

THE CLARION

MOVE OVER SUPERMAN

A LOOK AT MOTHERHOOD AS A
STUDENT

¡QUE BACANO!

THE CLARION'S FIRST ARTICLE
IN SPANISH

NATIVE AMERICAN HERITAGE MONTH

BRINGING AWARENESS TO MISSING OR MURDERED
INDIGENOUS WOMEN

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STAFF

EXECUTIVE EDITOR

Rylee Schaeffer

CREATIVE DIRECTOR

LeAnne M. McPherson

MANAGING EDITOR

Ismael David Mujahid

STAFF WRITERS

Carly Webster

ASSOCIATE EDITOR

Jaime Herzog

GRAPHIC DESIGNER

Karen Shirk

REPORTERS

Faith Harrel

Myia Rainey

WEB TECHNICIAN

Jawad 'JoJo' Nejem

BUSINESS MANAGER

Manmeet Kaur

INTERNS

Breanna Gambill

AD REPRESENTATIVES

Mason Burgess

VIDEOGRAPHER

Kion Kattick

MULTIMEDIA

Tomoya Suzuki

ADVISOR

Jessica Graue



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CONTACT INFO

Email: clarion.central@gmail.com

Room: 6-314 **Phone:** 937-512-2958



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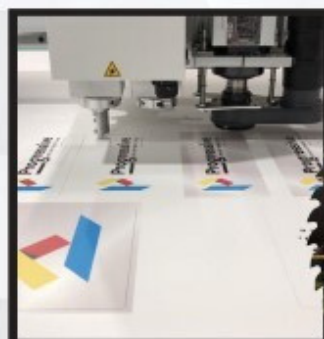
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Letter from the editor

By Rylee Schaeffer, Executive Editor

I hope everyone had a great Halloween if you celebrated it. I spent the evening watching the new Five Nights at Freddy's. While I myself do not care for scary movies I know many people enjoyed the new film.

As you know November is upon us meaning that we have lots of things happening both on and off campus.

Starting strong we have the free rice challenge that took place the second week of this month. Students rallied together to help feed those in need by participating in trivia activities. If you participated I want to thank you, and know that you helped make a difference in someone's life.

We have Thanksgiving coming up at the end of the month. For me this is a great opportunity to spend time with loved ones and enjoy some delicious food. I hope everyone else is able to enjoy themselves also. With the holiday season approaching I want to remind you that if you are facing food insecurity Sinclair does have a free food pantry. This is a great resource for students, I encourage you to check it out they would love to meet you.

Couple things to check out in the magazine are the articles "Holiday Traditions" and "Worst Holiday Movies." I myself absolutely love Christmas it is my favorite holiday of the year and I am already planning ways to enjoy the holiday season.

Before I close things out I want to also say good luck on finals! We have made it to the last leg of the race and now it is time to cross the finish line of the semester. All of your hard work will pay off and I'm sure you will do amazing!

One final thing, this is our last magazine for the semester. We will not be publishing one for December. Our next magazine will be hitting racks in January of 2024!

Enjoy the holidays!



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The dangers of artificial intelligence

Ismael David Mujahid, Managing Editor

As many are no doubt aware, having perused the other articles in this magazine, November is Novel Writing Month. The world over people are lighting up their keyboards, overworking long-suffering pens, and turning once random ideas into stories they'll hopefully treasure for a lifetime. But like with anything good, our experiences have to be taken with the bad.

Enter one of the most controversial subjects in the literary world and academia today: artificial intelligence (AI).

It wasn't that long ago that the news was full of stories about AI. Stories about the dangers of AI filled papers, with the subject even becoming a part of the heated 'Writers Strike' negotiations that our pen-bearing brothers and sisters on the picket line thankfully won. But it's an issue that hasn't gone away despite the efforts of writers, artists, and thinkers everywhere. And it is a problem that not only is affecting the arts but campuses around the United States.

These sentiments were shared with The Clarion by Professor Rebecca Morean, a lecturer in the English Department. Unbeknownst to some, she is also a highly accomplished writer, appearing in numerous publications such as "Salon", "Jabberwock Review", and "Ploughshares". Her novels have been a success as well and when it comes to AI, it is a subject she is rightly concerned about.

