

# THE CLARION

"Produced by Students, for Students"



Volume 39, Issue 14 December 8 - January 11, 2015

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Sinclair Contribution

## PICK UP PUPS

De'Andre Stringer

Reporter

"AWWW!!! THEY'RE SO CUTE!" That's right students, get ready to start saying that a lot because the puppies are coming on December 9 in the Library Loggia from 12:30 p.m. to 1:30 p.m., and December 10 on the stage in Building 8 from 1:00 p.m. to 2:00 p.m.

Started by Peter Bolmida, Puppies On Campus is favorite event here at Sinclair and it's been going on since



Sinclair Contribution

2012. Bolmida, who is an academic advisor, talked to Carolyn Worthen, Program Director for Tech Vets and Advisor for Dogs On Campus, came up with an event to help students to relieve stress.

"Stats show that animals help relieve stress and can lower people's blood pressure," Worthen said.

The puppies make their appearance on campus at the start of the semester and at the end of the semester.

"We have it at the beginning of the semester for students who are just starting college and at the end of semester to help relieve stress from final exams," said Worthen.

Puppies On Campus is sponsored by Sinclair Talks and Health Science Career Community, and has been a success, according to Worthen.

the puppies have made their day," said Worthen.

This event is important to students because it gives them a break from stress and the freak out over final exams. Worthen said it gives students a great opportunity to release anxiety.

"We are doing this to provide stress relief to students and faculty [and] staff," said Worthen.

Worthen said she is happy that students are enjoying this event—it makes her and her dog happy to see that. She said it's about feeling less stressed and happy.

"Sinclair is interested in the students, and is wanting to keep Sinclair students happy," said Worthen.

## SERVICE LEARNING: CONNECTS COMMUNITY AND STUDIES

Nick Felts

Staff Writer

With Thanksgiving behind us and Christmas right around the corner, it's the time of year when people start finding the time and motivation to give back to their communities—but engaging with your community shouldn't just be something you do during your break.

Volunteering is far more beneficial if you're able to make a connection with the work you're doing in your community and the work you're doing in class. This type of learning is called service learning and is best described as a balance of community service with academic reflection, according to David Bodary.

Bodary, Communication Professor and Coordinator for The Service Learning Program at Sinclair, defines service learning as "a pedagogy, or teaching approach, that's used to try and help students connect between course related learning and the application of that learning outside of the college environment, so in the real world if you think of it that way."

It's a very pragmatic approach to learning that believes in taking action, as well as learning from books. Once students can see the usage of academic material in a real life situation, the learning becomes reinforced and much more long-term—the main idea is to mix community service with learning.

So for instance a dietetic student, someone who works with food and nutrition, might be set up to work with the House of Bread or a food bank. That way they can take the skills they're learning from class and find ways to apply it during their service.

Another example would be a physical therapy student helping with the Special Olympics. The

best part of service learning is that participants are killing two birds with one stone; while students are getting the opportunity to explore

you're not quite getting the full paid experience of a job, but you are in a situation that will simulate it well to give you a feel of what it



Contributed by Flickr

the career path that their class is heading towards, the community also fills its need for volunteers and gets the help it needs to further better itself.

The activities that service learning provide students with are called "service projects." Classes that require you to do them aim for about 10 hours a semester, so the commitment isn't full-time, and the benefits of these projects aren't just about learning; you're also getting to work with people in your field. This could lead to a co-op or paid internship, and from that, it could even lead to a job right after graduation.

In a sense it's a step between the classroom and an internship;

will be like. The important thing to remember is that it is an engaged activity.

While volunteering during the winter break might be great for the community, you aren't getting the educational reflection that is such a critical part of service learning. The best way to go about it is to participate, while also attending classes, that way you can make the connection between book material and the real life situation.

While the academic learning is important, another great part of service learning is the altruism, or a desire to help people, that comes with it. Bodary shared a story about a group of parale-

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## Oh snow, not winter!

Reporter Name

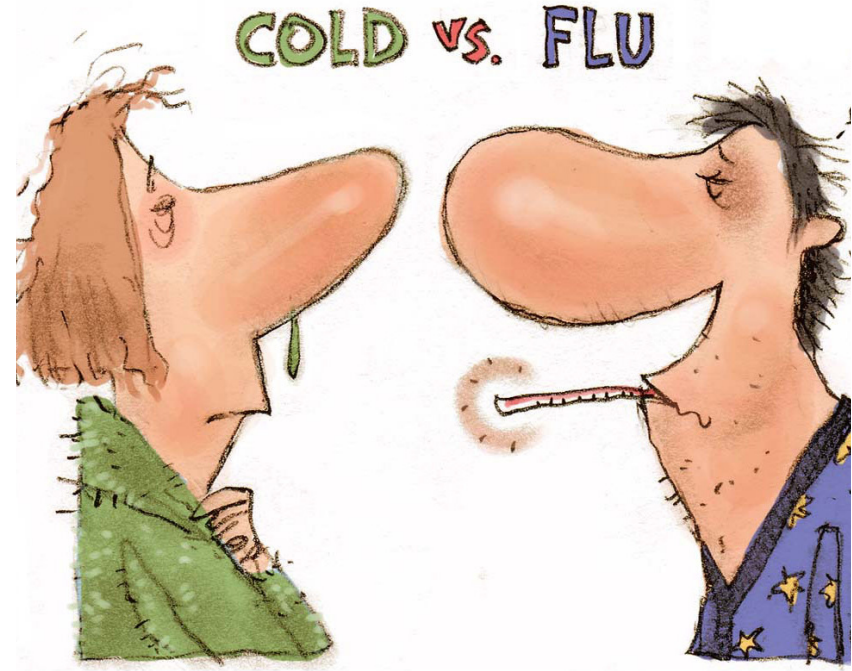
Reporter Title

Some may say winter time in Ohio can never make up its mind on whether it wants to be fall, spring, or actually winter. But when it actually does decide to be winter, you probably should be prepared with hats, gloves, boots, and lots of sweaters. Winter can seem long and dreadful in Ohio, but it can seem a lot better with tips and precautions.

The first precaution, and maybe one of the most important, is getting vaccinations for the harsh winter weather. Sweaters, warm coats and hot cocoa won't always be there to save you from getting sick, so it's always a great idea to get vaccinations to be on the safe side.

Although, you can get vaccinations any time of the year, not just winter. You should make sure that you have them done before flu season rolls

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Tribune News Service

around.

The flu vaccine is one of the main vaccines received before winter because that's when most people tend to get it. It would be in someone's best interest to also get vaccinated for pneumonia, seeing that it is a very popular infection

during the winter.

Vaccines are important, especially in winter and fall, because as the temperatures outside drop, people's immune systems become weaker, making it easier for infections to spread.

A good second precau-



## CAMPUSCALENDER

**December 9, 2015**  
**Sinclair Talks**  
**SPECIAL: Puppies on Campus**  
 Library Loggia  
 12:30 p.m. to 1:30 p.m.

**December 10, 2015**  
**Sinclair Talks**  
**SPECIAL: Puppies on Campus & Check out Vet Tech**  
 Building 8, Stage  
 1:00 p.m. to 2:00 p.m.

**December 12, 2015**  
**Wind Symphony Concert with Guest Artist**  
 Building 2, Blair Hall Theatre  
 8:00 p.m. to 10:00 p.m.

**December 12, 2015**  
**Adjunct Faculty Certification Courses**  
 Building 14, Room 130  
 8:30 a.m. to 5:00 p.m.

## CLARION BROADCAST

CHECK OUT OUR BROADCAST TEAM ON YOUTUBE!



SINCLAIRCLARION



## 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 the box. If there is a 5 in columns 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!

