

**TIPS ON ACHIEVING
YOUR NEW YEARS
RESOLUTIONS**

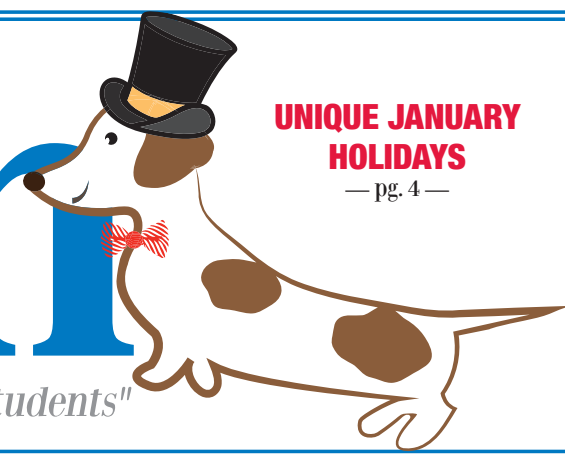
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**TARTAN SPOTLIGHT:
THE EMMANUELLI SISTERS**

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the Clarion

"Produced by Students, for Students"



**UNIQUE JANUARY
HOLIDAYS**
— pg. 4 —

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Staying safe on Sinclair's campus

Jason Sedy
Copy Editor

The Clarion recently spoke with Sinclair Community College Police Chief Charles Gift to get some advice about safety on campus during the winter season.

Gift said a major winter safety concern on campus is the threat of injury due to slipping and falling on icy steps or sidewalks.

"The staff from Standard Parking and the facilities staff do an excellent job of keeping the sidewalks and other walking areas clear of snow and ice," Gift said. "However, there's always a chance that it could re-freeze after it's been cleared."

The Sinclair Police Department recommends parking in lot A and using one of the three overhead walkways to get to campus.

"The only places you really can't get to without going outside would be Building 19 (Criminal Justice) ... and Fire Science," Gift said.

He also stated that all the Sinclair Police officers are trained in first aid, so if you do slip and sustain an injury, you can call them at (937) 512-2700 and an officer will assist you and assess the severity of the injury.

If one or more of Sinclair's campuses closes due to winter weather, Gift said students can get immediate notifications by visiting sinclair.edu/about/alerts/, or by texting SINCLAIR to 888777. The Sinclair Police Department recommends signing up for these text alerts because it is the quickest way to get important updates regarding school closures or emergencies.

The text service is called Nixle Connect and is a nationwide network that serves police, firefighters, schools and government agencies.

"If there is a weather event, we send out any information we have through the Nixle system," Gift said. "It's also used for any emergency on campus. If you have Nixle, you're going to get [closure information] before it's on television, before the website. We highly encourage every faculty, student and staff member to sign up."

Gift said students shouldn't worry about non-essential messages coming from Nixle, there will be no advertising or "spam" sent through the system.

"I can assure you, nothing but emergencies are sent out by Sinclair through Nixle; it's not used for anything else," Gift said. "If you get [a text], it's going to be something important."

Gift said the president receives information from Sinclair Police and the Sinclair Weather Committee before making the decision to close the campus. The committee also coordinates with facilities and parking services to help them prepare accordingly for inclement weather.

Safety continued on page 3

PUPPIES ON CAMPUS



Peter Bolmida, who coordinates Sinclair Talks, said the puppies will be back on campus on Monday, April 22 from 10 a.m. to 1 p.m.



Sinclair Community College Flickr page | Photo Contribution

Getting focused for the spring semester

Andrew Fisher
Reporter

As a new semester begins at Sinclair Community College, the stress of staying ahead and staying organized is often a challenge for many.

According to Sinclair's department of Disability Services, their primary goal is "to help students reach their academic goals."

Disability Services recommends for students to "control your life by controlling your time."

One thing they suggest is for students to keep a paper and pencil or electronic planner to help them plan accordingly throughout the term.

Sinclair Communication major Travis Frasier has similar methods for staying organized.

"For me it's lots and lots of notecards," he said. "It's important for me to keep an agenda. I plan a schedule on a notecard and carry it with me, and I'll use them to study too."

As well as planning out a schedule, Disability Services also recommends setting aside specific times allotted solely for studying.

"In a national survey, the more hours students spent studying or doing homework, the more they liked and stayed in college," according to Disability Services.

First year Sinclair Psychology major Madeline Fletcher has a few tips on how not to study.

"Don't do it in a comfy chair or a comfy bed," she said. "I fell asleep studying once with a pink highlighter and woke up with it all over my face."

Fletcher recommends getting out of the house when trying to concentrate on schoolwork.

Neda Azzam, a Business student at Sinclair, agrees with Fletcher.

"I can't study at home," she said. "I work on campus so I'm here all the time. Every day I try to set aside time in the library to get work done."

For those who sometimes struggle with good study habits or time management, Sinclair offers several tools from Disability Services and Sinclair's Tutorial Services to aid students.

According to the Sinclair Tutorial Services "any Sinclair student who is enrolled in class for academic credit may receive tutoring assistance at no cost to the student."

Tutorial Services is located in the lower level of the library, Building 7 in room 7L07.

Sinclair's website sinclair.edu/support/counseling/studenttips/ also contains tips and strategies on student success ranging from student study tips, tips on getting motivated, test-taking strategies, good time-management and dealing with test anxiety.

For Sinclair Biology major Ashley Seitz, it's another part of college life that causes the most stress.

"Tests and homework I'm pretty good at," she said. "It's writing papers I always get frustrated with."

Focus continued on page 3

Surviving your last semester



Graduation for Sinclair Community College is planned for Sunday, May 4, 2014.

Whitney Vickers
Jennifer Franer

Clarion staff

For some students, the beginning of this semester may mean the beginning of capstones, clinicals and portfolio reviews in preparation for graduation. Along the way, students may find themselves also seeking employment and transfer opportunities, while possibly feeling bittersweet about leaving Sinclair Community College.

To assist, the Clarion spoke with Career Services Specialist Lindsay Tate about how students can go about putting their degree to use in the workforce, advisor Karla Knepper about how students can successfully transfer to a university and Licensed Counselor Gwen

Helton about how students can deal with feeling bittersweet about this chapter ending and another beginning.

