

VOLUME 44 - EDITION 2

The Clarion

Produced by Students, For Students



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THANKSGIVING RECIPES! PG. 12

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NOODLE THE PUG AND MENTAL
HEALTH PG. 16



FREE!

NOV 1 - 29

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NOVEMBER: DAYTON EVENTS

SINCLAIR NOVEMBER EVENTS

Sinclair Talks: Food Insecurity and the Effects in the Classroom

Nov. 3, 12-1 p.m.

Building 8 or Zoom

Regional Centers Open House

Nov. 16, 4-6:30 p.m.

Sinclair Centerville Campus

Fall 2021 Virtual Career Fair

Nov. 17, 12-3 p.m.

Virtual Event

Sinclair Talks: Our Mission to Help Veteran Homelessness and Food Insecurity

Nov. 17, 1- 2 p.m.

Building 8 Stage or Zoom

DAYTON NOVEMBER EVENTS:

Snowflake Extravaganza Craft Bazaar

Nov. 5, 10 a.m-7 p.m.

Sacred Heart Catholic Church

Old Fashioned Holiday Bazaar at Holy Trinity Church

Nov. 6, 9 a.m-3 pm.

Holy Trinity Church

Dayton Art Institute: Museums on Us Program

Nov. 6, 11 a.m-5 p.m.

Nov. 7, 12-5 p.m.

Dayton Art Institute

Dayton Funk: A Tribute to Dayton's Funk Legacy

Nov. 6, 8 p.m.

Schuster Performing Arts Center

The Dayton Train Show

Nov. 6, 9 a.m-6 p.m.

Nov. 7, 9 a.m-6 p.m.

50th Annual Dayton Book Fair

Nov. 12, 9 a.m-7 p.m.

The New Montgomery County Fairgrounds

Autumn Open 5K

Nov. 13, 7:30 a.m.

Huber Heights YMCA

Open Aircraft Days at the Air Force Museum

Nov. 13, 11 a.m-3 p.m.

Nov. 18, 11 a.m-3 p.m.

Air Force Museum

Sensory Sunday

Nov. 14, 10 a.m.

Boonshoft Museum of Discovery

Journey BOREALIS Holiday Drive-Thru Light Show

Nov. 19-Nov. 26, 6-10 p.m.

Pyramid Hill

Third Sunday at Front Street

Nov. 21, 11 a.m- 4 p.m.

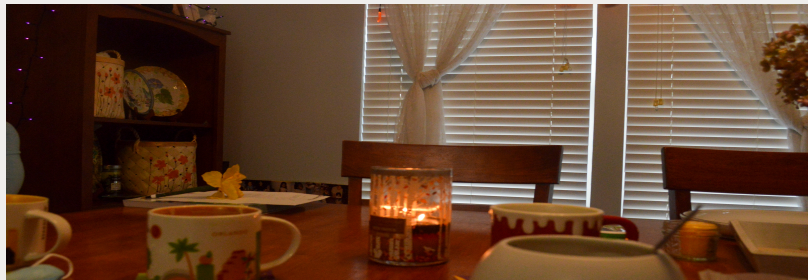
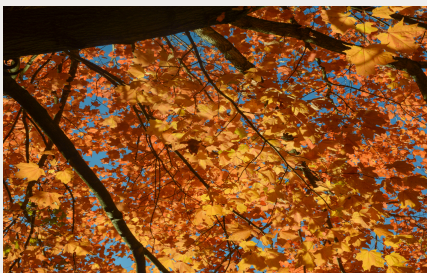
1001 east 2nd Street, Dayton, OH

2021 Dayton Holiday Festival Grande Illumination & Dayton Children's Parade

Nov. 26, 4- 9 p.m.

Virtual Event

Fall Photos
Via Aliyah Bing



DIVERSITY CHIEF HONORED



In recent years, diversity and inclusion in our community has become an increasingly important matter.

Michael Carter, Sinclair's Chief Diversity Officer and Senior Advisor to the President, has made it his personal duty for the past 20 years to focus on making not only Sinclair, but the Dayton community, more diverse and inclusive.

"It's about more than diversity, it's more about equity and inclusion," Carter said. "What's most important is providing people with what they need and making sure everyone gets a voice."

Carter was nominated by the Dayton Business Journal for the 2021 Individual Outstanding Diversity Champion award.

This award recognizes individuals in the community who have shown passion and commitment to promote diversity and inclusion within their organizations or in their community, as well as those

making a positive difference through contributions to social justice and equality.

