came late September, right after the visit of Pope Francis.

"My decision came after a night of sleep and prayers," Boehner said.

Boehner said his tenure would "do irreparable harm to the institution" and that "This isn't about me. It's about the people, it's about the institution."

Eyes have turned to many potential candidates for his replacement. One candidate, House Majority Leader Kevin McCarthy, has declined comment on if he plans to run. Raul Labrador declined as well, who had an attempted run at Majority Leader earlier in the year.

Two hundred and eighteen votes are needed to become speaker.

Boehner has been approached by the Freedom Caucus to stay up to months past his initial resignation date, should the party not rally behind one candidate. This candidate is 2012 vice presidential candidate Paul Ryan.

Ryan spent most of last week in Janesville, Wisconsin away from the speculation.

Brendan Buck, spokesman for Ryan, said that Ryan would only run if he is supported by three groups within the House Republican conference: the House Freedom Caucus, the Republican Study Committee and the Tuesday Group.

Ryan's conditions go on. Ryan wants to change the rules regarding how the sitting speaker can be removed from office. Additionally, Ryan, who is a father to three, said he wants a better work-life balance than Boehner.

Ryan expressed his desire for unity behind the new speaker, noting that he is willing to take "arrows in the chest but not in the back." If his demands are met, Ryan is "happy and willing to get to work."

Ryan has received mixed re-

sponse among the divided party. "I hope he does decide to run, and if he does, I think he'll be elected," Boehner said. However, the GOP has yet to endorse him. Part of the hesitancy has to do with Ryan's history on open-borders and amnesty policies. With the national spotlight on immigration, some House Republicans are questioning Ryan's ability to unite the Party and be "conducive to legislative successes," as John McCain R-AZ puts it. "[A leaderless House of Representatives]...diminishes [the GOP] even more in the esteem of the American people."

A functional legislature is a driving concern among the Party. In 2013, the United States federal government entered a shutdown due to a budget for the fiscal year 2014 nor a continuing resolution for the interim authorization of appropriations for the fiscal year 2014 was enacted in time. The government was in shutdown for a period of 16 days, bringing national attention to the ineffectiveness of the legislature.

To avoid another default, procuring an effective speaker is paramount to Ryan and the House as a whole. "We need to move from an opposition party to a proposition party," Ryan said. "If I can truly be a unifying figure, then I will gladly serve."

The election of the next speaker is expected to be two days before Boehner's resignation. If the Freedom Caucus does not rally behind Ryan, Boehner may be asked to serve "up until the next term" to preserve his important role in legislating key deals and bills that the GOP holds closely held.

SCC Fulbright Scholar



Contributed by Hung

Celia Lavoie
Reporter

Sinclair is host to its first Fulbright Scholar-in-Residence. Professor Hui Hsi [Debby] Hung came from Taiwan to teach International Business Management and Marketing. Sinclair is one of eight community colleges in the country to be awarded a Scholar-in-Residence.

Deborah Gavlik, Director of International Education at Sinclair set this process in motion a year ago as a way to internationalize the school and expose students to another culture.

"We're trying to build our international program and this is one tool to help us do it," Gavlik said.

While Hung teaches two classes, she does not do it alone. She co-teaches with Dennis Brode. Brode is a professor and chair-

person for the management and marketing department. Brode believes Professor Hung will be able to help the department build a more international curriculum.

"Hopefully what it means is we the department have gained a better understanding of the international scene, the international business world, at least as far as Asia's concerned. We can incorporate that into the curriculum so the students then get that exposure as well," Brode said.

Professor Hung has never been to America before, but has experience teaching. She is enthusiastic about her role here at Sinclair.

"I would really like to see the success of this program," Hung said.

Hung's roles at Sinclair include teaching her two classes, as well as outreach opportunities with other classes. When doing outreach, Hung goes to different classrooms to talk about Chinese culture. She brings different items with her that represent different parts of her culture. Deborah Gavlik believes exposure to different cultures is crucial for

Scholar continued on page 7



campuscalendar

October 27, 2015 Fashion Institute of Design & Merchandising Transfer Opportunities <i>Library Loggia</i> <i>12:00 p.m to 1:00 pm</i>	October 28, 2015 Women's Volleyball @ Home <i>Building 8, Gym</i> <i>6:00 p.m to 8:00 pm</i>
October 29, 2015 Sinclair Talks: Scholarships How to Get Them and How to Keep Them <i>Building 8, Gym</i> <i>6:00 p.m to 8:00 pm</i>	October 29, 2015 Harvest Fest <i>Building 8, Stage</i> <i>12:30 p.m to 3:00 pm</i>
	October 30, 2015 Women's Volleyball @ Home <i>Building 8, Gym</i> <i>6:00 p.m to 8:00 pm</i>

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sudoku puzzle

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow. In a 9 by 9 square Sudoku game:

- Every row of 9 numbers must include all digits 1 through 9 in any order.
- Every column of 9 numbers must include all digits 1 through 9 in any order.
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Every Sudoku game begins with some squares already filled in, and the difficulty of each game is due to how many squares are filled in. The more squares that are known, the easier it is to figure out which numbers go in the open squares.

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

As you fill in squares correctly, options for the remaining squares are narrowed and it becomes easier to fill them in.

Sudoku Tips: Start by looking for numbers that occur frequently in the initial puzzle. For example, say you have a lot of 5's in the initial puzzle. Look for the 3x3 box where there is no 5. Look for 5's in other rows and columns that can help you eliminate where the 5 might go in tht box. If there is a 5 in columns 1 and 2, then there can't be a 5 anywhere else in either of those columns. You know then that whatever leftmost 3x3 box that is missing a 5 must have it go in column 3. If you can eliminate all the possibilities in that box except for 1 square, you've got it down!

crossword puzzle

	2	3	4	5	6		7	8	9	10		11	12	13
14							15					16		
17							18					19		
20					21	22				23	24			
				25						26				
27	28	29	30						31					
32						33	34	35			36		37	38
39					40						41			
42					43						44			
				45	46				47	48				
49	50						51	52						
53						54					55	56	57	58
59					60	61				62	63			
64					65					66				
67					68					69				

ACROSS

1 Where to find screwdrivers?
7 Buddhist teacher 11 Circle segment
14 Bold & Crispy Fries maker
15 Eagerly interested
16 Sea, in Marseille
17 *Six-time '30s-'40s N.L. home run champ
18 Zippo
19 Square root of IX
20 Relatives of gulfs
21 MD-to-be's exam
23 Lightly burn
25 *Donny's '70s TV co-host
27 Nickname for Ruth, with "The"
31 Strahan co-host
32 Coral island
33 One-named Nigerian singer
36 Bruins' sch.
39 *Sense of duty,

per one's personal ethics
42 Baseball glove
43 Caustic cleaners
44 __-wip: dessert topping
45 Swiss river
47 School periods 49 *It's often "burned" during exam week
53 Cases the joint for, say
54 Sunup point
55 Ingrid's "Casablanca" role
59 Fashion initials 60 Apple computer
62 Record label founded in Detroit ... and, when divided into three words, where to find the answers to starred clues?
64 Where Antwerp is: Abbr.
65 "Uh-uh"
66 Banded together
67 "Bambi" doe
68 Daring exploit

