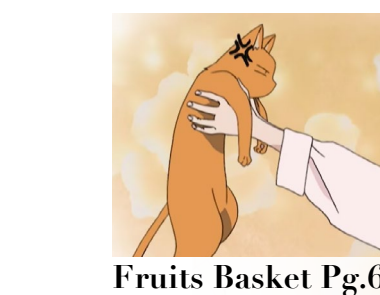




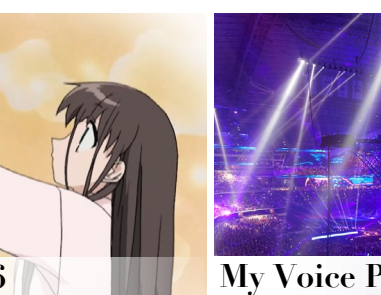
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# The Clarion

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## STRONGER TOGETHER

Emilee Brewer  
*Intern*

Ndikokhele Bawo. *Lead me, oh Father.* A traditional Xhosa song often sung during church in South Africa.

This gorgeous hymn kicked off the Stronger Together meeting and really set the tone for the event.

People from all walks of life gathered to partake in this beautiful moment. Students, faculty, blacks, whites, Christians, Muslims, men, women and any other group imaginable; The diversity in the room was astounding.

The president and vice president of the Sinclair Music Studio Association began with a speech on the importance of diversity.

"We are here together as humanity," Dakota Nelson began. "There are all sorts of injustices that still happen because people choose to remain divided."

They begged people to look at each other with new eyes and introduced the first activity of the day.

Everybody gathered into groups and each group had a facilitator. We learned about each other and what makes us unique and what makes us similar.

We started off by discussing our favorite music then switching to our ideal world. We all had dreams of living in a world that didn't have such hatred and biases, such brutality towards those who are different and instead, we celebrated our individuality.

After about 15 minutes, we wrapped up our conversations and went on to the next activity.

There was a panel of students at the front of the stage who answered questions about their experiences in life. Everyone up there was different. There was a Muslim woman, an international student, a Latina woman, a biracial woman, a member of the LGBTQ+ community and a black man.

The facilitators went through and asked them various questions and the students would answer at their discretion.

The first question posed was "What part

of your identity is most important?" The black man spoke up first. He described how the very first thing people see when they look at him is the fact that he's black. Nevertheless, he loves his heritage and believes "You can't ignore who you are, so take pride in it."

He also spoke on how different people see him in different lights. If he's in a predominately white community, people immediately see a black man. But if he's in a predominately African American community, they just see him as him. They see his clothes, how he presents himself.

However, the young man also commented on how there is sometimes backlash from his community. If he speaks eloquently, he's noticed that white folk tend to think "Oh he's one of the good ones." Conversely, he's also faced criticism from other African Americans that say he's "not black enough."

The others chimed in as well. The international student commented on how everyone immediately notices that he's

Asian, the Muslim woman spoke of how everyone notices her Hijab.

All of these people from different backgrounds had such similar experiences in the world and they've all been able to bond over it.

The panel continued sharing their unique but shared experiences for a time, discussing how they've adjusted to life here in Dayton, what the biggest culture shock to them was and the importance of their identities.

The event finally ended with Sinclair's choir belting out a fantastic rendition of John Lennon's "Imagine" which was met with thunderous applause.

An incredibly powerful song and show of unity, Stronger Together brought people from all walks of life as one and we all shared a beautiful moment.





# Poetry in Your Pocket

Yasel Rosado  
*Reporter*

On Thursday, April 11, Sinclair held a “Poem in Your Pocket” reading in the Library Loggia as part of the Sinclair Talks series.

The reading took place from 12:30 p.m. to 1:30 p.m. and allowed students and staff to share some of their favorite poems by reading them out loud before an audience of literature students, poetry lovers and others who stopped by to listen.

The event was informal and the mic was open to anyone who wanted to go up and read.

April is National Poetry Month and Poem in Your Pocket Day was started in April of 2002 by the Office of the Mayor in New York City.

It became a nationwide event, with the idea being to carry a poem with you throughout the day and share it with others.

The reading was introduced by Kate Geiselman, who, after introductions, handed the mic over to eager staff and students wanting to share.

One thing that was distinctly noticeable

was the extremely short pauses between readers in the first twenty or so minutes of the reading; so many wanted to share their poems, whether it be a favorite of theirs or a poem they wrote themselves.

A few had their poems memorized, speaking not only with their voice, but with their hand gestures, body language and their eyes.

Some staff members came up to the mic and read their selected poems as well. Poems from authors such as Safire Rose, Maya Angelou, Robert Frost, Rita Mae Brown, Langston Hughes and Maggie

Yasel Rosado



Nelson were read aloud as well. The diverse messages that spun into the ears of the audience members varied from love, agony, regret, gratitude and power. Some were getting things off of their chest—heartaches and struggles that sometimes only words can tend to.

One man read two poems he had written about his experience with addiction and the road to recovery. His stirring words revealed the truth many don’t know of, exposing the reality many addicts face.

Other poems were influential and defiant. One recited a poem by Langston Hughes called “Let America be America Again,” which was written in 1936.

“We, the people, must redeem the land,

the mines, the plants, the rivers. The mountains and the endless plain—All, all the stretch of these great green states— And make America again!” boomed the young man who recited the poem passionately.

The first poem to be recited at the event was similarly powerful and moving. It was titled “She Let Go” by Safire Rose.

“No one was around when it happened. There was no applause or congratulations. No one thanked or praised her. No one noticed a thing. Like a leaf falling from a tree, she just let go,” read the staff member who recited the poem.

A few selected poems were also read in other languages. One reader recited a poem he selected by a Papua New Guinea poet. He first read it in Tok Pisin (the official language there) and then again in English.

Another poem, which was about a child’s love for their mother, was read in French by a young woman who read it again in English.

It reminded those in the room that we are all not of one place nor of one time, but we are all human. We feel very similar things for very different reasons, and poetry allows these ideas and feelings to be shared and related to.

That is the beauty of poetry; it’s the bridge to all of these very diverse but very human worlds.

## Reverend Janglebones’ Tartan Spotlight: Professor Michael Coyan

Brian Yoder  
*Reporter*

A renaissance man, or person (since we’re not in the thirteenth century anymore) is someone who is more than just a jack-of-all-trades (because a jack-of-all-trades implies a master of none). A renaissance person simply cannot quit learning, even when they’re ahead.

Most people find a thing that they’re pretty good at and they hone that one craft until it’s as sharp as it can be. Then they rely on that one tool, primarily, for the extent of their life.

That’s normal. A renaissance person however, can never settle for a life as such because their curiosities are never satisfied. When they feed their wonder, like a Gremlin after midnight, the appetite of their wonder only grows.

This was one of the first concepts (albeit in different words) presented to the class by Michael Coyan in his Art Appreciation class. Since then, this fascinating man of many hats has proven to stand up to his own definition.

Coyan is a Sherlock Holmes kind of soul who has followed through to near

mastery with one craft or discipline, then followed the interests that were sparked by those experiences into new crafts and disciplines. Lather. Rinse. Repeat.

Professor Coyan has traveled the world. He studied art rigorously under his teacher, learning to make all the pigments, brushes and canvases by hand. He said he was an archaeologist for a little while, making a joke about identity crisis. He has designed elaborate large scale stage sets from scratch and acted on those very stages.

He restores local art, volunteers his free time curating the Harman museum and Art Gallery and generally acts as a steward and pillar of good taste within the community by way of everything from architecture and city planning to philanthropic work and local history.

The thing that keeps his students glued to his lectures is the rich context he applies to every subject addressed. He analyzes the politics, economy, religion and philosophy behind each piece and period.

