

the Clarion

"Produced by students for students"

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African American history month celebrations

Whitney Vickers Editor-in-Chief

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Throughout February and March, Sinclair Community College will be the home to some celebrations of African American history month.

The Nia Awards and Gospelfest will take place on March 1 at 6 p.m. in Blair Hall Theatre.

"Nia is a swahili word that means purpose," Event Coordinator Crystal Ethos said. "The Nia awards are a celebration of purpose."

Ethos said the Nia awards are given each year to an African-American student, faculty member, staff member and community member that exemplifies the concept of purpose and diversity. A Diversity champion award is also given to anyone that demonstrates leading and promoting a diverse lifestyle. Nominations for the awards have already closed.

The event also coincides with the Gospelfest.

"Gospelfest is the celebration of the gospel tradition in the African American community," Ethos said Different choirs from around

Dayton, as well as the Sinclair gospel ensemble will attend and perform gospel songs after the award cer-

HISTORY MONTH continued on page 3

Staying flu-free during Winter

Emily Kidd

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Keeping your tissues handy might be a wise choice for students at Sinclair Community College.

As the temperature outside drops, your chance of catching the flu rises. According to Joseph Giardullo, Nursing professor at Sinclair, the flu season typically starts at the end of October and runs til the early spring months of March and April.

"Circulation of the air causes viruses to spread," Giardullo said.

He said the flu season coincides with when we start using heaters in

Giardullo said Viruses are more common during the winter because people are inside for longer periods of time, and to be aware of things other people are touching; common things include keyboards, door handles, salad bar utensils and elevator buttons.

"Everyone knows they have to wash their hands, the key is how long," Giardullo said, adding that people don't wash their hands long enough.

"Sing happy birthday twice and you've washed your hands enough." He said the average person touches their face multiple times a day, spreading germs from your hands into your body through your mouth, nose or eyes, making you more susceptible to

Besides washing hands and being aware of virus-friendly surfaces, Giardullo said that the flu shot is something he would recommend.

The flu shot is very helpful because it stimulates the immune system which increases immunity against viruses,

FLU SEASON continued on page 3

Are you prepared for the FAFSA?

Jennifer Franer

News Editor clarion@sinclair.edu

The Federal Application for Federal Student Aid has officially opened for the 2013-2014 school year. To meet deadlines, it has been recommended to complete the FAFSA early; Some students may find the process easy, but others may find it confusing. For those that run into questions along the way, the Clarion has talked to Annesa Cheek, chief student Financial Services officer and senior advisor to the president, about what the FAFSA is, how it's beneficial to students, the verification process and when students can expect to see financial aid refund checks.

Why is it beneficial to fill out the FAFSA around this time of year?

Each January, a new Free Application for Federal Student Aid is available for the upcoming school year and completing it is free when students go to the website, www.fafsa.ed.gov. Throughout the financial aid process, deadlines are important, so it works to students' advantage to complete the application as soon as possible. Although the 2013-14 school year will begin in August, we recommend that students complete the application sooner rather than later.

At Sinclair, the priority deadline for the 2013-14 school year is May 1, 2013. Students who complete the FAFSA and submit all necessary paperwork by this date will be given priority consideration for campus based aid programs and also have the best chance of receiving a financial aid award in time to pay their tuition and fees for the term. Sometimes, as part of the application process, students are asked to provide additional documentation. Completing the application sooner allows time for students to submit the required additional documentation.

Feb. 10, 2013 is College Goal Sunday, a national event to promote early comple-



May 1, 2013 is the priority deadline to complete the FAFSA for the 2013-2014 school year. To help, Sinclair is hosting a nationally recognized event to assist students in completing their FAFSA's early. It will be held on Feb. 10, 2013 in Building 13, starting at 1 p.m.

tion of the FAFSA. All Sinclair students and their families are invited to attend this free event. Financial aid professionals will be on hand to answer questions about the financial aid process and offer hands on assistance with completing the FAFSA. The event is being held in Building 13, from 1 to 4 p.m. and is free and open to the public. Free event parking will be available in the adjacent lot.

What is the purpose of the FAFSA and what importance does it hold for college?

Financial aid is money set aside by the federal government, states and colleges to help students and

their families pay for college. The money is meant to help bridge the gap between what it costs to attend college and what students and their families can afford to pay for college. Financial aid can come in the form of a grant, (money that does not have to be paid back) a work-study job (students work for a certain number of hours per week on or off-campus to earn money for college expenses, (this money does not have to be paid back) or a loan (money that does have be paid back with interest over a period of years.)

Additionally, scholarships can assist students with paying for their college expenses. Sinclair offers a

number of scholarships for students and they are an excellent alternative to loans (which have to be paid back) or for students who are not eligible

Students may obtain information about how to apply for scholarships by visiting the scholarship website at http://www.sinclair.edu/services/ finaid/scholarships/stars/. The scholarship application process is separate from and in addition to the FAFSA process.

In order to access financial aid, students are required to complete the FAFSA.

FAFSA continued on page 3

Free Spirits dance concert coming to Blair Hall Theatre

Mike Huson

Reporter clarion@sinclair.edu

Sinclair Community College Theatre and Dance Department will celebrate the words of Martin Luther King Jr. and the music of Mary Lou Williams with two performances of Free Spirits: From

the Mountain Top to the Jazz Hall. The dance concert, in collaboration with Cityfolk, will be open to the community and held at Blair Hall Theatre at 8 p.m. on Friday Feb. 15 and Saturday Feb. 16. Tickets cost \$15 for adults and

\$10 for students with student IDs. The Free Spirits dance concert will feature Sinclair students and other community members performing alongside a jazz orchestra, spoken word performances, the Omega Baptist Church Choir and guest work from Jakari Sherman of Step Afrika! and LaFrae Sci of Lincoln Center Jazz.