69 Gets wise with **DOWN**
1 Lay an egg, so to speak
2 Neck of the woods
3 Depend (on)
4 Hombres en la familia
5 Home alarm co.
6 Bruce Wayne's alter ego
7 Island veranda
8 Striped quartz
9 Trendy, '60s-style
10 Andre of tennis 11 Protein building blocks
12 Sit on the throne 13 Bawled
22 Trio member with Stills and Nash 24 Ascribes
25 Pepper grinder 26 Calif. neighbor 27 When doubled, play-mate of Pebbles
28 Yours, to Yves 29 Italian pork

sausage 30 Brazenly obvious
34 Ingredient in a black and tan
35 '70s clubs
37 Ore deposit
38 Spanish cordial 40 Cassini of fashion
41 Sea divided by shrinkage
46 On the upswing 48 Acid or base indicator
49 Waffler's word
50 "A Doll's House" playwright
51 Oodles
52 "Be silent," in music
55 "How sweet __!" 56 Oodles
57 __'Pea
58 Clause joiners 61 Stooge with bangs
63 "Cat __ Hot Tin Roof"

ARAMARK MENU FOR October 27- November 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VALUE	Tyson Chicken Patty Sandwiches	Grilled Cheese and Soup	Egg Salad Sandwiches now daily	1 Slice Pepperoni Pizza, chips, & med. beverage	2 Sykline Cones and med. drink
SIMMER 2	Chili Con Carne, Cream Of Mushroom Soup	Chili Con Carne Mushroom, Vegetable Soup	Chicken Double Noodle Soup Black Bean Soup	Chicken Double Noodle Soup, Vegetable Orzo Soup	Broccoli Cheddar Soup, Minestrone Soup
GUEST	Qdoba Mexican Grill	Lee's Famous Chicken	Panda Express	Bob Evans Restaurant	Fisherman's Platter, with Fish, Shrimp, Clams and Fries
SANDWICH	Chicken Salad Sandwich	Turkey & Avocado Mayo Sandwich	Buffalo Chicken Sub	Italian Sub	Egg Salad On Whole Wheat
PIZZAZONE	Chipotle Ranch Chicken Pizza	Hawaiian Pizza	Hawaiian Pizza	Chipotle Ranch Chicken Pizza	Speciality Pizza
SIZZLE	Swiss & Mushroom Grilled Chicken	Angus Patty Melt	Grillen Chicken Quesadilla	Skyline Cones	Grilled Tilapia Sandwich
WRAP	Buffalo Blue Cheese Wrap	Buffalo Blue Cheese Wrap	Buffalo Blue Cheese Wrap	Buffalo Blue Cheese Wrap	Buffalo Blue Cheese Wrap

Lipstick Mystic: love forecast By Jennifer Shepherd
Distributed by MCT Information Services

horoscopes

Scorpio: Oct. 24 – Nov. 21

Your emotions could be all over the place as Mercury kicks up weird vibes. If you feel hurt by something your honey said to you, don't turn a bad moment into a huge war. Realize that you're super sensitive right now, and you're probably over-reacting.

Sagittarius: Nov. 22 – Dec. 21

You might need to give somebody an ultimatum as Saturn reminds you to stand up for yourself. You have a kind, optimistic nature, and sometimes you gather "strays" and losers because you're so generous with people who are in trouble. Don't let it go too far.

Capricorn: Dec. 22 – Jan.19

You could feel more settled and comfortable than you have in a while. Recent years have created a lot of traumatic change. But with friendly Jupiter increasing your luck, your home, work and relationship situations should start to make more sense.

Aquarius: Jan. 20 – Feb. 18

With the moon opposite your sign, don't make any sudden moves. Avoid getting engaged to a girl you've just met. Don't promise your part-time honey that you'll always remain loyal. You need to get centered and take some time to figure out

Pisces: Feb. 19 – March 20

Venus has been creating shakeups in your personal life. You've probably had to back away from certain people who weren't good for you. Or you've made changes to your career or education goals. You are eliminating bad stuff and preparing to move forward.

Aries: March 21 – April 19

Sexy and intriguing people surround you. Mercury is creating physical chemistry with someone you didn't really know before. You'll need to spend time learning about whether this is true love, temporary lust or something else.

Taurus: April 20 – May 20

Venus isn't doing you any favors. Even if you're in a relationship that usually feels stable, things could be shaky all of a sudden. If you're single, you could be wondering why every new dating opportunity keeps exploding in your face. Stay patient.

Gemini: May 21 – June 21

You realize you have been involved in some bad romantic behaviors, and the moon is bringing you increased clarity. You'll be able to identify toxic relationships, self-sabotaging behaviors and harmful life choices. It's time to put all of that behind you.

Cancer: June 22 – July 22

An emotional sun is challenging you to be true to yourself. Don't worry so much about other people expect of you. What do you want to accomplish? Who do you want to spend time with? What are your life goals and ambitions? Take care of you.

Leo: July 23 – Aug. 22

Structure, commitment and schedules are on your mind. Saturn is showing you that it's OK to hang out with somebody, but you need a partner who will be there through life's little ups and downs. Don't waste energy on somebody immature or unreasonable.

Virgo: Aug. 23 – Sept. 22

You could be sensing somebody you love isn't everything he or she pretends to be. The moon says to do a little research. Maybe your honey hasn't been completely honest about where he goes after work or your girl is still quietly seeing an "ex."

Libra: Sept. 23 – Oct. 23

Venus will be in your sign for a while, and this will boost your love life. If you're single, you'll suddenly be meeting lots of flirty new friends. If you're in a relationship, you and your honey will be connecting at a much deeper level.

