

**JURIED STUDENT
ART EXHIBITION
ON CAMPUS**

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**TARTAN SPOTLIGHT:
KINGA OLIVER**

— pg. 4 —

the Clarion

"Produced by Students, for Students"

**ST. PATRICK'S
DAY FACTS**

—pg. 6—



Volume 37, Issue 23 | www.sinclairclarion.com | www.facebook.com/sinclairclarion | March 18 - 24, 2014

Swim meet held on campus

Jennifer Franer
Assistant Editor

Lifelong Learners are set to compete in the second swim meet hosted by the Physical Education department at Sinclair Community College.

Lifelong Learners on campus are known as those who are 65 years of age and older, according to Tanja Resch-Jillson, staffing director of the swim meet.

"This swim meet is an amazing opportunity for Sinclair's Lifelong Learners to engage in a formal athletic competition," Matthew Rose, marketing director of the meet said.

The swim meet is part of a class project that students in the Exercise Science program take part in. The goal of the swim meet is to give participants a chance to be involved and feel connected on campus.

"It's a way for them to get involved in an extra curricular activity, more or less because we as students have a lot of Sinclair Talks and other events that are catered to us," Alley Wagoner, director of the swim meet and Exercise Science major said.

Rose said the swim meet promotes the Lifelong Learners demographic on campus.

"They bring food and make it into a big event," Resch-Jillson said. "It's a social event — it makes them feel more a part of the college."

Last year they had 30 participants and were very competitive and enthusiastic about the opportunity, according to Wagoner and Resch-Jillson.

This year's swim meet is luau themed and will take about two hours, with an after party to follow.

Wagoner said it is a friendly competition and socializing event for all those involved, including spectators.

"Our dean will come to spectate, she really enjoys this too," Wagoner said.

Resch-Jillson said any Lifelong Learner currently in a physical education course can register for the event, which is open until April 1.

"It doesn't need to be swimming, it can be strength training, it can be yoga," she said. "As long as there are physically taking a physical education class, they can register for the swim meet."

The Swim meet is scheduled for April 15 from 10 a.m. to noon in the basement of Building 8 in the pool area.

Those interested in registering can contact Nila Peavy at (937) 512-2342.

"We get to make something for them to enjoy — something they will remember," Wagoner said.

"LIKE" IT OR NOT: The social media impacts on society



Danny McCallum | Clarion Staff

Communication Faculty Member, John Ulrich said the dangers of social media can include becoming too reliant on the instant gratification that users receive through their accounts.

Whitney Vickers
Jennifer Franer
Andrew Fisher
Clarion Staff

The impacts of social media can be seen in nearly every aspect of human interaction, from interpersonal communication, to how we think and act — even in the ways we do business.

"It's affected everything," Sinclair Community College Marketing Professor Kevin Stephens said.

In the past, Stephens worked for Cox Media and others maintaining interactive media websites. He said business and marketing tactics have changed completely since the introduction of social media.

"We're at a point where everybody involved in marketing knows they're supposed to be using social media, but the majority don't really know what they're supposed to be doing with it," he said.

In the rush to join the new marketing trends of the digital

age, Stephens said only businesses with clear marketing objectives will know whether social media is working for them or not.

"Are they trying to build awareness, generate leads, interact with customers or what? The answer should depend on an organization's particular marketing challenges," he said.

In recent years, many businesses have found profitable ways to interact with new audiences through social media. Stephens mentioned companies like Doritos, Heinz Ketchup and Converse, who have all had success encouraging customers to create their own ads and share them through Facebook, Instagram or Vine.

"Eliciting user-generated content is a great way to leverage the internet in general, and social media in particular," he said.

Other companies like Panera Bread have found more direct ways of using social media to interact with their customers.

"A few months ago, I tweeted about how good my sandwich was

at Panera," Amanda Beers, a business major at Sinclair said. "A few days later they tweeted me back, thanking me for the compliment and giving me a gift card."

Beers then took a screenshot of the replied tweet and posted the picture on her Instagram account.

"I wanted to show it off," she said. "It was just so cool."

According to Stephens, this is exactly what modern marketing is aiming to do.

"They might have paid only \$20 for that gift card, but the buzz created by everyone who saw it on Twitter and Instagram more than pays for itself," he said.

Stephens acknowledged that social media can be an effective marketing tool in the hands of smaller businesses as well.

Former Sinclair student Malory Landis, who started her own photography business last year, said social networking has helped her expand her business by reaching more clients.

Like continued on page 3

Sinclair celebrates interfaith dialogue



Whitney Vickers | Clarion Staff

Interfaith Campus Minister Barbara Battin, said the labyrinth is an ancient prayer and meditation tool, meant to symbolize journeying.

Whitney Vickers
Editor-in-Chief

Sinclair Community College will host World Religions and Spiritualities Week, starting on March 17 through March 21.

The event, which is sponsored by the Office of Campus Ministry and the Religious Studies department, is designed to educate and invite dialogue between students in order to seek a common understanding between religion, spiritual beliefs and traditions.