Rodney Veal, Free Spirits choreographer and adjunct faculty member at Sinclair, described his role of artistic director as helping to fuse these various elements together into one perfor-

"My task is to create this kind of journey, this artistic journey and so it's definitely not going to be a traditional concert by any means," Veal said. "It should be a pretty epic show."

Sci, a composer and drummer, is working with local jazz musicians to help put together the live music for Free

Sherman, a choreographer who works in the tradition of stepping, is bringing his expertise to help Dayton students bring a unique style of dance to the performance.

Veal said he feels the performance showcases three components (the spiritual, the secular and the political) of not only the world we live in, but of Martin Luther King Jr. and Mary Lou Williams, who serve as two prime examples of "individuals that have gone above and beyond as human beings on this planet."

"I'm hoping [the audiences] will not only embrace the artistry that's being presented, but the thought behind it, the ideas behind it, that we should strive for greatness, that we should express ourselves to the best of our abilities," he said.

Veal, hired as an independent choreographer by Cityfolk, said Sinclair's mission to embrace community mirrored Cityfolk's Culture Builds Community program and helped present an oppor-

tunity for this partnership. Sinclair students will also be backstage working to assemble the many parts of the production, while working with others involved on and off-stage, in "a real, living example of what they're aspiring to do in Theatre [Technology]," Veal said.

Dancers with varying experience, ranging in age from 14 to 35, were

Sinclair Theatre & Dance and Cityfolk present TKEE SPIK From The Mountain Top to the Jazz Hall A celebration of Martin Luther King and Mary Lou Williams **February 15 & 16** 8:00 p.m. Sinclair's Blair Hall **Building 2** Directed by Rodney Veal Music Director LaFrae Sci of Lincoln Center Jazz Special Choreography by Jakari Sherman of Step Afrika A cultural cornucopia of music and dance from local and national artists celebrating Black History Month For ticket information: cityfolk@cityfolk.org

The Sinclair Community College will host Free Sprits: From the Mountain Top to Jazz Hall

chosen from an open audition held on Dec. 12 to participate in the dance workshop that preceded the Free Spirits

on Feb. 15 and Feb 16 at 8:00 p.m. in Blair Hall Theatre.

"I hope that people take the time to really embrace this program because it speaks not only to what Sinclair is

about, but it speaks to what our city of Dayton and our community is about," he said. "And it's a celebration. It's going to be great time."

For ticket sales and box office information, please visit www.cityfolk.org.

<u>On Campus</u>

campus calendar²³

· Sinclair Talks: Self Esteem is the Key Building 2 Room 234, Noon to 1 p.m.

Feb. 6

• Sinclair Talks: Transfer Series: Planning to Transfer . . . What you need to know Library Loggia, 10 to 11 a.m.

Feb. 6 • Sinclair Talks: Career Planning Series: The Job Search

Library Room L03, Noon to 1 p.m.

• Sinclair Talks: You broke up with me on Facebook-How Technology Impacts

Relationships Library Loggia, 10 to 11 a.m.

<u>Feb. 7</u>

<u>Feb. 7</u> · Sinclair Talks: Presentation Skills and Self Confidence

Building 2 Room 234, Noon to 1 p.m.

Feb. 7-10

• Intimate Apparel Blair Hall Theatre. 7 p.m., 8 p.m., 8 p.m., 2 p.m.

Feb. 9

• Sinclair Women's and Men's Basketball Game vs. Owens Community College (OH) Gymnasium in Building 8, 2:00 and 4:00 p.m.

Feb. 11

· Sinclair Talks: How to Succeed in a Science Course Building 2 Room 234, Noon to 1 p.m.

Feb. 12

 Sinclair Talks: Mind Your Manners (In the Classroom) Building 2 Room 334, 10 to 11 a.m.

• Sinclair Talks: Finish What You Start: 5 Steps for Increasing Your Changes of Graduating

Library Loggia, Noon to 1 p.m.

 If you have an event or activity that you would like featured in 'the Clarion', email your information to: clarion@sinclair.edu. Include the date, time, and place of your event and write "Campus Calendar in the subject line.

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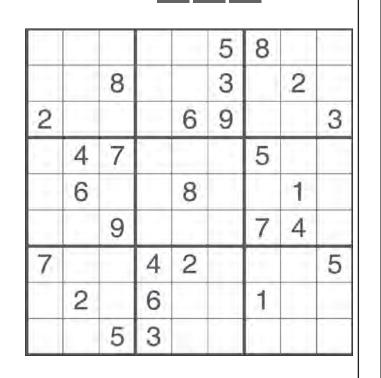


Donate plasma today and earn up to \$300 a month! Who knew I could earn money, save lives, and get free wi-fi at the same time? 850 N. Main St., Dayton, OH 45404 ‰m≡ 937-331-9186 Scan for an insider look at the plasma donation process weight. New donors must bring photo ID, proof of addi and Social Security number. CSL Plasma

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

- Every row of 9 numbers must include all digits 1 through 9 in any order.
- Every column of 9 numbers must include all digits 1 through 9 in any order.
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9. Every Sudoku game begins with some squares already filled in, and the difficulty of each game is due to how many squares are filled in. The more squares that are known, the easier it is to figure out which numbers go in the open squares. As you fill in squares correctly, options for the remaining squares are narrowed and it becomes easier to fill them in.



Sudoku Tips: Start by looking for numbers that occur frequently in the initial puzzle. For example, say you have a lot of 5's in the initial puzzle. Look for the 3x3 box where there is no 5. Look for 5's in other rows and columns that can help you eliminate where the 5 might go in that box. If there is a 5 in column's 1 and 2, then

there can't be a 5 anywhere else in either of those columns. You know then that whatever leftmost 3x3 box that is missing a 5 must have it go in column 3. If you can eliminate all the possibilities in that box except for 1 square, you've got it down!

