



## Taking Control

A student's success at weight loss  
— pg.4

# the Clarion

"Produced by students for students"

Check out [SinclairClarion.com](http://SinclairClarion.com) for all your campus news

Visit our facebook page at [www.facebook.com/sinclairclarion/](http://www.facebook.com/sinclairclarion/)

## Sports Feature

Katie Von Lehmden is the "athlete of the week"  
— pg.6



## Grant to help students graduate

Talya Flowers

Editor  
clarion@sinclair.edu

Graduating or completing a certificate is a special time when students finish one of the most prominent achievements of their lives. But many students never graduate due to financial, family or work obstacles.

Sinclair Community College, Lorain Community College and Stark State College were chosen to share a \$500,000 planning grant as part of a Completion by Design project that is funded by the Bill and Melinda Gates foundation.

The three colleges are collaborating to implement a nationwide initiative to help college students navigate through their obstacles and on to a pathway of success by graduating, transferring or completing their certificate.

Completion by Design is a five-year grant, and Sinclair is in its first year of the planning grant. In April, Sinclair will write and send a proposal to the Bill and Melinda Gates foundation to receive funding for the next four years.

As part of the planning grant, Sinclair will focus on helping three types of students navigate through college and avoid obstacles that hinder their progress toward attaining their degrees. These students include: students who are near college-ready, students who are undecided or who change their majors and students who come from high-poverty high schools.

"We are really trying to understand their [the students] needs in order for them to be successful," said Kathleen Cleary, project director for Completion by Design. "For each population, we are designing a pathway so that the students have a very clear understanding of how to go to college, fill out their financial aid and take all the steps required for them to come to Sinclair and start successfully."

After the student is enrolled at Sinclair, Cleary said Sinclair will implement a clear, coherent pathway for what courses the student needs to take.

Providing more graduates for the region is Sinclair's primary focus. The secondary focus is funding because funding for Sinclair will be dependent on the number of graduates, Cleary said.

"We are trying to make it more obvious to the student on how to stay on the pathway [and graduate]," Cleary said. "Graduating is huge because our mission as a community college is to help the community. We cannot help our community effectively if we cannot offer more graduates in the areas that our community needs the most."



The Salad Bar in the Tartan Marketplace offers a variety of nutritious foods.

photo by Jonathan Hammond

## Healthy options offered

Mark Fahey

News Editor  
clarion@sinclair.edu

*There's all kinds of options, even in the burger world."*

—Tim Sweet, the general manager of food services at Sinclair

From offering more baked foods, to color-coding the utensils at the salad bar to indicate the healthiness of each ingredient, Sinclair's food services are becoming healthier.

"If you're into the health aspects of your food, you'll notice a lot more than if you're not," says Tim Sweet, the general manager of food services at Sinclair. "Students are getting smarter about what they eat, more aware of what they're putting into their bodies," says Sweet. "Eating habits 10 years ago were a lot different than they are today."

A big part of choosing to eat healthier is having access to foods' nutritional information. Health-conscious students can find that information through

a number of outlets, including recipe books and signs in the marketplace and at [www.aramarkcafe/sinclair](http://www.aramarkcafe/sinclair).

For smarter on-the-spot decisions, the marketplace's 'just for you' icon system emphasizes healthy aspects of certain foods, such as fat-free, calcium-rich and low-calorie options.

The number of healthy food options is also expanding. Aramark has a partnership with Cooking Light, a national magazine that highlights healthy recipes, and has been including some of those recipes in their regular cycle menus.

Smaller portions of foods are also being offered, such as half sandwiches, yogurt parfaits, and snack cups with cheese and

crackers or carrots and celery.

In response to requests for more gluten-free foods (according to Sweet, one in 200 people in the US can't eat gluten products), Aramark will soon be testing gluten-free pizzas with dough made from rice flour.

Sweet says that people are eating less red meat and instead choosing chicken. For non-meat-eaters, tofu is available on request as a replacement at some stations, and tofu burgers were first offered this fall.

"When I first got here, we only had beef hamburgers," said Sweet. "Now we have garden burgers, boca burgers, black bean burgers, tofu burgers and turkey burgers. It's just changing with the times.

There's all kinds of options, even in the burger world."

Not all of Aramark's health initiatives involve simply offering more options. They have also instituted some 'stealth health' changes, such as using only low-fat mayonnaise, zero trans-fat frying oil and low-sodium bases in soups.

Even in the vending machines, the company makes an effort to include healthy products. Some vending machines contain only healthy foods, and some have certain rows designated for healthy foods (look for the checkmark symbol).

Healthy options are here to stay. "I hope everyone's going toward that trend," says Sweet.

## Pending land approval could result in additional parking for Sinclair

Talya Flowers

Editor  
clarion@sinclair.edu

With the demolition of the "Lawyer's Building," located on 318 W. Fourth Street, Sinclair is considering using the site for additional parking spaces.

An expansion in parking will alleviate some of the college's daily parking issues.

The building, bought in 2006 from a law firm, was demolished due to structural, functional and health problems that made it more cost effective to demolish the building than to renovate it, said Woody Woodruff, director of Facilities Management.

Mold, mildew, incessant flooding, severely damaged ceilings, a crumbling façade and a failing HVAC system were among the many reasons the college decided to demolish the building and deem it uninhabitable. The building was demolished on Dec. 8, 2011.

"The building was in poor condition," Woodruff said. "Once the lawyers moved out, the building continued to deteriorate with no maintenance being done on it to the point that it was unusable."

Procurement of the land was a part of Sinclair's strategic plan to buy property close to the campus, which makes the location of the property very valuable, Woodruff said.

But Sinclair is awaiting pending approval from the zoning authority to start the additional parking project.

"We are in the central business district of Dayton, they do not typically



Demolition of the Lawyer's building on Dec. 8, 2011 could result in additional parking for Sinclair.

photo contributed by Woody Woodruff

want or desire or approve of a parking lot in the central business district," Woodruff said. "Since we already have an existing parking lot, we have asked to do nothing but improve and expand the lawyers' parking lot."

The proposed project would cost no more than \$50,000, according to the Ohio Board of Trustees agenda.

Due to pending city approval, no dates have been set to begin construction.

"The City of Dayton has been cooperative, understanding and they are working with us," Woodruff said.

Alan Scherr Associates (ASA), an architectural design firm is working closely with the City of Dayton, so that Sinclair can receive the zoning change. Before the zoning change can occur, ASA must submit a proposal to Sinclair

and then to the City of Dayton concerning what the site will be used for.

"We would extend that parking lot, gain some parking spaces and relieve some of the parking issues that we have on campus," Woodruff said. "Everybody is always talking about parking and this is one way that we will relieve some of those parking issues."

Who will be allowed to use the additional parking space is currently undecided, Woodruff said.

If the City of Dayton approves, construction might begin this summer with the intention of having additional parking ready for Fall Quarter.

