

**BAND  
CONCERTS  
HELD AT  
SINCLAIR**

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**MULTICULTURAL HEALTH  
FAIR PHOTOS**

— pg. 4 —

# the Clarion

"Produced by Students, for Students"

**HEALTHY LIVING TIPS**

—pg. 6—



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## RECOGNIZING PRESIDENT'S DAY

Whitney Vickers

Editor-in-Chief

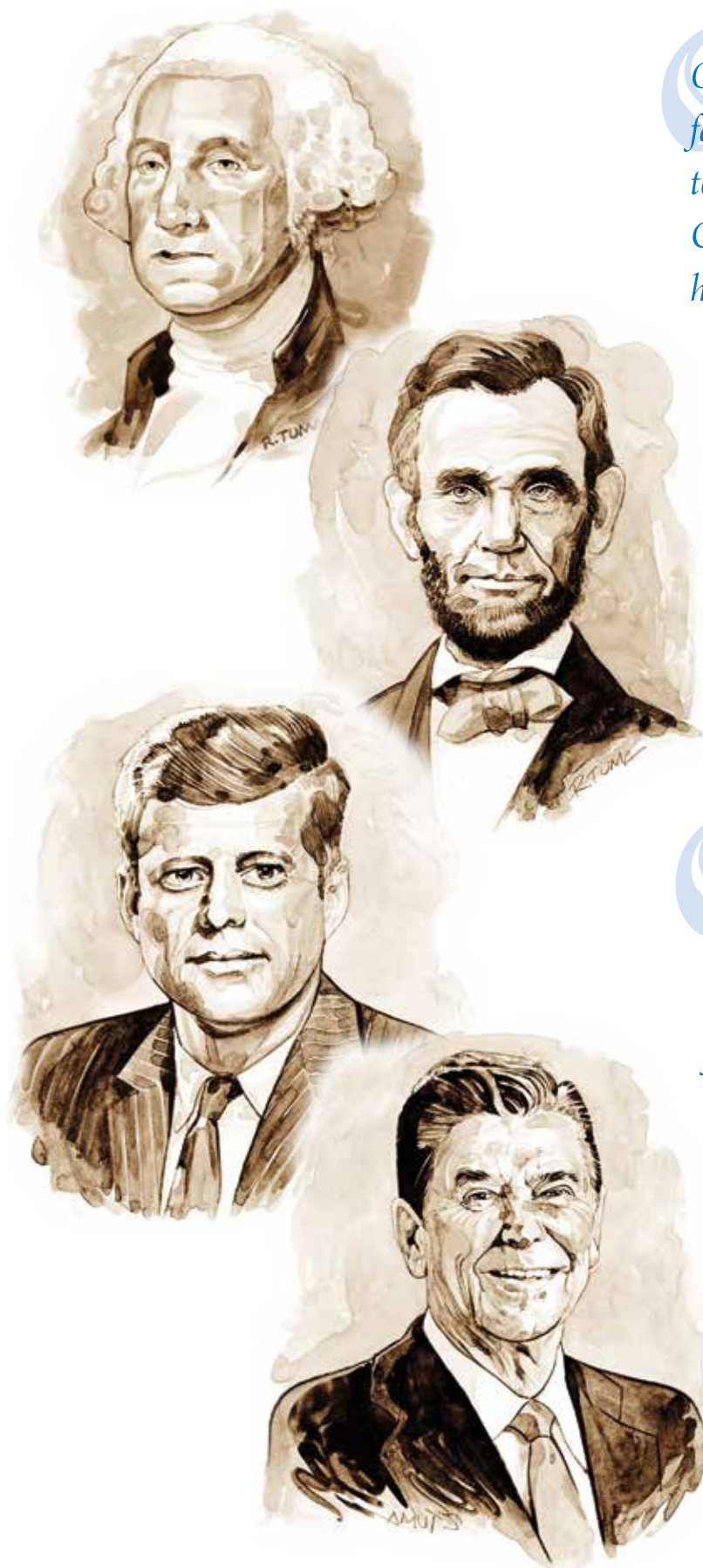
With President's Day on Feb 17, some may wonder what the holiday means or why it is significant. To help, the Clarion spoke with John Weaver, chair of the History department, and Charles Curran, a professor in the Political Science department about why we recognize the Day.

"Most people call it President's Day, but actually the official name of it is Washington's Birthday," Weaver said. "That's what the holiday really is, to honor President George Washington, and the reason that it's called President's Day is because it always falls on the third Monday of February, which always falls between the time of Lincoln's birthday, and Washington's birthday ... It has become a day to honor all presidents.

He added that Washington was the nation's first president and the general that led the U.S. army during the revolutionary war, which established the country's independence from Great Britain.

"He refused to use the fact that he was so popular to take power as a dictator, some people actually thought Washington should have completely taken power because the country was in bad shape after the revolution, but he wouldn't do that because he did not believe that we should become some kind of military dictatorship," Weaver said. "And when the constitution was written, he was the presiding officer at the constitutional convention, and supported the constitution, and was unanimously chosen to be the first president."

