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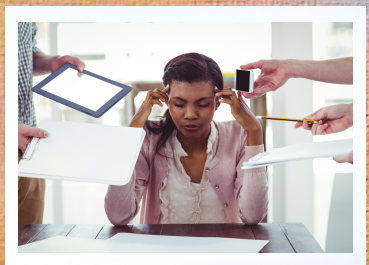
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# FINDING HOPE AWAY FROM HOME

By: Ismael Mujahid, *Reporter*

At five in the morning one winter day, life as Vatann Nuriev knew it, would change forever. Like many, he woke up expecting another hard day's work on his family's farm in East Ukraine. Instead, the first signs of armed conflict would rumble in front of his home. Little did he know that the hard road of a refugee awaited him. "We were farmers, we grew tomatoes and peppers. Life was good. Then Feb. 24, 2022 happened," said Vatann Nuriiev. "It was five in the morning when we first heard the sounds of war. Missiles, tanks, and soldiers."

The experiences of Vatann and his family would be repeated millions of times over that day. In villages, towns, cities, and homes across the length and breadth of their homeland, the people of Ukraine found themselves confronting the realities of war. Since then, nothing has been the same. Gathered around a plastic table, I was joined by many of Vatann's friends and relatives. Through their American cousin and interpreter, Mukhammad, I was taken back to the darkest days endured by the Nuriievs. Kherson, like so many places, has become a byword for senseless aggression and courage in the face of overwhelming odds. But to Vatann and his family, it is simply home.

"Our children used to cry when they saw the weapons and would constantly ask if we were at war. We tried to calm them, [to] tell them everything was ok. But we knew it was time to leave, to protect them and our lives," Vatann's cousin, Islam Nuriiev shared.

As we chatted, homemade delicacies enticed our hands forward. Sweet Pisi bread and expertly wrapped dolma were my favorites, savory pieces of lives salvaged from the wreckage of a senseless war. They are great examples of their multiethnic nation, symbols of diversity and tolerance that Ukraine has championed for generations. Ukraine, as the world and people in Dayton are learning, is more than its Slavic and Soviet heritage would suggest, being home to Jews, Muslims, and many other communities that all identify strongly with the nation they and their forefathers have lived in for centuries. "As soon as President Biden made a decree that we could come to the US and be sponsored, we prepared to leave," Vatann continued.



Their journey would be long. The first stop, like many refugees in recent years, would be Istanbul. Far from the open farmland of Eastern Ukraine, in Türkiye they would live in refugee camps, some for as little as two weeks and others for as long as five months. They were joined by their wives and children. Despite the challenges of fleeing their homes, the Ukrainians look back and are grateful for the help they received during that time, with food and water provided for them by the Turkish government. Frankfurt and Chicago followed before a small plane took them to Dayton. They welcomed the quiet and calm the city offered. With help from their American relatives, the Ukrainians have begun to piece their lives together. Still, their thoughts are never far from home.

"As soon as we landed, we got on YouTube to see videos of our hometown. We just wanted to see it, to know how things there were," said Nukzhar, one of Vatann's neighbors. It was a sentiment shared by everyone else around the table. Now, they are working full-time, becoming integral members of Dayton's immigrant community, and looking forward to becoming fully settled in the United States.

"We are very grateful to America for providing us with the material and financial assistance we needed to make it out and start over here," added Vatan. While the toll the war has taken on them is great, they are just happy to be alive, and for the opportunity to watch their children grow up. "That's all we want," said Islam, "It's all anyone could ask for."

# MORE THAN CELEBRITIES

By Carly Webster, Staff Writer/ Project Manager

**The Internet has enabled us to become ever more connected with peers, family, and things we love. This includes celebrities and public figures.**

While it's great that we can support the people we look up to, it's important that we still give them space to be human. However, this doesn't always happen – and that's where parasocial relationships come into play.

According to a 2022 VeryWell Mind article by Cynthia Vinney, a parasocial relationship is defined as a “one-sided relationship that a media user engages in with a media persona.” In other words, an individual may feel a strong connection with the people they look up to, but that feeling isn't necessarily reciprocated. Tyra Baker is a lifelong music fan and now works in the industry. The Clarion asked her about her views on parasocial relationships as both a fan and a professional.

“There will be a parasocial relationship no matter what,” expressed Baker. She said that even more normalized actions that she participates in, like making TikTok videos about her favorite artists, can contribute to parasocial relationships.

In fact, in her early days of being a fan, Baker didn't quite understand the concept and the extremes that it could go to. But when she started helping manage an artist's street team, she began to see things in a different light.

Baker detailed what she's witnessed amongst the online street team. She notices that fans may get upset when the artist does not respond to (or acknowledge) their messages in a timely manner.

She has learned to develop clear communication with the fans, reminding them that the artist has a lot of other things on their plate. While it doesn't completely stop the behavior, communicating does encourage some fans to do the same.

*Ludwig Ahgren, an internet celebrity, discussing parasocial relationships and how it has impacted his life.*



When it comes to setting boundaries, Baker said, “management has to set the precedent.” But she also believes that fans have a responsibility to “humanize” their favorite people in media and recognize that they're just like “any other person working a job.”

