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Jonpaul Smith Weaves Together ...

## “What Was Left” pg. 2



FREE

# Featured Artist Jonpaul Smith: 'What Was Left'

Samuel J. Claude  
Managing Editor

Few activities embody the creative spirit of mankind than art, and Sinclair has always encouraged and offered young artists opportunities to not only further their studies in the medium but display it for all of the Sinclair community to see.

The Burnell R. Robert Triangle Gallery in Building 13 is a primary example of Sinclair's appreciation of art. Since the '90s, this gallery has proudly displayed the finest artwork in the Dayton area.

According to Pat McClelland, the gallery coordinator, "when Building 13 was being re-configured, the college's principle architect: Peter Capone (also a supporter of the arts), knowing that the Art Department would occupy this building, recognized the importance of having an art gallery that could exhibit work by serious professional artists and serve as a learning tool for our fine art students as well as a gathering place for the greater Dayton arts community."

Many featured artists have seen their works displayed in the Triangle Gallery, such as Christopher Troutman and Domenic Cretara, two internationally recognized masters of drawing as well as

Jaune Quick-to-See Smith, whose art is currently in the collection of The National Gallery.

This month's featured artist and his unique creations are sure to attract interest. The artist in question is a professional artist of 14 years, Jonpaul Smith.

In Logansport Indiana, born and raised, around beer boxes is where he spent most of his days. This is because his parents owned a liquor store. The community he grew up in valued the tradition of craft such as knitting and weaving quilts and baskets.

Smith's mother was a basket weaver and this heavily influenced him to learn the craft of weaving which can be seen in many of his works.

He attended Hanover College where he studied geology and double majored in anthropology and fine arts. Smith claims anthropology gave him a deeper understanding of the object and how we bestow and treat them, which influenced his work for years to come.

Smith then went to the University of Cincinnati and mastered in printmaking. Since then, Smith has been creating masterpieces by hand from what people would normally consider to be rubbish.

His "What Was Left" exhibit is mostly comprised of discarded packaging from consumer products such as toys or cereal boxes.

"It's really interesting cause it ends up with this really elaborate and beautiful packaging that everyone spent all this time on that's meant to draw you to the shelf and make you want to buy it, and then you take it out and you throw it away," Smith said. "I was always interested in all this time and effort for what was discarded or basically left behind."

He is inspired most by systems and patterns shared by both living and artificial objects, such as how our veins spread throughout our bodies like the limbs of a tree spread about the earth below. Or how a hurricane may take on

the appearance of a galaxy from a bird's-eye view. The concept of objects differing in appearance depending on view inspires Smith and his creations.

Exhibition proposals are accepted at any time for the Triangle Gallery. A committee reviews proposals and McClelland puts together the season's display. It presents diversity of media, expression and subject matter and features 14 of the typical 80 to 120 proposals sent.

The gallery focuses on showcasing quality, originality and professionalism, in addition to works that will enhance the techniques and approaches taught to art students, or work that broadens anyone's understanding of the subjects being addressed.



Photo by Managing Editor Samuel J. Claude  
Smith takes great pride in his work.

## Effectuating Change from the Inside Out

Kayleigh DeLaet  
Reporter

On Thursday, Oct. 3, Sinclair partnered with the Ohio Department of Rehabilitation and Correction, as well as the Ohio Department of Youth Services to host a seminar called "Effectuating Change from the Inside Out."

The event was free to the public and starred Jeffery Henderson, famously known as "Chef Jeff" from the hit TV show "Flip my Food." The symposium was an all-day event that included 17 speakers and two workshops.

Many of the featured speakers were formerly incarcerated and shared their experiences. A few other speakers, such as Kemba Smith of the Kemba Smith Foundation, spoke of their work to help educate the public on drug policy and their hopes of reforming the criminal justice system.

The focus of the event was on encouraging young people to work hard to better themselves, despite the criminal culture that surrounds them.

Henderson grew up in the 1980s, when cocaine was just becoming popularized. He lived in a poor neighborhood in LA and the possibility of making fast cash presented hope for him and his community.

"I wanted to create my own version of the American dream for me and my family," Henderson stated. By dealing cocaine, he could make as much as \$35,000 a week.

Henderson was charged with drug trafficking in 1988 and was sentenced to 10 years and seven months in prison. Despite his situation, he was determined to turn his life around. He read all

the books he could and took business classes that were offered in prison. Eventually, he worked in the kitchen, where he discovered his passion for cooking.

When Henderson's sentence was over in 1997, it was hard for him to find work with his criminal background. After numerous rejections, he was offered a job as a dishwasher. Henderson worked hard and eventually moved up the ladder to higher positions. By 2001, Henderson was a well-established cook with titles such as "Chef of the Year."

Henderson knows he's fortunate to be where he is today. When looking back, he acknowledges that though he made the choice to deal drugs, he, like many others, was criminalized because of the circumstances of his community.

"We were growing up on the streets with no guidance, no purpose. We did what we could to survive," Henderson said.

Most of Henderson's speech gave insight into the experience of poverty. He spoke of the desperate measures people must take in order to get food on the table. Even though parents make the sacrifices they do to provide a better life for their children, kids are impacted by seeing their parents struggle and ultimately make the same choices.

"I would've never imagined the impact cocaine would have on our communities and for future generations to come," Henderson said.

Although Henderson claims we are living in a society where criminal culture is thriving, his story proves to us that change is possible and that it's never too late to start over.



Photo by Staff Photographer Nikki Neumann  
Effectuating Change from the Inside Out Seminar.

# Mike DeWine Introduces STRONG Ohio Bill

Nikki Neumann  
Reporter

On Oct. 7, 2019 Ohio Governor Mike Dewine brought the issue of gun violence to the public's attention once again. After the devastating shooting in Dayton, at the Oregon District, the community and many others have joined to push the state for gun reform.

Mike Dewine shared specifics on the STRONG Ohio Prevention Plan. Dayton mayor Nan Whaley joined Dewine to support this legislation, which is also sponsored by state senator Matt Dolan.

The STRONG Ohio bill is an acronym for gun reform. **S** is for Safety Protection Orders. **T** is for Thorough Background Checks. **R** is for Rigorous due process. **O** is for Ongoing Help to those in Crisis. **N** is for New State Background Checks. **G** is for Greater Penalties for Gun Crime.

This law is to ensure that guns are going to the right people. This law will require more background checks and a little more extensive procedure. It will also increase penalties for people who have guns who are not legally allowed to and for the individuals who sold them the firearms.

This is also to ensure that those legally declared by a judge to be a danger to themselves or others do not have access to firearms.

The proposal of the STRONG Ohio bill is being called "enhanced safety

protection order." This law will allow individuals to be assessed by a mental health expert. It would require anyone who is deemed to be a danger to themselves or others, individuals with substance abuse and the mentally ill to surrender their weapons.