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

## CROSSWORD PUZZLE

1	2	3	4	5	6	7	8	9	10	11	12	13	14
15					16				17				
18				19					20				
21					22						23		
24					25				26				
27													
28	29	30				31	32					33	34
35					36						37		
38					39				40	41			42
43			44				45						46
47					48	49					50		
51											52		
53	54				55				56	57		58	
59	60												61
62					63						64		
65											66		
67													68
69													70

**Across**

1 They're bought and soled  
 6 Educational foundation  
 10 Lowest part  
 15 Make like a tree, facetiously  
 16 "Uh-huh"  
 17 Butyl acetate, e.g.  
 18 AAEGIMRR  
 21 Balkan region  
 22 Wild period  
 23 Edible tuber  
 24 Plantation, site of the world's largest maze  
 26 Sun Valley locale  
 28 AACDEINN  
 35 Sea sound  
 36 One of Suetonius' "Twelve Caesars"  
 37 Actor Hawke  
 38 Youngest March sister  
 39 Sent away  
 42 Make a selection  
 43 "I've got this one"

**Down**

1 Thick mass  
 2 Rescuer, often  
 3 Marine propulsion aids  
 4 Heavyweight champ

45 Wax on an envelope, say  
 46 Robert of "The Sopranos"  
 47 ADEHLNRTUY  
 51 Structural opening?  
 52 Angler's prize  
 53 Lack of continuity  
 55 Old painting sites  
 58 More pinlike?  
 62 ILST ... and each of three other puzzle clues  
 65 Not hold one's peace  
 66 Domain  
 67 Of few words  
 68 Game that may involve complicated shots  
 69 Mediterranean feeder  
 70 Three-layer treats

between Buster and Riddick  
 5 citizen  
 6 Mate's affirmative  
 7 Garden spots  
 8 Like-minded group  
 9 Islamic law  
 10 Mourning  
 11 "Take me am"  
 12 Wait for help, perhaps too long  
 13 Genesis creator  
 14 Home of Utah Valley University  
 19 Lead ore  
 20 Comedian Foxx  
 25 First place?  
 27 Porkpie, for one  
 28 Advanced tests  
 29 "What light through yonder window breaks?" speaker  
 30 Other side of "We Can Work It Out"  
 31 Like Jameson whiskey  
 32 Long time ending?

33 Heist, say  
 34 Contest form  
 39 "Magic Mike" feature  
 40 "... on the sand, / sunk, a shattered visage lies": "Ozymandias"  
 41 Paige of British musical theatre  
 44 Map feature with an elev.  
 46 Asthma sufferer's relief  
 48 Boring  
 49 Ale seller  
 50 No longer bothered by  
 53 Severe wound  
 54 Dinner for Spot  
 56 Little case  
 57 Window frame part  
 59 Weary  
 60 Canadian gas brand  
 61 GPS info  
 63 Is down with  
 64 Zipper opening

## ARAMARK WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PIZZAZONE</b>	Chipotle Ranch Chicken Pizza	Hawaiian Pizza	Hawaiian Pizza	Chipotle Ranch Chicken Pizza	Specialty Pizza
<b>GUEST</b>	Qdoba Mexican Grill	Lee's Famous Chicken	Panda Express	Bob Evans Restaurant	Spaghetti with Meat Sauce
<b>SANDWICH</b>	Chicken Salad Sandwich	Turkey & Avocado Mayo Sandwich	Buffalo Chicken Sub	Italian Sub	Egg Salad On Whole Wheat
<b>SIMMER</b>	Chili Con Carne Cream Of Mushroom Soup	Chili Con Carne Mushroom Vegetable Soup	Chicken Double Noodle Soup Black Bean Soup	Chicken Double Noodle Soup Vegetable Orzo Soup	Broccoli Cheddar Soup Minestrone Soup
<b>SIZZLE</b>	Swiss & Mushroom Grilled Chicken	Angus Patty Melt	Grilled Chicken Quesadilla	Skyline Coneys	Grilled Tilapia Sandwich
<b>WRAP</b>	Buffalo Blue Cheese Wrap	Buffalo Blue Cheese Wrap	Buffalo Blue Cheese Wrap	Buffalo Blue Cheese Wrap	Buffalo Blue Cheese Wrap

## HOROSCOPES

**Sagittarius: Nov. 22 – Dec. 21**  
 Take time out for recreation today and tomorrow. You're especially lucky in love, games and with creative talents. Practice your arts. Enjoy your dear ones, especially pets and children. Be gracious when someone else loses it. Exercise compassion.

**Capricorn: Dec. 22 – Jan. 19**  
 Family comes first. Spend time at home today and tomorrow. Disruptions could seem overwhelming, but are temporary. Slow down, especially around sharp objects. Soft lighting and delicious fragrances soothe ruffled feathers. Relax.

**Aquarius: Jan. 20 – Feb. 18**  
 Get into a project involving communication arts. Publishing, graphics, writing or recording your creativity flowers over the next two days. You learn easily. Unfinished business could cause trouble. Is a challenge competition or romance? Study the situation.

**Pisces: Feb. 19 – March 20**  
 Your ideas are attracting attention. Today and tomorrow are good for business. Apply elbow grease, and take advantage. Stash earnings safely, and don't deplete resources. Invest in efficiency. Don't take on new challenges yet. Serve current ones.

**Aries: March 21 – April 19**  
 You're getting stronger today and tomorrow. A benefactor enters the scene. Challenge your own assumptions. Inspire, rather than demanding. Obligations vie with new tasks for your time. If it goes against your grain, turn it down.

**Taurus: April 20 – May 20**  
 Finish up tasks today and tomorrow. Don't overlook family obligations. A formidable barrier blocks the path. Work with someone who sees your blind spots. Consider where you've been, and plan the road ahead. Meditate on it.

**Gemini: May 21 – June 21**  
 Your party list keeps growing. Can the budget stretch far enough? Make an honest assessment of income and outflow. Share expenses if necessary. Tailor the menu for a variety of tastes. Friends are here for you today and tomorrow.

**Cancer: June 22 – July 22**  
 Angels guide your actions. Take on more responsibility over the next few days. This time is good for decisions. Don't confront authority directly, but be prepared to defend your position. Get creative with arrangements. Find cost-effective solutions.

**Leo: July 23 – Aug. 22**  
 Studies and travels carry you off over the next few days. Stick to the plan, and make deadlines. Get help from a strong partner. Don't forget important details. You may be learning more than you wanted to know.

**Virgo: Aug. 23 – Sept. 22**  
 Figure out finances over the next two days. You can afford a few small luxuries. List obligations and manage them first. Set a creative limit. Don't let a windfall slip through your fingers. Collaborate to take advantage.

**Libra: Sept. 23 – Oct. 23**  
 You can't do everything alone, even if you wanted to. Working together is more fun anyway. Cut the clutter. Be generous with your appreciations. Be receptive to another's point of view. They see something you don't.

**Scorpio: Oct. 24 – Nov. 21**  
 Today and tomorrow are extra busy. Finishing old projects is satisfying. Obligations may force a delay. The more you do, the more you're in demand. It seems like everybody wants your attention. Don't forget your regular job.

# CLARION

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### The Clarion Staff

**executive editor**  
 Gabrielle Sharp

**managing editor**  
 Barton Kleen

**arts&entertainment editor**  
 Jimaaur Calhoun

**sports editor**  
 Matt Summers

**staff writers**  
 Maggie Stacey  
 Nick Felts

**copy editor**  
 Ehron Ostendorf

### graphic designers

Amanda Richards  
 Brittany Fletcher

**reporters**  
 Emily Culbertson  
 Christopher Witt  
 Afi Ntolono  
 De'Andre Stringer

**photographers**  
 Chris Darden  
 D'Angelo Philpot

**multi-media specialists**  
 Nuria El-Shwehdi  
 De'seray Chapman

Nicole Cox  
 Kate Barhorst

Ariel Parker  
 Laura O'ney  
 Celia Lavoie

Deja Goode

Andrea Selvy  
 Tashyra Wilson

### multi-media director

Isaac Williams

**creative director**  
 Anthony Dunn

**advertising representative**  
 Darin Foster

**phone: executive editor**  
 937.512.2958

**phone: advertising**  
 937.512.2744

**'the clarion' adviser**  
 Avainte Saunders

### clarion staff email

clarion@sinclair.edu

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**SINCLAIR**  
 COMMUNITY COLLEGE



# 'A Charlie Brown Christmas' returns

Gabrielle Sharp  
Executive Editor  
Barton Kleen  
Managing Editor

Back by popular demand, "A Charlie Brown Christmas" will be returning to Blair Hall Theatre to spread holiday cheer.

The production, having already sold out in some showings, features an all-Sinclair cast. Opening day is December 16, while the production will run until December 19. The evening Friday, the Sign Language interpreted show and the Saturday feature are already sold out. Earlier showings may be available.

Shows are sometimes open to both Sinclair and community members, but this holiday season Sinclair will be showcasing its own talent.