Carter was "very honored and humbled" for being awarded but considers it more of an award for Sinclair as it shows they are working towards a common goal.

On Sept. 27, Carter also opened a new exhibit at Sinclair's Dayton campus called "The Black Experience in America."

The exhibit takes people through the history of African Americans and their successes and struggles throughout the past decade, and it honors people who have stood up for equality. Different types of authors, activists, and leaders are all recognized throughout this exhibit.

Carter wanted people's input with his exhibit, so he had students and staff write down their opinions and notes and had them hung up on the wall afterwards.

Some things people have said

about the exhibit is that it is "a moving and motivational exhibit, that makes you take action" and "opening more of my vision of my history, grateful and honored to see a lot of unique articles and items."

Carter said that he was encouraged to create the exhibit because: "A couple years ago I made a mobile hip-hop display, so I had an idea prepared, and did practice runs in building 12 during Covid."

The display itself took about two weeks to put together.

Carter says he is "passionate about sharing knowledge."

The exhibit was open on Oct. 19 and Oct. 20 in the library at the Dayton campus. More dates to attend will be announced at a later date.

Rachel Rosen

**Reporter/Social Media
Coordinator**

SEEKING THE TRUTH

Seeking the Truth on the Treatment of Native Americans

Sinclair held a talk called “Seeking the Truth: The Historical Treatment of Native Americans” led and coordinated by Nora Stanger, who works in clinical psychology and is a lifelong learner, especially on this topic.

The book “The Other Slavery” by Andrés Reséndez was a big part of this presentation because of how moving and troubling it is to read. The book talks about the uncovered story of Indian enslavement in America. The book has many different stories of how the Indians were forced away from their families and sold to other Europeans.

“I was torn at the heart when I read the book,” said Stanger.

The presentation began with Christopher Columbus’s voyage in 1492 and how he took Indians away from their families, selling or trading the women and children. After Columbus, many others did the same from Ponce de León in 1513, to Hernando de Soto in 1539, and so on. The Europeans took over the whole countryside within almost 300 years.

The presentation showed the change of Native Americans’ land and how they were driven off and pushed into much smaller regions. [Click here for the video](#)

Stanger spoke about Captain John Sutter who is known to be one of the most prolific enslavers of Native Americans, and how he also received a grant for 48,000 acres of Native American land in California.

Ethnic cleansing was committed against the Native Americans. This forced them to become like the Europeans or else they would be killed. One way this was done was boarding schools for Native children. The purpose of the boarding schools were for the Europeans to isolate the children from their families and to wipe them clean of their traditions and languages.

“The greatest travesty was hundreds of years of hidden history and also ignoring the generational trauma that exists even today,” said Stanger.

Slavery is still going on today. There is human trafficking in the U.S, along with forced labor and forced marriage. According to the presentation, 50,000 people are trafficked into the U.S. each year.

“Slavery isn’t just in the past. It is part of our history,” said Stanger.

The talk ended with a call to action. There are a couple of things people can do.

1. Open your eyes.
2. Where do you see injustice happening?
3. What can you do to address this issue?

You could tell by everyone’s reactions to the talk how moving and powerful it was to learn about the treatment of Native Americans and how slavery still plays a part in today’s world.

Nick Thomas

Intern



NFL AND THANKSGIVING: A HISTORY

Last year 30.3 million people watched the Dallas Cowboys face the Washington Football Team on Thanksgiving Day. The history of NFL games on Thanksgiving goes all the way back to 1902. What has become a great tradition in football started out as just a gimmick so that the Detroit Lions could get people to come to their games.

Throughout the first 18 years of the NFL, many teams played on Thanksgiving and many of those teams either don't exist anymore or have changed their name. For example, the Chicago Cardinals are now the Green Bay Packers. A break in scheduling Thanksgiving games took place due to World War II. After the war was over, the games began again with the Detroit Lions having a game every year up until 1963.

The next big milestone in this history happened in 1966, when the

Dallas Cowboys took over hosting Thanksgiving games. From then on, Dallas and Detroit played each year on Thanksgiving. Since both of these teams are in the National Football Conference, they would schedule either Dallas or Detroit to play an American Football Conference team, so that the AFC could showcase one of their teams.

Since the early 2000s, players have worn throwback uniforms for Thanksgiving and it might happen this year. In 2006, the NFL added a third game to the mix for Thanksgiving night. This game has no fixed opponents or conferences.

