

Life
Tutoring and Learning Center providing a little TLC —pg.4

the Clarion

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Life

Sinclair AIGA student group hosts literature and design show

—pg.4



A lie changes a town forever



Cast members of the play "The Crucible" in costume for a promotional photo shoot. (Left to right) Allison Husko (Elizabeth Proctor), Chis Hahn (John Proctor) and Angela Dermer (Abigail Williams).

Talya Flowers

Editor
Clarion@sinclair.edu

What would you do if one decision sealed your fate? Would you speak up or follow the crowd?

On Friday Oct. 14 at 8 p.m., the Theater department will open Arthur Miller's "The Crucible" in Blair Hall Theater, Building 2. The play will run from Oct. 14 until the 22.

Student tickets are \$10 and adult tickets are \$15. "The Crucible" is the story of one man's struggle with right and wrong," said Stephen Skiles, chair of the theater and dance department. "It is about how one man perceives himself and how others perceive him."

The play is set in 1692 in Salem, Mass. when a group of young girls began to accuse people in the town of witchcraft. At the center of the hysteria is John Proctor, played by Sinclair student Chris Hahn, Elizabeth Proctor, played by Sinclair student Allison

Husko and Abigail Williams, played by Sinclair student Angela Dermer.

Proctor, who is a devout, upright and zealous man, has to decide whether to tarnish his reputation or continue to let the town suffer because of his infidelity to his wife Elizabeth Proctor.

Angered and jealous, Abigail Williams accuses Mrs. Proctor of being a witch.

"The Crucible" is one of the greatest dramas written in American theater," Skiles said. "I think at the heart of the play there is a tie with every character in the play that students can relate to and that is the idea of 'how am I perceived by others?' and 'how do I perceive myself.'"

The play will touch on several themes that students can relate to including: respect and reputation, lies and deceit, forgiveness and compassion, religion, acceptance and justice.

The play will also highlight the internal struggle that each character faces when the choice is made to speak

out or follow the crowd, according to Skiles. "People often look for acceptance through the eyes of other people a lot and they can get caught up in what the crowd is doing," Skiles said. "That is the story of so many of the characters in this play. We felt, as a department, that those thematic ideas of the play would really strike a cord."

"The Crucible" and the undercurrent lessons to be learned have been around for more than 50 years and we can still relate those ideas to present day, according to Skiles.

"I hope that students, faculty and staff can take what they saw in the play and relate it to their own life," Skiles said. "Because that is what theater does, we are trying to bridge that gap between what you see on stage and how you can relate to it as an individual."

For more information, including specific dates and times, go to www.sinclair.edu/tickets.

SCOPE offers free computer repair service

Steve Schwerin

Contributing Writer
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Personal computers are being fixed, often free of charge, by the nine members of Students Correcting Open-door PC Emergencies (SCOPE) at Sinclair Community College. The SCOPE office is located in Building 5 Room 114.

"It is totally free to the student unless they need to buy some sort of hardware," says David Sacksterder, SCOPE team leader for fall quarter. "My biggest concern is just letting the students know this is available to them."

"We are there for students, faculty and staff," Sacksterder said. "They can bring us any computer [PC or Mac] and we will do the labor on it for free."

The team is waiting to finish working on a computer that was diagnosed with having a broken hard drive. Once the student purchases a new hard drive, SCOPE will finish the repair, according to Sacksterder.

SCOPE exists as a capstone course for computer information systems (CIS) majors. The program was introduced in Winter Quarter of 2011 as a way to give Sinclair student's hands-on experience to augment their classroom learning.

"A lot of the book work doesn't transfer over to the real world," said Professor Ken Hook, faculty adviser for SCOPE. "I try to bring all that together for the students."

Sacksterder said that they can only do so much over the phone and the best thing to do is to bring your system down to the SCOPE room to be diagnosed.

"We'll fix any problem," said Sacksterder. "If we can't fix it, we'll be honest with you."

SCOPE members are equipped to tackle both software and hardware issues, though software problems are the majority of what they

see, with viruses being the most common issue, according to Sacksterder.

"There is no way to be 100 percent safe," Sacksterder said. No matter what, you can still get viruses; that's just the way it is."

Sacksterder said making sure your anti-virus software and operating system is up to date and running, can help reduce the chance of catching a virus.

Turn-around times can be minutes or days, according to Sacksterder.

The initial virus scan, assessing the problem, can be the biggest time consumer.

"When you do these scans, it scans every file that is on your system," Sacksterder said. A new system might have relatively few files, but a system that has been used a while can have many times this number, according to Sacksterder.

On the other hand, some jobs are quick.

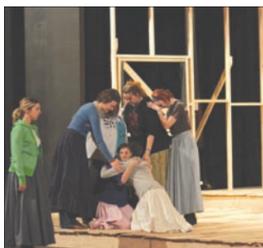
"We fixed four computers this morning in five minutes [each]," Hook said, who estimates that the labor alone would have cost the students more than \$200. "We save the students money."

Last quarter the team fixed 211 computers, which was an increase from the eight that were fixed during Winter Quarter 2011, according to Sacksterder. The team hopes to fix even more Fall Quarter 2011.

"It is excellent for both the student leaving for the work force [the SCOPE volunteer], and students that get their computers worked on," Sacksterder said.