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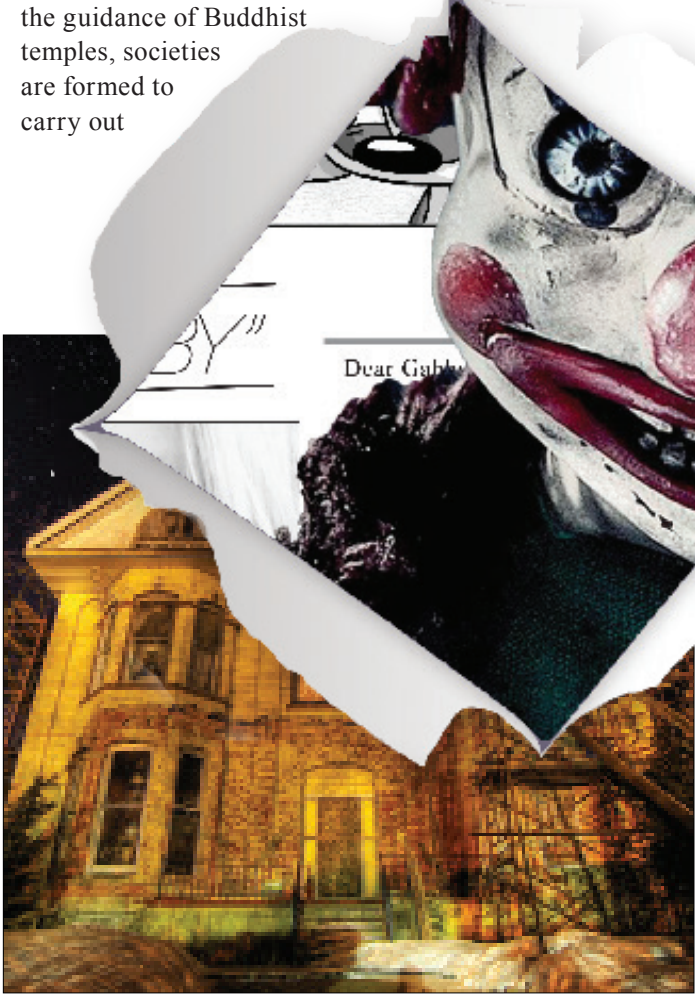
Jimaur Calhoun
Arts & Entertainment Editor

Halloween is on its way. Essentially known as the holiday to dress up in costumes, trick or treating for children and horror movies, the holiday’s origin is essentially the Western Christian observance of the dead, with Irish influence. While the tradition lost some of its translation when it crossed over to the states, Halloween is celebrated all over the world with each country adding their own religion and traditions to the holiday.

In China, Halloween festivals known as Teng Chieh are held. Participants place food and water in front of photographs of family members who have departed while bonfires and lanterns are lit in order to light the paths of the spirits as they travel the earth on Halloween night. Worshippers in Buddhist temples fashion “boats of the law” from paper, some of which are very large, which are then burned in the evening hours. The purpose of this custom is twofold: as a remembrance of the dead and in order to free the spirits of the “Pretas” in order that they might ascend to heaven. “Pretas” or “Hungry Ghost” are the spirits of those who died as a result of an accident or drowning and whose

bodies were consequently never buried. Their presence among the living is thought to be dangerous by Chinese folklore. Under the guidance of Buddhist temples, societies are formed to carry out

prior to All Saint's Day is a short day for universities while school-age children are given a day of vacation. In England, as of recent,



Contributed by Wikipedia

ceremonies for them, which includes the lighting of lanterns. Monks are invited to recite sacred verses and offerings of fruit are presented.

Sweden, "Alla Helgons Dag" from October 31 until November 6. As with many other holidays, “Alla Helgons Dag” has an eve, which is either celebrated or becomes a shortened working day. The Friday

the American “trick or treating” custom and the donning of costumes has become a relatively popular pastime among English children at Halloween although many of the adults (particularly the older generations) have little idea as to why they are being asked for sweets and are usually ill-prepared. This is because for the most part, the

English ceased celebrating Halloween with the spread of Martin Luther’s Protestant Reformation.

Since followers of the new religion did not believe in Saints, they saw no reason to celebrate the Eve of All Saints’ Day. However, at one time, English children made “punkies” out of large beetroots, upon which they carved a design of their choice. They would carry their punkies through the streets while singing the “Punkie Night Song” as they knocked on doors and asked for money. In some rural areas, turnip lanterns were placed on gateposts to protect homes from the spirits who roamed on Halloween night.

Spanish-speaking nations, celebrate what is known as “El Dia de los Muertos.” Officially commemorated on November 2, All Souls’ Day is a three-day celebration, beginning on the evening of October 31. Designed to honor the dead who are believed to return to their homes on Halloween, many families construct an altar in their home and decorate it with

candy, flowers, photographs, fresh water and samples of the deceased’s favorite foods and drinks. Frequently, a basin and towel are left out the spirit can wash prior to indulging in the feast. Candles and incense are burned to help the departed find their way home. Relatives also tidy the gravesites of deceased family members, including snipping weeds, making repairs and painting. The grave is then adorned with flowers, wreaths or paper streamers. A live person is placed inside a coffin that is then paraded through the streets while vendors toss fruit, flowers and candies into the casket. On November 2, relatives gather at the gravesite to picnic and reminisce. Some of these gatherings may even include tequila and a mariachi band. In Mexico during autumn, countless numbers of Monarch butterflies return to the shelter of Mexico’s oyamel fir trees. It was the belief of the Aztecs that these butterflies bore the spirits of dead ancestors.

The Japanese celebrate the “Obon Festival” that is

dedicated to the spirits of ancestors. Special foods are prepared and bright red lanterns are hung everywhere. Candles are lit and placed into lanterns, which are then set afloat on rivers and seas. During the festivals, a fire is lit every night in order to show the ancestors where their families might be found. Obon is one of the main occasions during the Japanese year when the dead are believed to return to their birthplaces. Memorial stones are cleaned and community dances performed. However, Obon Festivals normally take place during July or August.

Unlike most nations of the world, the French do not celebrate Halloween in order to honor the dead and departed ancestors. It is regarded as an “American” holiday and was virtually unknown in the country until around 1996.

Haunted Dayton



Contributed by Wikipedia

Emily Culbertson
Reporter

Have you ever wanted to try ghost hunting or every wondered if ghosts were real? You can find out right in your backward. Dayton has a hand full of spirits taking over popular places in the Dayton area

that you might even see every day. Try checking some of these places out for a different twist on your Halloween schedule this year!

Frankenstein’s Castle: This place is located in Kettering at Hills & Dales Metropark. Frankenstein’s

Castle is actually the Patterson Tower. It looks like a piece of a castle when you see it up close, but there is a haunting past that a lot of people don’t know about. Back in the 1960s a group of teens turned the tower into a dramatic party scene. The party shortly ended when all the teens were discovered dead from drug overdose, but it wasn’t only the drugs that may have killed these teens. It has been reported that on that same night the Patterson Tower was struck by lightning. Every now and then it is said that you can hear voices throughout the park and by the monument. Although the tower is now closed and you can’t go inside, there is still enough space to have fun and thrills with this group of teens.