Answers on page 5

CSLPlasma.com

Across

- 1 Employment agency listings 5 Fried Cajun veggie
- 9 WWII conference site
- 15 Steady guy
- 16 He hunted with a club in the "Odys-
- 17 Club used as a weapon, say
- 20 Nonagenarian actress White 21 Yeats or Keats
- 22 Color, as Easter eggs
- 23 Summer guencher
- 24 Dorm VIPs
- 27 Where Lux, is 29 Kid-friendly comfort food
- 36 Soothing additive 38 River through Sudan
- 39 Country rocker Steve 40 Sable maker, briefly
- 41 Turn __ ear 43 Pub projectile
- 44 Former Portuguese territory in China 46 Prefix with -pus
- 47 Abates
- 48 Tests during which checking notes
- is allowed 51 Gymnast's goal
- 52 Deli bread
- 53 Art on skin, slangily
- 56 Draw upon
- 59 Not as much
- 62 Calf-roping gear 64 Candid sort
- 68 Street toughs 69 Diamond Head's island
- 70 Aromatic drinks 71 Go on tiptoe
- 72 Small songbird 73 Wine area near Turin

Down 1 "Star Wars" gangster

- 2 No longer squeaky
- 3 Xbox battle game 4 Told to go
- 5 Asian tie
- 6 Barbie's guy

the Clarion

Reporters

Photographer

- 7 Grating voice 8 One might get stuck in a jam
- 9 Video-sharing website
- 10 Radius's limb 11 Committed perjury
- 12 Randall who played Felix Unger 13 Chip in a chip
- 18 Supermodel Banks 19 Marsh stalk
- 25 Tolstoy's Karenina
- 26 Snowmobile brand 28 " and weep!": poker winner's cry
- 30 Take back 31 Smart guy?
- 32 More like Felix Unger 33 African countries on the Mediter-
- ranean, e.g. 34 Mediation agcy.
- 35 Congeals
- 36 Target practice supply
- 37 "... one giant __ for mankind" 42 Cunning

- 45 Washington Monument, for one
- 49 Universal blood type, for short 50 Related to flying
- 54 Had lunch in 55 Foot bones
- 56 Letter carrier's org.
- 57 Leave speechless 58 Marine eagle
- 60 Vegas event 61 Kindergartner's reward
- 63 Tiny bit
- 65 Wanted-poster letters
- 66 Sailor's pronoun 67 Attila, notably

Answers on page 5

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

'The Clarion' Adviser: Sandy Hilt

Financial Aid Office can help with FAFSA completion

FAFSA Continued from Front

Although Sinclair College has the lowest tuition in the state of Ohio, many students still need

help paying for college. For many of our students, successfully completing the FAFSA (and ultimately receiving financial aid) can be the deciding factor regarding whether or not a student will be able to attend college.

If a student is having trouble with the FAFSA, can the financial aid office help with that?

Yes, the staff in the Financial

Aid and Scholarships Office can help students complete the FAFSA. The best way to access this assistance is to attend one of the many FAFSA workshops that are held almost every week of the year at various locations across campus. During these hands on sessions, students receive information about how to apply for the various the types of financial aid and can receive individualized attention with submitting their applications online. In order to complete the process during one of these sessions, students must bring with them a number of important documents (i.e. tax return, W-2, etc.). Students can visit the financial aid website at http://www.sinclair.edu/services/finaid/onlinefafsaworkshops/ ?searchTerm=fafsa%20workshop to review the list of documents or speak with a representative in the Financial Aid Office.

Additionally, counseling sessions are frequently offered at the learning centers (Englewood, Huber Heights, Preble County) at various times throughout the year. Students should contact the appropriate learning center for a calendar of events.

How long does it take to process the FAFSA once it is submitted?

The FAFSA process can take anywhere from a few weeks to a few months to complete. The length of time depends primarily on three things:

1) When they complete the application (the sooner the better.) 2) Whether or not they are

selected for verification.

3) How quickly they respond to requests for additional documentation.

Once a student successfully completes the FASFA, the information is processed by the US Department of Education. Within a few days all of the colleges listed on the student's FAFSA receive the student's information so that they can determine how much financial aid the student is eligible for at that particular institution. Once the information is received by Sinclair, it is possible that a student will be asked to "verify" (or submit additional documentation) the information that was submitted on the FAFSA. When a student is selected for verification, the Financial Aid Office at Sinclair will notify the student, via email, using the student's my.sinclair.edu email account.

Verification is a critically important step in the application process so it is important that students check their my.sinclair. edu email accounts regularly (at least once a week) to avoid delays in the process. Once the additional documentation is received by the Financial Aid Office, the student may be required to make corrections to their FAFSA. If no corrections are needed and all federal requirements are met, the file is complete and the student will receive an award letter via email (through Web Advisor) that explains the financial aid being offered (types of aid and amounts). In the case of loans (if a student is a first-time borrower) there are a few additional steps that are required in order to complete the process.

Students must accept the financial aid offered in order for the money to be applied to their student account. This is a step that many students forget to do. Generally, any grants and loans received will be used to pay tuition and fees first and then any leftover money will be sent directly to the student. Applying for financial aid is not a one time event and students must complete the process every year they attend school. Completing the FAFSA early and accurately the first time is very important and students



In order to receive financial aid, students must accept the financial aid reward being offered. Any money left over after classes and books are paid for is given to the student. Spring Semester financial aid refund checks are scheduled to be mailed out during the week of Feb. 4.

should check their my.sinclair.edu email account often to ensure the process is completed as quickly as possible.

Concerning financial aid: How can a student use all of their financial aid successfully (for books, classes, etc.)?