Presidents continued on page 3



Observe good  
faith and justice  
toward all nations.  
Cultivate peace and  
harmony with all.

George Washington

Always bear in  
mind that your own  
resolution to succeed  
is more important  
than any other.

Abraham Lincoln

My fellow Americans,  
ask not what your  
country can do for you,  
ask what you can do  
for your country.

John F. Kennedy

There are no easy  
answers' but there are  
simple answers. We  
must have the courage  
to do what we know is  
morally right.

Ronald Reagan

MCT Campus | Photo Pull

Brainyquote.com

## Disney College Program expanding its reach

Jennifer Franer

Assistant Editor

Since 1981, the Disney College Program has offered opportunities to students at Sinclair Community College and the surrounding area.

The program enables students the chance to travel, gain communication experience and meet individuals from around the country.

Lead representative Kathryn Stibich said the program allows students to intern at Disney World in Florida, or Disney Land in California. Disney World is known to accept more applicants, according to Stibich.

"Participants have the incredible opportunity to advance their strengths and interests [and] meet guests and cast members from around the country," according to the cp.disneycareers website. "[they are] taking part in educational opportunities students can't get anywhere else."

Students who are accepted will work at least 30 hours per week at the theme parks and are able to take college classes through the program, if they desire.

Stibich said students must complete an online personality assessment and take part in a phone or Skype interview before being accepted.

"Once you get accepted, you pay your way down and your way back," Dustin Stump, a Disney College participant said. "While you're there, they take money out for rent and the rest is yours to do what you want with."

Stump also said that the program is open to students of all majors.

Disney continued on page 3

## Student Government Association to host new events

Whitney Vickers

Editor-in-Chief

Sinclair Community College's Student Government Association will host its General Assembly, open to all individuals on campus.

The event will feature several clubs and campus departments offering attendees information about their mission, and will be held on Feb. 27 in the basement of Building 8.

Individuals will also have the opportunity to donate to the S3 campaign at the event, as well as through different channels all semester long.

"S3 stands for students support Sinclair, and it's a philanthropy group on campus dedicated to raising money by students, for students," Frank Browning, SGA president said.

He said their goal is to raise \$7,500 this year and if they are able to reach their goal, the scholarship will be endowed by next year.

S3 campaign continued on page 3

## Kuumba honors creative contribution to the community; event held on Feb. 27



Dr. Boikai Twe is the chairperson of the Psychology and African American Studies departments at Sinclair.

Andrew Fisher

News Editor

Sinclair Community College is set to host the Kuumba Celebration in honor of African American History Month.

"Kuumba is a way for students to celebrate African American History Month in their own way," Dr. Boikai Twe, chairperson of Psychology and African-American Studies department at Sinclair said.

The event honors African-American contributions to society and popular culture through hands-on activities and the use of music, fashion, arts and dance.

Kuumba in Swahili means "creativity."

"Creativity, as we define it, is doing as much as you can in the way that you can to leave your community a more beautiful and beneficial place than you found it," Twe said.

This year's event will include presentations from local visual artist James Pate, student exhibits, a talent show and competition, as well as a black history trivia contest. Local musician Gil Gaddis will perform live music.

"We're hoping to get the community involved, especially in the talent show," Twe said. "Everyone is welcome to the event."

The event will also include a visual display highlighting African-American conversion to Islam, Twe said.

Organized entirely by students involved in Sinclair's African American History Month Committee and the African-American Studies Program, the Kuumba Celebration will take place Feb. 27 from 6 until 8:30 p.m. in Building 8 near the stage area. The event is free and open to the public.

For more information on the Kuumba Celebration, contact Twe at (937) 512-2889.