How can we do this? According to Baker, normalizing the “day-to-day” of these individuals helps us to see them as something other than an object of our entertainment. They have interests, families, and responsibilities outside of what may be seen on social media.

Baker advises fans to keep their feelings in check. How are these people affecting their self-esteem, for example? If their happiness is coming entirely from someone they don't know, it may be time to reevaluate.

Music, movies, and the like have been sources of comfort and community for so many, especially during the pandemic. But it's important that these things don't consume us as much as we consume them.

# CHAT GPT: PLAGIARISM OR A TOOL?

By Liz Atkins, Web Technician

Imagine if a fully functional website could be generated from a simple sketch, or if a complex computer program could be developed just by describing what it does. What if an entire research paper could be written just by choosing a topic? All of this would have seemed impossible just a few years ago. However, the advancement of a popular Artificial Intelligence Chatbot has made these scenarios a real possibility.

Many students are familiar with the language-based model known as Chat GPT. For those who aren't familiar, Chat GPT is a technology that relies on data to generate responses to questions. To use this software, someone can simply create an account and type a question in the chat box. After submitting a query, Chat GPT will respond with an answer to any question you throw at it. The New York Times claims 30 million people use it daily since its release last year. While this technology may help to expedite the workload for many people, it raises concerns that students may begin to use Chat GPT to complete their schoolwork. Is it right or wrong for students to use Chat GPT?

Of course, there is the benefit of not having to do the work for a given project. However, many people believe that it doesn't belong in an educational setting because it discourages learning and robs students of motivation to do their work. Others think that teachers should embrace this new technology. Something else to consider when using ChatGPT is that it can sometimes give incorrect responses, and misinformation is damaging to businesses/users. Like many AI algorithms around today, this technology can create unexpected results. A lot of its sentences can be repetitive or robotic sounding as well.

While this technology is advancing, teachers are getting better at spotting if students have used Chat GPT on their schoolwork. The plagiarism detector, Turnitin, has created software that can tell if a student has used ChatGPT. In addition, watermarks have been added to Chat GPT's answers so that if a student copies the text, it will be easy to notice.

Paul Hansford, Sinclair Associate Professor of the CS/IT department believes that educators should "approach the use of generative AI with a critical yet mindful perspective". He stated, "Students should understand that while AI can be a powerful tool, it is not a substitute for critical thinking and creativity. They should also be aware of the ethical concerns surrounding the use of AI, such as bias and privacy issues." He believes that Chat GPT could be used to spark creativity, but students should still be required to produce their own original work. In addition, Hansford stated that professors should set clear guidelines for assignments and encourage collaboration and teamwork to reduce the likelihood of cheating.

AI technology has advanced rapidly over the last few years and its capabilities are shocking to see first-hand. We need to be aware of the consequences and realize technologies like Chat GPT should not be used as a crutch for school assignments. Ultimately, it's fun to experiment with (such as the example below) but I believe it should not be relied upon for schoolwork.

*"Write a poem about a student getting caught plagiarizing because they used Chat GPT."*

A student sat at his desk one day,  
A paper due, he had to pay,  
But struggling to find the right words to say,  
He turned to ChatGPT without delay.  
But little did he know, the teacher's eye  
Was keen and sharp, she did not buy  
The words he wrote, so cleverly sly,  
Were not his own, but rather a lie.  
Caught red-handed, he could not deny  
The evidence, as clear as the sky,  
That he had cheated and tried  
To pass off ChatGPT's words as his own, with pride.  
His punishment, severe and just,  
A lesson learned, in trust  
That plagiarism, a breach of trust  
Will always bring consequences, that must.  
So, students heed this cautionary tale,  
And always remember to prevail  
Through hard work, effort, and to sail  
With integrity, honor, and without fail.



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# STUDENT PARENTS: BALANCING BOOKS AND BABIES

By Heaven Diastello, Staff Writer/ Social Media Coordinator

Being a college student is more than an investment towards the future, it's a lifestyle. Just the same, being a parent is more than arranging for childcare and meeting all the physical and emotional needs possible, it's a lifestyle that requires dedication. 22% of college students are parents and most of them are also working to support their families. Let's take a moment to recognize just a few student parents at Sinclair College who are living out the reality of balancing books and babies.



Meet **Kaylee Parrish**. At Sinclair College, she is a Psychology major, but to her 8-year-old daughter, she's her mother. Parrish is single, but is loved and supported by both sides of her daughter's family. She works as a Harley-Davidson sales specialist and owns a photography business.

"I hope my daughter learns from my journey as a student that it's never too late to make a change." Parrish continued, "When she graduates high school there won't be any sort of high-pressure "pick a career and a college" rhetoric coming from her parents. The idea of choosing a 'forever career' at such a young age boggles my mind. Most teens don't even know themselves fully yet.

"I went to school for graphic design right after high school, thinking it was really what I wanted, and I burned out. After some years of learning my strengths and skills through life experiences, I realized my calling was to help others in their journey of healing, so I returned to school, with confidence in my decision at the age of 25.

"I know my daughter will be successful one day; she has an incredible drive. However, I want her to go by her own timeline, not the stressful one society has laid out for us as young adults."

**Karen Mordeste-Newton** is originally from Trinidad and Tobago in the Caribbean Islands. As a student, she is majoring in nursing and will transfer to get her bachelor's and possibly her master's to work as a nurse.