Seeking employment

For students who are dealing with their last semester or wanting to find a job while at Sinclair Community College, Career Services is available to assist with building résumés, tips on how to get a job, and what steps you should take to get the career you desire after graduation.

Career Services Specialist Lindsay Tate said that she is available to help students with their job search, wherever that search may start.

"We focus a lot on figuring out what you want to do," she said.

"After you have found a major, we

focus on getting you prepared for the workforce in that area."

Tate said the office of Career Services has a lot of employer connections and with their help they can point you in the right direction with the right employer.

Career Services will help with preparing for an interview and how to answer specific questions, how to write a cover letter, how to create a professional résumé and what etiquette would be appropriate in certain situations, among others.

"We can help with anything," she said. "We just want you to be ready for the workforce."

With the goal of being prepared for the workforce in mind, Tate said that students who are 75 percent done with their degrees are eligible to register for Joblink, where students will be able to view career-related jobs after creating a résumé in Career Services to ensure that it is meeting industry standards.

Although a student must be 75 percent done with their degree to register on Joblink to get career-specific jobs, Joblink is available to all students and they can view positions that are open around the area and on campus at myinterfase.com/Sinclair/student.

With the site, a student's résumé can be forwarded to employers of the student's choice.

Joblink enables students to be eligible for interviews with employers that come to campus and it helps students get noticed by potential employers.

Surviving continued on page 3

campuscalendar

Jan. 6 – 30
Art Exhibits
Burnell R. Roberts Triangle and Works On Paper Galleries
Cynthia Bornhorst-Winslow and Jenifer Nelson
Fourth Floor of Building 13

Jan. 8
Sinclair Women's and Men's Basketball Game vs. **Clark State Community College**
Building 8 Gymnasium, 5:30 and 7:30 p.m.

Jan. 8
Sinclair Talks:
The Successful Student
Huber Heights and Englewood Learning Center Lobbies, noon to 1 p.m.

Jan. 13
Sinclair Talks:
Computer series: Basic Survival Skills
Building 7 Room L03, noon to 1 p.m.

Jan. 15
Sinclair Talks:
The Power of your Intentions
Building 2 Room 334, noon to 1 p.m.

Jan. 15
Sinclair Men's Basketball Game vs. **Tiffin University JV**
Building 8 Gymnasium, 7:30 p.m.

Jan. 18
Sinclair Women's Basketball Game vs. **Columbus State Community College**
Building 8 Gymnasium, 2:00 p.m.

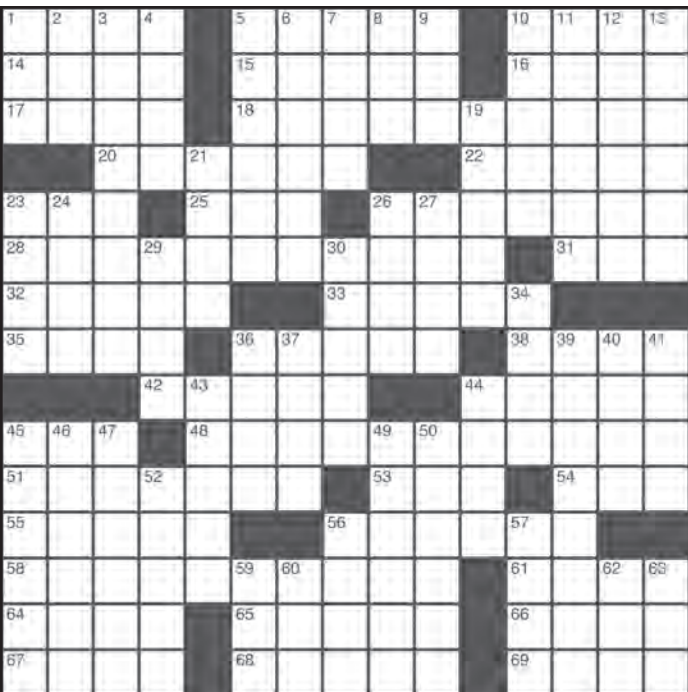


campusphoto

Each week, the Clarion will feature a photo of students without identifying them. Keep your eye out for a Clarion photographer throughout this semester then check to see if you or someone you know has been spotted.



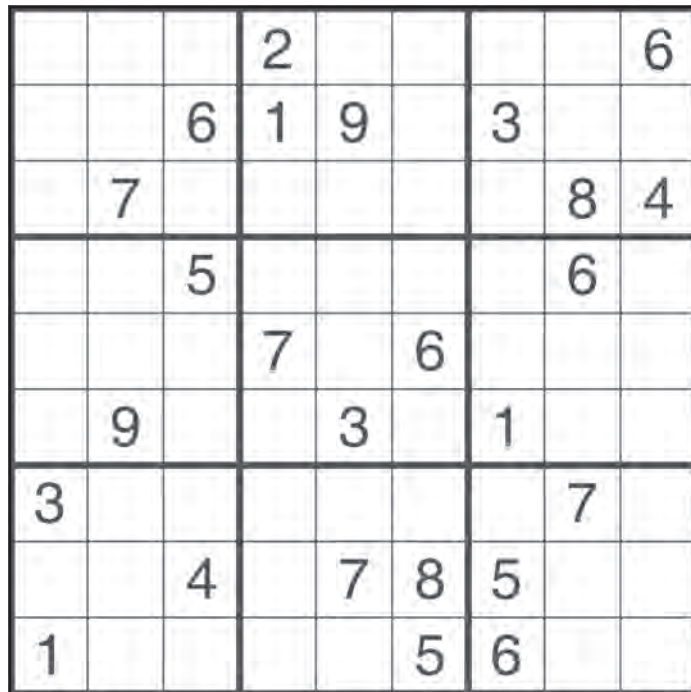
crosswordpuzzle



- ACROSS**
- 1 PC screens largely replaced by LCDs
 - 5 Exchange goodbyes
 - 9 Breed, as salmon
 - 14 Ghostly glow
 - 15 "Nothin' doin'!"
 - 16 "Dallas" matriarch
 - 17 Sleight-of-hand scam
 - 19 Cold temperatures
 - 20 Fountain of Rome
 - 21 Levies on smokes and booze
 - 23 Prefix with present
 - 26 Playfully shy
 - 27 Houston of Texas
 - 30 Agenda item
 - 36 World's largest rainforest
 - 38 Pearl Jam singer Eddie
 - 39 Early whirlybird, for short
 - 40 Winding curve
 - 42 Body wash brand
 - 43 Dressy ties
 - 46 Mariachi's headwear
 - 49 Filmed like most of today's films
 - 51 Hyphenated ID
 - 52 Fair-hiring abbr.
 - 53 Wax-wrapped cheese
 - 55 Alphabet soup, so to speak
 - 60 Have an inkling
 - 64 Abrasive mineral
 - 65 Fight fiercely to the end
 - 68 Barely burn
 - 69 Continental cash
 - 70 Armory supply, and a hint to the starts of 17-, 30-, 49- and 65-Across
 - 71 Left one's seat
 - 72 Slight impression
 - 73 Author Uris

