

# THE CLARION

"Produced by Students, for Students"

Volume 39, Issue 15 January 12 - 18, 2016

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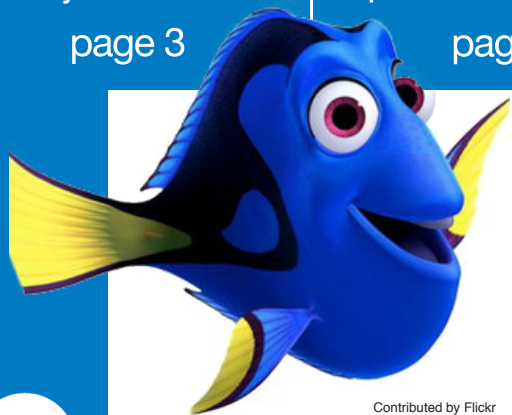
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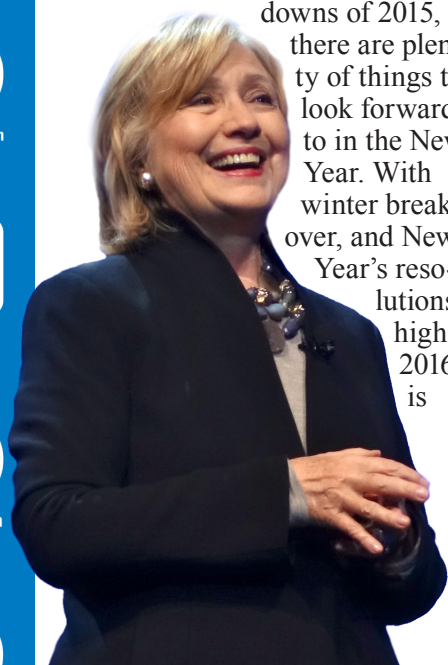
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Gabrielle Sharp  
Executive Editor

As we say goodbye to the ups and downs of 2015, there are plenty of things to look forward to in the New Year. With winter break over, and New Year's resolutions high, 2016 is



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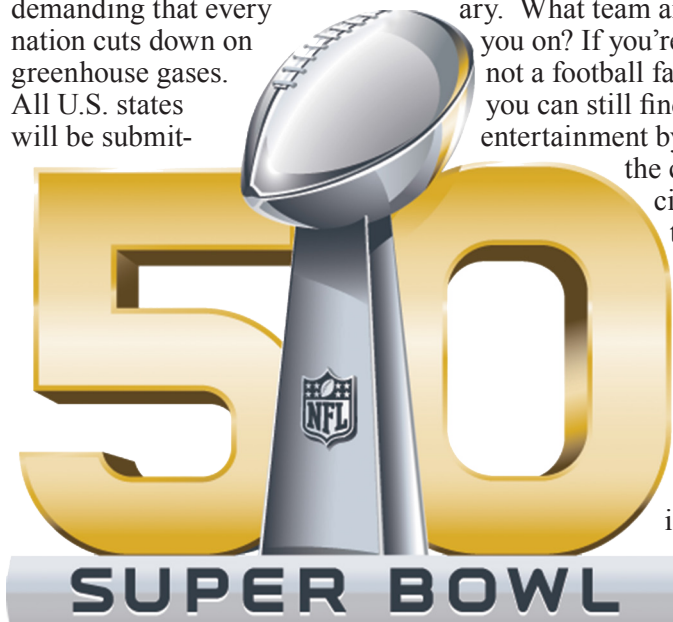
bound to bringing something more exciting than getting back in the groove of school and work. Here are some things to look forward to in 2016:  
Being



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## LEAP INTO 2016

eco-friendly is making its way around the world, making it the first multinational agreement to tackle climate change. Near 200 countries are involved with the Paris climate accord, which is demanding that every nation cuts down on greenhouse gases. All U.S. states will be submit-



Contributed by Flickr

ting their plans by June in order to start reducing pollutants.

With a messy start to the presidential campaign, we get the opportunity to vote for the 44th president of the U.S., while having a chance to choose whom we see as a leader for our country.

2016 is the year for the Summer Olympics. This year the athletes will be competing and supporting their countries in Rio de Janeiro in Brazil. This international multi-sport event will start on August 5 and conclude on August 21.

After a long wait, Finding Dory is coming to theaters this year. USA Today said this Pixar animated comedy is one of the most anticipated movies of 2016. The story reunites forgetful Dory, from

Finding Nemo, with her family and friends.

Sports lovers may say it is the biggest game of the year. The Super Bowl 50 is in February. What team are you on? If you're not a football fan, you can still find entertainment by watching

the commercials and the half-time show, where Beyonce will be joining Coldplay.

Countless concerts and new music are happening in 2016. Adele, Demi Lovato and Nick Jonas, Selena Gomez and Luke Bryan are

just a few who are going on tour to bring the music to you, while Rihanna, David Bowie and The Gorillaz are releasing new albums.

Gamers experiences are about to be better than ever. Virtual reality gaming is



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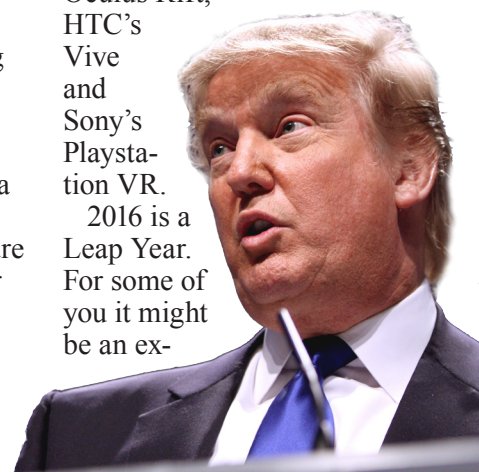
Rio 2016™



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about to be released in the next three months with three powerful headsets: Oculus Rift, HTC's Vive and Sony's Playstation VR.

2016 is a Leap Year. For some of you it might be an ex-



Contributed by Flickr

citing year because your birthday is this year, and for others, guys might be hiding out because of their girlfriends taking on the tradition of proposing to them on Leap Day.