A truly holistic picture is always painted, often accompanied by the most incredible stories which offer an emotional center to the learning

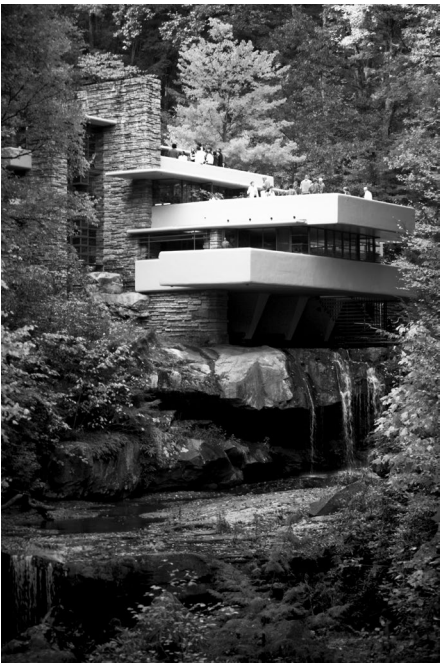
process. Stories you’ve never heard about all the legends you thought you knew.

My personal favorite was a rather telling one about Frank Lloyd Wright’s most well-recognized house “Falling Water.” The legendary architect forgot to design the house entirely until the commissioner of the design phoned him. He was less than an hour away by car. Frank Lloyd Wright then designed, arguably, his most famous structure in forty minutes flat and not one single thing was ever changed thereafter.

That’s not a story you would likely hear outside his classroom since it was told to him by Frank’s son, Lloyd. And I am certainly doing it no justice here.

Out of the countless stories and insights I am so thankful for experiencing in this class, I’m even more thankful for the effort he puts forth to develop the skills of curiosity and observation within his students so that they may explore this world by the accord of their own will and whimsy. With their own intellectual tools.

As I urge you to keep your eye on the registration schedule for his name, I will leave you with a quote from this



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wonderful teacher that we are all so fortunate to have here at Sinclair.

“Education is not about ‘how much money can I earn’ - it is about roaring through this remarkable life awake, alert and always seeking a surprise!” -Michael Coyan, Renaissance Man



# Design Moving Forward: Shift Portfolio Show



Justin Pokorski  
*Graphic Designer*

The Design Department at Sinclair will be putting on it's 25th annual Portfolio Show on April 30. The show is called Shift: Design Moving Forward. The event starts at 7:30 p.m. in building 12 and is open to all.

This show allows first and second-year students in the visual communications (VIS) and interior design (IND) programs an opportunity to present the work they've assembled throughout their classes.

With only a week until the show, students in these two programs have been hustling to put the finishing touches on their portfolios. This show allows for valuable learning experiences for everyone involved.

The first year students are given what is most likely their first interview by a professional in their field and are able to come away with valuable feedback on what to improve upon as they transition into their second year.

The second year students present the work and projects they've spent the last two or more years working on and perfecting. These interviews are some of the first chances the students will get to potentially land a job offer or even make a new connection.

With over 130 students slated to showcase their talent, I went and interviewed some of the students and got their thoughts on the show and their experiences in the program.

Many of the students I spoke to were very excited for the show, this was especially true for Zoe Pirslin who is a first-year VIS student.

She is "very excited to see the 2nd years portfolios and all the creativity that is going into them. And also the whole theme of the show. I'm interested to see how it all blends in together and makes a coherent design."

Xavier Razo who is a second-year VIS student also mentioned how he was excited for "seeing everyone's work and appreciating their hard work."

The constant theme of excitement and

support for other students and their work has been the backbone of this long-running show.

The Design Department prides itself on the annual show because it is focused on the students. The show itself is designed by a select group of visual communications students. The experience of the show will play into how the students will proceed. Whether it be going into their 2nd year, pursuing a career or going onto a four-year college.

The support is also shown within the relationships between first and second year students. There are several opportunities for students at the two levels to meet within certain classes. This connection allows for plenty of advice, which is important in the constantly moving field of design.

This was evident when Lizzie Rahn who is a second-year VIS student shared with me that first years going into their second year should "Think of the companies you would like to use in the Fall semester. Work in Illustrator over the summer so that way you're well versed when you come into the classes."

Brandon Johnson (second-year VIS) provided the following advice for students making the same transition.

"Pay attention to what other students are doing and work together whenever you can," Johnson said. "Everyone approaches design differently and you can learn a lot from your peers."

As for incoming first years, Emma Spottsfeld (first-year IND) broke it down into three things...

- 1.) Don't give up when it gets hard.
- 2.) Never compare yourself to your classmates. You are all different, and have different talents. instead, build each other up, and work together.
- 3.) RESPECT your Professors. They have put more time and energy into teaching and preparing than we will ever know. Don't be discouraged if they tell you to fix something. They are there to help you learn, to grow, and ultimately become the best designer than you can be. respect them, and they will respect you.

Sophie Hayden (first-year VIS) expanded on this advice by stating "coming into your first year, first semester, it can seem daunting a little bit, but you have to remember, if this is what you love, the challenges you face won't be as scary, the critiques won't seem as hard, because in the end, they're only shaping you to be better," Hayden said. "Never fear moving forward, the best is yet to come."

When pursuing a career in the field of design, one of the biggest aspects is to have a passion for what you are doing. It won't always be easy and you'll always need to remind yourself that the clients are always right. Even though we all know that isn't always the case.

With that passion, it is always interesting to hear where it all started. So I asked several students why they decided to go into visual communications or interior design.

Micheal Holden (second-year VIS) told me "I chose visual communications because it will allow me to expand my horizon past everything I learned from fine arts."

Daniel Farris (first-year VIS) expressed that "Sinclair's VISCOM program is a good way for me to combine my artistic skills with my technical background."

Luis Torres Jacinto conveyed "I decided to go into visual communication because I always enjoyed being creative, and what better way to show of your creativity than graphic design."

With every profession, program and field, there are good days and challenging days. I felt this first hand when there were days when everything went well. I also experienced the challenging days.

Whether it be cutting a 100-page branding book in half that took a semester to design with a week left until the due date or turning in my Typography pattern project with three minutes to spare. We all experience those challenging days.

With all of the students I spoke to, there were several common answers to the challenges they have faced so far.

These included comparisons to the work and success of others, time management, lack of motivation and creative block; as well as understanding and responding to critiques that are given by a variety of different people with different perspectives. And of course the notorious juggling of work, school and personal lives.

These are all very daunting when trying to put your all into your education and everything you design. But everyone who is in these programs needs to make sure to remind themselves to step back, take a minute and breathe. Everyone is at a different state, but we are all in motion.

Designers came before us, and they will come after us. So taking those moments to relax and remind yourself why you're doing all this will hopefully provide some clarity.

We've all experienced these feelings in a variety of ways. As the semester is winding down, everyone's motivation is slowly depleting. Once April 30 hits, everyone will be reminded what all of those long weeks, tireless nights and never-ending projects were for.

With this in mind, I wanted to know what else the students were using for motivation to finish the semester out strong.

Rahn stated: "The fact that this portfolio could get me a job so I wanted to push myself to make it look good."

"The light at the end of the tunnel," said Razo.

"As the semester is coming to a close, I remind myself to keep going because I know that there is always another adventure waiting for me," Spottsfeld stated. "But if I stop now, I may miss that opportunity."

Jacinto said: "My inspiration towards the end of the semester is my family and friends, they all want me to succeed so I can't let them nor me down."

After being in the visual communications program the last two years, It will be sad to see it all end, from making new friends to getting to know all of my professors to working at the Clarion. With this in mind, I asked my peers what their favorite experiences have been in the program so far.

