

# THE CLARION

"Produced by Students, for Students"

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Reporter

Internships are very important for college students seeking competitive jobs after graduation. They give students an opportunity to gain skills and insight as to what their future careers might be like on a day-to-day basis. Additionally,

## WISH UPON AN INTERNSHIP

companies will be pleased to see that potential employees have some experience in their field of study. Internships can provide students with soft skills such as interpersonal communication, public speaking, and leadership. These

are just a few examples of traits that can set students apart from the crowd in a positive way. Depending on the company, internships can be paid or unpaid.

Seeking our internships can help increase future career prospects. Here at Sinclair, students can work with Internship Coordinators to get set in the right direction to obtain an internship. They

know the requirements associated with various internships, how to apply for them, important deadlines, etc. Sinclair's requirements for students seeking internships are straightforward – they must have at least a 2.0 GPA and meet the prerequisites of their department.

One opportunity that is available to any Sinclair student is the Disney College Program. Of the approximately 10,000 plus online applications that Disney receives each semester, approximately 3,000 students are chosen to participate in the program each

Internship  
continued  
on page 12

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## African American Culture Club Hosts Black Love Day



Gabrielle Sharp  
Executive Editor

The African American Culture Club hosts the second annual "Black Love

Day" on February 11 in Building 8 at the stage at 5:30 p.m. to 7 p.m. in order to bring awareness to the diverse community at Sinclair and in Dayton. "The first year went pretty well," Kyra Howard, vice president for the African American Culture Club said. "We didn't have the biggest audience we wanted, but people enjoyed. So this year, we are trying to reach out to more people—if we could have 50 people, that would be great, but if we could reach more, that would be awesome." The AACC provides services and purposefully engages with students and the community in order for students to learn

about leadership and teamwork, as well as participating in and helping with charities.

Howard said the club is related to African Studies and anyone who is interested in building a strong sense of community and engaging with fellow students and faculty is welcome to join.

Students and faculty make up the club, according to Howard. Bokai Twe, Bobby Beavers and Valerie Mayfield are all advisors for the club.

Black Love Day is important to the club because it shows the many ways people can show love to not only their community, but also participate in preserving self-love.

Ayo Handy Kendi created this day around 1993,

where it was celebrated as a day for the black community to cherish love for your family, for yourself, for your society and for your higher power, according to Howard.

"There's actually a day where it's supposed to be including white people, but I see it with combining more diversity, so it's like 24 hours with people from other communities to show love to the black community," Howard said.

The main focus of the event is the black community, but Howard said it's not limited to them, and she encourages everyone to participate in Black Love Day. She said the goal of the event is to teach everyone about why

Black Love Day continued on page 3



# International Series: Costa Rica

Laina Yost  
*Intern*

Professors Robert E. Rubin and Derek Petrey presented the latest International Series event in Building 8 on Costa Rica.

Costa Rica ranked first in the "World's Happiest Country" annual polling. With no standing military and only a small national guard and police force, Costa Rica is often known as the "Switzerland of the Americas" for its peacefulness.

Rubin is the Director of English as a Second Language at

Wright State University and Professor Petrey teaches courses in Spanish at Sinclair and is the

They started off by serving gallo pinto, which translates directly to "painted roosters,"

tres leches, which translates to "three milks," a cake that is made with evaporated milk, condensed milk, and heavy cream.

Costa Rica is a Central American coun-

Nicaragua. It is approximately the size of Virginia and has a population of about 4.5 to 5 million people. The majority of the country lives in the center, near the mountain range. Their capital is San José, which houses about one million people.

Rubin said that Costa Rica has the largest percentage of protected rainforests. Instead of cutting down their trees, they charge fees to zip line and hike through their rainforests.

Petrey shared a favorite phrase of Costa Ricans, puravida. Meaning "pure life," Petrey said that they live purely--without the many distractions of some technologies.

The most popular religion in Costa Rica is Catholicism, with around 95 percent of Costa Ricans identifying as Catholic.

Costa Ricans use the

colón for their currency; it was named after Christopher Columbus. An American dollar would equal 500 colóns in Costa Rica. Growing and exporting coffee is a major business in Costa Rica.

Petrey and Rubin ended the talk with a question and answer session. One student asked about Costa Rica's government.

Similar to parts of the American government, Costa Rica has two chambers and an elected president.

A trip to Costa Rica would cost about \$700 – \$800 for a round-trip ticket, hotel prices vary. The plane trip from Dayton to Atlanta and then Atlanta to Costa Rica would take about four to five hours without layovers, a distance of just under 3600 miles.



Contributed by Flickr

Director of Sinclair's Honors Program.

but is really just rice and beans. They also served

try that lies directly between Panama and

## Snow way

Gabrielle Sharp  
*Executive Editor*

The idea of winter might leave you frost bitten, but if you take precautions for the colder days ahead, you might beat the winter blues regardless of where you live.

Winter storms, also known as the "deceptive killers," by the National Weather Service, said most deaths are indirectly related to storms—icy roads, hypothermia, snow drifts, etc.

On average, more than 6,000 people are killed and 480,000 are injured due to weather-related vehicle accidents, according to the Department of Transportation.

Before winter takes full force, it's important to start the season off right, by ensuring that your vehicle is in the best condition and that you're

prepared for the freezing temperatures and the potential snow and freezing rain storms.

**Doctor up your car.** Visit a mechanic to make sure your car is tuned up and ready to enter not just possible snowy days and nights, but also the ice-cold weather. Not only does the ice, freezing rain and snow take a toll on your car, but also the brisk wind and the cold temperatures.

**Stay nourished—and I don't just mean your body.** During the winter it's important to think of things that you might need in case you are stranded. Snacks, who doesn't love snacks on a road trip? These snacks

might be something that could hold a long shelf life in order to help you stay nourished while you're out in case the cold gets the best of your car.

A full tank will prevent the fuel line from freezing.

**Embrace the warmth.** Use effective thinking and judgment, if the roads are

sorry. If you need to get out and the authorities have not put restrictions on travel, then make sure your car is loaded up with at least one warm blanket.

If winter got the best of you. If winter did happen to use it's powers against you, don't stress. If you get caught in a pile up, it's best to stay in your car to ensure the scene is safe. Safercar.gov suggests to put your hazards on. If you happen to be stopped or stalled, put your interior dome lights on, as well as brightly colored markers on your window or antenna.