# The Tartan tradition



D'Angelo Philpot | Photographer

Matthew Summers  
*Sports Editor*

The Tartan Pride men's basketball team is on quite a tear starting with a record setting 14-0 start. The fourteen wins to start the season is also the longest winning streak the Pride have had in their history. To go along with these two records, the Pride are also ranked fourth overall in the NCJAA Division II rankings. The three teams ahead of them, Lansing, Kirkwood and Johnson County all have one loss. Sinclair also received one first place vote while Lansing received five and Kirkwood received six.

Over the holiday break, the Pride have won five of their seven games before heading back to class. One of those wins was against conference rival Columbus State Community College with a final score of 90-87. This has been only one of two games where the Pride have trailed at half time, but the Pride did not buckle under any kind of pressure.

"Our assistant, Herb Shaughnessy, actually pointed out that during

no time did he sense that our guys were in panic mode. To hear that from our staff with our guys that they were still business as normal and they were still engaged in the game," said Price.

Perhaps one of the biggest factors to their success is how they are veterans. Some students and most athletes leave after a year at a community college, but a large majority of the players on this roster are sophomores. They have worked together before and stick to their game plan that the coaches designed for them.

"If you had a team of a bunch of freshman, they would have scrapped the game plan and tried to do things on their own. This group has been through the wars and been through tough games. They are a little more mature. Down the stretch, we are finding ways to win," said Price.

The Pride have a few tough games coming up between now and the end of January. Cincinnati State Technical & CC are described as a powerhouse and have been ranked in the Top 20 this year. According to Price,

they have played a tough schedule and aren't a pushover by any means despite their 11-6 record.

"They have a winning tradition there. They don't lose at home. So all the things we are going to encounter will happen Wednesday night (January 6) at 7:30 p.m.," said Price.

The Pride also have to play four conference games, one of which is Columbus State Community College, a team they edged out with a final score of 90-87, their smallest margin of victory this year.

The Pride still have 16 more games to play in their 30 game season but they have many reasons to be optimistic. As of January 5 in school history, this team is first in 3-point percentage, second in field goal percentage and third in assists per game. The Pride are also in the top five of all these categories nationally as well. As long as they stick to their game plan and work together under coach Price, it isn't farfetched to think this team could be number one in the nation at some point.

# Fitness options at SCC

Alex Kennedy  
*Reporter*

Exercise is not just about having a lean and healthy body, but it's also about mentally driving yourself to become stronger in your everyday life by reducing stress and gaining confidence. Exercising result in bettering yourself mentally and physically.

With the start of the new year, one of the top resolutions is living a better lifestyle including exercising regularly while embracing a new diet. However, with the trend of living a fast paced along with balancing a lot on one plate, fitness and exercise seems to fall by the wayside.

Some people aren't disciplined enough to work out three times a week, others just don't have the time. Things such as work and school often take precedence over working out because the majority of the time is taken up from completing tasks, while making a living or working toward a career.

Sinclair provides access to the weight room

for only \$5 per semester for students and faculty, which gives everyone an opportunity to not only focus on training your mind on campus, but also exercising your body.

Students can check out the equipment room for more information. Open gym times vary by day, but the staff in the Physical Activities Center located in Building 8, Room 17 are willing to help dedicated exercisers. If lifting weights doesn't sound appealing, Sinclair also offers open pool times for students who are interested in swimming.

If the open gym and open swim times are unable to fit into your schedule, or you're looking for something a little less mundane, there are more options that can be explored. Sinclair offers two types of athletic classes.

The first is PED 1000 classes. Students who take these classes earn one credit for each class they are enrolled in. There are many courses offered such as basketball, golf, yoga and even scuba diving. These

are pass or fail classes meaning that students do not earn a grade; rather, they either get credit or no credit.

The other type of athletic class is the PED 6000 class. These classes are not for credit and cost \$25. Courses offered include tennis, social dance, martial arts and pilates to name a few. These courses are a great way to interact with other students who have similar interests as you. Depending on the course, there are usually times in the morning and in the evening to be able to accommodate to busy schedules.

There's no need to go out and buy a fancy gym membership when Sinclair students and faculty have the chance to access gym equipment and classes for an affordable price, and sometimes even earn college credit for it. If getting into shape is a part of your New Year's resolution, take advantage of the convenient opportunity to gain confidence, while enhancing cognitive function, along with reducing stress.



Edmond Suelflow | Clarion Staff





Jakub Halun Wikimedia

# Study Abroad

Celia Lavoie

Reporter

This May students will have the opportunity to study abroad in China. The trip is a two-week experience studying the culture of the country. Deborah Gavlik, Director of International Education will be leading the trip. Gavlik believes it is important for students to learn about other cultures.

"The world is a big place," Gavlik said.

The first week students will study at Ningbo Polytechnic in Ningbo, China. There, they will learn about Chinese culture taking courses in the Chinese tea and dumpling making processes, and they will be able to interact with Ningbo Polytechnic students as well.

The second week will be a chance for students to explore other parts of the country. They will visit

Beijing, Xi'an and Shanghai. While in these cities, students will see the Forbidden City, the Great Wall and many other famous landmarks.

Gavlik has taken a trip similar to this before and said students will be exposed to a whole new set of ideas.

"It's so interesting to see how other people in other places do things and how they think," Gavlik said.

The 14 day trip is available to anyone at Sinclair, but students taking the trip must enroll in a study abroad experience course, PLR 2780. There is an application for students interested. These can be found in the International Education Office in Building 10.

The trip is estimated to cost around \$4,000, but financial aid is available for students. This fee covers airfare, transportation, accommodations, meals and a tour guide for the second week. Students will need a passport, recommended immunizations and money for personal expenses.

## Marketable Majors

Maggie Stacey

Staff Writer

With graduation arriving this semester, many Sinclair students are taking their majors into consideration while preparing to enter the workforce. Some students consider whether their degree in their current major will land them a position in the work force. Other students consider whether their degree will fulfill the requirements to begin their dream career.

Today, there are increased opportunities for employment. At this time last year, three million job positions in the United States remained vacant. Fortune, a part of TIME, published information regarding the top hiring career fields of 2015.

Marketing managers came in first place with net job openings of 22,996. Following closely

behind were software and applications developers, needing over 21,000 positions filled.

Eric Mayrer, Business Administration major at Sinclair, is confident that he could secure such a job position. He intends to work in Asset Management in the banking industry.

"I also have chosen this path because I wanted a career that was both dynamic and challenging," said Mayrer. "I get bored doing the same thing every day. In finance, each day is different because the market is constantly changing and you have to constantly be changing right alongside it in order to stay ahead."