Rahn holds her memories of making friends fondly.

Razo recalls "the learning environment and fellow students."

"Doing the Billboard project in my Design Processes I class," Farris remembers.

"One of my friends literally left his mark on Sinclair, we were flash drying our screen prints and he went to talk to the professor about something and didn't realize the flash heater was still on... after a lot of smoke and a charred shirt he realized there is in fact an off button," Hayden said.

With my and many of my peer's time here coming to a close, I was curious on what that next step would be following graduation in two weeks.

Razo plans to "work in advertising."

"I plan to continue working at my art studio and doing work with other designers and artists," said Johnson.

"I see myself working at art gallery first, then working at a restaurant until I find a job that will allow me to utilize my degree," Holden stated.

"Maybe designing somewhere out of state," Rahn ponders. "Working in the design field"

The show will be in the Sinclair Conference Center, building 12. The show starts at 3:30 p.m. with the keynote and panel discussion and the open house will start at 7:30 p.m. where all the students are encouraged to invite family and friends to see all the work that the students have produced. All are welcome.

# Jeri's Jackpot: A Squatch in Sheep's Clothing

Jeri Hensley  
*Graphic Designer*

I bet you thought after the whole Wood Ape thing we were done with the Cryptids, didn't you? I kind of did too. Then I heard about a new Cryptid I hadn't heard of before.

It seems Appalachia and its surrounding region are just rife with these guys! So what happens when you take a Sasquatch and breed it with a sheep?

Weird, weird things, first off. More importantly, however, you get a Sheepsquatch. That's right folks. Half sheep, half squatch, all terrifying!

According to the Cryptids Wiki, the Sheepsquatch is described as "being a quadruped about the size of a bear, with entirely white wool-like fur. It has a long and pointed head, similar to a dog but with long, saber-like teeth and a single-point set of horns not dissimilar from those found on a young goat."

The article continues:

"Its forelimbs end in paw-like hands,

similar to those of a raccoon but larger, while its tail is long and hairless like that of an opossum. It is reputed to smell like sulfur, which has been attributed through folklore to the beast being born within the TNT Area in Mason County like one of the Mothman theories, though this is not likely and instead may be a musk scent gland similar to those found in many species in the order Carnivora such as weasels and skunks."

The Sheepsquatch was first sighted in 1994, by a Navy sailor who saw the beast bolt through the forest after it stopped to eat a patch of mushrooms.

In the same year, two children spotted the beast in Boone County while playing in their yard. It was seen again in 1995 by a couple driving through Boone County.

They spotted the creature sitting in a ditch along the road. They stopped to get a better look, which, if you ask me, is a pretty baaaad idea. In addition to the earlier descriptions, they added that the creature had four eyes. It attacked their car before it ran off.

In 1999, campers heard snorting and scuffling, like that of a bear, but the creature did not immediately enter the camp. The Sheepsquatch suddenly charged out of the darkness and chased the campers back to their house.

It stopped at the edge of the forest and let out a "terrible scream." When the campers returned to their campsite the next morning, it was torn up.

Once again in 2015, in Fulks Run, Virginia, the beast was seen in the forests of Appalachia by campers spending the night in the woods. They reported the beast as eight to nine feet tall and had a shoulder width of four to five feet.

It started running towards them and began to wade through the river after them. After hearing a loud gut-based screech, the Sheepsquatch ran off in the opposite direction of the scream.

The Sheepsquatch came to my attention when "Fallout 76" announced they were adding him to the game, along with a new questline to hunt the creature.

While the "76" version of the Sheep-

squatch is simply a robot dressed in sheep's clothing, it still adds lore to the game and brings the element of Cryptid hunters into the "Fallout" universe. So is that it for our creepy cryptid friends? Stay tuned to find out!



Jeri Hensley

# Star Wars Celebration Chicago



Maxwell Patton

Maxwell Patton  
*Reporter*

McCormick Place in Chicago, the largest convention center in North America, recently hosted Star Wars Celebration Chicago (SWCC), a five-day convention that celebrated the long-running space opera franchise.

Taking place between April 11 and April 15 of this year, SWCC saw fans flock from around the world to meet their favorite "Star Wars" celebrities, purchase memorabilia and other items and attend panels concerning upcoming "Star

Wars" properties and those celebrating anniversaries.

Guests at SWCC included Hayden Christensen (Anakin Skywalker in the prequel trilogy), Billy Dee Williams (Lando Calrissian), Ahmed Best (Jar Jar Binks from "The Phantom Menace"), Erin Kellyman (Enfys Nest from "Solo"), Ashley Eckstein (Ahsoka Tano from "Star Wars: The Clone Wars") and Tiya Sircar (Sabine Wren from "Star Wars: Rebels").

That Thursday, an 88-foot long mural showcasing the characters and action of the series was unveiled near the exhibit hall, designed by artist Jason Palmer and executive creative director at LucasFilm, Doug Chiang.

The creation of the mural took only six weeks and covered the episodic and anthology films, as well as "The Clone Wars" and "Rebels" television series. However, one particular portion hadn't been revealed yet.

The most anticipated panel at the convention was Friday's discussion on "Star Wars: Episode IX," which featured director J.J. Abrams, producer Kathleen Kennedy, and actors Daisy Ridley, John Boyega and Oscar Isaac, among others. Here, the group discussed the upcoming blockbuster and revealed the film's trailer and episode title, "The Rise Of Skywalker."

The trailer, which included the maniacal laughter of Ian McDiarmid's Emperor Palpatine, was followed by a surprise appearance by McDiarmid, who simply stated "roll it again" to a roar of approval from fans.

After the panel, the "Rise of Skywalker" portion of the aforementioned mural was uncovered.

Saturday's festivities included a new look at "Galaxy's Edge," a "Star Wars"-themed area of Disneyland and Walt Disney World. Both will open later this year; the Disneyland location is scheduled to open next month, while the Walt Disney World location opens in August.

Also included in the day's events were a first look at "Star Wars Jedi: Fallen Order," a highly-anticipated video game set shortly after the execution of Order 66 and most of the galaxy's Jedi, and a costume competition for professional and amateur cosplayers alike.

Sunday's event schedule included a panel covering "The Mandalorian," a new live-action series set in the "Star Wars" universe, behind-the-scenes tales on the iconic Mos Eisley cantina from "A New Hope" and a sneak peek at the new season of "Star Wars: The Clone Wars."

During the final day of Celebration, a panel was held to celebrate the 20th anniversary of "The Phantom Menace," which saw the attendance of Best, McDiarmid, Darth Maul portrayer Ray Park and various crew members. Franchise creator George Lucas also had a video message included during the panel, where he thanked the fans for their continued support and proclaimed the much-maligned Jar Jar Binks as his favorite character.

LucasFilm disclosed the location and year of the next Star Wars Celebration during the closing ceremony that Monday afternoon. Next year, 2020, will see the convention heading back to Anaheim,



Maxwell Patton



# Reverend Janglebones' Soapbox: Terra Firma

Brian Yoder  
*Reporter*

Earth Day is here, people. And if you're a person on Earth like me, then that matters! Let's face it, this old rock has been downright generous to us tiny little things, and at its own detriment, too.

Sometimes we have to stand up and say "No. It's our turn to help you, kind old rock."

Unless you are a fundamentalist crossing their fingers for the weatherman to announce gusts of lead and brimstone, stewardship of our home planet is kind of a no-brainer and even the Bible curses the man who longs for the rapture.

As obvious as a thing like caring for the planet seems to be, there can still be a lot of conflicting information out there and one wrong fact-check could lead a person to feel like their efforts don't actually make a difference. Especially if your parents leave the mainstream media on during dinner.