Oxygen is good, carbon monoxide is bad. To avoid carbon monoxide poisoning, make sure to not run your car in enclosed places for a long time. If you

need to keep warm, only run your car sporadically and make sure the exhaust pipe is clear from any ice or snow.

### Know the difference from the Red Cross

"Winter Storm Outlook - Winter storm conditions are possible in the next 2 to 5 days.

Winter Weather Advisory - Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch - Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning - Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.



Jamie Ringheisen | Photographer

Also, nourish your car. safercar.gov suggests to keep your gas tank close to full because you might be out longer in the cold than you anticipated if you were to get stranded.

too icy or the snow is too thick, stay inside where it is warm. Avoid driving if the road conditions are too hazardous, and wait until things clear up—it's better to be safe than



# Preserving self love

Black Love Day continued from front

other communities to show love to the black community," Howard said.

The main focus of the event is the black community, but Howard said it's not limited to them, and she encourages everyone to participate in Black Love Day. She said the goal of the event is to teach everyone about why this day carries such a great importance.

"We are having Tom Roberts speak about the Season of Nonviolence, which also kind of pertains to Black Love Day. We will also have Aaron Pullins—he's a motivational speaker based out of Cincinnati," Howard said. "After that, we will have a poetry group, 'Metaphorically Speaking' and then we will have an open stage."

The club will be holding a bake sale

in order to help fund the club and will have community vendors at the event who specialize in health both mentally and physically.

"[We want to provide] realistic solutions to what is going on in our community," Howard said. "We will have our vendors there to help people who may have mental illnesses, health issues, even kids, at risk youth. A lot of the vendors are people in the community."

Howard said she hopes people leave the event feeling empowered and confident about themselves.

"Our main theme for black love is to preserve self love in the community," Howard said. "I want them to feel connected to their community, and just to meet new people and have a good time."

Howard said especially in the current racial status of the

United States, which includes "Black Lives Matter," it's important to acknowledge the negative, but not dwell on the darkness.

"I think [Black Love Day] is a positive influence on our community, and it's a way to reflect away from the negative right now," Howard said. "We still want to see the importance of talking about the negativity, but we want to have a positive light about it in our community."

Howard encourages everyone to take part in expressing yourself on Black Love Day by writing poetry, singing or dancing in order to share your thoughts during the open mic.

For more information about the event and the African American Culture Club, email at [aacc@sinclair.edu](mailto:aacc@sinclair.edu) or call the psych department at (937)-512-2889.

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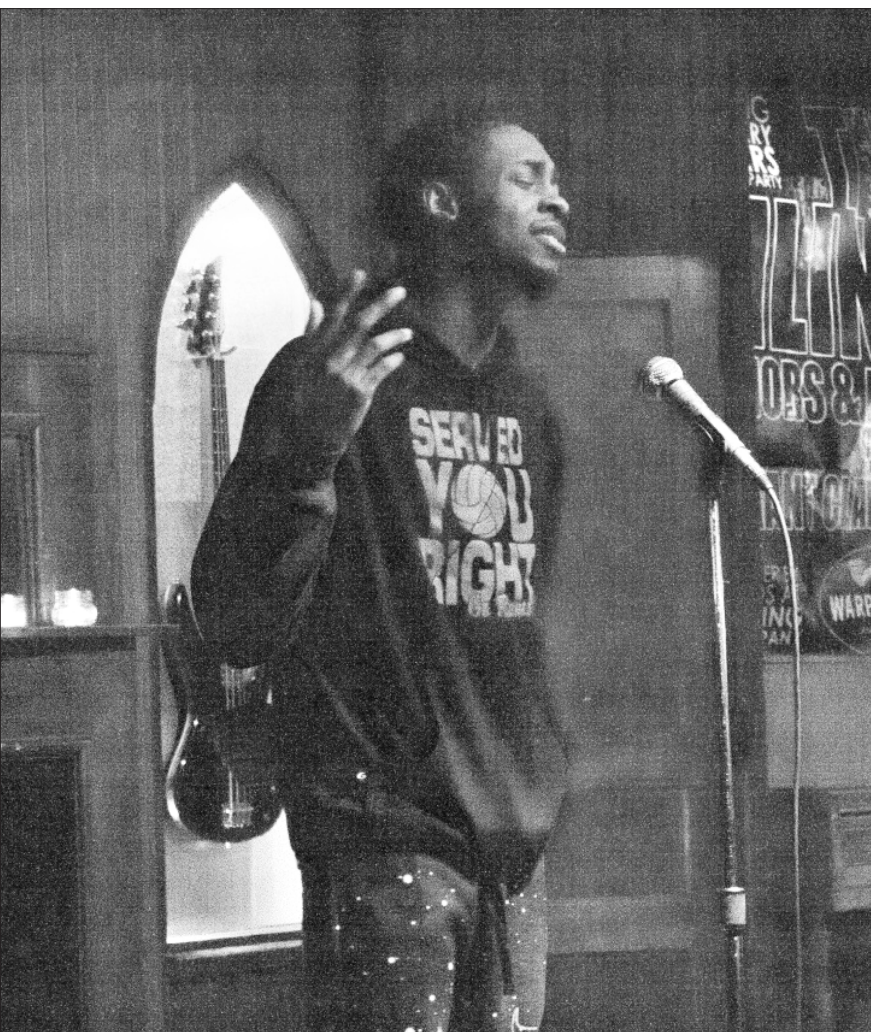
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# 'Don't try it' diets

Barton Kleen  
Managing Editor

For years, dieting has been a multi-billion dollar industry. From celebrities to sponsored content in publications, reliable and accurate dietetic information is hard to come by. For what reason? The less a would-be dieter knows, the more likely they are to fail their diet. By the time the diet



Contributed by Wikimedia

has failed, a new diet is created. This is the cycle of "fad dieting."

One of the most consistent fad diets is a the "juice cleanse." Supposedly, by not eating—and instead drinking odd, of-

ten unscientific, illogical ingredients—you remove biological toxins and improve your health.

Generally low calorie, the juice cleanse mania has taken turns from early wheat grass mixes to maple syrup and beyond, having thousands forego solid foods in hope of outstanding results.