Registered nurses came in third place, needing over 19,000

positions filled. Industrial engineers, network and computer system administrators, web developers, medical and health services managers, physical



Tribune News Service

therapists, speech pathologists and sales managers ranked in the top ten.

Angelia Jackson, Business Entrepreneurship major at Sinclair, owns her own business, Right Touch Cleaning Services, and intends to branch out. Jackson chose to not transfer to a university. "I'm already satisfied

with what I have, I'm not trying to impress anybody else or go after anything, I'm just trying to please myself," said Jackson. "My dream is just to be comfortable in what I'm doing and like what I'm doing."

Brenda Bowles, stu-

to have a safety net as an interpreter.

"I was always raised to do what you love because you don't want to be stuck in a job that you hate going to every day. What I would love more than anything is to work with animals and make the world a better place for my children," said Bowles.

According to the Pew Research Center, the unemployment rate for adults ages 18 to 34 decreased by 4.7 percent from 2010 to 2015.

Josh Smith, Biology major at Sinclair, is not worried about job security for himself. He intends to find a career in the field of Ecology. He explained that he could secure a research position in an academic setting, with a private company, or with a grant for independent research.

Smith feels he could keep a career position in research due to its changing nature. "The only reason why people

lose their job security is because what they learned has become outdated—but if the job is a research job, then your job is to incorporate that into the new experiments," he said.

Smith's dream career is to conduct research on his own farm. "The farm isn't to have a place to research, and the research isn't so I can have a farm. They're just two coexisting dreams," Smith said.

Regardless of how Sinclair students choose their major and plan for their career fields, we can all be certain that opportunity does exist. However, Bowles believes the college experience requires some soul-searching.

"I do recommend college for everybody. For me, college has been something to explore who I am, and I feel like that experience should be given to everybody, no matter what you do in life," said Bowles.



# MY VOICE

## Action creates attitude

Barton Kleen  
Managing Editor

No matter where you are now with yourself, I can guarantee you will feel better if you are productive.

Then you head in to class, where you try to shove the rest of life, even if for a moment, into the furthest corner of your mind so you can absorb the information you take in from the

optimism? Does your outlook really change anything?

No, your outlook doesn't change much. No, you don't suddenly get great deals of time in your life for being an



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Let's look at the monotony of the daily life of your average Sinclair Community College student:

You wake up. You do your morning or in the case of our second and third shift workers, your evening routines—even if your alarm didn't go off, leaving you with barely enough time to get presentable.

You're either deicing your car, scratcher in hand like a frenzied swordsman, or headed to public transport or your other means of transportation.

You take your transport and you get to work, where you spend a significant portion of your day selling your time to live and to hopefully afford even the lowest tuition in the state.

day's activities.

After what can often be an entire day or night's of classes, it's another commute home for the fortunate, another clock-in for those in other circumstances.

You're exhausted and you realize you forgot to eat. The kids haven't seen you all day. You need to do laundry. You have to call your sister and check in with her recovery from surgery. You forgot to pay the water bill. You put last month's groceries on this month's credit bill. You get into a fight with your significant other. You go to bed angry and hardly sleep, but you have to repeat.

For many, this is the grind of life. How do we end up with such different perspectives? How is there even time for

optimist. No, optimism isn't going to pay your bills or work your 14-hour shift.

Optimism, however, is not just a perspective or something you just suddenly acquire. It's not a one-size-fits-all perspective either, so let's talk about real optimism.

Optimism is the lifestyle that results from a general way of thoughts. It isn't something you acquire; it's something you generate. Most optimists aren't detail oriented in most respects. However, this is not to say that optimism suggests you ignore these details.

Optimists project positivity while pessimists absorb positivity, because they cannot generate it themselves.

This is the give-and-take dynamic of most scenarios in life.

If you want to be a more "positive" person, examine what being "positive" means. We connect positive with good. Positive connotes to success.

Positive is more of a "something." Positive space is what exists. So being positive is essentially embodying "being" and "doing." Positivity is synonymous with doing. It is action. Being positive is taking action.

If you want to see a more positive person, take action. Don't be scared off thinking it has to be some huge, "go get 'em" attitude. If you carry around a "go get em" attitude but you don't have the fortitude to deal with the reality that you're not going to "get 'em" most of the time, you set yourself up for failure.

If positivity is success, then you it's imperative that we understand success outside of comparative success. This doesn't mean you should adopt the "everybody gets a trophy" mentality; it's quite the opposite.

You won't get a trophy—you don't need one. That's because you'll realize life has made you want the trophy, but a trophy is only a symbol. A symbol embodies an idea. You don't need the symbol, you are the symbol, and it's time you polish the trophy you already are.

The first step to dusting off that trophy is coming to terms that you are, on some level, at exactly where you are in life because some part of you is comfortable there. You are there in part because of your own desire to either maintain that way of being or to be satisfied in a lifestyle without challenge.

You had some reaction to that. Something came to mind:

admission, defense or intrigue. You couldn't be responsible; after all there are so many factors that are out of your control! Well, here's another: your truth does not matter to the objective rules of the universe.

Throw out those excuses; it's better than living with them. I don't care if they're excuses you're comfortable with or even substantial, circumstantial excuses. They're an excuse and not reasoning because of the way you approach them mentally. Get rid of them. They're your excuse and not reality because you haven't accepted how that reason relates to you.

I'm going to take a wild guess that life has not been fair. If you're an adult, or getting there, or maybe an adult working towards embracing that independence, you're going to have to understand that the idea that life is fair is completely unfounded and un-evidenced.

Are you going to spend your whole life fighting against nature, against the entire world and everything in it, just to spite yourself? Don't let your world stop because there are things out of your control.

They're out of your control because they could not possibly be in your control. You can't tell me that if you could have controlled it, everything would have been better. How could you argue that? With the knowledge and experienced you gained entirely because those events happened?

Even if you were some almighty being that could rewrite the past, I guarantee you would mess up too. Cut yourself some slack and cut out those excuses.

Not by just haphazardly flinging them out the nearest window, as wonderful as that sounds, they'll just end up on your lawn or on

your car. It's Poe's Law with a little Murphy. How you beat those excuses is by understanding the excuse, the reason, and the reason you want to make it. Why do you turn something into an excuse?

