

Sugar: sweet or not

Maggie Stacey
Reporter

As sugar becomes a more prevalent buzzword in our society, many different questions, both complicated and simple, remain unanswered.

Table sugar, also known as sucrose, is composed of one molecule of fructose connected to one molecule of glucose. Sugar, a carbohydrate, can be healthy and unhealthy, depending upon what types we use, in which way we use it, and how much of it we use. We can eat two types of sugar—naturally occurring sugars and added sugars. Naturally occurring sugars are usually found in the fructose of fruit and the lactose of milk products. We often think of “added sugars” as brown sugar, corn sweetener, high fructose corn syrup, and the like; and although that is accurate, naturally occurring sugar can also be considered an added sugar. For example, adding sugar, which naturally occurs in the form of sugar cane or sugar beets, to coffee results in naturally occurring sugar becoming an added sugar.

The Sugar Association argues that sugar does not cause weight gain; but rather that a diet with excessive calories, independent of where the calories come from, can cause weight gain. The number of calories in sugar is based upon multiplying the number of grams by four, ultimately estimated to be about fifteen calories per teaspoon. On the nutrition panel of foods, naturally occurring sugars and added sugars are included on the same line.

This can cause confusion; naturally occurring sugars contain fructose, glucose, and lactose, and added sugars are often juices or syrups.

Sugars continued on page 3

Native American Heritage Month



Zoe Hurley
Reporter

November is Native American Heritage Month, but before it was officially recognized, there were 71 years of debate between the states. Initially it was granted only one day of recognition, but eventually it evolved to become the entire month of November when President George W. Bush formally recognized it in 1990. “I’m glad that it happens, but most people don’t even pay attention to it, mainly for the fact that most people

don’t understand or even believe that we even still exist,” said Guy Jones, a founder of the Miami Valley Council of Native Americans. Even with this viewpoint, Jones still agrees that it is a month that should be paid attention to. “It’s an effort to educate people that American Indians played an important role, democracy was taken from the American Indian people—that’s how we governed ourselves,” Jones stated. “The only thing that [American] democracy left out is women.”

The Native Americans are a matriarchal, not a patriarchal society as most movies portray them. Although the Romans did influence the United States Government, if you look more closely, the Native Americans were here when we first settled. You’ll find plenty of evidence showing just how much they influenced our Declaration of Independence and other important documents.

Heritage continued on page 3

Sinclair vs. Ohio State

Darasia Cheeks
Reporter

Sinclair Men’s Basketball team (3-1), on November 13, 2014, defeats Lime, Ohio State basketball team 110-46 winning another home game. Jalen Robertson led the way with 18 points.

Both teams started off well offensively and defensively. Marcellous Washington made a great shot the beginning of the game as well as the Tartans as a team which put them ahead. This gave them a comfortable lead which they were able to sustain for the rest of the game. The Tartans went into half time with a 50-18 lead which ended with Jalen Robertson dunking two of his 18 points in the final minute of the first half.

As well as Jabriel Coaston, he had 12 points, 5-6 shots from the free-throw line and 15 rebounds. Overall, their ability to move the ball resulted in both teams playing competitively and made the game more interesting.

Both teams were full of adrenaline and contributed to give a good game the second quarter. The first half lead proved to be much for Ohio State to recover from as Sinclair was able to finish off the game comfortably with 60-28.

Sinclair took the win with 81-58 being the final score. Five of Sinclair’s players scored in double figures, Jalen Robertson (18), Wesley Parr (17), Steven Parriere (15), Jabriel Coaston (12), and Manny Powell (10).

Sinclair out-rebounded Ohio State 65-40 and Ohio State attributed in forcing 9 more turnovers than Sinclair 19-10. Good game guys!



Sinclair player, Jabriel Coaston, goes in for a slam dunk against Ohio State University.

How Sinclair ranks up to other schools

Jason Sedy
Copy Editor

Sinclair Community College is one of the largest community colleges in the state of Ohio, (by enrollment) and also one of the largest in the country with about 24,000 students. Columbus State Community College in Columbus, Ohio has a comparable enrollment, with approximately 26,000 students as of 2012.