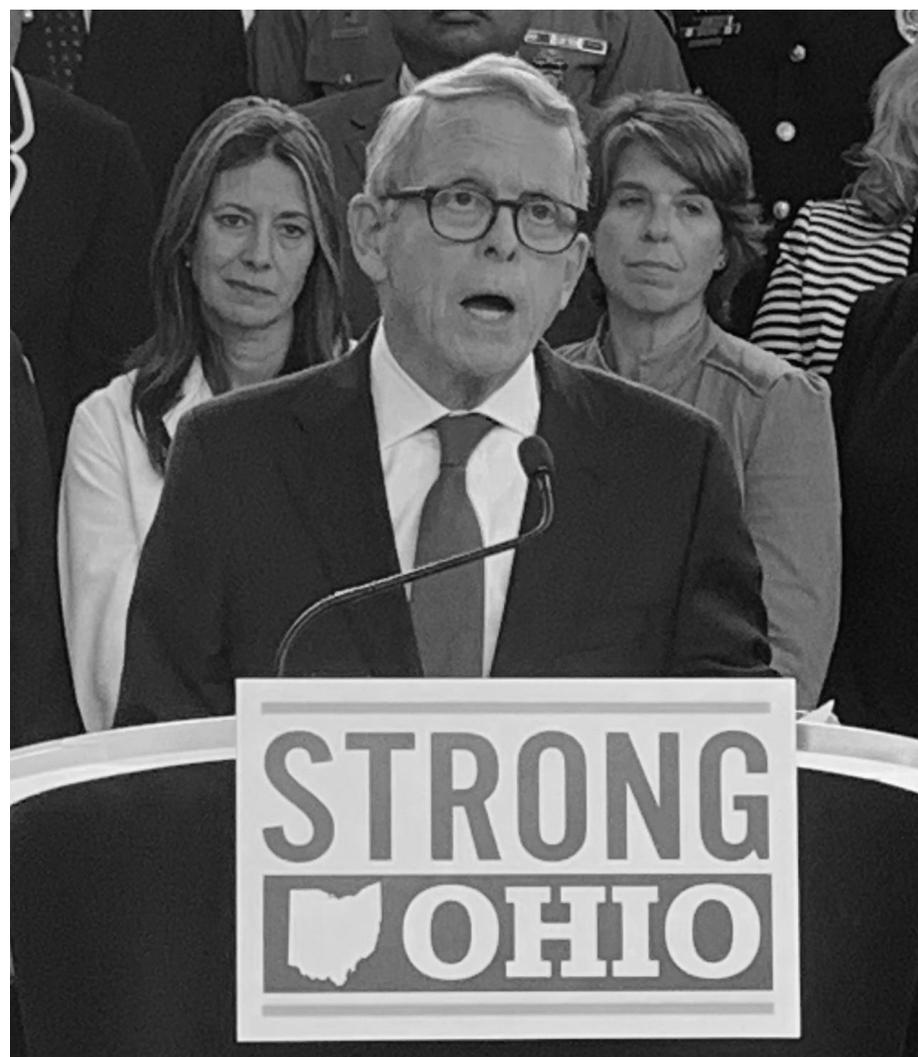
The STRONG Ohio bill will create a new, private-sale background check process that will increase the number of background checks conducted in Ohio while also protecting the privacy of law-abiding gun owners.

Although this is not going to be required for private sales, the seller can be found guilty for selling to a criminal and will be charged, even if they "Didn't know he was a bad guy."

As gun reform is a common want from the majority of Democratic party it may be hard to get the swing of the Republican vote that repeatedly blocks gun-reform in Ohio.

This bill will attempt to balance more measures to protect the public while supporting the Second Amendment: the right to bear arms. This balance is reached with the intent to earn the Republican vote.

The goal of the STRONG Ohio bill is to decrease overall gun violence by creating and improving measures to protect the public, such as increasing private sale background checks and raising penalties for gun crimes.



Source: MTC/Tribune  
DeWine in Columbus on Oct. 7 about his revisions to his package of gun-reform proposals.

# Sinclair Hosts Annual 'The Longest Table' Event



Photo by Staff Photographer Brian Walker  
A group of people enjoying the experience of meeting new friends.

Valencia Bruno  
Reporter

On Wednesday, Oct. 2, Sinclair held The Longest Table event in the courtyard outside of Building 7 from 11:30 a.m.-1:30 p.m.

The goal and concept of the event is for those attending to talk to different people that they normally wouldn't in an effort to bring people out of their comfort zone and gain knowledge and appreciation of other cultures and

perspectives.

Michael Carter, Chief Diversity Officer at Sinclair, has helped make The Longest Table event possible this year.

This wasn't the college's first time hosting the event. Last year it was hosted on 3rd Street but they had to move it indoors, due to weather concerns. Carter was glad the weather worked out in his favor this year, and he is planning to continue putting together

The Longest Table every year. Various foods compatible with any diet

were provided for students and faculty to eat while mingling. There were questions posted at each table to serve as conversation starters.

There were basic questions like "What is your dream vacation?" "Where do you live?" or "Do you have a pet?"

As people began to arrive the whole table got filled up and there were a lot of people talking. At one point, it was so loud people were screaming their questions at each other. It was rather humorous.

"It's better than sitting at a desk, and it is an interesting concept to bring people together," said Jarrett Dickey.

Music played as the soundtrack for several conversations between students and staff continued. Those that attended enjoyed the laid back atmosphere and look forward to coming back when The Longest Table returns.

Trish Burke, the coordinator of Academic Advising, recommended Sinclair "do it every year." She also brought her daughter and it was her first time being on campus.

Despite the immense heat in October, people still came to the table for food and friendly conversation, which is no doubt a win for the Diversity Department.



Photo by Staff Photographer Brian Walker  
A glimpse of the entire table.

# My Voice: Cats Are Better Than Dogs

Anwen Harris  
Reporter

Cats are significantly superior to dogs, at least that's my opinion. Although both of these animals are adorable and great in their own way, cats definitely bring much more to the table than dogs do.

First, we will take a look at the evolutionary history of the feline species versus the canine species.

Dogs were domesticated around 10,000 to 20,000 years before cats were. In fact, while humans forcefully domesticated dogs to be their servants, cats became domesticated because it benefited them.

Humans began breeding dogs to complete tasks for them, so dogs instinctively are more inclined to serve humans. Cats, on the other hand, started hanging out around humans when agriculture first emerged. They did this due to all of the extra rodents and food sources that humans and agriculture provided.

This is very evident in the behavior of

our beloved pets today. Dogs are known for their people pleasing qualities and their ability to be easily trained. As most people are aware of, cats are quite the opposite.