Be productive instead. A productive person is going to deal with everything a nonproductive person does. How do they do it? I'll give you a clue, they're not working much harder than a nonproductive person. They're not terribly smarter either.

How is that possible? Well, that's because "intelligence" is much broader and is comprised of many nuances that the average person does not utilize. We are not brought up in a way that fosters both a biologically holistic and a functionally holistic set of intelligences.

Productive people apply this entire spectrum of intelligences that a person encompasses in the ways that people are designed to apply them.

Do some spring-cleaning. You know how you're going to do that? You're going to start to get through things. You're not going to magically tackle every issue of your complex being in one night. But I can tell you, how you're going to get through things is by managing yourself—by being productive.

You're going to lose the weight, you're going to exercise and you're going to get through the mental duress and the neurological loops you've made habits out of, and you know how? The smallest efforts. So long as they are efforts, and you'll know if they are, it's going to work.

If you're trying to lose weight, you're going to exercise. Maybe you'll be motivated for two weeks. By the end of the month, you may not want to, you might skip a day. You might

continued on page 8



## CLARION CARTOONS

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For more Scott Kurtz comics  
visit [pvponline.com/comics](http://pvponline.com/comics)Interested in being a  
cartoonist? Apply at the  
Clarion, Building 8027

## "DEAR GABBY"



Submit your poetry, Dear Gabby Letters or creative writing samples to [clarion@sinclair.edu](mailto:clarion@sinclair.edu) for a chance to be published in The Clarion.

Dear Gabby,

I'm a young teen trying to survive in this world. And with some people, their maturity level is not where it should be when they graduate high school and starting college. I'm mature like people should be when in college and they frustrate me.

In college you shouldn't ask teachers to hang heir assignments up on their fridge or in the classroom. I have a good tolerance to annoying people, but this girl breaks through my barrier. I try to be nice to her, but I just

cannot stand her at all.

What do I do about this girl? She does not act like she's in college—she acts like she's in elementary school.

Sincerely,  
Losing my sanity

Dear Losing my  
sanity,

Unfortunately, you will find "annoying" people everywhere you go, so the best thing to do is learn how to deal with it and don't let it get to you. With that being said, I think it's one of those things that are easier said than done.

People can just go against the grain, and before you know it you've lost all

patience. Personally, I do think maturity evolves differently for everyone, and may take more or less time depending on the person.

I think also social skills play a role in this situation. She might not realize that college is different from elementary, junior high and high school. Once she spends more time in a college environment, she might change and start developing the social skills that should take place on a college campus.

I hate to be one of those people who say, "it's the 'real' world." But it's true. Once you spend more time outside of your parent's nest,

you'll realize the world is filled with all types of people. I think the best thing anyone can do is find ways to cope with obstacles, whether that is "annoying people" or a job or school.

If you don't have to work with this girl in the classroom, then I would ignore her and try to breathe and focus on what you have to do. I would waste your time worrying about her and her actions. I have had plenty of people that push my buttons, but it's how you overcome it that makes you the bigger person.

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.



# Out with the old

Emily Culbertson  
*Reporter*

This year Donald Trump said that he was running for president, shaking up most of the country. While there is a great wall of division between people that are 100 percent for the man to ‘Make America Great Again’ and the other half are downing him and saying you’re crazy if you vote for him.

It’s all in our hands for what is next. While our billionaire presidential candidate was making waves in the U.S, just over the pond the Royal Family welcomed a new princess into the palace. Princess Charlotte was born. We also lost a TV host that filled our TV’s for generations at midnight when David Letterman stepped down from his lifelong podium as the Late Night Show’s host leaving it in Stephen Colbert’s

hands.

The world’s biggest boy band One Direction made headlines after Zayn Malik left the group, Louis Tomlinson becoming a father, and then the breaking news of the band’s hiatus.

Nobody will ever forget the big announcement reality star/ athlete Bruce Jenner made. Bruce became Caitlyn Jenner, bringing with her a spotlight on transgenderism throughout the world.

A world famous star that many of us grew up watching on the Cosby Show found himself with continued legal battles as he was accused of sexually assaulting multiple women over the years.

To top off all surprising news throughout 2015, Steve Harvey wrongly announced Miss Universe, crowning Miss Colombia when the real winner was Miss

Philippines.

There were many trends that were set in 2015, which caused lots of positive and negative reactions and conversations. The ponytail and bun weren’t just for girls anymore, men joined in on this trend. Guys with longer hair grabbed a rubber band and secured their hair into a trendsetting man bun, which is now worn by many.

The guys weren’t the only ones trying trends. Many girls took part in the Kylie Jenner Lip Challenge, which is where you make your lips bigger by sticking them in a bottle or cup. Many incurred injury or prolonged effects from bursting blood vessels, much to their surprise.

Don’t forget about that famous dress floating around the internet. People talked about the color of the stripes of the dress, arguing if it was gold or blue. Society also joined

in the game of the Charlie Charlie challenge, trying to create a new Ouija board.

Music was a big hit for 2015, giving us unforgettable music to dance to, rock out and empathize with every lyric. At the top of this list is Hot Line Bling by Drake. This song has been trending so highly, that the internet was exploding with memes and homemade dance videos— Even Donald Trump made a parody video for Saturday Night Live.

Taylor Swift came in big with Bad Blood, while Nick Jones flew to the top of the charts with Jealous. Both 5 Seconds of Summer and Demi Lovato took over our summer, by making anthems called She’s Kinda Hot (5SOS) and Cool for the Summer (Lovato).

Fight Song by Rachel Platten was an inspiration to many because after 10 years of being in the music industry she finally had a hit. A bunch of people have been dancing to Whip/Nae Nae; however, the biggest hit and comeback of 2015 was Adele’s Hello.

2015 was a big year in entertainment from good to bad, here’s to 2016!

Jimauro Calhoun  
*A&E Editor*

You do not have to be an art major to appreciate the arts that are on display at the Dayton Art Institute. Right now, the institute has three displays, all of which are created by Ohioan artists, with some even from the Miami Valley.

Katherine Ryckman Siegwirth, the Kettering Exhibition Coordinator and Curatorial Associate for the Institute, spoke with the Clarion, providing backstories for the displays—some of the stories behind the work were just as interesting as the art themselves.