He also wants the student body to know that although they prefer CIS students, there is room for those who have an interest in computers to get involved.

"We also take volunteers, if you want to get some experience, we'll actually take as many volunteers as we can get," Sacksterder said.



photos by Jonathan Hammond

Students and soon-to-be students practice at a rehearsal for the up and coming showing of "The Crucible"

Semesters transition quickly approaching

Giustino Bovenzi

News Editor
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The Mayan calendar predicts the world to end in 2012, or at least that's what we've been hearing.

But if that doesn't happen, Sinclair will be transitioning to semesters in the Fall of 2012.

Students are advised to see an academic advisor to prepare for the transition, according to Project Director of Semester Transition Allison Rhea.

"Bar nothing—the most important thing students can do is go make a MAP [My Academic Plan]," Rhea said. "Students should not wait

to go and see an academic advisor. Students have to realize that not only Sinclair is transitioning to semesters, but they are too."

To encourage students to go and see an advisor, the Semester Transition department and the Advising Center are collaborating to sponsor the weeklong event title, "Semesters Week," which will run the week of Oct. 9 until the 15.

The Academic Advising Center will work on a walk-in basis that week, during normal operating hours, according to Rhea.

During Semesters Week, the "Semester Team" as Rhea prefers to call them, will be

giving away items to students around campus as part of an advertising or information campaign that she likes to call, "Semester Swarm."

"During Semesters Week, we will be locating where students hangout on campus and targeting those areas to pass out the giveaway items," Rhea said.

Giveaway items will include: shirts, cups containing either \$20 gift certificates to the Bookstore, \$10 certificates to Aramark or answers to frequently asked questions pertaining to the transition.

As part of a recent development to the Advising Center, now all first-year students are required to visit the First-Year

Advising Center, where new students can set up their MAP.

"When students are done taking their placement test... they now get scheduled to see a first-year advisor, and they then should leave with a MAP," Rhea said.

Not only are students preparing for the transition, but faculty has been preparing as well.

"Faculty has done a boatload of work over the last year," said Rhea. "Converting the curriculum from quarters to semesters is a major job."

Faculty is participating in a workshop called, Teaching to the Rhythm of Semesters,



CIS student Ron Johnson works on a laptop brought in for repair at the SCOPE office in Building 5.

see "Semesters" page 4

campus calendar

Oct. 11

- The Anatomy of Prejudice presented by Jane Elliott, Tuesday, Oct. 11
- Morning Session** 10 a.m. – 12 Sinclair Conference Center, Building 12, Frederick Smith Auditorium
- Evening Session** 6 – 8 p.m. Sinclair Conference Center, Building 12, The Great Hall

Oct. 12

- Sinclair Talks in the Library Loggia:** Inter Cultural/Interfaith Dialogue in Egypt: Power & Possibility for Transformation
- Motivational Inspiration COPE** Workshop Wednesday, Oct. 12, 12 – 1 p.m. Building 10 Room 424, Green Room
- Intercultural - Interfaith Dialogue in Egypt Power and Possibility for Transformation** Oct. 12, 12 - 1p.m. Library Loggia

Oct. 14

- Mathematics Colloquium** Friday, Oct. 14, 2:30 - 4 p.m. Building 1 Room 001
- Sinclair Theatre Presents The Crucible, By Arthur Miller** 8 p.m., Blair Hall Theatre, Building 2

Oct. 15

- Breast Cancer Awareness Walk** 9 a.m. Sign up in the Student Leadership Association office.
- Pink Out Volleyball Game** 1:30 p.m. in Building 8 the gym
- Sinclair Theatre Presents The Crucible, By Arthur Miller** Blair Hall Theatre, Building 2, Saturday, Oct. 15, 8 p.m.

Oct. 16

- Sinclair Theatre Presents The Crucible, By Arthur Miller** Sunday, Oct 16, 2 p.m., Blair Hall Theatre, Building 2

marketplace menu

Monday

- Cajun Chicken Chili
- Hearty Chicken Soup With Pasta
- Broccoli And Cheddar Soup
- Salad, Caesar, Salmon
- Buffalo Mash
- Mushroom Barley Pilaf
- Blue Cheese Mashed Potatoes
- Steamed Veggies
- Spicy Spinach
- Szechuan Beef
- Pepperoni Calzone
- Black Angus Patty Melt
- Southwestern Chicken Chipotle Wrap

Tuesday

- Cajun Chicken Chili
- Hearty Chicken Soup With Pasta
- Cream Of Mushroom Soup
- Cheesy Meat Lasagna
- Carved Roast Turkey
- Buttermilk Mashed Potatoes
- Vanilla Maple Mashed Sweet Potatoes
- Lemon Zest Broccoli
- Vegetables, Roasted, Garlic

Wednesday

- Cajun Chicken Chili
- Taco Soup
- Cream Of Mushroom Soup
- Taco Salad
- Cheesy Baked Ziti
- Bowtie Pasta
- Spanish Rice
- Herbed Zucchini
- Chesapeake Corn And Tomatoes
- Chicken And Vegetable Lo Mein
- Italian Deli Calzone
- Grilled Chicken BLT
- Southwestern Chicken Chipotle Wrap