"It's more than coexisting," Dr. Barbara Battin, an interfaith campus minister in the Office of Campus Ministry said. "It's really working for a greater understanding of one another's traditions so that you can be respectful. Coexistence just means that 'I get to do my thing and you get to do your thing.' What we hope is that people will learn to respect not only their own tradition, but other religious and spiritual traditions."

The event will start on Monday with Old Turtle Day, and will include the Old Turtle Award presentation.

Battin said the award is given to individuals on campus who have promoted interfaith dialogue. This year's recipients include Communication Professor David Bodary and Dental Hygiene Professor Sheranita Hemphill.

"We just feel that it's very, very important for people to have some sort of education and understanding, and then be able to learn how to dialogue — not debate, not argue, but dialogue," Battin said. "Dialogue has to do with building bridges between people, among faith traditions, so that we can work together for the common good."

The event will also include a reading from the book "Old Turtle," a story about respecting other's beliefs.

Old Turtle Day will also include a presentation by Mo Khani titled "Geography of World Religions," another titled "Celtic Spirituality" by Katherine Englefield, as well as "The Language of the Spirit: Come Read the Works of Saints and Mystics," presented by Amanda Hayden.

Old Turtle Day will also feature an informational table titled "Holiday Holy Day Table: Purim and St. Patrick's Day."

On Tuesday, Vicki Massman will present "Exploring Eastern Religions: Focus on Sikhism," and Will Crawford, Sheranita Hemphill and Battin will present "Tent of Abraham/People of the Book."

Religion continued on page 6

Innovation of the Year award winners announced

Whitney Vickers
Editor-in-Chief

As a board member of the League of Innovation, Sinclair Community College has hosted its annual Innovation of the Year Awards. This year's winners include Barbara Tollinger, Robert Sherman and Ken Hook, for the "SCOPE Help Desk" project.

Amanda Romero, who serves as the chair of the Innovation of the Year Committee said to win the award, the project must be original, unique, be compliant with at least one of Sinclair's fundamental plans, no more than five years old, not submitted

twice within that five year period and have the ability to be duplicated for other colleges to follow.

"There's been many times when it's been both faculty and staff, it's not one or the other. There's a lot of collaborative efforts among faculty and staff to develop some great innovative projects," Romero said. "Many dealt with student services, many dealt directly in the classroom, others have dealt with servicing our part-time faculty members ... more times than not, it's about servicing the students."

The SCOPE (Students Correcting Open-door PC Emergencies) lab provides the Sinclair community

with computer support, provided by students completing their capstone requirements in the CIS program, and qualifying volunteers.

"The quality of student education has been improved through the real world, hands-on work of the students during their service in the SCOPE help desk," she said in an email interview. "Rather than just hearing about technology in a lecture and experiencing a few examples in a homework assignment, SCOPE students perform daily troubleshooting and other IT services. They learn real-time, industry-relevant problem solving skills in a host of areas."

She added that the committee made their decision based on the "high level of experiential learning and student participation (authentic, hands-on work experience), support of the college's core strategies and Completion by Design initiative, student preparedness for the workforce, computer support for the students, faculty and staff (delivered more than 4,300 different services), collaborative efforts between the BIS and CIS departments, huge cost savings for the 'customers' and college as well as volunteer efforts by the campus community," she said.

campuscalendar

March 18
Sinclair Talks:
Sociology Career Day
Library Loggia, 11 to 12:15 p.m.

March 18
Sinclair Talks:
Being Supportive of People with Disabilities
Building 2 Room 334, noon to 1 p.m.

March 19
Sinclair Talks:
Coping with Change
Building 2 Room 334, noon to 1 p.m.

March 19
4-Year College Transfer Fair
Library Loggia, 10 to 1 p.m.

March 20
Sinclair Talks:
Human Trafficking
Library Loggia, noon to 1 p.m.

March 24
Planning to Transfer
Courseview Campus Building A Room 113, 9 to 10 a.m.

March 24
Sinclair Talks:
Sinclair Grads Success Stories
Library Loggia, noon to 1 p.m.

March 25
Sinclair Talks:
Domestic Violence — what you need to know
Building 2 Room 334, noon to 1 p.m.

March 26
Sinclair Talks:
International Series: China
Building 8 Stage Area, noon to 1 p.m.

March 27
Sinclair Talks:
Finding the Right Career
Building 2 Room 334, noon to 1 p.m.

March 28
Sinclair Talks:
New Online Degree Options with Ohio University
Library Loggia, noon to 1 p.m.

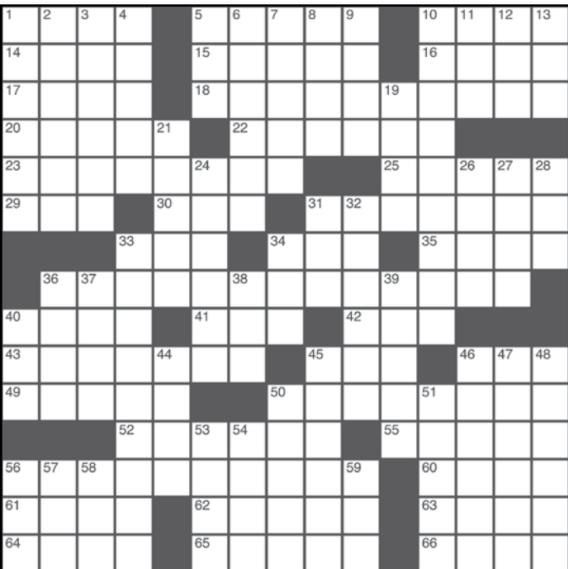
March 31
Sinclair Talks:
To Withdraw or not to Withdraw?
Building 7 Room L25, noon to 1 p.m.