To give you an idea of how we

compare to other colleges size-wise, California and Texas are home to community colleges with enrollments ranging between 30,000 and 90,000 students. Northern Virginia Community college in Springfield, Virginia is near the top of the list with over 75,000 students, but Miami Dade College in Miami, Florida takes the cake with more than 165,000 students.

Meanwhile, back in Dayton, Wright State University has more

than 17,000 students enrolled, and Sinclair’s nearby neighbor, University of Dayton, has about 10,000 students. As for the Big Leagues, Ohio State University in Columbus has over 50,000 students, and University of Cincinnati has over 40,000.

Sinclair may not be the biggest school in the bunch, but there are plenty of reasons for students of all types to study here.

First of all, students concerned about tuition prices will be amazed

at Sinclair’s low cost. Sinclair has one of the lowest tuition rates in the state of Ohio at around \$6,500 per year for out-of-state students. Montgomery County residents will only pay about \$2,500 per year, thanks to a subsidy provided by Montgomery County taxpayers. By contrast, a year of classes at The University of Dayton will run you about \$30,000 per year.

Rankings continued on page 3

Rosewood art gallery exhibition

Jamez Novotny
Reporter

The current exhibit at the Rosewood Art Gallery in Kettering is Art Ed: An Art Educator’s Exhibition and features art from 14 Sinclair instructors.

Founded in 1986, the Rosewood Gallery is one department of Rosewood Arts Centre, a division of the City of Kettering’s Parks, Recreation and Cultural Arts.

“The gallery specializes in the exhibition of contemporary art by local, regional and national artists and is dedicated to promoting the visual arts to audiences in the Kettering and Dayton, Ohio region.” Tracy Flagg, the coordinator of the Rosewood gallery said. The Rosewood Gallery offers

four group exhibitions and eight solo exhibitions in a year, most of which are juried [judged].

The Rosewood Gallery and Rosewood Arts Centre are highly recognized, receiving funds from local and regional art associations. “We are supported by Kettering Arts Council, the Ohio Art Council, and United Art and Education,” Flagg noted. “A member of Kettering Arts Council, in fact, serves on the three-person jury panel to select each calendar-year’s solo exhibitions.”

Art Ed: An Art Educator’s Exhibition is in its fourth year and will run from November 10 to December 12. It features work from numerous local art instructors from a variety of schools.

“Art Ed: An Art Educator’s Exhibition was the brainchild of my prede-

cessor, Amy Kollar Anderson, who served as Gallery Coordinator here for nine or so years until this last June,” Flagg said. Art Ed: An Art Educator’s Exhibition is one of the few exhibits not juried at the gallery.

Flagg noted that, “The purpose of the show is to highlight the work of area art educators and, of course, our own Rosewood instructors. The exhibition is open to all media. ‘Art educator’ is defined loosely as anyone teaching formally in the visual arts at any level, so they may work for public schools, universities, studios, or arts centers like our own.”

The reception for the current exhibit is December 6, 11a.m. to 3p.m. at the Rosewood Gallery. The reception will take place alongside the Rosewood Arts Centre’s A Rosewood Holiday

Open House event. Flagg is expecting more visitors due to the two events coinciding on the same Sunday.

“Art Ed gets a wonderful response from our viewers,” Flagg says. “Visitors have described it in our guest book as ‘captivating, charming, inspiring, and informative.’”

Patrons who visit during the open house and reception can place three votes on their favorite pieces in the exhibition. At the end, three \$100 awards will be given out to the best-in-show, sponsored by the City of Kettering.

The Gallery acts as much more than a museum. The Rosewood Gallery is all about educating and doing so by educating through art demonstrations available to the public, “We try to make the show itself about art education by using labels describing

the various media and techniques, and with the artist demos scheduled to take place during the open house.”

The next exhibit to be displayed at the Gallery is Works on Paper, which is the 25th annual exhibit of its kind. The exhibition will be juried by Dayton photographer and instructor Sean Wilkinson. The exhibit will run from January 26 to February 27 with a reception on January 25 from 2-4p.m.