Thursday

- Cajun Chicken Chili
- Taco Soup
- Potato Chowder
- Fried Buttermilk Chicken
- Baked Italian Panini

- General Tso's Chicken
- Four Cheese Stromboli
- Chicken Ciabatta with Fire Roasted Salsa
- Southwestern Chicken Chipotle Wrap

Friday

- Basmati Rice
- Roasted Potatoes
- Fried Okra
- Beans, Green, Carrots
- Honey Chicken over Rice
- Chicken Buffalo Cobb Salad Pizzaz
- Cheddar BBQ Bacon Angus Burger
- Southwestern Chicken Chipotle Wrap
- Cajun Chicken Chili
- Turkey Rice Soup
- Potato Chowder
- English Style Fish And Chips
- Salisbury Steak
- Baked Macaroni And Cheese
- Corn Fritters
- Steamed Veggies
- Spicy Onion Pepper Ratatouille
- Oriental Plate Combo - choose any 3
- Chicken Mexicali Flatbread
- Cubano Grilled Chicken Sandwich
- Southwestern Chicken Chipotle Wrap

Classifieds:

Need car repair or a new car? Carr's Auto Repair and used cars (937) 610-3999. ASE certified. Sinclair Students/Staff save \$25.00 off \$50.00+ repairs. We buy cars running or not.

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Corrections

In the National Science Grant Foundation article, Neil Herbkersman title should have been listed as the Senior Director of Advancement office of grants development.

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weekly sudoku

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

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

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

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

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

Answers on page 5

weekly crossword

Across

- What ice cream does in the sun
- Mythical weeper
- With it
- "Terrific!"
- Play-of-color gems
- Bambi's aunt
- "Get a grip!"
- Albums kept in jewel boxes, briefly
- Dogpatch dad
- Eat like a bird
- Anti-alcohol types
- Greenish-blue hue
- Room for Renée
- Stubbed extremity
- Internet company
- Bear's advice
- Screen partner
- Folded Mexican snacks
- Crafts technique for an old-fashioned look
- More than fumed
- Trifled (with)
- Green eggs and ham lover ___-am
- Scrape, to a tot
- ___ culpa
- Pizza's outer edge
- Scissors sound
- With competence
- Cardinal's headgear
- Film idol Greta
- Connector that completes the phrase made from the starts of the three longest across answers
- Get the front of one's bike off the ground
- Bro
- Muse for Browning
- Super Bowl hoverer
- Opposite of NNW
- Spread widely
- Big name in foil

Down

- Brit. sports cars
- West ender?
- When presidential elections occur
- Noshes in Nuevo Laredo
- Passenger pickup point
- Reply to "Is it soup?"
- Wall St. headline
- Clumsy sort
- Radar screen spot
- Colorado's ___ Park
- Badger at the comedy club
- Ultimate goal
- Muted, as colors
- With 62-Down, at a satisfactory level
- Othello's lieutenant
- Sot's woe, briefly
- Military prep org.
- Did something about, as an informant's tip
- Bread unit
- Ten: Pref.
- Former telecom firm
- Overly ornate
- Aware of
- CIA Cold War counterpart
- Some summer births, astrologically
- Like some gestures or logic
- Cad
- Week segment
- Collage materials
- Convention sites
- Work clumsily (through)
- "I'm so not impressed" event
- Exotic sushi fish
- Carton sealers
- "Does this ring ___?"
- Legal wrong
- McEntire of country
- See 18-Down
- Put away at dinnertime
- Texter's "Here's what I think"
- Clean air org.

Answers on page 5

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Adviser

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Established March 15, 1977

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

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

Talya Flowers
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Jonathan Hammond
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Steve Schwerin
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Semesters transition quickly approaching

cont. from front

which according to Rhea, will help them with the transition.

If students have a question about semesters they can email their questions to semesters@sinclair.edu.

"If a student has a question [about semesters] they can ask on Facebook, on the email or at the call center, we just don't want them to

ignore it because they need to know," Rhea said.

As for the Mayan prediction, Rhea offered some assurance for students.

"Interestingly enough, I was in Beliz this spring and went to a Mayan ruin where a Mayan young man took us on a tour. This young man said that we have interpreted

it incorrectly. He told me that what it means is that the world will change. There's a cycle, and we will be moving to a different cycle, and things will be very different in this world than they were before. And I took that to mean, because Semesters were coming."

TLC: helping to provide students with the foundation to succeed

Talya Flowers

Editor

clarion@sinclair.edu

Brianna Thornton, a Sinclair Community College student, was struggling to understand some of the coursework in her classes, so she enlisted the help of the Tutoring and Learning Center.

She said that the Tutoring and Learning Center has provided her with the foundation she needs to succeed in all of her classes.

"I started going to the TLC in the fall, and now I am doing better than I expected on my exams," said Thornton, who is majoring in respiratory care.

The TLC works on a walk-in, first-come, first-served system and is located in the right corner of the library in room 7L07.

The center exclusively tutors Developmental Studies subjects, such as DEV reading, English, writing and math.

"The Tutoring and Learning Center is an additional resource for students because some students will go to class and never need any more help but then other students don't catch it [the material] as fast and just need extra help — and then they come here," said



Students work with professional DEV tutors in the Tutoring and Learning Center.