It is appropriate for students to use their book allowance for books, supplies and other items that are related to their educational pursuits.

Financial aid refund checks: Why do students get these checks once the semester has already started?

Eligibility for receiving financial aid is based on the expectation that students will attend class and continue to make satisfactory academic progress. In accordance with federal financial aid requirements, Sinclair Community College pays any excess money (money remaining after tuition and fees have been paid) to the student after it has been verified that the student is attending class. It only makes sense that financial aid be paid to students after the term has started since part of the students' responsibility in receiving financial assistance is to attend class.

When are the refund checks available to the student?

In general, refund checks are mailed within a month after the start of the term. For Spring 2013, refund checks are scheduled to be mailed sometime during the week of Feb. 4. All refund checks are mailed to the address on file in the Office of Registration and Student Records. Since refund checks are currently given out only once per term, it may be helpful for students to budget the money they receive.

What do you suggest that students do with their refund checks?

Students should spend their aid carefully as these funds should be viewed as an investment in their education and in their future. We recommend that students use their financial aid refund to help manage some of the indirect costs associated with their education, for example, books and supplies, computer equipment, transportation or other living expenses like rent, utilities, meals and personal expenses. Students can also have the bookstore transfer up to \$100 to their Tartan Card (for personal use, like parking and vending) once each semester pending the availability of federal aid funds.

What are some of the ommon questions that the financial aid office gets?

The financial aid process can be complicated and so students ask any number of questions about the various steps along the way. Sometimes students want to know more about the next step in the process and other times they need clarification on why their aid was adjusted (reduced) and why they now owe money to the college or the US Department of Educa-

Most frequently, students are not fully aware of the impact to their financial aid for dropping a class or for failing to make satisfactory academic progress. Students are encouraged to speak with a staff member in the financial aid office before they drop a class. Also, students must maintain a 2.0 GPA, complete 67 percent of the classes they attempt and keep moving toward successfully completing their degree or certificate within an acceptable timeframe. Failure to do any of the above will result in a student's financial aid being suspended. A complete list of FAQs is available on the financial aid website, at http://www.

sinclair.edu/services/finaid/ frequently asked questions/.

What are some things that financial aid cannot help with that student should be aware of?

The most important thing for students to understand is that once they enroll at Sinclair, their Sinclair email account is the primary way that many offices on campus will communicate with them. Every student automatically receives a Sinclair email account after their admissions application is processed. This is not the same as students' per sonal gmail, yahoo or hotmail account — though you can forward your Sinclair email to your personal account if you wish.

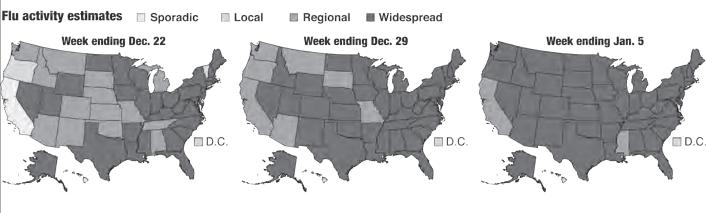
The Financial Aid Office will communicate most important information to you via the Sinclair email account. This is especially important for students to know because we inform them about their award, when changes or adjustments are made to their financial aid or when we are requesting additional information. Students should check their Sinclair email account at least once a week.

Staying healthy during flu season

FLU SEASON Continued from Front

Spreading across the country

Flu surveillance reports from the CDC show increased flu activity in the last three weeks.



NOTE: Activity indicates the geographic spread of viruses, not the severity of flu activity Original Graphic: Chicago Tribune ource: U.S. Centers for Disease Control and Prevention

Modified for the Clarion by: Patrick McCauley

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"The flu shot is [based off of] the most popular virus identified from the year previous. The flu shot you would get next year would be the most popular virus identified this year," he said.

Giardullo said this would be beneficial to younger and older people, as well as those who have medical conditions.

"Your body can only fight off

one battle at a time," he said. Giardullo said there are no medications to kill a virus, so those who are around more people are more susceptible. The flu shot may be a valid investment for people who work in public jobs.

According to a nurse at Wright State Physicians, the flu shots are offered up until early

spring.

"The better general health [someone has], the more resistance they have to the flu," Giardullo said.

Make sure to eat, be active, drink plenty of fluids and sleep. All these factors determine someone's health, he said.

"The best thing you can do is limit close proximity as much as you can," Giardullo said. According to the Public Health-Dayton and Montgomery website, the weekly flu activity chart for Montgomery

For more information on vaccine locations and schedules, or to monitor activity in the Dayton area, visit phdmc.org/flu.

County is at "high level."

African American history month celebrated at Sinclair

HISTORY MONTH Continued from Front

"What we've done is married those two events," Ethos said. "So we do an award, then a choir."

She said refreshments will be provided before the perfor-

"It is at the end of African American history month, so I think it'll be a good closure or conclusion," she said.

The 11th annual Black Women's Think Tank will take place on Feb. 9 from 8:30 a.m. to 4:30 p.m.

"It's a one day conference where we have workshops [and] presentations, for women, by women," Event Coordinator Annette Ross-Gray said.

The theme this year is based

on how "no is necessary." "This year, basically we're trying to empower the women to say no," she said. "No to health issues, no to stress, it's a unique thing we have this year... Just saying no to issues that they have in their lives."

She said they will have workshops based on health, fitness, careers, relationships, budget-

ing and domestic violence. She asked presenters to base their workshops around the

theme, "saying no". "Basically the workshops



Crystal Ehos is coordinating the Nia

awards and Gospelfest, which will take place on March 1 at 6 p.m. in Blair Hall Theatre.

are to educate, empower and uplift women," Ross-Gray said "We're trying to establish a platform where we can address issues and concerns that [affect] women in the community and the homes."