"The topic of AI, as a whole, has become infuriating with regards to its impact on the arts. If someone wants to use it to crunch data that might help find a cure for cancer, that's one thing. But the impact it is having on our students and brains is absolutely unconscionable," she said.

From coast to coast, faculties and the arts have had to grapple with a new reality presented by the advent of artificial intelligence. Campaigns have been launched on platforms like Artstation by artists wanting so-called AI-generated art banned. And they aren't alone.

"What I don't want is something thinking for my students. I think, in terms of AI and the potential dangers it presents, people are not seeing the bigger picture. They're looking at how they can find out if a person is cheating which misses the most important point: that our students are in danger of not learning, not

challenging themselves, or developing the way higher education intends them to," Morean said.

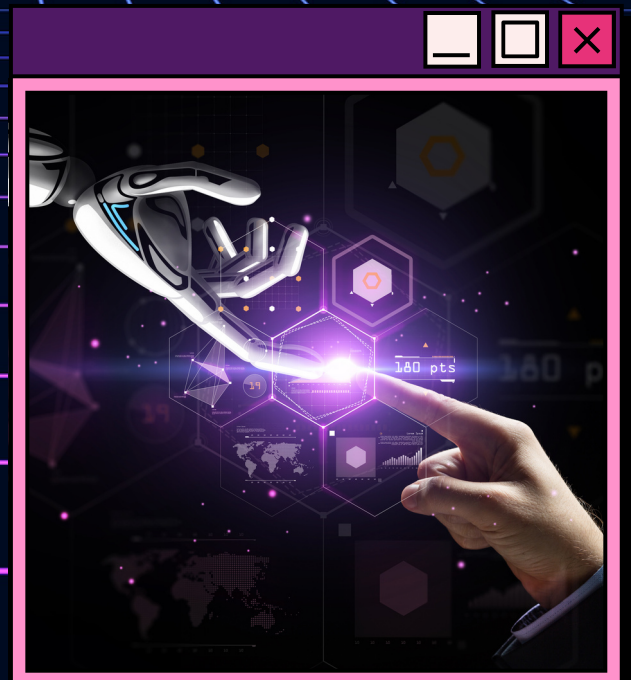
AI-generated novels have flooded the self-published scene, affecting the incomes of many authors Morean personally knows.

"Beyond that, however, is the effect it is having on our appreciation for language. For years we've seen the terms we use, and the quality of speech go down steadily. College is supposed to be a trigger, a catalyst to get you to think about things differently. If AI is doing the thinking for us, however, then our understanding of language alongside our ability to think critically will be comprised," she said.

Her warning may sound dystopian to some, but when looked at critically, Morean's words could not be more relevant.

"We are at risk of losing who we are as a people. To create something that can move and think a lot faster than we can just seems like a really bad idea. This fascination with recreating ourselves is incredibly narcissistic. AI is an extension of that obsession and the potential for real danger is there," she said.

Morean is not the first to warn about the dangers of AI and she most certainly won't be the last. It remains to be seen whether society is waking up to threat beneath our screens or whether, like climate change, it becomes a topic that falls by the wayside until it is too late.



MMIW: The story of a crisis

By Karen Shirk, Graphic Designer,
with additional reporting by Ismael David Mujahid, Managing Editor



Today indigenous women paint a red hand on their face to bring attention to the MMIW.

Photo credit: Frank Minjarez, Pexels.com



Data from a wide-range of official organizations show that indigenous women are the frequent targets of physical and sexual violence.

Photo credit: Frank Minjarez, Pexels.com

To many, the term Missing and Murdered Indigenous Women (MMIW) is self-explanatory though unfamiliar. Its not the type of thing that pops up on most social media feeds, Tiktok shorts, or YouTube snippets. Yet those four words and their respective acronym represent a movement that has grown in importance and relevance with the passage of time.

According to data from the National Crime Information Center in 2020, there were 5,295 reported cases of missing American Indian and Alaskan Native women and girls. Additionally, a survey conducted by the Center for Disease Control (CDC) revealed that non-Hispanic American Indian and Alaska Native females experienced the second highest homicide rate that year. Homicide, was also in the top ten leading causes of death for non-Hispanic American Indian and Alaska Native females between the ages of 1-45.