- DOWN**
- 1 Plaster bandage
 - 2 Essen's region
 - 3 "Magic ___ House": kiddie lit series
 - 4 Battleship barrage
 - 5 Curly-tailed pooch
 - 6 "So that's what that means!"
 - 7 Caribbean liquors
 - 8 It might be broken at a party
 - 9 Prepare some letterpress printing
 - 10 Appeal
 - 11 Author Haley
 - 12 Bistro beverage
 - 13 Stack's role in "The Untouchables"
 - 18 "How low can you go?" competition
 - 22 Grounding rule, perhaps
 - 24 Convent resident
 - 25 "On second thought, that's not true"
 - 27 Long stories
 - 28 Pennsylvania Mennonites
 - 29 Call before "Polo!"
 - 31 Dogie catcher
 - 32 Reminder to take out the trash?
 - 33 Fritters away time
 - 34 Gets within a stone's throw of
 - 35 Check for size
 - 37 Type of baggy '40s suit
 - 41 One and only
 - 44 Colored, hippie-style
 - 45 Snooty sort
 - 47 '60s chic
 - 48 "The Godfather" hoodlum Luca
 - 50 Discontinued
 - 54 Lead or zinc
 - 55 Military chow hall
 - 56 "You're looking at the one and only"
 - 57 Strange: Pref.
 - 58 Therefore
 - 59 Scrapbook adhesive
 - 61 Alaskan seaport
 - 62 Osaka wrestler
 - 63 Henry VI's school
 - 66 Spigoted server
 - 67 Came down with

sudokupuzzle



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

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

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

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

tartanshoutouts

Happy Birthday Mason!

-Love Whitney

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

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

Clarion

is hiring an

Assistant Graphic Designer

to join our team

REQUIREMENTS & DETAILS:

- Able to train for the position during **spring and summer semester**
- **Visual Communications major graduating in spring 2015**
- Currently have a **2.0 GPA or above**
- Have a **portfolio** to present during **interview**
- Knowledge of the **Adobe Suite**
- Have a strong understanding of the **Principles of Design**
- Must be a **quick learner** who **works well with others**
- **PHOTOGRAPHY** and **WEB** knowledge a plus
- **Hourly Wage**

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

daytonevents

- Monday, Jan. 6**
Dump the Plump
Fitness class that includes cardio, strength, weight, circuit, abs, interval and polymetric training, as well as resistance bands, etc...
Bring a towel, water bottle and yoga mat to participate.
C.I. Beaver Park
Class is on Monday, Wednesday and Friday from 5:30 — 6:30 a.m. Standard registration ends on Jan. 6; online registration ends on Jan. 4. Costs \$35 to participate for residents and \$40 for nonresidents. Must be 18 and up to participate.
- Tuesday, Jan. 7**
Diamond Jubilee Chorus Rehearsal
Individuals are welcome to join the choir to sing, learn about auditioning or experience the barbershop-style singing.
Towne Mall — Middletown, Ohio
Event starts at 7 p.m. and ends at 10 p.m. Free to attend.
- Wednesday, Jan. 8**
Microbial Symbiosis
Discussion on why microbes are important in life to plants and people, as well as how to care for them.
Cox Arboretum & Gardens
MetroPark
Event starts at 6:30 p.m. free to attend.
- Thursday, Jan. 9**
3 AM
Carmen and Russ of Time Machine to sing and perform on the guitar. Event may feature special guests.
Courtyard Lounge — Englewood, Ohio
Event starts at 10 p.m. and ends at 2 a.m. each Thursday. Free to attend, must be 21 and up.

- Friday, Jan. 10**
Pottery Painting Happy Hour
Individuals are invited to paint their own pottery every Friday.
Decoy Art Studio — Beavercreek, Ohio
Event starts at 4 p.m. and ends at 7 p.m. No studio fees, buy one, get one \$5 off.
- Saturday, Jan. 11**
Stargazing
Individuals are welcome to view the stars through multiple telescopes.
Bellbrook-Sugarcreek Community Center
Event starts at 5:30 until 7:30 p.m. Free to attend, no registration required.
- Sunday, Jan. 12**
Winter Celebration
Family event to feature indoor and outdoor winter-themed events.
Winton Woods Park — Springfield, Ohio
Event starts at 1 p.m., costs \$2 per child.
- Monday, Jan. 13**
Beginning Piano Adult Intro
Individuals are invited to learn piano-playing skills, including note reading and rhythm. Individuals must have a full-length weighted-key digital piano or piano at home to practice.
Piano Preparatory School
Class runs each Monday from Jan. 13 until March 3 from noon until 12:45 p.m. Costs \$120 for residents and \$138 for nonresidents. Call (937) 426-6920 for more information.

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The Official Student Newspaper of

tartanspotlight

meet

Jerimar and
Jessmar
EmmanuelliEllesse
Rodriguez
Reporter

Meet...

Sisters Jerimar and
Jessmar Emmanuelli,
who believe SinclairCommunity College is a place
where dreams can become re-
ality and hard work is learned
to succeed in life.

Why they are interesting...