Some of these games have been memorable ones. In 1980, the game went into overtime which was the first time this happened in a Thanksgiving game. Plus, on the opening kickoff of OT, the Chicago Bears running back returned the kick for a 95-yard game-winning touchdown, giving the Bears the win over the Detroit Lions.

Another memorable game happened in 2012. In this game, the New York Jets quarterback Mark Sanchez created the infamous "butt fumble" which happened when he ran into one of his offensive

lineman's buttocks. The ball was then recovered by the New England Patriots and returned for a touchdown.

"Watching the Lions play on Thanksgiving with my whole family is a yearly tradition. We make a ton of food before the game and then all watch it together," said Joe Discher, a Detroit Lions fan.

The Lions' record on Thanksgiving is 37-41-2. There is still hope that they can win this year and bring that record closer together. On the other hand, the Dallas Cowboys are sitting at 30-21-1 for their franchise record on Thanksgiving.

"Hopefully the Lions win this year. Detroit fans are aching to finally have a winning team," said Discher.

The three games on Thanksgiving this year are the Chicago Bears vs. the Detroit Lions at 12:30 p.m., the Las Vegas Raiders vs. the Dallas Cowboys at 4:30 p.m., and to finish off the night, the Buffalo Bills vs. the New Orleans Saints at 8:20 p.m.

Nick Thomas

Intern



MY VOICE: THANKSGIVING TRADITIONS

Thanksgiving is around the corner and many people think of it as an important national holiday. Other people view Thanksgiving as a break from work, or just going to a family members' house and celebrating with food and drink. These are the various aspects of Thanksgiving traditions.

Family and Friends

The most obvious would be spending time with family. If you are someone like me who doesn't spend much time with their family, Thanksgiving plays an important role in bringing people together, meaning you will be able to reconnect with people you barely get to see.

This was one of the aspects of the holiday I enjoyed. My sister and I "house hopped" to various residents to see different family members and friends that we don't see quite often. It is something I won't forget.



A Good Day Off Work

Another aspect of Thanksgiving that makes it enjoyable is how it allows some of us to get a day, or a few days, off work.

If you don't feel like working on Thanksgiving Day due to the endless wave of people you are going to be dealing with at your job, put in a request for a day off ahead of time and you'll likely get to have a holiday vacation with your family.

Holiday Pay

Holiday pay is what makes working on Thanksgiving day better. Not only can you get extra payment for all of your hard work, you can also possibly get overtime, depending on the situation at your job.

When I used to work in a trucking position at my place of work, we would get overtime for staying longer than we should have by getting everything organized for the third shift crew, and holiday pay added along with that. After a day's work, I would have enough money to spend or save.

Football

Football plays an important role in Thanksgiving; it is



where families come together to have a great time; yelling, shouting, and cursing. One of the reasons I like football during the holidays is that I get to see all my family in one room, where we can just have random conversations and make jokes. For me, football is and always will be the aspect that makes Thanksgiving what it is.

Nick Thomas and Jamario Brown-Tolliver

Interns

COMING OUT STORIES

In honor of National Coming Out Day, Sinclair's Brite Signal Alliance presented the event "Coming Out Stories."

"Coming out is not a moment, it is a process," said Sky Burke.

Telling family and friends can be a scary experience. Burke has been a member of the organization for over three years and says his coming out could have been worse; all experiences are different and unique.

LGBTQ+ youth continue to experience more violence and suicide risk than heterosexual youths. So, what can be done? A person may be unaware of the microaggressions they convey. It can be unintentional but still hurtful.

"Don't be a jerk and say that you already knew," said Burke.

The Brite Signal Alliance is committed to promoting equity and raising awareness about the diversity of sexual orientation and gender identity, including challenges faced by the LGBTQ+ community.

This student club offers support, education, and fun while promoting greater diversity awareness and change to the local college and community.

"Just four years ago I came out to my southern Christian family. I was afraid," said another participant. She brought her longtime girlfriend to a family party after coming out. "It is freedom being able to live an authentic life."

Presenters shared their experiences and provided information and guidance to help everyone be supportive and affirming.

"It's all right to be surprised, ask questions. Not questions like, can I tell my friends or give me details," said Burke.

The message could not have been clearer. "This is not about you, it's about them," Burke said, "Ask how you can be an ally."

According to data from the 2015 national Youth Risk Behavior Survey (YRBS) of surveyed LGBT students:

10% were threatened or injured with a weapon on school property

34% were bullied on school property

28% were bullied electronically

23% of LGBT students who had dated or went out with someone had experienced sexual dating violence in the prior year

18% of LGBT students had experienced physical dating violence

18% of LGBT students had been forced to have sexual intercourse at some point in their lives.