Thelma Brown, clerk typist for the Tutoring and Learning Center.

Brown encourages students to drop in as many times as needed for help as long as the TLC is open. She also recommends that students drop in even if it is just to ask a question about a particular assignment because there is never an appointment needed.

To gain access to the TLC, students must have their Tartan Card and be enrolled in a DEV class. Students can then request to be tutored or work independently.

"We will tutor someone and explain what they're having difficulty with and then once they grasp the material we move on to the next student and let them work," said Jennifer Danner, DEV professional tutor. "What we

find is that some students stay and work independently and others leave."

Additional resources that the TLC provides include supplemental handouts for the various DEV subjects. DEV math videos and the math practice test can also be found online. All of the supplemental handouts can be accessed at www.sinclair.edu/centers/tlc/lmr/hw/.

Danner has worked for the TLC for three years and she said her fondest memory is when students come in frustrated or lost because they don't understand their coursework but leave feeling confident.

"Then I know that we have done our job. I know that they understand what they are doing and they understand what is expected of them," Danner said. "This will help them succeed in future assignments."

Thornton is now enrolled in English 111 after she said she successfully passed DEV English 110.

"I am more motivated to get my work done because there are no distractions," she said. "My essays have improved tremendously and I now use the Writing Center for help, but I use what I learned from the TLC."



written and photo by Mark Fahey

meet Lieutenant Scott Fowler

In addition to his crime prevention responsibilities on the Sinclair Community College Campus, Lieutenant Scott Fowler is in charge of security at the Sinclair Learning Centers at Courseview and is a systems administrator for some of the school's computer systems. He has been at Sinclair, in some capacity, since the early 80s, and holds associates degrees in communication, liberal arts, and law enforcement

What makes him Interesting?

Before Fowler came to Sinclair, he worked at a small amusement park in Monroe, Ohio, known at the time as Lesourdsville Lake. "It all depends on the era," says Fowler, "whether you know it as Americana or Lesourdsville."

Fowler says it was the architecture of the food services building he worked in that first piqued his interest in amusement parks, and "it just kind of snowballed from there."

Today, Fowler is the co-founder of a nonprofit organization, the Southwest Ohio Amusement Park Historical Society. Of the 17 parks that opened their doors in southwest Ohio, only three are still around today. Fowler says that the Great Depression was largely to blame for this mass shutdown.

Fowler says he spends five to 10 hours each week on the organization, maintaining two websites and two Facebook pages and responding to requests for specific information. The rest of the time, he says, he's researching on the Internet, through contacts or by communicating with other historical societies.

Fowler's hobby led to a large collection of pictures and information, some of it dating back to the 1920s. In May of 2011, Fowler published his first book on the subject, "LeSourdsville Lake Amusement Park."

The book is not Fowler's first writing experience. In the early 80s, while he was a student security officer at Sinclair, he was also the Staff Editor for the Clarion student newspaper for several years. He said he has also written pieces for several other publications, including some freelancing for the Dayton Daily News.

Fowler is working on a second book about the history of Fantasy Farm, a smaller park next door to Americana, which is mostly geared toward children.

"At one point, some generations graduated from fantasy farm into Americana," Fowler said.

He hopes to publish the book before May of 2013, which would have been Fantasy Farm's 50 anniversary. Anyone with old photographs of the park is encouraged to share, and will receive a free book if their photographs are published.



20 first date conversation starters

By Scott Alden

HowAboutWe.com

(MCT)

It can be awkward to run out of things to talk about on a date. It can be even more awkward to have the same conversations you've had on every single date you've ever been on. Here are 20 suggestions for conversation starters that haven't been done to death. Use them, or let them inspire you to come up with your own.

1. What animal, besides humans, do you think would make the best world leaders?
2. If you could take a pill that made you never have a negative thought again, would you?
3. What's your earliest memory of feeling wonder?
4. What would make this restaurant/bar/bowling alley/ice cream parlor better? (Anything from different glasses to a mariachi band to fog machines is acceptable.)
5. Is there a band that you used to love and can't stand now?
6. What's your biggest food-related triumph? (i.e. learned to make a souffle, ate a 10-pound cheeseburger)
7. Do you think if you could get paid just to be yourself it would change the way you act? How?
8. Describe the best night of your teenage life.
9. If you had a million dollars that you had to give to charitable causes, how would you spend it?
10. Do you think your name suits you? What would be better? What about my name?
11. What's your least favorite word?
12. If a close friend told you that they had been abducted by aliens last night, would you believe them?
13. What movies have made you cry, if any?
14. What was your biggest accomplishment before you turned 13?
15. You see on the news that there is an airborne virus that is turning people into zombies. What's the very first thing you do?
16. Do you have any weird crushes on famous people that don't make sense to you? (Be prepared to share yours, too. Even if it's super-embarrassing.)
17. Do you believe in ghosts?
18. What did you think was "cool" when you were around 8 years old?
19. Do you have a "lucky" object or article of clothing? Does it work?
20. How would you pitch a reality show about yourself? To what network?