Yet despite the numbers and ongoing crisis, MMIW continues to fly under the radar. The way indigenous suffering is often ignored is not a new issue. Instead, it is a problem that dates back hundreds of years, to the beginning of European colonization in the Americas.

The missing and murdered are only a portion of the issue. According to the MMIW Foundation sexual assault and violence against indigenous women is 10 times higher than the national average and 97% of this is perpetrated by non-indigenous people. Data from the CDC in 2020 also showed that two in five non-Hispanic American Indian and Alaskan natives were raped in their lifetime.

The Clarion spoke to Rochelle Red Bone Arebalo of MMIW-Indian Capital, a Facebook network raising awareness on the plight of indigenous victims and their families.



The Overlooked Crisis of Missing and Murdered Indigenous Women

"Being part of the movement of the MMIW, the loved ones were silenced when they were murdered and are still missing. We that are here have a voice for those who cannot speak. This is a part of healing that generational trauma," she said.

Arebelo is hard at work solving one of the biggest challenges the movement faces: a lack of awareness among the general public.

"A lot of what I've noticed is not just in the media or native communities but nobody tends to care unless it happens to them or their family member. Our trauma from our ancestors and our upbringing have given us a different perspective of how we are supposed to feel, be, act or speak. Until this tragedy of missing or murdered comes to our doorways we stay silent. This work of the MMIW movement is very sensitive when we deal with families and victims," Arebelo said.

Transgender women or Two-spirits as they are referred to in some indigenous cultures are also frequent targets of violence according to the Department of Justice (DOJ) in 2022. While steps have been taken at a federal level to address the continued issues facing indigenous communities, as the data shows, there remains much work to be done.

Those efforts include an executive order signed by President Joe Biden aimed designed to improve the safety and security of indigenous communities nationwide. A comprehensive plan was formulated by the DOJ and the Department of the Interior to bolster the response of law enforcement on Tribal lands.

As stated by the president during a 2021 proclamation recognizing May 5 as Missing and Murdered Indigenous Persons Awareness Day, "We must bridge the gap for families in crisis, provide necessary support services, and support opportunities for healing through holistic community-driven approaches."

"For too long, there has been too much sorrow and worry. United by our mutual investment in healthy, safe communities, we will work together to achieve lasting progress," he said.



FACTS ABOUT MMIW

- 4 out of 5 Native American women experience violence.
- Native women face murder rates 10 times the national average.
- The murder rate for Native women is about 3 times more than that of white women.

LEARN MORE






Professor Jones es un profesor totalmente entregado a la historia, la cultura, y los idiomas de la America Latina, específicamente el español, el maya yukateko, y el maya k'iche'. Photo by Ismael David Mujahid



Choice, como muchas de sus compatriotas, tiene mucha experiencia con la gente latinoamericana. Ella va a volver a Panamá pronto. Esta vez, Choice está preparada a hablar con canaleros en el idioma materna. Photo by Ismeal David Mujahid

¡Que Bacano!

Conozca a la comunidad que quiere mucho el idioma español

By Ismael Davi Mujahid, Managing Editor and Prof. Derek Petrey, Guest Editor

Sinclair es un lugar en que la gente de todo el mundo reúne para el conocimiento. Un grupo que está creciendo rápidamente quiere hablar el idioma español lo más pronto posible. Unos son mayores, otros jóvenes. A todos les encanta el idioma y la cultura hispánica.

Dorion Choice es jubilada y tiene 69 años. Ella sale para Panamá pronto y quiere entender a los panameños.

“Con los años, es muy importante aprender a hacer nuevas cosas. Entonces, mis estudios del idioma español son buenos para la mente. Quiero entender el idioma del pueblo de Panamá,” dijo Choice.

Un compadre en la clase de español, Daniel Landis, está de acuerdo con ella. Tiene 68 años y es de una familia pobre en el estado de Ohio. Sinclair les ha ayudado en cambiarle la vida hace mucho tiempo. Con su pareja Vicki, ellos aprenden apasionadamente mucha cultura hispánica ahora.