You'll hear things like how electric cars are harder on the environment than gas because of the batteries, which may be true, but doesn't it kind of sound like something a petroleum lobbyist would pay an entertainment newscaster to say?

Or how you shouldn't recycle because the process releases more greenhouse

gasses than garbage. Which could also be true, but do we really want to make more new plastic? Even if we can?

Or how about that there is no evidence of human influence causing global warming? This little buzz fact seems to sting any passionate proponent of eco-friendly living, just when they're hitting their stride in a self-perceived "I Have A Dream" quality speech.

Inevitably someone will reach out from the sidelines and crush the liberal soul's momentum with this seeming kryptonite for their argument.

But is it a valid point?

Let's say for a second that there is absolutely no human connection to global warming and we know that for a fact.

We still have prescription medications (including birth control, think about it) that won't filter out in processing now showing up in our drinking water.

We still have coral reefs dying all over the world, one by one. We are still, yes, still, cutting down rainforests. We still have air pollution warnings in any major city brave enough to admit their shame for the sake of their citizens.

We have China, the most industrialized country on the planet (much of that coal powered), playing the cowboy with little regulation and no change to this ominous fact in sight. Largely due to the demand

for their products from first-world countries like ours.



Lastly, and genuinely most disturbing as it is coming from the leader of the free world, we have Andrew R. Wheeler appointed as the Administrator of the Environmental Protection Agency.  
A lawyer.  
A corporate lawyer.

If there's smoke coming out of your ears, try to harness the steam to charge your phone or just take deep breaths. The point is, no matter what you or anyone else says about climate change, hopefully, we can agree that we absolutely have a problem with pollution.

Say it with me. We have a problem with pollution.

Good.  
This Earth Day I implore you to go check your screen time on your most used apps. Yes, you can do that. Take a minute to digest just how much time you spend right there in that little screen.

Think about the miracle of technology and how far we have come with the gifts harvested from under our feet.

Now take one day's worth of social media time and donate it to your local sun-orbiting rock in any way you can. If you find yourself feeling like a million bucks, do it again next week. Or tomorrow. While we still have tomorrows to think about.

Because if enough birth control gets in our water supply, or all the coral reefs die or we forget to vote this election, our tomorrows are almost certainly numbered.

So get out there and say your thanks to the nice big green blue rock. Take care of it, and thus each other, and thus ourselves.

## HIV-ictor

Emilee Brewer  
*Intern*

According to the CDC, there are one million people in America living with HIV.

Statistically, I'm not alone. I know that. But sometimes it's hard to remember. Sometimes I sit and wonder, "Why me?" It doesn't matter at this point; I won't see a cure in my lifetime. Probably.

I made a stupid decision one time, and it will affect me the rest of my life. Now I have to see a specialist every six months. I have to get 10 vials of blood drawn every six months. I have to get expensive medication every month. One mistake is all it takes.

I was diagnosed with HIV about two years ago. I still vividly remember the day I received the news. I remember the fear and anger and confusion.

The nurse told me my test results were "abnormal" and then hung up on me so she could set up an appointment with a specialist. I

stopped breathing. It was the longest three minutes of my life. That three minutes would turn into the longest hour, the longest day, the longest month.

The first six months were rough. The only thing you ever hear about this virus is in reference to the AIDS Crisis. I was 20 years old, and I had been given a death sentence.

I'm lucky. I have such an amazing support group. My friends, my family, my doctors. They were there for me every step of the way. I'm lucky because I have insurance. I was able to afford the doctor and seek treatment. I was lucky. Others, not so much.

I got the help I needed. I met with the specialist and started on some medication. The good news is that medicine has come so far.

With medication, you can live a long, happy life. My doctor actually told me, "If you die, it won't be from the HIV," which I suppose is comforting.

With medication, the virus is undetectable in my body. The short of it is that the medicine suppresses the virus in my body so it doesn't show

up in tests, and there's no chance of transmission.

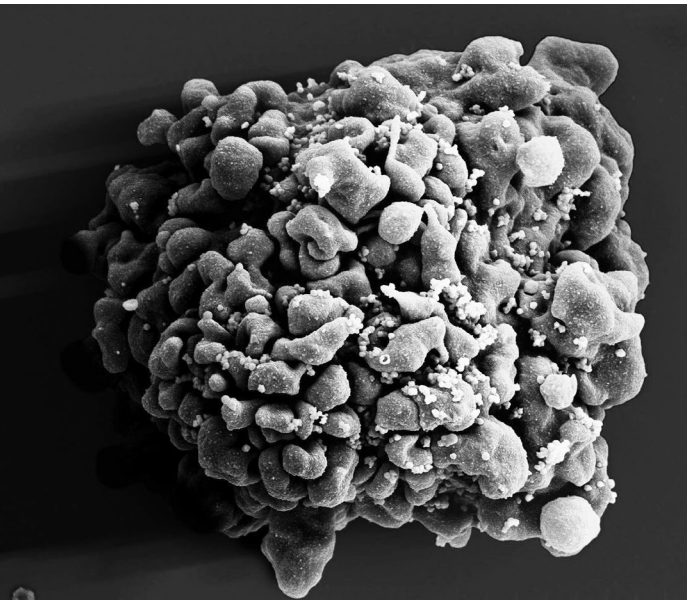
I'm as cured as I'll ever be in my lifetime.

This isn't to scare people. This isn't to lecture. My mistake was that I trusted a boy before I really knew him and we had unprotected sex.

The irony of it all is he's the only guy I've ever been with.

You may think, "That won't happen to me" or "Only gay men get that," but you'd be wrong. It can happen to anyone. Case in point: me. A straight woman who contracts HIV her first time.

You can get HIV a number of different ways. No, not from using the toilet after a person who is positive or shaking their hand. It has to be passed through bodily fluids (through blood or during intercourse) or it can



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be passed by sharing needles.

Statistically, I'm not alone. And neither are you. If you have HIV, you are so strong and brave. If you don't, count your blessings and go get checked.

This isn't meant to scare you. Learn from my mistakes. Make educated decisions and please go get tested regularly.

I'm Emilee Brewer and I have HIV. But HIV does not have me.



# Fruits Basket



Youtube

Erika Brandenburg  
Arts and Entertainment Editor

Just a few months shy of 18 years since its original run, “Fruits Basket” has returned to the screen. Originally airing from July 5, 2001 to Dec. 27, 2001, the hit shoujo series that took Japan and the world by storm has gotten the long-awaited reboot that fans desired.

Episodes started on April 6 and should be airing on Crunchyroll or Funimation’s websites every Friday with a new episode.

Several changes have been made since the original anime hit the airwaves, most of all the animation and the people behind the series.

The new anime is produced by TMS Entertainment, directed by Yoshihide Ibata, written by Taku Kishimoto and the music is by Masaru Yokoyama, none of which

were involved in the original production.

It is now licensed by Crunchyroll and it has been renewed by Funimation as well. Currently, the series airs on TV Tokyo, TVO, TVA and AT-X.

The first version of the “Fruits Basket” anime had 26 episodes and covered around six volumes of the manga, which is only about a fourth of what the whole series ended up being.

The manga is a full 23 volumes with publication of it running from July 1998 through November 2006, making it impossible for the anime producers to keep up with and follow the series as it was written.

“Fullmetal Alchemist” also had this issue upon the anime’s initial release and had to create the second version later when the

manga was complete.

The author is Natsuki Takaya and the series was published by Hakusensha in Japan. Outside of that, Madman Entertainment published to Australia, Yen Press to North America, Chuang Yi to Singapore and Tokyopop to the UK. When it ran as weekly chapters, it was in the magazine Hana to Yume.