Usually, they are known for their fierce independence and indignant attitudes. In fact, it is debated whether cats are even fully domesticated. This is why if a house cat was put in the wild, it would easily be able to survive. However, dogs surviving in the wild is less likely.

Disclaimer: no, it isn't good to have stray cats outside because they kill so much wildlife. This is all hypothetical, of course.

This is why it is more rewarding to have a cat as a companion, rather than a dog. It takes work to earn the respect and loyalty of a cat. For instance, dogs will almost always respond to their own names.

Contrary to popular belief, cats also know their names, it just takes a special person in order for them to want to respond. Unlike a dog, who is utterly dependent on you in every way, having

a cat is more like having a best friend rather than a small child.

Cats clean themselves, go to the bathroom themselves, and yet still want to bask in your love and attention, it's the best of both worlds. When your cat loves you, they are very open about their affection.

Cats are beautiful and majestic creatures. They can be pretty fierce when they want to be, and they are able to hold their own ground. While dogs can be fairly sheepish at times, cats have a sense

of pride and self-respect that is not often compromised. Cats are able to land on all four feet at any time they fall, which is very often when their short little legs won't propel them onto your bed.

Don't get me wrong, I also love dogs, but cats are not the mean, sullen animals that so many people make them out to be. Cats are precious and worthy of just as much love as dogs. At the end of the day, cats want to make you just as happy as dogs want to.



Photo by Staff Photographer Nikki Neumann  
A couple of Nikki's cats taking a rest, being better than dogs is hard work!

## How to Deal with Stress as Midterms Approach



Source: Unsplash

James Novotny  
Staff Writer

If you're reading this, you've probably finished or are about to face the monster college students know as midterms.

Community college students face a lot of worry and stress, whether it be a huge change of life from high school, newly living on your own, raising a family or balancing a career and school, stress and worry are inevitable.

Don't let balancing it all, new environments and work overload lessen your chance of achieving your education goals. Here are a

few different ways you can keep your mental stability while going to school.

### Creating Structure Get Organized

Numerous understudies think that it's difficult to go from having adequate parental help and structure to making their own structure and self-restraint. In school, it's essential to remain sorted out. Luckily this isn't a new-age problem and generations have created planners, notebooks and modern day apps to help you organize your life and school work.

### Design Your Space

As you set up your living space, whether it is yours, shared or still with your parents it is essential to create an environment that helps you achieve your goals. Make certain there's a calm space for you to center and focus. In the event that your flatmate is boisterous or ever-present, that may mean finding a most loved niche in the library or coffeehouse to visit.

Children can be a bit more of a struggle so finding that all rare "me time" is essential to your productivity.

### Make a Schedule

When arranging your day's

tasks, make certain you permit yourself the time you have to research and complete work. On average they say there should be 3 hours given outside of class for every hour in. This is very generic, but you may require additional time than you realize so being ready is essential.

### Keeping Healthy Regular Exercise

This tip just seems like an added stress to your day and can be depending on how you handle it. Regular exercise does not have to take place in the gym. Regardless of whether you're just ready to work out in 10-minute augmentations, exercise can raise your state of mind, discharge strain and help keep your body sound.

Try incorporating this in your everyday activities such as choosing stairs over the elevator or parking just a little further from your destination for some added steps.

### Eat Right

While inexpensive, fun and light foods may seem like a sweet treat, they come with shoddy nourishment and don't set you up to put forth the best version of yourself you can be.

Make sure to keep your

apartment supplied with a couple of fresh vegetables, high-protein snacks and make certain that your fundamental dinners are real food and not a microwave convenience.

### Get Enough Sleep

Numerous students think that it is hard to get enough rest in with an overbooked calendars, late-night cram sessions and trying to maintain some sort of social life between work and school, but sleep it essential.

To remain sound, it's imperative to focus on getting an entire eight hours of sleep. On the off chance that you stay awake until late, don't plan morning classes or if you should rise early, hit the sack at a sensible hour.

### Combat Your Stress

#### Discover Support

Heading off to college typically means leaving some family and friends behind or spending more time away from your children and family.

This can be very distressing for some who haven't built up another helpful circle of support yet and can prompt depression, anxiety and other health issues.

Reach out and make an effort to include those you can into

your school life when possible or build a new network of support from within Sinclair.

### Branch Out at School

Engaging with clubs at school can be a great solution for school depression. Join an activity class, converse with individuals you keep running into or in your classes or exploit the numerous social open doors on your grounds which can place you in contact with individuals who may wind up being long lasting companions. This can be much harder as an introvert but will be major in helping in the long run.

*College Services*

Aside from clubs, Sinclair offers Student Services, an all-inclusive campus ministry and more when it comes to dealing for college overload. On the off chance that you discover it particularly hard to conform to your new life, try checking out what Sinclair has to offer outside of classes. Numerous students observe this to be extremely useful and learn abilities that help them for the remainder of their lives.

# Breaking The Psyche: Domestic Abuse Awareness

Ashley Brown  
Reporter

Domestic Abuse is a very damaging type of abuse due to the fact it causes physical harm and mental harm to the survivor. It can range in threatening statements to beating someone to death. The month of October is National Domestic abuse awareness month. This helps bring attention to the signs and the effects of domestic violence in the society.

It is important to remember that domestic violence encompasses physical, mental and sexual abuse. Domestic abuse can occur with any one of any gender, ethnicity, social class and age.

Physical abuse in partners is defined as using physical force to try and gain power and control over another person. Every 20 minutes in the United States someone one is physically abused by a significant other. Statistics show that 1 in 3 women and 1 in 4 men have experienced physical abuse by a partner. Physical abuse can take many forms. These forms can be hitting, kicking and choking. They may threaten you if you try and call for help or seek medical attention. Driving recklessly with you in the car. There are many more things they can do to try and physically gain control. It is important to remember though that physical abuse can look different than what is in the media. No matter how big or small it may seem all levels of physical abuse can be scary and damaging to the survivor.

Emotional abuse can be defined as a

person continually using tactics to cause psychological damage to someone. This may include name calling, gaslighting, tracking or demanding to know what you are doing and with who, isolation and continually telling you that you will never find someone better. This type of abuse is also reliant on gaining control. This type of abuse causes the survivors to feel insecure and many aspects of their lives. It is common for the abuser to threaten physical abuse to continue to gain fear and control. When it comes to emotional abuse it can cause mental health issues like PTSD and depression. Studies have shown that 7 out of 10 women display symptoms of PTSD and/or depression after being in an emotionally abusive relationship. It is important to remember that man can experience emotional abuse also.

Sexual abuse is describe as being forced to engage in unwanted sexual behavior. This type of abuse is most often associated with rape. However, sexual assault can be many things such as being sexually touched or being forced to physically touch another person, being forced to dress in a provakitive way and purposly attempting to pass a STD onto you. This type of abuse often leaves lasting trauma onto the survivors.