Gina Kleesattel, guest director, was first hired to direct "Spamalot" by Gina Neurer, Chair of the Theatre, Music and Dance Department for last semester's theatre line-up.

"Last year we did 'A Charlie Brown Christmas' and it was brand new," Kleesattel said. "Then it was so popular, so we were going to do it every three years, but Neurer decided to do it again so I said I'm on board."

Kleesattel teaches drama and stage management at School for Creative and Performing Arts in Cincinnati, along with directing various plays in Cincinnati and at the University of Dayton.

Auditions were held in October of this year, and features a new cast. Like the familiar TV holiday special, some members of the audience will "know every word," according to Kleesattel.

"The interesting thing about doing this is that the dialogue is exactly the dialogue from the TV special. While

we're working towards the audience expectations, you also want to make sure your own personality is involved into it. Finding that balance is really fun to see what the [actors] bring to the role, while also giving them what the audience expects," Kleesattel said.

The Theatre Department is chalked full of talent, according to Kleesattel. She said she was "stunned" the first time she had the opportunity to work with the theatre students.

"I love the students at Sinclair. They're energetic and fearless," Kleesattel said. "I don't think Dayton is aware of Sinclair productions as much as they should be."

Marley Judd, who plays Frieda, said the rehearsal schedule is rigorous, working Monday through Thursday for about five hours a day, but she's "thrilled" to be in the show.

"We put the show together in a little over a month," Judd said. "It's a fun show to begin with—we all do the same dancing that our characters do in the actual TV show."

Some of the cast had an additional talent to learn. As well as worrying about lines and stage markers, measuring your pitch and intonation, many members had to learn to roller-skate.

Chelsea Overman, who plays Violet, aims to "do it justice" for "A Charlie Brown Christmas" fiftieth anniversary.

The The-

atre Department offers not only certificate and education opportunities but practical applications and experience for those interested in the Performing Arts.

Overman and Judd said they are both excited for the curtain to be drawn. "I have been dancing for 21 years, so the whole [performing qual-

ity] has been in me, so [performing has always been what I wanted to do]," Overman said.

Rudd, who grew up as a part of her community theatre, plans to continue her studies in the field after graduating Sinclair. "I looked into [Sinclair] to get my associate's and some experience before I transfer to Wright

State--it's a really great theatre program here," said Rudd.

Sinclair was the first Theatre Department to offer Shadow Interpreting with their production of Quid Pro Quo. The addition of Shadow Interpreting has added another dimension to the performance.

"It's been a challenge because there are

more people onstage, it's a little different, but it's actually really cool because you're incorporating a different audience," Rudd said.

Shadow interpreting differs from traditional interpretation in performance because instead of being on the sides of the performance—away from the cast and the elements of the show, they are on stage moving with the cast.

"Now the [deaf audience members] can be like, 'oh that's my favorite character and I can look at you,'" Overman said.

In the show, all the main characters have their own shadow interpreter. Although it is the interpreting cast's first time shadow interpreting, the work is a practical part of the practicum for the ASL Department's Interpreting career path.

The interpreting cast rehearses every night with the speaking cast. A shadow interpreter does more than what most people would think an interpreter does, according to Laura Wild, shadow interpreter for Lucy.

"There is a little bit of acting involved. We need to emulate the character that we are interpreting for. We have to learn their mannerisms," Wild said.

Kathleen Fritz, shadow interpreter for Charlie, hopes that the shadow interpretation creates an equal experience for both the hearing and the deaf audiences.

"I would hope the audience sees the beauty of sign language on a stage, since it is not often seen...but also the other way around for the deaf student onstage and being able to be emerged in the character for once," Fritz said.

Amy Sabin provides the shadow interpretations for minor characters. Sabin



Isaac Williams | Clarion Staff

## Netflix and wind chill

Emily Culbertson  
Reporter

It's cold outside and everyone is looking for something to watch this holiday season. Rather you're looking for something new to watch or just a good old classic that will make you feel good, it's all right here with this list of movies to check out this season.

### The Night Before:

A new holiday comedy is out for you to go enjoy with your friends, or even family. It follows the story of a man, who is about to have a baby and it's his last Christmas to go wild with his friends. It has a strong comedy cast with Seth Rogan, Joseph Gordon-Levitt and Anthony Mackie—a crazy night out with the guys might end up leaving them in a 'Hangover' situation.

**Krampus:** Do you enjoy the darker side of the holidays? This one will be a great pick for you to go to the theater and see. Based

off the old, wise tale of Krampus, it is about a small town waiting for Santa to come, but when a greater evil strikes the holidays become a nightmare. Krampus has come to punish all the kids who were not good this year.

### Christmas Vacation:

One of Christmas's all time classics is a must watch if you've seen it every holiday season or not at all. If you loved watching the Griswold family vacation to Wally

World, then watching them try to put a family Christmas together is even

better. Clark (Chevy Chase) races against time to try and get everything perfect for the holidays, but he runs into many twist and turns leading for a mess. It's not just the family that is causing Clark trouble though as he gets an unexpected gift from work, along with snobby neighbors, and let's not forget cousin Eddy is on his way. This classic will give you many

laughs this holiday season.

### Deck the Halls:

Nothing is better than a great comedy about neighbor versus neighbor. With the stand out cast with Danny DeVito and Matthew Broderick, these guys will never live the same after this holiday season. When a new family moves to the neighborhood, it's an all-out war when it comes to lighting your house with lights. They both have one goal and that's to have the best decorated house on the street. This hilarious all-out battle

of Christmas lights is a definitely must-see.

### I'll be Home for Christmas:

This is the perfect feel good movie this season. A boy will stop at nothing to return home for the holiday's from college. He travels through almost everything you could imagine just to see his family for Christmas. With all the ups and downs in the movie, you're worried he won't make it home for Christmas. Child star Jonathan Taylor Thomas is all grown up in this great holiday pick.

### The National Tree:

If you're in the mood to put a different spin on the holiday movies this is one to watch. It follows the story of a teenage boy named Rock and his father. They embark on a crazy adventure across the U.S for a tree. It's all a

matter of time to get Rock's lifelong family stone of a tree to the White House to make it a national tree. It's a feel good movie that will have you smiling up to the end.

### Christmas with the Kranks:

Another great holiday movie with a good cast of Tim Allen, Jamie Lee Curtis and Dan Aykroyd come together to forget about Christmas. Their daughter decides not to come home for Christmas this year, so they believe and in great hope of getting the chance to forget the holidays. When their daughter drops by with a surprise visit, things are flipped upside down as they rush against time to make it seem as if they planned to have Christmas anyway.

### New Year's Eve:

When it's past the biggest holiday of the season what do you watch then? This movie is filled with great joy, a big cast, and heartwarming endings to any year to start the next one.



Contributed by Wikimedia



YOUR VOICE



Keep an eye out for Maggie Stacey around campus. She interviews students on campus, asking their opinions about relevant issues happening in Dayton and around the world.

“Are gift cards really gifts?  
Are they too impersonal?  
Or is it the thought that counts?”  
“Go for the cash!”

Reporting and photos by Maggie Stacey



Sam Naile  
Computer Engineering Major  
“I don’t know. I’d still like a gift card. I think a present is more meaningful.”



Erin Waldon  
Theatre Performance Major  
“They give you money to buy your own gift, that’s awesome. The thought counts. For me, I like to make my gifts. If anything, I’ll buy something, but I’d rather make it first, or else it’s a gift card. Gift cards are a last resort.”



Sha-Lemar Davis  
Theatre Performance Major  
“My mom doesn’t know how to give a gift. So usually she just takes us with her, and we pick out the gifts. I like real gifts too. It is impersonal... but I think it’s better than money. It’s like, girls shop at Forever

21, but they have different things all the time, it’s saying “I don’t know exactly what you want, so I’m giving you this money so you can go buy this stuff you want.” If you want to give me gift cards, I like Forever 21 and Victoria’s Secret, my name’s Shalimar.”



Shaun Braughton  
Computer Engineering Major  
“I think that a gift card still has meaning, it’s not cash. Would I rather receive a gift card than a present? Depends where.”



Rebecca Henry  
Theatre Performance Major  
“I think if you get a gift card for a specific place, it’s more personal because I know you like that store. It’s nice though, even though it’s not an actual present.”