To promote and support the LGBTQ+ community in high schools and colleges, the Centers for Disease Control and Prevention suggest:

- Encourage respect
- Identify safe places
- Encourage student run programs and clubs.
- Make sure health includes HIV, STDs, and pregnancy prevention relevant



to LGBTQ+ community.

- Provide training for school staff
- Facilitate access to health providers in the community.

For more information about the Brite Alliance and support for the LGBTQ+ community at Sinclair Community College, contact Larry Lindstrom, LGBTQ+ Support Liaison.

Diane Sikora

Reporter

ALZHEIMER'S AWARENESS MONTH

Alzheimer's is a degenerative brain disease and the most common form of dementia. November is National Alzheimer's Disease Month. When there are noticeable changes in thinking, reasoning, and behavior, the word dementia is used to describe those symptoms.

These are the early warning signs of Alzheimer's disease as reported on the CDC (Centers for Disease Control) website.

- Memory loss that disrupts normal life, forgetting appointments and repeating themselves.
- Challenges in planning or problem solving like paying bills or cooking.
- Difficulty completing familiar tasks like

driving or using a cell phone.

- Confusion of time or place like understanding events that are happening.
- Trouble with visual comprehension, perception of space, such as balancing and dropping things.
- Recent problems with words, written or spoken.
- Losing things and not being able to retrace your steps.
- Judgment decreased of things such as hygiene and taking care of a pet.
- Withdrawing from social activities and work.
- Changes in mood or

personality such as being fearful or suspicious.

The inevitable risk factors for Alzheimer's disease or dementia like aging and genetics cannot be changed.

In a report published by the Alzheimer's Association in 2019, 5.8 million Americans have Alzheimer's disease, which is the most common form of cognitive disorder. The report states that Alzheimer's disease is diagnosed in 60 – 80% of dementia cases. It is also the sixth leading cause of death in the United States.

Alzheimer's disease is a progressive disease that slowly gets worse over time. After diagnosis, most people live an average of four to eight years, with some people living as many as twenty years. The monetary impact of this disease is devastating to families; people leave their employment to care for a parent or other aging family member with dementia.

According to AlzImpact.org the costs of Alzheimer's to Medicare and Medicaid is more than any other disease, including cancer. The cost per person without Alzheimer's is \$7,750 per

year, while the cost for a person with Alzheimer's is \$25,213 per year, and it is on the rise.

There are other costs to consider as the disease progresses. They will need in-home care, transportation, medications, personal care, someone to take care of finances, and make medical decisions. All these things need to be discussed as a person ages. Do not wait until it is too late, do it before retirement age. Have that talk when the person is still legally able to make those decisions. After the diagnosis, it may be too late. According to all the doctors, scientists and researchers, there are many factors that may be a predictor of the disease.

One thing that they all seem to agree upon is that there is no definitive conclusion, yet there are things that can be done today to prevent the onset of Alzheimer's disease and dementia.

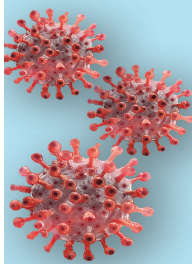
Start early and take better care of the heart and muscles, especially the brain. Eat a healthy diet and keep active in body and mind.

Diane Sikora

Reporter



CELEBRATING THE HOLIDAYS AS COVID WINDS DOWN



To say COVID-19 has had a huge impact on everyone would be an understatement. Thankfully, time heals most things.

There is now a vaccine and COVID numbers are beginning to drop once again. With 2021 coming to a close and holidays right around the corner, the Clarion decided to get some insight on students and their plans for the upcoming holiday season.

What are your plans for the holiday season?

Trew Davis. Major: Undecided

“My plans for this holiday season are to go to haunted houses while they are still open, then after I will be going to Las Vegas for Halloween. I plan on getting together with my family for Thanksgiving and Christmas. Other than that I plan on relaxing and working.”

Allie Day. Major: Metal Health and Addiction Services

“My plans for my holiday season are to get together with my family for Thanksgiving and Christmas. I’m planning on going to Florida to see my mom and stepdad after Christmas.”

Jenna Sanford. Major: Health Science

“Me and my fiancé have a family trip planned to take the kids and go down to Gatlinburg. I’m looking forward to things being open and not having to wear a mask. I’m also excited to be able to spend time with my whole family for the holidays.”