On the clock, Mordeste-Newton is a part-time Patient Care Technician at Miami Valley Hospital and works as a member of Sinclair's faculty who helps set up, clean up, and organize local events.



At home, she is a devoted mother, wife and daughter. She and her husband have four children they are raising together.

"I want my children to know that anything they put their mind to, they can do it if they work hard enough for it," Mordeste-Newton expressed.

She is gifted, intelligent, and has passion for her family and bettering the lives of those around her. As a nurse, she will be able to apply her knowledge and interests while also supporting her family.



This is **Jennifer Freels**. Professionally, she is a hard-working student who shows exceptional devotion to her studies as a full-time Chemistry major. She will transfer to eventually work as an Anatomic Neuropathologist. "I want to find ways to prevent, slow, or even cure Alzheimer's so that our loved ones can spend more time as themselves," she said.

At home, she is the mother of a 12-year-old daughter and a 2-year-old son. They live with her father who has a progressing case of Alzheimer's.

"I want my kids to understand the importance of applying yourself with diligence to working to be able to be self-sufficient and give back to your community and to the world. I want to break the cycle of poverty.

"Everything I do, I do it for my kids. The time I spend with my children is so precious and I want to be able to spend more time with them instead of working all the time. I want to leave work at work and be with my kids at home. Hard work pays off and it's worth it."



# DISABILITY PRIDE: SELF DISCOVERY AND DYSLEXIA

By Dion Johnson, Intern

(This is OpenDyslexic Font: a new font created for better readability to readers with dyslexia.)

What is Dyslexia? If you were to ask Dennis Harris, one of Sinclair's security information officers and a public speaker on topics such as dyslexia, he would consider it a gift.

Dennis Harris has been working at Sinclair for years now. Once a member of Sinclair's disability advisory board, you can often find him in Building 13, greeting students and professors alike as they walk past. Despite his kind and intelligible demeanor, not many people know that Harris actually has dyslexia.

Not even Harris himself knew he had dyslexia until the age of 36. Up until that point, Harris simply believed that he was ignorant. Surrounded by a father and teachers who lacked faith in him, Harris went decades believing that he was nothing all because he couldn't read.

It wasn't until he met with a counselor that his journey of self-discovery began. The counselor gave Harris an IQ test, offering to proctor it for him due to his dyslexia. Expecting low scores, you can imagine the surprise on Harris' face when he was told he scored high. Even after taking it a second time, he only scored even higher.

"They sent me to an educational specialist and a psychologist afterwards," Harris said. "And my educational specialist spent six months telling me how smart I was. Nobody ever told me I was smart."

The psychologist then introduced Harris into a therapy group and wanted him to speak to one of the members: a young girl with dyslexia just like him. Although he was scared of going to talk to the girl and her mother, he describes the feeling when he finally met them as an "out-of-body experience."

Within that first meeting, after reading the girl's file, Harris was able to connect with the girl, sympathize with her, and guide her on a better path using lessons he had learned growing up. "How did you know this?" Harris asked. "How did you know I'd be able to do this? It was then that God spoke to me and said that what she is going through, I've already been through."

From there, Harris' career as a speaker began. He has done motivational speeches from Cincinnati to Chicago. However, just because dyslexia is what sent him down this road, it doesn't mean that's all he focuses on in life is informing people about dyslexia. Whether it be the people he meets during his time on the job at Sinclair or those who wish to know more during his speeches, Harris wants to help and leave an impact on everyone regardless of their problems. But how could he have done all this while challenged with dyslexia? Maybe this example from Dennis Harris himself can help explain it.

"Being dyslexic is like being in a glass bubble and there's a maze to get out. The way out of the bubble is written on signs. You can just follow the sign, boom, boom, boom, go out. But I can't read. But I got to get out. I might be behind you, but I'm going to get out. It might take me a minute, but I'm going to get out. Dyslexia has taken me places that I never thought I'd be able to go to. The journey of dyslexia has given me a life that I truly enjoy."

Whether it be regarding dyslexia or just any personal issues that you feel as if you can't speak about with friends or family, Dennis Harris is willing to listen and can be found in Building 13. If you would like to reach out to him, you could contact him at [dennyleeharris@hotmail.com](mailto:dennyleeharris@hotmail.com).

# ROAD TO RECOVERY: DEALING WITH ADDICTION AS A COLLEGE STUDENT

By: Mame Thiome, *Managing Editor/ Business Manager*

Substance use disorder, commonly known as drug or alcohol addiction, is a disease that affects the brain. The symptoms include: change in behavior, withdrawal, depression, loss of interest in other activities, inability to control substance usage, which in extreme cases, may lead to death by overdose.

Drug usage starts with experimental use, recreational use, and for some, legal prescriptions. Addiction however, has various factors including cultural influence, age, mental health disorders, the type of drugs, and genetic predisposition. Studies show that 20 million Americans over the age of 12 experience a substance use disorder. According to safeproject.us, at least 12.52% of college students have a significant addiction. Across the country, half a million college students are in recovery and at least 1,100 lose their lives to overdoses, suicide, or addiction related diseases.

Drug and alcohol abuse has serious effects on the brains because it interrupts how neurons transmit, receive, and process information. It affects cognitive functions such as learning, focus, and memory. This makes college more challenging for students in recovery.