POETRY PICK

Test Anxiety

-Sherryl McCorkle

I sit slowly in my seat  
It’s on again I taste defeat  
Butterflies attack my belly  
My hands shake my palms are sweaty  
I hate tests I can’t concentrate  
Pass the barf bag time to regurgitate  
My mind is a cloud filled with fluff  
I know I studied  
Why can’t I remember this stuff?  
The roll call is taken  
Tests are passed out  
I take in a deep breath and let it out  
through my mouth  
My mind starts to focus and my body  
Begins to settle down  
I take in another deep breath and  
Let it out through my mouth  
Ahh! What a relief I’m coming around  
Anxiety before a test drives me insane  
Never again will I let it cloud my brain  
Before every test I must calm down  
Breathe in deep through my nose  
And let it out through my mouth.....



All Photos by Deja Goode | Photographer

The Clarion is accepting student poetry submissions.  
Email clarion@sinclair.edu to submit your work.

Dayton Tree Lighting



# CLARIONIC CARTOONS

Filbert Cartoons

Created by:  
La Bonte

For more comics and animation visit  
[FilbertCartoons.com](http://FilbertCartoons.com)



## "DEAR GABBY"



Dear Gabby,

Hello Gabby, I am a student at the Sinclair Community College and I am only in my first semester here. I am working towards entering the Nursing Program here at Sinclair, and then hope to transfer to Wright State. I am not sure the exact field I want to go in, but that is why nursing is a great field to work in.

So I have a problem, Gabby, and I'm hoping you can help me. I am trying to figure out what classes to register for next spring semester, and this is so difficult for me because right now I am taking Anatomy and Physiology I, but I am not sure I will pass. So I don't know whether to go ahead and schedule for this class again next semester so I

have a spot in the class or not and see if I pass. So Gabby, should I schedule for this class next semester or not?

Sincerely,  
Just a student trying to get into the Nursing Program

Dear Just a student trying to get into the Nursing Program,

I really suggest creating a relationship with your teacher for all of your classes for that matter. I think many students make a mistake by not communicating with their professors, which essentially can hinder your learning experience. Your teachers and professors are there not only to teach your class, but also to help and

guide you. If you don't give them the opportunity to get to know you, then they don't have the chance to give you effective feedback in my opinion. I think many students think that they just need to turn in work and not actually creating a working relationship with the teacher, but I have personally talked to many professors who have said that they prefer students to communicate with them and to keep them updated on things that could possibly be questions about the work or obstacles that could affect your academic life.

A lot of teachers are willing to help you if you let them know your concerns. I would let your teachers know about your concerns in your class, and what you could do to

improve your grade. Many professors also suggest to stay on track with your grades, that way you're fully aware how many points you need for a certain letter grade and such.

I would suggest that you first talk to your teachers as soon as possible, and then get feedback from them about your progress and grades. This will give you a better understanding about what direction you need to take for the next semester. Another option is also scheduling classes for both, and then once you find out your grades then you can drop what you need to. This way, it will ensure that you will be able to have a spot saved for you in either class.

Good luck,  
Gabby

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

# Altruism in action

continued from page 1

gal students who saw an issue with bedbugs in local subsidized housing and felt that it wasn't a way someone should be living.

The engagement with the community brought them to take action and work with a group of volunteer lawyers to file a suit and have the landlord address the problem. This brought about a big change in living conditions for the people, and more than likely made their lives a little better.

It's actions like that which change our community for the better, according to Bodary.

"I think when a person steps out into their community and volunteers through service learning or any part, that you can't help but become more aware and better understand 'what are those community needs?'"

and 'what are those community resources to meet those needs?'" Bodary said. "[I think,] engage in that community and make it what I want it to become."

A study done at the Higher Education Research Institute of the University of California suggests that service learning is highly effective for four main reasons: it increases a sense of personal growth or change, it increases your awareness of the real world, it gives you insight into your own personal values and it increases your connection with your classroom studies.

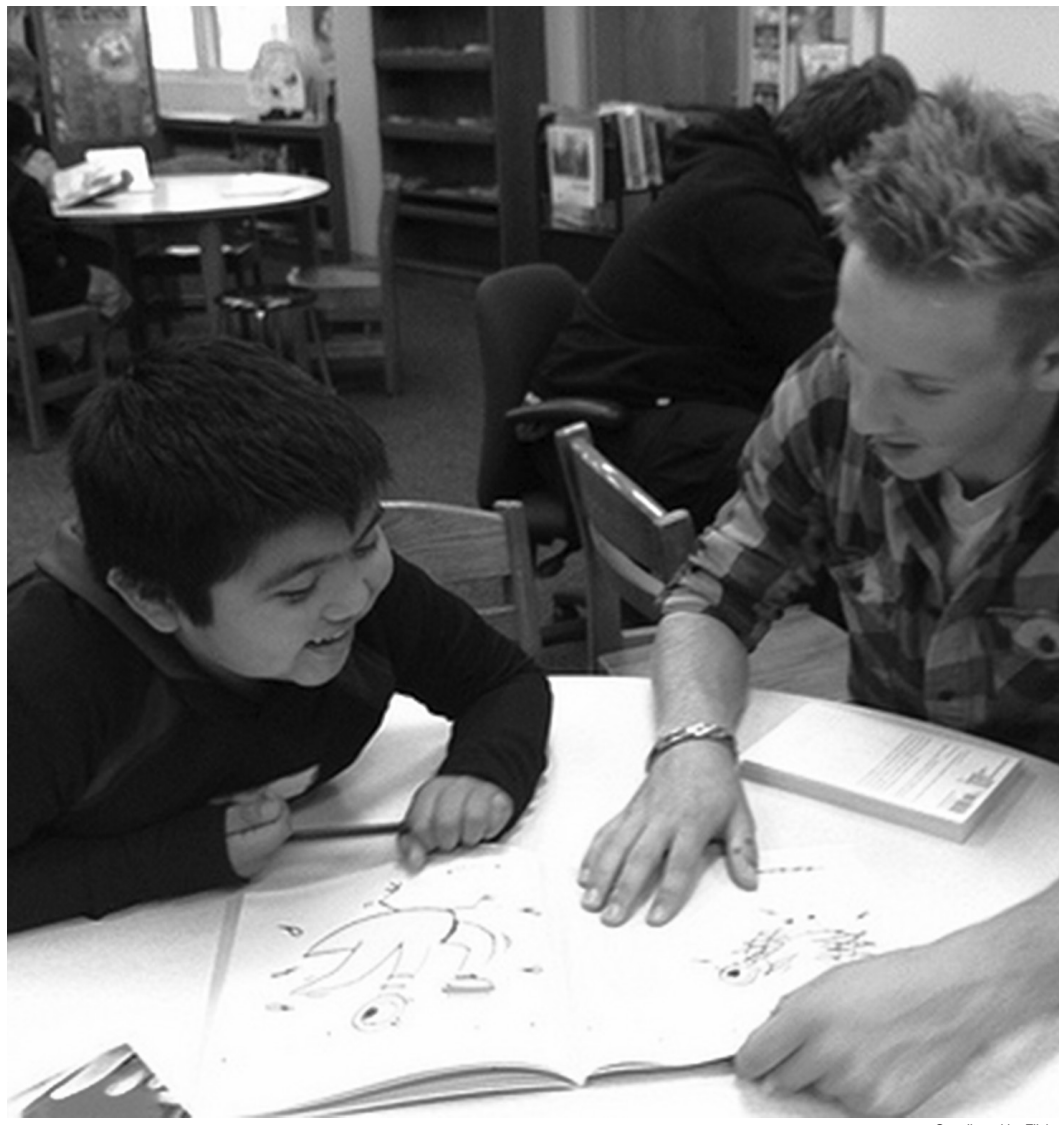
So what are some ways that you can participate in service learning? Some of you might already be a part of it. A small number of professors at Sinclair implement it as a mandatory part of their curriculum; such as, the American Sign

Language department. For others, it's offered as part of an honors option for certain classes. The best way to find out is to ask your professors.