What will be different for you this holiday season compared to last year?

Trew Davis:

“I plan on getting out of the house more this year now that I’m vaccinated, I feel safer about going places and doing things.”

Allie Day:

“This holiday season will be much better for me this year. Last year my brother and sister-in-law both had COVID. My grandparents didn’t attend our normal Christmas get-together. I also feel like this year feels safer because most of my family has either already had COVID or is now vaccinated.”

Jenna Sanford:

“One of the biggest changes between this year and last year is being able to have my kids around my grandparents. Last year was uncertain about what would be safe and what wouldn’t be, so since COVID has started to become under control it makes me feel more at ease to have them around each other.”

Did Covid have an impact on your holiday season last year?

Trew Davis:

“Last year we didn’t get to have our typical Christmas get-together because we were trying to be cautious to keep my older relatives as safe as possible.”

Allie Day:

“We still got to do certain things but not our normal holiday celebration gift exchange. I’m excited for this upcoming season to be able to see all my family especially with some of them getting older, and myself being so busy between work and school, so the holidays are times when people get to visit and spend time with their entire family.”

Jenna Sanford:

“Covid most have had an impact on me last year around the holidays. It financially impacted me because of the curfew, we had to work around our schedules when the kids had to be home from school. It was a lot of obstacles to work around. We also had to do Zoom meetings with my older family members during our usual holiday celebration.”

All in all, it is safe to say everyone is feeling a little more at ease this year. Happy Holidays from our staff at the Clarion and remember to stay safe!

Marquie Peyton

Intern



THANKSGIVING DISASTERS!

Have you ever had a holiday disaster that made you re-think how you celebrate the holiday altogether? I have. Two years ago while prepping for Thanksgiving, we did as most people do and cleaned our oven. Luckily our oven has a self-clean option where it gets super hot to make it easier to scrub down. All the cleaning was finally done, along with the pies I always make a day or 2 in advance.

As we started our early morning preparations on Nov. 28, 2019, we preheated the oven and started cleaning the turkey. Unfortunately, we noticed an hour later that the oven had yet to preheat. We figured it was just a glitch and unplugged and plugged the oven back in, hoping that that would fix it. Sadly, the oven still refused to preheat. I was in a fit because I now had a turkey, two macaroni and cheese dishes, and a sweet potato casserole that would go uncooked. Even worse, three very excited children that love Thanksgiving would be disappointed. I called my mom to see if I could use her oven, but of course, it was already cooking her turkey for her family get-together.

Feeling defeated, I was ready to give up on the Thanksgiving traditions for the year. My husband said we could use the grill for the turkey. I was thinking,

'how are we going to grill a turkey?' As it turns out, it is possible and it was delicious and better than in the oven. I was also able to get my sides done in time, thanks to my amazing neighbors who loaned me the use of their oven.

We use a charcoal grill and start the turkey around 11 a.m. Be sure to baste the turkey often to make sure it stays tender. We use the grill as a kind of smoker, by setting the charcoal on the sides instead of in the middle like you would when making hamburgers. How long you keep it on the grill depends on the size of the turkey. We usually do dinner around 3 p.m. My husband always says whenever using the grill, it's best to keep the temperature low and cook things slowly to make sure the meat is tender and juicy. No one enjoys a dried-out turkey.

So even when disasters occur, look for a solution and never give up hope. You may discover a hidden gem that makes it an even better holiday for years to come. Ever since we have been making grilled turkey and our family has nominated us to host the Thanksgiving feast.

Sarah Collins

Reporter



Reader Sent In

I was born on Thanksgiving in 2001 and a lot of funny stories came from that day. I was born in the evening, so everyone had to eat the hospital Thanksgiving food while they waited for me to arrive. I'm still given grief because they had to eat the rubber-textured turkey served with purple gravy at the hospital! My dad said that it felt like a hidden camera prank, except it wasn't. My grandpa, who lives near Toledo, was rushing to the hospital and actually got his first speeding ticket on my behalf. The fact that it's been nearly 20 years and he hasn't received another ticket makes me feel special, but he, however, has many words for the cop who gave him a ticket on Thanksgiving while rushing to the hospital.

-Clara Walton

One Thanksgiving, my family and I were visiting my grandparents. We sat in the living room playing board games and watching the Macy's parade while we waited to eat.