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



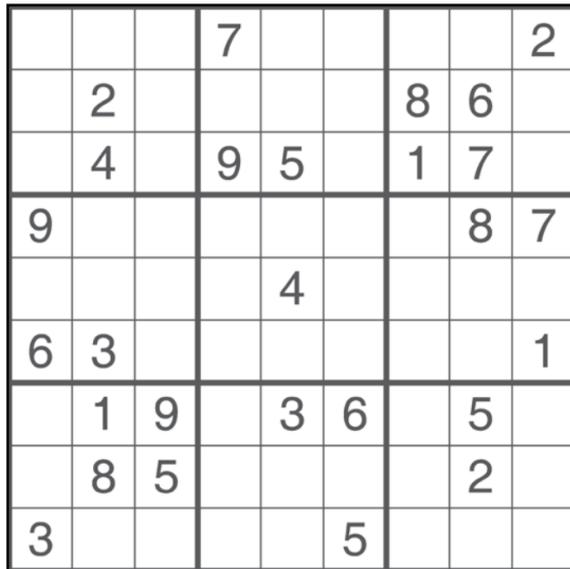
ACROSS

1 Cop's route
5 Tripoli's land
10 Meet activity
14 "Let ___": Beatles hit
15 Acrylic fiber
16 Sobriquet for Haydn
17 Loafer, e.g.
18 Mandate from the bench
20 Frequency unit
22 Cross-ventilation result
23 Not slacking
25 Jewelry retailer
29 Foot, in zoology
30 Objection
31 Make a dramatic exit?
33 Cos. with Xings
34 "And ___ refuse?"
35 Discharge
36 Voice coach's concern
40 Circle calculation
41 "Get it?"
42 Grads-to-be: Abbr.
43 Letter holder
45 Armada arena
46 Ugly Tolkien beast
49 "Tomorrow" musical
50 John le Carré offering
52 "Memoirs of a ___": Arthur Golden novel
55 High capital
56 Shared shares
60 Oolong and pekoe
61 Trusted underling
62 Structure with high-water marks
63 Yellow-and-brown toon dog
64 Cheery
65 Board for filers
66 Like some memories

Down

1 Diocese head
2 Hydrocarbon gas
3 Calls off, as a mission
4 Force, metaphorically
5 Express's opp.
6 2004 Will Smith sci-fi film
7 Ad on a DVD case
8 Olden times
9 First chip, often
10 Farming implements
11 Bundle of dough
12 Wild way to go
13 Course number
19 First name in metal
21 Zoo equine
24 In precisely this way
26 Celeb's ride
27 Malevolence
28 Where the action happens
31 W. Coast airport
32 2004 biopic with the tagline "Let's talk about sex"
33 Like wheels after servicing
34 Bar supply
36 Cereal material
37 Carriage driver's tool
38 With 59-Down, L-shaped tool
39 Sedative, casually
40 Org. whose past presidents include two Mayos
44 Veggie with a Ruby Queen variety
45 Bit of orthodontia
46 Cathedral city in northern Spain
47 Hold on to
48 Shut
50 Leave the dock, with "off"
51 Lacking, or what can precede either half of 18-, 36- and 56-Across
53 Catalina, e.g.
54 Come (from)
56 Crying ___
57 Driveway blotch
58 Ore. neighbor
59 See 38-Down

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 done!

clariononline

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the Clarion HIRING

JOIN OUR TEAM

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- minimum of 6 credit hours on campus
- 2.0 GPA or higher
- business major
- ability to work 4-5 hours per week
- graduating in spring of 2015

Reporter

- minimum of 6 credit hours on campus
- 2.0 GPA or higher
- ability to work 4-5 hours per week
- prefer candidates who have taken introduction to journalism

CIS Assistant

- minimum of 6 credit hours on campus
- 2.0 GPA or above
- experience in **Wordpress** and **PHP**
- CIS major preferred.
- ability to work 2-5 hour work week

Distribution Coordinator

- minimum of 6 credit hours on campus
- 2.0 GPA or above
- ability to walk long distances and perform heavy lifting

If Interested, applications for this position are on the door at **The Clarion office at 8027.**

daytonevents

Monday, March 17
St. Patricks Day at Dublin Pub
Line will form at 4 a.m., breakfast will open at 5:30 a.m. Jamesons Folly at 7 a.m., Celtic Academy for Kids at 10:30 a.m., shuttle will be available between Dublin Pub and Flannigans at 11 a.m., Dulaхан at noon, Dwyer School of Celtic Dance at 2 p.m., Father Son & Friends at 3:30 p.m., Celtic Academy Irish Dance at 6 p.m. And Homeland at 8 p.m. First 100 people to arrive receive a t-shirt.
The Dublin Pub
Line forms at 4 a.m., with various events to be held throughout the day. Admission is \$10

Tuesday, March 18
Dinosaurs Alive 3D
Event to feature teachings by paleontologists regarding dinosaur fossils.
The Air Force Museum Theatre
Starts at 2 p.m.