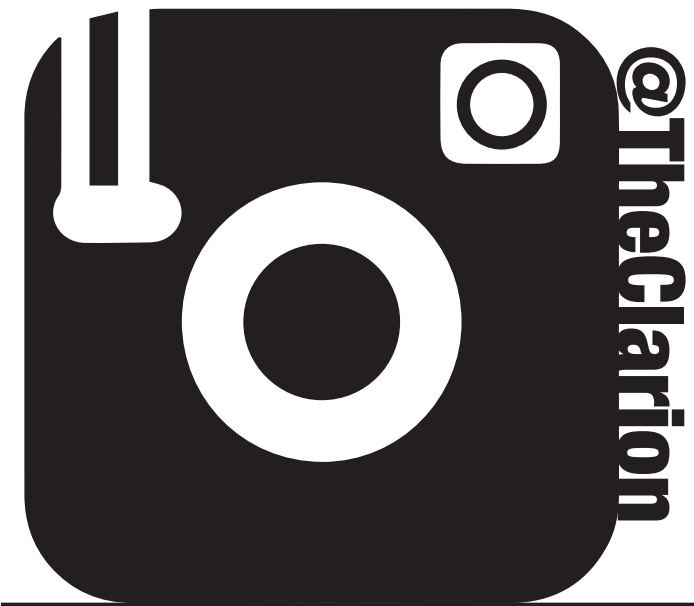
With Spring semester coming up, it's vital that students start communicating with their teachers early on in the class and find out if there's a service learning option. Bodary said his main focus is to help connect the dots between the community and the faculty or the students and to try to help make sure that they're making good fits.

Bodary offers his services to students who simply just want to find volunteer options that would work well with their academic focus.

**For more information about the Service Learning Program email service. [learning@sinclair.edu](mailto:learning@sinclair.edu).**



Contributed by Flickr



## PUZZLESOLUTIONS

P	O	S	H	S	H	A	M	P	E	R	S	E			
E	S	A	I	T	A	L	L	O	N	E	N	D			
C	H	I	L	L	Y	R	E	C	E	P	T	I	O	N	
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## CROSSWORD

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

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# What makes a good gift?

Barton Kleen  
Managing Editor

“Doorbusters” often leave doors busted as crowds turn out by the thousands at popular shopping destinations every holiday season.

This year, many injuries piled onto the record, with at least 7 deaths attributed to the holiday spirit since the Black Friday death counter began in 2008.

What are shoppers across the country so fiercely in pursuit of? Gifts, using the annual sales to grab anything from sheets and towels to flat screen TVs for loved ones or themselves. Holiday shopping has extended this year, with many popular chains starting deals at the start of November. Many have even opted for their Cyber Monday deals to start Sunday. However, don't expect these deals to be your last shot, if you missed Black Friday's blood-bath, you still have many more holiday deals on the way that are ongoing.

What makes a good gift? Well, that depends on who you ask. Everyone has a different

personality, so finding the perfect gift can be a bit taxing on more than just your wallet.

**For the techies:** With today's technology, even the kids are tech-geeks and often times they're better than us at using it anyway, so if your family members or friends are big into technology, consider the following gift ideas: Apple watches, even the sport model, retail upwards of \$350 but are a hot item for those that enjoy the sleek design and functionality of Apple products.

Other big items, even on sale, are wireless headphones for Bluetooth devices. Remember to check your phone upgrades, as it might be time trade up. Take advantage of season deals. Tablets are hot items, with a variety of decent to great tablets starting around the \$50 mark. Best Buy has 128 gigabyte flash drives on sale with significant reductions. Handy and small, picking up a high memory flash drive for a low cost may be useful for even the not so technologically versed.

**For the gamers:** Gaming deals are plentiful

at Wal-Mart, Target, Best Buy and Gamestop. Popular titles have varied amounts off, and depending on your reward groups, you may be able to cash in on the holiday season deals for extra savings. Wii U bundles, featuring Splatoon and Super Smash Brothers have driven Black Friday sales so far, offering a significant discount from the original Wii U price.

Xbox One and Playstation 4 deals are at a variety of venues. This season may be the one to upgrade your system. Be sure to look for discounts on accessories and external hard drives, which are often crucial to your gaming fanatic friends or relatives experience. 3DS XL's are also on discount, Gamestop also features \$100 trade in for the 3DS which can be capitalized off to increase savings and upgrade your handheld.

**Apparel:** Forever 21 is an easy stop for affordable gifts from a variety of price ranges and styles. Pick up affordable accessories, basics or for a little more, pick up a trendy winter coat. Remember for both

sexes that even if Ohio has missed a few White Christmases, it is still below freezing most of the winter. Use the deals to make sure your loved one has warm socks, good boots to keep them dry, a winter coat to withstand the winter winds and especially if you know they'll be working with their hands or at a computer, a nice pair of gloves or fingerless gloves so they can avoid the chill.

For men, (depending on their style) try stopping in a few stores on your mall run like Pacsun, American Eagle, H&M, Hollister, Abercrombie, Gabriel Brothers and the Discount Fashion Warehouse. Although you may have to thoroughly check items at second hand stores and the Discount Fashion Warehouse, the deals are hard to beat, for both sexes.

Destinations like the Cincinnati Premium Outlets have great deals at J. Crew and Hagar where you can pick up suits for as low as \$60, with dress socks at low prices. Keep in mind a good tie can stay in a man's closet for decades.

**Toys:** The Toys R US hotlist is worth checking out. “Minions” or “Frozen” toys are great and

current. With the release of the new Star Wars film, picking up merchandise while you can is a good idea for all the young Jedi's in training.

Blending toys and tech, several interactive toys can teach children about robotics. If a kid is into it, try looking at toy drones. Dayton Drones in the Dayton mall has opportunities for learning and fun. Self-balancing scooters and hoverboards are all around this holiday season.

**Readers:** Young readers can be hard to shop for, but although a book won't fit in a stocking, it is a good traditional gift of the season. Include a cozy blanket and make sure there's hot chocolate or apple cider mix and the cold winter nights will be something of the season to look forward to.

Although with young readers you could hardly go wrong for book selections, making a trip to the store sometime this December with your kid or young relative makes for a fun outing and makes sure you can't go wrong.

Older readers might prefer a Nook or a gift card to a prominent bookstore. Barnes &

Noble features many best sellers and has impressive collections for all genres. Remind your friend to finally get around to reading that book by shoving it in their face, wrapped with a bow and maybe a bookmark.

**Beauty:** Never underestimate beauty deals and the continued sales throughout December. Between Ebay, Sephora Lush, C.O. Bigelow and Nordstrom your makeup savings will add up. The Anastasia Beverly Hills contour kit and MAC concealer kits, are plenty of affordable beauty options sitting around the \$30-\$45 mark.

If someone you know doesn't have terribly oily skin, but has problems blending their foundation, pick Kat Von D's Lock-It Featherweight Primer for \$32. The product is one of the few primers that is not silicone based, and fragrance free.

Consider lotions and skin care products; keep an eye on Bath & Body Works sales. Cheaper options for stocking stuffers might include eyebrow gels, lip liners and individual makeup brushes. Necessities like sponges and cleaner are always useful, too.

Honestly, you can

# Look nice, melt the ice



Gabrielle Sharp  
Executive Editor

The struggle of getting dressed in the winter seems to be a daunting task, but your fashion taste doesn't have to suffer during the colder months ahead. Many fashionistas are saying 'crawl out of bed and get excited about the freezing temps' because these winter trends will help you beat the winter blues.

**Staying neutral:** The gray skies and white snow might make you question this trend, but neutral colors are on a trend right now. Mix shades of whites and nudes to complement the minimalist winter trend.

**Gray is the 'it' color:** For men, the color gray is the hottest color of the freezing temperatures. Mix and match different hues or wear the same hue if you're feeling bold.

**Chunky scarves:** Scarves are the go-to accessories for the colder months. Chunky and colorful blanket scarves are easy to throw on, as well as giving your outfit a pop of color and coziness.

**Sweater weather:** Sweaters are an obvious



Isaac Williams | Multimedia Director

choice for winter. Brighten up the season with a graphic image or a fun saying on your chunky sweater.

**Printed coats:** Make a statement with a cozy, printed coat for the cold days. Throw the eye-catching coat over an easy outfit to make your look stand out, while also being warm.

**Oversized outerwear for men:** Guys, your cozy coat look is about giving an oversized vibe. Whether it's double-breasted or single, the shape of the coat should be relaxed.