Born and raised in the barrio
(ghettos) of Vega-Baja, Puerto
Rico, the two sisters talked
about their journey into the
United States."It's different, you know?
Here, everyone minds their
own business. There, nobody
sleeps; they sell drugs on every
corner. We call those corners
El Punto (The Point)," Jessmar
said."We were used to living
there," Jerimar said, "I liked
the noise at night. People knew
my grandmother was religious
so they never overstepped
boundaries. We also had a
furious dog and my daddy had
a gun—and besides, everyone
knew he worked as security in
the jail."As people ran the streets, the
Emmanuelli's stayed clear with
iron bars as gates around the
house. The iron bars were seen
as a necessity because people
would break into homes within
their own neighborhoods.For the mother of the Em-
manuelli family, the barrio was
no place for three children to
obtain a successful life.

The Emmanuelli sisters



Jerimar and Jessmar Emmanuelli Photo Contributor

described school in Puerto
Rico as easy; you did not have
to go, all you needed was a
parent slip."I did not see [anything]
wrong, it was just an every day
thing," Jessmar said.The two girls moved to
the United States with their
brother who is also a student at
Sinclair."My mom thought it was
best for our education to go to
the states," Jerimar said. "My
mom had friends in Ohio that
she stayed with until she found
a job."At ages 14 and 15, the girls
packed their belongings and
headed across the ocean."To be honest, my first
thought was that everything
looked the same, the people
did too. It was confusing,"
Jerimar said.As time flew by, their educa-
tion grew.The siblings had no choice
but to go to college, according
to their mother.Jessmar was and still is deter-
mined to teach the language
of her homeland correctly
and plans to be a college level
Spanish professor. She is also
proud of her younger sister and
excited to see Jerimar fulfill all
her heart's desires.

"I dream to one day fly air

planes across multiple oceans,
through Italy and Rome and
view the architecture and
sculptures around the world,"
Jerimar said.Jerimar sets sail early next
year with the U.S. Navy, so
that the classes she needs in
order to be granted an Aviation
license can be paid for."My father used to tell me
about the Air Force, but my
mother never agreed. That is
why I started off in graphic
design," Jerimar said. "Since
I'm older and can decide for
myself, I want to be in the
military."They said they would love to
visit the Island again, but mov-
ing back is not something they
would do."You can't honk at someone
when the light turns green and
they just sit there, because they
will jump out of their car and
come after you," Jerimar said.
"I'll visit, but it's too much to be
afraid of."The two girls take pride in
where they come from, the
ghettos of Vega-Baja, Puerto
Rico."It is a blessing for us to be
able to use our street smarts
to perform our best. And
education means money and
with money you can escape the
Barrio," Jerimar said.

Prepping for your last semester

Surviving continued from front

Tate also said for students
in their last semester, or for
those getting close to their
last semester, it is advisable
to get experience related to
the major they are pursuing."Getting an internship, a
co-op, volunteering, get-
ting a part-time job in your
field," she said. "That's the
most important thing a
student can do in order to
be marketable before they
graduate."Tate gave general tips
about how to obtain a job,
including networking, vol-
unteering and preparing for
interviews."You know you have
always heard, 'it's not what
you know, it's who you
know,'" she said. "Now its
who knows you."For students who want to
improve their interviewing
skills, interviewstream.com
allows students to record
themselves answering
specific questions, then play
it back to see if they have
any nervous habits or if they
want to check their body
language.Mock interviews with
a staff member are also
available; the staff member
will ask questions and then
give feedback on how to
improve.Tate said as a general rule
with interviews, it is im-
portant to practice, prepare
examples and think about
what you might say before-
hand. Researching the com-
pany is also important so
you are not going in blind."A lot of companies are
asking behavioral interview
questions," Tate said. "They
ask you to tell a story in two
minutes about a problem
and how you solved it; be-cause employers think what
you have done in the past
might be reflective of what
you might do in the future."By preparing for these
types of questions in
advance, you are moving
one step closer to success,
according to Tate.Tate said although you
can prepare for the jobs you
want, it is all about the expe-
rience you can get."Too many students wait
until they graduate and then
they are like: 'oh I guess I
should look for a job now,'"
she said. "The planning
should start one to two
semesters before you are
planning to graduate."Two job fairs will be hap-
pening this Spring Semester.
One will be on Feb. 12 in
the Great Hall of Building
12 for Life and Health Sci-
ences from 1 to 4 p.m.; the
second will be April 9 from
12 to 3 p.m. for all majors
and industries."The best thing you can
do before you graduate is
to come and see our office,"
Tate said. "It's necessary and
central to your job search —
we are here to help and we're
free."For more information
about Career Services, visit
Sinclair.edu/services/ca-
reer/ or call (937) 512-2772.

Feeling bittersweet

"The last semester of
school can be bittersweet,"
Helton said. "It is important
to strike a balance between
enjoying, planning and
focusing."She said the last semester
at Sinclair can feel bitter-
sweet because students may
feel excited about complet-
ing their program, but also

scared about the next step.

"The fear that students
face in their last semester in
college often has to do with
the unknown," she said. "I
tell students that the best
thing to do when facing the
unknown is to control what
you can and let go of the
rest."Helton said some students
may lose focus in their last
semester due to the excite-
ment of being finished.
However, it's important to
stay balanced."Keep your focus and
keep your balance," she said.
"Break things up into small,
manageable pieces and then
do a little bit at a time so
they can add up into that big
completion of the project or
whatever it is."She also said it's impor-
tant to avoid procrastina-
tion."I think that when people
wait until the last minute,
when they try to do every-
thing at once, that's when
the stress comes," she said.Helton also advises
students who have time left
in their degree program to
pace themselves."People run out of the
gate at the beginning of the
semester or a program and
then they burn out," she
said. "I say pace yourself
along the way. What kind of
smaller goals along the way
can they set, in addition to
that final graduation step?"

Transfer information

Knepper said the first step
in transferring is research-
ing potential colleges. Upon
doing so, students can be
aware of transfer deadlines.

Surviving continued on page 4

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Art galleries feature student, faculty and outside artists



The art galleries at Sinclair feature student and faculty artists as well as artists from outside regions.

Jennifer Franer

Assistant Editor

The art galleries at Sinclair Community College provide examples of professional art from both students and faculty members on campus.

The three galleries are located in Building 13 off of Fifth and Perry streets and include the Burnell R. Roberts Triangle, Works on Paper and the Hypotenuse.

"The primary role is that they provide examples of professional art for the art students," Pat McClelland, coordinator of the art galleries, said. "It's a reference for them in terms of professional development and technique."