The problem with the juice cleanse ideology is that the body is biologically equipped with the liver which is our only way of processing such toxins. "Toxin" exists as some existential term that readers aren't expected to have the knowledge base to understand; it's a marketing tool. It's a diet buzzword that people hooked on "health" see to validate their addiction.

Other than cleanses, a few other notable diet trends have been on the shelves or plastered all over magazines and online.

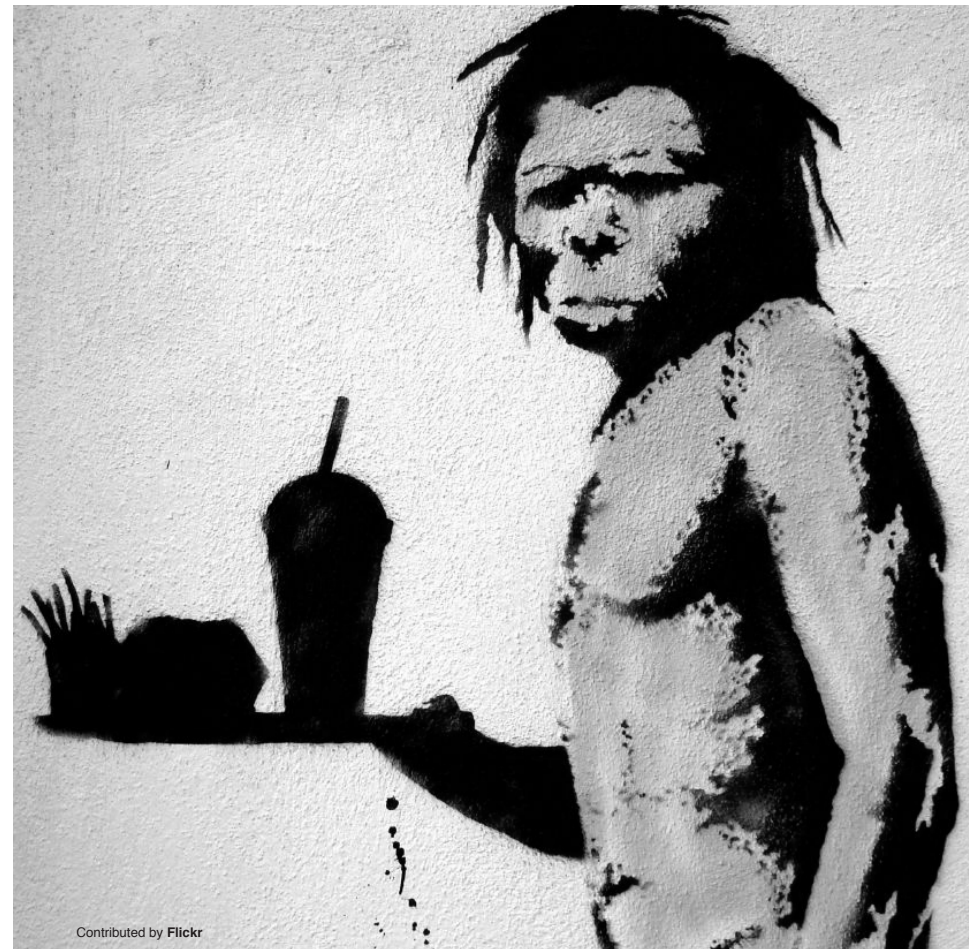
The most popular talk show "Dr. Phil" has managed to plug his book,

"The 20/20 Diet," into every applicable situation.

The 20/20 Diet breaks down into 20 foods over 20 days. Like most diets, the 20/20 Diet emphasizes portion control, whereas the juice cleanse focuses on "toxins."

The Paleo Diet was all the rage these past few months. The Paleo Diet consists of eating only foods that are believed to have been eaten by early humans. For those interested in the Paleo Diet, approach with caution. Humans today are different from humans then, so basing your diet off earlier organisms may seem fine until you start trying chemosynthesis.

The Alkaline Diet involves cutting out processed foods in efforts to curb pH levels. However, despite this diet being generally healthy and full of generally nutritious foods, there is little to no evidence that your acidity levels are connected to weight loss. This diet might be good if you live



Contributed by Flickr

a basic lifestyle.

The cotton ball diet went around on Facebook for a while, and should probably never be practiced outside of the Internet. Simply soaking cotton balls in juices and eating them, the cotton

ball diet seems to contain almost no nutrients. Cotton balls aren't even food. They're not even cotton most of the time, so most professionals are quick to dismiss this diet.

You may have noticed that these fad diets have quite a bit in common with one another in some way, shape or form. What should stand out is that all of them, barring maybe the contents of the 20/20 Diet book, don't include exercise while promoting weight loss.

People, including people looking to lose weight, are not

immune to the laws of thermodynamics. Weight loss occurs when calories out exceeds calories in. By restricting your diet and keeping the same level of activity or inactivity, a dieter is only tackling half the battle.

What you eat is important, but what you do is also a huge factor in your weight loss journey. By living on a low calorie diet, you can expect some weight loss. By having an increased amount of physical activity, dieters can improve their health by managing their

weight and their physical condition as a whole.

Weight is one factor towards health, activity promotes health as a whole. An active lifestyle can aid dieting and turn dieting into weight loss and health gained. Dieting alone will not do much, and will yield less

results which in turn discourage dieters, which in turn try again later with some other appealing diet. Don't get caught in the cycle.

Is it worth wasting years of your life "trying to find the diet that works for you" or is it worth it to take a diet, incorporate it into a lifestyle change, and to improve your health?

You'll waste more time, which results in more effort overall, messing with fad diets

than consulting your doctor or dietician to seriously improve your health and wellbeing. A diet alone is just a combination of foods. Getting healthy is a process.

You are a person, and getting nutrients and burning calories is a process, not a pile of orange juice soaked cotton balls and your favorite talk show host.

## CORNER

## OMBUDDY

Welcome to the "Ombuddy Corner," a section dedicated to hearing from our resident ombudsman on issues to help you be a successful student!