Sexual coercion is a subcatagory of sexual abuse. Sexual coercion is the act of persuading or edging someone to engage in sexual behavior. This can include a significant other making you feel as if you owe it to them to engage

in sexual activities. They may do this by making comments on how your are in a relationship or how they have spent money on you. Sexual coercion is also the act of using alcohol or drugs to “loosen” someone up. They may also make you feel bad for not engaging in sexual acts.

Reproductive coercion is the act of controlling one’s reproductive system. This type of abuse may be tricky to identify because other types of abuse are usually also happening. This type of abuse occurs in many ways such as lying about having a vasectomy or taking birth control. They may also refuse to take birth control or wear a condom. Wearing a condom at the beginning of intercourse then removing it without partners knowledge is another way this abuse works. Just like all the other types of abuse control and power are often present.

So if a women becomes pregant, the partner may force the choice of weather she carries the baby or has a abortion.

Abuse is a choice. When the abuser is engaging in abusive behavior it is a deliberate choice to try and gain power and control. They want to prove their dominance and feel in control. Causing humiliation in survivors lowers self esteem making it harder to leave. They also make you feel like your in isolation so you feel you have nowhere safe to go. This however is untrue the YWCA is located here in Dayton.

The YWCA is an organization located across the United States to help empower women. They are located at 141 W.

Third St., Dayton, OH 45402 and there phone number is 937-461-5550. I went down there to interview Ryhan Hoskins who is a crisis support specialist. Upon interviewing we talked about what lead her to this career, she said “I had this young man i just could not get through to. Then one day he looked at me and asked me, “What would you do if somebody was beating your mother?” and this sparked my interest in domestic abuse because what would i do.” We talked about the sexual violence program they have which offers support groups and assistance with navigating the legal system. They also have a domestic violence program and they offer short-term counseling, assistance filing a protection order and there shelter program. Both sexual violence and domestic violence programs have the crisis hotline ( 937-222-SAFE).

Domestic abuse is a problem and that’s why the month of October is National Domestic Abuse Awareness month. Remembering that you do not have to stay in a toxic or unsafe situation is the first step in getting help.



Source: Unsplash

## Events of the Week!

### Tuesday, Oct. 15

*Puppies on Campus*  
11:30 a.m.-1 p.m., Building 14, 2nd Floor

*Movie: Wonder*  
3:30-6 p.m., Building 12, Smith Auditorium

### Wednesday, Oct. 16

*Sinclair Talks: Working With Deaf-Blind Individuals*  
Noon-1 p.m., Building 8 stage

*Women’s Volleyball vs Clark State Community College*  
6-8 p.m., Building 8 gym

### Thursday, Oct. 17

*Plaza Party*  
11 a.m.-1 p.m., Belltower Plaza

*Sinclair Theatre presents Treasure Island*  
7-10 p.m., Blair Hall Theatre

### Friday, Oct. 18

*Sinclair Theatre presents Treasure Island*  
7-10 p.m., Blair Hall Theatre, Building 2

### Saturday, Oct. 19

*Sinclair Fall Affair Open House*  
9 a.m.-12:30 p.m., Building 12

*Sinclair Theatre presents Treasure Island*  
7-10 p.m., Blair Hall Theatre, Building 2

### Sunday, Oct. 20

*Yoga with Cats*  
10 a.m., Gem City Catfe, 1513 E. 5th St.

### Monday, Oct. 21

*Fall B-Term Semester Begins*

*Sinclair Theatre Open Auditions*  
6:30-8 p.m., Building 2, Black Box Theatre (4th Floor)





## National Coming Out Day At Sinclair

Photo by Staff Photographer Brian Walker

The four Sinclair students that spoke at the panel: Ethan Sacrenty, Jaden Cypher, Sky Burke and Nate Smith

**Henry Wolski**  
Associate Editor

As part of Sinclair's acknowledgment of National Coming Out Day, Larry Lindstrom, Multifaith Campus Ministry Chaplain and LGBTQ+ Support Liaison, and Kara Brown, Advisor to Brite Signal Alliance, the student organization for the LGBTQ+ community, hosted a panel of students sharing their experience coming out.

Coming out as a member of the LGBTQ+ community can be a struggle, as people can face rejection in the form of physical or mental abuse from family, friends and strangers.

Members of the panel described their personal experiences coming out and how the reactions of those close to them weren't always what they expected.

"I think my story really shows two sides of it," Nate Smith, a student and member of Brite Signal Alliance said.

"When I came out to my mom, I was nervous as hell... I told her, and her reaction was 'ok, cool.' She has always been supportive of me and had my back in that regard and didn't see me as any different of a person, which is probably the best reaction you could have.

"When I told my father I was out at The Greene, and when I told him he decked me in the face in front of 500 people. He told me I was gonna burn in hell, all that typical stuff... Imagine what would've happened if I told him when I was living with him or been visiting him alone."

Brown stated that coming out is not just dealt with by the person coming out, but is a decision that has to be weighed and calculated for every person they know, be it a friend, family member or coworker, as everyone's reaction could be different and have their own set of consequences.

"One thing with coming out that I've

come to understand is that it is a process for [parents] as much as it is for me, which sucks," Ethan Sacrenty, member of Brite Signal said. "When I first came out it was, 'You're going to hell, and she was so upset...' but now it's 'You and KC [their fiancé] are coming over for Christmas right?'"

"I wish it wasn't a process for everyone else to understand, but going along with them as they're going along with you is very important," Sacrenty said.

"Coming out is not a one-time process," Sky Burke, President of Brite Signal Alliance said.

"The reactions when I came out as bi and when I came out as trans were totally different," Jaden Cypher, Vice-President of Bright Signal Alliance said. "I came out to my mom as trans... she has a nickname for me 'Princess Petunia Blossom,' which even if I wasn't trans I wouldn't want her to call me that."

Following his coming out, Cypher and his mom got into a fierce argument that changed his perspective on her permanently.

"She basically just stood there telling me 'you're wrong, you're lying to yourself this is not who you are,' and that hurt because she was the second person I came out to as trans and having that be the second person's view was... not great," Cypher said.

Each member of the panel spoke about how they were able to create alternate families and support systems.

All four confirmed that they've cultivated their support system online, but they stress the importance of being aware of their surroundings and avoiding situations that may put them in danger.

Burke also recommended going to brick and mortar support groups for the LGBTQ+ community, such as Brite Signal Alliance, the Greater Dayton LGBT Center or PFLAG Dayton.

## Work Discrimination Set Against the Backdrop of Coming Out Week

**Richard Foltz**  
Executive Editor

This past week the Supreme Court heard at least three cases that might be troubling for members of the LGBTQ+ community, as it deciphers laws that might allow employers to fire workers for sexual orientation or gender identity, all on a week that ends with a national holiday celebrating LGBTQ+ pride.

