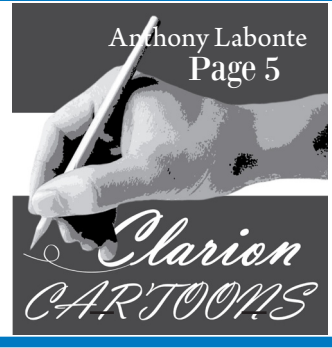


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YOU'LL DO LOUSY IF YOU'RE DROWSY



Isaac Williams | Clarion Staff

Gabrielle Sharp  
Executive Editor

Only 11 percent of American college students sleep well, according to Harvard University. College students are amongst the most sleep-deprived people in the country, which can slowly have an affect on the body and the mind. On average, college students get less than six hours of sleep per night, which can result in a condition called sleep depriva-

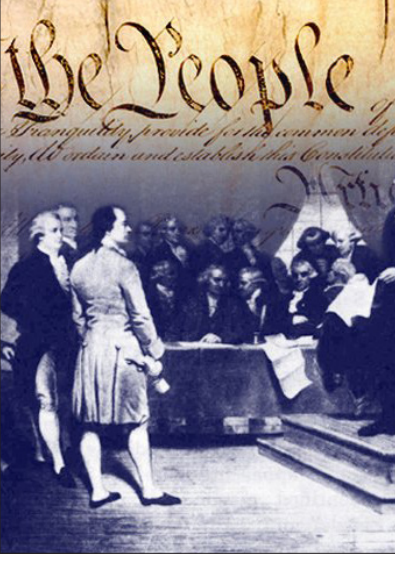
tion. Sleep deprivation is when a person doesn't get enough sleep. "Sleep is associated with everything in your body—it's a metabolic process. Everything that happens in your body depends on sleep to happen on a regular basis," Anne Soltysiak, Psychology professor at Sinclair, said. She said sleep deprivation is getting less sleep than you need, and eventually can affect your health.

"You can have total sleep deprivation, which is not sleeping at all, or you can have chronic partial sleep deprivation, which means you don't sleep enough each night. If you do it night after night, that deficit does accumulate to known health af-fects," Soltysiak said. Although, sleep deprivation does not cause mental disorders to those whom aren't predis-posed to them, many people can still be triggered briefly, accord-ing to Soltysiak.

"If you're talking about ex-treme cases where people go three, four, or five days without any sleep at all there are some cases where people have brief psychotic episodes, which is completely related to sleep de-privation psychosis," Soltysiak said. Sarah Finch, Biology profes-sor at Sinclair, said stage three and four of the sleep cycle is the restorative stage. This is the stage where the body is fixing the cells, but it's also the brain

essentially defragging itself. Similar to Finch, Soltysiak said it's a chemical process that occurs at certain stages of sleep, which is necessary for memory formation. "You're making new neural connections with the stuff you learn, but you're also taking all the sensory information from the day and getting rid of all the un-necessary information you don't need," Finch said. People from all walks Sleep continued on page 5

Constitution Day



Tribune News Service

Barton Kleen  
Managing Editor

"Our responsibilities as citi-zens go beyond election day," Thomas Roberts, Director of Student and Community En-gagement said. "That's just one part."National Constitution Day was proposed by Senator Robert Byrd in the Omnibus spend-ing bill of 2004. At first, the day was a holiday known as "Citi-zen-ship Day." Not only is National Constitution Day, as the holiday is now called, a yearly activity for communities, the passing of the bill also included a mandate for all educational institutions and federal agencies to provide educational programming on the history of the American Constitution on that day. It may take a deeper look to see it, but students and faculty at Sinclair are more involved than meets the eye. Roberts discussed the findings of a Tufts University study on Sinclair, which found "that truly, we are an engaged community." Constitution continued on page 4

Big UAS unveil



D'Angelo Philpot | Clarion Staff

Christopher Witt  
Reporter

On August 24, Sinclair Com-munity College officially cut the ribbon to open the brand-new National UAS Training and Cer-tification Center, giving students new capabilities in seeking the opportunity to work with UAS (unmanned aerial systems) in an immersive and hands-on environ-ment, backed up with leading-edge technologies and instruction. The new center features a renovation of 28,000 square feet of Building 13, which houses state-of-the-art learning spaces, a wind tunnel, engine testing capabilities, expanded simulation lab, sensors and avionics stations alongside advanced and additive manufac-turing machines.The new facility also is to support the integration of the college's manned aviation pro-grams by housing two simulation training devices and resources for the college's airframe and power plant (abbreviated A&P) program.