Wednesday, March 19
Score Touchdowns with LinkedIn
Event to feature educational workshop on how small business owners can best use LinkedIn to promote themselves.
Saxby's Coffee Shop
Event starts at 5:30 p.m. Tickets available for purchase on eventbrite.com

Thursday, March 20
Heywood Banks
Comedian to perform live stand-up act.
Wiley's Comedy Club
Show starts at 7:30 p.m. Tickets costs between \$15 — \$20.

Friday, March 21
Reyna & Dana
Live musicians to perform.
View 162 at Crowne Plaza
Show starts at 7 p.m.

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

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The Official Student Newspaper of

SINCLAIR COMMUNITY COLLEGE

Individual reliance on social media

Like continued from front

“Just by tagging someone in a picture using Facebook, it shows up to most of their friends and sometimes friends of their friends,” Landis said in an email interview. “I typically get more people interested that way.”

She said one post could expose her photography to hundreds, sometimes thousands of people, giving her a wider audience — bettering her chances of finding new work.

“The key to growing my business through social media has kind of differed between what social media I’m using,” she said. “For example, using proper hashtags on my work when I post onto Instagram, so that way other people interested can find it; with Facebook, tagging the person in the photo so that person’s friends can see it as well.”

Although Landis is a believer in social media, she still finds it frustrating when Facebook prompts her to pay to reach more people. According to her, Facebook limits how many people her posts can reach.

“Social media hasn’t harmed my business in any way, but I still think the ‘good ol’ word of mouth advertising can be the best — especially for starting out,” she said.

According to Stephens, the level of interaction made possible through social media can be an effective tool not just to businesses, but to grass-

root organizations, bands, individuals, even schools and colleges. Sinclair itself engages with students and the community through social media on a daily basis.

“It plays a big part in reaching out to students in engaging ways, from a college-atmosphere standpoint,” Sinclair’s Social Media Specialist said. “Anything from events, to dates, to funny stuff happening around campus, just to engage [or] get messages out that maybe they wouldn’t have seen otherwise.”

However, the specialist finds that there are frustrating aspects as well.

“We get complaints about stuff that we can’t necessarily handle, so it’s hard to hand that off to other people,” the specialist said. “It does allow us to give a little more personal customer service, but it seems that people [over-share] information.”

The specialist said it’s important for students not to share personal information online such as their financial aid details, and added that Sinclair is also careful about what they post.

“We get a lot of requests from outside businesses, but we really try to keep it [focused on] Sinclair,” the specialist said. “We try to stay away from posting individual department [or student group] stuff, because then it’s like if we post one, do we post them all? We don’t want to

exclude anyone ... it might leave some people feeling left out, but that’s not the goal — it’s actually to include everyone.”

The specialist wishes their identity to remain anonymous so students feel they are connecting with Sinclair, instead of an individual.

On another level, the effects of Social Media have gone beyond the changes seen in business and public relations, influencing how people interact and communicate.

Whether someone is “liked” has taken on new meaning in the year 2014. Generation Y, those who range from the age of 18 to 32, have taken over the internet by using social media, often for their own personal benefit.

The numbers increase daily. The Huffington Post reports that there are 575 likes and 81 comments by users every second on Instagram alone.

Communication Faculty Member John Ulrich said students feel connected through social media because it enables an alternative outlet for emotions and interaction.

“I see this as a group who is not concerned about privacy anymore,” he said. “Now in this generation, people put their life on public display.”

The report by the Huffington Post agrees, adding that 25 percent of users on Facebook don’t bother with any kind of privacy control

at all.

According to Psychology Professor Mark Humbert, the lack of privacy should be one of the biggest concerns to people today.

“A little privacy is needed for dignity and self-respect,” he said. “It may take a while for people to find a balance in how personal they get on sites like Facebook.”

Still, many agree that social media sites like Facebook, Instagram and Twitter can be a useful tool in connecting people worldwide, and can also serve as a benefit for those who may not be as skilled at traditional interaction.

“People who are not as adept to communicating face-to-face have an outlet now that they didn’t have before,” Ulrich said. “The downside is that we have become increasingly focused on creating an image of ourselves to put out into cyberspace, and for some people that’s not a good thing.”

He said individuals are now able to present their own ideal image of themselves online through social media by carefully constructing what they say and how they appear, but in doing so, have become less accountable for their actions.

“People should really start thinking about this a little more, and the implications,” he said. “I think it is hurting this next generation because they don’t know how to constructive-

ly deal with conflict.”

Many are concerned that Generation Y, or the “generation like,” is one seemingly absorbed with creating this image and the status gained in doing so, whether it be through likes on Facebook, pictures on Instagram or getting retweeted on Twitter.

“You can get into this environment and become dependent upon the responses that you get from other people,” Ulrich said. “Is the culture as a whole becoming too narcissistic? Are we thinking too much about our [physical appearance], and not thinking enough about how we are interacting with other people and the impact of those interactions?”