The galleries were put in the building around 1990 and are open to the public.

The exhibits on display in each of the galleries are a way to showcase the different work that is present throughout the year.

"We try to mix it up, we seek diversity," McClelland said.

"The Works on Paper gallery by its nature and its name, tends to be drawings, photographs and things that fit in a fairly small space."

The Burnell R. Roberts Triangle gallery can differ from year to year on what is presented. In the past, the gallery has had video installations, sculptures, paintings, as well as traditional media and non-traditional media.

Located on the third floor of Building 13 by the sky-bridge connecting Building 9 is the Hypotenuse gallery. The Hypotenuse generally has

sculptures and ceramics.

"It most commonly exhibits student work in ceramics and sculpture," he said. "But will occasionally be employed to show 3D or installation work by professional artists."

McClelland said that in January the Hypotenuse will have student work by the 2013-14 Fine Art Scholarship recipients.

"More of that work will be on display in the cases on the north wall of the sky-bridge just east of Building 2," he said.

The Art department has two student shows a year along with one faculty show, where a faculty member is featured in the Triangle gallery, while other faculty members are in the art galleries throughout the building.

After the two student and faculty shows, what is on display in the galleries is work that has been submitted as exhibition proposals. A committee meets once a year to review those proposals and then the artists are chosen.

"We have about 100 proposals that come in and maybe 14 are chosen," McClelland said. "Most artists that exhibit in the galleries here are not regional or local artists."

McClelland said that the galleries are national and can even be international in their scope.

The comment book that is available in the Triangle gallery is a place where the public, faculty, staff and students can express their opinion on the exhibits.

"People's opinion is of value," he said. "Every artist that

exhibits, I send them copies of the comments in the comment book so the artists themselves get feedback as to how their work is being perceived and whether it is accepted or not."

McClelland said he enjoys the diversity of the galleries and the variety that he is able to see each year.

The exhibits featured for the upcoming spring semester include Jennifer Nelson's "The Space Between" and Cynthia Bornhorst's "Winslow," which will be on display for the majority of the month, starting Jan. 6.

"[Winslow] is sort of a feminist show about the role of craft and women in the Victorian era," he said.

Starting in early February, "Realizing Ethnic Awareness and Cultural Heritage Across Dayton, or REACH: Shades of Greatness" will be on exhibit.

"A baseball-themed exhibit is coming for the REACH conference about the negro leagues," he said. "It's a very valued exhibit that I am pretty excited about."

In addition, two student shows including the Annual Juried Art Show and the Graduating Art Students Portfolio show will wrap up the semester.

For more information about the galleries or information on what is going to be on display, visit Sinclair.edu/arts/galleries or contact McClelland at pat.mcclelland@sinclair.edu.

"Everyone has their own personal tastes," McClelland said. "And the role of art is in part to get people thinking."

Winter safety on Sinclair's campus

Safety continued from front

"It's an extensive process," Gift said. "The committee monitors the weather and that information is provided to the president, who has the final say as to whether we're going to close."

News of a closure would then be relayed to faculty, staff and students via Nixle.

Gift said the weather can change for the worse very rapidly during winter, so the Sinclair Police constantly monitor the weather and road conditions, as well as the Ohio State Highway Patrol, local police and various sheriffs' offices in order to keep the school updated.

Gift said there is one

additional public safety concern many people don't often think of during the winter season—an increase in theft mostly by non-students.

He said students wear coats when the weather turns cold, but after arriving at school they often remove their coats and sweaters and use them to cover their laptops or other property while they run off to buy coffee or use the restroom.

"Unfortunately, when they come back, their property is taken," Gift said. "If students could just be vigilant and not leave their property covered with only a coat—that doesn't fool anybody."

Spring semester studying tips

Focus continued from front

When it comes to writing papers, Disability Services recommends students "work backward from the due date, reserving enough time for each step and assigning a completion date to each step."

According to Seitz, "when it comes to doing the things I really don't want to do, like long papers, I just have to remind myself that I'm in school for a reason, and staying ahead through an entire semester is a lot easier than doing a lot of catching up and make-up work later on," she said. "My future success is what inspires me the most."

Unique holidays in January

CLARION COMMENTARY

Jennifer Franer

Assistant Editor

We start out the new year of 2014's unique holidays with Old Rock Day on Jan 7. Mention this day to your science professors and you may get some extra credit — who knows? Spend the day learning about fossils that have roamed the earth for millions of years and keep the knowledge in your brain so you will have some information to use for the next time someone wants to know about rocks, it may come in handy if you want to start a collection.

Jan. 10 is a day that I know some of my family members would benefit from, as it is Houseplant Appreciation Day. On this day you can finally remember to water those plants you forgot about that are sitting on the windowsill. They need appreciation and on this day don't be afraid to give it to them.

Jan. 12 is National Pharmacist Day. If you go to pick up some prescriptions on this day be sure to thank your pharmacist and let them know that it is their day. You could even drop by and give them a gift if you wanted, but make sure to let them know that it is all about them.

Jan. 14 is Dress Up Your Pet Day



Jan. 14 is Dress Up Your Pet Day. Go to a pet store of your choice and pick up the cutest little sweater you can find to put on your cat, dog, guinea pig or any other animal you may have. You can even pick up tutus if you wish, but be sure to dress up your animal on this day only.

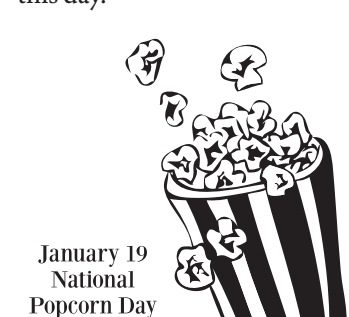
Jan. 17 is Ditch New Year's

Resolutions Day. This holiday seems pretty accurate; I would estimate that it takes around two weeks to forget those resolutions that you tried so hard to keep on the first couple days before deciding to ditch them. So on this day, if you haven't already — ditch those resolutions, they weren't a good idea anyway.



January 18 Thesaurus Day

Jan. 18 is none other than Thesaurus Day. This day would be perfect if you have a paper to write. You can come up with several different words on this day to incorporate into your paper. Whatever you do, make sure you do it while using a thesaurus on this day.