Everything was fine until all of a sudden we heard a loud boom! We all rushed to the kitchen to see what was going on and my grandpa was laughing hysterically. He could barely articulate any words because he was giggling so hard! Moving closer to the oven, we were able to see that the turkey had exploded which prompted that loud boom. With this, we all laughed hysterically wondering what had happened or what to eat instead.

Thankfully, we had ham in addition to the turkey. However, this hilarious turkey explosion lives on as one of my most cherished holiday memories.

-Kaylee Raines, Sinclair alum (2020)

THANKSGIVING RECIPES

5 Ingredient Peanut Butter Chocolate Bars

Ingredients

- 1 cup of butter, softened
- 2 cups of creamy peanut butter
- 4 cups of powdered sugar
- ½ teaspoon of pure vanilla extract
- 4 cups of milk chocolate chips, melted

Directions

In a medium bowl, blend the peanut butter and softened butter.

Slowly mix in the powdered sugar and the vanilla.

Spread the peanut butter/sugar mixture evenly in a 13x9 inch cake pan. Spread the melted milk chocolate evenly over the top.

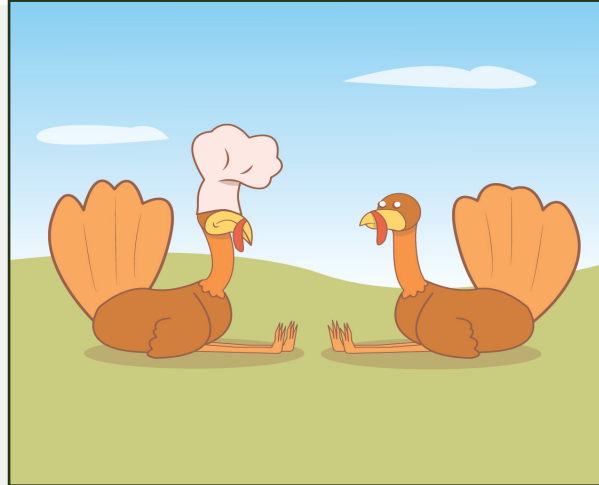
Cover, and chill for at least two hours.

Pumpkin Pie

Ingredients

- 2 15-ounce cans of pumpkin puree
- 2 cans of evaporated milk
- ¾ cup sugar
- ¾ cup brown sugar

1



teaspoon cinnamon

1/2 teaspoon ginger

1/4 teaspoon cloves or 3 tablespoons + 1/2 teaspoon pumpkin pie seasoning

4 large eggs

2 pie crusts premade

Directions

Preheat the oven to 425° F.

In a small bowl combine the spices and brown and white sugars.

In a large bowl, beat the eggs together.

Add the combined spice and sugars to the beaten eggs.

Add the pumpkin puree and stir until mixed.

Slowly add the evaporated milk and mix.

Put the pie crusts into

ungreased 9-inch pie pans.

Use a fork to decorate the crust edge.

Bake in at 425° F for 15 minutes

Reduce oven temperature to 350° F, bake for 40 to 45 minutes.

Cool before serving.

Jalapeño Baked Mac and Cheese

Ingredients

- 16 oz Elbow Macaroni
- ½ Cup butter
- ½ cup sifted flour
- 4 cups milk
- 2-3 tsp hot sauce

2 diced jalapeños

16 oz shredded sharp cheddar cheese

16 oz crumbled bacon

Optional

Top with shredded Parmesan Cheese and Breadcrumbs

Directions

Cook macaroni Al Dente and set aside.

In a medium saucepan, melt butter over low heat. Add flour and stir constantly until smooth.

Turn heat to medium and add milk, stirring constantly for about 10 minutes or until thick.

Add hot sauce and stir until mixed evenly.

Add pasta, Jalapenos, bacon, and cheese. Mix until cheese melts and pasta is evenly coated.

Pour into a 9x3 baking dish and top with your favorites.

Bake in a preheated oven at 350 degrees for 25-30 minutes.

*If you want to make this without the spice just exclude the jalapeños and hot sauce.

Heavenly Sweet Potato Casserole

Ingredients

- 32 oz canned yams

RECIPES (CONT'D)

1-2 Package mini marshmallows

1 cup brown sugar

½ cup butter

1 cup oats

Directions

Preheat oven to 350 degrees

Melt butter in the microwave.

Mix melted butter, brown sugar and oats together and set aside.

Place canned yams into a 9x13 baking dish.

Place mini marshmallows evenly over yams.

Pour brown sugar and oat mix over everything evenly.

Bake for 20 minutes or until toppings are browned but not burnt.