Humbert agrees, and said he also worries about the sense of alienation created through too much digital interaction.

“How do people cuddle on Facebook,” he said, “Is it through likes?”

Ulrich believes this system of “likes” that has become a social media norm is too simplified and no longer about true connection, but rather the instantaneous benefits.

“This is a sense of immediacy, and assuming that you’re as hooked as I am when I send a text or comment or like — if you immediately send it back, that’s instant gratification,” Ulrich said. “Our brain likes that. It’s immediate payoff for what you send.”

Nursing major Rachel

Greene agrees, believing instant gratification received from using social media can feel almost addicting.

“If I post a picture on Instagram, I’m constantly checking to see who liked it,” she said. “I remember when I used my first hashtag and got more likes than usual, I thought I had found the ultimate secret.”

Social Media jargon like hashtag, retweet, newsfeed and selfies, among many others, are another aspect of social media that when used, help users feel part of the community.

“As technology has evolved, there are certain words that have evolved with it that are specific,” Ulrich said. “It shows that you are part of the co-culture — it’s your right of passage, or your way into the group.”

Although he admits many downsides still exist, Ulrich believes that we as a culture can adapt.

“If the people agree as to what is acceptable and correct, then maybe there will be some standards that will evolve and become the new norm,” he said.

In addition to certain standards becoming the norm, Ulrich believes that technology will continue to advance and benefit those who learn to use it correctly.

“There’s enormous possibility,” he said. “Technology has created a global sense of community [for us] to participate.”

tartanspotlight

meet

KINGA
OLIVERJennifer Franer
Assistant Editor

Meet...

Kinga Oliver, an assistant professor in the Mathematics department who is from Poland.

Why she's interesting...

In Poland, she received her masters degree in Mathematics and in the Teaching of Mathematics.

Oliver said these degrees are completely different than the United States, because you are not qualified to teach a college level math class unless you have a masters in the subject you wish to teach. So in turn she earned both degrees.

Growing up, however, Oliver wanted to be involved with music, and said she went to a parallel school for music education, in addition to her normal schooling, starting at the age of seven.

"I did the music school for 10 years," she said. "Mandolin for six years and guitar for four years."

At that time in her life, she was considering majoring in music, but decided against it. It was then that she started to see how her interest in math was beneficial.

"I've always liked math, and my friends at school



Daniel McCallum | Clarion Staff

started asking me to help them," she said. "I thought then — maybe that's what I should do."

Oliver came to the United States in 2002 after getting her masters degree, because of the unemployment rate in Poland at the time.

"I decided I was going to come to an English speaking country, learn English and then come back and teach math in a private school," she said. "They have high pay in private schools, so that was my goal."

She was soon to find out that she would not return to Poland like she had hoped.

After coming to the United States, she stayed with a family who enabled her to come to Sinclair Community College and take English as a Second Language and English Composition classes. In her English composition class, she wrote a cover letter as one of her assignments addressed to Sinclair on how

she wanted to become a math teacher on campus.

"Just two years later, I became a math teacher at Sinclair," she said.

Within her first week in the United States, her host mom scheduled her to go on three different blind dates, where she ended up meeting her husband.

Even then, she thought she would not stay in the United States, until her host mom encouraged her to get her Ph.D in Mathematics at the University of Cincinnati.

"I decided I didn't want to do that and started teaching at UC," she said. "Then at one point, I was teaching at both Sinclair and UC."

Oliver said she loves teaching at Sinclair because of the people she is surrounded by every day, because they are focused on students and how they can succeed.

"Here, people are totally different and when I took the ESL classes I noticed that," she said. "Here, it's amazing what all the teachers are doing to focus and help students — that's why we are nationally recognized."

Oliver said no matter what her obligations are after class, she puts them aside when she steps into the classroom to teach.

"I focus on the student — that's my job, that's what I love," she said. "I'm passionate about teaching, without passion what can you do? You would be stuck."

Annual Juried Student Exhibition



Pat McClelland | Photo Contribution

The annual Juried Student art show gives the Art department a chance to showcase work by the student body.

Andrew Fisher

News Editor

Hundreds of works of student art will be on display in Building 13 for the 2014 Annual Juried Student Exhibition, set to display later this month.

According to Pat McClelland, gallery coordinator, the event is a way for the Sinclair Community College Art department to showcase work by the student body.

"Mostly it's for Art majors, but we get submissions from others as well," he said.

Any student who enrolled in a studio art class within the last

year was eligible to submit.

"For many of our students, it's their first chance at a professional exhibit of their work," McClelland said. "Part of the reason we do this is for the lesson they learn in professional presentation, their work has to be exhibition ready."

The event consists of seven categories: painting, printmaking, collage, drawing, photography, sculpture and ceramics. Students were able to enter up to two pieces in each category.

"Typically there are maybe 300 pieces submitted, of which maybe 130 are selected to be in the show," McClelland said.

The Art department selects a different juror each year, with this year's event being judged by Amy Koehler Anderson, head coordinator of the Kettering Rosewood Arts Center.

"The juror awards prizes in each of the seven categories and also a best in show," McClelland said.

Prizes consist of things like gift certificates to local art supply stores and memberships to local art organizations, but according to McClelland the experience is worth more.