Dayton’s Old

Courthouse: Placed right off of North Main St. the old courthouse has reportedly been a haunted place for many souls. Back in the day prisoners also stayed in the courthouse which is where a good majority of them committed suicide or were executed. It is believed to this day you can still hear the prisoners wandering around.

The Veteran Medical Center: This hospital houses a lot of vets that need medical attention by day, however, if you venture there after dark, things will become creepy. The lights flicker in the hospital sending off the perfect horror movie feel, but that’s not the only thing giving visitors and patients the chills. It has been reported that you can see a gray fog like figure passing by rooms on the

third floor of the hospital. Many people have also heard numerous voices and concluded that they were from past vets still roaming the halls looking for their loved ones.

Blair Hall: That’s right, located right here on our campus we have a ghost living. He or she has the name of Hamlet and supposedly it has been haunting the school for over thirty years. Interesting fact about the school, it was built on an old hanging ground where they used to kill thieves. It has been told by many students that you can feel someone past you when no one is around and even here whispering voices. Have you noticed any of these signs while at school?

The Victoria Theater: This has a very tragic story behind its hauntings.

Did you know that the Victoria Theater actually used to be an opera house? In fact, a long time ago the opera house was burnt down killing an actress named Victoria. This is how the name came about for the theater today. A lot of actors have reported that they have heard Victoria’s voice and even noticed her leaving one dressing room to the next with doors opening and closing themselves. It’s not only Victoria haunting the theater though, she has two others accompanying her. In the 1900s, a young women that played a show was believed to be raped and murdered there along with a man a few years later that committed suicide after a show. All three souls supposedly still live in the theater today.

Dare to dream.

Dare to inspire.

Dare to soar.

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DARE TO DO.

WRIGHT STATE UNIVERSITY

YOUR VOICE



Keep an eye out for Maggie Stacey around campus. She interviews students on campus, asking their opinions about relevant issues happening in Dayton and around the world.



Shannon O'Sullivan
Business Major

"Dropping at Worlds for Colorguard"

Atychiphobia- The fear of failing



Tory Melton
Biotech Major

"I love scary movies...what makes me jump? Chainsaws. I went to a haunted house and my friends pushed me out in front of a guy with a chainsaw who got my leg. I thought I was leaving without a leg but the chain was off."

Kanayaphobia -The fear of chainsaws



Emilee Rhoton
Education Major

"People eating with their mouth open...the noises...I don't want to see all that."

Misonophobia - The fear of specific sounds, such as gurgling, chomping, slurping or chewing



Jody Sowald
Computer Science Major

"Waking up in a pool of Jell-O with spiders crawling."

Arachnophobia - The fear of spiders



Brandon Elliot
Mechanical Engineering & Computer Science

"Political activists—especially Right-winged political activists."

Arachnophobia - The fear of spiders

Arachnophobia - The fear of spiders

What is your phobia?
What are you scared of?
What makes you jump?

Reporting and photos by Maggie Stacey

Xanthophobia
fear of the colour yellow

Turophobia
fear of cheese

Somniphobia
fear of falling asleep

Coulrophobia
fear of clowns

Hylophobia
fear of trees

Omphalophobia
fear of the navel

Nomophobia
fear of having no phone coverage

Ombrophobia
fear of rain

Papaphobia
fear of the pope

Uranophobia
fear of heaven

Pogonophobia
fear of beards

Trypophobia
fear of holes

Triskaidekaphobia
fear of the number 13

Gamophobia
fear of marriage

PHOBIAS

POETRY PICK

River Poem

By Carol Geyer

I am not a poet born, but am influenced by poetry.

When I read a poem, its graceful verses and delicate images should trickle like water, slowly but surely increasing in speed, depth, and intensity.

Then, like a tiny rivulet, joining other rivulets,

It must sweep me down an imaginary stream, like a canoe ride from a growing stream to a powerful river.

My inner view subtly expands.

I see shadowed banks with fuzzy pussy-willows and

Thick clumps of wafting brown reeds.

Nestled among them are gray brown mallards with dainty ducklings.

I spy sparkling dragonflies hovering over surging brown water.

All of these gentle images inspire me to continue to ride the rushing current of my imagination.

I won't cheat myself by reluctantly closing the book and slipping the slim volume back to

its anonymous slot on a dusty bookshelf.

I need the precious gift of words on these fragile pages

to speak to me, to silently urge me to finish my voyage,

"Go with the flow", and let them carry me where I have never been in life,

or even in my dreams.

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By: L. A. Bonté



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La Bonté

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“DEAR GABBY”



Dear Gabby,

My sister is crazy. She yells at me all the time over little things. We never get along and we always fight. My parents can’t stand us being in the same room together and it is causing our entire family to argue constantly. My sister has an eight-month-old baby so it puts more stress on the rest of our family because we have to help her out. Can you give me any advice on how to be civil with my sister and hopefully help save our relationship so there isn’t so much tension within my family.
Sincerely,
Stressed out uncle.

Dear Stressed out uncle,

Wow, I can imagine why you’re stressed. I think family is really important in general. It’s always good to have a strong family bond because it’s essentially your support system. Plus, I think things tend to become more stressful when you’re not getting along with family. Many people need to be more compassionate I think with each other—view everyone’s perspective. I think it’s important to empathize with people, especially family members. If you show that you care about someone else’s problems, then they might realize that your problems are

just as important. I think if you both sit down with each other and you sort the problems out effectively and respectfully, then you’ll have a greater chance at bettering the relationship. It seems like both of you are just constantly nit picking, and of course your parents can’t choose favorites, so it’s up to you two to mend the relationship. You both need to have a common goal—what would be an ideal relationship between both of you, and what would make you both happy and content. Maybe help her out once in a while, by spending time with your nephew/niece, this might show her that you want to help out, but this might

also give her time to chill out. Hopefully, she’ll be able to see how much you’re trying to fix the problem between you both. Also, find time for yourself. Sometimes stress and situations get the best of us. Sometimes all we need is just a break in a quiet place. It sounds like stress could be getting the best of you, so it might be effective if you take time to get out of the house and do something for you. It’s all about finding a balance and working together toward one goal.

Sincerely,
Gabby

“Dear Gabby” is written by Executive Editor, Gabrielle Sharp. The views and advice expressed in “Dear Gabby” replies are solely the opinion of Gabrielle Sharp. They are not reflective of the Clarion or Sinclair Community College. Gabrielle Sharp is not a professional counselor, and her advice shouldn’t be taken as such. If you think you are in danger of hurting yourself or others, please visit a professional counselor.

Phobias continued from page 1

identify with certain common phobias.

“One of the most common is public speaking. Psychology Today did a survey that indicated that public speaking was their greatest fear, more than death,” Isbell said. “People would rather die than do public speaking.”