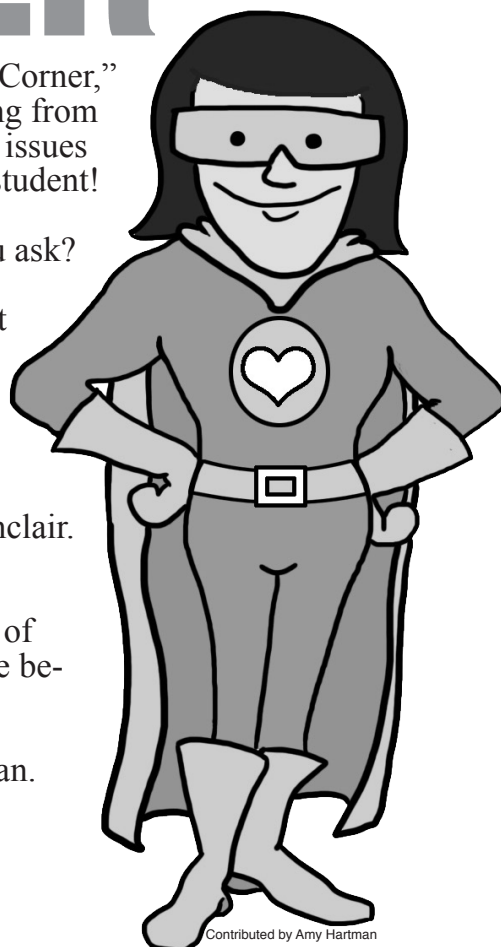
What is an ombudsman, you ask?

The ombudsman is a student advocate who serves as a link to students dealing with issues or concerns that need resolution.

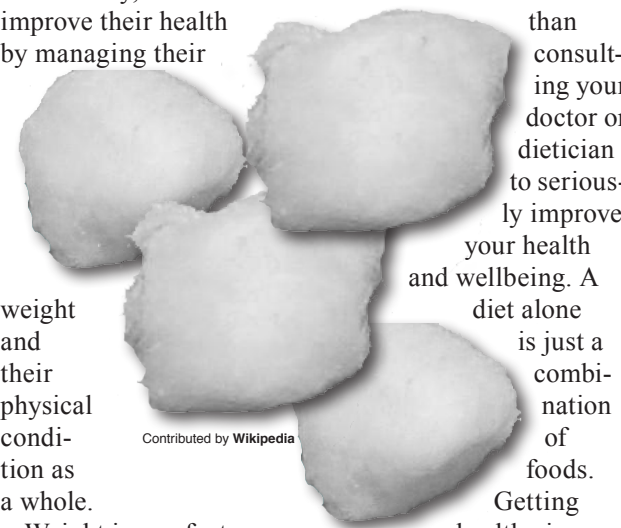
To learn more, visit [www.sinclair.edu/support/advocate](http://www.sinclair.edu/support/advocate).

We will see you in a couple of weeks with some tips for the beginning of the term!

Contributed by Amy Hartman.



Contributed by Amy Hartman



Contributed by Wikipedia



# Tartan Spotlight: Josh Copeland



De'Andre Stringer  
Reporter

## Meet...

Josh Copeland is the Program Aid here at Sinclair and believes that you can have fun doing what you love.

## What makes him interesting...

Josh Copeland is a 26-year-old, who started with humbling beginnings. Family has been and will always be important to him. He said there was never a boring moment because he was always surrounded by

his family.

"There was never a dull moment because they're me and my three other siblings. Then my parents adopted my two cousins, which later one of my cousin had a baby girl, so yeah it was something else," said

Copeland.

While summarizing his childhood with a bit of laughter, he said he looks back at it now as being lots of fun.

Copeland was a bright, young man, who

attended Fairborn high school and graduated in 2007. Upon graduation, he received a football scholarship and attended University of Buffalo in Buffalo, New York. He reminisced about struggling as he went off to college because he said he felt like he wasn't prepared.

"I was the first person to attend college, but no one sat me down to talk to me about it, so I didn't know what to expect, you know," said Copeland.

Copeland hit some hardships while in college, as do many people, but the hardest part was

finding balance between his schedule and the things he cared about.

"The hardest thing I had to overcome was balancing my football scholarship and focusing on my academics—It took a lot out of me," Copeland said.

He studied geography, mainly because he was so inspired and curious about the world.

"I wanted to learn how to build a business and placing them in different parts of the world—to see how [businesses] can make a profit," Copeland said.

With balancing a schedule of football and homework, Copeland felt like something had to be put on the shelf.

"I gave up on football because I felt that I was working hard for something that might not come true—meaning everyone wants to go to the NFL, but might not make it in the NFL," said Copeland.

After leaving sports, he struggled with find-

ing his identity, but obtained a graduate degree from Buffalo University. However, Copeland said even though he struggled through some hardships, he learned valuable lessons in college.

"I learned that you should always manage your time in college," Copeland said.

In October of 2015, became a program aid in the The Office and Student of Community Engagement, located in Building 8. He helps plan events at Sinclair.

"My position is fun, entertaining and challenging because you have to be on your p's and q's," said Copeland.

Copeland leaves advice for Sinclair students and hopes that many people will live life to the fullest.

"College is what you make it and life is what you make it also," said Copeland.

## Don't miss the mark, learn how to park

Meggan Lanahan  
Reporter

For many Sinclair students, the new semester brings new experiences. One of these experiences is utilizing parking resources at Sinclair. The resources can be very helpful to students, but if they're not used properly, students can earn violations from the Sinclair Police Department.

According to Charles Gift, Chief of Sinclair Police Department, 813,013 students parked in the controlled student lots in 2015.

**Tip 1:** Do not park in ADA/handicapped parking spaces if you are not authorized. Authorized

students will have a blue handicapped placard.

"The most serious violations we see are unauthorized people parking in [handicapped] parking spaces," said Chief Gift. The Americans with Disabilities Act requires Sinclair to have many accessible spots for these students. Although there are many of these spots, there are many Sinclair students who need them.

**Tip 2:** If you have a large vehicle, find a spot that accommodates the vehicle's size.

A 'subcompact car' is a car that is about the size of a Chevrolet Aveo or a Toyota Yaris. Many parking spots on the third level of the main student

garage are designated for subcompact cars only. When students park larger vehicles in these spots, it creates tighter spaces, causing tripping hazards and making it easy to slam doors into the sides of other vehicles.

Paul Murphy, Director of Business Services at Sinclair said that instead, "First floor of the garage is best for large [vehicles], or students can use the student surface Lots K by Building 13, Lot M by Building 20 or Lot I by Building 19."