Sinclair instructors who have worked in the Art Ed: An Art Educator’s Exhibition include Cynthia Bornhorst-Winslow, Bob Coates, Mark Echtner, Shirley Harbaugh, Kevin Harris, Rosie Huart, Kelly Joslin, Richard Jurus, Colleen Kelsey, Tess Little, C. Pat McClelland, Kathy A. Moore, Barb Stork, Sally A. Struthers, and Leigh Waltz.

clarionclassics

Interview with Arthur

By Richard R. Mills Jr.
Nov. 15th 1983

Good morning Sinclair! This is one of your favorite staff writers giving behind the scene coverage on holidays. Last month I read a ton of books on Halloween, this month will interview a turkey!

“Hello, excuse me sir, what is your name and what are you doing behind that bush?”

“Shhsh! Be quiet, I’m hiding.”

“Hiding, hiding from what?”

“Hunters, seen any lately?”

“WHY... YOU’RE A TURKEY!!!”

“Hey! Not so loud wise guy. You want a stuffed turkey or an interview?”

“An interview.”

“Okay then, my name is Arthur and I’m over 200 years old. A long time ago my wife Elizabeth and I were at the annual Turkey-Trot Festival. Elizabeth was at the boutique having her feathers fluffed when ‘BANG,POW,BOOM,BOOM!’ it started raining cats and dogs!”

“What happened, were you being chased by dogs?”

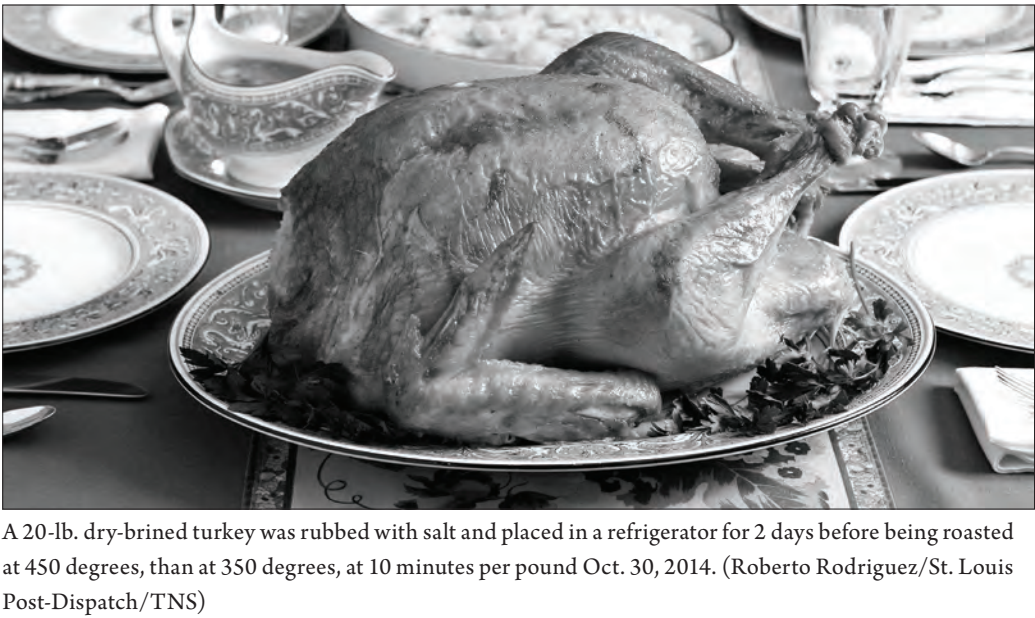
“NO! It was those darn pilgrims with their muzzleloaders! They ruined the whole dancing contest and blew away some of the finest turkeys you’d ever meet. I tell you all we turkeys have to be thankful for is a few months of peace and quiet then ‘run for your life!’ during hunting season! They deceived my poor Elizabeth in 193 with one of those turkey-calls, it’s just not fair I tell you! They say they shoot us because it’s cheaper than buying one of us at the super-market! But to me it’s just an open graveyard and...”