As of now, the new UAS Center will be one of the only programs in the United States to provide training for both manned and un-manned aerial systems. New addi-tive and advanced manufacturing equipment allows for the design, production and testing of UAS and related components, taking ideas from the initial planning phase to a completed, functioning prototype. "Wilbur Wright, one of the famous brothers from Dayton who invented manned aviation, said to be successful, began his life in Ohio. Today, Ohio and Dayton are again at the center of a new generation of aviation: unmanned aerial systems, thank to the National UAS Certification and Training Center at Sinclair College," said Brian Wynne, the president and CEO of the Associa-tion of Unmanned Vehicle Systems International, or AUVSI. "Sinclair is providing Ohioans with access to innovative instruc-tion to research to help them launch fulfilling careers in the

burgeoning field of UAS, which according to an AUVSI report is forecast to create thousands of jobs across Ohio and the nation during the next several years. So, to be successful, begin life in Ohio, and to be successful in UAS, begin your career at Sinclair," said Wynne. Outlining the potential econom-ic impact of the program, Sinclair President Steve Johnson said, "With unmanned aerial systems, we're looking at an industry that's fore-cast to yield more than 100,000 jobs nationally and an economic impact of \$82 billion over the next 10 years." "The opening of the National UAS Training and Certification Center at Sinclair puts the Dayton region at the forefront at what's shaping up to be the next step in aviation technology," Johnson said. "This is an exciting time for the college and the UAS industry, as we are seeing the culmination of several years of hard work, indus-try partnerships and UAS continued on page 6

Tartan Athletics



D'Angelo Philpot | Clarion Staff

Matt Summers  
Sports editor

Following up on last week's article on the head basketball coach for Sinclair, Jeff Price, I dove into how Price tries to develop his athletes into not only good basketball players, but good role-model citizens as well. As the athletic director, he also oversees all Sinclair sports. In fact, Price was named OCCAC Athletic Director of the Year for 2014–2015 in only his second year. According to Sinclair's Athletics website, Price has made tremendous contribu-tions in the Men's and Women's Basketball Committee by work-ing with Scott Nichols to move the OCCAC Men's and Women's Basketball Final Four to the Ohio Christian University. Also, both Sinclair basketball teams reached the NJCAA District Final Four. Both the baseball and softball team ended on strong notes as well by reaching the District Champi-onship games, only to miss the Athletics continued on page 4



**SINCLAIR**  
COMMUNITY COLLEGE

# House of (DE-FI)ance

**James Duty**  
*Reporter*

Dayton's Emerging Fashion Incubator (DE-FI) is jumping in full swing supporting designers, local businesses and talent for the 2015-2016 year. DE-FI is an organization centered in Dayton that introduces, mentors, and helps to launch the careers of designers and models in the fashion industry. "We are ever-evolving and growing fashion based organization that provides a platform for area and independent designers, models, photographers to practice their trade and build their clientele closer to home." Caressa Brown owner and director of DE-FI said. Caressa is an employee at Sinclair and fashion enthusiast who experienced the model industry with dreams of bringing the fashion industry to Dayton. Over the past few months, Caressa has been working alongside her DE-FI team to create a variety of events most of which are open to the public with the goal of designer awareness and to grow the local fashion industry.

The first event to begin the new season is a casting call on September 12 at SunWatch Indian Village. "We are looking for male and female models ages 4 and up, there are no size or height restrictions." Caressa said, "Individuals will be cast on the spot. Fittings, a mandatory free Model Bootcamp, and rehearsal will follow until 4 p.m for models and dancers who are cast for the House of DE-FI taking place September 19."

The model Bootcamp that follows the casting call is an educational experience providing those chosen at the casting call with tips on a variety of model subjects including walking and posing, healthy body image and how to be safe and avoid scams is the industry. Some of the speakers for the event include Leslie Turner—Owner of LModelz, Miracle Mitchell—

Founder of My Beauty Is Priceless, Lamar Pacley—Owner of Shutterey Photo and Darissa Hayes-Moore—Heyman Talent. "September 24 DE-FI will be making our annual trip to Chicago to visit some of the top agencies in the world. Individuals who are cast for this event are also eligible to make this trip with us." The models cast on the 12th will be invited to the Magazine release party at Third Perk on September 19th. This issue of DE-FI magazine is DE-

featured on this season of Project Runway." This issue will showcase some of DE-FI's models paying homage to the supermodel era of the 70's through early 90's. "We are also debuting a youth inspired issue called A Generation of DE-FI; it's not so much a fashion based magazine verses highlighting some amazing kids in our community." Caressa adds, "All we hear is the negative and we wanted to feature kids in their element of being kids. There was no glam squad for this magazine and that was kind of refreshing."



De-FI Magazine

FI's 3rd showcasing a variety of fashions, designers and articles about Dayton's local community. "The next issue will probably be one of the most personal issues to date. You'll get to know the designers and models up close and personal." Caressa said about the coming magazine.