"More importantly, it's the line on your resume, not only can students win an award, but they have a chance to be featured in a professional gallery," he said.

The judging process, which takes place in private, is set to take place this week. However, the exhibition will not officially open until March 24 and will be on display through April 8.

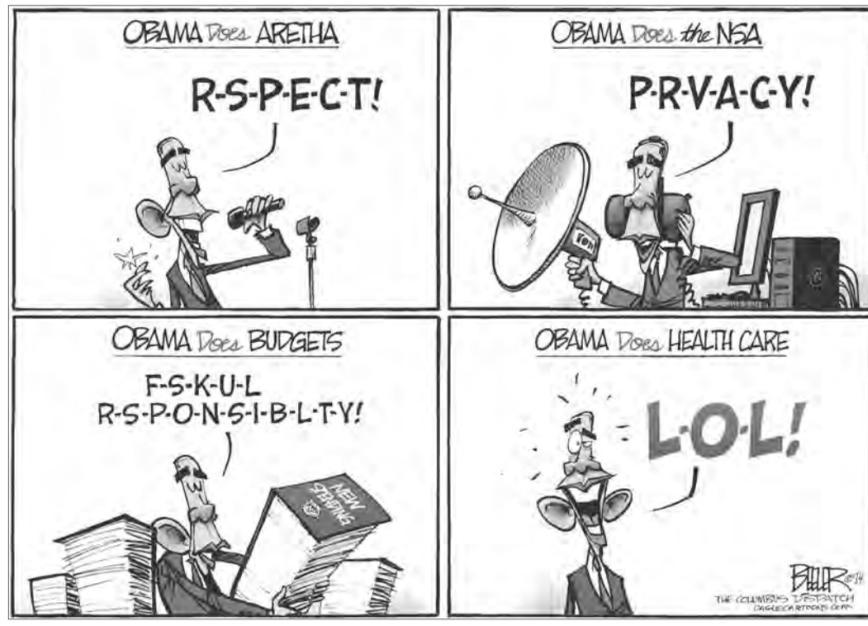
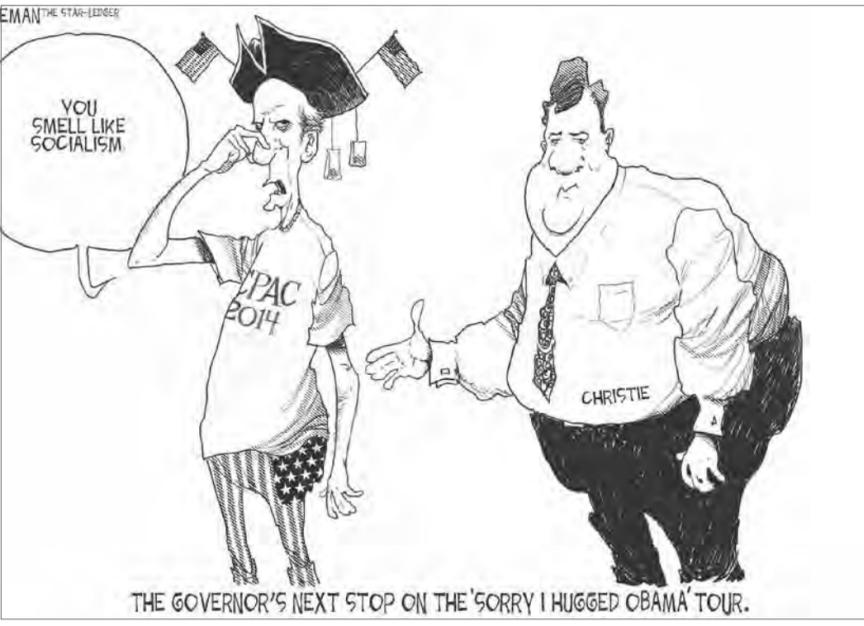
The galleries, located in Building 13, will be open Monday through Thursday from 8 a.m. until 8 p.m., Friday from 8 a.m. until 5 p.m. and Saturday from 8 a.m. until 3 p.m.

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Simple blood test could predict Alzheimer's; would you want to know?

By Susan Reimer
The Baltimore Sun
(MCT)

Georgetown University scientists reported this week on what they believe to be a promising — not to mention easy and inexpensive — blood test for Alzheimer's disease.

Writing in the journal *Nature Medicine*, Dr. Howard Federoff and his team reported finding bio markers that were an accurate predictor of the disease 96 percent of the time.

There are other tests, including scans, spinal taps and genetic tests, that reveal or predict Alzheimer's, but this blood test has the possibility of becoming something your doctor can order up during an office visit.

But there is no cure for Alzheimer's and no effective treatment. Some drugs may slow the disease, but nothing has been found to stop — or reverse — its devastating theft of identity, memory and, ultimately, life.

Alzheimer's afflicts more than 5 million Americans, and those numbers, by

some accounts, will triple by 2050. The odds are good that if you live into your 80s you will be laid waste by the disease or you will be caring for someone who is.

Would you want to know in advance?

Knowing you are going to face Alzheimer's or a related form of dementia is the kind of information that is likely to change the way you live your life. Your bucket list would come into focus, of course. But so would many more practical decisions. You would literally need to have your affairs in order before you could no longer put them in order.