“Wait a minute, did you say it’s cheaper?”

“Uh, yes... why?”

“BOOM, BOOM, CRACK, POW, POW!”

“Honey, will you pass the salt?”



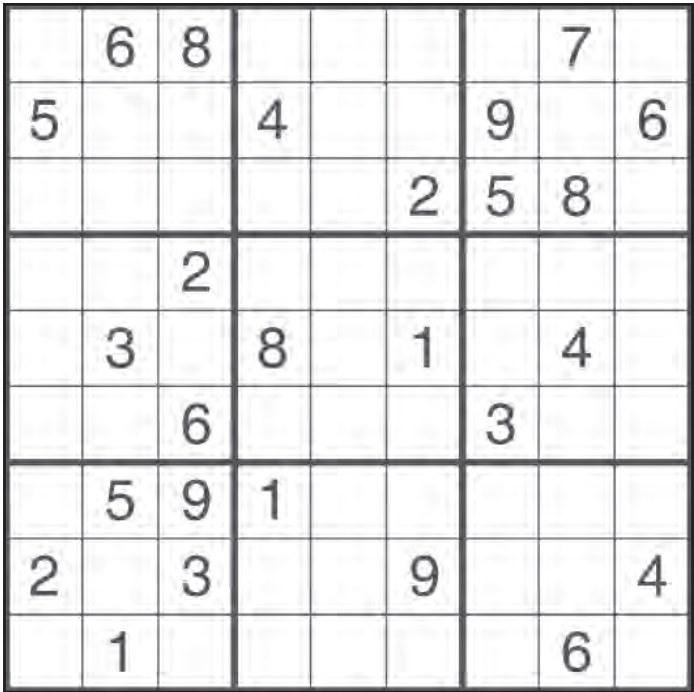
A 20-lb. dry-brined turkey was rubbed with salt and placed in a refrigerator for 2 days before being roasted at 450 degrees, than at 350 degrees, at 10 minutes per pound Oct. 30, 2014. (Roberto Rodriguez/St. Louis Post-Dispatch/TNS)



CAMPUS CALANDER	<div>November 24, 2014</div> <div>Sinclair Talks: Native American Literature Reading</div> <div>Library Loggia</div> <div>12:00 p.m. to 1:00 p.m.</div>	<div>November 26, 2014</div> <div>Service Learning and Honors Symposium</div> <div>Library Loggia</div> <div>10:00 a.m. to 3:00 p.m.</div>	<div>November 26, 2014</div> <div>CAMPUS IS CLOSING</div> <div>AT 5:00 P.M.</div>	To find out more about the Sinclair Talks happening this week, visit http://www.sinclair.edu/student/talks/
	<div>November 25, 2014</div> <div>Sinclair Talks: Study Abroad Scholarships</div> <div>Library Loggia</div> <div>12:00 p.m. to 1:00 p.m..</div>	<div>November 26, 2014</div> <div>CAMPUS IS CLOSING</div> <div>AT 5:00 P.M.</div>	<div>November 26, 2014</div> <div>CAMPUS IS CLOSING</div> <div>AT 5:00 P.M.</div>	

sudoku

puzzle



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.