She continues, "One thing I'm really excited about is the 'Remember My Name' portion of the magazine. In the 2 plus years that we've been doing this, we've had over 30 of our models signed to agencies around the world. They are starring in movies, they are walking the runways in Paris and New York, and one of our alum models, Aube Linda Jolicoeur appeared on the cover of the first issue of DE-FI and she's currently

The goal of DE-FI magazine is more than informing readers to the hottest trends and latest fashions. "It is the goal of DE-FI to make Dayton a fashion destination for those who are tired of the status quo," Caressa said. DE-FI as an organization steps away from the height and weight requirements that the industry strives for. "We want to show that beauty comes in various shapes, sizes, and colors. We want the magazine to reflect the hidden story that most don't see in other fashion magazines and that's the struggle, the uncertainty, the hope and the accomplishments that many in the fashion industry face," Caressa explains. The release party for this issue of DE-FI magazine is a DE-FI first

and will act not only as a first look at the magazine, but a chance for models, designers and photographers to reunite and meet with their audience. Caressa states, "We'll be revealing the cover of DE-FI[ance] Magazine which by the way, our cover model is Sinclair student Rebecca Khamis, who I literally chased down the hallway at Sinclair one day last year!" Caressa said she first noticed Rebecca in 2014 while she was working at a local restaurant, but didn't take the chance to speak with her, "Then one day while I was working in the Testing Center, I saw her walking down the hall and I couldn't let the opportunity to speak with her pass again. I know that once the world not only sees her but gets to know her beautiful personality, skies the limit for Rebecca!" The Magazine Release Party is open to the public, DE-FI will be serving light appetizers alongside a cash bar. A specialty drink called the "DE-FI Chai" will also be served. The drink is a frozen chai latte with cinnamon schnapps and a brown sugar and cinnamon rim. "The House of DE-FI[ance] Fashion Party will feature some mini fashion shows that are inspired by one of the most exciting times in the Fashion Industry, which is the late 80's and 90's, back when models had personality!" The House of DE-FI[ance] will take place later that evening after the magazine release party at Therapy Café, "You can expect to see models dancing down the runway and having fun at this event!"

At this fun fashion show, DJ Danny Diaz will be spinning some of the hottest Salsa, Merengue and Reggaeton music. "We are welcoming three new designers to the Dayton Emerging Fashion Incubator DE-FI LLC, they are coming from Indianapolis, Columbus, and Cincinnati. You will hear from a couple of our established Designers like Misti Leigh of iii Creations (pronounced third eye), and Sonya Mills of Kerapa Klothng." The theme for this year's event is

"MTV's House of Style from the 90's" and "South Beach Florida." An event geared not only at introducing new talent but to introduce DE-FI to those who are interested in an informal setting, "The House of DE-FI[ance] Fashion Party is not going to be overly structured like our previous events, yet it will be choreographed; we're just going to go with the flow and let the music be our guide and let our runway be wherever the models roam. It's going to be a good time!" "It's really important to me as a small business owner to support other small businesses and organizations," Caressa said. DE-FI is about more than just fashion, Caressa expects her models to show the same initiative. "Throughout the year, we participate, sponsor and support a number of community outreach initiatives; it's also required for our models to do at least 40 hours in their respected communities." This year, DE-FI has worked alongside Circle of Vision Keepers Re-Entry and Recovery Program, the Montgomery County Sheriff's PAL, Third Perk Coffee House and Wine Bar, and Weekend Ribs. "We helped to plant the 'Community Peace Garden' on a plot of land donated by Sheriff Phil Plummer, we collected school supplies and non-perishable food items for area families, and then we participated in a Pay Forward initiative paying for random customer's coffee at Third Perk." "Our ultimate goal is to bring an accredited Fashion Design program to the Dayton area," Caressa said about her upcoming goals and recent partnerships in the Dayton area. "In the past year, we have lost 2 of our designers who have had to relocate to other cities where degrees in Fashion Design are being offered because colleges in Dayton do not offer a single fashion based curriculum." The closest city to provide a fashion degree is Cincinnati, an hour drive from the Dayton area. "We have a number of exciting partnerships in the work, but the two that have already been made public are our partnerships with Dayton Regional STEM Schools and the Dayton Early College Academy DECA!" DE-FI is currently working on a Fashion Fusion show that will combine fashion and technology with the students from STEM. "DE-FI designers and team members worked one-on-one with the student to help prepare them for what goes into putting on a fashion event as well as assisting them