campuscalendar

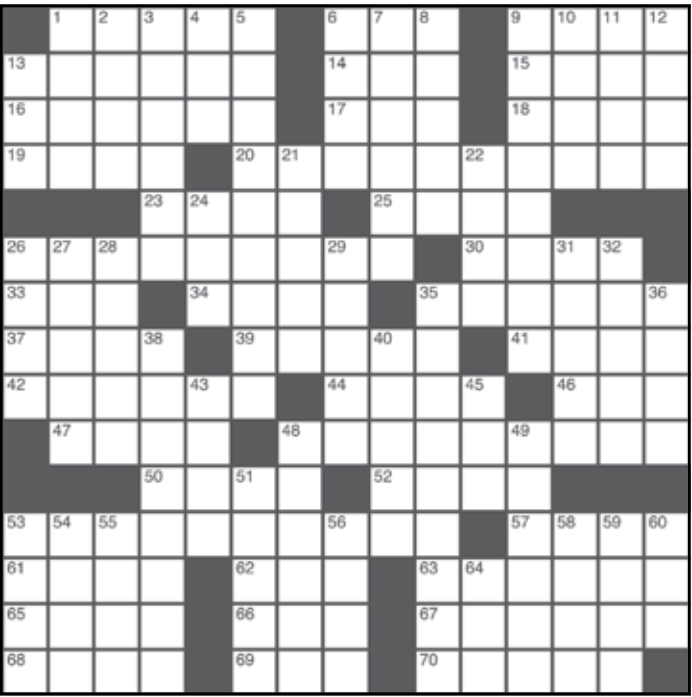
<b>Feb. 18</b> Sinclair Talks: <b>How to build a working relationship with your instructors</b> <i>Building 2 Room 334, noon to 1 p.m.</i>	<b>Feb. 20</b> Sinclair Talks: <b>So...You wanna be a Nurse?</b> <i>Library Loggia, noon to 1 p.m.</i>	<b>Feb. 24</b> Sinclair Talks: <b>Dogs on Campus</b> <i>Library Loggia, noon to 1 p.m.</i>
<b>Feb. 19</b> Sinclair Talks: <b>International Series: South Africa</b> <i>Building 8 Stage Area, noon to 1 p.m.</i>	<b>Feb. 21</b> Sinclair Talks: <b>Academic Advising: "Am I going to Lose These Credits?"</b> <i>Building 7 Room L03, noon to 1 p.m.</i>	<b>Feb. 24</b> <b>Concert Band Concert</b> <i>Building 2 Blair Hall Theatre, 7:30 p.m.</i>
<b>Feb. 19</b> Sinclair Women's and Men's Basketball Game <b>vs. Cincinnati State Community College</b> <i>Building 8 Gymnasium, 5:30 and 7:30 p.m.</i>	<b>Feb. 22</b> Sinclair Women's and Men's Basketball Game <b>vs. Cuyahoga Metro Community College</b> <i>Building 8 Gymnasium, 2 and 4 p.m.</i>	<b>Feb. 25</b> <b>Jump Start your Career in one minute</b> <i>Building 10 3rd Floor Lobby, 11 to 2 p.m.</i>
<b>Feb. 20</b> Sinclair Talks: <b>Math Anxiety</b> <i>Building 2 Room 334, noon to 1 p.m.</i>	<b>Feb. 23</b> <b>Community Bands Concert</b> <i>Building 2 Blair Hall Theatre, 2 p.m.</i>	<b>Feb. 27</b> <b>Kuumba (creativity) Celebration</b> <i>Building 8 Stage Area, 6 to 8:30 p.m.</i>

campusphoto

Each week, the Clarion will feature a photo of students without identifying them. Keep your eye out for a Clarion photographer throughout this semester. It's up to our readers to figure out if they or someone they know has been spotted.



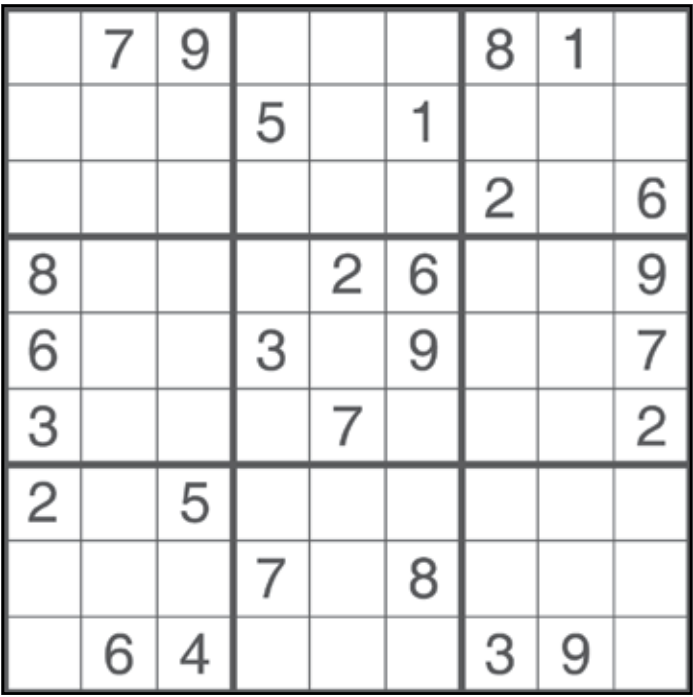
crosswordpuzzle



- Across**
- 1 McCarthy's dummy friend
  - 6 Baltic, e.g.
  - 9 Cougar
  - 13 Canadian dollar coin nickname
  - 14 "I threw away my golf shoes when I got a hole in one" e.g.
  - 15 Computer operating system
  - 16 "Blackadder" network
  - 17 Hosp. heart exam
  - 18 Medicinal dose
  - 19 Cutie pie
  - 20 Impressionist whom Mel Blanc labeled "The Man of a Thousand Voices"
  - 23 Baltic feeder
  - 25 "... a \_\_\_ / By any other name ..."
  - 26 Head honcho
  - 30 Tolkien's talking trees
  - 33 Equal: Pref.
  - 34 "The Mod Squad" cop
  - 35 Show shame, perhaps
  - 37 Smudge
  - 39 '60s jacket style
  - 41 UFO-tracking org.
  - 42 Unsavory sort
  - 44 Respectful address
  - 46 From, in some European names
  - 47 Star witnesses?
  - 48 Driving with abandon
  - 50 Hispaniola, por ejemplo
  - 52 Poet \_\_\_ St. Vincent Millay
  - 53 Borzois, e.g.
  - 57 Gratify
  - 61 Put out
  - 62 Low numero
  - 63 Prominent Ore. peak
  - 65 Wither in the sun
  - 66 Porter's "\_\_\_ De-Lovely"
  - 67 B beater
  - 68 Raised
  - 69 Look at
  - 70 Super Bowl XLVII player