Knowing, you might offer yourself for clinical trials to speed the research for treatment or a cure.

And you could share your end-of-life decisions with someone you trust to carry them out. After all, this is a disease that robs you of the ability to control your own life.

But would you want to know?

If you learned of your risk early in life — in your reproductive years — you

could make the decision not to have children and not to pass the risk on to the next generation.

But the Georgetown researchers tested people only 70 and older, and it is possible the bio markers were the result of changes that were taking place over a long period of time and not in evidence in younger people. More research is planned on this.

If you knew, you might make healthier lifestyle choices, which seem to have a role in holding off the disease. If you knew, you could seek what treatment is available before symptoms are in full bloom.

If you knew, it might change your decision about when to begin drawing Social Security, whether to sell your home or whether to reserve as much savings as possible for your care.

But it could also change your sense of self. Those who have had the genetic test for Alzheimer's, for example, and know they are at risk rate their memories worse than those who have the gene and don't know it. If others knew, it could

change how they treat you, how they relate to you. And you would see that change in them.

"The real advantage will come when we have a very specific treatment that is proven to make a difference safely," said Dr. Constantine Lyketsos, chairman of the department of psychiatry at Johns Hopkins Bayview and director of the Memory and Alzheimer's Treatment Center. "At that point, this test and others like it become important."

But until then, would you want to know?

I asked Dr. Jeffrey Kahn, professor of bioethics and public policy at the Johns Hopkins Berman Institute of Bioethics, if he would want to know.

"If you could say with some certainty," he said, "I would want to know. It would make me behave differently. I would probably live my life differently."

"I would want to do the things that I want to do before I could not do them. I would want to say the things to people that I want to say before I couldn't say them."

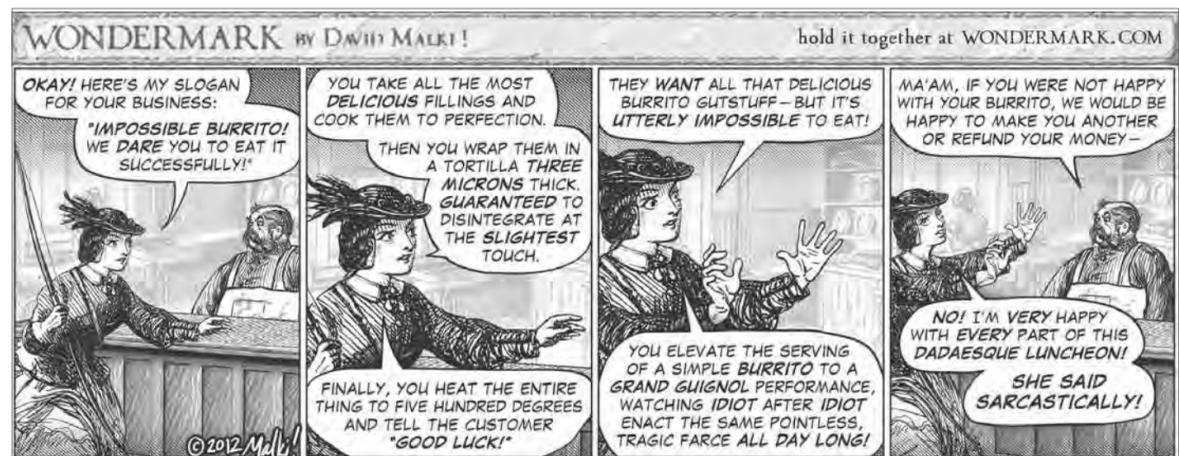
puzzlesolutions

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the Clarion 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.

the Clarion
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Sinclair recognizes multiple religions through week-long event

Religion continued from front

“In a world that is globally interactive, and in the United States where we have more and more people observing a variety of faith traditions and spiritual practices, it adds to the essential that we begin to learn about one another’s traditions and so begin to respect those traditions,” Battin said.

The Holi celebration will also begin on Tuesday.

“It’s a Hindu event that celebrates overcoming evil with good, and the arrival of spring,” she said. “It’s also called the festival of colors and they throw paint on each other. We’re going to do some face painting.”

On Wednesday, Battin will present “Labyrinth: A Spiral Path,” and in Building 7, Room 006B; attendees will have the opportunity to walk through a labyrinth as well as journal about the experience with the writing prompts provided.

“It’s an ancient prayer and

meditation tool with the theme of journeying into the center where one encounters the holy, or the sacred or God, and then taking that calm, that peace, that wisdom, that insight, back into the world with you,” Battin said. “We will have a canvas labyrinth spread out ... and people walk the labyrinth, there will be someone there all the times to help them understand it if they haven’t walked it before.

Thursday’s events include “Lectio Divina: Spiritual Reading” by Battin, a “Spring Equinox Celebration: Ostra; Shubun-no-hi” event, a reading of “Old Turtle and the Broken Truth” by Douglas Wood and an Art Prayer by Jane Steinhauer. Attendees will also have the ability to walk through the labyrinth again and “White Dove Circle” by Pat Zimmerman and Erika Lemons will also be presented. “The White Dove Circle of

Love and Light will be here,” Battin said. “They’re a recently established church, and they’re going to talk about their philosophy, their theology, and share that. We want to include a variety of spiritualities, not just mainlines.”