She said the event is free and open to everyone. A free continental breakfast and lunch will be provided.

Various venders will attend, as well as different performers

Keynote speakers are Keely Watkins and Tonya Lovelace, who is going to present "No: More: We need you to help end violence against all women."

the Clarion news update

Regarding the story "Intimate Apparel sets the stage to Perform next week at Sinclair," which was in the Jan. 29 issue: Marva M.B. Williams will now take the lead as Esther in the Theatre Department's production of "Intimate Apparel."

Stress management tips for college students

Andrew Smith

Contributing Writer clarion@sinclair.edu

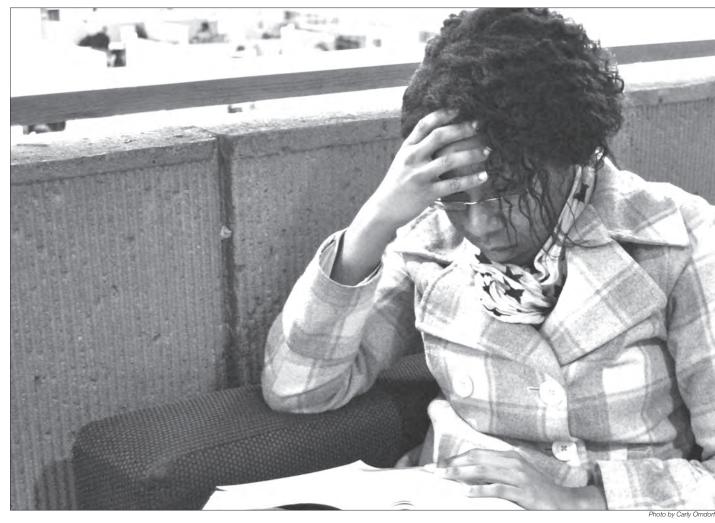
As a college student and mother of a four year-old daughter, Megan Skalley, 22, admits she feels the pinch of managing her time wisely and the burden of stress associated with college.

"The biggest thing that stresses me out is time management," Skalley, a Social Work major at Sinclair said. "Everybody has different stuff that they are doing outside of school, but for me it's time management. Specifically, finding the time to get assignments finished and also studying."

Whether it is the daily grind of classes and homework, the challenge of juggling college life with their family life, or the prospects of facing a bleak job market, Sinclair students attempt to balance time management and stress along with their personal lives.

Bobby J. Beavers, coordinator of Minority Student Success, witnesses how stress plays a detrimental role in student's lives because those students are unfamiliar with the college

"A vast number of our students don't know about college. They don't know what going to college is all about," Beavers said. "Many of our students are first generation college students and many of them are not directly out of high school. They don't really understand how college works and that causes a lot of internal stress."



Some students may think that juggling homework, studying and family life while in college can be stressful. Good time management skills are recommended. Katrina McCorkle, a Nursing major, is studying in the library

Minority Student Success helps to alleviate the difficulties minority Sinclair students face while progressing through their degree programs.

According to a handout for the program, "Minority Student Success assists the college in providing a supportive educational environment that enables minority students to achieve academic and personal enrichment, achieve their purpose in life, attain personal success... and achieve academic success"

they do this through Counseling Action Plans, academic counseling and coaching, staff orientations, support groups, learning activities and workshops.

Beavers also described some of the unique obstacles that Sinclair students face.

"The nature of our students is that many of them have issues with transportation, childcare and housing," Beavers said. "It's sad to say that many of them (students) are homeless and are

coming to class and trying to get a degree to improve their lives."

The transition from quarters to semesters has been another change Sinclair students have been forced to adapt to. Starting in the fall semester of 2012, Sinclair joined Ohio University, Wright State University, The Ohio State University, The University of Cincinnati, among other Ohio colleges, in the mass exodus into a semester academic

Though the switch will

provide Sinclair students with an easier transferring process and will require students to pay for books and register for classes twice a year, Sinclair's website said the new 16-week terms also allows ample time for classwork

"Many students around [the middle of the semester are freaking out because of all the things that are due," Associate Professor of Communication Rob Leonard said. "Many students seem to think that

to drift until the last minute.

these things are thrown at them at the last minute, when in fact on day one on the syllabus it said 'this is going to be due.' Good time management would help to prepare and get things done in a timely manner."

While Skalley believes the quarters-to-semesters transition has deadened her stress levels, she believes the allure to procrastinate still exists.

"I think it's a little less stressful because you do have more time in between assignments and tests, but there is more room to procrastinate because you have more time before you have to get something turned in," she said. "I know, [personally], it's easy to put off assignments due to other life activities that are still going

To combat the litany of reasons that attribute to stress associated with college, Skalley makes sure that her schedule includes an equal amount of time for herself and for school. She also leverages classmates for studying purposes.

"When I know I have free time coming up, I set aside specific time for school and I set aside specific time for myself to be free and do whatever it is that I want to do," Skalley said. "When I am stressed out with any type of classes, I find it makes it a lot easier to find people to study with. I am also never shy to reach out to professors and ask them 'how can I do better?' or 'what types of things will help me succeed in the class?' I don't wait until I am falling behind," Skalley said.

Tennis Club looking for dedicated players

Stephanie Thompson Reporter

The tennis club is looking to get started this spring.

This is the first year for the tennis club and they are looking for dedicated players to come out and join.

"They actually got rid of the tennis teams a couple of years ago because of the budget," Tennis Coach David Pence

Members of the team still wanted to keep playing, so Pence decided to get a club

He said with the club just starting up, not many people have been participating.

He added that the key was getting students at Sinclair to join the club.

"Right now I'd just like to

get the word out that we're wanting to get this club going, but we need really dedicated people that want to be part of it...it's for the students" he said.