with their design process," says Caressa. Due to the lack of an education for fashion perspectives, 15 students from DECA will be interning with DE-FI during the 2015-2016 year. "When these students graduate next summer, they will have to leave Dayton for Cincinnati, Columbus, Athens, or Kent where fashion design programs exist. Fifteen students who want a career in Fashion is hard to ignore and keep in mind this is just one school so come on, Sinclair, let's make this happen!" Soon after the magazine release and House of DE-FI[ance] fashion party, DE-FI will begin showcasing individual designers. These shows promise to be far more intimate than previous shows DE-FI has worked on by allowing the audience a chance to get to know each designer in their own show rather than a conglomerate of many designers in a single setting. "I think with our past events, there has been a disconnect between the audience and designer. We've had 300-400 people in at our shows with 11-12 designers showcasing," Caressa says, "but we also, like other fashion events, have had to rush the designers and models off the runway to get ready for the next designer's show and opportunities are missed." "Individual designer shows will give the designers and audience members alike that up close and personal opportunity to see, feel and ask questions about the garments up close. A lot of people do not realize that everything that comes down the runway is for sale and if it's not in your size at the show, DE-FI designers can make you a customized design," Caressa added. The first designer show will feature Erika Beartie of Designs by Beartie and will take place at Third Perk on November 6, 2015. This specialized designer show will not solely be fashion based, but will also include wine and art and a chance to aid a designer in fashion inspiration. DE-FI's casting all will take place Saturday September 12, 2015 at SunWatch Indian Village 2301 W. River Rd. from 9am to 11am. The Magazine Release Party is scheduled for September 19 at Third Perk Coffeehouse and Wine Bar located at 46 W. 5th St., Dayton, OH 45402 from 5p-6:30p. The House of DE-FI[ance] fashion party will be just after at 7:00pm at Therapy Café 452 E. Third St., Dayton, Ohio.

# Internet Famous

**Emily Culbertson**  
*Reporter*

Ever wonder what it's like to be an internet sensation? It's pretty much being like new age Hollywood status. Millions of people around the world are connected through some form of social media. On February 14, 2005 Youtube was launched. Social media had a whole new face and that was making videos for people to watch. Within the years of Youtube sparking it shortly caught the attention of young internet junkies, Felix Kjellberg (PewDiePie), Anthony Padilla and Ian Hecox (Smosh), Jenna Mourey (Jenna Marbles), Shane Dawson, and many, many more.

Why should you be so interested in the world of Youtube? Here's why: people that make videos and upload them to the website make a killing with the simplicity of always having a video camera with them. Making videos of whatever you may be interested in rather its cooking, DIY, fashion, comedy skits, blogging, just putting makeup on your face, the possibilities are endless.

Now, if you're not into making longer videos with a camera and a video editor,

good news! An app was launched in 2012 called Vine. Vine basically made for the same reason as Youtube just with shorter videos. Being a Viner consist of having a phone camera and a short video clip of something

you track how many views you get. On Vine it works the same way only they call it "Loops;" this is how many times the video was played or shared. Now before you jump up to go make a video or



Emily Culbertson | Clarion Staff

funny, helpful or whatever you like. There are some things to know about Youtube and Vine together. Both get viewed billions of times a day all around the world. They both have been made in the United States but you can live anywhere and be a Viner or Youtuber. On Youtube you will gain what is called "Subscribers"; the people that follow you and love watching your videos. On Vine you have "Followers"; which is the same as a "Subscriber." On Youtube

new account there are some important things you need to know about them both. In the world of Youtube it once was just about making videos and having fun, now people want to do it to get paid or famous. In order to do one or both of them you need to gain a lot of subscribers. To start getting paid through Youtube (Google) you need at least 10,000 Subscribers. You need at least 100,000 views along with the subscribers to be considered a professional

Youtuber and get paid. For Vine it's a little different. Vine does not pay their Viners for making hit videos. It came out in 2012 and took the internet by storm; companies all over the world have been watching these short-second video takes. Companies have come too many Viners asking them to brand their name; this is how you get paid for being a Viner. Complex has stated, "Viners make anywhere from \$20,000 to \$50,000 just for pitching a brand in their videos".

There is something to remember while becoming internet famous. Stay humble. These people never expected their lives to turn out the way they have. One day they were bored, picked up a camera and before they knew it magic happened. They are today's new-age Hollywood making the internet what it is, but most will never admit to it. They are loyal to their fans and keep them up to date in their everyday life, they will tell you to stay humble. Always make it about your viewers, what you love and tomorrow you could wake up and be the next big internet sensation.