CrockPot Green Bean Casserole

Ingredients

4 cans green beans

4 cans cream of mushroom soup

½ onion

16 oz bacon

Salt and pepper to taste

24 oz French fried onions

Directions

Cook bacon to crispy texture, crumble after it cools.

Dice onion.

Put green beans and cream of mushroom soup into a CrockPot.

Add crumbled bacon and onion.

Cook on medium heat for an hour.

Sprinkle French fried onions on just before serving for a crunchy texture.

Leftover Turkey and Dumplings

Ingredients

4 cups chicken broth

1 cup water

2 tbsp butter

3 chicken bouillon cubes

1 tsp onion powder

1 tsp garlic powder

1 tsp parsley

1 tsp basil

Pepper to taste

1 lb leftover turkey (boneless)

1 cup all-purpose flour

3 cups milk

2 cups frozen peas and carrots

Dumplings

2 cups flour

1 tbsp baking powder

½ tsp salt

1 Tbsp Butter (softened)

1 cup Milk

Directions

In a large wide pot over medium heat, add chicken broth, water, butter, and all seasonings. Cover and bring to a boil.

Cut turkey into bite-sized pieces and add to soup. Stir and cover.

In a sealable container, combine flour and milk. Seal tight and shake until smooth.

Slowly pour the slurry into the soup while stirring. Add frozen peas and carrots and cover.

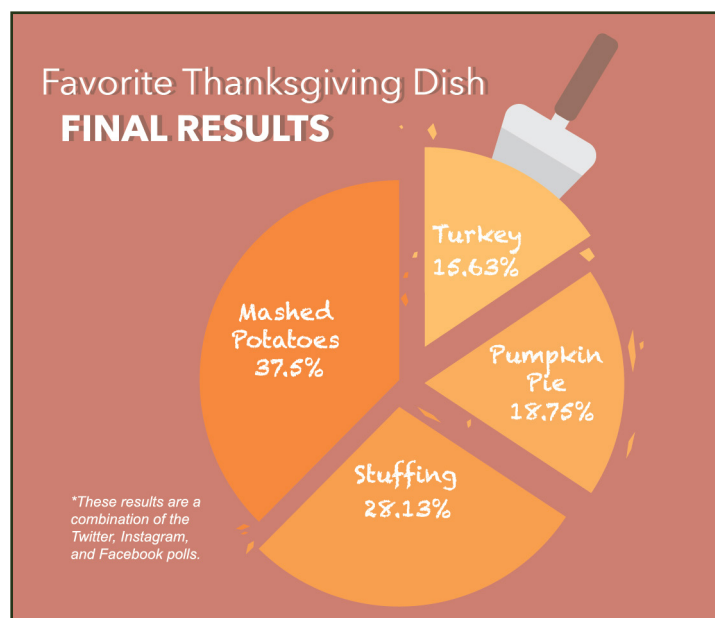
Combine all dumpling ingredients in a medium bowl. Mix well with a fork.

Stir soup then add dumpling mixture 1 tablespoon at a time.

Reduce heat to a simmer and cook for 10 minutes.

Make sure dumplings are cooked all the way through.

Serve and enjoy.



TAKE A BREAK! FUN PAGES

King Crossword

ACROSS

- 1 Tibetan monk
- 5 Triumphed
- 8 Used car sites
- 12 Trojan War hero
- 13 Lincoln nickname
- 14 Taj Mahal city
- 15 TV fare for a night owl
- 17 Gusto
- 18 Gallery display
- 19 "The Raven" writer
- 20 "No way!"
- 21 Sign before Virgo
- 22 "Now, where — I?"



- 23 Vivaldi's output
- 26 Reveal
- 30 Dating from
- 31 Embrace
- 32 Salty septet
- 33 "Citizen Kane" sled
- 35 Train tracks
- 36 Observe
- 37 "Ray Donovan" actor
- 38 Dish
- 41 Pirate's drink
- 42 Expert
- 45 San —, Italy
- 46 Single payments
- 48 Borodin's "Prince —"
- 49 "Uh-huh"
- 50 Perched on
- 51 Like slasher films
- 52 Mag. staff
- 53 Shetland, for one
- 8 Revolving server
- 9 Curved molding
- 10 Serving aid
- 11 Auction
- 16 Detail, briefly
- 20 Dallas hooper, briefly
- 21 Biography
- 22 Peruke
- 23 Scratch
- 24 Mil. morale booster
- 25 "Mayday!"
- 26 Lemon
- 27 Wahine's gift
- 28 Guy's date
- 29 Curvy letter
- 31 Coloration
- 34 Spell-off
- 35 Cavort
- 37 Checker moves
- 38 Blunose
- 39 Toy block name
- 40 Cupid's specialty
- 41 Regretted
- 42 Car
- 43 "Let's go!"
- 44 Glimpse
- 46 Caustic solution
- 47 Potential syrup