The series falls under the demographic of Shōjo, which means it is aimed at a teenage girl audience overall.

“Fruits Basket” is the story of a high school student named Tohru Honda who, after her parents have died, lives with her grandfather.

Unfortunately, due to family members that treat her with less than kindness and her current home being renovated, Tohru decides to strike it out on her own by living in the woods in a tent.

However, her new home comes in the form of a classmate’s house that resides in the woods. Her curiosity leads her to examine zodiac figures that are out, encountering her classmate’s cousin, Shigure.

She learns that classmate, Yuki Soma (who is incredibly popular), also lives there and offers to walk to school with her.

After an incident that buries Tohru’s tent, she is invited to live with the men before the time is interrupted by another cousin named Kyo breaking in through the roof. To stop the fight, Tohru tries to grab his arm... and accidentally hugs him, turning him into a cat.

She learns the secret of the Soma family; that they have been possessed by the spirits of the

Chinese Zodiac and that a hug from the opposite sex will turn them into their respective animals.

Ever since its release, “Fruits Basket” has taken Japan and the world by storm and is considered one of the top-selling manga series of all time. The fifteenth volume’s



Youtube

release took 15th place on USA Today’s Top 150 Bestselling Books, the highest position a manga had ever achieved.

The final volume was in the New York Times manga bestsellers list for three months straight.

Allen Divers of the Anime News Network said, “The entire series of Fruits Basket proves to be a true emotional roller coaster, hiding truly deep and heartfelt drama behind a candy coating of fun and humor. Deep down, it explores many aspects of emotion as the various characters search for their place in the world, gaining strength from each other.”

As the anime will be following completely with the manga, fans of the series will no doubt love seeing the storyline they fell in love with come to life.



Youtube

# SANTA CLARITA DIET

Briana Spurlock  
Reporter

Netflix has gone out of its way to create numerous new original shows and movies. One of which is the "Santa Clarita Diet."

It follows the lives of the Hammonds, a typical timid suburban realtor couple that goes out one night at a local restaurant. Then, their lives change forever because of the contents of one bowl of clams, as they force Sheila Hammond into a new life as a member of the undead.

Sheila was a meek person with a small personality, then one day she suddenly shifts into a confident outspoken woman and leaves everyone in her life shocked. The most shocking thing about the new Sheila is her diet.

The Hammonds find out later on in

the first season that Sheila ate some infected clams when they went out to dinner at a restaurant in their town. These clams killed the people that ate them and brought them back as zombies.

Not the typical mindless creatures running around in search of brains, but more enhanced versions of the people they used to be. They of course still have a diet consisting only of human flesh, but they still have their minds fully intact.

Zombies in this show become fearless more confident versions of their former selves. The daily anxiety that used to hold them back disappears with this new mindset of self confidence. The diseases or ailments that used to impair their lives are gone. It even gives immortality and youth if they get the special serum that the

Hammonds found.

Sheila and Joel have found out what they need to do in order to keep the undeads bodies from deteriorating. They created the serum with the help of a super scientist and continually fought off all of the things threatening to tear apart their family.

This new Sheila has created many problems for the family. Most of the problems entail keeping her new condition a secret and successfully hiding the family's murders from the police.

The family goes through many trying moments together and actually end up becoming closer to each other as a result of all the criminal activity. The daughter, Abby, has even found some criminal calling of her own. Granted they are not nearly as extreme as murdering bad guys, but they family bonds over them.

"Santa Clarita Diet" is a mix of comedy and horror. It is full of jokes and laughable moments, but also has lots of blood and gore; Sheila sinking her teeth into someones neck and ripping out their throat is a pretty common scene.

However, I would not say that it is a scary show. There is absolutely more comedy than anything else in the show. It does not give me nightmares and I don't have to take breaks to calm down in between episodes.

Usually when Sheila is eating someone Joel is doing something funny or cracking a joke to take the horrific edge off of the gorey scene.

The show so far consists of three seasons. Each episode is only half an hour long which makes it perfectly binge-able.

## 2019 Grad Fair

*A party for graduates!*

- Pick up your regalia
- Buy some swag
- Take funky pictures

- Refreshments provided
- Enter raffles to win:  
a class ring, a Diploma Frame,  
or a bag of Sinclair Swag!

*Enjoy the fun and festivities!*

**MONDAY, APRIL 29TH**  
**10AM - 2PM**  
**BUILDING 7, 1ST FLOOR**



**SINCLAIR BOOKSTORE**



# Sinclair Cares Counseling Services

Finals are almost here and everyone has the same question... How do I prepare for my finals?!

The best way to prepare for finals is to study on a consistent basis throughout the semester. Staying current on your class material and assignments helps you learn the material over the semester before seeing it on the final. Whether you have done that or not, here are some tips to prepare:

Know your exam schedule and make a schedule/plan for when you will study. Be honest with yourself about how much time you need to study. It's better to set aside too much time rather than not enough.

Study where you learn the best, know yourself and what will help you study the most effectively.

Study every day, NO cramming! Cramming increases anxiety and does not support long term retention of information. Start studying early to reduce the pressure that you may feel.

Attend any review sessions or study sessions that the instructor or your classmates may organize. There isn't one? Ask for one or ask classmates to study together. Use instructor's office hours to get extra help or get questions answered about class material.

Maintain stress relieving activities during this time. It's easy to feel like you don't have time, but relieving stress will make your study time more productive and you will do better on finals if you feel relaxed and confident.

Take breaks while studying. When you start to feel overwhelmed, tired, or as if you aren't understanding the material anymore you should take a break. Take a walk, call a friend, eat a snack, and then refocus on your work.

Take practice exams. This can help you feel more relaxed when you sit down to take your finals.

Do not stay up all night studying. Sleep is very important to studying well, retaining and recalling information, and doing well on finals.

On the day of your exams be sure to get enough sleep, eat healthy, think positive thoughts, and do your best!

If you need help with any of these things please come see us in Counseling Services. We are temporarily located in 4-331 and our phone number is 512-3032.

Good Luck!!      Contributed by: Emily Hudson

# Ombuddy Corner

Welcome back to the Ombuddy Corner!

As we near the end of the term, it is good to look for ways to reduce stress. The Ombuddy wants you to know about Unwind Time!

- What: Unwind Time gives you the opportunity to do fun things – color, play with sand, hug a teddy bear, read a book...and more!
- Where: Sinclair's Library in Building 7
- When: Monday, April 22-Tuesday, April 30
- Why: To de-stress!

*The Ombudsman is your student advocate! To learn more, visit [www.sinclair.edu](http://www.sinclair.edu).*



# Your Voice

“What’s the best live show you’ve been to?”



Henry Wolski

Kelly Clarkson with Brynn Cartell: and Kelsea Ballerini at US Bank Arena. Those three performers made the show spectacular!

- Maxwell Patton  
Multimedia Journalism

Panic at the disco because he was really good live. He sounded the same as on the radio and the back drops were cool.

-Savanah Kennedy  
Visual Communications



Henry Wolski

Probably when I saw Evan Peters at Wizard World Sacramento Comic Con. He was genuine and funny.

- Jeri Hensley  
Visual Communications



Jeri Hensley

Unashamed Forever tour just a couple of weeks ago! The energy was super hype the whole time and it was 8 of my favorite rappers.