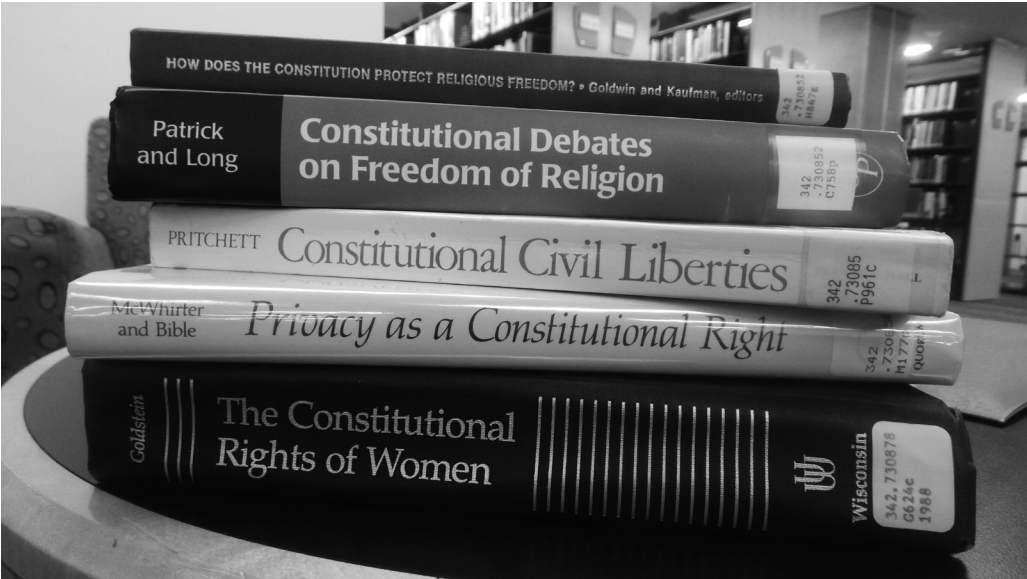
# Art gallery



Deja Goode | Clarion Staff

Triangle Gallery is featuring professor Richard Jurus' artwork. For the full story read online at Sinclairclarion.com

# We the People



Deja Goode | Photographer

continued from front

Sinclair, with a student body of over 28,000, has a magnitude of diverse people and perspectives. Academia has been said to be the place of challenging ideas and aspires to provide those exchanges as an academic environment. “These are the times,” according to Roberts, to have these conversations. “There’s a book, The Big Sort...about how people began to sort themselves out, ideologically,” Roberts remarked. “We need to have those conversations, we want to encourage that.” Roberts believes a lot of the tensions and problems people have today are a result of the “Big Sort.”

Part of the events for National Constitution Day

involves an opportunity for students to register to vote. There are positions available for students to volunteer to help others sign up to vote.

Kathleen and Jennifer Sooy, Sinclair faculty, say that despite the mandate to celebrate National Constitution Day, they are happy to host the events. The Sooy’s have been involved with National Constitution Day for well over fifteen years at Sinclair.

K. and J. Sooy are involved with other matters revolving around student involvement. They are in the process of bringing back the campus Republican Club. Political clubs at Sinclair struggle with the heavy turnover rate due to Sinclair’s high transfer rate and options to complete degrees and

certificates within two years of full-time learning.

Retired University of Dayton Professor of Law, Richard Saphire will speak heavily on the importance of the First Amendment.

Sinclair’s library also participates throughout the week by setting out a collection of resources relating to the Constitution.

The event will have a Q&A session where students and the general public can ask questions about their rights. The purpose of the celebration is for attendees to “have a better understanding of their rights, and what kind of role they play within an administration,” J. Sooy said.

“The people have a check,” the Sooy’s explained.

# New womens basketball coach



D'Angelo Philpot | Photographer

**Afi Ntonolo**  
*Reporter*

This year, Sinclair Women’s Basketball brought some exciting news. The team will be filled with new recruits and returning players, but also a big addition of a new leader. Head coach, Victoria Jones, (a former Dayton Ohio native) has signed with Sinclair Community College. Jones has been coaching for 14 years on various levels.

“I’ve coached at Belmont High School, Harmony Community School, Cincinnati State Community College, Murray State University, and Eureka College. Recently, I coached a Semi Pro team here in Dayton called the Dayton Gem City Lady Slam,” said Jones.

“In my career, I’ve coached a lot of all-conference players, professionals, and I was part of a championship team at Division I Murray State University. As a player, I was a Junior College All-American and I graduated with honors and a 3.5 GPA at St. Catharine College. I also graduated from the University of Dayton where I currently hold the record for most 3’s made in a single game,” she said.

“I was also a regular on the

honors list as I attended there for two years. I hold three degrees, associates in Physical Education (St. Catharine College), Bachelors in Communication Management (University of Dayton), and a Masters in Special Education (Antioch McGregor University). I am a Reserve teacher in the Trotwood Madison School District. In my free time I enjoy church, shopping and playing the drums. My favorite part about coaching is impacting the character of young women and helping them achieve their goals,” said coach Jones.

Before taking the head coach position here, Jones took many head coach positions, so this position here at Sinclair Community College is all natural to her. When asked what drew her interest to the position with Sinclair Women’s Basketball, she responded, “I was interested in this position because I wanted to give back to the community and help Sinclair Women’s Basketball excel in the classroom, on the court and in the community.”

With a heart of a champion, Jones believes in three important values: academics, character, and building champions. She believes in helping

the complete person. “Win the day in the classroom. Win the day in Personal Growth.

Win the Day in being a Champion in everything that you do,” said Jones.

Her practice strategy is a defensive minded coach. Jones believes in hard work and that it truly pays off. This year will be a whole new year for our Women Tartans, with a strong program and many different strategies. Jones’ practices will involve weights, conditioning, player development and team building.