Health Care



November 2011 Ballot Issues Forum

**Tuesday, October 25, 2011
2:00 p.m. - 4:00 p.m.
Ponnie Kendell Center,
Basement of Building 8**

Moderated by Ms. Ellen Belcher, former *Dayton Daily News* Editor

Hear both sides of the issues at the November 2011 Ballot Issues Forum. The purpose of this event is to promote civil discourse and thoughtful discussion of important election issues. It will be held at the Ponnie Kendell Center in the basement of Building 8.

Interest group panelists will present the supporting and opposing arguments on the following issues:

Issue 1: Age Limit for Judges - Proposed constitutional amendment to increase the maximum age at which a person may be elected or appointed judge.

Issue 2: Government Union Contracts - Referendum on a new law relative to government union contracts as well as other government employment contracts and policies.

Issue 3: Health Care Choices - Proposed constitutional amendment to preserve the freedom of Ohioans to choose their health care and health care coverage.

Refreshments will be served






Sponsored by: Sinclair Ohio Fellows, The Department of Humanities, Government, and Modern Languages, Student Leadership Association.

Judicial Tenure

Collective Bargaining (\$85)

50 Books/50 covers coming to Sinclair

Giustino Bovenzi
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A design and literature show two years in the making is ready to debut at the Burnell R. Roberts Triangle Gallery in Building 13 at Sinclair Community College. The show titled, "50 Books/50 Covers," will debut on Oct. 17, with an opening reception on Oct. 20 from 4:30 to 6:30 p.m.

"The show will be in the gallery for one month, up until Nov. 17," said Cynthia Cully, professor of design at Sinclair.

The show will feature the winning designs from the 2009 AIGA national competition. Several design students, who Cully refers to as the design team, are part of the Sinclair AIGA student group and are in charge of designing advertisements as well as the layout for the exhibit.

Cully has been working on putting the show together for two years now. She said the students have been working on the show since Spring Quarter and hopes the exhibit will attract as many guests as possible.

"The gallery is free and open to the public and we would like to have as many people as we can come see it," Cully said. "Everyone is welcome to come."

The design team has been working on post-cards, generating emails and creating bookmarks to hand out, as well as creating posters; which includes a collectible poster, according to graphic design student Jonathan Hammond.

"The plan is to give away 30 limited-edition posters," Hammond said.



Poster created for AIGA design and literature show 50 books/50 covers.

To obtain a poster, students, faculty, staff or community members have to donate two books that are in good condition.

"It's a great opportunity to see design work from all over the country," Cully said. "These are winners—and you can view them right here in your own back yard."

As for joining the AIGA student group at Sinclair, Cully said that students who are interested in design could come to their monthly meetings to inquire about membership. Their next meeting is on Oct. 21 at 4 p.m. in Building 13 Room 320.

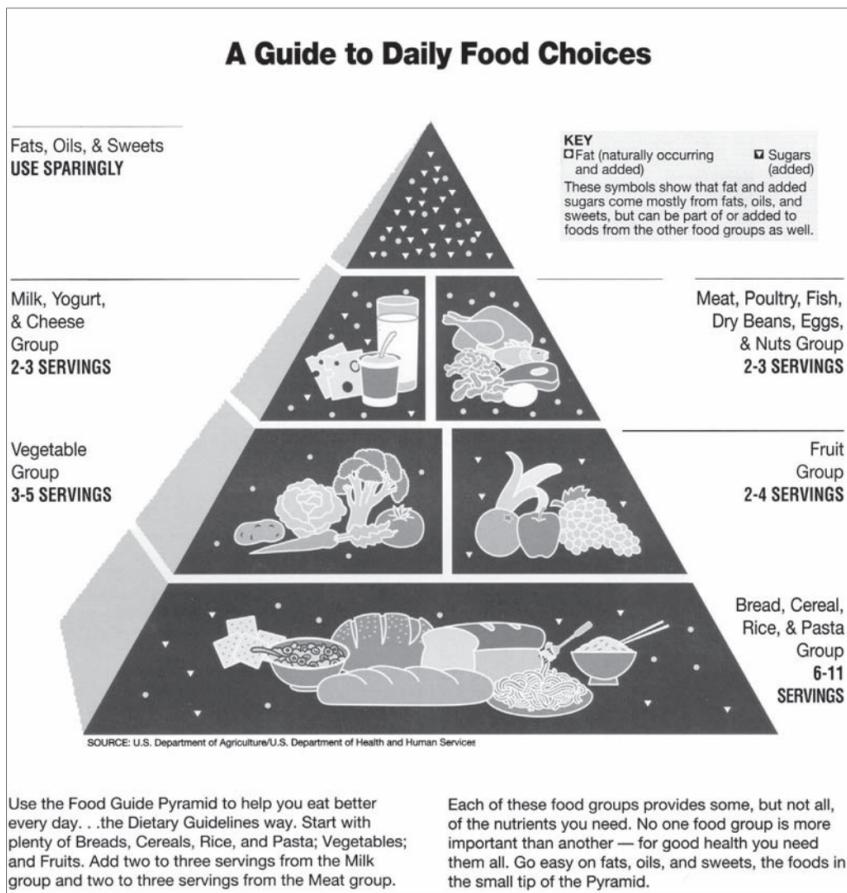
The AIGA student group offers a national membership for a \$50 joining fee, which Cully said includes special benefits exclusive to AIGA

national members. "They get discounts on some things... access to the national directory, as well as free admission to all the AIGA events," Cully said.