**Tip 3:** Do not speed through the parking garage. Watch for others walking or in cars.

"Students need to think of pedestrians' access,"

said Murphy. "For many students, this is the first parking garage they have ever parked in, so it is a real world learning experience for some on proper etiquette... when multiple lanes [merge] on the ramp entrance[s], allow every other car access versus

one lane blocking out the other."

Violating any of these tips can earn students violations with the Sinclair Police Department. These violations could lead to the vehicle being towed at the owner's expense.

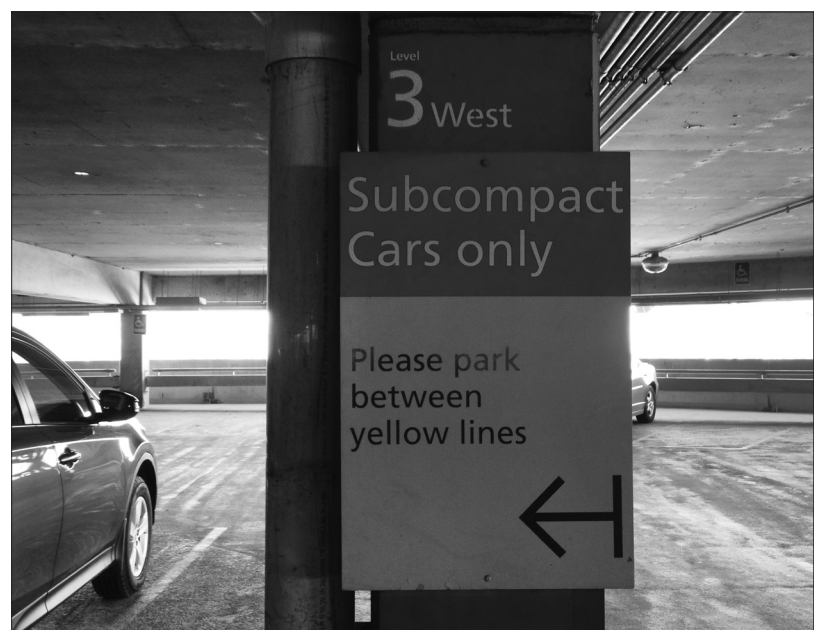
There are never too

few parking spaces to accommodate for the number of students at Sinclair.

Murphy added, "Sinclair has continued to leverage its downtown parking to provide students the best possible parking availability."

Business Services

appreciates any feedback and can be contacted at [parking@sinclair.edu](mailto:parking@sinclair.edu). If students notice any violations, they are encouraged to report them to the Sinclair Police Department. The Department can be reached at (937)-512-2700.





# Artist Feature : Erin Hoffman

Gabrielle Sharp  
Executive Editor

With the current political climate of the United States, Erin Hoffman found inspiration in the madness, by creating art, while also referencing the history of politics and democracy. Hoffman is one of the many artists, who submitted her work to the College Arts Association, which resulted in her getting chosen as one of the artists to showcase her exhibition, “Reflections From the Cradle of

Association] is an organization that’s associated with a higher education,” Hoffman said. “They have an opportunities page and gallery submit requests for exhibition proposals.”

Although it’s not Hoffman’s first time exhibiting her work, she has showcased her work throughout the country.

“I show in art exhibitions around the area I live in, in Muskegon, Michigan, but also nationally,” Hoffman said. “The last solo exhibition I had was at Saginaw Valley State University in

found herself in the art department. Essentially, for Hoffman, art became something that was more than just a hobby—it was a potential career.

“Coming out of high school, [art] was the only thing I could really see doing for a really long time. It was the thing I was most interested in,” Hoffman said.

Alongside of being an artist, Hoffman also teaches art at Muskegon Community College. Part of the requirements as an art professor is that the faculty must do research, which also involves exhibiting artwork.



Artwork by Erin Hoffman

of those things because I am in academia, I am required to do research in my field of study and this is what they consider research. It’s silly to make a bunch of artwork and then have it under your bed,” Hoffman said.

She has been teaching for 12 years, and teaches a variety of art classes, such as multiple drawing classes, art appreciation, painting, contemporary art history, along with many others.

“I teach a whole bunch of stuff,” Hoffman said. “What I don’t teach is three-dimensional.”

Hoffman works with a combination of different medias; lithography being one of them. Lithography is a printmaking technique that is based on the fact that oil and water don’t mix, according to Hoffman.

“You draw with an oily crayon on a specific surface and then you treat it—there’s some chemistry involved. Then basically when you print it, you are sponging it off with water and then rolling it

up with oil based ink,” Hoffman said. “It ends up looking like kind of a charcoal drawing or a black crayon drawing.”

Her exhibitions consist of lithography as well as combining relief printing. Hoffman said many of her pieces always incorporate printed elements.

“A lot of times I’ll do printed work and then have some kind of hand painted element as part of the piece or I did a few with graphite drawing in the background. I did the printed part of the drawing and then added hand-drawing elements too. I kind of mix medium,” Hoffman said.

Reductive wood cut is another element that Hoffman focuses on, while mixing medium. Many times she said she’d combine hand drawings, such as graphite drawings in the background of her reductive wood cut pieces.

Hoffman said she hopes to introduce new content and ideas to the art gallery spectators. Her goal is for her



Artwork by Erin Hoffman

audience to leave the gallery viewing an image in a different way.

“I hope that I introduce them to something they haven’t thought about already—maybe thinking about history or politics in a different way than they thought before,” Hoffman said. “Usually there is some element of collage—the combo of different kind of images in one picture. There’s always some kind of historical or political reference.”

Hoffman had the chance to visit Italy a few years ago and found inspiration throughout Rome. She said she was attracted to the structure of the Greek and Roman sculptures,

which resulted in her thinking about the early stages of democracy.

“I was thinking about how Greece and Rome were the earliest stages of democracy,” Hoffman said. “I was thinking about what they would think about the current democracy in the U.S.”

The world is surrounded by art, according to Hoffman, which is why it is so important to creatively embrace current events. Everything is part of art, which is why Hoffman makes her argument clear about why art should be acknowledged throughout everyday life.