Gerald Bostock was a child-welfare coordinator for Clayton County, Georgia, a job that he had held for ten years without incident when he was unceremoniously fired after joining an LGBTQ softball league back in 2013.

Aimee Stephens was a funeral home director in Livonia, Michigan when she was let go after she, at the time identified as a man and then decided to come out as a transgender woman in 2012.

"I stood in the backyard for an hour with a gun to my chest, but I couldn't do it," she said in a report from NPR, describing what it felt like to live as an identity she didn't feel comfortable in for 51 years.

Stephens was fired two weeks after giving a letter to her boss. The letter was written and delivered to her boss and coworkers, with her intent being to come out completely to them.

She said in a report by NPR that she worked on the letter for eight months and that although she knew that many of her coworkers would find it hard to grasp, that she had to live with it every day.

"I have realized that some of you may have trouble understanding this," she wrote. "In truth, I have had to live with it every day of my life, and even I do not fully understand it myself."

In a videotaped interview with his

lawyers, Tom Rost, Harris Funeral Homes' owner said that he was concerned with how families of the deceased would react to Stephens who was "the face of the funeral home."

According to a report by Vice News, Stephens' transition went against "God's commands."

The plaintiffs in the case argued last Tuesday, Oct. 8 that they're protected under law by Title VII of the 1964 Civil Rights Act, a federal law that should, in theory, protect them from workplace discrimination nationwide, despite gaps in several states across the nation that don't provide protection for gender identity or sexual orientation.

This is all taking place the same week as National Coming Out Day, which was last Friday, Oct. 11, a day founded in 1988 with the intent to promote pride and awareness amongst the LGBTQ+ community, and with the belief that a

world that lives in silence is a world in which homophobia and bigotry are allowed to grow.

Sinclair held their own event this past Wednesday, Oct. 9 in the Library Loggia, with panels led by members from Brite Signal Alliance, an on-campus group for members of the LGBTQ+ community as well as allies that was founded in 2009.

"Support. Support. Support." Said Sky Burke, Brite Signal Alliance President, of what allies can do for people in the process of coming out.

"Support through every single step... if it does go south be ready for them, be ready to support them in whatever way that they need."

"Support can even be little things," said KC Shrunk. "Just going, 'Hey, I see you, I accept you and I thought you would like this.'"



# “Rick and Morty” Season Four Release Date Announced

**Henry Wolski**  
Associate Editor

Adult Swim’s powerhouse series “Rick and Morty” is back for its fourth season, premiering Nov. 10 at 11:30 p.m.

It will consist of five episodes, with more coming at some point in 2020. Fan-favorite characters such as Mr. Poopybutthole, Gearhead and the army of helpful Meeseeks are featured in a new preview trailer for the season, released on Oct. 7.

Potential plots include the titular duo exploring the world of magic, Morty getting infested by some parasite and facing a scenario where he slowly dies along with some kind of treasure hunt as the two enter a booby-trapped temple.

The season also features guest stars such as Paul Giamatti, Sam Neil, Kathleen Turner and Taika Waititi.

The very passionate fanbase of the

show had a mixed reaction to this announcement, as the two-year wait between season three and four was the longest break in the history of the series, which is known for long production times.

The voiceover in the trailer pokes fun at this with the line, “Half the season you deserve, all the season we could handle.”

Season four comes after a long renewal process, where Adult Swim granted creators Justin Roiland and Dan Harmon 70 new episodes to produce as part of a long term deal.

“I think it’s safe to say without fear of being wrong that the gap between seasons three and four will be the longest and last time that it’s ever so long that it’s ridiculous,” Harmon said in an interview with the Hollywood Reporter in July. “I don’t know how fast we can do it, but I know it will never be this long again. There were so many things that had to be settled before we even started

season four.”

The duo pushed for the renewal to ensure job security and to justify putting their sole focus on the show.

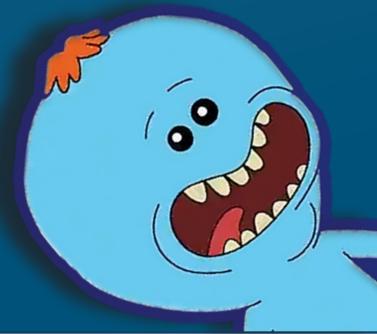
In other news regarding “Rick and Morty,” J. Michael Mendel, a four-time Emmy-winning producer of the series, passed away at the age of 54 on Sept. 22, 2019. He was a substantial part of the show’s production from its beginning in 2013.

“My friend, partner, and line producer Mike Mendel passed away,” Roiland tweeted following his death. “I am devastated. My heart breaks for his family. I don’t know what I’m going to do without you by my side Mike. I’m destroyed.”

“I can’t handle seeing his cropped photo in headlines with the word dead in them,” Harmon wrote on Instagram. “...I took Mike for granted. He was always needed and he was always there. He’s going to be needed tomorrow and he

won’t be there. The wound will scar but there will be a hole through everything we do from now on.”

“Rick and Morty” is one of Adult Swim’s most successful shows, as the season three finale delivered the network its highest rating in history. The show also holds the title of the #1 comedy on TV with millennials.




# Expect a “Little Misfortune”

**LeAnne McPherson**  
Reporter

The Swedish developer-duo Killmonday Games have done it again! Sharing the same universe with their cult following 2015 video game Fran Bow, Little Misfortune is an interactive story focused on exploration and characters, both sweet and dark, where your choices have consequences.

The game stars Misfortune Ramirez Hernandez, an imaginative eight-year-old, who seeks the prize of Eternal Happiness. Led by her new “friend,” Mr. Voice, they venture into the woods, where mysteries are unraveled and a little bit of bad luck unfolds.

Don’t be misled by the cute aesthetic, as the game is quite dark with gallows

humor throughout.

Released on Sept. 18, 2019 for Steam, GOG and Humble with its console and mobile release coming soon. It is rated M for mature by the ESRB and is \$19.99. The game features original art by Natalia Martinsson, an original soundtrack by Isak Martinsson and hours of gameplay with multiple endings available.

In late 2012, Killmonday Games was started by the married duo Natalia Martinsson and Isak Martinsson who live in Sweden. They both have a background working on short films, animations and music videos.

Natalia Martinsson is a professional illustrator and animator with a huge passion for characters and writing, while Isak Martinsson is a composer and programmer and also writes the games

they create.

2013 could be seen as the most successful year for Killmonday Games. They had been working part-time on their first game, Fran Bow, while Isak worked in construction and Natalia had just completed an animation project contract and was out of a job.

One night they saw the documentary “Indie Game: The Movie” and at the same time learned about crowdfunding, so they decided to try it out with Fran Bow, which ultimately resulted in its funding. This meant Isak could quit his job and they could start working on the game full time.