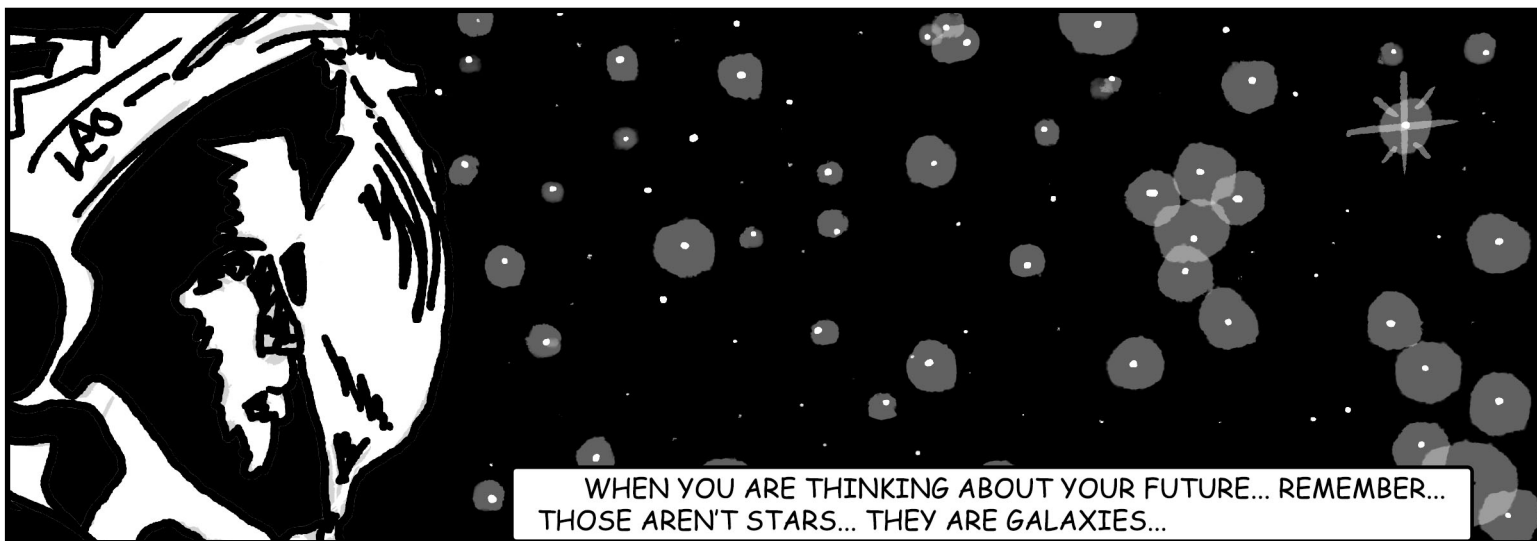
- Noah Kihn  
Visual Communications



Henry Wolski



# Clarion Cartoons



**La Vie de l'encre**

**Created by:  
Leo Walter**

## My Voice: WrestleMania

David Jacobus  
*Staff Writer*

There is no event on the face of the Earth that brings people from every corner of the world together for one grand spectacle like WrestleMania.

For fans of professional wrestling; past & present, there are so many words to describe the event known as WrestleMania. From spectacle to historic, you could write an entire dictionary on the word, WrestleMania.

But, the word that I am going to use to describe WrestleMania is experience.

WrestleMania began as a small event in New York City and over its 35 year history has grown to be one of the biggest sports events in the world.

Over its 35 year history, WrestleMania has also grown into being longer than just a one-day event. Over its three decade lineage, WrestleMania Sunday has evolved into WrestleMania week.

WrestleMania week begins with the bright young stars of NXT,

WWE's development brand, as they participate in the NXT equivalent of WrestleMania, the NXT TakeOver event.

They put on one of the best shows of the week as the young stars put everything on the line to prove they belong within the same lights of the big stars.

Then, it shifts from the future to the past as legends take their rightful place into immortality as they are inducted into the WWE Hall of Fame, men & women who paved the way for today's stars and the future stars to come.

Then, it comes to the moment that fans mark on their calendar each year, WrestleMania. Stars from the past, present and future all seek to make a name for themselves on the biggest stage of them all.

It all started by selling out

arenas across North America. WrestleMania has grown to now sell out

80 thousand seat stadiums across the United States. These stadiums are filled with fans from over 100 countries around the world.

Strangers walk into those stadiums not knowing what is about to happen. But, by the end of the night, they walk out as the closest of friends. The emotion is at its ultimate peak and the crowd is on the edge of



its seat for every moment.

WrestleMania brings out the emotion and passion in both hardcore and casual fans unlike any other event around the world.

Having attended the last two WrestleManias, I felt the emotion, the passion, the atmosphere from all of the 80 thousand plus fans in the stadiums. Being able to breathe in the smoke from the pyrotechnics and losing your voice from screaming, makes WrestleMania an event unlike

any other event. However, WrestleMania week does not end there.

It continues with the aftermath on WWE's Monday Night Raw and SmackDown Live. Arguably the biggest Raw and SmackDown episodes of the year brings the passionate fans from WrestleMania back to the arena of the city hosting WrestleMania.

The night after WrestleMania is full of excitement and unexpected moments that occasionally rival that of the WrestleMania event itself.

The night after WrestleMania promises returns from stars who either were on the shelf due to injuries, or on a long hiatus away from the company. The Raw & SmackDown after WrestleMania continues an already excitement filled fanbase and kicks it into overdrive.

WrestleMania is an experience unlike any other. The lights, the pyro, the action, the excitement and the moments all jam-packed into one incredible week. That is why I believe that WrestleMania is a must-see, once in a lifetime event for a wrestling fan.



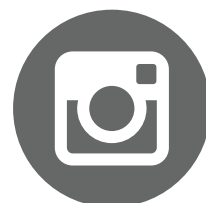
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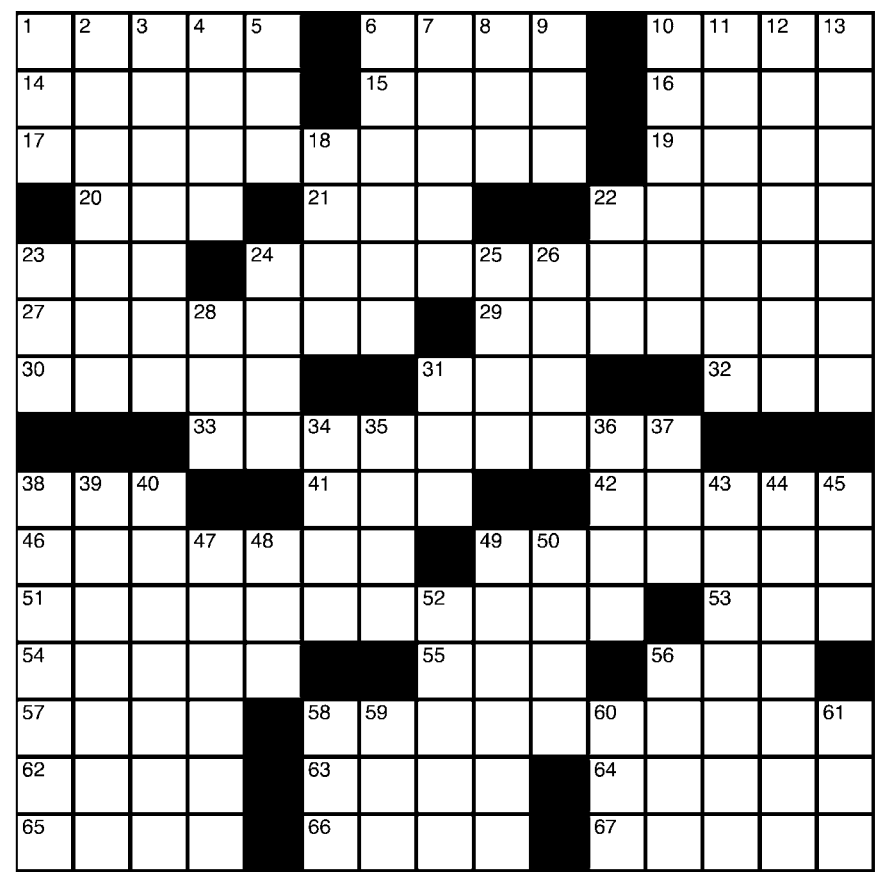
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Crossword Puzzle