“You can be in business or manufacturing, but

the reason that life is exciting is because of the arts—it’s everywhere. I am looking at my desk right now and everything is designed—someone thought about the color and the form, so just recognize that it is everywhere,” said Hoffman.

The Burnell R. Roberts Triangle Gallery will be hosting Hoffman’s exhibition titled, “Reflections From the Cradle of Democracy” from February 3 to February 26.

For more information visit [www.sinclair.edu/student-life/art-galleries](http://www.sinclair.edu/student-life/art-galleries).

## X-Files review

Emily Culbertson  
Reporter

One of TV’s most anticipated shows came back this Sunday. Nostalgia was in full force for anyone who grew up watching the X-files. That’s right, the world’s most known sci-fi FBI agents, Scully and Mulder are back! After 14 years of being off the air, we learn that “the truth is still out there.” Things got even more exciting for fans because they found out that the original cast will be on all six episodes this season.

As the premier started, it showed us pictures from all the previous seasons of the show. Agent Fox Mulder was telling us the story of how the X-files started, as well as talking about the original story about how his sister disappeared and that’s when he believed in aliens. He explained how agent Scully got involved with the FBI to assist him. Once the

short story ended, the pictures were burned in the final scene.

In the aftermath, the happiness flew when the opening credits rolled, which resulted the fans seeing that they have not changed a thing about the show. They were the exact same credits since the pilot episode back in 1992.

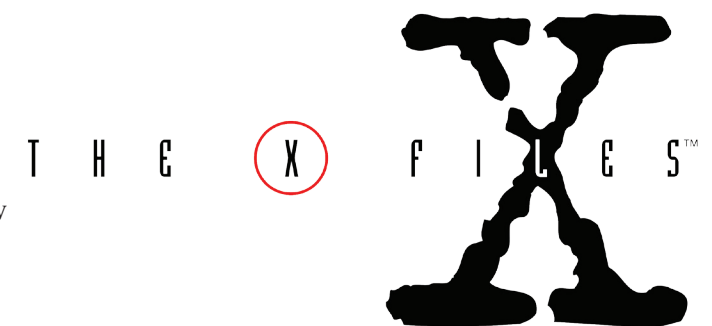
Although as times have changed, so has the shows props. We see them using smartphones, unlike those huge block phones from back in the day. Mulder also had become internet savvy, such as, watching videos on a website or navigating YouTube.

We soon meet a new face, Joel Mchale (The Soup) playing as his normal self—a TV personality host.

Of course he had a huge interest in the alien world too, so that’s when he gets in touch with Scully and Mulder.

Later into the episode, we meet a young girl, who becomes ill after finding a random triangle under her navel. Agent Scully has become more of a doctor since the X-files case closed in 2002, but this struck her differently. As she went to meet the girl, she realizes she has more red dots under her navel.

Agent Mulder on the other hand has finally received the chance to see a real UFO that has crashed. Needless to say the show has come back with a bang, and hopefully will last for more than just these 6 episodes.



Democracy” in Building 14 in The Burnell R. Roberts Triangle Gallery.

“[The College Arts

Michigan—that was last November.”

As a result of not fitting in during school, Hoffman said she

“It’s sort of part of the active practice of being an artist—you make stuff and then you show it at places. It’s just one



Contributed by Wikimedia



## YOUR VOICE



Elizabeth Swearingen  
*Nursing Major*

"No, I'm just not interested in like football [or] sports in general, surprisingly. [I've] just never been a fan, but, who knows—maybe [I will watch the Super Bowl]. I mean if it's on, yes. I hear the commercials are good, so I'll occasionally check it out, if it's on.

Like I said, I don't purposefully go to watch the Super Bowl. If I have nothing else to do, sure, yeah, why not? I would do it. I rarely [watch football]. Yeah I've actually [been to a Super Bowl party] before. I did that [in] 2014. I did watch at a party once, with friends. It was actually kind of interesting because for me, the commercials were cool, from what I remember of them—and I don't know, it was just like I could see the spirit of getting together and rooting for a team. That was kind of cool."



Anthony Small  
*Undeclared Major*

"Probably not. I'm not a sports fan, I never watch football, so there's really no point for me to watch the Super Bowl, but I do think I'm going to watch the commercials, if they're good this year, just occasionally turn the TV on. I like the Budweiser [commercials]. Like when they had Arnold Schwarzenegger and when they had the dude in the limo and all that crazy stuff, and all those crazy places, I liked that one. I don't really care [who wins]. I have a small group of friends [to watch the game with] and that's about it—nothing like a party. It's alright, it's like a hangout basically you're just hanging out with friends. It's ok."

ARE YOU GOING TO WATCH  
THE SUPERBOWL?

DO YOU WATCH FOR THE GAME  
OR FOR THE COMMERCIALS?

ARE YOU ATTENDING  
A SUPERBOWL PARTY?

*Reporting and photos by Maggie Stacey*

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.



Jewell Tolson  
*Nursing Major*

"No. I don't watch sports, the only reason why I ever watch sports is to look at their little butts in their tight little pants and their little arms. No [I do not watch commercials]. I don't care, I don't

have money to buy that stuff. I will catch the good [commercials] on social media later. I'm not interested in products. [I would] probably not [attend a Super Bowl party]. . . well, it depends how good the food is, I might go if I knew the menu. I would always root for the home team, but the Bengals are out, so I don't care. I root for the home team."



Brandy Ivey  
*Nursing Major*

"I might watch the halftime show. I have no idea. That's usually the only part I watch. I watch the commercials, I'm not into sports though. The Budweiser ones are usually good, and the one

with the breakdancing babies was cute—that was years ago, though, I think. . . I don't even know who's in [the Super Bowl]. I [would have said] the Patriots [would win]—[I was] just predicting that. I like extreme sports like skateboarding and motocross. Football and baseball are stupid. It makes me angry because they make all this money for playing this game."



Myles Harbison  
*Communications Major*

"Yeah. The game. Yeah [I am into football], but we [Pittsburgh Steelers] didn't make it. I want to see probably the Panthers [win] because they had a good year and they're [nearly] undefeated, I want to see Cam

Newton get one [Super Bowl win], but I want to see Peyton Manning get a ring before he retires. So the Panthers and the Broncos. Yeah sometimes [I watch the commercials]. I can't think of any besides the Doritos commercials, they always come up with some creative stuff. . . my uncle usually has a little get together. I'm probably going to one of my friend's SuperBowl party this year, though."