By the end of 2015, the game was complete. Fran Bow was greenlit to be released on Steam. It took much more time than anticipated and Killmonday Games nearly went bankrupt in

the process.

The sales of the game were crucial for them to be able to continue their passion for game development, but nothing was certain. Luckily, Fran Bow was one of the most successful point and click adventure game in years and quickly grew a very strong and loving community around it.

Killmonday Games’ dream to create games with personal stories attached to them, creating immersive worlds filled with mystery, feelings and fun had just begun. Their biggest focus lies in the storytelling and making a personal connection to the players and the game.

Currently, they are working on a secret game, and a new epic adventure game called Different Galaxy and have plans to create another installment in the Fran Bow series in the future.

# Sinclair Cares Counseling

Having anxious thoughts can easily turn into obsessions and thoughts that you feel you cannot get away from. Most of the time these are things that we cannot change/control or something irrational.

In order to gain control of these thoughts, you need to intervene with something more productive. Try these phrases to change the way you manage anxious thoughts.

Write a couple down and keep them on you to look at when you need to reassure yourself:

- That thought isn't helpful right now.
- Now is not the time to think about that, I can think about it later.
- It's ok that I just had that thought/feeling and it doesn't mean anything; I do not have to pay attention to it.
- This is irrational, I'm going to let it go.
- I do not have to figure out this question. The best thing I can do is just drop it.
- This is not an emergency. I can slow down and think clearly about what I need.
- This feels urgent and threatening but it is not.
- I will not argue with an irrational thought.
- It's ok to make mistakes.
- I already know from my past experiences that these fears are irrational.
- I have to take risks in life. I am willing to take this risk.
- I am ready to move on now.
- I can handle being wrong.
- I do not have to suffer like this. I deserve to feel comfortable.
- That is not my responsibility.
- That is not my problem.
- I have done the best I can.

*Anxiety is the #1 mental health issue experienced by college students. If you feel like you need help, please make an appointment with Counseling Services. We are located in Building 10, Room 424 and our phone number is 512-3032.*



Contributed by Emily Hudson

# Your Voice

## "What can we do to help the homeless?"



Photo by Multimedia Specialist Max Foster

“

“Volunteer our time or give donations.”

”

- Joe Connell  
Electrical Engineering

“

“Make sure they have information to help them like shelters and jobs.”

”

- Luis Vallejo  
EMS/Fire Science



Photo by Multimedia Specialist Max Foster

“

“Give gift cards or other useful items.”

”

- Sophie Hayden  
Visual Communications



Photo by Multimedia Specialist Max Foster

“

“Be kind, understanding, and accepting of the hard times they're going through.”

”

- Max Foster  
EMS/Fire Science



Photo by Multimedia Specialist Max Foster

# Ombuddy Corner

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

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

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

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

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

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



# Clarion Cartoons



**Invisible Struggles**

**Created by:  
Zoë Pirslin**

## My Voice: The Root Causes of Homelessness

Hannah Shafer  
*Reporter*

The general public needs to change the way that it looks at the poor and homeless community. While it may seem obvious to some that those near homelessness or those experiencing it are humans and should be treated as such, others may not view that as the case.

For those who have a disdainful view of the homeless, I find it important to first recognize that the causes of poverty and homelessness do not fall into the hands of the individual but rather the system.

Over the past many years, the demand for affordable housing has

increased yet housing assistance and programs designed to help the poor have decreased. While the minimum wage has been raised, it has not kept up with the rising cost of housing.

After the Great Depression arose the declaration of the War on Poverty, which resulted in the welfare system's creation. When a family went under the poverty line, which is known to be inaccurate anyway, they were offered assistance until they returned to the line and not above it. They then lost their benefits thus resulting in a high possibility that they would slip back into poverty and the cycle would start over again.

This happens today in terms of governmental assistance. Let's say

that a single mom with a newborn qualifies for Title 20 child care. Having the government pay for the daycare saves that mother roughly \$200 a week, if not more. If she were to get a raise of just 50 cents an hour, it is likely that she may lose her assistance.

Her raise would likely not give her an extra \$100 a week but due to her loss in assistance, she is now forced to pay more than she was before and her raise has now caused her to bring home even less money. This is not at the fault of the mother but rather the system.

When people hear "homeless" they often imagine someone living on the street begging for money. While that is the reality for many homeless people, the majority of the homeless population goes unseen.

There are homeless families working full time and sending their children to school that do not make enough to buy or rent a house or apartment but are able to momentarily reside in shelters or motels. They are homeless and this is a problem with the system.

Often times those who are fortunate enough to not need government assistance get frustrated with those using food stamps.

Every so often I hear people getting upset about people selling their food stamps for money because they could be buying something bad when they should be using it for food. The

reality of this is that there are many necessary items that are not covered by food stamps.

As Doctor Rowell states in our Social Problems class' online lesson, "if you are receiving government assistance in the United States, you are not allowed to use your food stamp money for the following items: deodorant, shampoo, soap, toothpaste, diapers (if you do not have money, you probably do not have a washer and dryer), kotex, over-the counter prescription medication and hot deli items (if you are poor you may not have a stove)."

In our society, it is viewed as essential by most employers to be hygienic in regards to the use of deodorant, shampoo, soap and toothpaste. If someone sells their food stamps to get these items or perhaps diapers for their child they can then be accused of welfare fraud. This is an issue with the system.

There is so much about poverty and homelessness in America as well as our own communities that often go unknown or unseen. It is important to be educated and open to learning about the struggles of our fellow humans in order to be more understanding and thus more decent to one another.

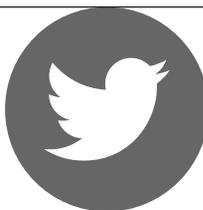
Before blaming the victim it is important to look at the perpetrator and see what is really being done to create the problem.