**High waisted, mid-calf skirts:** For a more high-class look, you can pair a cropped sweater of a high-waisted skirt. Glamour magazine chose either a tulle skirt or denim blue mid calf skirt.

**High knee boots:** We can't forget about boots. Knee-high boots are making a statement this winter. Not only do they provide coverage for most of your leg, but also you can dress them up or dress them down.

**The turtleneck:** What



Isaac Williams | Multimedia Director

more can you say about cozying up in winter in a big oversized turtleneck sweater. Simple black is always the best way to go when wearing this much-needed winter staple.

**Military trend:** For girls and guys, remember the military trend a few seasons ago, well now it's back. Navy blue jackets and linear lines with gold accents are the way to stand out during the gloomy winter days.

With finals coming up, it's easy to want to roll out of bed and throw on some sweat pants, but Sinclair students are staying hot during these frigid temperatures. Ivan Chan, Business major at Sinclair, said his go-to item is collared shirts.

“My style is clean and casual,” Chan said.

Along with Chan, who doesn't look for inspiration when he's dressing for the day, Fedaa Shalash said the same thing.

“I don't follow up on that stuff—I just dress for whatever my mood is that day,” Shalash said.



Isaac Williams | Multimedia Director

Marketing major, Dani Richards said that although she gets some inspiration from street style, she also follows the beat of her own drum.

“I feel like I have my own style. I literally just thrift all the time,” Richards said.

Maria Kididis, Mortuary Science major, agreed with Gabriel Lombardo, Psychology major, about how difficult it is to pinpoint what their style is.

“I find a lot of inspiration on my Pinterest, but I don't really have a specific style,” Kididis said. “I'd say 'Maria style,’” Lombardo added.

Finding inspiration for Lombardo comes easy to him because he says he just has to look in his closet.

“That's a difficult question to describe my style, but I would probably say my style is urban chic,” Lombardo said.

Sinclair students are still finding ways to study in style, even with the stress of finals coming up and the temperature going down. Don't let the winter blues get the best of you, stay warm with these hot winter trends.



Isaac Williams | Multimedia Director



# Tartans give back

Matthew Summers  
Sports Editor

The seventh annual “Feast of Giving” took place at the Dayton Convention Center on Fifth Street this past Thanksgiving, where volunteers helped feed about 8,000 people who were less fortunate, hungry or just alone for the holiday.

This was a three-hour-long event that focuses on reaching out to the Dayton community, as well as providing food and social interaction. Amongst these volunteers were the Sinclair Men’s Basketball Team.

The Tartan Pride helped out by being “table turners,” which means they served the community by cleaning up tables and picking up empty plates after someone was finished with his or her meal. Even though the team didn’t get to go home for Thanksgiving right away, they didn’t mind lending a helping hand.

“It feels good because this is my city. I’m from Dayton, so I always love to give back. I was telling one of my teammates, ‘you have to cherish moments like this because you could

easily be that person that is getting served,’ so it feels good to give back,” said sophomore guard, DeAngalo Gates.

Feeding 8,000 people certainly is a big task and perhaps one that can be stressful to some, but most people on the basketball team looked happy to help out. Players greeted people with a smile, while lending a helping hand and it appeared to make a positive impact on many of those who attended the dinner.

For some players, this is not a new experience. “I enjoy this actually. I don’t mind to do this—something I can do for others [who] can’t help themselves. I’ve volunteered back home in Kentucky,” said freshman guard, Hayden Smith.

Something else that the event tackled was helping those who are alone for the holiday have some kind of social interaction with other people at the dinner. According to Assistant Coach Herb Shaughnessy, he noticed more people eating together.

“I’ve always realized people were here to get the food on a day like Thanksgiving, but I had never noticed individuals coming

in here that just need companionship and someone to spend the day with—that was kind of a very weird realization,” said Shaughnessy.

Going on break is something that most students look forward to—they get to spend time with their families, friends and catch up on some much needed sleep. Though the team takes time out of their lives to help during break, Coach Price said the players buy into it.

“As always, they want to be with their family, but once they get here and see the experience, they buy in. Before you know it, it is two o’clock and we are on our way home,” said Price.

Being at a community college, Price is determined to give back to the Dayton community.

“It is a chance for us to give back to the community and we are a community college. So one of the things I said when I was hired was I wanted our team to be in the community since we are a community college and we wanted to give back. We have been able to do that over the past 15 years,” said Price.



Eddie Suellflow | Intern



Eddie Suellflow | Intern



Isaac Williams | Multimedia Director

# 'Stamping' the game

Matthew Summers  
Sports Editor

Forward Reshardd Harris has continued with strong performances against Hocking College and Henry Ford after being named OCCAC Men’s Basketball Player of The Week.

Harris contributed 21 points and 26 points with 19 rebounds in the two games respectively, both of which led the team in points. Harris’ success also says volumes about the players around him as well.

“He is a pretty determined young man, but he is also playing on a team that is pretty unselfish. We’re top 10 in the nation in assist, so we share the ball really well,” said Price.

Harris has been dominating under the basket, and Price said that is his role. While being in the right spot at the right times and earning trust from his teammates, he is also shooting an impressive 68 percent from the field, compared to the team average of 51.4 percent.

Patrick Crawford, a guard out of Centerville, is done for the season after a torn ACL. Crawford had only played seven minutes in the first game of the season before suffering the injury that will land him on the bench. Guards DeAngalo Gates and Quinnten McComas have stepped up nicely. Gates was three assists away from a triple-double in the Hocking College game, while McComas added 14 points of

his own.

Four of their five victories have been by double digits, two of them by more than 30 points. Even with these blowout wins, Price still feels they haven’t overly dominated any of the teams they have played.

“We’ve been having decent margins as far as wins. We still have not put our stamp on a game—to come out and completely and overwhelmingly dominated our opponent. We have that ability. It is still so early in the season and everyone throughout the country are having that issue,” said Price.

Putting a stamp on a game does not mean blowing a team out by 30 points. According to Price, beating a team with pure athleticism

isn’t putting a stamp on a game. Price hopes to put a stamp on the Pikeville or Cedarville game, two games he expects to give them some slight challenges.

“They’re not gonna be roll overs. They’re going to give us challenges, but athletically, we’re going to be better than them. We need to go out and put our stamp on it. That means make sure we execute, make sure we are sharp, make sure we are not getting outside of our discipline,” said Price.

11 of their next 13 games are at home, a stretch that lasts until January 16 when the Pride will take on more road games later in the season.

# Pride victory 109-68

Matthew Summers  
Sports Editor

The Tartan Pride played just one game against an uncompetitive University of Pikeville on the evening of November 24. The Pride skated by with a 109-68 victory and five-of-six three-pointers were made by forward Caleb Walker, all five of which were scored in the first half.

Forward Reshardd Harris also continued his dominating season by adding 21 points of his own, making 10 of his 17 shots from the field. The only starter who didn’t post double digit points was Akiean Frederick, but he owned the boards with 13 rebounds.

In what was a one-sided game, it is hard to keep players interested in the game and that was something Coach Price talked about at halftime.

“We are playing kind of uninspired a little bit tonight. Obviously we are a physically better team than Pikeville, but I’m hoping we come out with

a little bit more energy in the second half,” said Price.

The uninspired playing by the Pride has one simple explanation.

“Pikeville didn’t pass the eye test. They didn’t look like a team that could come out and beat us so they didn’t play to their level,” said Price.

It apparently didn’t matter if they played to their level or not because the Tartans still won by 41 points. A lack of competition may be the reason why Price has yet to put his “stamp” on a game yet. Results like this apparently don’t earn that yet because even though they are winning, they aren’t playing hard-nosed basketball throughout both halves like he wants them to.