With more members, the club has more opportunities to do things, such as mixed doubles with men and women.

The tennis club can play against other colleges that have club teams or just area tennis clubs.

Pence said the club wants to get as many people as possible to join.

"The more we have the merrier," he said.

The club is also taking donations for St. Vincent De Paul's, a church in Dayton that aims to aid the homeless. The donations were something that the tennis team did in the past so Pence decided to continue it for the club.



Only Sinclair students can join the tennis club. If interested, contact David Pence at

"[People] can donate cans, toothbrushes, soap, shoes, clothes, anything they can," Pence said.

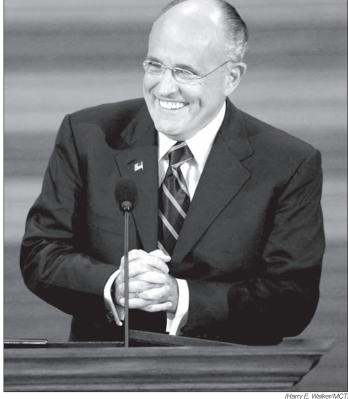
The donations last all year and the bin can be found in the library by the Tartan Marketplace and the Academic

Resource Center.

In order to join the Tennis Club, you have to be a Sinclair Student.

If interested, call David Pence at 512-2528. There currently is no deadline to sign up.

NSLS hosting webinar featuring Rudy Giuliani



Rudy Giuliani was the mayor of New York during 9/11. He will be featured in a webinar,

engaging stories.

interesting people.

for your convenience, your student newspaper is online www.sinclairclarion.com

the Clarion



Whitney Vickers Editor-in-Chief

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The National Society of Leadership and Success will host a webinar featuring Rudy Giuliani, who was the mayor of

New York City during 9/11. President of NSLS Frank Browning said Giuliani is speaking about how to face a crisis as a leader.

"That's something everyone needs to know," Browning said. "Because when you're a leader, you're going to have crisis regardless of the situation. There's always going to come

a time." Browning said Giuliani was praised for managing and

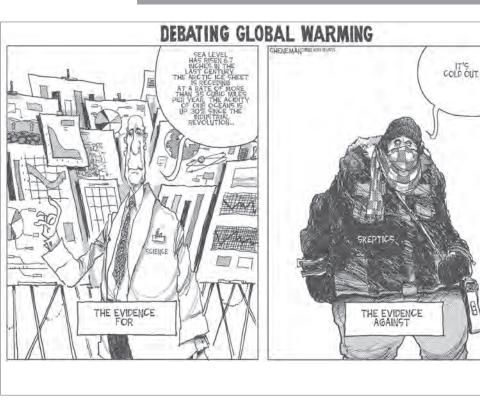
handling 9/11 effectively. "I do think Rudy's handling

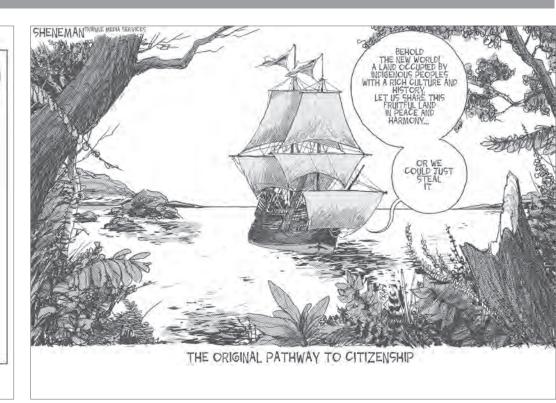
of the crisis was very, very good and a very great deed for the country," he said. "I think everyone has a lot to learn from his experience, because it all comes down to, what if we were in that situation? What would we do? And that's something we need to know."

Giuliani will be speaking live on the web to several colleges across the country.

Although students must be required to be an NSLS member to access the webinar at home through societyleadership.org, non-members can view the webinar in the basement of Building 8 in the stage area on Feb. 5 at 7 p.m. Popcorn will be provided, but attendees must bring their own drinks.

editorial cartoons





your voice

How do you keep healthy during flu season?

 $Photos \, \mathcal{C} \, Reporting \, by \, Maddie \, Fahlbusch$



Ken Millas Undecided

"I got the flu shot and so far, so good. What happened is, the first flu shots had a bit of the active flu so when you got it you got a bit of the flu and some people got a bit more than most. Right now doctors say it's okay for you and I figure if I can't trust them then who can I trust"



Raeven Wesley English

"I don't do anything. I mean, I wash my hands more. I don't touch things as much because I try to keep away from crowded areas. I don't get a flu shot, I haven't gotten one in years."



Duncan Richards Bailor Multimedia Journalism

"I try to be clean and wash my hands,

but if I recall correctly it's a virus so it's kind of hard not to get. It's a matter of luck more than anything else from my understanding"



Travis Kelly Computer Engineering

"That's a good question because I got sick. I just try to keep my hands clean and eat healthy"

puzzle solutions

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Holidays in February, a different take

Madeleine Fahlbusch

Reporter clarion@sinclair.edu

COMMENTARY

It's been said that once the holiday season officially ends, people feel like there really aren't any good holidays for a while. If you're part of the camp that holds this opinion, then the month of February is for you! There is a holiday every single day, so there isn't an excuse not to celebrate during the year's shortest month. Just to get the ball rolling, we'll discuss some of the more offbeat holidays that we, as students, can partake in besides the old standbys like Valentine's Day, Groundhog

Day and Mardi Gras.
Feb. 5 is definitely a holiday after my own heart: World
Nutella Day! It's a celebration of the Italian chocolate, hazelnut spread that's taken place since 2007. On this day, find a fun recipe using Nutella on Pinterest, have a little bit spread on some toast or just go all out and grab a spoon and polish off a whole jar in an afternoon

— why not? It's World Nutella Day!