Overcoming addiction isn't as simple as learning to resist temptation. It's very challenging, but not impossible as there are various ways to get help. For most students, college is a season of fun and harmless experiences. The general culture on campuses tend to be pro-drug and alcohol, which increases the stigma for students in recovery and often puts them at a significant risk for relapse. School, work, and relationships are normal stressors that already make sobriety challenging. The lack of support and resources on campus can cause students in recovery to feel like outcasts.

Colleges should offer infrastructures and activities designed to provide support to the personal aspirations and educational goals of students in recovery through modes such as:

- Educating all students about addiction to reduce stigma.
- Raising awareness about substance use disorder.
- Facilitating substance-free housing.
- Promoting recovery programs on campus.

- Providing counseling tailored to students in recovery.
- Offering courses and curriculum-based training on addiction and mental health issues.
- Sponsoring programs that connect students in recovery with local resources that can handle severe cases.

While universities and colleges need to provide more support to students in recovery, there are ways that you can help too. Being able to detect symptoms of someone who suffers from addiction will help you better understand their situation and navigate it. You might save their lives by encouraging them to get the support and treatment they need. These are signs you should look for:

- Difficulties with School or work — loss of interest, frequent absences, declining
- Performance and dropping grades.
- Declining physical health and appearance— Weight gain or loss, lack of motivation or energy, neglecting appearance.
- Change in behavior — Sudden mood changes, impulsive reactions, being secretive.
- Money Issues — Always need more money, inability to have savings, prefer cash to virtual money, disappearance of items in the house.

There is a stigma associated with addiction and a lot of people who suffer from it are in denial and hesitate to seek help. Learning to recognize these signs will help you spark a necessary conversation with your loved one and guide them through the help they need.

“Being sober is easy but staying sober is where the challenge lies. Addiction is not a character flaw and it does not define who you are. Do not lose hope, put in the work, and keep asking for help for as many times as your sobriety requires. Remember that failing and having the courage to stick around until it's done, that is where great success starts,” Mame Thiome shared.

If you think that you or someone you know might be suffering from addiction, please visit: <https://nationalrehabhotline.org/ohio/> or call 866-210-1303.



# COLLEGE AFTER ALL

By: Claudia De La Cruz, the winner of Sinclair's National Share Your Story Challenge

I am still shocked to this day that I am attending Sinclair Community College. I became pregnant in high school and thought that was going to be the end of the road for me. I had grown up with my mom always telling me that I am going to go to college. That I will be the first one in my family to go and graduate and make something of myself. I grew up not knowing any other option other than college for my future. When I had my son, school became hard for me, not to mention the stress of trying to come up with a plan for after high school. I had explained to my mom many times that there was no way I would be able to go to college because it requires a lot more time and effort and at the time, I felt I did not have that. She still encouraged me to go and told me she would help me as much as she could.

Graduation was coming up very fast and I had applied to two colleges. I got accepted into both and chose Sinclair. Sinclair is close to where I live and smaller so I felt this was a good fit for me and my situation. I often have moments of appreciation when walking to class, driving to campus, or just sitting in the library. I take a moment to look around and take everything in because I am so grateful to have an opportunity like this. This is definitely such a special time in my life and I know I will look back and be completely in awe. This is a story that I want to tell my children and I try to aspire my younger family members. Despite all the doubts I had for myself and my future, my mom gave me the push and I am in college after all.



## WHY IS EASTER IN APRIL THIS YEAR?

By Rylee Schaeffer, Associate Editor

Along with the warming temperatures and the end of the semester nearing some may take part in celebrating Easter Sunday.

Easter this year will take place on April 9. Unlike holidays such as Christmas, Independence Day, Valentine's Day or April Fool's Day, Easter does not have a set date but rather instead is considered to be a floating holiday. The reason that Easter does not have a set date is because the Easter holiday follows the Gregorian calendar which is based on the cycles of the moon. The reason for this is hundreds of years ago Easter was celebrated as part of the spring equinox.

In 325 A.D. Christianity claimed Easter for the religious holiday in celebration of the resurrection of Christ. Easter was then set to occur on the first Sunday after the first full moon and spring equinox. This means Easter can fall on any Sunday between March 22 and April 25. For Christians, Easter is traditionally spent in church, with this time set aside to remember the resurrection of Christ.

In preparation for this celebration, it is common for those who are religious to participate in a fast of some kind as they believe it helps them to remember the sacrifice of Jesus for the forty days in the desert.

For those who are not religious but still enjoy the holiday this is still fun day to spend with family and friends as there are many fun activities to participate in.

Weather in Ohio as many know can be quite unpredictable. Spring is certainly no exception, in previous years we have seen Easter Sunday bring us high temperatures and sunshine. Other years it has been cold and snowy. No matter the weather we can still have a good day and remember that those warm sunny days are right around the corner from us.

Some fun ways to spend the day that are not weather dependent include a lunch date with friends or family, this is a great way to spend time together and possibly check out a new restaurant.

Dying eggs are a fun way to show your creative side, and are typically a low cost option. If the weather is nice there is always the classic egg hunt option, which contrary to popular belief is not just for children.