At some point in the future, Sinclair plans to build an academic building and continue to expand by tearing down Buildings 15 and 16, Woodruff said.

## Ohio Fellows strives to develop servant leaders

Talya Flowers

Editor  
clarion@sinclair.edu

For almost 35 years, the Sinclair Ohio Fellows Leadership Development Program mission has been to foster selected students to become leaders in their community, said Tom Roberts, advisor for the Ohio Fellows.

In recognition of the program's 35-year existence, the Ohio Fellows are seeking to recruit 35 new members who exhibit a high level of energy, talent, creativity and motivation as well as students who want to be leaders in the society.

Faculty members are being asked to nominate students, who exhibit leadership qualities, by sending the names of the students to [thomas.roberts@sinclair.edu](mailto:thomas.roberts@sinclair.edu). Students who are already in the group also have the opportunity to nominate students who they think have leadership qualities.

"The idea is to develop students to be servant leaders," Roberts said. "We want students to understand that as a servant leader you put the needs of others as your highest priority."

The core principles of the Ohio Fellows stem from Robert Greenleaf's essay, "The servant as a leader." In his essay, Greenleaf asserts that a servant leader can make a substantial difference in society by listening and interacting, as opposed to wielding oppressive and manipulative power, Roberts said.

To be nominated for the Ohio Fellows, students must have a minimum GPA of 2.5, be willing to take on a leadership role on campus and be in good academic standing.

Requirements also include writing an autobiography and signing a growth contract. A growth contract is a personal strategic plan to help the student grow personally, academically and actively as a leader, Roberts said.

The contract, Roberts said, helps students accomplish their goals at Sinclair and allows them to leave the college with a solid foundation to become active leaders in their communities.

"You can help our students develop their leadership skill by nominating them for the Sinclair Ohio Fellows program," Roberts said via email. "We all know when our students are connected and engaged with the college, they have a greater commitment to their school and their educational endeavors."

For more information contact, Roberts at 512-2284 or to nominate a student stop by Building 8 Room 025.

## campus calendar

**Feb. 7**

- addiction Discussion Group** 12 p.m.-1 p.m. Building 10, Room 423

**Feb. 16**

- Coping with Math Anxiety Workshop** 12 p. m.-1 p.m. Building 2, Room 2334

**Feb. 8**

- COPE Emotional Intelligence Workshop** 12 p. m.-1 p.m. Building 2, Room 2334

**Feb. 21**

- Addiction Discussion Group** 12 p. m.-1 p.m. Building 10, Room 10423

**Feb. 9**

- Problem Solving (Math Anxiety Series) Workshop** 12 p. m.-1 p.m.

**Feb. 22**

- COPE Stress Management Workshop** 12 p. m.-1 p.m. Building 2, Room 2334

**Feb. 14**

- Addiction Discussion Group** 12 p. m.-1 p.m. Building 10, Room 10423

**Feb. 23**

- Prepare for Math Exams Workshop** 12 p. m.-1 p.m. Building 2, Room 2334

## marketplace menu

**Monday**

- Chili Con Carne
- Chicken Noodle Soup
- Hungarian Mushroom Soup
- Baked Potato Bar
- Italian Panini
- Red Beans And Rice
- Parsley Potatoes
- Veggie Medley
- Grilled Green Beans
- Kung Pao Chicken
- Calzone, Pepperoni
- Grilled Chicken Quesadilla
- BBQ Pulled Pork Wrap

**Wednesday**

- Chili Con Carne
- Beef Pasta Soup
- Broccoli Cheddar Chowder
- Beef Taco Salad
- Make it healthy-sub yogurt dip for sour cream
- Vegetable Lasagna
- Spanish Rice
- Santa Fe Potatoes
- Mexi-Corn
- Refried Beans
- Beef Lo Mein with Egg Roll
- Italian Hot Sub
- Bistro Slider
- BBQ Pulled Pork Wrap

**Friday**

- Chili Con Carne
- New England Clam Chowder
- Mushroom Vegetable Soup
- Baked Tilapia
- Stacked Chicken Mash Bowl
- Wild Rice
- Roasted Red Potatoes
- Veggie Medley
- Steamed Spinach
- Closed on Friday
- Meatball Roma Round
- Chicken Cordon Bleu Hot Ciabatta
- BBQ Pulled Pork Wrap

**Tuesday**

- TChili Con Carne
- Chicken Noodle Soup
- Broccoli Cheddar Chowder
- Carved Turkey Breast
- Grilled Chicken Burrito With Mango Salsa
- Potatoes Au Gratin
- Fresh Mashed Potatoes
- Fresh Steamed Green Beans
- Squash, Yellow, Zucchini, Fresh, Sauteed

**Thursday**

- Chili Con Carne
- Beef Pasta Soup
- Mushroom Vegetable Soup

**Sesame Chicken with Vegetable Lo Mein**

- Flatbread, Turkey, Smoked
- Deluxe Grilled Cheese W/ Bacon
- BBQ Pulled Pork Wrap

**Herb-Roasted Chicken Quarters**

- Coconut Shrimp Salad
- Fresh Mashed Potatoes
- Buttered Noodles
- Braised Cabbage
- Sauteed Green Beans & Peppers
- Mongolian Stir fry over Rice
- Bang Bang Pizza (spicy)
- Grilled Ham & Cheese
- BBQ Pulled Pork Wrap

## Classifieds:

**Miami Township Police Officer**

Applications for the position of police officer are being accepted through 4:30 PM, 02/14/12. REQD at time of application and hire: US Citizen, 21 yrs of age, OPOTA cert. Exp preferred. For ALL requirements and complete application information or apply online: [www.miamitownship.com](http://www.miamitownship.com)

Application packets: 2700 Lyons Road, Miamisburg, Ohio 45432. Resumes are not accepted in lieu of completed application materials. EOE.

**Meet new friends** working with our young, fun staff at Figlio Italian Bistro located minutes from campus in Kettering. Now hiring part-time cooks, servers, bussers and dishers. Flexible schedule around your school needs.

No experience necessary, willing to train. Apply in person at 424 E. Stroop Road in Town and Country Shopping Center.

### Corrections

It is *the Clarion's* policy to correct all errors. If you notice any errors in *the Clarion* newspaper, please contact us through e-mail at [clarion@sinclair.edu](mailto:clarion@sinclair.edu) or by phone at (937) 512-2958. Write "Correction" in the subject line of the e-mail. All corrections will appear in this space.

*the Clarion* Does not necessarily endorse any paid advertisement. We do not investigate nor accept responsibility for the truth or accuracy of any statement made by the advertiser in any ads. **Deadline for placing a classified ad is Monday at noon for the following Tuesday's issue.** Classified ads may be submitted at 'the Clarion' in Room 8027.