Jerett Berger  
*Mechanical Engineering Major*

"Probably, I'm not sure yet, but more than likely. Yes I do [like football]. I'm a Jets fan. [I watch for] the game mostly, occasionally yeah [I watch the commercials]. I'm one of those

people that are more into the actual [sport]. I just prefer the game. I used to watch the commercials but they [are not] as good as they used to be. I guess at home I'll watch it, probably [with] just parents. I [thought] the Cardinals, I [felt] they [were] going to win."

## POETRY PICK

## Slow Down

By Simone H. Guido

Time is ticking  
I'm not racing the clock,  
just standing still,  
I'm stuck existing.

Frozen here in  
a bubble of time.  
Which clock is broken,  
is it yours or mine?

I'm done facing your clock,  
it was moving too fast.  
I needed you to slow  
but I knew that wouldn't last.

You've been racing the clock,  
running so fast,  
you didn't even realize  
you left me in the past.



## CLARIONIC CARTOONS

Created by:  
BadboychInterested in being a  
cartoonist for the  
Clarion? Visit Room

8027



## "DEAR GABBY"



Dear Gabby,  
My Interpersonal Communication class is populated with overachievers. They are all competing with each other to answer the teacher's questions first before any of their fellow students have the chance to answer. Part of our grade in this class is dependent on our classrooms' participation.

My problem is I can't get noticed and never get a chance to answer the teacher, so she has no idea that I have studied the material and come to class fully prepared.

My question is: what can I do to stand out in such a competitive class to assure that I receive a good grade in the participation portion?

Sincerely,  
Unnoticed from New Hampshire

Dear Unnoticed from New Hampshire,  
Life in general will always be filled with competitive people and people who want to get ahead in life no matter what it takes. This is a great lesson to learn, not only to succeed in class, but also in life.

There is always going to be someone willing to step on your toes or someone who might know as much as you, but fights for the top. I think the most important thing to do is keep studying and focusing on mastering the material. Even though the teacher might not verbalize your success, I am sure it doesn't go unnoticed.

In order to show you're well prepared and participating in the class, make sure

your voice is heard in the class. Sometimes we have to get out of our comfort zone and present ourselves in a different way than what we're used to. I have had teachers tell me to go the extra mile and write two more paragraphs or do a more in-depth presentation to make sure I stand out.

I think it's also important to create a working relationship with your teacher. Let them know that you're working hard on your projects, or email questions directly to them and then approach them after class—this way they can put a face to the name they received from the email.

The worst thing you could do is sit back and not participate because others are willing to speak up. Use a question that your teacher could

help to further your interaction in class. Perhaps it might be that you start a debate about the question, or that you have another view about a certain topic that is being discussed in class. I think classrooms should be used as a discussion tool, not just a room where we sit and listen to a lecture.

Use the time before and after class to get to know some of your classmates as well. I think this is a big advantage because once you're comfortable in the classroom with other students, things tend to feel less tense. Use this class to help develop your self-concept skills, while learning how to stay motivated to reach your highest potential, not only in this class, but in life.

Good luck,  
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" 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.



Sinclair Clarion



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Clarion@Sinclair.edu



## ARAMARK WEEKLY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grilled Vegetable Mini Rolletto	Mushroom Pepperoni Mini Rolletto	Buffalo Chicken Calzone	Cheeseburger Calzone	Philly Cheesesteak Mini Rolletto
Qdoba Mexican Grill	Lee's Famous Chicken	Panda Express	Bob Evans Restaurant - Breakfast for Lunch - NEW	Gyro Palace - NEW
Turkey & Apricot Slaw Ciabatta	Ham & Swiss On Marble Rye	Turkey & Avocado Mayo Sandwich	Turkey & Apricot Slaw Ciabatta	N/A
Beef Barley Soup Two Bean Chipotle Chili	Chicken Double Noodle Soup Four Onion Soup	Broccoli Cheddar Soup Bean With Bacon Soup	Ancho Potato Soup Two Bean Chorizo Chili	Cream Of Tomato Soup Hearty Chicken Gumbo
Honey Mustard Grilled Chicken	Italian Angus Burger	Poblano Pepper Jack Panini	Teriyaki Pineapple Grilled Chicken Sandwich	Crispy Cod Sandwich
Thai Chicken Wrap	Thai Chicken Wrap	Thai Chicken Wrap	Thai Chicken Wrap	Thai Chicken Wrap

## CAMPUS CALENDER

**February 2, 2016**

**Movie Showing: From Swastika to Jim Crow**

Building 8, Stage  
11:00 a.m. to 12:00 p.m.

A documentary uncovering the complex history of race relations in America.

**February 3-26, 2016**

**Art Exhibit: Images of Trebec and Auschwitz**

Building 13, 4th Floor  
Art by Amanda Hayden on display in the Works on Paper gallery.

**February 3-26, 2016**

**Art Exhibit: Reflections from the Cradle of Democracy**

Building 13, 4th Floor  
Art by Erin Hoffman on display in the Burnell Roberts Triangle gallery.

**February 3, 2016**

**Wright State Double Degree Program**

Building 2, Room 334  
12:00 p.m. to 1:00 p.m.  
Learn about over 60 transfer options available.

**February 3, 2016**

**Basketball vs. Cincinnati 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.

## Weird Weekly Holidays

**February 1, 2016**

**National Freedom Day**

**February 2, 2016**

**Candlemas**

**February 4, 2016**

**Create a Vacuum Day  
Thank a Mailman Day**

**February 5, 2016**

**National Weatherman's Day**

## CROSSWORD PUZZLE

### Across

1 Musical with the song "Another Suitcase in Another Hall"  
6 Petty distinctions, metaphorically  
11 Midriff punch reaction  
14 Noble gas  
15 Former Illinois senator  
16 "Wait Wait...Don't Tell Me!" network

17 Tidy sum, to a coin collector?  
19 Golf prop  
20 "Most Excellent" U.K. award  
21 Emcee  
22 Goody treat  
24 Muralist Rivera  
26 Places for rejuvenation  
28 Tidy sum, to a chairmaker?  
31 Clobbers