# WHERE ARE THE TRANS VOICES?

By Marissa Collier, *Graphic Designer/Reporter*

**Over the past year, the New York Times has found themselves in hot water after giving voice to openly anti-trans organizations and beliefs.**

In February, an open letter was signed by 200 New York Times contributors addressing their serious concerns about the newspaper's biases against those who are transgender, nonbinary and gender nonconforming people.

A few examples include not renewing a contract with their trans opinion writer, Jennifer Finney Boylan, publishing stories that have knowingly disguised and protected organizations that according to NPR, claim trans people are an "existential threat". Also, opinion stories that acknowledge low rates of detransition, but have called transitioning a trend.

In the article, "The Battle Over Gender Therapy," author Emily Bazelon, says, "How many young people, especially those struggling with serious mental-health issues, might be trying to shed aspects of themselves they dislike?" The New York Times has been previously recognized as a credible news source that was meant to be neutral, but the question must be asked: Where are trans voices?

Kay Peters, 22-year-old Sinclair student, has been a trans woman for 10 years. She experienced lots of discrimination and ostracizing due to her being a trans woman. Due to the discrimination and bullying she experienced, her mental health rapidly declined toward the end of high school. "If I could not have transitioned at the age I did,

I would not be alive today," said Peters. Currently, there are lots of anti-trans legislation and discussions happening that are intended to ban minors from gender-affirming health care, such as puberty blockers. This would mean that Peters and other people experiencing gender dysmorphia could not access the care they need.

One common argument supporting these bills is that puberty blockers are irreversible. If a child discovers they are not experiencing gender dysmorphia, their bodies would never go back to how they were before. These arguments do not add up in the research, however.



According to Trans Care BC, the effects of puberty blockers are completely reversible. If a child learns that they do not have gender dysmorphia, they can stop taking the puberty blockers and continue puberty like normal. "These bigoted people are just playing off of peoples unfounded fears and ignorance," said Peters.

The credibility of the New York Times has been threatened by misinforming audiences and supporting the spread of this misinformation. The consequences of the New York Times spreading anti-trans ideology occurs trans people's everyday lives.

By not giving trans people an equal platform, trans people feel like they are in danger. "These anti-trans discussions and legislation also makes me terrified for my life," said Peters. "Trans people are murdered at an unpredictable rate in this country, and with my community being used to play on people's fears, some hateful person might see me (an out and proud trans woman) as a threat for no reason." If conversations about trans issues continue as they have,

Peters predicts that public opinion about trans people will become more negative and make more openly trans people feel unsafe. Not only is healthcare on the line, but lives are also on the line.

# POETRY

By: Mame Thiome, *Managing Editor/ Business Manager*

## In the War Zone, Please Bear With Me

It's like being on a steep, icy and slippery slope that takes you right down to hell.  
You try to grab on to something. Something, anything on the way down.  
Anything that you can hold on to, so you won't go there, to that place of misery.

For me, it's music, sometimes writing.  
I will try to play guitar to distract myself; learn a new song, new chords.  
I will write poetry or senselessly just assemble words.

"Hurry!" I would whisper to myself, "put the dark thoughts into beautiful words before they pollute your mind."

"Hurry, please! Paint that emptiness you feel inside with hopeful lines so that you can get by... you just need to get by."

Going to that place over and over again, I have given up on surviving it. I am not even trying to survive it anymore.

I can't survive these episodes, I always lose. In them, I always lose a beautiful part of myself.

You know, it's dark down there. Down there the walls are so cold.  
And the pain. Gosh there is so much pain.  
So much hurt and no sign of hope.  
No sign of help but screams.  
Only screams! Screams so loud that they tear your heart apart.  
Screams so loud in their silence for no one else can hear them but yourself.  
No matter how loud they get, the painful screams will echo on the cold filthy walls and come right back to haunt you even more.

People always say, I am battling depression.  
What they don't tell you is that often times, it is a losing battle.  
For me, it has been a losing battle...

Still, even though this battlefield is merciless, I know, deep down, that life is worth fighting for.  
So please, if anyone is listening, please don't let it win the war.



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# YOUR VOICE: SPORTS

## "Should Sinclair bring back sports?"

By Dion Johnson, *Intern*



"I didn't know we have sports so I couldn't tell you."

*Thomas, Mechanical Engineering*



"[I'm] not a sports person, but I think we had a lot of athletes here. It would be nice to let them play again."

*Eric Henderson, Counselor*



"I didn't really know Sinclair had sports, but I like them so I feel like they should. It'll bring more excitement, especially for younger students and those who want to transfer and play sports in a bigger university."

*Aleyah Trammell, Computer Science Major*



"Yeah, we should have more sports because there needs to be more student engagement. It doesn't have to be official sports either. It could be things like kickball or pickle ball."