**EARN UP TO \$50 TODAY!**  
**\$100 THIS WEEK!**

\*Eligible new donors

**CASH IN YOUR POCKET.**  
DONATE PLASMA.  
IT PAYS TO SAVE A LIFE.

165 East Helena Street  
Dayton, OH 45404  
937- 331-9186 • [cslplasma.com](http://cslplasma.com)

Donor fees may vary by donor weight. New donors bring photo ID, proof of address and Social Security card.

**CSL Plasma**  
Good for You. Good for Life.

## weekly sudoku

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow. In a 9 by 9 square Sudoku game:

- Every row of 9 numbers must include all digits 1 through 9 in any order.
- Every column of 9 numbers must include all digits 1 through 9 in any order.
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Every Sudoku games begins with some squares already filled in, and the difficulty of each game is due to how many squares are filled in. The more squares that are known, the easier it is to figure out which numbers go in the open squares. As you fill in squares correctly, options for the remaining squares are narrowed and it becomes easier to fill them in.

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

**Sudoku Tips:** Start by looking for numbers that occur frequently in the initial puzzle. For example, say you have a lot of 5's in the initial puzzle. Look for the 3x3 box where there is no 5. Look for 5's in other rows and columns that can help you eliminate where the 5 might go in that box. If there is a 5 in column's 1 and 2, then there can't be a 5 anywhere else in either of those columns. You know then that whatever leftmost 3x3 box that is missing a 5 must have it go in column 3. If you can eliminate all the possibilities in that box except for 1 square, you've got it down!

Answers on page 5

## weekly crossword

**Across**

- Constantly
- Numbers, e.g.
- Longing words
- New Zealand fruit
- Open-mouthed
- Cinched, with "up"
- Univ. seniors' tests
- Daily take in the Lumber department?
- Broods
- Currency of Freetown
- Revenue in Lingerie?
- Guys' mates
- Rash protection
- Over the top
- "Third Rock From the Sun" family, e.g.
- There's often a colon in one
- India's first prime minister
- Outlay in Electronics?
- Jejune
- Spider-Man Parker
- "Don't think so"
- First tea sold in individual packets
- Cupid counterpart
- Blondie drummer Burke
- Merchandise capacity in Men's Wear?
- Pianist Gilels et al.
- Outcast
- Display case in Wine & Spirits?
- Shamu, for one
- "Hill Street Blues" actress
- Life-of-the-party type
- "JAG" spin-off
- Fail to hold up, as a bank
- Contributes
- Band with the debut album "Diamond Life"

**Down**

- ER lines
- Bug
- Controversial Gettysburg general
- Take a gamble
- Blot away, as a tear
- Back in time
- "... the Girls I've Loved Before":

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15				16				
17				18				19				
20			21			22						
23				24	25			26	27	28	29	
		30					31	32				
33	34	35		36			37	38		39		
40			41					42				
43						44				45		
46				47			48		49			
50				51	52	53				54	55	
				56	57				58			59
60	61	62					63	64		65		
66						67				68		
69						70				71		

Nelson/Iglesias hit  
8 Go along  
9 Dust jacket no.  
10 Words before a stunt  
11 Be in debt  
12 Green shade  
13 Byrnes of "77 Sunset Strip"  
19 "\_\_\_ thou love me?": Juliet  
21 Bickered  
24 \_\_\_ shot  
25 Go on the fritz  
27 "It's \_\_\_ line between love and hate": 1971 song lyric  
28 Doone in Exmoor  
29 Murmuring sound  
32 Like some soap  
33 Certain Prot.  
34 Like Schubert's music  
35 Wet lowland  
37 Anger  
38 Certain chamber music group

41 Like much Le Creuset cookware  
42 Off-embroidered word  
47 Yard sale proviso  
49 Battle of Hastings fighters  
52 Extreme  
53 "Huh?" response opening  
54 About  
55 1961 Heston role  
57 M.'s counterpart  
59 Simplicity  
60 Petal-plucking pronoun  
61 Main man?  
62 Chatspeak qualifier  
63 Approval of a kind  
64 Some NFL linemen

Answers on page 5

**Contacts**

**Newsroom**  
Room 8027  
(937) 512-4577  
e-mail: [clarion@sinclair.edu](mailto:clarion@sinclair.edu)

**Advertising**  
phone: (937) 512-2744 fax: (937) 512-4590

The Clarion retains the right to refuse any advertisement for any reason.  
The Clarion is a member of the Associated Collegiate Press, Columbia Scholastic Press Association and Ohio Newspaper Association.

# the Clarion

Editor Talya Flowers  
Sports Editor Giustino Bovenzi  
News Editor Mark Fahey  
Graphic Designer Jonathan Hammond  
Reporters JonVelle McCray  
Steve Scherwin  
Leah Baxley

Chris Voudris  
Sandy Hilt

**Photographer**  
Jonathan Hammond

Established March 15, 1977

'The Clarion' is published as a designated public forum for the students of Sinclair Community College by a student staff every Tuesday during the regular academic year, and once in July during the summer.  
'The Clarion' retains the right to all original artwork, logos and business letter marks used within this publication, and is protected by the laws governing U.S.A.'s copyright materials.

'The Clarion' is distributed free to the faculty, staff and students of Sinclair Community College each Tuesday. Single copies are free, additional copies are 50 cents each which can be paid in Room 8027.

Advertising Representatives

# SLA to host a day of love

Talya Flowers

Editor  
clarion@sinclair.edu

Love and romance will be in the air.

And on Feb. 14, from 11 a.m. to 3 p.m., the Student Leadership Association (SLA) will fill the basement level of Building 8 with hearts, chocolates and crazy fun.

"The purpose of this event is to create a fun atmosphere on Valentine's Day, so come share the love with SLA" said Jasmine Rogers, student event planner for SLA. "We are going to have a blast."

The event is free and open to the public.

DJ Clay Hampton will provide the musical entertainment and two games will be the highlight of the event.

The New Love Game is where couples that are newly in love or old married couples are asked questions about one another.

"If the contestant gets the answer right points are awarded, but if the contestant answers the question wrong, well then the arguing begins among the couples. It's going to be a hilarious game," Rogers said.

The Dating Game is a game in which one contestant will be seated on one side of a curtain, and would ask questions to three contestants sitting on the other side of the curtain. The questions are designed to help the main contestant pick



photo contributed by Talya Flowers

The Student Leadership Association will be selling chocolate kiss roses, mini teddy bears, candy and gift bags for Valentine's Day.

which of the three he or she would like to go on a date with.

While the contestants in these games are confidential, Rogers said "students, faculty and staff have to come to the event to find out who the participants are."

Chocolate kiss roses, mini teddy bears, candy and gift bags will be on sale during the event.

"Some very affordable, but equally precious Valentine's gifts will be on sale," Rogers said.

Before the Valentine's Day event, Ashley Russell, a representative for the American Cancer Society will be presented with a \$630 check.