“You win championships in the off-season. My program will be the most discipline and we will demonstrate what it means to be a family,” said Jones.

The Sinclair Women’s Basketball team has some returning players and new recruits this coming season. Guard, Alona Skipper, who is the Tartan top shooter and top leading scorer. Ashtin Brandon, forward and top returning rebounder. Sara Thornton, guard and best defender. Timberlynn Donaldson, forward and most improved this summer. Maya Murray, forward, “she has the top team GPA and will probably be an academic all-American when it’s all said and done,” said Jones.

The Tartans are expecting more from her on the defensive end this year. Along with new recruit the Tartans have welcomed to the team who is Schroeder, forward, their top transfer from a Division-2 school, Ursuline College. Schroeder who is originally from Dayton Carroll High School, Madison who is a great student in the classroom will provide help with scoring on the court from inside and out. Chloe Mayfield-Brown, guard, Dorian Carter, guard, and Markesan Watson, forward. The tartan will also have some walk ons that are trying out and may be some good last additions to the roster.

“You have to know you have a voice, to have a voice... and to effectuate change.”

J. and K. Sooy remarked that the Constitution is always a hot topic seemingly every year. The people continue to exercise their rights lawfully and so the Constitution becomes key to many court cases.

Just this year alone, the passing of marriage equality, the Iran Nuclear Deal, the events of Kim Davis’ refusal to issue same-sex couples marriage licenses, the events of Charlie Hebdo and illegal immigration have people looking hard at the Constitution for answers.

This September 17 will be the 228th anniversary of the signing of the Constitution. Over 100 people attended last year’s celebration. The events are open to the public, and often include some state or national speaker.

The Clarion will be partnering with the Office of Student and Community Engagement to livestream the events online and to the Courseview campus in Mason, where both J. and K. Sooy also teach.

Events begin Thursday September 17 at 9a.m. at the Basement Entrance between Buildings 1 and 7.

For more information about helping this September 17 contact Tom Roberts, 937.512.2284 Thomas.Roberts@sinclair.edu

# More than athletes



Isaac Williams | Clarion Staff

continued from front

College World Series by one game.

On the academic side, Sinclair has done very well by having 17 student-athletes earn OCCAC All-Academic Honors. 20 percent of Sinclair’s student-athletes earned Academic All-Conference Awards with a 3.3 GPA or higher according to Sinclair’s Athletics website. So how has Price been able to have all this success while being an incredibly busy man?

“Well, I started coaching at a private liberal arts college in West Virginia where in 1990, 30,000 dollars was needed to get in and [you] had to have a 24 on your ACT. So that was engrained for me right off the bat,” says Price.

“There are a lot of coaches and a lot of programs out there that work on preparing kids for the transition. When you get to the college and you talk about transition with your kids, you have to say, ‘You only have four years left to play.’ We need to start talking and thinking about when the air goes out of the basketball,” says Price.

Price goes on to explain that, obviously, it isn’t something that kids want to hear, but it is a part of the job. He also goes on to

explain that he helps build his kids into good citizens. On August 24, every student-athlete at Sinclair will be registered to vote. Price brought in Montgomery County Board of Elections at four o’clock to make sure they were registered. Price also went into detail about how competitive he is, and how most coaches are in general.

“We all have that internal-mechanism that says we don’t like to lose. I can say I don’t care how much stuff you put on my desk, I bet you I can get it moved off. It is just one of those games where I can’t move things along. This is how I view things in the athletic department,” says Price.

He continues on to emphasize communication where he claims communication is one of those skills that you can never stop trying to improve upon.

Going into his third year as the Athletic Director, Price hopes to continue his success in preparing kids for the real world, as well as striving to make himself, the program and the school better.

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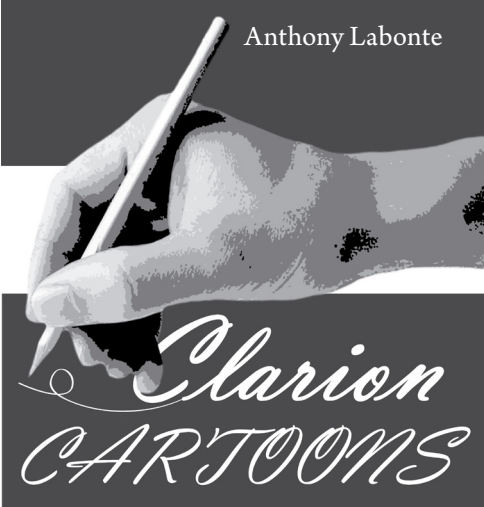
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"DEAR GABBY"



Dear Gabby,

So I am 23 and all of my friends are in relationships, but I am the only one in the group who is dating anyone. It's not that I don't want a relationship, but I am so busy in my personal life that I am not sure if I'd have time to even have a boyfriend. However, I feel really pressured from my friends and family because I'm not in a relationship. At first I just overlooked their opinions, but I am starting to feel like

maybe I am a failure or something. Do you think it's bad that I am not in a relationship?