- Across**

1 Barcelona buddy

6 Scattered, as seeds

10 Rifle filler

14 Hopeless case

15 Fast-food legend Ray

16 Enjoy a comic book, say

17 Small plucked instrument

19 Fall back (on)

20 “\_\_ Been Awhile”: Staind song

21 Columnist Landers

22 Israeli president, 2007-2014

23 Blackjack card

24 New York region, or its narrow bodies of water

27 Petit or grand crime

29 Docking fee

30 Hog’s nose

31 Objective

32 Fisher-Price product

33 Tropical tree leaf

38 Busy IRS month

41 Not at home

42 China’s Zhou \_\_

46 Doesn’t miss a thing

49 Forbes publisher Forbes

51 Fluttering pitch

53 Dainty taste

54 Gelatin dish
- 55 Slugging legend Mel

56 Canonized Fr. female

57 Slimming surg.

58 Popular necktie knot ... and a hint to the starts of 17-, 24-, 33- and 51-Across

62 Cookie cooker

63 Big on

64 Vital heart line

65 “Bill & \_\_ Excellent Adventure”

66 Cap’n’s underling

67 Wyoming’s \_\_ Range
- Down**
- 1 Ten-percenter: Abbr.
- 2 Native American in a Cooper title
- 3 Not yet born
- 4 Precious stones
- 5 Mars or Venus
- 6 Like teenagers in the comic strip “Zits”
- 7 Chimp kin
- 8 Was victorious
- 9 Sgt. or cpl.
- 10 Unpaid debt
- 11 Kalahari mongoose
- 12 Source of machismo, perhaps
- 13 Epic journey
- 18 Tylenol target
- 22 Gaza Strip gp.
- 23 Capp and Capone
- 24 Greek cheese
- 25 Mideast ruler
- 26 NFL analyst Tony
- 28 Trophy shape
- 31 Toward the tiller
- 34 Hang around
- 35 Grand Canyon animal
- 36 “Little” Dickens girl
- 37 Org. hacked at its Watergate offices
- 38 Require much (of)
- 39 Lost in thought
- 40 Signed on for another tour
- 43 Skill rarely practiced now
- 44 Not aligned with
- 45 Little rascal
- 47 Descendants
- 48 “Best in Show” org.
- 49 \_\_ of honor
- 50 High: Pref.
- 52 Boxing matches
- 56 Horse’s footwear
- 58 Innocuous falsehood
- 59 Musician Yoko
- 60 \_\_ King Cole
- 61 “The Da Vinci Code” author Brown

Poetry Pick

GREY WORLD:  
By Emma Spottswood

“She lives in a grey world,  
Colorless and bland.

She cries tears of hate, for this world that she’s  
in, and she sobs at the thought, of letting their  
lies in.

That to meet their standards, to be better, she has  
to conform.

But when did changing who I am, ever become  
the norm?

How can I be okay, when everyone is the same?

I scream, but no one hears, so I shut everyone  
out.

And this game that I’m playing in my mind,  
well, I’m losing to myself.

She lives in a grey world, with no purpose for  
this life, so she cuts at her wounds, and her skin,  
with a knife.

What can I gain from a world without color?

She doesn’t cry from the pain, but instead looks  
down, and does it again.

And I do this over and over, trying to feel, until

eventually I give up, and except that this is real.

I guess everyone has their own colors, unique  
and bright, but how can we see them, in a world  
without light?

I’m still trying to find my colors, my purpose in  
this life, but I can’t when I’m still drowning in  
the black and the white.

People keep telling me my colors will come, but  
today is not that day, and there may never be one.

So I’m asking, no, I’m begging, could you please  
send just one?

It doesn’t have to be the prettiest, and it doesn’t  
have to be the best, I just want one of my own,  
something to love and protect.

I quickly gave up on searching for my colors.

The truth is, some people just found theirs, more  
easily than others.

So this grey world that I’m in, I guess it will  
have to do, I will never find my colors as easily  
as you.

And honestly, that’s okay, because some of us,  
well,

We just look better in grey.”

-E.G

Sudoku Puzzle

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

Last Edition’s Solution

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

Last Edition’s Solution

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



Anamark Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Guest	Qdoba Mexican Grill	Lee's Famous Recipe Chicken	Panda Express	Gyro Palace	
Soup	Chili Con Carne/ Broccoli Cheddar Soup	Chili Con Carne/Beef Mushroom Barley Soup	Chili Con Carne/Spicy Lentil & Kale Soup	Chili Con Carne/ Chicken Double Noodle Soup	Chili Con Carne/Minestrone Soup
Grillzone	Eric Dickerson's BBQ Pork Sandwich/Spicy BBQ Black Bean Cheeseburger	Eric Dickerson's BBQ Pork Sandwich/Tavern Burger	Eric Dickerson's BBQ Pork Sandwich/Greek Crispy Chicken Sandwich	Eric Dickerson's BBQ Pork Sandwich/Jalapeno Pepper Panini	Eric Dickerson's BBQ Pork Sandwich/Grilled Honey BBQ Salmon
Pizzazone	Grilled Vegetable Calzone	Cheesesteak Pizza	BBQ Chicken Mini Rolletto	Sausage & Peppers Pizza	Chicken Bacon Ranch Pizza
Deli	Southwestern Chicken Chipotle Wrap	Southwestern Chicken Chipotle Wrap	Southwestern Chicken Chipotle Wrap	Southwestern Chicken Chipotle Wrap	Southwestern Chicken Chipotle Wrap
Flatbreads	Broccoli Cheddar Melt/Poblano Chicken Panini	Broccoli Cheddar Melt/Poblano Chicken Panini	Broccoli Cheddar Melt/Poblano Chicken Panini	Broccoli Cheddar Melt/Poblano Chicken Panini	Broccoli Cheddar Melt/Poblano Chicken Panini

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



**This Week's Riddle:**

A man took the shell off of his champion racing snail to make it go faster. Did it work?

**Last Week's Answer:**

2nd and 3rd because you have to go through a shortstop.