- Down**
- 1 Area below Greenwich Village
  - 2 Sleigh ride song
  - 3 As a whole
  - 4 Kid
  - 5 Making pronouncements
  - 6 A writer may work on it
  - 7 Trick-taking card game
  - 8 Prefix meaning "English"
  - 9 Portable shelters
  - 10 Curriculum part
  - 11 Grain grinder
  - 12 Rod in a hot rod
  - 13 Letters on some Brit. letter-heads
  - 21 Dancer Castle
  - 22 Oracle's opening
  - 24 UPS competitor
  - 26 Lettuce variety
  - 27 Imam's faith
  - 28 Fondue choice
  - 29 Knucklehead
  - 31 "Three Coins ..." fountain
  - 32 Resolute about
  - 35 Reserve soldier
  - 36 Minor dent
  - 38 Put a bad present to good use
  - 40 Like daisies
  - 43 Lillian of the silver screen
  - 45 Musical key abbr.
  - 48 Smart-looking
  - 49 Enter quickly
  - 51 Character in "Donald's Nephews" (1938 cartoon)
  - 53 5'7" Spud who won the 1986 NBA Slam Dunk contest
  - 54 "Rubáiyát" poet
  - 55 Enjoy
  - 56 Bouquet
  - 58 Top-of-the-line
  - 59 Visit with a guide
  - 60 Money mgrs.?
  - 64 Texter's "I didn't need to know that!"

sudokupuzzle



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 game 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.

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!

tartanshoutouts

**Send a five word shout out to your friends for just 1 dollar!**

To reserve, or for more information, stop by The Clarion office 8-027 Monday, Wednesday and Friday 12:30 - 2:00 p.m. or call 512-2744. Ask for the Ad Rep

the Clarion is now hiring

Assistant Graphic Designer Requirements:

- Minimum of 6 credit hours on campus
- 2.0 GPA or above
- Ability to work 10-15 hours per week
- Experience in Adobe Photoshop, Illustrator and InDesign
- Visual Communications major
- Preferably someone who will graduate from Sinclair in 2015

Reporters

Requirements:

- Minimum of 6 credit hours on campus
- 2.0 GPA or above
- Ability to work 2-4 hours/week
- Prefer candidates who have taken Introduction to Journalism

For more information you can email us at [clarionsinclair.edu](mailto:clarionsinclair.edu) Applications for this position are on the door at the Clarion office at 8027.

daytonevents

**Tuesday, Feb. 18**  
**Tornado Alley**  
Documentary that teaches how tornadoes originate and evolve.  
**The Air Force Museum Theatre**  
Costs \$8 for adults, \$7 for seniors and military and \$6 for children ages 6 —12. Starts at 3 p.m.

**Wednesday, Feb. 19**  
**DIY @ DAI**  
An evening featuring snacks, drinks and art-making with Leo Bistro.  
**Dayton Art Institute**  
Costs \$25 for members and \$30 non-members. Starts at 5 p.m. and ends at 8 p.m.

**Saturday, Feb. 22**  
**James Ervin Berry**  
Stand-up comedian to perform live act  
**Wiley's Comedy Club**  
Event starts at 8 p.m. Costs between \$12 — \$15.

**Sunday, Feb. 23**  
**Sugar Shack Tour**  
Individuals will have the opportunity to learn about how maple syrup is made. It is advised to dress for muddy conditions and for the weather.  
**Flying Mouse Farms**  
Tour starts at 2 p.m.

**Thursday, Feb. 20**  
**Pool Tournament**  
Pool tournament held each Thursday through Saturday.  
**Sidetrax**  
Open to those 18 and up; starts at 8 p.m.

**Monday, Feb. 24**  
**Karaoke with Nancy Sell**  
Individuals are welcome to sing karaoke. Drink giveaways will be available to participants, as well as \$6.50 pitchers.  
**One Eyed Jacks**  
Event starts at 10 p.m.

**Friday, Feb. 21**  
**Hot Topics Koffee Talk**  
Topic to revolve around what's keeping individuals from success. Facilitated by Dr. Carol Morgan.  
**Elements IV Interiors**  
Event starts at 8 a.m. and ends at 9:30 a.m.

**Tuesday, Feb. 25**  
**Tuesday Adult Nature Walk**  
Individuals will have the opportunity to take a walk through nature each week, depending on the weather.  
**Eastwood MetroPark**  
Walk starts at 9 a.m. Open to those 18 and up. Registration requested.

'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 Tuesday at 5 p.m. for the following Tuesday's issue.** Classified ads may be submitted at 'the Clarion' in Room 8027.