Sincerely,  
Mate-less

Dear Mate-less,

Don't ever feel the need to change because of someone's opinion. I think you should be living your life the way you want. If it works for you then that's all that matters. It's always a tough situation because even though we try to ignore people's opinions, their words still creep into our minds. Before you

know it, their opinions start to make us doubt ourselves, and then we start altering ourselves according to their ideas of us.

If you are content with who you are, then don't feel like you need to change. You know what is best for you. If you force a relationship, it just wont work, simple as that. You should be in a relationship only if you want to, and if you actually have feelings for a person. Don't just date someone because you feel like you have to or you're getting "too old." Everyone has different priorities. Nothing is

wrong with focusing on your career or schooling, instead of finding the potential one and only. There is no time limit. I guarantee that when you feel like you're ready then the right person will come along—you wont have to force it or find a random person to call as your boyfriend.

Be you,  
Gabby

"Dear Gabby" is written by Executive Editor, Gabrielle Sharp. The views and advice expressed in "Dear Gabby" replies are solely the opinion of Gabrielle Sharp. They are not reflective of the Clarion or Sinclair Community College. Gabrielle Sharp is not a professional counselor, and her advice shouldn't be taken as such. If you think you are in danger of hurting yourself or others, please visit a professional counselor.

Sleep on it



Isaac Williams | Clarion Staff

continued from front

reasons why they are sleep deprived, according to Soltysiak. However, women seem to get less sleep than men because it is tied to their hormonal system. Although the younger you are the more sleep you need in order to have productive brain

growth and memory consolidation.

"This is really important for students because you want to remember what you learned throughout the day so you can recall it later," Soltysiak said. "If you don't sleep, you don't rehearse those memory circuits, and if those circuits aren't stored, then it's not there to be

retrieved."

Culturally, people seem to view sleep as not being a valuable part of living a healthy lifestyle.

"Devaluing the need for sleep is out there in the culture—it's all about the fast paced lifestyle now," she said.

Soltysiak, who also teaches about drugs and behavior, said caffeinated

drinks play a role in sleep deprivation, but aren't the main cause in this condition. Caffeine inhibits a brain chemical that is associated with drowsiness, but it's easy to become tolerant.

"It is possible to take in too much caffeine and you get a problem called caffeinism, where you are wired," Soltysiak said. "The real danger is that the FDA doesn't require truthful labeling when caffeine is added to a beverage."

Finch said we are in a society where we want a "quick fix," but we don't know the long-term effects of it or the chemicals we are putting in our body.

One of the infamous habits of a college student is cramming and pulling an all-nighter, which Soltysiak and Finch never recommend.

"Cramming is not only bad for sleeping, but also studying," Finch said.

Soltysiak recommends students have good health habits, including study habits—put aside time every night to study

because that will get you better results rather than if you cram, according to Soltysiak.

"If you study right before you go to sleep, and focus on the material and then go to sleep, the sleep following the study period will help you actually to consolidate and help store that information while you're asleep," Soltysiak said.

Both Finch and Soltysiak have similar views about the coordination of the mind and body. They both agree that it is clear that when you don't get enough sleep, your brain and body won't be working to their fullest ability.

"If your physiology is not where it should be, you won't get to those restful stages of sleep," Finch said.

The biggest thing is to have a healthy lifestyle—you have to have sleep, have good nutrition, have aerobic exercise, because exercise feeds oxygen and glucose to your brain, and if you want to remember things you better feed your brain," Soltysiak said. "Also, chronic stress

is something you have to cope with because if you don't deal with your stress it will disrupt your sleep. If it disrupts your sleep, then you wont be able to remember stuff, which is probably going to stress you out—so it's a cycle."

Just like Soltysiak, Finch said it's important to focus on health because it connects to sleep. She said our priorities aren't where they need to be because we have created bad habits. Both Soltysiak and Finch said having good nutrition, hydration, exercise, stress management and sleep will help establish a healthy lifestyle.

"The quality of life is better, and you can experience new things if you're getting these five things," Finch said. "We need to remember we need to take care of our bodies for us to do all of the things we want to do."



puzzlesolutions

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

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

sudoku

# Tartan spotlight: Caleb Means

Gabrielle Sharp  
Executive Editor

Meet...

Caleb Means, a Student Ambassador at Sinclair who is always focused on moving forward.

Why he's interesting...

Means is in his second semester at Sinclair and will graduate in spring of 2016 with a communication degree. Although he attended Sinclair right out of high school in 2007, his path took a different route where he ended up in Canton, Ohio going to school and working full-time. Now that he is back at Sinclair, he says he realizes how important it is to network and surround himself with positive people.