Source: Unsplash



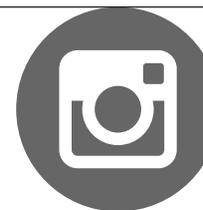
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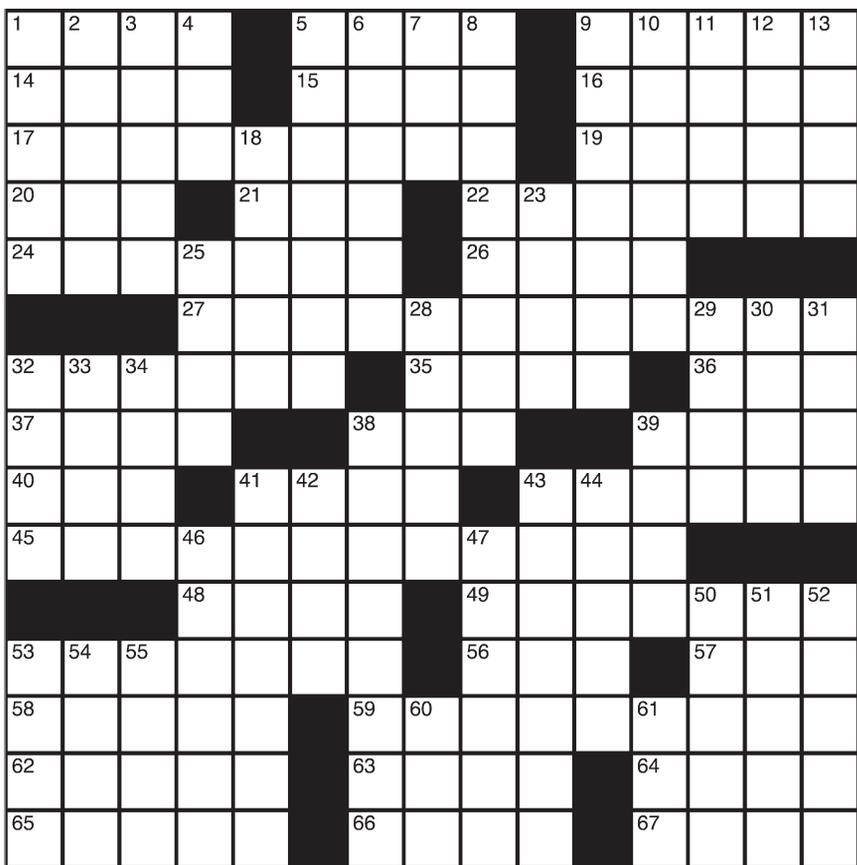


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# Crossword Puzzle



- Across**
- 1 Give a little
  - 5 Under-the-sink cleaners
  - 9 Spherical
  - 14 On the protected side
  - 15 Ward of "FBI"
  - 16 Author Zora \_\_\_ Hurston
  - 17 Ellington Strayhorn hit to which Johnny Mercer later added lyrics
  - 19 Mistreat
  - 20 "The Addams Family" cousin
  - 21 Device for scratch removal?
  - 22 Something found under 'a chest
  - 24 Viagra competitor
  - 26 Letter starter
  - 27 Storied Alpine rescuer
  - 32 Useful
  - 35 Drop off
  - 36 Motes may be seen in one
  - 37 Two-time Indy winner Luyendyk
  - 38 Two-\_\_\_-one
  - 39 Air Jordan company
  - 40 Thing on a ring
  - 41 Bodily fluids
  - 43 Filled with wonder
  - 45 Spot treatment
  - 48 Senate helper
  - 49 "I must be seeing things"
- Down**
- 1 Pesto herb
  - 2 Really excite
  - 3 Hulu service
  - 4 Opus \_\_\_: "The Da Vinci Code" sect
  - 5 '60s "journey"
  - 6 Coast Guard rank
  - 7 Angled piece
  - 8 Self-service food station
  - 9 How some silly things are done
  - 10 Spiritually awakened
  - 11 Gale family creator
  - 12 Otherwise
  - 13 Cook Paula
  - 18 Birth-related
  - 23 "I've \_\_\_ busy"
  - 25 "It's clear now"
  - 28 Clock change hr. (though most do it sooner)
- Across**
- 53 Reliable income source
  - 56 Coll. aides
  - 57 Feel poorly
  - 58 Tablet download
  - 59 Social networking service ... or an apt portmanteau for the starts of 17-, 27- and 45-Across
  - 62 Nary a soul
  - 63 Snap, in ads
  - 64 Radiation units
  - 65 In good shape
  - 66 Movie lab
- Down**
- 29 Nev. neighbor
  - 30 Golf bunker tool
  - 31 Like green hair
  - 32 Symbols of strength
  - 33 Fingerboard bar
  - 34 Casual greeting
  - 38 Coffee shop amenity
  - 39 DEA operative
  - 41 Ate at the theater, say
  - 42 Proof word
  - 43 One who takes off a lot
  - 44 High-scoring club?
  - 46 Selfie stick attachment
  - 47 Decides one will
  - 50 Sultan's group
  - 51 Marlins' home
  - 52 Title loc. in six horror films
  - 53 Coin often left in a dish
  - 54 Peek-\_\_\_
  - 55 "Are we there yet?" reply
  - 60 Yule quaff
  - 61 Miracle-\_\_\_

# Poetry Pick

## Trees

I think that I shall never see  
A poem lovely as a tree.

A tree whose hungry mouth is prest  
Against the earth's sweet flowing breast;

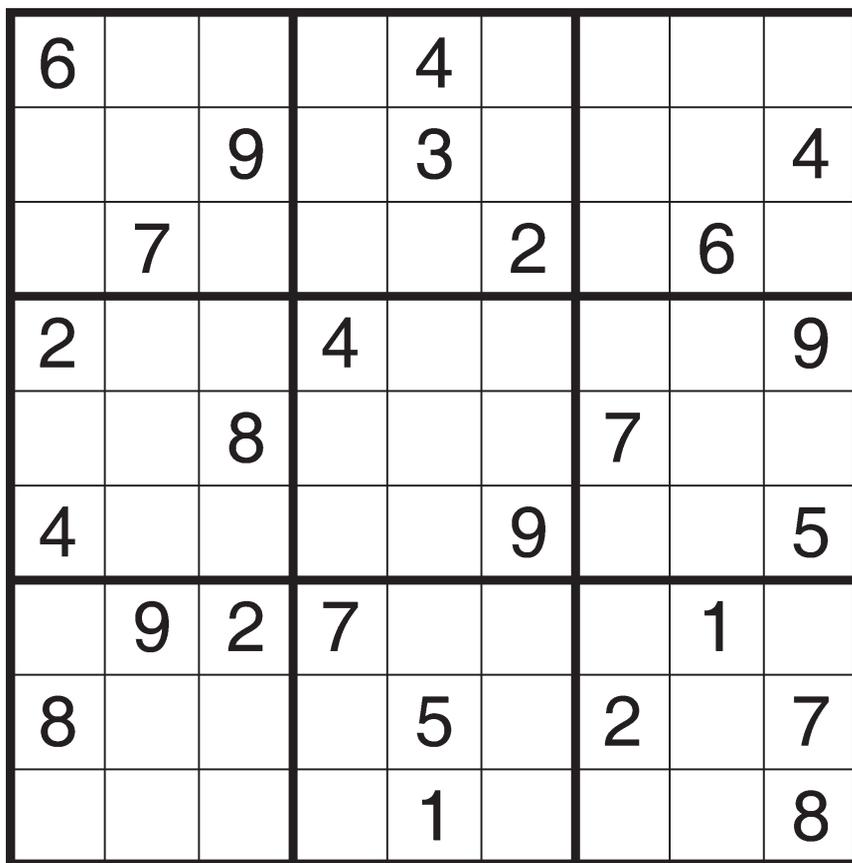
A tree that looks at God all day,  
And lifts her leafy arms to pray;

A tree that may in Summer wear  
A nest of robins in her hair;

Upon whose bosom snow has lain;  
Who intimately lives with rain.  
Poems are made by fools like me,  
But only God can make a tree.