Next is Lame Duck Day, which falls on Feb 6. Despite what you might be thinking



about the colorful name, it's not actually a day for appreciating crippled aquatic birds. However, if you feel like your day would be improved by giving a wounded duck a hug, by all means, go ahead. The real deal behind the day is that it commemorates the time period just after a presidential election where the old president tries to keep from being overshadowed by the new one coming in. For the rest of us, it's for people that fear they may be laid off. While losing a job is never fun, there is a silver lining: World Nutella Day falls the day before so you can cushion the blow with some sweet chocolate and hazelnut spread.

On Feb. 13, there is Get a Different Name Day. It might be fun to rock a different name for the afternoon. Feel free to make it something whimsical and awesome because it's probably one of the only days you can get away with introducing yourself as Sir Dandelion Benedict.

As we all probably know, Feb. 14 is Valentine's Day; a very romantic and exciting holiday, for those who have Valentines. For those that don't have a Valentine, Feb. 14 might be like another World Nutella Day. Another holiday that singles can partake in also falls on Feb. 14 and won't put someone into a deep, deep food coma, is Ferris Wheel Day. It commemorates the birthday of George Washington Gale Ferris Jr., the man behind the Ferris Wheel. Celebrating this day might be difficult, considering not many Ferris Wheels are up and running in the middle of February but you can always print out a picture of a Ferris Wheel, stare at it and use some good old fashioned imagination to pretend that you're riding on

it. That sounds fun, right?
Feb. 16 is Do a Grouch a Favor Day. This is the day to find a grumpy person and just kill them with kindness, because grouches need love too! Give them a compliment or smile and say 'hi!' Do something nice for them, such as walking their

dog, washing the dishes for them, helping them with their homework — The possibilities are endless. You might make their day even if they don't show

Feb. 26 is Tell a Fairy Tale Day. You could celebrate this day by reading Rapunzel to a kid you know, or you could try marching up to a random person you don't know on the street and telling them a fairy tale made up on the spot, (That's definitely not going to freak anyone out!).

Feb. 28 is probably the greatest day in a college student's year. I'm talking about Public Sleeping Day. The day you can sit back and catch a few Z's while in a public setting. You can sleep in the library, on the bus, on a park bench; just don't sleep during class because your professor may not be a fan of you observing this spectacular holiday during their class time.

All these holidays aren't even half of the special days that February provides. Feel free to go online to look up some of the other magical holidays of February. If you find one you think is worth sharing, let us know by emailing us at clarion@sinclair. edu. There's a day out there for all of us, Happy celebrating!

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.

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the Clarion honors Black History Month



THE ENTREPRENEUR

Madame C.J. Walker, 1867-1919

She was born Sarah Breedlove, daughter of a poor farm couple who died while she was still a little girl. She was married at 14; when her husband died, she supported herself as a washerwoman. In 1905, Walker perfected a formula for straightening the hair of black women; it was the beginning of a cosmetics empire that, by the time of her death would make her a millionaire — one of the first black Americans to achieve that status, if not the first. Walker denied herself no luxury her mansion at Irvington-on-Hudson, N.Y., is said to have been a regal showplace. But the hair-care magnate was also a generous contributor to good causes; she funded scholarships and gave to the indigent and



THE SINGER

Mamie Smith, 1883-1946

Bessie Smith was better known, but Mamie got there first. Her hit, "Crazy Blues," recorded in 1920, was the first blues vocal ever recorded and also the first recording by an African-American woman. Despite that distinction, Smith did not think of herself primarily as a blues singer — she was a vaudevillian who sang many different styles. The Cincinnati-born vocalist spent the '20s and '30s barnstorming across the United States with her Jazz Hounds, a band that included such luminaries as James "Bubber" Miley and Willie "The Lion" Smith.



THE EXPLORER

Matthew Alexander Henson, 1866-1955

On the day in 1887 that he first met Robert Peary, Henson, though only about 21 years old, already had experience as a stevedore, seaman, bellhop and coachman. Peary thought Henson might make a valuable valet on Peary's attempt to become the first man to reach the North Pole. But Peary soon discovered that Henson's abilities and experiences made him even more valuable as a colleague. As Peary once put it, "I couldn't get along without him." The men mounted seven expeditions to the Arctic, including the last, in 1908 and 1909, when they finally stood together at the top of the world, the first explorers to do so.



THE ACTIVIST

A. Philip Randolph, 1889-1979

His courtly, Sphinx-like demeanor belied the soul of a fighter. Randolph, a leader of the "New Negro" movement of the early 20th century, was tapped by black railroad workers to lead their fledgling union, the Brotherhood of Sleeping Car Porters, in 1925. It would take years for the union to even get the Pullman Co. to recognize them, years more before an agreement was hammered out, but when it was over, Randolph and his union had won workplace concessions once unthinkable for black employees. In later years, Randolph was instrumental in pushing President Franklin Roosevelt to do away with segregation in the defense industry. He was also an organizer of the 1963 March on Washington.



THE JOURNALIST

John Russwurm, 1799-1851

Although he was technically born a slave in Jamaica, Russwurm enjoyed many privileges of freedom because his father was a white American bachelor. His father, also named John Russwurm, provided a quality education for his son at Bowdoin College in Maine (he graduated in 1826, the third African-American to graduate from an American college). When the elder Russwurm relocated to Massachusetts, he took the boy with him. In 1827, this child of privilege took up the plight of the American slave. With his partner, Samuel Cornish, he founded Freedom's Journal, the first black newspaper published in the United States. The paper's then-controversial credo: Complete freedom and equality for African slaves. As the editors put it in their first editorial, it was time for black people to plead "our own cause."