“Nosotros viajamos a muchos países latinoamericanos y siempre conectamos con la puebla. Gracias a Sinclair, yo y mi pareja tenemos todas esas oportunidades,” dijo Landis.

“Viajaremos por Puerto Rico pronto y pensamos hablar español durante toda nuestra visita,” dijo.

Los estudiantes que visitan Dayton de Latinoamérica también hablan español en el recinto universitario. Micaela Zagal, por ejemplo, es una peruana que ha venido de la ciudad de Lima, a ella le gusta hablar con amigas en su lengua materna.

“Hablo español con mis ‘patas’. Soy voluntaria en hospitales y a veces hablo español de poder ayudar a mis pacientes,” dijo Zagal.

Estos dan un ejemplo de la diversidad en Sinclair. Una persona responsable por este desarrollo Profesor Owen Jones que es muy orgulloso de enseñar el idioma español. Cree profundamente en el beneficio de estudiar idiomas.

“Cualquier idioma que una persona aprenda, el idioma permite hablar con muchas personas en todo el mundo. Vivir aquí en Estados Unidos, la población de habla española crece mucho. Aprender español va a apoyar a estas personas. Estos encuentros sirven para mejorar el mundo entero,” dijo Jones.



Did you know?

- This is the first Clarion article in Spanish
- Over 400 million people speak Spanish
- 21 countries have Spanish as an official language



Holiday Traditions

Clarion staff share their favorite holiday traditions

By Breanna Gambill, Intern



Rylee Schaeffer, "My favorite holiday tradition for Thanksgiving is playing monopoly with my family and for Christmas it's going to see Christmas lights after church on Christmas eve."



Jaime Herzog, "My most recent favorite holiday tradition would be my daughter's Elf on the shelf. She named her Mia."



Carly Webster, "My favorite holiday tradition would be baking cookies, they're something people can do and enjoy together. It allows you to get creative and have a tasty treat at the same time."



Ismael David Mujahid, "I love fasting in Ramadan. There's something about the atmosphere, going without, and the anticipation of that meal at maghrib that is enchanting. It's one of many reasons I look forward to the fast every year and miss it once the sacred month is gone."

Need a mentor?

Meet the people changing lives at Sinclair and beyond

By Carly Webster, Staff Writer

Navigating college – or any new chapter of one’s life – can be intimidating among all the novel and unfamiliar things encountered. But it does not have to be done alone. Sometimes there is a need for someone who has been through it all before – and that is where mentors come in.

What is a mentor?

According to an article for Business News Daily by contributing writer Matt D’Angelo, mentorship is defined as “a mutually beneficial professional relationship in which an experienced individual (the mentor) imparts knowledge, expertise, and wisdom to a less experienced person (the mentee) while simultaneously honing their mentoring skills.”

I have participated in many different mentorships – both ones that I have applied or signed up for and ones that have happened more naturally. Though mentors can provide the technical knowledge you may be seeking, they are much, much more than that.

Mentees to mentors

Trey Clements, an instructor of education at Sinclair

It might have been my first opportunity to be exposed to true equity being offered to me.

Quote - Trey Clements

Community College, first experienced significant mentorship during his junior year at Miami University. “It kind of came at a time when I needed it most,” Clements said.

Navigating a predominantly white institution (PWI) as a minority was difficult for Clements, but it also introduced him to Dr. Sheri Leafgren. Leafgren and Clements spoke regularly and bonded over their “critical lens” of education. “It might have been my first opportunity to be exposed to true equity being offered to me,” Clements said. And it is because of that mentorship that Clements has returned to the institution to speak to current students.

A mentor also helped the trajectory of Jessica Bloomingdale’s career. She is currently the project director for the Mentoring Collaborative of Montgomery County, which provides training and resources to organizations providing mentorship.

She met her mentor, Jill, through a youth group. At a time when she was painfully shy and unsure of herself, Bloomingdale had someone to help her out of her shell. Jill offered the encouragement Bloomingdale had needed for quite some time. “She gave me the confidence to pursue different things,” Bloomingdale said.