**the Clarion**  
*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.

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'The Clarion' does not endorse any advertisement published in our print edition or website.

'The Clarion' is distributed free to the faculty, staff and students of Sinclair Community College each Tuesday.

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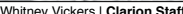


# Student Government Association events

## Disney continued from front

“Both the democratic and the republican parties in our area are planning what are called Lincoln Day Dinners,” he said. “And if you’re democratic, Jefferson Jackson Day Dinners. That’s about the extent of the celebration that I’m personally aware of, beyond that I think it plays a pretty minor role. Certainly the holidays were more visible, but I think it’s largely played down a great deal today.”

“When you go back into the 19 century, they had individual President’s Days, now it’s all meshed into one. I think, in my personal opinion, there was greater reverence for those holidays and to the roles that those those chief



The Disney College Program is currently accepting applications.

However, Stump said that

mtcastle@sinclair.edu.

Students wishing to run can pick up a petition from the Student Leadership Development office, in Building 8, Room 025.

# the Clarion

checkout \_\_\_\_\_

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# Let it Be: facing the fear of your best friend’s final days

C L A R I O N   C O M M E N T A R Y



Jennifer Franer | Clarion Staff

Paws & Remember in Miamisburg offers urns and keepsakes for pets who have passed.

**Jennifer Franer**  
*Assistant Editor*

The topic of being by myself was one that used to be met with a sense of peace. It meant I had a chance to collect my thoughts and relax. I did not realize until recently that the time I had thought was spent alone, was actually time I was spending with my best friend.

"Let it Be," by the Beatles was playing at a volume I could slightly hear as we were making our way back home from the vet.

"Speaking words of wisdom, let it be."

Timing means everything when a devastating situation strikes. In that moment though, I felt relieved. My dog was no longer suffering and he was at peace. But damn, did my heart hurt.

We purchased my rat terrier when I was eight years old. On the way back from our one-hour trip to get him, my dad glanced at me in the rearview mirror of the car and asked with a smile, "what are you going to name him?"

I looked around, unsure of what to say. The first thing my eight-year-old self spotted was a Buddy's Carpet sign.

"Buddy," I replied to my Dad.

Little did I know then, that the name I had chosen would turn out to be more than perfect for the kind of dog he turned out to be.

When I would take him on walks people would look over and smile, always asking if it was okay if they could pet him. Buddy would already have his little nub tail wagging and I would nod my head. He loved people — even those who couldn't love themselves. Over the years, we have also had rabbits, hamsters and guinea pigs in our house. A little reluctant at first, Buddy would always let it be known that he was just a little jealous. After a couple days, he would welcome the little friends into our home, kissing them whenever he got

the chance and watching them intently to make sure they stayed out of trouble.

Buddy gave the term "lovable" a new kind of meaning. He always wanted attention and would not hesitate to make it known by nudging you and jumping on your lap. When you were upset, he was right next to you, kissing away your tears and making everything right in the world again.

I knew Buddy was starting to let go when he would no longer come to me at the door. I would have to go to him for him to greet me, but he acted like Buddy, extremely happy that I was around to pet and talk to him, telling him how much I loved him every day.

Nine months before putting him down, we were told he had kidney disease. As a result, we had to change his diet, which was something that he was not happy about. We also had to give him a daily thyroid pill. He would take the pill no problem, but the food was a different story.

Fast forward to the middle of January of this year, where Buddy was taking trips outside more often than he ever had, and where eating was becoming more and more scarce. The food he would take down, he was bringing back up in a matter of hours. Concerned after it continued on longer than it should have, I asked my mom to make an appointment with the vet.

The day that my mom had scheduled was one I was unable to attend. I was sitting in my late night HTML class when my little brother texted me, "do you want me to call you later?" It was in that moment I knew we were in trouble.

It seemed like the longest hour of my life before I was able to call and get the news: "Buddy has 90 percent kidney failure and it's recommended he gets put down."

It was then I realized I was losing my best friend.

My boyfriend had told me

that night of a place that took your pet's paw imprint in clay and informed me it was close to where I lived. I had decided that I at least wanted to do that to help ease the pain.

Over the next day, as any journalist would, I researched. I looked up when the right time to put your dog down was and what you should do, along with how to cope and how to spend your last days with your pet. I think I did this partly because I knew, and partly because I was in denial.

Buddy was not acting like himself and would look away when I called for him. Simple things that used to make his tail wag was now not creating a response. The worst of it all was that he had lost nearly nine pounds and was having a hard time holding himself up. It was almost like after he went to the vet, he knew it was coming.

Then the news of a big snowstorm surfaced. For his own sake, I knew I had to put him down as soon as possible. That Friday after I got the news, we made a family decision to put him down the following day so everyone could be present.

That night, I could not sleep. I stressed to the point of no return on whether or not I would be in the room with him when he was put down.

When the time came, I carried him in a blanket he often laid on and held him the entire time. I cannot tell you how much relief that gave me. Knowing that I was there for him when he needed me the most, after 14 years of unconditional love on his part, was more than he deserved.