The money that will be presented to Russell was raised during the National Breast Cancer Awareness event on Oct. 5. SLA along with Admissions, Marketing

and the Athletic Department, worked together to raise the money.

"All the departments worked very hard to come up with this donation, and it is our greatest pleasure and honor to present the American Cancer Society this check," Rogers said.

During the Valentine's event, a variety of clubs will have tables and students will be able to receive information about prospective clubs, and also get to see what kind of clubs Sinclair has to offer.

"We are planning for this event to be big and awesome," Rogers said. "It is a way to bring students together, and I hope to see many new faces."

For more information contact Rogers at jasmine.rogers9909@my.sinclair.edu or call 512-2802.

## tartan spotlight



photo by Gil Gaddis

## meet Gil Gaddis

JonVelle McCray  
Staff Writer

An Aramark employee by day, a musician by night; you can always count on Gil Gaddis to deliver the goods. Gaddis is a Dayton native and began working for Aramark on Sept. 10, 2001.

He says he'll never forget because it was "one day before Sept. 11." According to Gaddis, Sinclair Community College's Buildings 3, 7 and 10 have to be restocked daily. He generally works nine hours during the day and sets the weekends aside for music.

### What makes him Interesting?

A vocalist and bass player for more than 30 years, music has always come naturally for him. His father was a Blues musician and vocalist; therefore, growing up, his environment consisted of a variety of genres. He specifically named Rock-and-Roll and Blues. "I'm graduating to [playing] jazz," he laughed. "It's more gratifying and satisfying. It's harder to play, but once you get it – it's easy," he said.

Gaddis has witnessed the evolution of the Dayton music scene. "Dayton was a Mecca for music. There used to be a band on every corner. There's not as many venues anymore."

Gaddis first started his music career in the group Three's Company. Gaddis then ventured on to become a featured artist for various groups such as Fast Company, Four by Four, PC & the Final Verdict, LYD & the Hit, RSVP, The Next Phase, Buck Naked, Time Traveler and Chris Bowman and Friends.

In 1999, Gaddis released his first CD titled "Time Traveler." In 2005, that CD was followed up by the release of his second CD titled "G Square." The 2011 latest CD release titled "Grooveworthy" is available now.

Gaddis said he does find persistent support from his wife of 18 years, Karen Williams.

Williams is his manager and works in the Student Leadership Association as an advisor. He also thanks Vince Langley, Tim Sweet and Chris Bowman. "They all allow for me to be a 'weekend warrior,'" he said.

Gaddis is now lending his talents to a solo performance career. He is available to perform and is able to adjust to any venue needs.

On Feb. 29, Gaddis will be performing during the Jazz Jam at Sinclair in honor of Black History Month. The Event will be held in the basement of Building 8 from 12 to 1 p.m.

Regarding music, his dream would be venues that cater specifically to Jazz music. "I'd love to see Dayton become the Mecca it once was."

Do you know a member of the Sinclair community with an interesting or unique quality? Send your suggestions to [sinclairclarion.edu](mailto:sinclairclarion.edu).

## Learn More. Earn More. Be More.

### Transfer Credits Easily For Affordable Degree Completion Programs

#### School of Community Education

##### Evening And Weekend Programs

- BA Organizational Leadership
- Certificates
  - Organizational Leadership
  - Human Resource Management
  - Pre-MBA Certificate
- @witt@home Course Format
  - Blended Learning For Maximum Flexibility

##### Daytime Programs

- Select From 60+ Majors And Programs
- Teacher Licensures

Half-Tuition Scholarship awarded to members of Phi Theta Kappa Honorary

Post 9/11 Military Tuition benefits paid in full for those eligible

School of Community Education

**wittenberg**  
UNIVERSITY

CALL: (937) 327-7012  
TOLL FREE: (800) 677-7558  
E-MAIL: [sce@wittenberg.edu](mailto:sce@wittenberg.edu)  
VISIT: [www.wittenberg.edu/sce](http://www.wittenberg.edu/sce)

Visit  
<http://www.sinclairclarion.com>  
online!

Thinking about a four-year degree?

Want a diploma from one of the top universities in the country?

Case Western Reserve University is looking to enroll talented community college students seeking bachelors degrees in the arts, humanities, natural and social sciences, engineering and nursing.

Application information is available online at [admission.case.edu/transfer](http://admission.case.edu/transfer). There is no application fee to apply online, and scholarship assistance is available for those who qualify.

Deadlines for fall are fast approaching:

Apply by March 15 and get your decision by May 1! Apply by May 1 and get your decision by June 5!

Interested in learning more?

Join us for a President's Day Open House, February 17. Register online at [admission.case.edu/visit](http://admission.case.edu/visit).

# Journey to weight loss



Chelsea Brannan lost 130 pounds due to eating right and walking daily. She encourages students, faculty and staff to be proactive about their weight loss and never give up.

## Leah Baxley

Reporter  
clarion@sinclair.edu

Chelsea Brannan, a Sinclair Community College student, remembers her life before her weight loss.

"I was a mess," said the 22-year-old Communication major. "I'd been overweight pretty much my whole life."

In August 2010, Brannan and her sister, Heather Newland, decided to try another diet. Until that point, Brannan said she had tried everything, including diet plans such as Atkins, with no success.

Brannan said her sister encouraged her to try again. Brannan began by cutting fast food and sodas from her diet and adding whole wheat foods. She said she also started walking outside every day.

"It was little changes," she said. However, these little changes led to what she calls a lifestyle change.

"Everything changed for me," she said. She has lost 130 pounds from her starting weight of 310 pounds.

"It's a huge achievement," she

said. "It becomes pretty real," she noted, when the doctor told her that she had added 15 to 20 years back onto her life.

However, Brannan said that she remembered a time when she had reached a point where she was feeling discouraged.

It was close to Thanksgiving and she said she had gone a month and a half without losing any weight, despite continuing to follow the changes she had made. She said she felt as if she'd reached the end of her journey.

"It's easy to get discouraged when you don't see the numbers moving on the scale," she said.

It was a difficult month and a half for her. However, it was around that time when Brannan realized that maybe she just needed to switch it up a little. She said it was at that point that she joined the YMCA in Beavercreek.

She now has a personal trainer and takes part in different classes, such as Zumba, which she attends three times a week.

Zumba is a dance exercise class that includes Latin and Hip Hop music, among other styles, said Brannan.

Brannan emphasized

that she lost 115 pounds on her own before joining the YMCA, and said that others could do so too.

In order to maintain her present weight, she said that she continues to practice the lifestyle changes she has made.

"If you can change the way you think, you'll be set," she said.

This September, she said she is planning to run in the Wright-Patt Air Force Base's half marathon. Brannan works at the base and said that the annual marathon is an important event there every year.

Brannan said that her goal is to be 150 pounds, which she said was the ideal weight for her height, by her birthday on May 5.