For the past 20 years, Bloomingdale has mentored and watched various youth grow up. One mentee, she said, began doing environmental work – inspired by the very youth group in which Bloomingdale started. Without Jill’s support, Bloomingdale said, “I have no idea where I would’ve ended up.”

What does mentoring look like?

These are great examples of successful and long-term connections, but mentorship looks different for everyone. Sometimes the needs are more tangible, while other times more intangible things (like advice) are exchanged.

For Clements, mentorship is about “being available” and “offering answers” wherever they are needed. Being a mentor means avoiding making assumptions about what exactly those needs are. Clements likes

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MENTORING
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PROGRAM
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to start the conversation about mentorship in his classes, finding that it often helps students be more open about the ways in which they may be struggling.

“What we’re seeing is young people are a little bit more apprehensive to jump in with folks they’re not privy to,” he said. “Mentorship is not a one-to-one encounter, but it’s a one-to-all possibility.”

Where can you find a mentor?

Though mentorship can happen within an academic or similar setting, the formality isn’t necessary, Bloomingdale said. Mentors can be professors, counselors, coworkers, friends, and even family.

In fact, Bloomingdale said peer mentoring among generations provides a unique level of accountability for both sides. Because the mentor knows someone younger is “watching” them, they can push themselves to be a good example. Your mentor is not the only one who can share expertise – you can also teach them something.

What should you know before finding a mentor?

Clements said something often echoed during conversations about networking: “Your intention should not be to benefit – your intention should be to connect.”

During their interviews, both Clements and Bloomingdale said that mentorship requires honesty, accountability, and trust from everyone. More specifically, Bloomingdale said that both mentees and mentors need to be themselves – not who they think the other person wants them to be. Inauthenticity can sour a relationship quickly. If you feel like you cannot be honest with your mentor, it may be time to reconsider whether it’s a fit.

Mentorship is never guaranteed; remember to be respectful of the other person’s time and energy, no matter how much they are giving to you – especially while expecting nothing in return. At the end of the day, you get out of the relationship what you put into it. And though mentees have the right to give or take advice, they should understand that said advice is “feedback, not critiques,” said Clements.

A reminder

It is OK to be uncertain about having a mentor. If you are interested in learning more about mentorship or just want resources to put you in the right direction, I recommend looking at the various student support services Sinclair offers. Faculty and staff are more than happy to chat with you about what they know. Being resourceful is never a bad thing.

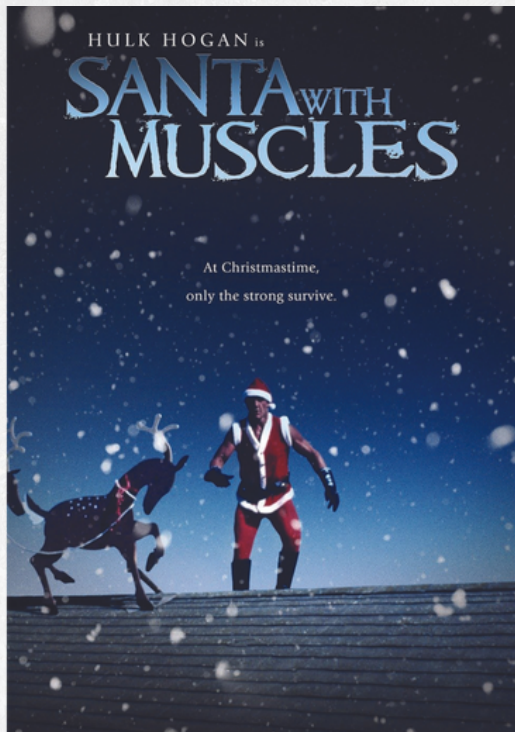
Even if you do not foresee yourself needing a mentor, think about who in your life could fulfill that role – future you will be glad you did.