January 19 National Popcorn Day

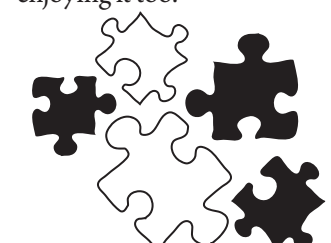
Jan. 19 is National Popcorn Day. Pop some popcorn on this day and bring it to class. I am sure that you will pick up some new friends if they are hungry. If you feel stingy, just eat it in class or make yourself a popcorn necklace.

Jan. 21 is Squirrel Appreciation Day. If you are one of those people who hate when squirrels run out in front of you when you are driving, on this day you are going to have to suck it up and appreciate

that the squirrel is coming to greet your car.

On Jan. 23 it is National Handwriting Day. Go and write notes to one of your friends like you did when you were in elementary school and make it a special occasion. Go up to a crush or a significant other and write them a love note. Whatever you do, resist temptation to use a computer to type on this day.

Jan. 28 is Fun at Work Day. Take this day to do some outrageous things and have fun. Decorate the office, or take the day to tell nothing but cheesy jokes. Whatever you choose to do, make sure you have fun doing it and that others are enjoying it too.



January 29 National Puzzle Day

On Jan. 29, National Puzzle Day is upon us. On this day go to the store and buy a puzzle that is appealing and take on the task of creating a work of art though puzzle pieces. If you want, you can even bring a puzzle to class and ask if you can put the puzzle together with classmates. It would be wise when purchasing the puzzle to make sure the puzzle is one you can complete, but that is just a suggestion.

On Jan. 31 it is Inspire Your Heart with Art Day. Go out and find art that you enjoy or create art on your own. As long as you find a way to inspire your heart with art — you are on the right track.

Do you know of any unique holidays worth celebrating? If so, email them to the clarion@sinclair.edu. Happy celebrating.

Preparing for your last semester

Surviving continued from front

"Different schools are going to have different deadlines for transfer students than they are for their brand new students," she said. "So they're going to need to know what those deadlines are so they can meet them."

In addition, she said students should also be aware of not only university entrance requirements, but specific program entrance requirements as well.

She also recommends students to see their advisor after choosing a transfer school, because they may be aware of what classes transfer better to different schools.

"We certainly don't know all of the colleges requirements, but we can at least help them," she said. "[For example], there's a program that won't transfer well to Wright State,

but it transfers great to University of Cincinnati and we may know some of that stuff."

She said it's important for students to keep their eyes open to many different schools instead of only looking at one.

"There might be a better program for them for what they want to do at another college, so do research," she said. "See if the degree that you're going to get ... is the degree that you want to get, and don't be afraid to look at different options."

Usually transfer students who are still taking classes will be required to send a copy of their transcript upon sending their application, then after completing classes.

Uselect, through transfer.org, is a website students can utilize to see if the classes they have taken at Sinclair will transfer to different schools in

Ohio.

"They can look to see how their classes here would equate to that other school," she said.

Knepper also said although it is advisable to look into transferring before a student's last semester, it isn't too late.

"Ask lots of questions and don't be afraid to go back to the college, go back to the website, come back to see an advisor at Sinclair, and be patient because it is a complicated process. You may feel like it's three steps forward, two steps back, because there's lots of different variables," she said. "Know that wherever you transfer, you're not alone, there's other people who have been there. There are people, both here and at that other school, who want to help you — you just have to find them. It's definitely doable."

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editorialcartoons



yourvoice

Do you have any New Year resolutions and do you think that most people follow through with them?

Photos & Reporting by Jennifer Franer



Ronald Moreland
Software Development

"I have a few myself, one is to aim for a B or higher in my classes. I think some people set high expectations and aren't able to go through with resolutions, but this spring semester I am going to take 13 credit hours so I hope to aim for a B in all those classes I take."



Jordan Pierce
Health Science

"I think most of the time they don't follow through — it's hard to stay focused for an entire year. Some people stay focused and others can't. I have more long distance goals, like to stay in college and to get into sports after I am done with my time here at Sinclair."



Kelsie Wheeler
Interior Design

"At the moment I don't have any resolutions, but normally I pick ones I am pretty sure I can accomplish. Passing all my classes with an A is one that I can think of right now."



Brian Eifert
Civil Engineering

"I don't have any New Year resolutions. I think if people are motivated enough they can keep them throughout the entire year though."

puzzlesolutions

CROSSWORD

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

Jennifer Curry
Contributing Writer

I believe . . .

The 2012 apocalypse was prevented by a group of teenagers and a wise librarian.

I believe . . .

There are things in the dark that are not there in the light.

I believe . . .

If I go into a coma I will wake up with super powers.

I believe . . .

Heaven is a giant library where every book that has ever been published has a spot on the shelves . . . Prove me wrong.

I believe in the power of the imagination. Without imagination there would be no music, no art, no books or poetry, movies, or even cartoons. Can you see going through life, stuck day in and day out firmly in reality? Terrifying! We become what we dream; we are what we believe.

When I was a little girl, I believed there were monsters under my bed, and if I put a sandwich and a

This I believe

glass of water on the floor they wouldn't eat me. I also believed my teddy bear was magical and would keep the nightmares away.

A man stood looking at a barren desert landscape and imagined a gigantic structure that pointed to the heavens. Through that imagining, the great pyramids were built and those monuments have endured for more than 5,000 years.

The ability to think, "I wonder," or "I wish," or "what if," have shaped our civilization since man first climbed down from the trees.

Albert Einstein, one of the greatest thinkers in the world once said, "Imagination is more important than knowledge. Knowledge is limited, imagination encircles the world."

Robert Fulghum said, "I believe imagination is stronger than knowledge, that myth is more potent than history, that dreams are more powerful than facts."

Ancient man looked into the night sky and saw patterns in the stars. From

these patterns they made up stories about Gods, heroes and monsters that so captured our imaginations. We still know the stories of Hercules and Zeus, Taurus the bull and Leo the lion. Ancient men looked at the moon and wondered what was up there. Later, other people were able to use their imagination to figure out a way to go up, finding out there wasn't much.

What would the world be like if Steven King had never thought, "I wonder what would happen if the government created a superflu and it escaped from the lab?" Or if J.K. Rowling had never imagined a small boy with a lightning scar and a heroic destiny?