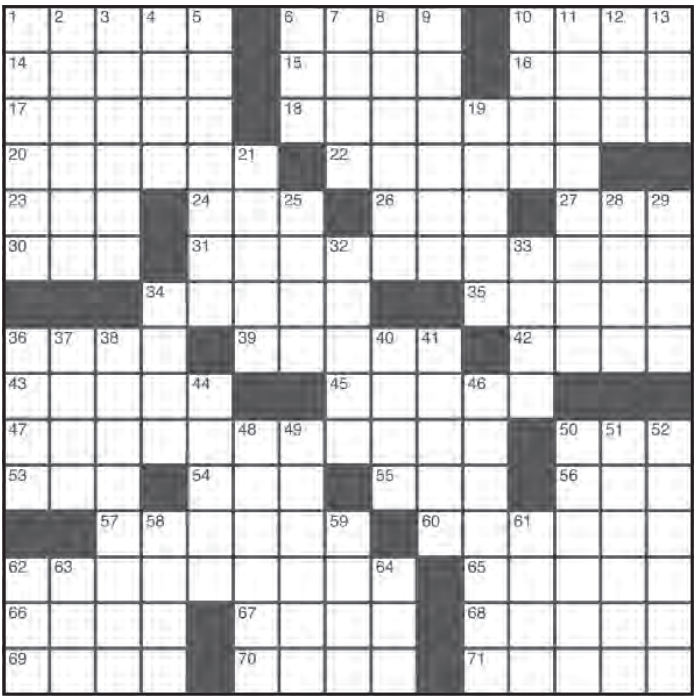
Every Sudoku game begins with some squares already filled in, and the difficulty of each game is due to how many squares are filled in. The more squares that are known, the easier it is to figure out which numbers go in the open

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!

crossword

puzzle



- Down
- 1 Crude dwellings
- 2 Western bad guy chasers
- 3 "Little __ Annie"
- 4 Top draft status
- 5 Classic Italian sports car
- 6 Happy hour spot
- 7 N.Y. Yankee suspended during 2014
- 8 Turned into
- 9 Gabbed

- Across
- 1 Parody
- 6 Infant
- 10 Homeless child
- 14 Songstress Lena
- 15 Geometry class calculation
- 16 Throw hard
- 17 According to
- 18 "MTV staple
- 20 D-flat equivalent
- 22 Territory that became North and South states

- 10 Slightest amount
- 11 Chutzpah
- 12 Anger
- 13 Mel's Diner waitress
- 19 Swedish automaker
- 21 Biblical song
- 25 Actress Taylor
- 28 Top poker pair
- 29 Sassy
- 32 Hindu teacher
- 33 "That's painful!"

- 23 Mauna __
- 24 Syst. with hand signals
- 26 "Blazing Saddles" director Brooks
- 27 Baseball hat
- 30 Nine-digit govt. ID
- 31 *Oral indication of anger
- 34 Nickname of AA co-founder William Wilson
- 35 Word before limits or space
- 36 Home for a bird
- 39 Home for the Heat

- 34 Boyfriend
- 36 Fish that complains a lot?
- 37 "Can I get a word in?"
- 38 Exacts revenge
- 40 Fine spray
- 41 Cake topping
- 44 Washer's partner
- 46 Draw, as flies
- 48 Uneasy "bundle" contents
- 49 Suitcase
- 50 Marathon city

- 51 Place for Winnebagos ... and for the answers to the starred clues?
- 52 Lowest choral parts
- 58 Exceptionally
- 59 2014, for one
- 61 Hurt
- 62 Sales staff employee
- 63 __ Jima
- 64 Quickness of mind

- 42 Dermatologist's concern
- 43 In front
- 45 Prophet whose name sounds like a mineral
- 47 *Trip to somewhere you've been before
- 50 "I need a short break," in chat rooms
- 53 Brit. bigwigs
- 54 Vote of approval
- 55 Explosive initials
- 56 Egg cells

- 57 Either "Bye Bye Love" brother
- 60 Comprehends
- 62 *Selling point of a home on the Hudson, say
- 65 Take the part of
- 66 Fancy pitcher
- 67 Actor Morales
- 68 Mowing the lawn, e.g.
- 69 Small horse
- 70 Spanish muralist José María
- 71 Distance runs, briefly

the

Clarion

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The Official Student Newspaper of



Is Sinclair the best? You decide

Rankings continued from front

Cost isn't the only thing to consider, though — Sinclair gets high marks in student satisfaction on rating sites like ratemyprofessors.com. Art major Eric Hamlin, who started using ratemyprofessors.com in his second year at Sinclair says: "I have had some amazing professors here." Believe it or not, Sinclair beats Wright State, UC, UD and

OSU when students rate their satisfaction with the school's faculty.