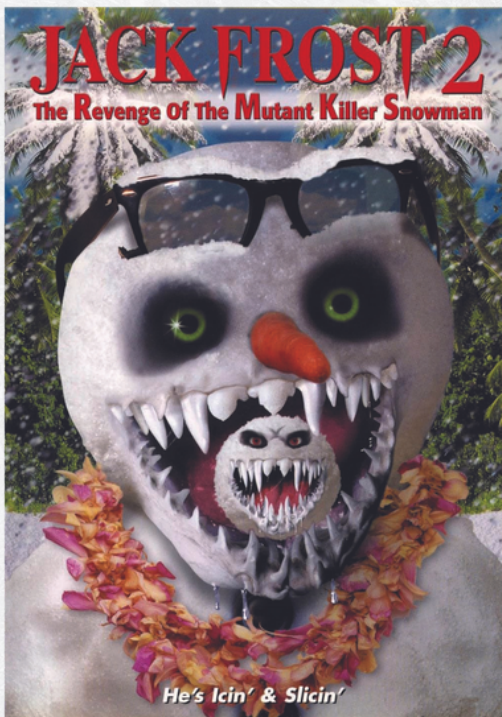
The Clarion reviews:

Terrible Holiday Films

By Faith Herrel, Reporter



"Santa With Muscles" is memorable for all the wrong reasons. Photo Credit: Hit Entertainment



The Jack Frost series takes illogical horror tropes to extremes. Photo Credit: Cypress Willow Productions

As the holidays come and winter starts to set in, most of us sit down to watch movies we adore. This year we decided to do something a little different and instead of our faves, we chose to see some of the worst holiday movies ever made.

Starting off with a tale as old as time... a buff man thinks he's Santa and he's here to save Christmas!

What could possibly be wrong with a movie like that?

"Santa with Muscles" is a 1996 movie with a lovely score of 26% on Rotten Tomatoes. The main star is Hulk Hogan who is a mean multi-millionaire that gets a concussion, and starts to believe he's Santa. Through this turn of events he learns to be kind and changes his ways to be helpful.

If that was the only part of the movie it might have been better. Most of the movie is spent with men screaming at each other as we start to fight. There are also some cops who don't know what they're doing; who gave the small town cops a bazooka!?

Not only that but there's a man buying up that whole town to dig under it for minerals. But he's a germaphobe, so he sends his henchmen out to do all his bidding.

Now if a multi-villain trope isn't your thing there are other movies around. How about we introduce a little holiday horror. It would be too easy to watch something like Krampus; no its Jack Frost 2: Revenge of the Mutant Snowman.

Have you ever wondered what it would be like to have a nice relaxing vacation in the tropics during winter? Have you ever been hunted down by a killer snowman? Have you ever wondered how horrendous movies got a sequel?

I mainly wonder about all but the second, but all statements apply to this movie. The main premise is that genetically altered man now has the form of modified water and because he has been defeated in the first movie it's now time for revenge! Of course you can't do it at any old time. It has to be the holidays, so stalk your vacationing prey.

I would love to say that this movie had no redeeming qualities, but it was so stupid it was funny. You're first truly introduced to our mutant snowman Jack Frost when he's just a carrot nose- is that any less murderous? No, but it's funny to hear a talking carrot and watch it slither into the sand.

The end of the story is just as funky as any other part of the story with Jack Frost ending up creating an army of snowball sized mutant snowman children. That are allergic to bananas.

So we have squirt guns filled with banana juice that kills all monster babies and the mutant Jack himself.

Hopefully after hearing of these horrendous tales you don't have to sit down and watch these bad movies. Instead you can sit down and watch your own horrible movie and even recommend it.

Calling all writers

Take that dream of writing and make it a reality during National Novel Writing Month

By Macey Heys, Reporter

Whether you're an aspiring author, an already published author or simply enjoy the art of storytelling, NaNoWriMo is the perfect, free resource to help you build your story ideas, improve your writing, and give you motivation to do the writing.

So, what exactly is NaNoWriMo? First, it stands for National Novel Writing Month, and is an event that takes place over the course of November. The end goal is to have written 50,000 words or more. The website: nanowrimo.org is where you keep track of the words you've written, communicate with other writers, and navigate valuable resources to help you reach the lofty goal.

What makes NaNoWriMo a special experience is that although writing is an individual endeavor, it can create a sense of community among writers. NaNoWriMo takes advantage of this by allowing writers to communicate in topic-based forums, in local groups, and in a diverse range of writing groups. Furthermore, the website has a map that allows you to see libraries, bookstores, and coffee shops that are hosting open "Write In" spaces.