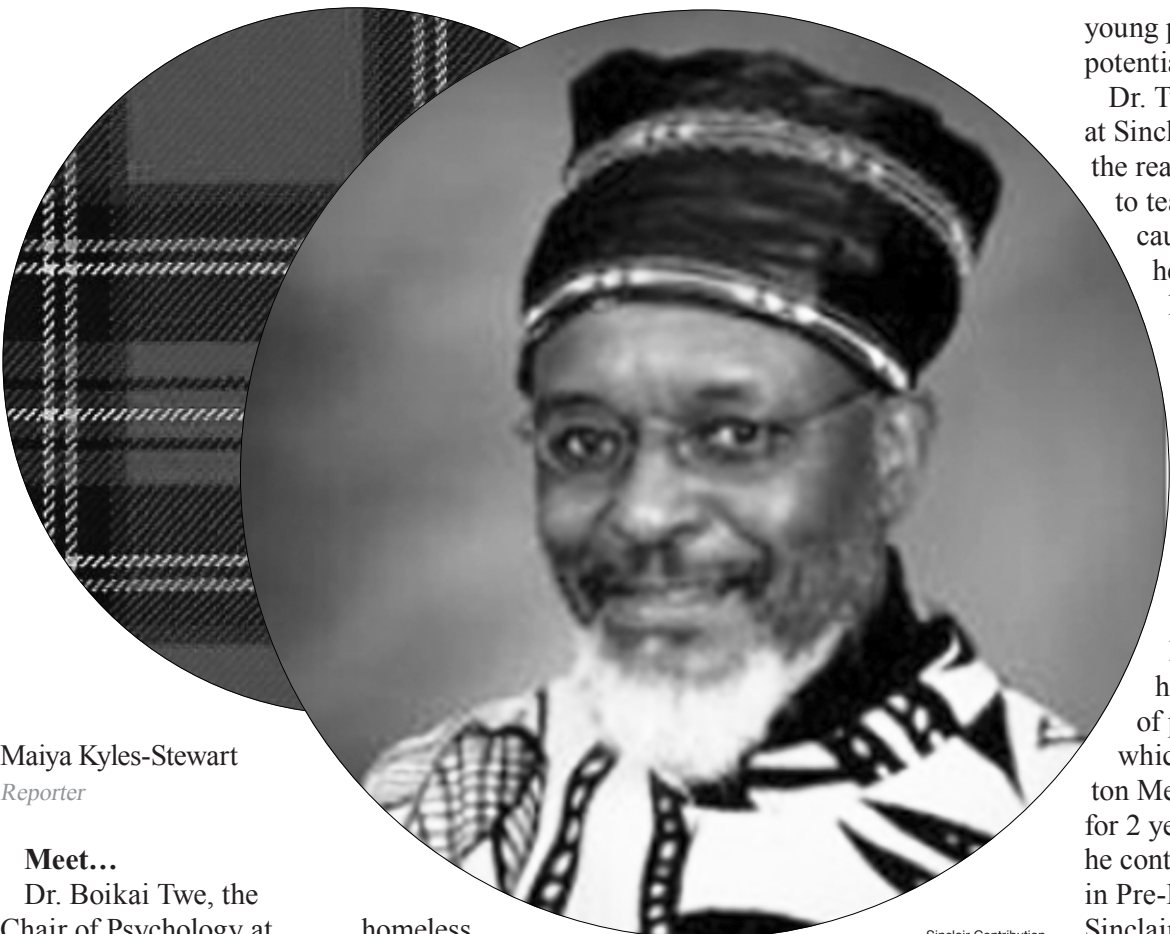
The Pride play a home game against the JV team of Cedarville University, another team that Price says they stack up very well against followed by a Hocking College team that they beat 115-79 just a few weeks ago.



Isaac Williams | Multimedia Director



# Tartan Spotlight: Dr. Twe



Maiya Kyles-Stewart  
Reporter

Sinclair Contribution

**Meet...**  
Dr. Boikai Twe, the Chair of Psychology at Sinclair, who is passionate about helping young people.

**Why he's interesting...**  
Growing up in Liberia, he would hang out with

homeless boys because he thought if he hung out with them, he would find something important. The boys shared with him how difficult their lives

were and as a result, he decided he wanted to do something to help them. He began to realize that he had an interest in helping

young people develop their potential.

Dr. Twe began teaching at Sinclair in 1988. He said the reason why he chose to teach at Sinclair is because the very first day he arrived in the U.S, he came to Dayton. Immediately after he started working at Sinclair, he helped establish the African American Culture Club and the African American studies program. In the community, he developed rites of passage programs, which became the Dayton Mentorship Program for 2 years. For 26 years, he continues to be involved in Pre-Kwanzaa events at Sinclair.

Dr. Twe looks forward to seeing an improved world-more specifically an improved African American community. Also, he looks forward to returning

home and contributing something, like teaching at a University, working for an advisory board, or a non-profit organization, and wants to spend time with his family, since he's been away from Liberia for more than forty-two years.

Dr. Twe said success means sacrifice. In order to accomplish goals it will require hard work and dedication.

"To achieve anything, anything important, it requires sacrifice, you have to sacrifice to achieve anything important. You have to put in the work oftentimes, when you're not even seeing the results of the work," Twe said. "You also have to go beyond the minimum requirements, when someone is asking you to do something, you have to go beyond the minimum requirements to really achieve something important. You also should be willing to do something for free, even when you're

not getting paid because oftentimes, it indicates your level of commitment."

He suggested that students should be involved in internships because through volunteer work, he found an opportunity to live in the U.S. to study psychology. He said right after high school, he began to volunteer as a student at the University of Liberia, working with homeless youth and thus forming a way to study psychology in the U.S. He said when one makes sacrifices, volunteers, and goes beyond the minimum requirements, there are benefits and skills you will eventually acquire.

He also said that spending a lot of time in the community enabled him to become a better teacher and a better professional, therefore spending time in your community can be advantageous to your career.

## Winter woes

continued from page 1

tion would be making sure your car is winter-ready. Meaning that your car's tires have good grip, decent tread, and no dry rot. To put it in simpler terms, just make sure your tires are new enough to keep your car where it should be, on the roads.

On top of making sure that your oil's changed and fluids are all in check and level, it would be a good idea to invest in new windshield wipers for the ice, sleet, snow, and whatever else winter decides to throw at us. Maybe buy a window scraper, pack extra coats in the car, and an emergency kit just in case of a wreck. Don't forget to make sure your heat works in your car!

Last but not least, make sure that your wardrobe is up-to-date. Nobody wants winter to roll around before they're ready for it. It's time to bring out the heavy winter coats, hats, gloves, scarves, the whole nine yards. Make sure that last seasons clothes still fit; if not, it's probably time to make a trip to a local retailer. Be sure to stay bundled up this season to help lessen the chances of getting a cold or worse and get vaccinations, but remember to be safe this winter and happy holidays!

## Survival guide to winter driving

Winter requires motorists to adjust their plans, habits and attitudes. Some tips:

**Anticipate problems**  
If you have to act suddenly, it might be too late; a stream of brake lights ahead means that you, too, will need to slow or stop; start early to avoid chain pileups; try to spot alternatives; be aware of your position relative to other cars

**Think snow**  
Before climbing in the car, adjust your thinking to the weather; reduce speeds; stay farther away from other vehicles; double your usual braking distance; icy streets can rob tires of 80 percent of their grip

**Take it slow**  
A sudden burst of speed, change of direction or jab at the brakes can start a skid; don't be lulled by others moving rapidly or by your vehicle's ability to zip along with front-wheel or four-wheel drive; the essential thing is to be able to stop

### Getting out of a spin

Don't panic if the rear end of your car begins to slide; your front tires are still gripping the road; in most cases you can straighten the car if you act quickly and smoothly, steering the front wheels in the direction the rear wheels are trying to go; this applies whether your car is front-wheel or rear-wheel drive – or four-wheel, for that matter

**1**  
Rear end slides to left; turn steering wheel to left; ease back on the gas pedal

**2**  
Rear end snaps back to right; turn steering wheel to right.

**3**  
Regain control; don't accelerate until tires regain their grip on the road

### Getting rolling

If you're stuck on ice, the key is patience; dig whatever you can from the drive wheels, and use sand, cat litter or another traction-booster; start in second gear if you can; avoid spinning the wheels, which heats tires, digs an icy trough and can lead to blowout or fire; if you rock the car, avoid sudden shifts between forward and reverse with an automatic transmission; it gets hot and stressed by having to reverse wheel spin directions. Instead, try to stop the car at the peak of each direction so wheels quit spinning

### Stopping a slide

For anti-lock brakes, continuous firm pressure is recommended; if your vehicle isn't equipped with an ABS system, pump the brake pedal as rapidly as possible; if the brakes lock, instantly ease pressure on the pedal until the front tires begin turning again; if you've lost all control, then stand on the brake pedal completely; locking all four tires will keep the vehicle moving in a straight line even in a spin, so its path will be more predictable to other drivers

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Tribune News Service

## Burning bright, not burning out

Meggan Lanahan  
Reporter

The semester is coming to an end and the fire we once had at the beginning may be burning out. How do we keep the fire going and finish as strong as we started?