She also said that fear of blood is another common phobia, but the reaction is much different than any other phobia.

“Usually when you experience a phobia, you’re going to be very aroused and frightened, but with blood injection injury you’re blood pressure goes very low and people end up fainting,” Isbell said. “You get an increase in physiology with any phobia, but with [blood

injection injury] your body just shuts down,” Wells added.

Often with phobias, there’s a real element of danger, according to Wells. However, when these terrors become irrational that’s when it becomes over the top.

“If you think about the things that people are phobic of, you can fall from very high up, or people who are claustrophobic, you can suffocate if you’re in an enclosed space for too long—so there is this element of real fear, but the phobia is just over the top,” Wells said.

Both Isbell and Wells agree that people with anxiety, mental or sensory development issues tend to experience more phobias, but genetics and learned behaviors play a vital role, as well.

“There are some phobias that have a stronger genetic contribution, but also there are phobias that are comorbid with other disorders,” Wells said. “People who have other anxiety disorders are at an increased risk to have phobias, as well.”

Isbell added that phobias also could stem from a historical point of view, such as a fear of rodents, fear of the dark or fear of heights because they were a danger to ancestors. There’s some evidence that maybe people are prepared to fear certain things, Wells added.

“We are hard-wired to fear certain sorts of things,” Wells said.

Avoidance is not an option to overcoming fear, according to Isbell and Wells. They said

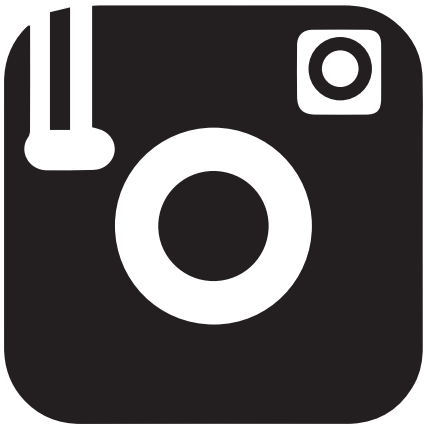
exposure is the key to prevent phobias—not just one time, but also multiple times in a gradual way. They both agree that people need to be willing to face their fears.

“Exposing yourself to things that don’t necessarily make you comfortable is a good thing,” Wells said. “If you have a negative experience with something, it’s best to expose yourself to it right away because the longer you avoid it the tendency is to increase the fear of the situation,” Isbell added.

When a phobia gets in the way of functioning and interacting that’s when people need clinical help, according to Isbell and Wells. They said treatment for phobia is successful.

If you want more information about phobias, you can check out the phobia table hosted by the Psychology Club

in the Tartan Marketplace on Oct. Wednesday 28 from 9:00 a.m. to 2:00 p.m.



Check us out today on our weekly social media feature!

puzzlesolutions

A	S	I	A		U	T	A	H		S	P	L	A	Y
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			R	A	I	L			A	Y	E			
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crossword

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

sudoku

Tartan Spotlight: Brandon Jablonski



Maggie Stacey
Staff Writer

Meet. . .
Brandon Jablonski, who is an Associate Professor at Sinclair holding a Bachelor of Arts from Bowling Green State University and a Master's Degree in Experimental Psychology from the University of Toledo; he describes himself as caring and relaxed.

Why he's interesting. . .
Jablonski lives in La wood, Ohio, which lies just west of Cleveland. He lives with his wife, seven-year-old son and five-year-old daughter. He leaves for

Day-
ton at 4:00
a.m. on Tues-
day mornings, rents
a room downtown and
returns to his fam-
ily before the weekend
begins.

Jablonski has worked
at Sinclair for 14 years
and enjoys his job. He
sacrifices time with his
family in order to do

his
job, though he values
both greatly.

"I really do love this
job. I love working at
Sinclair, I wouldn't do
it otherwise," explained
Jablonski. "The stu-
dents are great and I

like the diversity.
. . . I find it
fasci-
nat-

ing. It creates
this extremely inter-
esting classroom envi-
ronment," he added.

While in high school,
Jablonski considered
a math-related career.
However, he changed
majors more than three
times before graduat-

ing with his bachelor's
degree. He described
looking forward to his
psychology courses and
feeling enthusiastic to
learn even when classes
began at 8:00 a.m.

Jablonski's first op-
portunity to teach
presented itself
during his grad-
uate studies. In
his psychology
course, each
student was
required to
teach one
lecture. He
remembers the experi-
ence well.

"I walked
in and it was
this huge
lecture hall—
I mean, we're
talking mul-
tiple hundreds
of students—and
this was the first
time I had ever
taught," said Jablon-
ski. "It was very nerve
racking. I was very ner-
vous going in, but once
I was there and talking,
it felt so exhilarating."

"It was just this rush
of being up there and
talking in front of
people, and sharing
information."

This moment solidi-
fied Jablonski's career
decision to become an
educator of psychol-
ogy. "It just made me

think—wow, this is
what I want to do," said
Jablonski.

Currently, Jablonski
teaches Sinclair's Child
Development course;
he also teaches General
Psychology and Lifes-
pan and Development.
His favorite course to
instruct is Child De-
velopment because he
believes every student
can relate to its content.

His Master's Degree
in Experimental Psy-
chology includes an em-
phasis in Child Devel-
opment. While earning
his degree, he par-
ticipated in infancy lab
research and focused
specifically on attention
and memory in four-
month-old children.

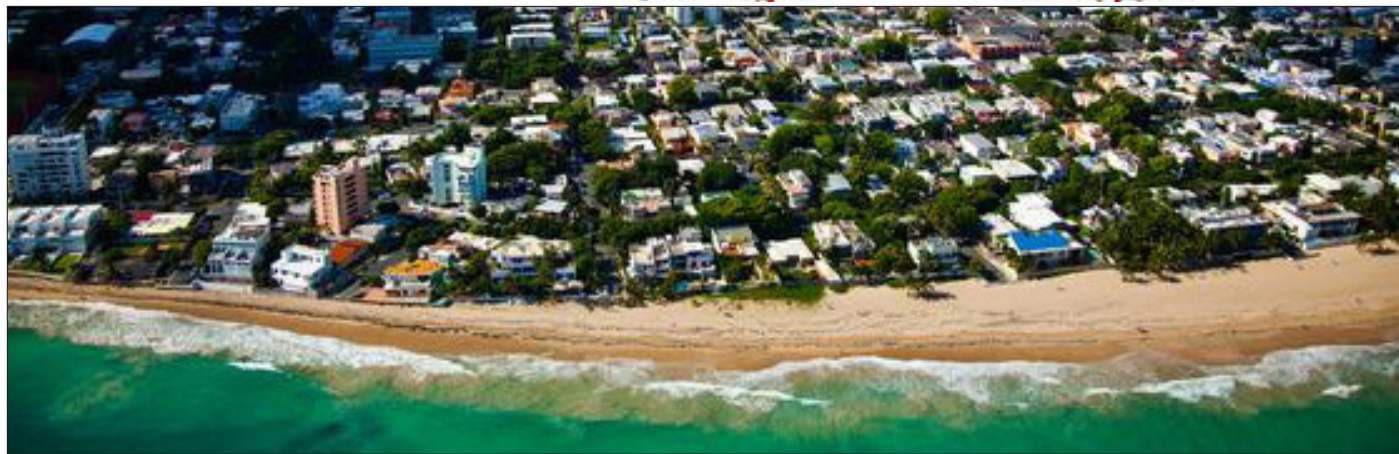
Jablonski said not
only does he want stu-
dents to learn psychol-
ogy, but he also wants
everyone to feel wel-
come and comfortable.
When giving advice,
Jablonski recommends
critical and analytical
thinking as opposed to
making emotional deci-
sions.