Through NaNoWriMo, The Clarion met Rochelle Bradley, a published author, and one of the leaders of the Dayton writing group. We got to talking about the many ways that NaNoWriMo has been helpful for both her career and her personal life.

"I owe all that I am as an author to NaNoWriMo," she said.

Starting the 50,000-word challenge in 2008, she continued to pursue the goal, and eventually got her first book published, which

was the novel written in November of 2014. Now, she has over ten contemporary romance novels published. You can find Bradley and her work on her website at: rochellebradley.com

Furthermore, some of Bradley's closest friends are people that she connected with through the event.

Bradley said, "NaNoWriMo and those who participated spurred me to get out of my shell."

While the event is good for socializing it is also great for improving your skills. The website offers a plethora of resources to writers, students, teachers...well, just about anyone really.

NaNoWriMo has helpful writing exercises, articles, and videos to help you develop story ideas, build worlds with interesting, complex characters, suggestions for finding time to write, and even how to get your work published.

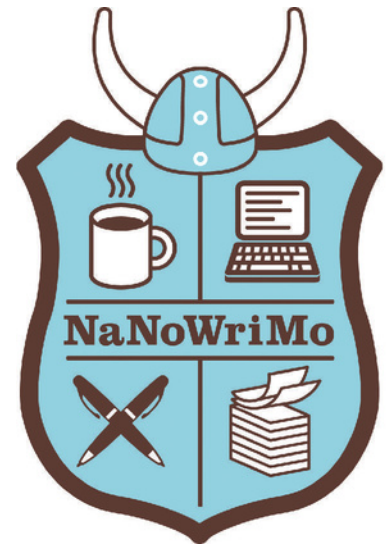
Another unique resource that is specifically geared towards educators is NaNoWriMo's "Young Writers Program," it is completely free and provides a K-12 curriculum with full lesson plans and workbooks.

Lastly, NaNoWriMo hosts writing workshops and conferences. Bradley says that these resources allowed her to "hone her craft and learn what it takes to publish."

Whether you're just getting started or have been writing for a while, November is an exciting month to write your manuscript, connect with other writers, or simply learn more about the craft. The best part is that it is all free of charge.



Map of Write In Locations
Photo Credit Marya Brennan
QR Code to Map



NaNoWriMo was established in 1999 and has united writers around the world.. This is their logo.
Photo credit: Graham Dobson



**"To write you need solitude and in November we can be alone together"--
Rochelle Bradley**
Photo credit Rochelle Bradley

Collisions on campus

By Rylee Schaeffer, Executive Editor

College is a place where new ideas are explored and different views are shared. Students have the opportunity to learn worldviews and experiment with those ideas. A place for civil debate and an opportunity to learn through experiences. What happens when a class pushes an idea that a student simply cannot stand behind and support? It has been found that students are reluctant to share their true feelings in certain settings as their opinion could lead to a drop in a grade

Aydina Fakhiatov shared her thoughts and personal experience saying, "There are times when I have had to change my opinion to pass the class."

This leads to the question, what would happen if every student who had changed what they say to get a good grade stepped forward and shared their true feelings? Perhaps we would see a greater pushback on the teachings in the classroom if more people were honest.

On the other hand, professors on campus have encountered similar issues teaching students subjects they are uncomfortable learning. Seeking to promote dialogue and discourse, the professors we spoke to would probably love to have students like Fakhiatov in their class.

Professor Kiewitz states "In understanding the greater context around the work, we can better appreciate any art, especially works that are personally challenging."

Professor Sarah Kiewitz has championed the important role of dialogue and debate as an educator. At Sinclair's English Department, her long career has given helped her aid students that find themselves confronting material they might not agree with.

She's had students express misgivings about literature they feel goes against their beliefs, some even requesting alternative assignments. But it's in confronting such works of art, Kiewitz believes, that students are able to grow.

Education, the long-time educator explained, is found when you challenge yourself. A sentiment that (the student you interviewed) would agree with. Kiewitz said, "In understanding the greater context around the work, we can better appreciate any art, especially works that are personally challenging."