“Photographs by Ohio Art Educators” is a display of five works by art educators from Ohio. The purpose of the display is to give people new ways to see and understanding the visual world. The photographs in this exhibition are drawn from the collection of The Dayton Art Institute, demonstrating the range of artists who are also educators within the Dayton community.

Their work influences the approach of future generations of artists and thinkers.

By showcasing works

made from one medium, photography, this presentation narrows its lens in order to note the rich depth of possibility this medium can offer, as well as see the various nuances and the aesthetic choices of each artist.

One teacher whose work is featured on display is Sinclair Photography professor Richard E. Jurus II, whose works have been displayed in Building 13’s art gallery.

“We have used his art and others from Sinclair Community College before,” Katherine said. “We contact their Fine Arts department and after confirmation, we went and picked them up.”

Another exhibition is “Visions and Dreams: Threaded works of Mary Borkowski.” This was previously showcased at Sinclair.

A native of Sulphur Lick Springs, Ohio, Borkowski spent much of her life in Dayton and began quilting in 1930. In 1965 she created her work on silk, felt or velvet backgrounds with silk thread and yarn. She called this type of work “thread painting,” and these form her singular contribution to traditional fiber arts.

The subject matter is

generally drawn from events in Borkowski’s life, through what she calls her “string pictures,” which can also be described as surreal and strange. The effect resembles embroidery, but with more depth and texture. Borkowski was untrained in the fine arts, and her resulting work presents a unique interior vision all her own.

“The Borkowski exhibition is presented in conjunction with the special exhibition ‘American Sampler: Grandma Moses and the Handicraft Tradition,’ as they are untrained artists whose initial preferred mediums were embroidery/ thread paintings, but Borkowski’s work takes a very different tone and is much more allegorical/ social commentary than the work of Moses. While Mary Borkowski likely knew of Grandma Moses’ paintings, she would not have known about Moses’ embroideries and I would not go so far as to say Borkowski was influenced by Moses,” Siegwirth said.

“Sites of Worship” presents depictions of churches, temples, mosques and other locations of prayer from

around the world.

Highlighting the context and architectural grandeur of these sites, the exhibition demonstrates commonalities among places of prayer. This display draws from the works on paper collection of The Dayton Art Institute.

“The museum is a civic institution open to all, and we encourage dialogue around the art presented, of which this exhibition demonstrates one small glimpse of the over 17,000 works on paper housed at the museum,” Siegwirth said.

The Dayton Art Institute was able to acquire art from the Cleveland Art Museum for an exhibition titled “Toil and Leisure: The Evolution of French Landscape Painting in the 18th and 19th Centuries,” which depicts landscape of the 18th and 19th century Europe and its ties to social commentary.

French artist Paul Cézanne painted “The pigeon Tower at Bellevue,” a towering rock formation in the small town of Bellevue in southern France, with an exaggeration of the rock’s shape, extending it vertically and to the left, creating a geometric focal

point of interest in the composition.

Contemporaries of Cézanne’s contemporaries Jean Baptiste Camille Corot, Jean François Millet and Charles François Daubigny used similar styles of art as forms of social protest that would show the gap between the upper class and the working class. One art form used in this time period was Rococo, as a retaliation against the grandeur, symmetry, and strict regulations.

Using a more jocular, florid, and graceful approach, this style of art was ornate and used light colors, asymmetrical designs, curves, and gold. “Toil and Leisure” will only be displayed until January 10, but will return to the museum in February.

“I want those that come to the galleries to have a connection when visiting the Art Institute,” said Siegwirth. “We have displays reaching over five millennia that could help us connect by reaching into our past.”

For more information, visit [www.daytonartinstitute.org](http://www.daytonartinstitute.org).



Edmond Suedflow | Clarion Staff



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## Hiring Status

Nick Felts  
*Staff Writer*

You might have heard of a new trend going on for the past few years where recruitment departments for large companies check Facebook and Twitter for profiles of their new applicants.

A technology market survey taken in 2012 by Eurocom Worldwide, a Public Relations and Communications agency, says, “Almost one in five technology industry executives say that a candidate’s social media profile has caused them not to hire that person.”

Predicting Personality with Social Media, a paper published by the website of the University of Maryland, investigated how much social media might give away about personality.

The potential for social media to affect careers is ever-growing.

You’ve gone and taken down your Facebook photos from Saturday night and that one weekend in Mexico and you’ve deleted any scandalous tweets you had, but is that all you need to worry about? Recent studies suggest otherwise.

Written in 2010, Predicting Personality with Social Media says that they “can predict personality to within just over 10 percent” or more precisely, within an 11 percent margin. That degree of error isn’t even significant

when determining the five major parts of personality more commonly known as the Big Five Personality Inventory. The study adds “the difference between being 65 percent and 75 percent extraverted... is likely small enough that the error would not have many practical implications.”

What this means is that they may not know your exact percentages but they can get a firm general idea of your overall personality just based on your social media profile. They split the profile into six parts but one part alone, language use, gave them 52 percent of a user’s personality. Based off of just status updates, your About Me section, and other things such as tweets, you can get an idea of how someone behaves.

The findings correlated certain qualities, like amount of Facebook friends, to the Big Five personality traits like Extroversion. More books in a user’s favorite book’s list was linked towards a higher rating of Openness.

People with higher Conscientiousness were scored with less posting information about things and more about posts with people and social activities.

Agreeableness was determined by words that describe emotions and positive emotion words.

If employers put your social media to the test, how would you score?



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continued from page 4

cheat on your diet.

What you're going to do is by managing yourself, by treating yourself the way you deserve to be treated, by being productive, you will still tell yourself excuses. But, what you're going to notice, is that sometimes when you tell yourself "it's not worth it" or "I can't" or "I'm not good

many joys there are to be found.

From indifference, you decide your perspective. However, life dopes you. If you sit in indifference, you'll begin not to recognize it. Still, you'll form your perceptions and reinforce your beliefs. Is it fair to yourself to set your worldview in stone so under the influence?

Learning to be productive can be a lot like learning to ride a bike, but you're probably going to fall off this one quite a lot more.

However, you can keep riding. You wore a helmet, and your bruises will heal. You know these things. If life's a journey and not a destination, then you've got to learn to enjoy this journey, which includes every time you fall but also

every time you get up.