From politics to exploration, Leonard Pitts Jr. profiles 10 influential African-Americans you might not have heard of

ometimes, history forgets.

Sometimes, the big names everyone knows crowd out the smaller ones fewer people recall. Sometimes, when it is time to apportion honor and assign recognition, men and women who ought to be singled out are not.

And so, those who inspired the dreams, fanned the flames and stood in the thick of revolutionary change can find themselves left out of the books, short-changed in the reminiscences.

In this annual season of black history's celebration, much will be said, and deservedly so, about giants such as Martin Luther King Jr., Malcolm X, Frederick Douglass and W.E.B. DuBois. But here, in 10 fields of American endeavor, are 10 other names, lesser-known women and men whose contributions and heroism we should remember, always.

— Leonard Pitts Jr., The Miami Herald



THE PREACHER

Adam Clayton Powell Sr., 1865-1953

He was the grandson of slaves, the father of a flamboyant namesake congressman and a towering figure in his own right. As a boy, Powell, a Virginia native, is said to have learned the alphabet in a day. A year later, he was reading from the Bible. A grandfather nudged Powell toward the ministry and he eventually served as pastor of churches in Connecticut and Pennsylvania. The pastorate that made him famous, however, was at Abyssinian Baptist Church in New York City. Under Powell's leadership, Abyssinian practiced a social gospel that did not limit itself to the pulpit and pews; the church operated a facility for the aged, helped feed the poor, and agitated for racial and economic justice. By the mid-1930s, Abyssinian claimed 14,000 members, making it the largest Protestant congregation in the United States.



THE POLITICIAN

P.B.S. Pinchback, 1837-1921

Pinckney Benton Stewart Pinchback was the free-born son of a white planter and a woman the planter owned and later freed. In 1862, he was assigned the duty of recruiting African-American volunteers for the Union Army forces, but resigned his captain's commission in protest of the discriminatory treatment of his men. During Reconstruction, he was a leader in the founding of the Louisiana Republican Party and was elected president pro tempore of the state Senate in 1871. Pinchback became lieutenant governor when the incumbent died. Then, the governor was suspended during impeachment proceedings, and Pinchback succeeded him, too, serving as acting governor of Louisiana from December 1872 to January 1873. He was the first African-American governor in history and, until L. Douglas Wilder became chief executive of Virginia in 1989, the only one.



THE FILMMAKER

Oscar Micheaux, 1884-1951

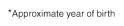
Oscar Micheaux came of age during the days when filmmakers routinely ignored African-Americans or confined them to subservient, demeaning roles. This was, paradoxically, the key to his success. During the '20s and '30s, Micheaux wrote, directed and produced about 30 films keyed to black audiences. Micheaux operated on a budget of next to nothing, raising money directly from his audiences. Thus, there was no such thing as "Take two" in a Micheaux movie — not even when an actor blew his lines. Not surprisingly, the movies were usually awful. Also not surprisingly, an audience starving to see itself reflected on screen flocked to his films. Micheaux, a consummate promoter, would travel from town to town, screening his current movie while raising funds for the



THE SOLDIER

Henry Johnson, 1897*-1929

Early on the morning of May 14, 1918, Henry Johnson and Needham Roberts were standing sentry on a bridge near the Aisne River in France when, without warning, they were attacked by a force of 32 Germans. Cut off from their regimental headquarters and armed only with pistols, knives and a few hand grenades, the two black soldiers somehow stood off the much larger force, pressing the fight even though Johnson was wounded three times and Roberts twice. At one point, the Germans rushed the pair and took Roberts prisoner. By now reduced to using only a bolo knife and the butt of his empty pistol, Johnson nevertheless charged the Germans. He managed to wound as many as 10 of them and to kill at least four more. The startled Germans dropped their prisoner and ran. Johnson and Roberts were both awarded France's highest military honor, the Croix de Guerre.





THE FIGHTER
Jack Johnson, 1878-1946

Arthur Johnson, a boxer who became history's first black heavyweight champion in 1908 with a victory over Tommy Burns. Johnson spent 15 rounds whipping Burns, carrying on a running dialogue with him as he did so. Finally police stopped the bout. The victory was all the more impressive in light of the fact that Burns' manager served as referee — a concession Johnson had to make in order to get Burns to agree to the fight. Johnson's victory polarized the nation — a state of tension made worse by the fact that he was a swaggering, boastful champion given to publicly romancing and marrying white women. Proponents of

Before there was Muhammad Ali, Joe

Louis or Jackie Robinson, there was John

nation — a state of tension made worse by the fact that he was a swaggering, boastful champion given to publicly romancing and marrying white women. Proponents of white supremacy seized upon former champion Jim Jeffries as their "great white hope" for snatching the title back from this unruly black man. But the overweight Jeffries, who returned from retirement for the bout, was no match for Johnson, who toyed with him for 15 rounds before

knocking him out.

PHOTO CREDITS: PHOTOS OF P.B.S. PINCHBACK AND ADAM CLAYTON POWELL SR. COURTESY OF THE OHIO HISTORICAL SOCIETY; A. PHILIP RANDOLPH COURTESY OF THE NATIONAL ARCHIVES; MADAME C.J. WALKER COURTESY OF THE CHICAGO TRIBUNE; PHOTO OF OSCAR MICHEAUX COUTESY OF SOUTH DAKOTA STATE ARCHIVES; JOHN RUSSWURM COURTESY OF BOWDOIN COLLEGE; JACK JOHNSON COURTESY OF MIKE DELISA; HENRY JOHNSON COURTESY OF THE HENRY JOHNSON MEMORIAL; PHOTO OF MAMIE SMITH COURTESY OF FRANK DRIGGS; MATTHEW ALEXANDER HENSON COURTESY OF THE NATIONAL ARCHIVES