DOWN

- 1 In — land
- 2 Slightly open
- 3 Damon of Hollywood
- 4 Chopper
- 5 "Yippee!"
- 6 Bassoon's kin
- 7 Just out

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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

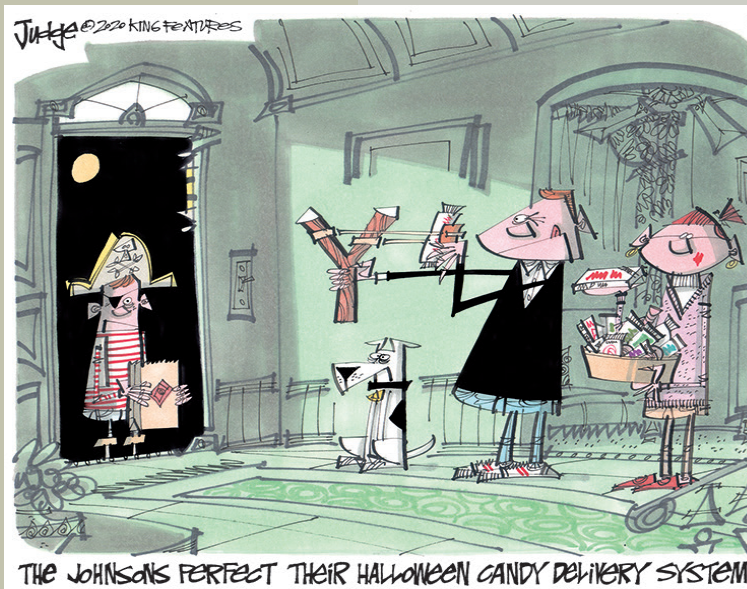
- ♦ Moderate
- ♦♦ Challenging
- ♦♦♦ HOO BOY!

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Just Like Cats & Dogs by Dave T. Phipps



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A tall, modern concrete tower with two large white 'S' logos on its upper section. The tower is set against a clear blue sky with a few wispy clouds. In the foreground, there are green trees and a lower concrete building with large windows.

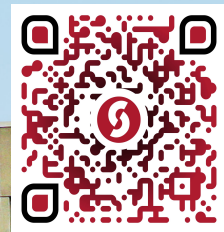
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Noodle The Pug: Bones or No Bones



A new four-legged sensation has been taking over the Internet recently. Who, you might ask? Meet Noodle, a very, very sleepy 13-year-old pug.

Most mornings, Noodle's owner

Jonathan Graziano makes a TikTok video where he attempts to stand Noodle up.

If Noodle plops back down in his bed this is considered a "no bones day", however, if he remains standing that is a "bones day."

So how does a bone or no bones day tie into our everyday lives? It is almost like a horoscope.

"Bones day is where you take the thing that I think you were putting off doing, or the thing you were scared to do, or you weren't super motivated, and the bones day is the day you do it," said Graziano.

However, if it is

a no bones day Graziano states it is more of a self-care day. Some people have said a no bones day might be an unlucky or unfortunate day, but Graziano insists that it isn't that, just more of a lazy relaxation day.

Every morning people from all over the world tune in to watch Noodle tell their daily fortune. It's similar to Groundhog Day, except this time it's an adorable pug making the calls daily, instead of once a year.

Currently, the TikTok account run by Graziano has 3.1 million followers and 29.4 million total likes between all the posts. On top of that, the videos get millions of views. His most watched video on TikTok has 11.9 million views. He has also made an appearance on the Today Show. It's fair to say Noodle gets a lot of attention, and he is totally unaware of it.

"People started using it as a forecast for how their day was going to go and I leaned into it. We all need a little positivity right now," said Graziano.

For more information or to watch Noodle decide if it will be a bones or no bones day you can follow the TikTok account @jongraz. Noodle also has his own merch that you can purchase at noodle.official.threadless.com.

Marquie Peyton

Intern

MENTAL HEALTH TECHNICIAN AND CHEMICAL DEPENDENCY COUNSELOR

ONLINE INFORMATION SESSION

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