But that's not the only area where Sinclair shines: according to ratemyprofessors.com we also have a better campus, better food and a better reputation than Wright State. The Awesomeness doesn't stop there, either. Sinclair earns 4.3 out of a possible 5 points for overall happiness. That's better than Wright State and not too far behind schools like UC

and OSU.

Ratemyprofessors.com allows students to anonymously rate aspects of their school, and it also allows comments and ratings for specific teachers. Below are a few of the comments left by Students at The University of Dayton.

One student commented: "You can't get higher than a Dayton Flyer." Another said: "It's awesome." Another UD student feels that their school truly is the "Happiest Place on

Earth." It may be true that I enjoy picking on neighboring schools, but I actually couldn't find a single bad review for UD on ratemyprofessors.com.

Wright State students, on the other hand, left comments like: "Wright State does not get the respect it deserves," and "It's pretty okay." Another commented: "Not bad, not ideal..." Other students were a little less satisfied and left comments like: "Please do not waste your money," and "The

parking sucks."

Sinclair students also had plenty to say, like: "I don't have any complaints," or: "The location is perfect." Another student said: "It has all the classes you need." One of my favorites is: "The instructors are surprisingly enthusiastic and better than what I would have expected."

I couldn't have said it better myself!

When you add it all up, Sinclair is a great value for

almost any kind of student. We're affordable, and we have great teachers and staff and a dynamic and ambitious student body. We have a wide variety of traditional academic programs, and also some that you will be hard-pressed to find at other colleges, like the robotics and UAS programs. Sinclair stacks up nicely against other schools in the region, and you just might be surprised at what you will learn here.

Dangerously sweet?

Sugars continued from front

For American adults, men should only have 150 calories of added sugars per day, and women only 100. According to the National Health and Nutrition Examination Survey (NHANES), Americans consume an average of 355 added-sugar calories per day. When we look at added sugars and naturally occurring sugars separately, the statistics can

be staggering. For example, a 12-oz can of carbonated soda contains 132.5 calories of added sugar. That number does not include naturally occurring sugars or any other calorie sources.


Should we replace all added sugars with artificial sweeteners? The sugar association states that "Since sugars are not uniquely fattening, replacing sugar with other caloric or artificial sweeteners

is not a workable solution to weight management," and that "Weight loss occurs by reducing the total amount of calories consumed or increasing caloric expenditure through regular physical activity."

However, the American Heart Association suggests that we should "Try zero-calorie sweeteners such as aspartame, sucralose or saccharin in moderation."

Reader's Digest would argue

that sugar is addictive and dangerous. In their article This is Your Body on Sugar, they state that sugar increases dopamine, the reward hormone, in our brains. This reinforces our desire to have more sugar. They cite a study from the University of California, Los Angeles, that suggests that "too much sugar forms free radicals in the brain and compromises nerve cells' ability to communicate," and that



Claire Guidon | Clarion Staff

Common everyday food pictured next to the amount of sugar it contains.

this compromise of cells can affect how well we remember instructions, process ideas, and handle our moods.

With all things considered, maybe we would have to eliminate sugar completely in order to make an informed decision.

First settlers of America: the Native Americans

Heritage continued from front

"As far as celebrating Native American Heritage month, that's an American concept," Jones said, when asked what kinds of celebrations occur in Native American communities during this month of honoring them.

He stated that it's only

really recognized at the college level, and even then there isn't really much done. There were little to no celebrations found on the American side, and Jones said the Council wants to teach the population about Native Americans.

"There is a lot of misrepresentation of the

Native American culture and their people," Jones said.