In addition to the paw print, I purchased a little heart necklace that holds some of his cremated remains, an urn for his ashes and a picture frame.

It's still hard coming home and not seeing him there to greet me, and I imagine it will be that way for a long time.

I know I did the right thing in letting him go and I do not doubt my decision to do so, but when the time comes, I hope when I choose to get a new pet, he or she will be as loving as Buddy had been for all those years.

One of the best things I came across while researching was a quote from Kelvin Kow, a clinical assistant professor at the University of Florida College of Veterinary Medicine:

"Know that the sadness of their loss is a small payment for all the joy and happiness that our departed pets have brought us," he said.

I loved my dog with everything inside me, and he loved me back, especially in his final days. I don't regret a thing. Doing the things that are the most upsetting in life turn out to be the ones that make you feel the most alive.

Rest in peace my sweet boy, I love you. June 26, 1999 — February 1, 2014.

# Brass band marches into Sinclair Community College

**Jason Sedy**  
*Reporter*

Sinclair Community College's community wind symphony will join The Ohio Valley British Brass Band for a surround sound concert the weekend of Feb. 24.

The Community Bands were started in 1977 and feature woodwind, brass and percussion musicians from Sinclair and the greater Dayton area.

Music department Professor Kenneth Kohlenberg has been the director of the Community Bands since 1987, and will be conducting both concerts.

The Community Bands include students, music teachers and other musicians from the Dayton area.

Kohlenberg said approximately 20 Sinclair students play in the Community Concert Band, and there are about three students in the Wind Symphony Band.

"All the other [musicians] are members of the community from the Dayton area," he said.

On Sunday, Feb. 23, Sinclair's Community Wind Symphony will play the

second half of the concert, Kohlenberg said. The Ohio Valley British Brass Band will play the first half.

The Ohio Valley British Brass Band plays and rehearses in the Dayton area but has members from all around the state, Kohlenberg said.

According to linkedin.com, The band has 42 members and performs "12-15 concerts per year featuring marches, overtures, light classics, jazz, popular, patriotic and show tunes."

For the last number of the Sunday concert, Kohlenberg has something new planned.

The Ohio Valley British Brass Band is going to join the Community Wind Symphony on a piece called Symphony No. 1 by Russian composer Vasily Kalinnikov, he said.

What makes this collaboration unique is that the members of the Ohio Valley British Brass Band will actually be spread out around the main floor of the Blair Theatre.

"That will total about 80 or 90 people all playing at once," Kohlenberg said. "It will be 'surround sound.' That will be a nice effect — we haven't done that at Sinclair before."

On Monday, the Concert

Band will perform their winter concert which will feature solo flute player Judy Varner.

Varner has taught flute in the area and has played in the bands at Sinclair, Kohlenberg said. Varner will play Mozart's Flute Concerto No. 1, and the Community Concert Band will provide accompaniment.

The concert band will also play some overtures and some marches, including one by John Philip Sousa.

"A lot of people like that kind of music," Kohlenberg said.

Both concerts are free and open to the public, and Kohlenberg encouraged students to attend if they are able.

"It's a nice break from studying, especially the Monday night concert," he said. "Since a lot of students are around anyway, if they just hang out a little longer the concert starts at 7:30."

Sinclair will host the Community Bands Concert in Blair Hall Theatre in Building 2 on Sunday, Feb. 23 at 2 p.m., and on Monday, Feb. 24. The Community Concert Band will perform in Blair Hall Theater at 7:30 p.m.