Tom McElfresh is a Professor of Mental Health Technology at Sinclair, and offers some great advice to students of all majors.

"People start out enthusiastic, but by [later in the semester], they start to wear thin and show signs of pressure and stress," said McElfresh. "The goal is not to eliminate it, but manage it."

McElfresh said many students start the semester strong with set goals, but can't deal with the stress of completing multiple assignments, and start to burn out before finishing the semester strong.

"A lot of students come [to Sinclair] in the Fall with high energy, high ex-

pectations... but then the reality comes," McElfresh said. "By the time of the first exam or first major paper, it moves from that high energy enthusiasm [to high stress and low energy]."

He said stress is unavoidable; however, burnout is avoidable and controllable. McElfresh compares stress, passion and energy to the power of a campfire.

"A campfire needs three things: it needs oxygen, a fuel source, and a heat source/spark," McElfresh said. "When people start to burn out, we ask three questions: Are they not being refueled? Are they not doing things to reenergize themselves? Or, are they running out of spark?"

If students look at their lives and assess these three ingredients, burnout can be avoided, according to McElfresh. To lessen stress, he suggests practicing saying the word no—say no to that extra shift,

that party, or anything else that can take your eyes off of your priorities. It's important to say no if you're going to keep school a priority.

"That's a way of eliminating and getting things off the plate," he said.

McElfresh also suggests delaying gratification, such as waiting until you've finished all your work for the week before going out to do something you enjoy. Enjoyment is an important ingredient in success, however.

"Stop and think about yourself and what you need," McElfresh said.

We need both social time and time to be alone, no matter our personalities, according to McElfresh. Some will want more time being social or being alone, but the important part is that people find hobbies that they enjoy.

Dayton is a very eclectic area, rich with activities, food, music, stories and people. There is always

something to do and someone new to meet—take time for enjoyment, according to McElfresh.

Additionally, Sinclair has many resources to help students. If you need to talk to someone about personal or academic issues, Sinclair's Coun-

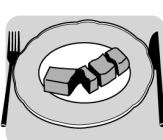
selling Services can help. Visit them in Building 10, Room 10-424.

Other helpful resources on campus include Academic Advising, Tutoring Services, or Campus Ministry. These services can help you find the right major, stay focused

on schoolwork, or help you stay connected on a spiritual level. The most important thing is to know your limit, don't overload yourself and take time to enjoy your journey. Your hard work (and enjoyment) will pay off, according to McElfresh.

### Exam success

Follow these tips to help you through your stressful exam time. Good luck!



**Manageable chunks**  
List everything you have to do, then break it into manageable chunks; begin studying early, an hour or two per day, slowly building as the exam approaches



**Memory**  
Remembering is easier when it means something to us: Try to elaborate upon new information with your own examples; integrate it with what you already know



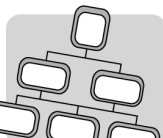
**Running out of time**  
Identify the most important topics and focus on areas you don't understand; skim-reading can save time but don't rely on it as an effective substitute for reading



**Test yourself**  
If you're not sure you understand something, make up some questions about key sections and try answering them



**Highlighting**  
Try to get actively involved with the text as you read; take notes, highlight or underline key concepts



**Organization**  
Techniques include writing chapter outlines or summaries and grouping information into categories or hierarchies



**Surroundings**  
Recall is better when study context (physical location, as well as mental, emotional, and physical state) are similar to the exam context; don't study in bed!



**Breaks**  
Take short breaks often when studying; a rested mind is essential before an exam so try to forget about work when on a break or in bed; relax and unwind, mentally and physically

Source: BBC Graphic: Scott Bell

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# The gift of giving

continued from page 6

probably never have too much mascara, so picking up MAC's Zoom Waterfast Lash is a solid addition for under \$20.

Consider moisturizers in general. Aftershaves are great pick-ups for men, but many men are very particular on their routine. Maybe go the scent route and pick up a favorite of his, or give him a new one to add to his wardrobe.

**Tools/Appliances:** Someone is guaranteed to need a blender, a toaster, a spatula or even a trashcan. It may not be the best gift, but that really depends on the individual. Some people want nothing more than to have a new appliance or piece for their home, and knowing it came from you will be better. You will have a place in their heart and in their home, even if that piece is a trashcan.

For appliances, Macy's runs some great deals. Also look into Hhgregg for the loftier ones. Appliances can be thoughtful too, just slap a bow on it and some smaller, more festive gifts.

Stores like Lowes, Men-

ards and Home Depot all run holiday specials. It may be the time to pick up a new buzz-

New blades, new tools, maybe persuade the over-enthusiastic builder to use a level this time



Deja Goode | Photographer

saw. Nothing says "Merry Christmas" like a power tool. Some of them are even painted red, how festive!

Replace the tools in your home or your friend's home that are just not cutting it. Don't replace the old and trusty tools, go for the old and untrusty. You can only risk your safety for so long.

for your flooring, the list goes on. This also applies to artists.

**On the go:** There's a traveler in every group. Ask them about their travels, try to sneak in their passport status and condition. Luggage sets are on clearance at great prices for quality sets, past cases can get worn out, travel

bags and travel-safe bags are almost always in need of tending to. There's an item out there that the traveler could use, and they would be overjoyed to see it under their tree or in their stocking this holiday season. Check out the impressive collection of hot-selling travel items on Amazon and try to catch a lightning deal to maximize savings.

**Pets:** If you have cats, there is no other option this holiday season other than to purchase the Kitty Shack.

By purchasing the Kitty Shack, your cats will enjoy a fresh new box for only the price of \$19.99 at stores like Bath & Body Works or As Seen on TV.

Celebrating the holidays can include your pets, especially if this holiday season your family grows a bit bigger by adopting or purchasing a new

animal. Some shelters and associations run specials for NO COST adoption. Remember older animals make for just as good of pets.

**My holiday item:** Build-A-Bear Workshop's Pikachu plush. Retailing at \$60, the stuffed Pikachu with Charizard cape is available for pre-order online. Orders will ship in late December. Pokemon is twenty years old, and the kids who love it have no age.

Build-A-Bear runs specials one of which is free shipping for online orders over \$40.

Check with your local branch to see if there are additional deals. Traditionally, Pokemon trainers receive their starter at age ten. However, a Pikachu is better late than never.

For everyone: The thought is what matters. That is the spirit of giving. Giving can mean presents, it can mean sharing your day together, it can mean helping the less fortunate. Whatever you get for someone, so long as it has your thoughts in it, rejecting it or complaining about it makes someone a Grinch. So bear and smile those gifts you receive that make no sense or are completely out of your character, someone went out of their way to think of you, and that's special.

# ASL and Theatre programs collaborate for semicentennial performance

continued from page 3

hopes the audience sees how great the production is for both the hearing and deaf.

"Two different departments--the Theatre and the ASL Departments have come together to make something beautiful and can be enjoyed. It's great to be a part of it," Laura said.

Amy

Sabin, shadow interpreter, said she didn't expect to enjoy the process of theatre interpreting as much as she has done in the past month.

"We've been practicing every night with [the actors], so we've developed the character with

them," Sabin said. "Thankfully the Theatre Department has been willing to walk us through this process step by step," Fritz added.

Wild said she hopes the audiences sees how great of an experience

is is

for both the hearing and the deaf.

"Two different departments, the ASL and Theatre Department have come together to make something beautiful, and that can be enjoyed," Wild said.

Erin Waldon, who plays Lucy, said "A Charlie Brown Christmas" is "really cute and fun, especially for the children."

Kleesattel said the show is about sharing the fun with family and friends, while Judd and Overman said it's simply about pure magic and happiness.

"You'll feel a sense of magic because it's a show we have all grown up with, so it's really cool to see people performing it onstage," Judd said.

For more information about the "A Charlie Brown Christmas" visit [sinclair.edu/tickets](http://sinclair.edu/tickets).



Isaac Williams | Multimedia Director



Isaac Williams | Multimedia Director



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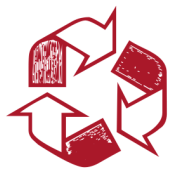
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