After Winter Quarter, Brannan said she will be graduating and transferring to Wright State University where she will pursue a dual degree in Communication and Sign Language.

Brannan advised those who are trying to lose weight to make small changes in their lives.

"Those small changes add up after a while," she said. "You can't make excuses for your life anymore."

# Sinclair's Hybrid program becoming more prominent

## Giustino Bovenzi

Sports Editor  
clarion@sinclair.edu

The definition of a hybrid, according to Merriam-Webster dictionary, is something (as a power plant, vehicle, or electronic circuit) that has two separate components performing essentially the same function.

"For most people they hear the word hybrid, and they just think better gas mileage," Chrysler College Automotive Program Coordinator Tom Freels said. "But hybrid really means the combination of both better emissions and gas mileage."

Sinclair's Automotive Department at Sinclair, located in Building 20, has increased its focus toward developing coursework and training students to be prepared to work on hybrid vehicles, according to Freels.

"With the automotive industry evolving towards more gas efficient, emission efficient vehicles, we have to prepare our students to be able to work on those cars as well," Freels said. "We've been working with hybrid vehicles since 2006," Freels said.

Freels said that Sinclair's Automotive Department initially held training seminars for other college faculty members around the country with the initial grant they received in 2006, but that grant money soon ran out.

Sinclair received another grant in 2009 for \$750,000, according to Freels, with the focus of acquiring more cars, parts, materials and training.

There are a handful of hybrid vehicles on campus for students to work on, according to Freels, including a Ford Fusion, a Ford Escape and three Toyota Prius' to name a few.

The department acquired mostly salvaged vehicles to save on costs and also to have side projects for students to work on.

*"For most people they hear the word hybrid, and they just think better gas mileage, but hybrid really means the combination of both better emissions and gas mileage."*

— Tom Freels,  
Chrysler College  
Automotive Program  
Coordinator

faculty developed a new curriculum for their own classes, which they have now implemented in their courses. Each faculty member (that attended the seminars) would make a presentation or create a test as they were going along. The changes will help the program address new challenges in the industry.

Freels said that each major car company has to meet a miles per gallon gasoline benchmark each year. With each car company making more changes to emissions and gasoline economy, it is imperative that the faculty in the Automotive Department continue to attend the seminars and receive training, he said.

Freels suggests that the hybrid course would be appropriate for Automotive students that have taken most of the other courses, such as electrical or engine performance.

"The thought behind that is to avoid any setbacks in class and to keep things running as smooth as possible," Freels said, "And also for safety, of course."

The department hopes to one day have a certificate program for hybrid vehicles, according to Freels, but for now he said he could see more classes being offered toward the specifics of hybrid parts.

"Transmissions and transaxles are something to look forward to in the near future," Freels said.

# ΦΘΚ says "Talk Nerdy to Me"

*"It really gives you the impetus to keep your grades up, gives you a reason to maintain your grade level, gives you the support you need."*

— Jessie Thatcher,  
Nu Pi's co-vice president of publicity

## Mark Fahey

News Editor  
clarion@sinclair.edu

Phi Theta Kappa (PTK), the international honor society for two-year colleges, is accepting applications from students interested in joining.

The induction ceremony for Nu Pi, the Sinclair Chapter of PTK, for this quarter will be held on Feb. 9 in the Auditorium in Building 12 at 7 p.m., and all students are welcome to attend. To be inducted at the ceremony, all application materials must be in by Feb 9.

In order to be eligible for membership, a Sinclair student must have a 3.5 grade point average and must have completed at least 15 credit hours (excluding DEV and ESL credits), according to the group's Sinclair website. There is a one-time fee of \$75 dollars, after which a student will always be a member as long as they maintain the minimum GPA and remain a member in good standing.

"You can be as involved or uninvolved as you want, but there are a lot of benefits to being a member of Nu Pi," says Amy Cotterman, a current co-president of Nu Pi, Sinclair's Phi Theta Kappa chapter. Cotterman works with Janae Reynolds, the other co-president, to run the Sinclair chapter.

The honor society offers internal scholarships (one \$450, two \$200 and one \$150 in Fall, Winter and Spring) and many universities offer transfer scholarships to Phi Theta Kappa members worth more than \$36 million, according to the website. Members who earn their associates degree will receive

a gold seal on their diplomas, and can wear a special blue and gold cord, stole and gold tassels of the society at graduation.

"When you're a member of Phi Theta kappa, you really learn some things about how Sinclair is run, so you have an opportunity to get involved with the school at a deeper level," says Cotterman, "I think the most important thing is that we're involved, and we're here."

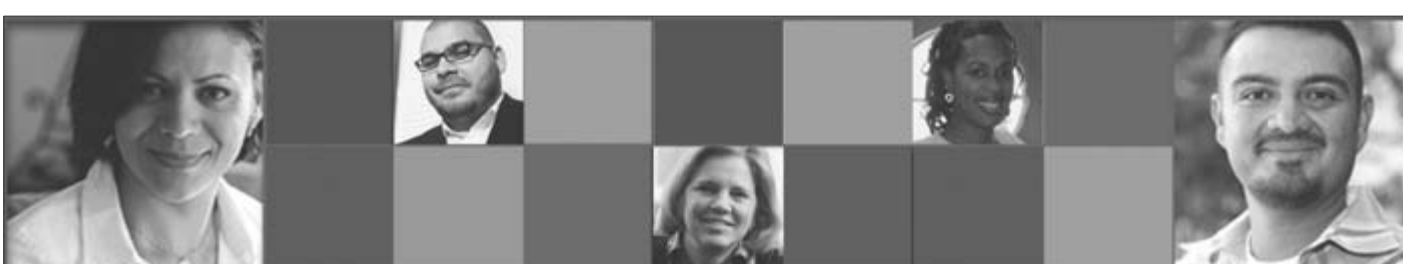
Cotterman says that the group works very closely with the President's office. Last quarter, they worked with the office to do surveys for the Completion by Design project, an initiative supported by the Bill and Melinda Gates Foundation. The group is also active in Relay for Life and several other service projects throughout the year.

"It really gives you the impetus to keep your grades up, gives you a reason to maintain your grade level, gives you the support you need," says Jessie Thatcher, Nu Pi's co-vice president of publicity. "Sometimes when you're a non-traditional student and you come to Sinclair, you feel a little left out of the program...and this way you meet people, you get involved in activities, and you become a member of the community, which is really cool."

Nu Pi at Sinclair was the first Phi Theta Kappa chapter in Ohio, and the chapter has two officers at the regional level, according to Cotterman.

"Sinclair has kind of always been the trailblazer for Phi Theta Kappa in the state of Ohio," says Cotterman. "You can really grow as a person and as a professional at a state and national level and hone your leadership skills and build your network."

For more information about applying, see Tracy Robbins in Building 10 Room 339 or call at 512-2517.



Enroll now for Spring.  
Classes begin  
March 31.