Friday will include various videos for attendees to watch, including “Harmony in Diversity” by the Dalai Lama and “Mystic Lands,” a six-part series featuring 20-minute-long videos.

“Every tradition has a sense of working [to] change the world so that it is a more peaceful place, a more just place, a more joyful place,” Battin said. “If we can each learn about one another’s traditions so that we can come together and share the best of our intent of the common good, then we have a really good foundation for building communities around the United States and around the world.”

Shamrocks, saint and shillelaghs

St. Patrick’s Day, celebrated March 17, honors Ireland’s legendary patron saint, who died on that day in 461.

Shamrock
Small, three-leafed plant appears on U.K.’s coat of arms with English rose, Scottish thistle



Irish flag
Green represents Catholics; orange, Protestants; white, the wish for harmony



Leprechauns
Fairies who work day and night mending shoes of other fairies



Shillelagh
(shi-lay’-lee)
Walking stick; Irish for stout oak club or cudgel; also a forest that once stood in County Wicklow



Patrick: Saint and legend

<p>387 A.D. Born in Britain to a Roman family; his father served as a magistrate; his original name was Maewyn</p>	<p>Early 400s Taken to Ireland as a slave; after six years, he escaped to France where he studied for priesthood</p>	<p>432 Sent to Ireland as a Christian missionary by Pope Celestine I, who named him Patricius, which means noble in Latin; he introduced Roman alphabet, Latin literature; Christianized the land</p>	<p>Familiar legend He drove the snakes from Ireland by beating a drum</p>
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Source: “Shamrocks, Harps and Shillelaghs” by Edna Barth, “All About American Holidays,” World Book © 2012 MCT

WORLD RELIGIONS AND SPIRITUALITIES WEEK MONDAY, MARCH 17 THROUGH FRIDAY, MARCH 21				
Monday, March 17 <i>Old Turtle Day</i>	Tuesday, March 18 <i>Looking East and West</i>	Wednesday, March 19 <i>Journeys inward; Journeys outward</i>	Thursday, March 20 <i>People and Religion Day: Spiritual Practices</i>	Friday, March 21 <i>Video Fest</i>
<p>10:00am – 11:00am, Library Loggia NW Geography of World Religions <i>Mo Khani, Geography</i></p> <p>11:00 – 11:45 pm, Library Loggia NW Reading: Old Turtle, <i>by Douglas Wood Presentation of Old Turtle Award, Barbara Battin, Better Together Day, David Bodary</i></p> <p>12:00-1:00pm, Library Loggia Holiday and Holy Day Table: Purim and St. Patrick’s Day <i>Come for some fun and Leprechaun gold!</i></p> <p>1:00 -2:00 pm, L721 Celtic Spirituality <i>Katherine Englefield, Religious Studies</i></p> <p>2:00-3:00, L721 The Language of the Spirit: Come Read the Works of Saints and Mystics <i>Amanda Hayden. Religious Studies</i></p>	<p>10:00 -11:00 am, Library Loggia NW Exploring Eastern Religions: Focus on Sikhism <i>Vicki Massman, Religious Studies</i></p> <p>12:00 -1:00pm, L721 Tent of Abraham/People of the Book <i>Judaism, Christianity, and Islam Will Crawford, Sheranita Hemphill, Barbara Battin</i></p> <p>1:00 -2:00pm, L721 Holi Celebration</p>	<p>10:00am – 12:00pm, 7006B Labyrinth Open Walk</p> <p>12:00 pm-12:30pm, Library Loggia NW Labyrinth: A Spiral Path presentation <i>Barbara Battin, Interfaith Campus Minister Light snacks offered</i></p> <p>12:30 – 2:00pm, 7006B Labyrinth Open Walk</p> <p>10:00am – 2:00pm, 7006B Journaling- on your own... paper and prompts provided</p> <p>Finger Labyrinth available all day</p>	<p>10:00am – 11:00pm, L721 Lectio Divina: Spiritual Reading <i>Barbara Battin, Campus Ministry</i></p> <p>11:00am – 12:00pm, L721 White Dove Circle <i>Pat Zimmerman and Erika Lemons</i></p> <p>12:00 – 1:00pm, L721 Spring Equinox celebration: Ostara; Shubun-no-hi Reading: Old Turtle and the Broken Truth <i>by Douglas Wood</i></p> <p>1:00-2:00pm, L721 Art Prayer: Drop in <i>Jane Steinhauer, Campus Ministry</i></p> <p>1:30 – 3:30pm, Library Loggia NW Labyrinth - Open Walk</p>	<p>10:00am – 12:00pm, L721 Video: “Harmony in Diversity” the Dalai Lama</p> <p>Video: Mystic Lands <i>Six part series (20 min. each) a look at sacred lands and sacred spaces; religious, historical, cultural; people in India, Greece, Egypt...</i></p> <p>L721 is located under the library stairs.</p> <p>7006A/B are located off the cafeteria, along the back hallway. Ask a cashier for directions if necessary.</p>



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