*Andrew Wingert, member of Psychology Club*

# RECIPES BY DIANE



Kale Salad with Pineapple  
Vinaigrette Dressing  
Photo credit: Diane Sikora



Creamy Potato Salad  
Photo credit: Diane Sikora

## Kale Salad with Pineapple Vinaigrette Dressing

### Ingredients:

- 4 slices of bacon crispy and crumbled
- 1/2 cup pineapple juice
- 1/4 cup olive oil
- 3 tablespoons rice vinegar
- 5 ounces of kale sliced into slivers almost like a shred
- 5 ounces romaine lettuce
- 1 cup diced pineapple
- 4 green onions thinly sliced
- 1/2 cup of roasted macadamia nuts
- salt and pepper to taste

### Instructions

1. Cook the bacon until crispy. While the bacon is cooking combine the pineapple juice, olive oil, and rice vinegar together in a jar. Put on the lid, shake and refrigerate.
2. Toast nuts for 3-5 minutes in a 350-degree F oven until lightly browned. Toasting the macadamia nut enhances the nutty flavor.
3. Most grocery stores or farmer's markets offer several varieties to choose from. I'm growing purple and curly kale in my garden so I'm using a combination of the two in my salad.
4. Next, you need to cut the kale and romaine into thin slices. Kale has an intense flavor so slicing it thin and adding other strong flavors makes this salad delicious.

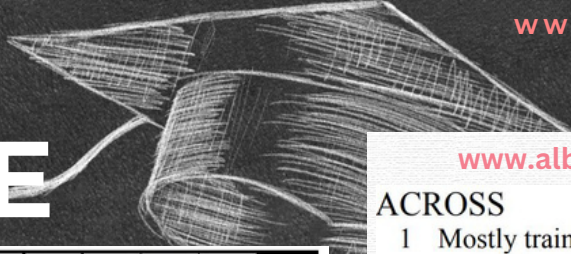
### Ingredients:

- 6 medium Potatoes cut into bite size pieces
- 6 hardboiled eggs chopped
- 1 cup chopped pickles  
(I used refrigerated Claussen pickles)
- 6 green onions chopped
- 1 cup mayonnaise
- 1 cup sour cream
- 1 tablespoon yellow mustard
- 1/2 teaspoon salt
- pepper to taste

### Instructions:

1. Place the potatoes into a large pot and fill with water until completely covered by 1/2 inch of water. Bring the pot to a boil and cook the potatoes until fork tender, do not overcook. Drain and let cool.
2. Hard boil the 6 eggs. Cool. Chop the eggs into bite size pieces.
3. In a large bowl add the potatoes, eggs, pickles, green onions, mayonnaise, sour cream, mustard, salt and pepper together. Mix well and chill a couple hours before serving.

# FUN PAGE



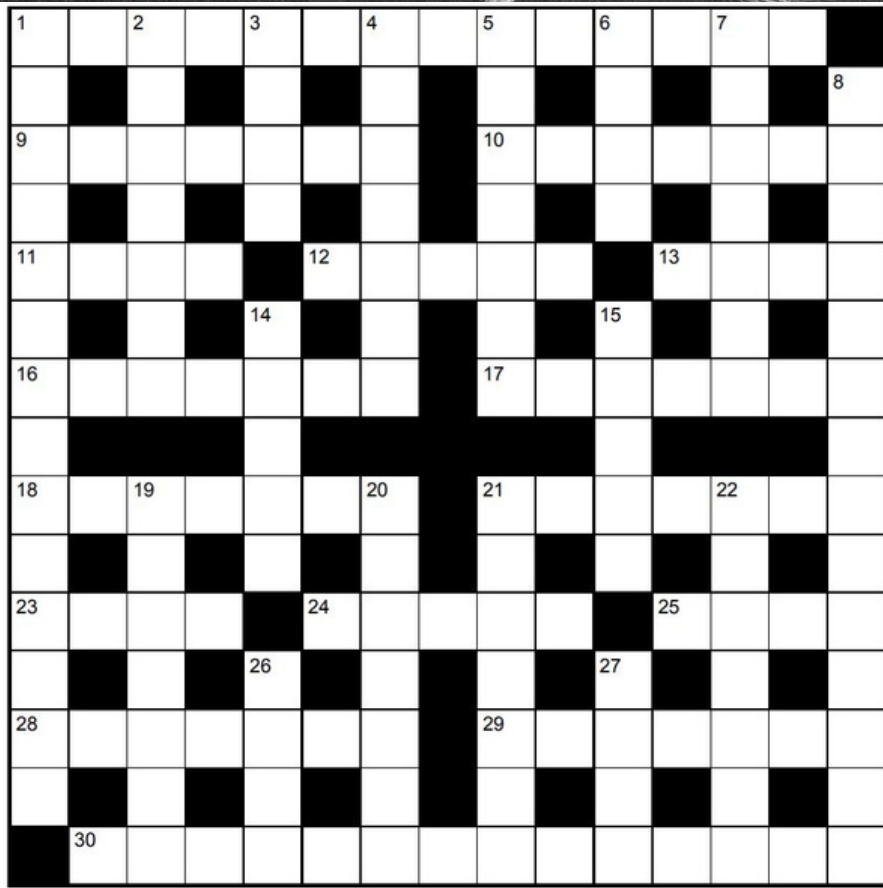
www.alberichcrosswords.com

## ACROSS

- 1 Mostly training and skill show how easily something can be done (14)
- 9 Admires new weapon (7)
- 10 Company chief ordered to get a small house (7)
- 11 A fool rejected Turner perhaps (4)
- 12 Transaction includes black fur (5)
- 13 Endlessly show respect by going down on one? (4)
- 16 Cut head off...cut head off exotic flower first (7)
- 17 Get together for prayer (7)
- 18 A very short dance? (3-4)
- 21 The weather worried Tim and Alec (7)
- 23 Transport for vagrant mostly (4)
- 24 Embargo on nobleman (5)
- 25 God whose reflection is seen in canal (4)
- 28 Spoke but spoke indistinctly first off (7)
- 29 He worked with vicar to keep records (7)
- 30 Deborah started changing act (5,3,6)