This journey's going to include speeders, people who probably aren't even aware blinkers were invented, people who get into accidents—because people on the road are just like people off the road.

You've got your sport car hot-shots, you've got aggressive and defensive drivers, drunk drivers, beginner drivers, drivers who need directions, out-of-towners, you've got people trying to merge and people who don't even have their lights on.

The road is dangerous, but we're all on it. You will have your flat tires, but even if you can't change a flat tire now, you can learn how, and a surprising amount of people are there if you look that are willing to help. You can bike or drive, or even walk on the side but you can't stay still. It's time to move forward and enjoy your trip again; you've been on it the whole time.



enough" you will hear the tiniest voice in yourself that says, "Why?"

Why, when it is worth it? Why, when you can? Why do you say you're not good enough when even the smallest place in your heart knows you are? You're going to see self-worth when you do self-work.

That small sound will echo into your actions, and you have to let it.

If you "do," if you "act," you will "be." It's not easy, but I'm reluctant to say it's hard either.

It may be uncomfortable, but it is significantly better than the alternative—stagnation and indifference. Indifference is said to be the opposite of love because indifference has its opposites most opposing force, the inability to change.

Indifference will trick you out of both joy and pain, but ultimately saves you from neither. If you are supremely detail-oriented, you're going to mistake the difficult portions of life for pain. Indifference won't cast light on the

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# Tartan Spotlight: Sally Lahmon



Celia Lavoie  
Reporter

**Meet...**  
Sally Lahmon, an English professor at Sinclair, began her journey as an academic advisor, but soon found teaching was where she belonged.

**Why she's interesting...**  
Lahmon has a bachelor's degree in English from Bowling Green State

University along with a master's degree in higher education from Wright State University. Lahmon has worked at Sinclair for 20 years, and

found her passion in teaching.

Growing up, Lahmon was surrounded by teachers. She has ten teachers in her family and everyone said she would

Celia Lavoie | Clarion Staff

eventually be one too and, despite her resistance at first, they were right. She avoided teaching in college and grad school. After grad school she went on to be an academ-

ic advisor. After five years of advising and eight years of school, she realized teaching was where she was meant to be.

"It's such a natural calling for me," Lahmon said.

In her time here at Sinclair, Lahmon has found someone to look up to and compare herself to as a teacher. Kathy Rowell always told Lahmon to remember one thing if you want to succeed: you have to care.

"I totally get that," Lahmon said. "I really do care, I don't think I'm the best writer, I don't think I'm the smartest professor, but I am a good teacher because I care. That's me."

She has proven herself a good teacher, winning the Rouche Excellence in Teaching Award last year. Only one other member of the English department has won the award. Winning this award, Lahmon is ready to settle down and just focus on the classes she has now: English Composition and Children's Literature.

"I just want to be happy and I want my students to

be happy," Lahmon said, "I feel very rewarded with my work here."

Working at Sinclair, Lahmon finds one thing to be better than anything else.

"I love the diversity here. I find it extremely vibrant," Lahmon said. "I get to learn about differ-

"I have learned to never make assumptions about people. I am always surprised," Lahmon said.

Lahmon looks at her students as heroes knowing what some of them go through on a regular basis. Lahmon has two kids and is married to her high school sweetheart.

She said she enjoys hiking and yoga, as well as spending time with friends and family. Family is a priority for Lahmon as she is actively involved in both her kids' lives at school and at



Celia Lavoie | Clarion Staff

ent cultures from my students and I love that and I don't know that I want anything different from that."

The diversity Lahmon has been exposed to at Sinclair has taught her life lessons.

home. Wherever she goes though, she always looks for something she can help improve.

"I'm always trying to make myself better and make kids happier and better," Lahmon said.

## Words Of Encouragement

### **Dwayne Kirkman, Student Affairs Director**

"Where there is breath, there is hope; Love and expect nothing in return; Life is what you do for others; It is an unwise person that sits beneath a waterfall and dies of thirst."

### **Sally Lahmon, English Professor**

"Despite the upcoming challenges, I hope you find joy in seeking your ultimate potential this semester. Enjoy this opportunity to grow and bravely face what's ahead!"

### **Amy Hartman, Ombudsman**

"You can do three things with time: waste it, spend it, or cherish it. Cherish your time!"

### **Kimberly Collins Advising Manager STEM Career Community**

"As the old saying goes, nothing worthwhile is easy. This is certainly true of a successful college education, which requires years of dedication, sacrifice and hard work. As a college student, realize your potential and the possibility of fulfilling your career goals. Even if you are not yet sure of your major, you are taking vital steps toward accomplishing great things in your life."

### **David Bodary Communication Professor**

"I would encourage students to become engaged on campus with a club of their interest or related to their career interests. Career community activities, Spring Fling or any club are great ways to connect with other students, experience new things and broaden one's perspective."

### **Lori Zakel, Associate Provost**

"If you have any questions, comments, or concerns about any of your classes, talk to someone (the faculty member or perhaps an advisor) right away. Don't wait. Take action to help ensure a successful learning outcome."

### **Kelly Smith Assistant Professor, Communication Department**

"There are two types of people: 1. Those sitting on the sidelines and 2. Those people the ones on the sidelines are watching. All eyes are on you! Congrats on taking the first steps to accomplish your academic goals! On your journey, remember every class you successfully complete is one step closer to fulfilling your dreams. Don't forget to celebrate the small victories; reach out when you need help; and always, always, believe in YOURSELF! Have a fabulous semester!"



## ARAMARK WEEKLY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Specialty Pizza	Specialty Pizza	Meat Lover's Calzone	Specialty Pizza	Specialty Pizza
Qdoba Mexican Grill	Lee's Famous Chicken	Panda Express	Bob Evans Restaurant	Buffalo Chicken Mash
Tyson chicken Patty Sandwich with French Fries and a 16 oz. fountain beverage 4.49	2 Slices of Cheese Pizza with a medium fountain beverage 4.99	Tyson Spicy Chicken Patty Sandwich 2.29	2 Jr. Cheeseburgers with French Fries and a 16 oz. Fountain Beverage 5.39	add a medium fountain beverage to your trip to the Salad Bar for only \$1.09
Oriental Beef Noodle Soup Cheddar Cauliflower Soup	Oriental Beef Noodle Soup Southwest Potato Soup	Turkey Soup With Brown Rice Southwest Potato Soup	Turkey Soup With Brown Rice Pasta Fagioli	Sauerkraut Kielbasa Soup Pasta Fagioli
Buffalo Crispy Chicken Sandwich	Grilled Chicken Quesadilla	Grilled Reuben	Turkey Bacon Pretzel Sandwich Melt	Ham & Swiss Pretzel Melt
Thai Chicken Wrap	Thai Chicken Wrap	Thai Chicken Wrap	Thai Chicken Wrap	Thai Chicken Wrap

## CAMPUS CALENDAR

### January 11, 2016 Spring Semester Begins

Full session runs January 11 through May 8. A-Term sessions runs January 11 through March 6. B-Term session runs February 15 through May 8. The 12-Week session begins February 15.