Students often forget that part of the educational process is to challenge your own preconceived notions and ways of thinking. Professors like Kiewitz that encourage open dialogue and debate see it all as quintessentially part of the learning process.

"It's not about marking off a checklist and making sure you write strong papers. Education is about what is happening inside of you as a consequence of having experience that take you out of your comfort zone," Kiewitz said.

In a day and age where many works of literature are coming under increasing scrutiny as they are banned across the country, the professor has noticed a trend where books are complained about by people that have not even read them. These book bans have targeted great works of art from the likes of Maya Angelou and Margaret Atwood as well as Ray Bradbury and George Orwell.

"In understanding the greater context around the work, we can better appreciate any art"
- Professor Kiewitz

"You look at some of the bills being discussed right now and it seems like some of the views students are expressing are not completely their own," Kiewitz said.

This leads us to the point that we must acknowledge which is that yes, some classes are going to be challenging for some people if they disagree with the content. This does not mean though that we should simply walk away from the challenge we should stand firm in our personal beliefs while still being open-minded to what our instructors are trying to teach us. If we go through an interaction with the intention of learning something new, then when ideas are introduced perhaps we would be better equipped going into the thoughtful discussions held within the classroom.

Our time as students is valuable for the rest of our lives and using the knowledge we gain here can promote further growth amongst ourselves.

As Professor Kiewitz says " Education is found in challenging yourself." The struggles we face in the classroom should not deter us from the desire to learn but give of us a want to understand.

Move over Superman:

Single moms are the real heroes around here

By Myia Rainey, reporter

Single mothers-the hidden gems. Often overworked and overlooked, these superheroes often go unnoticed. The demands of work, kids and school for some, present many challenges and disparities. With these challenges, it may discourage a lot of single mothers from pursuing their education. Let's look at how a single mother currently residing in Missoula, MT is kicking butt and taking names.

According to the website, higherlearningadvocates.org, nearly 10%-1.7 million-of all United States (US) undergraduate students are single mothers and the numbers are still growing. Balancing school and work are hard enough for the average student, adding a child to the equation makes it even more difficult. So, how do they do it?

I asked Holly Old Crow, a single mother who is studying law at Alexander Blewett III School of Law - Missoula, MT, how she balanced it all and what support she had, and Old Crow said "I realized I could make one of two choices; 1. Continue working where I was without an education, living paycheck to paycheck or, 2. Start chasing an education and striving for a much better future for myself and my kids. I have a wonderful support system. My family has been nothing but supportive in my journey as a mother and in my journey in academia. I consider me and my children a strong team and I'm very thankful for it. I am also from a very culturally rich and tight knit community, and I receive lots of support from those back home."

For a lot of single mothers out there, Old Crow's statement is inspiring, but it is easier said than done. How does one simply balance it all? Routine. A routine means a sequence of actions regularly followed; a fixed program. And it is essential to balance work/home life. I asked Old Crow about her routine.

"As a single mother, in law school, I thrive on routine! Without routine, I tend to get very overwhelmed, and things get chaotic. I am gracious to myself when it's not a strict routine, but a routine nonetheless is incredibly helpful. A typical day for me is starting my day early to get my children ready and dropped off at school. Depending on my workload, I will get up even earlier to get a little work done before their day starts. I treat law school like a job, so I reserve a lot of my studying and work to be done between 8am and 5pm. In the evenings, I prioritize my children and their needs until it's bedtime. After they're asleep, I will commit more time to studying and work. During midterms and

finals, my routine will get a bit derailed because I have to commit more time to my studies, but my kids and I work well as a team. Of course, when life throws the unexpected things our way, we adapt and overcome to the best of our ability".

Holly, like many other single working mothers are not your average superheroes. Batman, Spiderman, etc... Have nothing on the minority women who chose education in the face of poverty, where education was their only way to financial security. So, if you know a mother who is in school (or isn't), no matter their financial status, support system, or marital status, let them know that they're doing a fantastic job. Life is hard. Offer help if you can and remember that college moms are the hidden heroes.



Holly Old Crow, a single mother who is studying law at Alexander Blewett III School of Law - Missoula, MT

Photo provided by Holly Old Crow

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