# Did you make it to the Multicultural Health Fair?



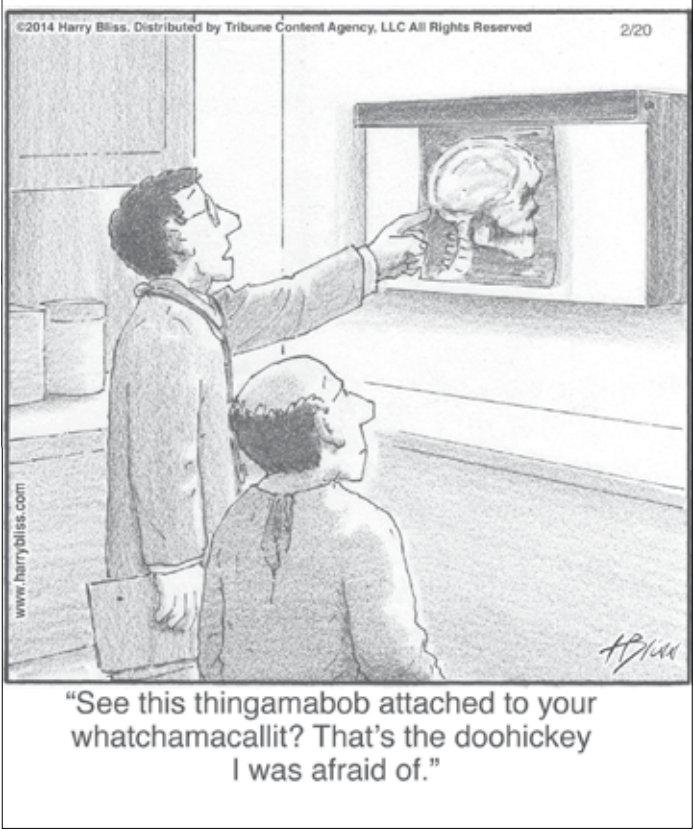
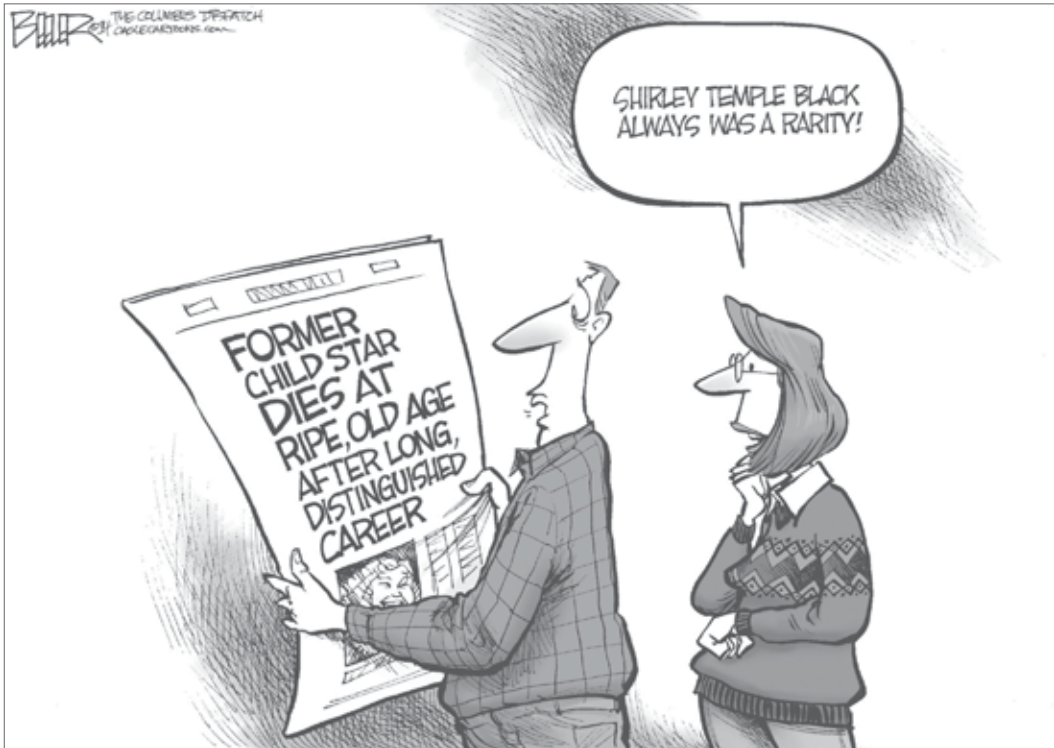
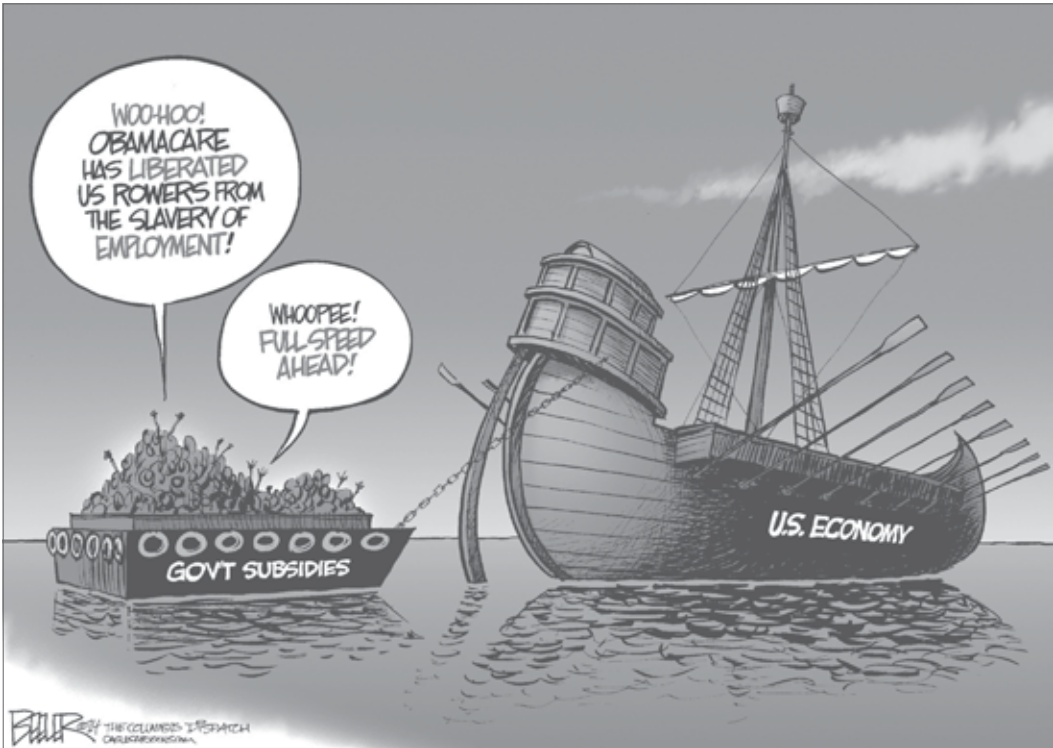
Reach a broader audience