### January 13, 2016 Movie Showing: *Selma*

Building 12, Smith Auditorium  
11:30 a.m. to 3:00 p.m.  
See movie and increase your awareness about the Civil Rights movement in America.

### January 13, 2016 Basketball vs. Clark State

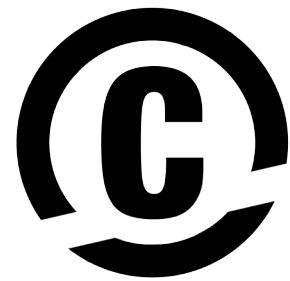
Building 8, Gym  
5:30 p.m. to 9:00 p.m.  
Women play at 5:30 p.m. Men play at 7:30 p.m.

### January 14, 2016 Movie Showing: *Selma*

Building 12, Smith Auditorium  
3:00 p.m. to 6:00 p.m.  
See movie and increase your awareness about the Civil Rights movement in America.

### January 16, 2016 Basketball vs. Cuyahoga Community College

Building 8, Gym  
1:00 p.m. to 5:00 p.m.  
Women play at 1:00 p.m. Men play at 3:00 p.m.



## CROSSWORD PUZZLE

### Across

1 Four Corners collectible  
10 Edit, as a soundtrack  
15 "Be right there"  
16 Dior style  
17 Window-adjusting tool  
18 Sheep or goat  
19 Two after love?  
20 Aria from "Car-

### men"

22 Some drills  
23 Champagne toast  
24 English lit pseudonym  
25 Father of Phobos  
26 Bounty maker, briefly  
27 R&B's \_\_\_ II Men  
28 Murky milieus  
29 \_\_\_ cracker  
31 Facing dauntlessly

35 Like sparkling wine  
36 Real estate pioneer with a Long Island town named for him  
37 Clan member  
38 Ruler of Asgard  
39 American Leaguer since 2013  
41 Ray  
45 1975 ABC debut, for short

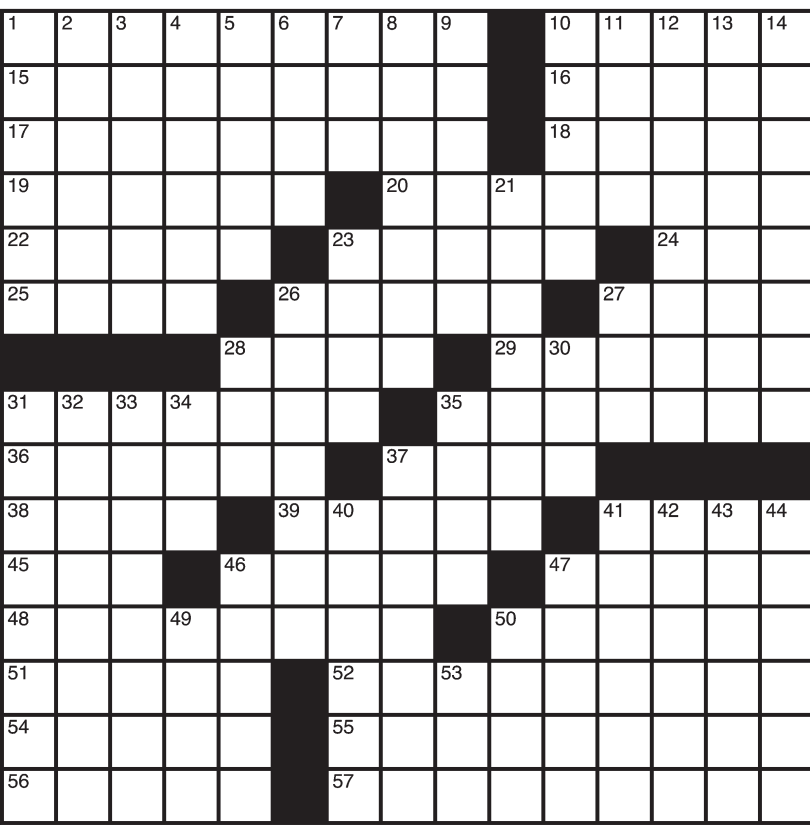
### 47-Downs

56 State with a red, white and blue flag  
57 Strips at a party

### Down

1 Pisan possessive  
2 It's dropped on purpose  
3 Cinema  
4 Ovid work  
5 Dumps  
6 Just  
7 Prepare for a grilling  
8 Jazz followers  
9 Memorable '70s Ford  
10 Capital SSW of Tangier  
11 Tar Heel State campus  
12 Attack from above  
13 1964 World's Fair giant tire Ferris wheel creator  
14 Enchant  
21 Cause of worry  
23 Blabbed  
26 Compound with five carbon atoms  
27 Crab house accessory  
28 In good shape  
30 Fruit served with a cracker?  
31 Online clip

32 Colorful fall tree  
33 Anne Morrow Lindbergh, but not Charles  
34 Café quaff  
35 "\_\_\_ in the Dark": 1988 Neill/Streep film  
37 Noah's predecessor  
40 Hybrid apparel  
41 Rear end  
42 Complete  
43 Bos'n's response  
44 Large rays  
46 Exeunt \_\_\_: all go out  
47 55-Across dessert  
49 \_\_\_ cracker  
50 Assign value to  
53 Four on Augusta's fifth