## DOWN

- 1 Launch sailing vessel and celebrate lavishly (4,3,4,3)
- 2 Composition by an Italian poet (7)
- 3 Melt some of the path away (4)
- 4 Announcer on the radio for match (7)
- 5 Rustic leaders of British union get tummy ache (7)
- 6 Permit takes time for Latvian (4)
- 7 Apprentice from Aintree messed up (7)
- 8 Again advanced smaller sum to head, showing persistence (14)
- 14 Damp has to destroy finally (5)
- 15 The King lives – that’s crazy! (5)
- 19 One demands former thespian (7)
- 20 I put lad off with praise (7)
- 21 Piece of music for choir at end of performance (7)
- 22 Studio is refurbished late – that’s right (7)
- 26 River associated with a waste product (4)
- 27 Copy Spain and Switzerland, love (4)



## Star Wars

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

- TATOOINE
- STAR WARS
- CHEWBACCA
- JEDI
- DARTH VADER
- DROID
- DEATH STAR
- LUCAS
- YODA
- OBI-WAN
- SKYWALKER
- SITH
- ANAKIN
- HAN SOLO
- WOOKIEE
- FORCE
- LUKE
- KENOBI
- EMPIRE
- LEIA

Play this puzzle online at : <https://thewordsearch.com/puzzle/45/>

For answers to the puzzles look online at [www.sinclairclarion.com](http://www.sinclairclarion.com)



## Trivia

The term bachelor in “bachelor’s degree” is from the medieval term baccalaureate, a play on the Latin words “bacca lauri” meaning laurel berries.



# GRADUATES, YOU'VE GOT THIS

By Carly Webster, Staff writer/Project Manager

Graduation can be a very nerve-racking time for students, parents, and college staff alike. Everyone is trying to prepare for the student's next steps, whether that be transitioning to another institution or into the workforce. There's a lot to do. But it doesn't have to be scary!

Olivia Matthews, a senior academic advisor for the Health Sciences division at Sinclair, spoke to The Clarion about her advice for students leaving Sinclair.

When it comes to Sinclair's side of things in the graduation process, Matthews said there is a lot of confirmation to be done. Students should meet with their academic advisor to ensure they are ready for graduation and keep an eye on their email for commencement information from Student Records.

Beyond that, Matthews said the checklist depends on the path the student is taking. If they are transferring, they'll want to make sure things like FAFSA records and transcripts are sent over. This is especially important, said Matthews, because "systems [at other schools] can be different."

If they're going into the workforce, they may want to make use of any connections they made at Sinclair as well as the variety of career resources Sinclair has.

The biggest piece of advice Matthews seems to have is to "be kind to yourself" because "change is hard." Though students may be pressured to make decisions quickly and know exactly where they're going next, it's important for all to remember that everyone goes at their own pace. In fact, giving yourself time to be well-informed can benefit you long-term.

Matthews also reassures students that "everyone wants you to succeed" at college.

To all upcoming graduates – best of luck! You've got this!

# RAMADAN

By Mame Thiome, Managing Editor/ Business Manager

Ramadan is the ninth month in the Islamic Calendar. It is the months where the Quran (Muslim's holy book) was given to the Prophet Muhammad (PBH). It is the holiest month for the Muslim community. As the Islamic calendar follows the cycles of the moon, Ramadan falls on different dates each year. This year, It starts on the Evening of March 22nd and will finish on the Evening on April 21st.

The month of Ramadan is a month of spiritual growth. During its course, fasting is ordered by God and all the noble behaviors - Good deeds - are to be multiplied while negative behavior should be fought against even harder: Do more of the good things you were doing and less of the bad ones. It is a month of remembrance of the less fortunate and a time to show more appreciation towards the things we tend to take for granted (food, water, strength, health etc..), and more gratitude towards people and God.

Fasting is part of the Five Pillars of Islam. During Ramadan, Muslims are prohibited to eat or drink – not even water- between Sunrise and sunset. Breakfast is at dawn and is called *Suhoor* and the meal at sunset is called *Iftar* or *Fitoor*.

There is a celebration that marks the end of Ramadan. It is called *Eid al-Fitr* - the celebration of the Breaking of the Fast.

If you want to wish someone a Happy Ramadan, you may say "Ramadan Mubarak", which means "Blessed Ramadan", or "Ramadan Kareem" (Generous Ramadan).

To all Muslims, Ramadan Mubarak!

Ramadan Mubarak

# APPALACHIAN IN CINCINNATI

By Mame Thiome, *Managing editor/Business Manager*

Appalachia is a region in the United States that expands from New York to Northern Alabama and Georgia. Contrary to popular beliefs, Appalachia is not a race. It is a cultural group of 26.1 million people of different races although predominantly white Baptist and Pentecostal. Appalachians’ main economic activity is coal mining. They were known to lead simple lives that are usually disconnected from modern society. It was not until the late 1930s, early 1940s that we started to see Appalachian people coming down from the mountains and mixing with modern society. “The men went to war and discovered a different world. They found out about different ways of living and saw things that they wanted to see in their own homes. That’s when the first waves of migrations started”. Said Nora Stanger, Academic Advisor and Appalachian Outreach Coordinator at Sinclair Community College.