“It’s not about

what you know—it’s about who you know,” Means said.

Taking pride in what he does as a student ambassador is how Means finds a feeling of connection at Sinclair. He said his center focus is helping students.

“The first few semesters of college is scary and high school doesn’t prepare you for life at all, so when you get here, you have to take responsibility for yourself, and it’s hard. So, it’s nice to be able to help students,” Means said.

Along with helping students, Means also attends off-campus events, such as high school visits and college fairs to help promote Sinclair.

“When you hear ‘community college,’ you don’t think this is the place I want to go and most

people think it’s a place where people go who are down on their luck, but it’s not that way at all,” Means said. “A community college is for people who maybe can’t afford a four year institution, or who are looking to save money. It’s probably one of the best community colleges in the nation, as far as I’m concerned.”

Even though graduation is not far away, Means is contemplating continuing to take classes at Sinclair just to stay involved, while hoping to also attend Wright State University. His next goal, after finishing his degree, is to work towards landing a sports management or sports journalism position.

Means said it’s a good opportunity to get involved with Sinclair because it helps students

meet faculty members and other fellow students. He said it’s important to surround yourself with people who will help you, and who are encouraging you to move forward with your life. Dawayne Kirkman, Director of Student Affairs, is always inspiring him to do his best, according to Means.

“Dawayne is amazing—he’s always encouraging,” Means said. “He is such a good guy, you can’t even begin to understand.”

Not only does Means enjoy meeting new people on campus and continuing to be involved

with Sinclair, he also likes to stay active in his free time.

“I like to workout—I play softball and basketball,” Means said. “I am kind of into building computers too.”

Means said he doesn’t rely on others to take responsibility for his life. He said he takes one step at a time, but is always focused on moving forward.

“Take pride in the work

that you do and take the initiative—don’t rely on somebody else to do it for you. Take responsibility for your life because if you don’t, you’ll just do the same old thing every day,” Means said. “You should always be looking to move forward, no matter what you’re doing.”



Isacc Williams | Clarion Staff

# Unmanned aerial system at SCC

continued from front

state support creating a sustainable future for a growing industry.” Mr. Johnson also said.

The State of Ohio Controlling Board granted a release of \$4 million to Sinclair to help move forward with the goal of opening the new UAS Center. That was added on to the \$1 million that Sinclair had already invested in the program.

Now, a new partnership with UAS simulations system provider Simlat has given even more tools for students. Simlat is planning to provide students at the UAS

Center with a leading-edge resource for simulated flight operations called

the UAS Simulation Lab.

This new lab, housed in Building 13, will feature leading simulation systems in a 20-seat classroom broken down into five student stations with one instructor.

The lab will also feature a Simlat IMPACT System, which offers customized scenarios, performance assessments and training research capabilities. Additionally the simulation system provides access to already existing Sinclair ground control systems, giving the students the opportunity to train in the lab and on actual vehicles that are already in Sinclair’s fleet.

“We are extremely proud to have the oppor-

tunity to establish this partnership with Sinclair College. The National UAS Center is a great fit for a Simlat system, which offers cutting-edge simulation configurations for commercial, civil and military training applications,” said Yuval Peshin, president of Simlat.

Deb Norris, the Vice President for Sinclair Workforce Development had this to say, “This new addition to the National UAS Training and Certification Center will provide a broad range of capabilities to students training on UAS, including supporting research and development. This is our first system to feature active sensor simulation, which sends out signals

from the vehicle and receives information back, an important training component for vehicle operation.”

The brand-new Sinclair course for UAS is called just that: Unmanned Aerial Systems. It is a one-year technical certificate program that takes 33 credit hours to complete on time. There are five specialty UAS courses within the Aviation program that students can take to complete the certificate. They are:

- 1. AVT 1001: Introduction to Unmanned Aerial Systems
- 2. AVT 1004: UAS Standards, Regulations & Law
- 3. AVT 1110: Private

Pilot Ground School

- 4. AVT 2150: Crew Resource Management for UAS
- 5. AVT 2151: UAS Operations

There are also several Electronics Engineering Technology courses to take

- 1. EET 1120: Introduction to DC/AC Circuits
- 2. EET 1121: UAS Remote Sensing and Analysis
- 3. EET 1158: Aerospace Spatial Visualization

You must also take ENG 1101: English Composition I, MAT 1470: College Algebra,

- MET 1311: Personal Computer Applications for Engineering Technol-

ogy and SCC

- 101: First Year Experience along with your choice of a litany of elective courses.

The UAS program has been designed to prepare students with the foundational knowledge and skills involving UAS technology, regulations and laws required by industry necessary tools needed to work with Unmanned Aerial Systems as a pilot/operator, an observer, and ancillary ground crew member while applying an understanding of the operational and safety regulations governing the National Airspace System.

# Campus Candid

## Sleeping on campus