For more information about the AIGA student group contact Cully at 512-2732 or at cynthia.cully@sinclair.edu.

Burnell R. Roberts Triangle art Gallery
Hours of operation:
M-R-8 a.m.-8 p.m.
F-8am-5p.m.
S-8a.m.-3p.m.
Sunday-Closed

A healthy lifestyle can be easier to accomplish than you think



Diane Kofoed
Contributing Writer
clarion@sinclair.edu

We all know that making lifestyle changes can be difficult.

"I find that the two cuss words when it comes to lifestyle changes are — diet and exercise," said Kim Brubaker, associate professor and dietician in the exercise, nutrition and sport sciences department at Sinclair Community College.

However, Brubaker believes that if students decide to make healthy lifestyle changes on their own, it does not need to be difficult.

"Anyone can make healthier choices, if they chose to for themselves. It takes pre-planning but healthy options are available," Brubaker said.

The key to making healthier eating options is to be aware of foods' nutrition and portion sizes, according to Brubaker.

"A 24 ounce bottle of cola can have an average of 13 teaspoons of sugar in it," Brubaker said. "Which adds up to empty calories and no

"I would never ask anyone to give up their soda 100 percent but maybe once a day try replacing a bottle of soda with a bottle of water."

— Kim Brubaker, associate professor

vitamins that your body is going to need. Water is a much better option."

A great way for students to start improving their diet is to consume more water. Keeping water on hand is a great healthy option that can also be earth friendly, according to Brubaker.

"The best way to get more water is to have your own reusable water bottle with you all of the time," Brubaker said. "That way you'll be consuming more water without wasting plastic from disposable bottles."

Brubaker also advises students to not make drastic changes to their diet all at once.

"I would never ask anyone to give up their soda 100 percent but maybe once a day try replacing a bottle of soda with a bottle of water,"

advises Brubaker.

Brubaker advises students that planning ahead can aid in making better diet decisions.

"You can bring healthy, nonperishable snacks with you so that you'll have a snack prepared instead of having to go for something less healthy," Brubaker said. "Adding seasonal fruit to your diet is also a wonderful option."

If students and faculty are interested in receiving more healthy eating tips, Brubaker encourages them to visit www.chosemyplate.gov.

"The USDA has actually replaced My Pyramid with Chose My Plate because it helps people to establish their own diet plan and learn more about nutrition," Brubaker said.

Brubaker acknowledges that while choosing healthy eating options is a great lifestyle change, students should be able to make changes to their diets while still enjoying their food.

"People can and still should enjoy what they eat. The key is to remember what and how much you are eating," Brubaker said.

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your voice

Q. "Do you drink coffee or energy drinks to help you stay awake/aware in class?"

Photos by Giustino Boverzi



"I drink coffee all the time, but I drink it to calm me down, other people drink it to wake up."

Nicole Brooks
Undecided



"I don't use anything, I go off my own energy."

Tamarah Shepard
Computer Architectural Technology



"Yes, I like sugar-free Red Bull because it has less calories than regular Red Bull."

Shea Reese
Dental Hygiene



"I have natural energy, so I really don't use any of them or need to drink coffee."

Antonio Parks
Graphic Arts and Design

Clarion consensus

Paying a high price for energy

Stop what you are doing and take five seconds to look around. What you will see is a college that is addicted to Starbucks, Monster, Red Bull and Amp. We sport these drinks as if they are an extra appendage.

Some of us will claim that we are too tired to function in the morning, afternoon and night and others will claim that the drink gives us that initial jolt to start our day.

But we at the Clarion believe that it is psychological, because the drink is made of just sugar and caffeine.

How much energy could one person really be getting from just sugar and caffeine? Then to only experience fatigue and yawning less than five hours after the initial jolt, doesn't seem to be a wise investment.

Let's do the break down: Monster, Red Bull and Amp are being sold at a price of more than \$2.50. A Grande Frappuccino at Starbucks is about \$4.60. In one week's time, a person has spent \$12.50 on energy drinks. And for Starbucks coffee, if you drink it religiously, you will most likely spend \$23 for coffee in one week. And we're not talking about

students that go back for seconds and thirds.

Startling isn't it?

It is scary to think about especially when it pertains to the money we spend.

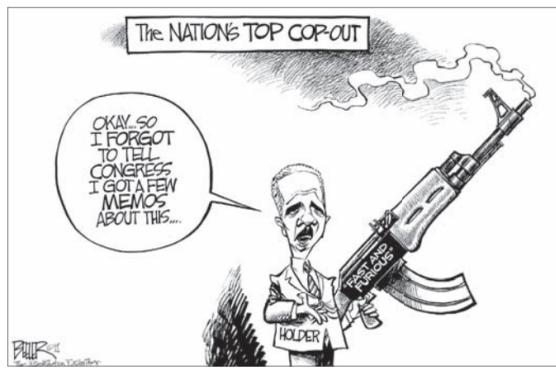
Not only is money an issue, but these drinks also have negative side effects such as restlessness, fatigue, tooth decay, heart palpitations and mood swings.

How is it that it creates so many problems for us, yet we continue to drink caffeine-infused drinks and cling to them as a source for increased energy?