On Wednesday March 8, 2023, Stanger, with the College took a few students and staff members on an educational day trip to one of the sites where Appalachian people migrated to: Lower Price Hill in Cincinnati Ohio. The group departed from the college to arrive at the community center of the Appalachians in Lower Price Hill and received by Maureen Sullivan, our contact and tour guide for the day. Sullivan explained that the community center was a space where people get introduced to all kinds of resources. Signing up for aids and programs, getting help with school, work and even taking GED tests. We were then taken to the community’s event building. A simple yet modern structure with indoor and outdoor spaces where the community hosts all of its events including art classes and sales. It is where we met two women, community leaders who told us about the history of the Appalachian Community of Lower Price Hill Cincinnati.



Abandoned building by community garden  
Photo credit: Mame Thiome

The Appalachians arrived in Cincinnati in the 1940s. They briefly settled at the Over the Rhine before moving to Lower Price Hill where they joined German, Irish and Italian immigrants. Due to lack of governmental support, the community has not been able to develop itself and rise above poverty. They do not have access to health care, proper educational institutions, proper housing, a funeral home or even a laundromat. To this day, they are still suffering from a serious lack of help from local authorities. The neighborhood is a food desert with only one modest grocery store for a population of 3000 people. Some of the issues that they face are a lack of health facilities, transportation, the age of the buildings with some becoming inhabitable, and mostly environmental threats due to companies dealing with chemicals and other hazardous materials and not respecting the proper safety measurements. That has caused two major fires that left multiples families homeless or displaced. Serious health issues followed those incidents and a few people have died from complications of diseases contracted because of the negligence of those companies.

Michael Maloney, community leader explained how the Appalachian community in Cincinnati never got support or even recognition from the local government. Maloney said: “In 1970, a Cincinnati official announced that all Appalachian have left Cincinnati and went back to the mines”. Today, one of Maloney’s missions is to continue to raise awareness on the history of the Appalachians, to help preserve their culture and identity all while being inclusive and open to other cultures



Appalachian Community leaders with Sinclair Students  
Photo credit: Mame Thiome

# APRIL 2023 HOROSCOPES

By: Marissa Collier, Staff Writer/ Graphic Designer

**Aquarius:** This is a wonderful time for you to draw back from everyone else's needs and focus on yourself. Use this time to relax, decompress, and work on bettering yourself. Better work opportunities will also be available to you. April will offer grounding energy that will help you remain focused.

**Pisces:** April is a time for you to flourish, Pisces. You will find yourself feeling loved by everyone around you. Tension with people, especially with family, will dissolve and you will find peace. However, you may find yourself dealing with complications in your love life.

**Aries:** During this month you can expect relief from any minor issues that might have been distracting you lately. Use this time to reflect on your life. On April 19, when the Sun enters Taurus, you will find yourself feeling a boost of confidence.

**Taurus:** This month you can expect to find yourself reconnecting with friends you maybe have outgrown or haven't seen in a while. April brings an energy that will boost your confidence and you will prove to yourself that you are capable of doing anything you set your mind to.

**Gemini:** At the beginning of the month, you will find yourself presented with opportunities you might be unsure about at first. But as the month goes on your doubts will fade as you are rewarded with financial success. It would also be a good time for you to go on a trip with a close friend or your spouse.

**Cancer:** April will have you feeling refreshed. You can expect to have a very social month and may make new friends. Trust can be difficult for you, Cancer, but this month will help you get past this block in your life. When the Sun enters Taurus on April 19 you will find all your hard work and dedication will finally pay off.

**Leo:** You can expect the beginning of the month to be calm and chill, however toward the middle of April you will have a cosmic shift that will amp up your work life. This is a great time to start something new and challenging. Family members will be supportive of whatever it is you are doing.

**Virgo:** This is a perfect time to resolve any issues you might have had with friends or your significant other. You may feel like you haven't been able to be as generous with yourself and others as you would like to but now, Virgo, you can expect a great deal of profit that will help you be able to give back.

**Libra:** This month is a perfect time to take some time off and relax. You will find yourself taking things less seriously which will give you time to reflect on what you truly want in life, Libra. If you are in a relationship, during the end of the month after Pluto's retrograde you can expect yourself to feel the urge to change the dynamic of your relationship.

**Scorpio:** Your financial position will remain in good standing, but you may have wealth come to you from an unexpected source. You know what you want and April will give you the energy and determination to be victorious in whatever that is. You will notice your wants coming to life right before your eyes.

**Sagittarius:** During the month of April, you will find yourself strengthening the bond with your family members and can expect your home life to be peaceful and at ease. It is possible you will have new doors open for you in the workplace. You might be taking on more work this month but you will do it with enthusiasm and interest.

**Capricorn:** Most of the time, Capricorn, it's your way or the highway. However, April first's new moon will open your eyes to be more accepting of others' ideas. You may find yourself with a new interest that you weren't aware of before.

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