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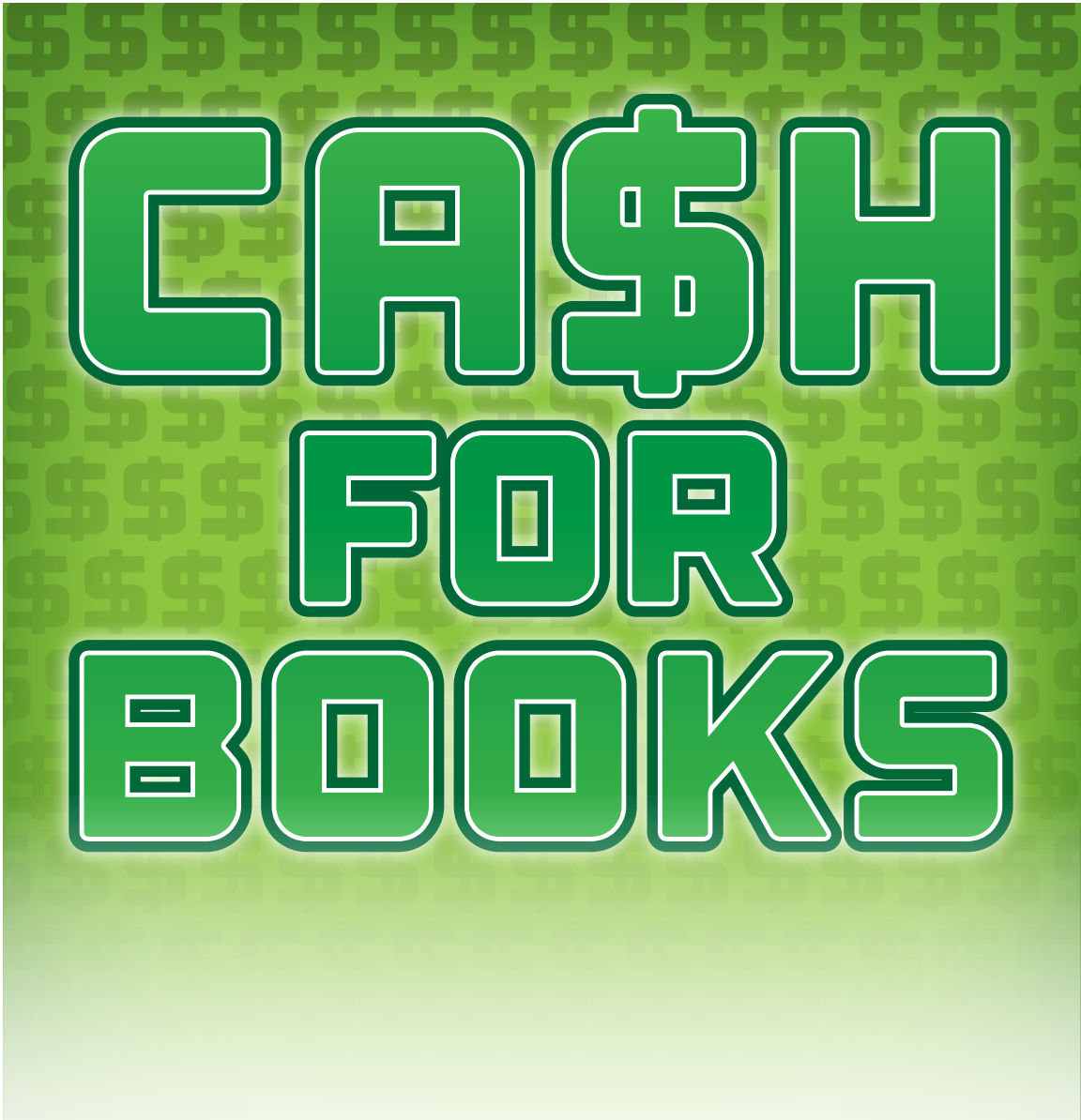
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Horoscopes

- Taurus: April 20 – May 20**  
Preparation saves time and money. Research provides value. Find a hidden treasure as you plot your itinerary. Good news comes from far away.
- Gemini: May 21 – June 21**  
Discuss shared finances. Adapt to changing circumstances. Concentrate closely, and determine the best response. Trust a crazy hunch. Take care of each other.
- Cancer: June 22 – July 22**  
Listen and learn. Make sure you're both on the same page. Update and revise the plan together. Negotiate and refine. Make decisions by consensus.
- Leo: July 23 – Aug. 22**  
Good fortune follows good planning. Research your moves before making them. Get expert coaching. Focus on the details of your performance. Take advantage of current events.
- Virgo: Aug. 23 – Sept. 22**  
Enjoy time with people you love. Go for something fun and spontaneous. You've been taking care of business; relax, and hang out with someone special.
- Libra: Sept. 23 – Oct. 23**  
Make changes at home. Clear clutter, clean and organize. Add a new element or idea. Beautify your place. Share something delicious with friends and family.
- Scorpio: Oct. 24 – Nov. 21**  
Find extra options. Research offers new possibilities. Dig and investigate. Connect the dots, and put your story together. Build a case. Share your discoveries.
- Sagittarius: Nov. 22 – Dec. 21**  
Stay in action to generate positive cash flow. The next few days could get especially lucrative. Money saved is money earned. Celebrate with something delicious.
- Capricorn: Dec. 22 – Jan. 19**  
Take charge for the results you want. You know what to do. Opportunities abound. Investigate new options. Good fortune follows your thorough plans. Lay solid groundwork.
- Aquarius: Jan. 20 – Feb. 18**  
Avoid travel or overstimulating environments. Find a peaceful spot for introspection. Review plans, dreams and visions. An unexpected opportunity deserves consideration. Listen to intuition.
- Pisces: Feb. 19 – March 20**  
Valuable resources, information and connections flow through your friend networks. Get in conversation, and find out what you can contribute. Accept collaborative support.
- Aries: March 21 – April 19**  
Take advantage when a professional door opens. Make your best move to fulfill a fantasy. Get expert support to pursue a dream.





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Building 7 - Bookstore

**Monday, 4/29/2019 - Thursday, 5/2/2019**  
**8:30am until 7:00pm**

STUDENT ID REQUIRED. Bring all CD's DVD's and supplemental materials purchased with your textbooks.

# Novotny's Nupital Knowledge 4/23/19

James,  
I do not want to spend a lot of money on my wedding but instead, want to invest in the experience of an amazing honeymoon abroad.

What are your tips for a good and fulfilling vacation experience?  
-Cynthia

Cynthia,  
This isn't an uncommon choice. Though the cost of the average wedding is rising, many couples are opting to put more money towards their home together or a full-on experience they can enjoy for their honeymoon.

First off, traveling to a place you both would enjoy is key for an enjoyable experience. Compromising is key and what marriage is all about, so get started practicing that from the get-go.

If you want complete control over every choice you make on your trip, don't choose an all-inclusive service.

However, if you want a more leisurely time and not see the money being spent in that moment an all-inclusive trip can be perfect for you, bringing with it food, tours, activities and more, these options are great for a stress-free guided experience.

If it is possible, give yourself one full day between your wedding and the flight you will be taking to your destination. This gives you a second to breathe after the previous festivities and collect yourself before heading out.

This is also a good time to say goodbyes to family members, finalize any arrangements for animal care, collect last-minute materials and start the vacation off right.

If you are someone who likes to avoid credit this may not be the idea for you. Even if you have set money aside to pay for a trip look into possibly getting a travel credit card.

You can finance the entire trip and imminently pay it off collecting all the points that come with it on your first trip as a couple. These points can be invested into more vacations in the future if you are the type who like to travel.

As a planner myself I love scheduling and planning experiences but remember while it is fun to be involved and have some guidance to your experience this is supposed to be a vacation.

Try not to pack too much into your day so you can take each experience at your own pace and even find yourself melding into the culture of the land rather than simply being a tourist.

Speaking of over planning. If you do choose a place like visiting a thriving metropolis like Paris, Milan or London and want to get the most out of your experience rather than leisure, be warned, it won't be easy planning an entire wedding on top of a potential week-long trip.

This could be a good situation in which to higher a planner to help assist with planning your wedding so you can plan your trip. Hopefully, these tips will help ease your mind so you can not only enjoy your wedding but the trip to follow.

Enjoy your honeymoon!  
-James Novotny

*James Novotny, director of James Novotny Lifestyle Design and the wedding blog [alwaysthebridesman.com](http://alwaysthebridesman.com), would like to help guide you down the aisle and ease your wedding day woes.*

*Feel free to send your wedding inquiries to [lifestyledesign@jamesnovotny.org](mailto:lifestyledesign@jamesnovotny.org) or drop them off at the Clarion office, 6-314.*

*James Novotny is an all-inclusive wedding planner and is open to questions regarding same-sex and multicultural weddings.*