Doesn't make sense does it?

It does, when you're in a three-hour class, you have a ton of homework to do and you're bored and tired. People consider energy drinks to be the boost of energy so that they can complete their assignments, study for that exam or complete a five-page paper in one night.

One thing to consider when drinking energy drinks or caffeine-infused drinks is moderation. Moderation is the key to overcoming potential addiction. It is wise because it saves you money and decreases your chances of suffering from the negative side effects.



Andy Rooney as everyman

(ARCHIVE PHOTO)

Did you ever notice that Andy Rooney was the TV equivalent of the cracker-barrel philosopher? The longtime "60 Minutes" essayist, who is stepping down at the age of 92, was a sophisticated former war correspondent, but in his brief commentaries he increasingly played the role of the killjoy whose crankiness concealed homespun wisdom.

The cracker-barrel philosopher is a familiar figure in American culture. Long before the "tea party"

declared war on out-of-touch elites, there was a cult of the common man who didn't need book learnin' to get to the heart of things and who expressed bafflement at the absurdities of the people who run things. It's not surprising that such a figure would emerge in a nation that expanded rapidly beyond the self-satisfied East Coast. But even in the East there is a perennial appeal to the nonsense commentator on the composites of others.

That was Andy Rooney. But Rooney was also the

aging everyman who finds himself bewildered by bizarre popular culture, ever-more-complicated consumer goods and other unsettling aspects of contemporary life. His cranky take on such matters resonated with viewers because it was clearly genuine, however artfully assembled. Like other icons, Rooney encouraged parody, and in his later years, he arguably parodied himself.

Overall, however, Rooney was pithy, amusing and, yes, philosophical. Had he retired 10 years ago, there would no

doubt have been a search for a new cracker-barrel philosopher to dispense down-home insights. But today there are thousands, maybe millions, of Rooneys, except that they hold forth not on network television but in cyberspace. Sometimes encouraged by traditional broadcasters, Americans have taken to the electronic ether to express opinions that are often, like Rooney's riffs, short and sarcastic.

To which Rooney might reply: What's the deal with all these blogs and tweets?

puzzle solutions

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By Jesse Kornbluth

Los Angeles Times (MCT)

I once worked for a company so wired that the boss told me, "The real test of a relationship is how quickly you can get out of bed after making love to check your email."

That was a decade ago. Now almost everyone I know is armed with an iPhone or a BlackBerry, and the better question is whether you'd interrupt sex to read a tweet or respond to a text message. My bet: Most would.

Indeed, as I watch people madly pecking on tiny keyboards or announcing their locations as if they're human GPS devices, there's really nothing people won't

interrupt in order to connect with ... well, just about anybody. I understand that we work long hours, process too much information, take in too much media; still, I'm amazed at the apparent loneliness that drives these incessant efforts to "communicate." Clearly, these are desperate times.

Can I access the Internet on it? Once upon a time I could, but I disabled it. Texting? I get text messages, but I don't know how to respond. And as for storing information on my cellphone, I do it the old-fashioned way: I've taped a list of my most frequently called numbers _ my "five," in the parlance of the phone commercials _ on the back. Electronic calendar? I use

a New Yorker diary. In my bookcase, 20 years of these blue-bound diaries provide, if not a sense of continuity, its illusion. Comforting, that.

Facebook? A real-world friend says you should never "friend" anyone you haven't had lunch with. He has standards. And slow days. I have 2,100 friends, but only because I accept as a "friend" anyone who asks. I actually "know" maybe 200 _ and I don't see them for lunch, ever. So I'm in no danger of feeling the need to check in on the half-hour.

What about the iPad? The exception to all rules. I gave one to my wife for Christmas, never thinking I'd use it. Then I got curious about the game Angry Birds, and before I knew what had happened, it was dawn. As

Angry Birds experts will understand, I am a better person for the experience; I have a new appreciation for counterintuitive strategies. But I no longer waste hours killing pigs.

It's easy to escape addiction to the iPad: Don't get a phone contract for it. Without one, the iPad is a second laptop. That is, in a limited universe: wireless homes and Starbucks.

On the plus side, I have time to think. "It's not the stress," a wise friend has said. "It's the interruptions." I have few. I can, during business hours, read a book. And then I can, later, get paid for thinking for thought leaders, who are so busy they don't have time to think.

Most of all, I can still respond to reality in real time.

Letters to the Editor policy

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

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

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Former Sinclair student creates one smile at a time



Talya Flowers
Editor
clarion@sinclair.edu

It could be the bunny rabbit or the elaborate 'failed' magic tricks that draw everyone to her. It could be the fancy balloon sculpting or the full-face paintings that captivate her audience. But whatever it is Bonnie Sliver, as Sparkle the Clown, has figured out a way to keep her audience smiling and coming back for more.

Like magic. "I practice magic tricks for the children because it is interactive and kids love magic," Sliver said. "Especially when they think they are doing it, because we all know that clowns don't know how to do magic."

For 23 years, this former Sinclair student has performed as Sparkle the Clown, debuting at various birthday's, parties and corporate events, to try and touch the lives of children, teens and

adults throughout the year. "When I first started, I wanted to do something creative, fun and different outside of the home," she said. "I wanted to do something creative because I have an art background."