Anitoch University Midwest will help you complete a bachelor's degree.

AUM accepts all community college credits earned with an associates degree if credits meet the required guidelines.

Antioch University Midwest (AUM), nationally recognized for serving adult learners, understands the challenges of pursuing your higher education goals.

We respect your courage and support your dreams.

Our advantage is you!

AUM faculty members and adult students interact in a distinct academic community focused on your needs and emphasized by tightly-woven personal connections.



AUM has been named by G.I. Jobs Magazine as a Military Friendly School for 2012, ranking us in the top 15% of all colleges, universities, and trade schools nationwide.

## GET STARTED

Please join us at a local information session or schedule a personal appointment with an AUM admissions advisor by calling 937-769-1818 or visit us at [midwest.antioch.edu/admissions](http://midwest.antioch.edu/admissions).

### BACHELOR DEGREE PROGRAMS

- Early Childhood Education with Ohio Teaching License
- Health and Wellness
- Humanities
- Human Services Administration
- Literature and Creative Writing
- Management
- Sustainability

### MASTERS DEGREE PROGRAMS

- Conflict Analysis and Engagement\*
  - Individualized Master of Arts including Creative Writing, Humanities, and Social Science\*
  - Management and Leading Change\*
  - Master of Education and Ohio Principal Licensure
  - Master of Education and Teacher Licensure
- \*Classes offered online with limited residency

ANTIOCH  
UNIVERSITY  
MIDWEST

LOS ANGELES MIDWEST NEW ENGLAND SANTA BARBARA SEATTLE  
MIDWEST.ANTIOCH.EDU (937) 769-1818  
900 DAYTON ST, YELLOW SPRINGS, OH 45387

Engage and Inspire

## your voice

### Q. "What do you do to stay healthy during the school year?"



"I limit my intake of pop and ice cream and try to limit how much candy I eat."

Charity Haggerty  
Culinary Arts



Ian Butler  
Engineering

"I jog, I lift weights, sometimes, I eat healthy."



Jon Arvin  
Liberal Arts

"Generally to stay healthy during the school year, I intend to play ping pong, keep a little bit of activity going, and lift weights when I get home right before bed to burn some calories off."



Joshua Boman  
Automotive

"I walk to school. It keeps me healthy."

## Clarion consensus

### Little changes for a healthier you

We at the Clarion take our health seriously, for the most part. Being in school can be pretty hard on our bodies. Stress, poor nutrition, lack of sleep and little exercise can take a physical toll on students.

Many students at Sinclair are both working full-time and taking classes, and many get far fewer than the recommended eight hours of sleep every night. Inadequate sleep can cause poor judgment, forgetfulness, dangerous driving, weight gain and a number of health conditions.

To make matters worse, going to school is necessarily a sedentary activity. We spend most of the time in most of our classes sitting down. If you're taking twelve credit hours a week in a quarter, that amounts to twelve hours that you're sitting down when you otherwise might have been walking, standing or doing almost anything else that would be healthier.

When we finally get out of class and can stretch our legs, we head to the cafeteria. There, we find that some of the cheapest options are made of grease, cheese and dough. Pizza, one of the most popular items at the marketplace, is just not meant to be eaten in the quantities that are consumed by some of us here at the Clarion.

All this physical abuse can take the form of the "freshman fifteen," the weight gain that is supposedly common among first-year college students. Studies show that although freshmen tend to gain far fewer than 15 pounds, modest weight gain is widespread.

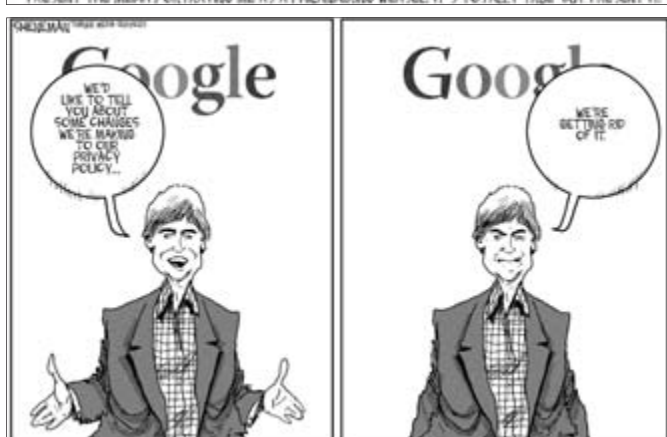
But there are small and simple steps that anyone can take toward a healthier lifestyle.

Avoid the elevators and take the stairs, try to park in Building 13 and walk to class and if you have the time try to take the long way to class.

These simple steps can be what you need to keep your body in shape and have the body that you desire.

We here at the Clarion hope that everyone will make an effort this quarter to do some jumping-jacks in between classes, eat some salad or just try to think stress-free thoughts to keep their bodies working right. It takes a healthy body to have a healthy mind, and it takes a healthy mind to be the best student you can be.

*The Clarion Consensus is an opinion column written by the staff of your Sinclair newspaper. Each week, the Clarion staff chooses a topic to debate and comes to agreement.*



## The problem with "no problem"

(MCT)

"No problem!"  
Have you noticed that the traditional words "You're welcome" has largely been replaced by that trite phrase? It bothers me.

It especially bothers me when I'm purchasing a good or service from someone, and the following all-too-familiar conversation takes place:

Vendor: "Here's your receipt, ma'am."  
Me: "Thank you."  
Vendor: "No problem."  
Actually, it is a problem.

What I expect is to be thanked for my patronage not to be dismissed with this casual, automatic response a response that indicates to me that the person does not get what "you are welcome" means. The phrase implies, "You are welcome to shop here and thanks

for allowing us the privilege of serving/helping you." When I hear "no problem," what I think in my head is: "You're right it's no problem at all for me to patronize another vendor/business next time."

You might be wondering: Why does this phrase bother me so much? Aren't there other, more egregious, offenses of which to take note? Yes, there are but this one makes me pause because it seems to perpetuate the disdainful way in which people are so often ignored and dismissed; it seems to encourage the subtle message that says, "I've taken care of you, so now hit the road and leave me alone"; it seems to indicate truly that you really are not "welcome," as the saying used to go.

Maybe you're thinking, "Come on now; don't be an Andy Rooney; it's just a popu-

lar expression and no harm is meant by it."

Yes, I'll give you that much. But then that aggravates me even more, because it reinforces the notion that people just aren't listening to or paying attention to one another, which is already a problem at an epidemic level.

People are sitting next to or across from others with whom they're clearly associated but who are choosing to have contact only with the 2-by-4-inch monitor in front of their faces and flying fingers. Try thanking one of these automatons for moving his chair one foot so you too may have a small space at the coffee shop table, and you're likely to be reciprocated with, "No Problem." Trust me, he's not thinking, "You're welcome to join the table." He's thinking, "No problem that you only

bothered me a bit."