Reality sucks; how wonderful is it that we have the awesome ability to escape from the reality of bills, jobs and homework to travel to distant worlds? The ability to travel to our own world in the distant past or future, to meet exciting people who have never existed and go on amazing adventures without leaving the comfort of your favorite easy chair?

We have the power see the landscapes and smell the smells and hear the sounds as clearly as you are seeing and hearing now. How many of you are in those worlds right now?

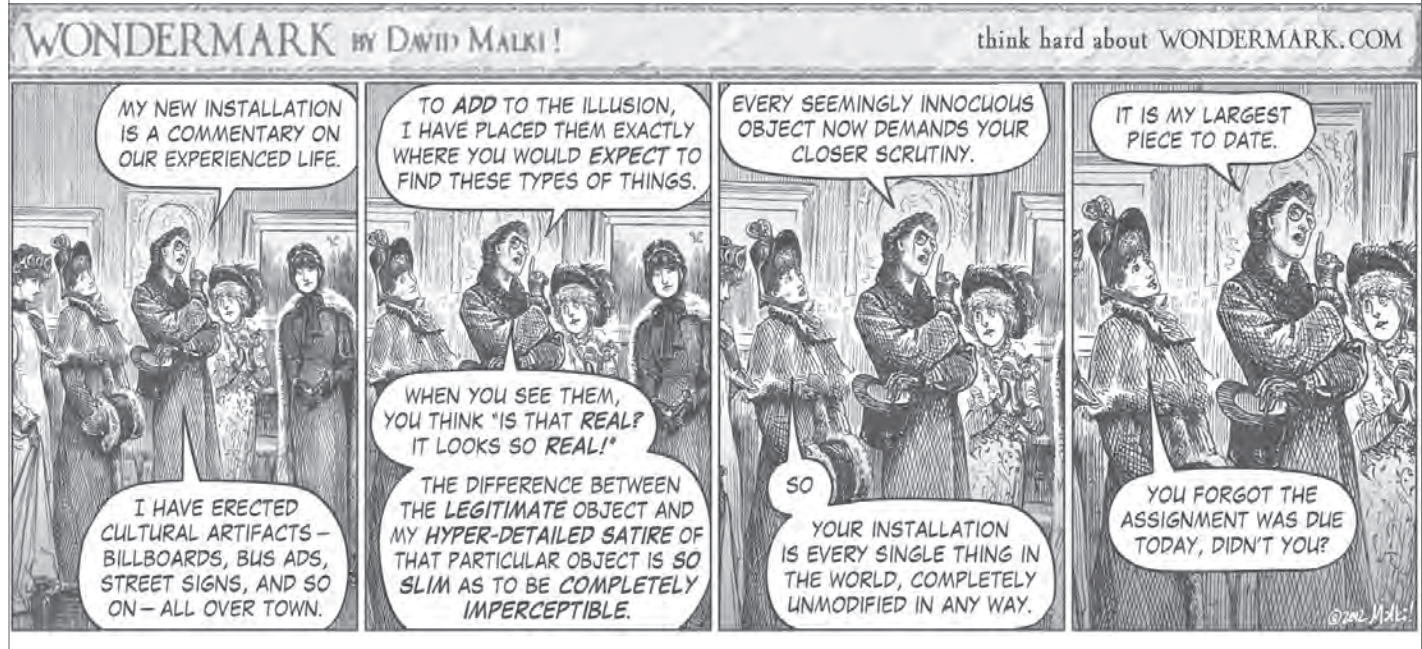
People ask "why are we here, what are we for, what is the meaning of life?" I believe the answer is to dream to imagine what could be. Shel Silverstein said it best — "If you are a dreamer come in. If you are a dreamer, a wisher, a liar, a hopper a prayer, a magic bean buyer — if you're a pretender come sit by my fire." This is what I believe.

Students are welcome to submit their own "This I believe" writing pieces.

The Clarion is also open to other student-written opinion pieces that may have been written for a class.

If interested, submit your opinion piece to clarion@sinclair.edu.

If submitted, we reserve the right to edit the writing piece before it is published. Students should also keep in mind that submission does not guarantee publication.



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.

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Reach your goals' peak

This New Year's, try setting attainable resolutions to achieve real results

BY JESSICA YADEGARAN
Contra Costa Times

Hoping to change careers, get married and drop 20 pounds before Valentine's Day?

Baby steps, people. Baby steps.

Most of us default on our new year's resolutions, and it's hardly surprising. We aim too high and expect immediate results. Experts say it's time to re-evaluate our approach.

"The way we go about resolutions doesn't really work," says Mike Robbins, a life coach and author of "Focus on the Good Stuff: The Power of Appreciation." "People have these great intentions but they don't have any support, structure or accountability to make them happen."

Instead, use Dec. 31 as a day to put closure on the past year, reflect on what you accomplished, what you learned and choose something to let go of, Robbins says.

That way, come New Year's morning, you're ready to start fresh and devise precise, goal-oriented resolutions rather than murky intentions such as "spending more time with the kids," Robbins says.

Be sure to write down your resolutions. Tape them to the wall. Share them with someone, and check in every few months to stay on track.

Making smaller, attainable resolutions that grow with you — and making more of them — is going to ensure you meet your goals in the long run, says Trisha Calvo, executive editor of Shape magazine.

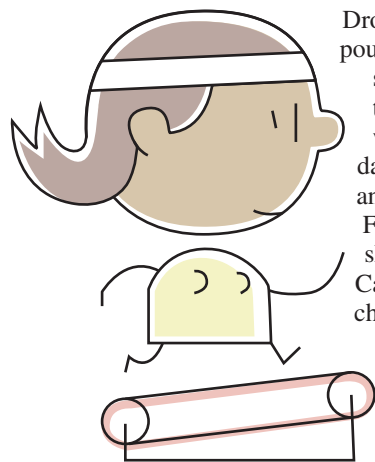
"What you should be doing is making specific actionable promises to yourself that you can actually keep," she says.

Below, the experts tackle five common resolutions and offer realistic alternatives.