"A lot of woes can
be avoided if we
think about things a
little more rationally,"
Jablonski said.

International Series: Puerto Rico



Contributed by Carlo Giovannetti



Contributed by Wikipedia

Nick Felts
Reporter

The latest in Sin-
clair's "International
Series" focused on
Puerto Rico. Each
event lasts from noon
to 1:00p.m. in the stage
area in the basement
of Building 8. Each
presentation provides
free food Americans
associate with the topic
country. For Puerto
Rico, there was plenty
of "arroz con pollo" for
the attendants, which
presenter Yolanda
Burgos-Olinger later
explained in her lecture
is simply "rice with
chicken."

There is one presenta-
tion remaining for the
semester. On November
18 Mohsen Khani will
talk about Iceland.

Professor Yolanda
Burgos-Olinger, who
teaches Spanish here
at Sinclair, opened by
talking about a com-
mon Puerto Rican

greeting, "wepa." She
goes to explain that it
is a universal word for
"hello" and "yes" and
in most contexts it's
used to express excite-
ment and happiness.
Burgos-Olinger grew
up in Puerto Rico and
moved to the U.S. in
2005, but she goes back
frequently to visit her
family.

She jumped into a
brief history of Puerto
Rico, starting with its
early colonization by
Christopher Columbus
in 1493 on November
19. Skipping a few
centuries later, in 1898
Puerto Rico was sur-
rendered to the U.S.
as part of the Spanish-
American War resolu-
tion. Because of this,
Puerto Rico became a
United States territory
until 1952 when it be-
came a commonwealth.

In 1917, the U.S.
Congress passed the
Jones Act, which gave
Puerto Ricans U.S.

citizenship. Although
Puerto Rico has the op-
tion to become a state
by gaining statehood,
it has not done so due
to much controversy on
the topic. In the lat-
est vote held in 2012,
Puerto Rico showed a
54 percent lean towards
full statehood, but it
still has not happened.

Puerto Ricans identi-
fy themselves as "Bo-
ricua" and the old name
used for the island of
Puerto Rico is "Borin-
quen." The island itself
is 40 miles north to
south and 110 miles
east to west. It cov-
ers 3508 square miles,
which is about three
times the size of Rhode
Island.

Around 39 percent of
their youth attend col-
lege and their life ex-
pectancy is up around
80 years old. She goes
on to explain that the
population, while still
around 3.6 million,
has decreased in the

past years from around
4 million. As a U.S.
territory Puerto Rico
uses the U.S. dollar as
currency.

Puerto Rico does
not vote for the U.S.
president, it has its own
governor that the citi-
zens there vote for. The
three main political
parties are the Demo-
cratic Party, the Inde-
pendent Puerto Rican
Party, and the New Pro-
gressive Party which
focuses on gaining
statehood and consider
themselves the Repub-
licans of Puerto Rico.
The main political con-
troversy going on is the
debate between staying
as a commonwealth or
gaining statehood.

Burgos-Olinger went
into the music of Puer-
to Rico and began by
explaining that most of
their music has Span-
ish, African and Taino
influences. Taino is a
term used for the indig-
enous people that have

always lived in Puerto
Rico. She spoke about
salsa music and how
it originated in New
York by Puerto Rican
and Cuban immigrants,
and gave examples of
famous musicians who
came from Puerto Rico
such as Ricky Martin.

One of her main
points was that you do
not need a passport to
travel to Puerto Rico.
The temperature stays
around 70-80 degrees
fahrenheit all year long
and the beaches are
common vacation spots
for people visiting.
There are 270 miles of
beach, including the fa-
mous Flamenco Beach
on the island of Cule-
bra, which she says, "is
a bucket list item."

After her presenta-
tion, Burgos-Olinger
took questions, which
covered a wide variety
of topics from state-
hood to Puerto Rico's
national exports, to
which she admits she

isn't an expert on, but
still gave her best shot
at answering. I had a
chance to ask her if
there is a language
barrier for non-Spanish
speaking people who go
to visit Puerto Rico but
she says, there is not.
She went on to explain
that even though most
Puerto Ricans study
Spanish when they are
going through their
early schooling, most
citizens learn English
in their later years.
She explains, "When I
moved to college it was
required for me to take
English," and that most
signs have both English
and Spanish on them.

She estimated that a
round trip ticket would
cost around \$1000 now,
but highly recommend-
ed it as a great getaway
for the winter.

Scholar continued from page 1

students.

“I think it is vitally important for all of our students to have global knowledge,” Gavlik said.

Brode also believes this is an important opportunity for students.

“For the students currently, I think it’s an outstanding opportunity for not only the international piece of it but from a diversity standpoint. I think there’s a huge benefit to the students being exposed to a foreign scholar and a totally different way of teaching,” Brode said.

For the future, Gavlik hopes to see more international interaction for Sinclair and possibly a partnership with her university in Taiwan. She knows students will always need international exposure.

“The world is global. I

don’t care what major somebody is in, the chances are when they graduate from Sinclair either a client will be international or a customer will be international,” Gavlik said.

Aside from this being a learning opportunity for the students, the administration has been able to learn from the experience. There were a few obstacles at the beginning of the school year, while getting Hung acclimated.

“I think it [the process] was much more than we thought it would be,” Brode said, but added, “I think we’ve learned a lot.”

While this process was complex, Brode hopes this experience can give students, as well as faculty and staff the opportunity to, “make the world smaller.”



Contributed by Hung

Corrections for edition 8

In the October 20 edition, the Arts & Entertainment article "Scream Queens" was written by Jimaaur Calhoun, Arts & Entertainment Editor.

On the cover page, Deja Goode, was not credited for her photograph on "Sinclair for 13".