I've anecdotally studied whether "no problem" is a generational phrase that belongs only to the under-20 set, much like "whatever" (stated most effectively while rolling eyes). And yes, I've found that this phrase is more likely to be spoken offhandedly by younger people in response to just about any comment made. But the scarier thing to me is that "no problem" seems to be pervasive; it's taken hold in a way that fits no single demographic. There is an outbreak of "no problem" everywhere you go.

So, the next time you're about to utter that dismissive phrase, pause a minute and think about how much more sincere (and polite) it is to say (with some eye contact and a smile): "You're welcome."

Got it?  
No problem.

## puzzle solutions

CROSSWORD

EVER			DATA			I	H	O	P	E							
K	I	W	I			A	G	O	G	S	E	W	E	D			
G	R	E	S			B	O	A	R	D	B	R	E	A	D		
S	U	L	K	S			L	E	O	N	E						
S	L	I	P	S			S	A	L	E	S			G	A	L	S
			T	A	L	C			T	O	O	T	O	O			
E	T	S			R	A	T	I	O		N	E	H	R			
P	O	W	E	R		P	U	R	C	H	A	S	I	N	G		
I	N	A	N	E		P	E	T	E	R		N	A	H			
S	A	L	A	D	A			E	R	O	S						
C	L	E	M			S		S			S						
			E	M	I	L	S				E	X	I	L	E		
S	T	I	L	L		S	T	A	N	D			O	R	C	A	
H	A	M	E	L			R	I	O	T		N	C	I	S		
E	R	O	D	E			A	D	D	S		S	A	D	E		

SUDOKU

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

## Women's bodies from Eden to a garden

(MCT)

From age 16 to age 20, a woman's body is a temple. From 21 to 45, it's an amusement park. From 45 on, it's a terrarium.

I know this because every morning I now take a capsule with 4.6 billion strains of supposedly beneficial flora to help establish the equilibrium in my digestive tract. There are only 7 billion people on the planet. Every morning I'm swallowing half my own universe.

And I'm not the only one. Every person I meet who is even in the least bit neurotic about his or her it's usually her intestinal issues take some version of a probiotic. I didn't know what a probiotic was until a year ago but now it's emerged.

Anyway, I take this pill every morning before my first sip of decaf. I'm not allowed to have caffeine anymore because it's no good for me, whereas becoming a host to microorganisms is

something to celebrate. For all I know I'm ingesting the very stuff I scrape off the tiles in my shower stall. Yet I do it because I'm convinced it's suddenly imperative I assist the side of the righteousness in the struggle-taking place in my colon where, apparently, ignorant armies clash by night.

The word on Wellness Street is that our mental, physical and spiritual hygiene hinges on the effective landscaping of our tummies. As if there's a little gardener in there, some guy with a weed whacker and a couple of bags of bulbs.

Human beings are always searching for some part of our body to blame. In the 15th century, you could go to a healer who used leeches, holy water and spiders to cure you. If the patient lived, he gave the healer a pound of goat meat; if he died, the healer was burnt to death as a witch. This is why, even today, doctors prefer malpractice insur-

ance to its alternatives.

In our lifetimes, the quick fixes have changed rapidly. Once upon a time it was iron we all lacked; people took Geritol (remember the ad saying "My wife I think I'll keep her"?). Then it was water. Suddenly everybody in America was discovering water like it was a miracle beverage, not like you could get it from a hydrant. Then all of a sudden, it was vitamin D that was going to save us.

Now it's internal shrubbery.

And that's why women are taking capsules filled with forests and have turned into a version of Botanical Gardens, except in heels. Sensible heels, mind you, because everything in life is about balance.

We're crossing the border where human beings and plant life meet. We're hybrids. Maybe we should go back to thinking about our bodies as temples. There could be offerings. I'd like pepperoni and extra cheese on mine.

### Letters to the Editor policy

Letters to the editor may be submitted to the Clarion in Room 8027 or email: clarion@sinclair.edu. All submissions are subject to editing without changing content.

**No anonymous submissions will be accepted. Letters to the editor must be submitted with the author's name and phone number.**

The Clarion reserves the right to edit all letters. The Clarion reserves the right to refuse any letters for publication, especially those that may contain vulgarity, obscenities (as defined by the supreme court and explained in Law of the Student Press), or that may be potentially libelous. It is the policy of the Clarion to acknowledge errors in letters with published correction statements.

**Deadline is noon Tuesday for the following Tuesday publication. There will be no exceptions to this policy.**

Submission does not guarantee publication. Space availability determines publication. When space is limited, articles may be filed for publication at a later date.

The Clarion  
c/o Sinclair Community College  
444 W. Third Street  
Dayton, OH 45402-1460  
(937)512-2744  
E-mail: clarion@sinclair.edu

**All 'Clarion' editorials are the opinions of the Clarion editorial board and do not represent the opinions of Sinclair Community College.**



JaBriel Coaston hits a three-pointer during one of Sinclair's scrimmages.

photo by Giustino Bovenzi

## Sinclair Men notch first conference win

**Giustino Bovenzi**  
Sports Editor  
clarion@sinclair.edu

The Tartan Pride men's basketball team earned their first conference win 82-79, on the road against Edison Community College on Wednesday, Jan. 25.

The Pride rolled into the game winless in conference after losing two tough games — games that forward JaBriel Coaston said they could have won.

But coming into the game, Edison was also winless in conference, and Head Coach Jeff Price said he warned his team before the game of the opponent's mindset.

"I told our guys, 'They're looking at you to get healthy,'" Price said.

Price said the game started out sloppy with both teams just muddling along.

"At the end of the first half

JaBriel hit a huge three to put us up 4," Price said.

That gave the Pride the spark they needed to get back on track in the second half. The Pride built up a 12-point lead only to see it vanish from a 9-minute cold streak.

"We had point-blank looks that kept going, in-and-out, in-and-out," Price said.

Edison came back from the big deficit to actually take the lead Price said, but Sinclair pulled it back together with some clutch free throws.

"We made 11 of 12 free throws in the second half," Price said.

Starting point guard Charlie Byers made all of his shots in fact, going 13-13 from the line/field.

Price said the final seconds of the game took a lot longer than usual, with the opposing coach calling multiple timeouts, trying to "ice the shooter."

"He called at least three timeouts while Charlie was on the line," Price said.

After the game, Sinclair was just happy to get their first win in conference.

"It felt good to get our first win," Price said. "The first one is always the toughest."

"A lot of people don't think about this, but a lot of games come down to one possession," Price said. "The shot made by JaBriel at the end of the first half and the free throws by Charlie are two primary examples of that."

The leading scorers were Byers and Coaston both adding 23 points.

Subsequently, the Pride lost their next game against Lakeland 88-77 on Saturday, Jan. 28, but Price hopes his players will respond with some big victories down the stretch.

The next home game is Feb. 15 in a rematch against the Lakeland squad.