Illustrations by David Steinlicht / St. Paul Pioneer Press/MCT

Weight loss



Dropping double-digit pounds or multiple dress sizes can be unrealistic. Instead, resolve to walk an hour five days a week, or trade an afternoon

Frappuccino for a skim milk cappuccino, Calvo says. See the changes as a lifestyle.

Or, maybe for you, start off with one day a week, and work your way up.

Remember, a safe measurement of weight loss for most people is one to two pounds a week, Calvo adds. Each pound should be celebrated. "Congratulate yourself with small rewards — a new book, a relaxing day, great running shoes," she says.

When it comes to eating healthfully, cutting back on portions or bringing an apple to work every day are obvious resolutions. Less obvious: Eating more slowly, and not eating in front of the TV. "When you sit down and focus on your meal, you get more than the substance," Calvo says. "You get the aroma, textures and flavors, all of which contribute to satiety."

Other easy resolutions: Eat breakfast. "It triggers a metabolic boost that lasts all day," Calvo says. Also, get calorie smart. Most people don't realize how many calories are in common foods, she says.

The most important thing to remember? "If you go to a wedding and chow down or eat all the bread in a basket, don't use that as an excuse to give up," Calvo says. "Tomorrow's another day."

Love/relationship

Setting your sights on getting married this year? That's a lofty goal if you're currently unattached. Instead, resolve to get out there more by joining a group or signing up for online dating, says Terry Fitzpatrick, chief operating officer of the Boston-based matchmaking service the Right One.

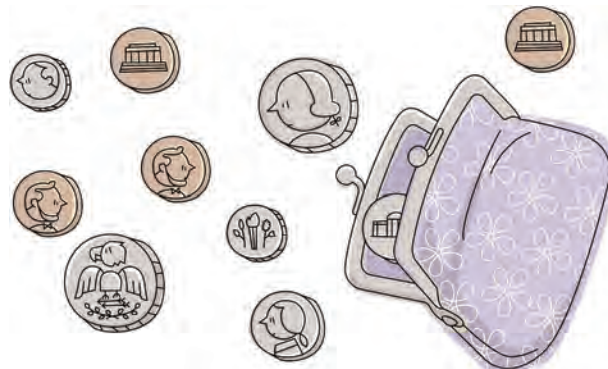
If you're in your 20s, join groups and get involved in charities. For example, in an election year, one of the

best places to meet "like-minded singles is to join a political campaign," Fitzpatrick says, adding that online dating is another great choice for twentysomethings.

Online dating and groups are fine for people in their 30s and beyond, but they tend to have fewer single people in those age groups, Fitzpatrick says. It's a good time to consider consulting a matchmaker, especially if you seek expert advice in other areas of your life.

No matter your age, if you live in the suburbs, get out and go where the action is, Fitzpatrick says. You'll meet people walking to the corner store. Above all, keep this resolution realistic. If you have a list of 10 must-have qualities, resolve to broaden the flexible ones, such as age and height, Fitzpatrick says.

You'll be glad you did.



Finances

Proclaiming this as the year you'll get rich could result in disappointment. Instead, promise to save more money, or finally join your 401(k).

The good thing about numbers is that you can track them, Robbins says. So whether you want a higher salary or a specific revenue for your business, you need to have a number in mind. Close your eyes and imagine it. Pretend it's the end of 2008 and brag about the financial goal you met, Robbins says. "It helps people to visualize it."

If you're trying to save money, set up a separate account so you can track it. Then break up the amount. Putting away \$416.66 a month isn't as daunting as saving \$5,000 this year. "Set yourself up for success by using daily, weekly and monthly goals as ways to get there," Robbins says.

Remember, if your resolution is simply an action item — joining your company's 401(k), lowering your cable bill — then it's just a matter of doing it. "Action items are 100 percent up to you," Robbins says.

Career

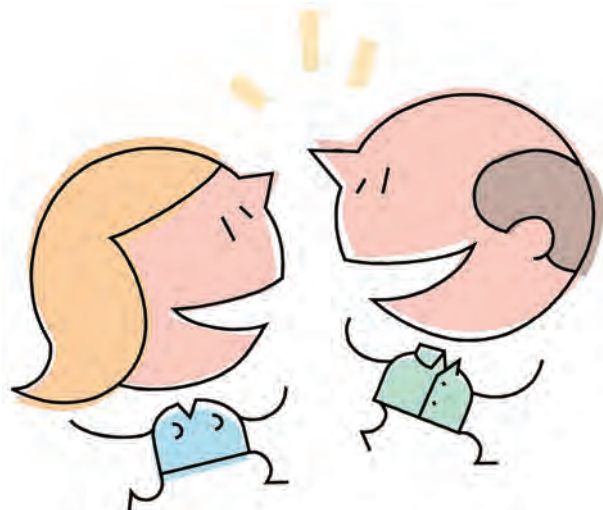
Set on finding your dream job this year? That can take a lot of research and long-range planning. To start, update your resume or promise to apply for at least one job a week.

If you want to change your current work situation, you must first get clear about what you want, Robbins, the life coach, says. Something new and bold, like your own business? Or a complete career switch?

This is when reaching out and seeking a little help or advice can yield results, Robbins says. "Our view of ourselves is so distorted, and very few people are naturally good at things like negotiating or selling themselves." As the saying goes, it's all about networking.

Ask yourself: What's my ideal work situation given the reality of my life? Start broad and then zero in on your goal, and how you can make that happen, Robbins says. If you want a raise or promotion, seek the advice of a mentor, life coach or higher-up friends in similar industries.

Remember, if you tell just one good friend about this resolution, the friend will never let you forget it. "Friends give you a kick in the butt or a hug when you need it," Robbins says. "Just when you want to give up on your search, they send you an e-mail or phone call and reignite the flame."



Making a difference

You fed the homeless on Christmas and loved the altruistic high so much you've vowed to make this the year you make the world a better place. But can your shoulders handle the weight? Instead, pick a charity or cause and volunteer three hours of your time a month.

"Find at least one cause and choose an amount of money or time that works for you," Robbins says. Then, commit.

Whether it's one day a month at a food bank or \$5 a week to a homeless person, make specific promises to give. Also, remember your biggest source is a skill you can share with others. Are you an accountant or a writer? Do you have access to teachers?

"We all have talents and we don't realize how valuable they can be to other people," Robbins says. Realizing that can be the greatest resolution of all.