On the cover page, the photograph for "SCC PTA Program recognized" was uncredited. The photo was contributed by Sinclair.



Join us in the Tartan Marketplace from 10 a.m.-1 p.m. Wednesday the 28 for the Sinclair Costume Contest!

Not 'Biden' his time

Barton Kleen
Managing Editor

Vice President Joe Biden spoke in the Rose Gardens of the White House October 21 where he confirmed that he “will not be a candidate” for the 2016 Presidential election. However, Biden affirmed that he “will not be silent” in the upcoming 15 months of election season.

A NBC/Wall Street Journal poll showed that, with a margin of error of plus or minus 4.9 percent, 38 percent of Democrats would prefer Biden to sit out the Presidential Race. Thirty percent showed support for a Biden bid, leaving 31 percent of respondents with no opinion either way.

A Biden bid has impacted the Democratic Party campaigns, even as just a possibility. Polling data from the Pew Research Center, Fox News, CBS, NBC/WSJ and many

other news organizations have included Biden as a candidate for previous polls. Biden has garnered 25 percent or more of those polled, with the RCP average of 16.8 percent.

Hillary Clinton leads 47.8 percent RCP average to Vermont Senator Bernie Sanders 25.7 average to earn the Democratic nomination.

With Biden out of the race, poll results may give a better idea of just who the Democratic frontrunner will be.

Clinton and Sanders continue to make headlines along the presidential trail. After the first Democratic Debate, social media buzzed over the apparent deletion of a CNN poll showing Sanders leading by large margins on “Who won the debate?”

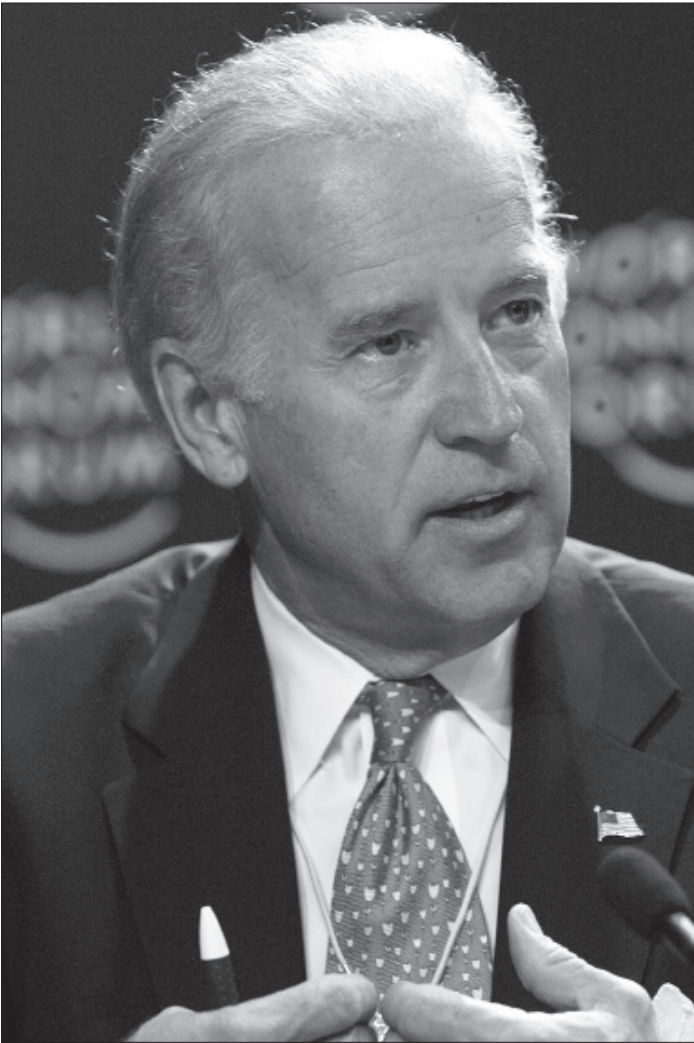
The claim made rounds through Facebook, speculating that Clinton’s campaign donation ties to CNN parent company Time Warner nixed the poll to present Clinton as

the victor.

The claim, however, was discovered to have been unsubstantial. CNN did not delete the poll, the poll is still available—although it is closed now—via Cnn.com/vote, where CNN used a Facebook app to provide a non-scientific, interactive live poll of users to express their opinions on the Democratic Debate.

Biden may have expressed similar sentiments towards Clinton’s history of wealth and power in her position during his speech where he remarked: “The middle class will never have a fighting chance in this country as long as just several hundred families, the wealthiest families, control the process.”

Whereas Sanders deflected criticism of the Federal investigations of Clinton on what has become known as the “Email Scandal,” Republicans and Democrats alike have not



Contributed by Wikipedia

been as disconcerted.

Clinton responded to the debate question of whom she was most proud to have made an enemy of with, “In addition to the NRA, the health insurance companies, the drug companies, the Iranians - probably the Republicans.”

This comes as a surprise to health insurance companies and drug companies as the Clinton campaign has received upwards of multiple millions of dollars in donations since 2008.

Biden responded during his speech, calling for the end of “this notion that the enemy is the other party.”

“If you treat it as an enemy, there is no way you can ever resolve the problems that we have,” Biden said. “I don’t think my chief enemy is the Republican Party. This is a matter of making things work,” Biden said.

The Democratic Presidential candidates will square off next on November 14 in Des Moines, Iowa.

New Honors directors

Ariel Parker
Reporter

This year, Sinclair welcomes two new directors into their Honors Program: Myra Bozeman and Jessica McKinley. In Sinclair’s Honors Program, students get the valuable opportunity to work on their intellect and responsibility by taking honors courses and participating in community services.

Bozeman and McKinley both have experience working at Sinclair and are very excited to start their new positions.

Jessica McKinley, is a University of Dayton and Purdue University alumnus, who has been at Sinclair for five years. She worked with Honors students in the past and said she’s excited to receive another opportunity to work with students who thrive to succeed.

“Sinclair is a great fit for me. I love my students and my co-workers. Sinclair students are changing the world and I am excited to be a part of it,” McKinley said. “[I like] working with students who have a hunger for knowledge and a thirst for excellence.”

Before being promoted

as Honors Director, McKinley had experience as a faculty advisor for the student organization, “A Culturally Educated Sisterhood (A.C.E.S.),” as well as being an Associate Professor in the Communication Department.

McKinley thoroughly enjoys her job. She began teaching as an undergrad at UD through graduate school as a teaching assistant at UD and Purdue.

“It has been a joy to grow as a scholar in the field of communication and teach students what I love— Teaching has come very natural for me,” she said.

During her time in the Honors Program, McKinley wishes to create better awareness and knowledge about the Honors Program, streamline the application and submission processes, and improve the data collection within the Honors Program.