Joyce Kilmer

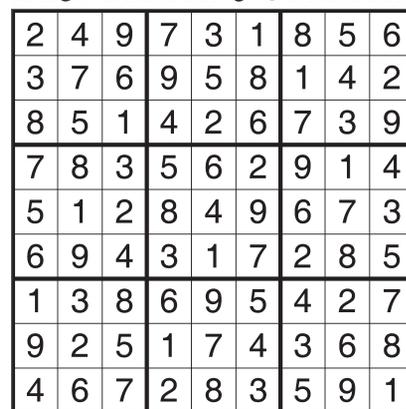
# Sudoku Puzzle



## Last Edition's Solution



## Last Edition's Solution



### Anamark Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Guest</b>	Qdoba Mexican Grill	Lee's Famous Recipe Chicken	Panda Express	Gyro Palace	
<b>Soup</b>	Vegetable Orzo Soup/ Chicken & Pinto Bean Chili	Chicken & Pinto Bean Chili	Vegetarian Chili/ Chicken & Pinto Bean Chili	Hearty Chicken Gumbo/ Chicken & Pinto Bean Chili	New England Clam Chowder/ Minestrone Soup
<b>Grillzone</b>	All-American Gardenburger	Cajun Cheese Burger	Pork Tacos	Cajun Crispy Chicken Sandwich	Sante Fe style Cod fish/ Tortilla Crusted Pollock
<b>Pizzazone</b>	Meat Lover's Pizza	Angry Pepperoni Pizza	Hawaiian Pizza	Carne Asada Pizza	Bbq Chicken Pizza
<b>Deli</b>	Oktoberfest Pretzel Panini/ Power Wrap	Oktoberfest Pretzel Panini/ Power Wrap	Oktoberfest Pretzel Panini/ Power Wrap	Oktoberfest Pretzel Panini/ Power Wrap	Oktoberfest Pretzel Panini/ Power Wrap
<b>Flatbreads</b>	Buffalo Chicken Panini/ Spinach Pesto Melt	Buffalo Chicken Panini/ Spinach Pesto Melt	Buffalo Chicken Panini/ Spinach Pesto Melt	Buffalo Chicken Panini/ Spinach Pesto Melt	Buffalo Chicken Panini/ Spinach Pesto Melt

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



#### This Edition's Riddle:

What runs around the whole yard without moving?

#### Last Edition's Answer:

Fire.

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## Horoscopes

#### Libra: Sept. 23 – Oct. 23

Keep your cool with your partner regarding finances. Talk about your dreams. When you share an inspiring vision, the steps to take become clear.

#### Scorpio: Oct. 24 – Nov. 21

Resolve any misunderstandings with your partner as soon as possible. Stride forward with a collaborative effort. Share the load and leap ahead.

#### Sagittarius: Nov. 22 – Dec. 21

Nurture your physical health, energy and fitness. Friends keep you on the right track with good advice. Watch where you're going and proceed carefully.

#### Capricorn: Dec. 22 – Jan. 19

Keep your patience and humor with your family and your sweetheart. Consider long-term perspectives. Clarify things to get on the same page. Have fun together.

#### Aquarius: Jan. 20 – Feb. 18

Ask practical questions. Listen carefully to family concerns. Find out what others want and dream. Make sure everyone feels heard. Create new possibilities together.

#### Pisces: Feb. 19 – March 20

Spend more time listening than speaking. Don't jump to conclusions. Inquire with an open mind and take what you get. Avoid another's argument. Practice diplomacy.

#### Aries: March 21 – April 19

Review financial data. Focus on the long haul rather than instant gratification for a better return. Consider your dreams, visions and desires. Take small steps.

#### Taurus: April 20 – May 20

Long-desired ambitions seem just around the corner. Consistent action advances personal dreams. Discuss the result you'd love to see while remaining open to mystery.

#### Gemini: May 21 – June 21

Hide in your secret workplace to get productive behind closed doors. Avoid crowds or noise. Sweet music soothes your spirit. Make inspiring future plans.

#### Cancer: June 22 – July 22

Communicate clearly for better teamwork. Consider group goals, vision and mission. Avoid conflicting interests. Coordinate roles, responsibilities and messaging. Share your common dream.

#### Leo: July 23 – Aug. 22

Professional discipline is required now. Get strength from the past and the ones who came before. You're gaining respect. Keep producing results. Outsmart the competition.

#### Virgo: Aug. 23 – Sept. 22

Talk about adventurous dreams and fantasies while handling practical details. Purchase travel tickets in advance. Apply to an educational program. Schedule deadlines and goals.

'The Clarion' location Building 6, Room 314

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Linda C. Black Horoscopes: by Nancy Black.

Distributed by MCT Information Services



Photo By Executive Editor Richard Foltz  
A spooky shot of Sinclair's campus



Photo By Creative Director Sophie Hayden  
A glimpse of the sunset overlooking the parking garage from Building 13



Photo By Staff Photographer Brian Walker  
A look at the student art displayed in Building 13



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Photo By Staff Photographer Brian Walker  
The Volleyball team taking on the Loraine County Commodores on Oct.4



Photo By Staff Photographer Brian Walker  
The Volleyball team taking on the Loraine County Commodores on Oct.4

# QUICK NEWS!!

## Local News:

- At 6:20 p.m., Rosevelt Rappley was shot and killed by a store clerk after attempting to rob a Dollar General on 2228 North Gettysburg Avenue. Rappley entered the store armed and demanded money from the clerk who "shot him in self-defense."
- 108 employees will be out of work as Kroger's Northridge location on Needmore Road will be closing in a month's time on Nov. 14 due to poor profits. Spokeswoman for the Cincinnati Division of stores, Erin Rolfes said: "The store has been unprofitable for a while and that was the reason we chose to close it." All inventory items will be transferred to other Kroger locations.

## World News:

- On Oct. 8, Activision Blizzard stripped professional Hearthstone player Chung "Blitzchung" Ng Wai of his winnings, banned him from competitive play for a year and fired two broadcasters covering his stream after Ng Wai declared a pro-Hong Kong message on stream.
- Turkey bombs Ras al-Ain, Syria on Oct. 10, pushing backing U.S.-allied Kurdish forces in an attempt to extend Turkish control over Northern Syria. The Turkish Defensive Military is said to have hit 181 targets thus far.