## Featured athlete of the week

— **Katie Von Lehmden** —

**Giustino Bovenzi**  
Sports Editor  
clarion@sinclair.edu

Scoring 22 points in a big conference win against Lakeland Community College is just another day in the life of 20-year-old Katie Von Lehmden.

The second-year Sinclair student, who is double majoring in Dental Hygiene and Business Management, has been a talented basketball player from a very early age.

"I've played basketball since I was two," she said, "I've always had a ball in my hand."

The Fort Jennings graduate said her father played collegiate level basketball and her brother was who she played with growing up.

The point guard's second year on the team has been drastically different from her first. She said there is a lot less drama, but having to play with a shortened roster throughout the season has been a big adjustment.

"We've all had to be in pretty good shape, if not it kind of controls the game," Von Lehmden said.

But despite all the adversity, she said that it has helped bring the team closer together and has taught her some important lessons.

"The biggest lesson I've learned is just to not underestimate someone," Von Lehmden said.

"Edison for example, though they were going to kill us, but we ended up beating them."

"Big Kath," as some of her teammates call her,

said her experience at Sinclair thus far has been very positive. Her nickname, which has carried over from her high school days, comes as a joke of implied sarcasm. Von Lehmden is one of the smallest players on the team measuring in at 5 feet 6 inches tall.

However, her height doesn't stop her from performing on the court. In fact, her play may be why the nickname is sticking with her. Von Lehmden is averaging 14.8 points, 4.8 rebounds and 3.0 assists per game for the Tartan Pride, according to National Junior College Athletic Association statistics.

Despite her high scoring average, Von Lehmden isn't planning on continuing her basketball career after Sinclair. She plans on finishing her Dental Hygiene degree and working in the field soon after.

Von Lehmden said her goofy personality is one of the ways she manages to get through her classes.

"I get along with everybody here," Von Lehmden said. "It's really easy to talk to anybody."

And as most people know about her love for the game of basketball, she said she also enjoys singing. "I'm horrible at singing," she said, "But I just like to do it anyway."

She said she likes to sing in the car or when she is with friends, but don't expect her to be on next season's edition of American Idol.

You can see Von Lehmden and all the Tartan Pride players in action at home, on Feb. 15, against Edison State Community College.



Von Lehmden going up for a layup against U.C. Clermont earlier in the season.



photos by Jessica Threats

## TAKE YOUR SINCLAIR COMMUNITY COLLEGE DEGREE FURTHER

EARN YOUR BACHELOR'S DEGREE AT FRANKLIN UNIVERSITY

- **3+1 Program:** Complete your associate's degree and one year toward your bachelor's at Sinclair Community College. Transfer all the credits you've earned and finish your last year online at Franklin University.

- **Affordable:** Save money by paying the lower Sinclair Community College, tuition rate for up to 3 years.

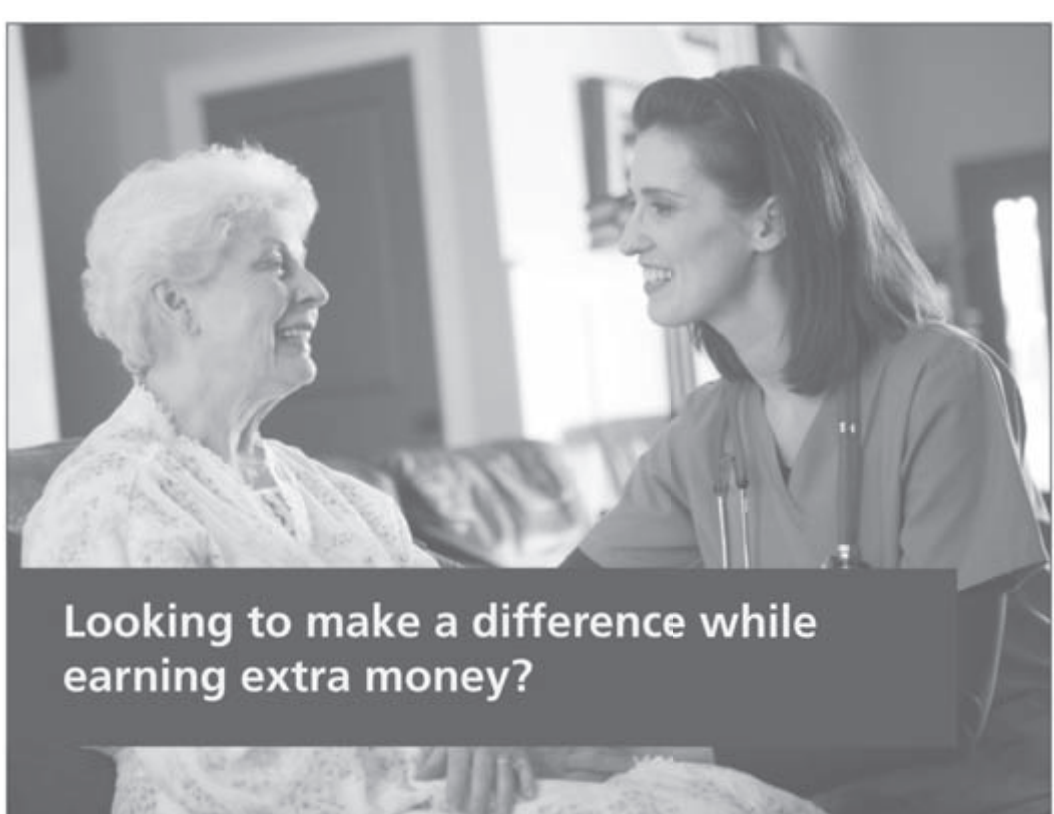
TRANSFER >>  
**126**  
CREDITS

CONTACT YOUR FRANKLIN REPRESENTATIVE:

JOYCE UPHAM  
1.877.341.6300 x6055  
joyce.upham@franklin.edu



>> franklin.edu/sinclair



Looking to make a difference while earning extra money?

Hospice work takes an innate ability to understand the human experience in addition to knowing how to comfort fears and provide dignified end-of-life care. It takes a passion to form one-on-one connections, one day at a time. It takes people like you working in a place like this.

### STNAs

- Part-Time Evening hours: Monday-Friday, 4pm-9pm
- Part-Time Weekends: Saturdays & Sundays, 8am-8pm
- Full-Time: Monday-Friday, 8am-5pm
- Full-Time, Intensive Comfort Care: Monday-Thursday, 8am-7pm every other weekend

All shifts include benefits!

VITAS® Innovative Hospice Care®, widely recognized as the nation's leading hospice provider, has the resources to fulfill our promise to put patients first and uplift families during a difficult time. Each day, we connect with people and experiences that remind us why we got into healthcare in the first place. Join us now and you'll understand.

Apply online @ [VITAS.jobs](http://VITAS.jobs)



EOE/AA/M/F/D/V • Drug-Free Workplace