He added that the council's goal is to teach about the principles and the values of the native people "to form a just society." He said the way Native Americans have been treated in the past is unfair and unjust. These

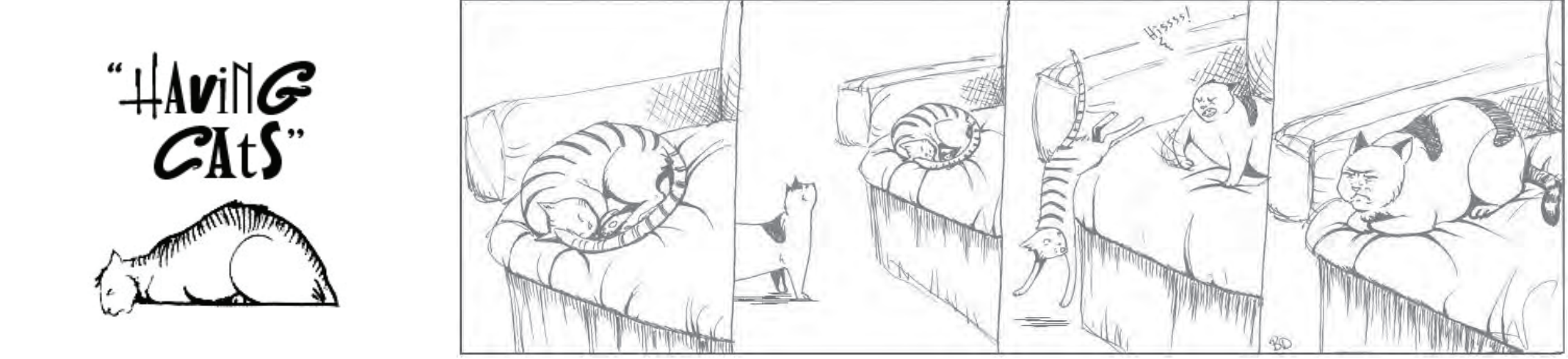
people just want to help others learn about who the Native American people are so they can better understand and respect each other.

"I grew up in a time where we referred to it as lakol wicoham. Which is a way of living. There was no separation of spirituality. There was no

separation of tradition. It was exactly who we were. But today, we begin to emanate American society, in a sense that, American society only worships God on Sunday morning at ten o'clock. Whereas, American Indian people, we don't do that... Because in this society, God is separate," Jones said.

How has modern day culture affected American Indians today? He went on to say that it even affects their language, and also talked about how guns and new diseases affected the Native Americans of the past. There are no reservations in Ohio, the closest ones are in Michigan and New York.

Tylers' and Bethanys' cartoons



ARAMARK MENU FOR NOVEMBER 24 – 28, 2014				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY & FRIDAY
SIMMER	Three Bean Chili	Three Bean Chili	Three Bean Chili	Campus Closed
SIMMER 2	Minestrone Soup Hearty Vegetable Soup	Beef Noodle Soup Hearty Vegetable Soup	Beef Noodle Soup Roasted Corn & Potato Soup	
HOME	Crispy Asiago Chicken Baked Ziti With Roasted Vegetables Homestyle Mashed Potatoes Bleecker Street Chips Seasoned Corn Vegetable Medley	Spaghetti With Meat Sauce Fish Tacos Homestyle Mashed Potatoes Mashed Sweet Potatoes Green Beans Fresh Zucchini	Fisherman's Platter Two-Bean Burrito Bowl Hearty Steak Fries Mexican Rice Mexi-Corn Roasted Root Vegetables	
ASIANZONE	Szechuan Beef	General Tso's Chicken	Tofu & Vegetable Lo Mein	
PIZZAZONE	Meatball Parmesan Melt	Four Cheese Stromboli	Meat Lover's Calzone	
SIZZLE	Bacon, Tomato & Cheese Sandwich	Grilled Cheese Week	Grilled Cheese Week	
WRAP	Thai Chicken Wrap	Thai Chicken Wrap	Thai Chicken Wrap	

puzzlesolutions

crossword

TUR	DUCKEN	ON	END
ONE	ANDONE	RATIO	
BOX	TURTLE	INANE	
APA	MOTA	POSITS	
GELT	MORTAL	LEG	
ONLAY	GERE	INO	
	CURSE	AT	UNDO
BOOK	LET	RAINGOD	
ASHY	LIPSYNC		
BCS	MILL	ELECT	
YAH	OCTAVE	EELS	
GREET	S	YOND	YAK
ANILE		EDITED	OUT
TOLET		HOLE	CARDS
EDAMS		SHARK	WEEK

sudoku

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

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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