How it all started

Sparkle was invented because of Sliver's desire to stay at home with her children when they were younger. Now her children are grown. Two of her children, Matthew and Samantha, attend Sinclair, and the other two, Natalie and Zack, are serving the country in the Air Force and Marines.

When they were younger, she said she disliked the idea of her children going to day-care, so she started a clowning ministry at the Vineyard Church in Cincinnati.

What happened after was something she didn't expect.

Her business started to grow, slowly, then more people started to ask her if she could do shows or parties. She went from one to



contributed by Bonnie Sliver



two shows a month, to three to four shows in just one day during the weekend.

"I was and still am pretty much booked back to back during the weekends," she said.

But the challenge was something she said she could handle.

Sliver said she took her bachelor's in fine arts, as well as an associate's in liberal arts and used those degrees to her advantage. She taught herself how to do magic tricks, balloon sculpting and

full-face paintings.

"My balloon sculpting looks more like art pieces. I like to do pretty wild things with my balloon sculpting," she said. "As for the full-face paintings, I make kids look like Spiderman or princesses and other characters. I think it is really funny to see them get into the role."

Her memories

While Sparkle has made many memories for Sliver, her fondest memory oc-

Sparkle the Clown debuts at various birthday's, parties and corporate events. Her goal is to touch the lives of children, teens and adults.

curred when she was leaving a party. It was nearing the end of her show and she began to hand out Sparkle coloring sheets.

As she was leaving, a preschooler approached her and whispered 'are you going to go back into the paper now?'

She was blown away. "He thought I was a cartoon character. It was just so sweet," she said. "Kids are just amazing. What better way to make a living then to do something fun and creative. They are so happy when you come and so innocent."

As for her family, friends and neighbors, Sliver said they have all been supportive.

"It is funny because a lot of my friends call me Sparkle. People at church even call me Sparkle, I'm kind of the cool clown," she said. "One of the neighbors' kids, to this day thought that we kept Sparkle in the basement until the weekend."

The Mini Cooper

For her to prepare for a show, it takes about 40 minutes for her to get dressed and apply her makeup.

Then she puts about 15 balloons, her magic tricks bag

and the bunny in her car. All of these supplies are stuffed into her Mini Cooper. The license plate reads: SPRKLE.

She said she loves when she's at shows and the children are watching her perform, while the adults are outside admiring her Mini Cooper.

"Usually people treat me pretty well and are usually happy to see me. And I get to put a smile on their faces when they least expect to see a clown in a Mini Cooper, so that is pretty funny," she said.

The Future

While Sparkle will always be around, Sliver is trying to pursue her master's degree in psychology.

"I think Sparkle has lived her life. Don't get me wrong, I still want to do it but I want to serve others in another way."

She has decided to become a part of the Graceworks Direct Care staff. An organization that requires direct care for developmentally disabled adults.

"I think they need somebody to come and help them and I think it is time to branch out and do other things," she said.

Clarion



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Students put some pep in Sinclair's step

Steve Schwerin
Contributing Writer
clarion@sinclair.edu

Getting to play "Brick House" with a band in the gym is not the reason that Jake Gabbard, 22, and Jeremy King, 21, formed the Pep Band at Sinclair Community college last year, but it is certainly a factor.

For these two music education majors, the Pep Band gives them another outlet for their craft.

"The music is more fun and recognizable, for instance, last year we played the theme song for Hawaii Five-0," says King, who plays the drums and also serves as vice president of the band. "It gives us a chance to relax a little."

The band is having its first meeting on Friday, Oct. 21, and they are looking for members.

Unlike some schools where bands are a formal part of the music curriculum, the Pep Band at Sinclair is structured as a student-led club.

This gives any Sinclair student the opportunity to be part of the band and support the athletic program as well.

"It kind of just creates an opportunity for people who don't normally get to play



photo by Jonathan Hemminger

The Pep Band plays at the 2011 White-out.

[their instruments] to be able to play," King says.

Gabbard and King said they prefer it this way.

Members of the Pep Band are free to choose their own music, allowing them to personalize their performance and show creativity. Also, there are no additional cost for joining the Pep Band.

"Basically, what we are trying to do is keep it free so anyone can join," Gabbard says.

Gabbard is acting conductor, president of the band and sometimes he plays trombone.

"I just wave my arms around," Gabbard says.

This informal nature of the Pep Band gives music majors a chance to play some of their favorite music with their friends.

"We play a lot of more popular music...we're not going to sit down and play a 20 minute concerto for a basketball game," Jennifer Smith, 20, says. "You can

just have fun which is what it should be."

The band plays a lot of crowd teasers led by the brass section.

These songs are played and highly recognized for being associated with Pep Bands, according to King. Part of the fun of being in the Pep Band is being part of the event.

"We have to be ready, because we never know when a time-out is going to be called," King says.

Being part of a sporting event can be physically taxing, even for band members.

"Usually, as tradition, the band stands the whole time to show support," Gabbard says.

The Pep Band's first meeting will be held on Friday, Oct. 21 at 4 p.m. in Room 2L15. It is open to any Sinclair student who plays an instrument. Any questions can be directed to Gabbard at jacob.gabbard@mysinclair.edu. He can also be reached at (937) 479-2703.