“Every day I meet with students who are excited about learning and who want to go above and beyond. Working with Honors students also makes me want to strive to be the best. I was fortunate to have great mentors and now I have the opportunity to foster growth and

promote education,” she said.

Myra Bozeman, Wright State University and UD alumnus, has been at Sinclair for 19 years, the last three and a half as an advisor for the official international honors society, Phi Theta Kappa. Applying for a position in the Honors Program seemed to be her the next logical step because of her experience in honors she said.

Like so many Sinclair students, Bozeman was a traditionally-aged student during her college years, and juggled her school work with a demanding job. Understanding the value of working hard and achieving goals, Bozeman was encouraged to pursue a job in teaching.

“There isn’t just one person who inspires me. It’s crazy, but I am inspired by many of my fellow faculty members. Everyone I work with/ have worked with, has a characteristic that I wish I possessed. The combination of those characteristics inspire me to be a better teacher, better advisor, better director, better mother and wife— Every aspect of my life is affected,” she said.

When she first started with Phi Theta Kappa, Bozeman spent the entire summer before her first semester reading the history of and learning about what other schools were doing with their Phi Theta Kappa chapters.

“I looked at what other colleges do with their honors programs and I tried to figure out how to elevate our honors program based on the research that I read,” she said.

One of Bozeman’s main goals this year is to raise Sinclair’s Honors Scholars by 25 percent, and to introduce this opportunity to those who are eligible, but had never considered it a real option before.

Bozeman’s passion for student’s success motivates her to expel student’s “tarnished” view of their academic capabilities.

“I love working with students. I am excited to come into the office each day because there are always students stopping by to talk. I am extremely proud of any student who graduates, transfers and completes their Bachelor’s degree,” Bozeman said.

Mireles Prowess

Afi Ntonolo
Reporter

Sinclair Community College women’s volleyball team is pleased to announce Melissa Mireles, a sophomore for the Tartans, has received the Buckeye Charters Student-Athlete of Distinction Award for the month of September.

Each month the Athletic Department along with the Buckeye Charters, select a Student-Athlete that has had good leadership skills in all three categories; Community Service, Classroom and competition these things are also known as the 3 C’s.

This month sophomore Melissa Mireles from the volleyball team was honored with this award. This will be Melissa’s

second year here at Sinclair Community College and also her second year with our Tartan women’s volleyball team this fall. Not only does she have a great talent for volleyball, Melissa was also known for Academic All-Conference award last season.

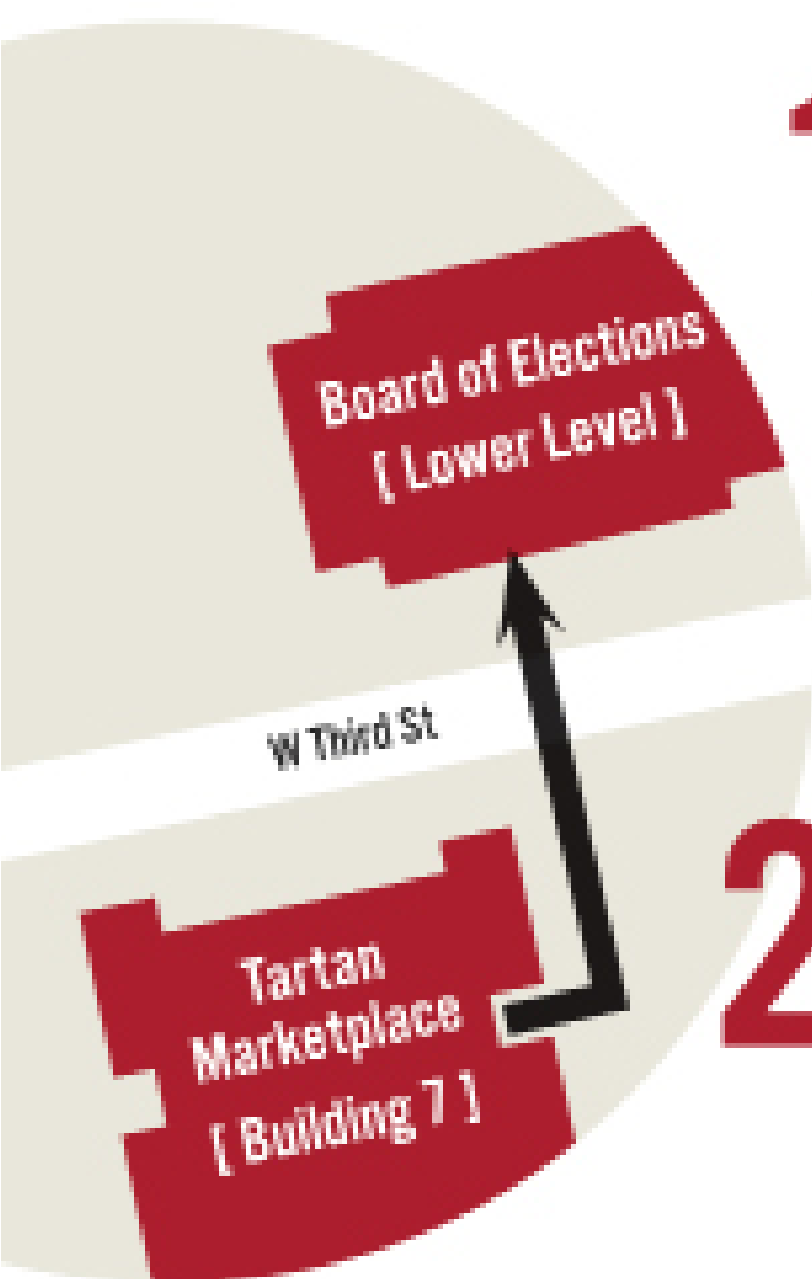
With that, she also earned a prestigious team honor of NJCAA All-Academic Team for an overall team grade point average of over 3.0 for the year. Melissa has also been a leader on the court helping the pride to a 14-9 record. Congratulations to Melissa Mireles for receiving the Buckeye Charters Student-Athletic awards and hope to see more victories on and off the court for our lady Tartans!



Isaac Williams | Multimedia Director



Here's how to vote early in person, right across **Third Street**, to keep YOUR education and job training up to date and affordable:



- 1 Grab your ID* and walk across Third St. from Tartan Marketplace in Building 7 to the County Administration building.
(You can also vote early by mail.)

- 2 Go to the Board of Elections on the Lower Level and vote FOR 13.

- 3 Share **#IVotedForSinclair13**

For Good Jobs **For Our FUTURE**

*Learn more at CitizensforSinclair.com

VOTE
FOR

13

*Paid for by Citizens for Sinclair, Dan Sinclair, Treasurer.
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