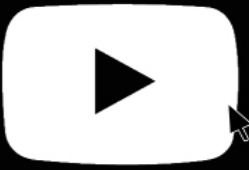
## PUZZLE SOLUTIONS

S	H	O	E	S		A	B	C	S		B	A	S	S	O
L	E	A	V	E		Y	E	A	H		E	S	T	E	R
A	R	R	A	N	G	E	D	M	A	R	R	I	A	G	E
B	O	S	N	I	A		S	P	R	E	E		Y	A	M
				D	O	L	E			I	D	A	H	O	
O	R	D	E	R	E	D	I	N	A	D	V	A	N	C	E
R	O	A	R		N	E	R	O			E	T	H	A	N
A	M	Y		B	A	N	I	S	H	E	D		O	P	T
L	E	T	M	E			S	E	A	L		I	L	E	R
S	O	R	T	E	D	T	H	E	L	A	U	N	D	R	Y
				I	N	F	R	A			F	I	S	H	
G	A	P		C	A	V	E	S			N	E	A	T	E
A	L	P	H	A	B	E	T	I	Z	E	D	L	I	S	T
S	P	E	A	K		R	U	L	E		T	E	R	S	E
H	O	R	S	E		N	I	L	E		O	R	E	O	S



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

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

PUZZLE SOLUTIONS



### Capricorn: Dec. 22 – Jan. 19

The sun is bringing you positive energy. You'll find it easy to cope with everything that is going on at work or at school. And you'll be in a much better mood as you handle things that are happening with your family members, friends, or romantic partner.



### Aquarius: Jan. 20 – Feb. 18

It's OK to admit to yourself that certain people are draining your emotional energies. Maybe you have a roommate or friend who has been going through a rough time, and you've been behaving like a free therapist. The sun says it's time to set emotional boundaries.



### Pisces: Feb. 19 – March 20

Things are moving along in your romantic life. If you've been single, you're finally starting to meet some great people. If you're in a relationship, you're feeling more grounded and positive within your romantic situation. Thanks to Neptune, things are looking up.



### Aries: March 21 – April 19

Venus is increasing your desire to take risks. You'll tell your family that you're madly in love, even if they hate the person you've been dating. Or you'll decide to embark on a passionate affair with a married friend, even if logic dictates that this doesn't make sense.



### Taurus: April 20 – May 20

You'll enjoy some happiness and comfort, thanks to the moon. Your honey will lavish you with much-deserved attention. Or if you're single, you'll find that friends, family members, or colleagues are suddenly bringing you positive energy. You deserve it.



### Gemini: May 21 – June 21

People are putting a lot of pressure on you, because of the moon. Maybe your on again, off again sweetheart wants a commitment. This isn't a good time to make promises. You don't know what you want right now, so don't try to fake affection.



### Cancer: June 22 – July 22

With the sun opposite your sign, you're not quite yourself. You're manifesting multiple personalities. Part of you is in love, part of you is in hate. Don't make any big moves within that complicated relationship. You need greater clarity and balance.



### Leo: July 23 – Aug. 22

You're not worried about what others think about you. You're too busy having fun, no matter what. The moon is increasing your desire to spend quality time with a certain someone. You don't care if this cutie is married, engaged, or otherwise involved with somebody else.



### Virgo: Aug. 23 – Sept. 22

A moon opposition has you questioning your honey's motives and behavior. Maybe your partner has been working late, but you're wondering if he or she is really seeing somebody else. Try not to lose yourself to jealousy or paranoia.



### Libra: Sept. 23 – Oct. 23

Don't jump to conclusions if your sweetheart is acting weird or becoming less available to you. Chances are that he or she is going through extra work pressures or personal problems, and you need to remain supportive. The moon says chill out.



### Scorpio: Oct. 24 – Nov. 21

Mars is encouraging you to focus on attaining your goals. Don't allow anybody to stand in your way. This is a good time to market yourself, seek greater financial rewards, and to demand respect in all of your relationships. Don't settle for second best.



### Sagittarius: Nov. 22 – Dec. 21

Venus in your sign is increasing your need to position yourself in a positive relationship. If you've been interested in somebody but haven't yet made a move, now is a good time to express your feelings for that person. Don't be shy. Boldness pays off.

# CLARION

'the Clarion' location Building 8, Room 027 Established: March 15, 1977

'The Clarion' is published as a designated public forum for the students of Sinclair Community College by a student staff every Tuesday during the regular academic year, and once in June during the summer.

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The Clarion' is a member of the Associated Collegiate Press, the Columbia Scholastic Press Association and the Ohio Newspaper Association.

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## January holidays

# National Chocolate Cake Day

Wednesday, January 27



De'Andre Stringer  
Reporter

The month of January hosts many “bizarre” holidays that are sure to interest you.

January 13 is International Skeptics Day, or is it? What could we know about Skeptics Day. Pull out some literature or try questioning something you usually don't think too much about. Just don't get too caught up in it!

Have you been busy a lot this year? Are you in need of a day of rest? Well on January 16 it's National Nothing Day, where you expected to do nothing on this day. This day was created in 1973 by newspaperman Harold Pullman Coffin. Apparently he needed a day to himself in 1973. So, just embrace your laziness on this day, by getting into your snuggie and watching crazy reality shows.

January 17 is Ditch New Year's Resolution Day. We don't recommend celebrating this one, unless your resolution was to celebrate it.

If you weren't aware of penguins, January 20 is Penguin Awareness Day. Try wearing a tuxedo and huddling together in the cold with entire colonies of your friends to get the full penguin experience.

Are you ready to act silly on January 25 because it's Opposite Day, where everything you say, do, see and hear are the opposite. If you say go left, you mean go right. If you say look up, it means look down. If you see your left foot...is it really your right?

This day is not just from a Spongebob Squarepants episodes, it's an actual holiday that references back to the 2000's and even further back to President Calvin Coolidge in the 1920's. Is it possible that a president said one thing and meant another? Enjoy the holiday but really I hope you don't.

Are you hungry yet? Take a bite out of Chocolate Cake Day this January 27. I know I'm obsessed with chocolate cake because it's great! No one should deny you of chocolate cake that day, after all—it's a holiday.

On January 28 it's National Fun At Work Day. Maybe use this day for team building exercises at the office, Where you can have fun activities with your boss and coworkers.

Finish off the month on January 31 with Inspire Your Heart With Art Day. Get creative and maybe hit up Raise Your Brush for a romantic evening of wine and painting.



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### EVENTS THIS SPRING

#### **Overstock Art Sale at the KIOSK**

Monday, January 18 - Thursday, January 21  
10:00 a.m. - 2:00 p.m.

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