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## FDA shows the dark side of smoking

Pittsburgh Post-Gazette (MCT)

Eric Lawson was the fifth Marlboro Man to die of cancer, the disease triggered by the deadly product he promoted for years. Like other Marlboro Men, Mr. Lawson, who died last month, was a willing shill for the multi-billion-dollar tobacco industry. Fifty years ago, the first surgeon general's report on smoking and its effects on health fingered cigarettes as

the major culprit in escalating rates of lung cancer and heart disease. With an estimated 40 percent of Americans smoking at the time, more credence was given to the seductive Marlboro Man ads than to doctors who sounded the alarm on the dangers of cigarettes. Today smoking rates have fallen to 18 percent among adults. Decades of devastating cancer rates and heart disease have convinced people that the Marlboro Men and the industry they served were

deceiving us. Still, 44 million Americans, including 6 million teenagers, remain hooked. Young people are especially susceptible to the lure of cigarette advertising. That's why the Food & Drug Administration, with its new mandate to regulate cigarettes, is launching a \$115 million anti-smoking campaign aimed at children. The ads will appear on radio and TV, in print and social media. The messages don't rehash

arguments about the cancer risks of smoking because too many teens believe they're invincible. Instead the FDA decided to use appeals that showcase the deleterious effects of smoking on teeth, skin and body. The vanity of the moment means a lot more to teenagers than what might happen to their lungs after decades of smoking. If the campaign gets them to quit or not start at all, it will have been a battle worth waging.



## puzzlesolutions

crossword

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

sudoku

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

theClarion

encourages feedback

Letters to the editor may be submitted to the Clarion in Building 8 Room 027 or by email, clarion@sinclair.edu. Submissions might be edited for space.

No anonymous submissions will be accepted. All submissions must include author's name and phone number. The Clarion reserves the right to edit all letters. Deadline is Monday at noon 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.**

theClarion

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HEALTHY *living* TIPS

Healthy Living


Lunch boxes

Some healthy foods to use when making school lunches:

- **Whole grain breads** High in fiber
- **Fish** Rich in healthy fatty acids
- **Vegetables** Good vitamin source
- **Fruits** High in fiber, vitamins
- **Vegetable spreads**, such as hummus and peanut butter, provide protein

Source: Danish magazine ALT, MCT Photo Service

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Healthy Living

A good start

Eating a healthy breakfast, such as the oatmeal, berries, nuts and yogurt shown below, has many benefits.

Healthy breakfast eaters are less likely to ....

- Become obese
- Develop Type 2 diabetes
- Develop cardiovascular diseases

© 2013 MCT  
Source: American Heart Association, MCT Photo Service



Healthy Living

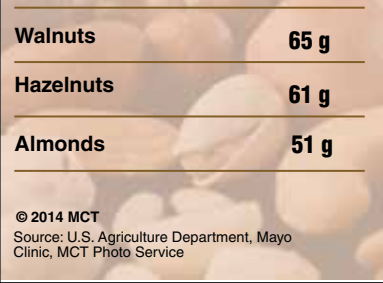
Nut case

Nuts are packed with nutrients and heart-healthy fats that can lower LDL, or “bad” cholesterol, a primary cause of heart disease. But watch portion size to avoid gaining weight.

Fat content in 3.5 oz. (100 g) of raw nuts

Macadamia	76 g
Pecans	72 g
Walnuts	65 g
Hazelnuts	61 g
Almonds	51 g

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Source: U.S. Agriculture Department, Mayo Clinic, MCT Photo Service



Personal Trainer

Staying safe on a treadmill

Treadmill machines seem simple to use, but they run with enough power to cause severe injuries to a careless or unlucky person.

Straddle to start up

Stand over belt as you turn on machine; step on or off only if belt is moving slowly



Safe location

Lock room to keep children from playing on treadmill; watch that children, pets or inattentive adults do not step onto it when it is running



Look forward

Your feet will follow your eyes; try to run in the center of belt, not at front or rear



Minimize handrail use

OK at first, but learn to swing your arms as you run; if you must hold rails to climb a hill or cruise, the belt speed is set too high



Understand and use its safety features

Such as automatic stop feature and unlock codes that must be used to start the treadmill



Expect to feel dizzy

Dazed feeling after stopping is normal for beginners; hold something solid after dismounting to prevent a fall



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Source: Fitness Walking For Dummies  
Graphic: Helen Lee McComas and Paul Trap