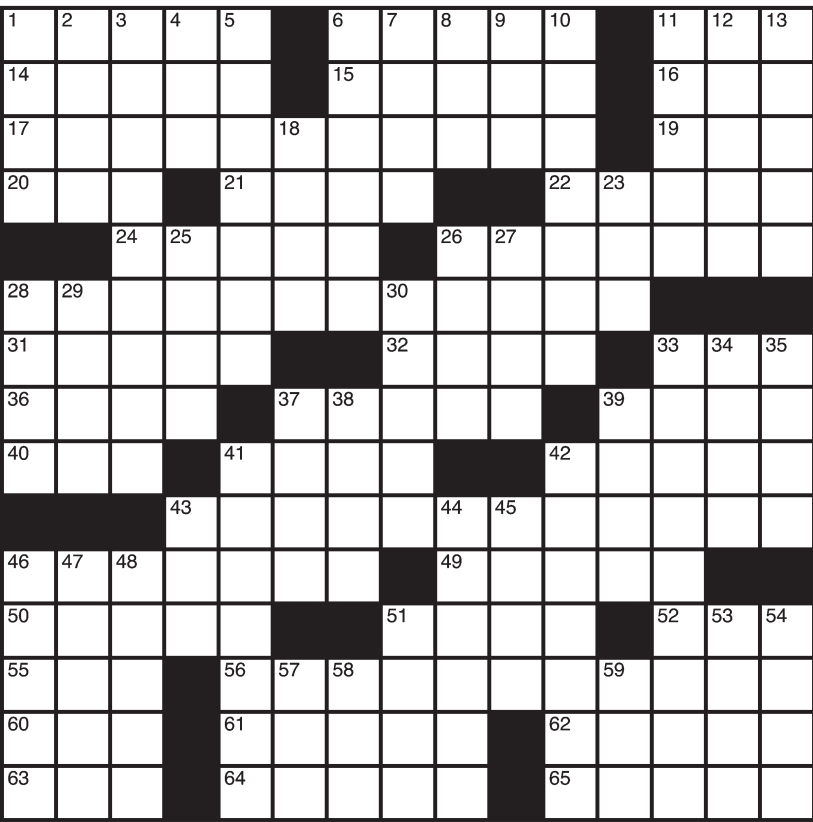
32 Regrets  
33 Rain-\_\_: gum brand  
36 Financial pros  
37 Tries  
39 Many millennia  
40 Fall mo.  
41 Only person to win both an Academy Award and a Nobel Prize  
42 Clock button  
43 Tidy sum, to a soothsayer?

Theme park with a geodesic sphere  
62 Slacken  
63 Calypso cousin  
64 They may be Dutch  
65 Potters' pitchers

### Down

1 Big show  
2 Beg, borrow or steal  
3 "My bed is calling me"  
4 Kid  
5 Country music?  
6 Climbs aboard  
7 Distract the security guards for, say  
8 Actor Somerhalder of "The Vampire Diaries"  
9 LBJ successor  
10 Agrees  
11 Winning  
12 Art form with buffa and seria styles  
13 Emancipates  
18 Meditative practice  
23 Flavor intensifier  
25 Bugs a lot  
26 Smear  
27 Some Full Sail brews  
28 Basics  
29 "Forget it"  
30 Country inflection  
33 Noble act, in Nantes  
34 Forsaken

35 "My treat"  
37 Thick carpet  
38 Grimm story  
39 Ski resort near Salt Lake City  
41 Kissed noisily  
42 Gallery event  
43 Day light  
44 They haven't been done before  
45 Frankfurt's river  
46 Hardly a miniature gulf  
47 Smooth and stylish  
48 Blitzen's boss  
51 "Young Frankenstein" role  
53 Ill-humored  
54 World Series field sextet  
57 Wall St. debut  
58 Sgt. or cpl.  
59 Fresh



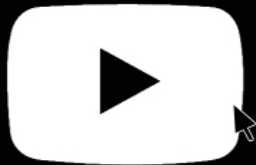
## PUZZLE SOLUTIONS

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



## CLARION BROADCAST HOROSCOPES

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!

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

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

PUZZLE SOLUTIONS



### Aquarius: Jan. 20 – Feb. 18

You'll find it challenging to work within schedules and rules. Saturn is reminding you that you still need to pay bills on time, deal with regulations and meet your obligations. Try to stay focused and do right by your loved ones.



### Pisces: Feb. 19 – March 20

Mars is increasing your intuition. If you have a hunch about a friend or family member, pay attention. Or if you have the sense that your sweetheart is going through something, pay attention. You're likely to be right.



### Aries: March 21 – April 19

A bouncy moon has you taking the initiative. If you're single, you'll feel bolder about asking that cutie or hottie out for a date. If you're in a relationship, you'll figure out some creative ways to spice things up with your partner.



### Taurus: April 20 – May 20

You could feel like your sweetheart is being too bossy or controlling. Normally, you're pretty easygoing, but even you have your limits. Maybe your honey is out of line with some of his or her latest demands. Jupiter says stand up for yourself.



### Gemini: May 21 – June 21

Don't make any big moves this week. A moon opposition is clouding your judgment. You might think, in the moment, that it's time to declare your love for someone. The next day you're likely to regret such impulsive decisions. Slow it down.



### Cancer: June 22 – July 22

Communication could feel uncomfortable right now as Mercury opposes your sign. You won't find it easy to tell the truth, make a confession or express your authentic self. Instead, you'll feel better if you can spend some time by yourself getting centered and clear.



### Leo: July 23 – Aug. 22

You could experience a nice breakthrough this week as Saturn behaves. Good deeds you've done in the past will finally pay off. Maybe an old friend will declare his or her love for you. Or perhaps your on-again, off-again lover will propose marriage.



### Virgo: Aug. 23 – Sept. 22

You're feeling like it's time to get what you deserve. Jupiter keeps reminding you that, too often, you settle for second best. Don't let others take advantage of you. Demand the salary you want. Ask your sweetheart to step up to the plate and be an equal partner.



### Libra: Sept. 23 – Oct. 23

A bouncy sun is giving you inspiration. You'll decide to do something sweet and romantic for your honey. Or you'll take some time to work on a book, a piece of art or a killer app. Take advantage of this period when your mind will be buzzing with great ideas.



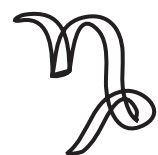
### Scorpio: Oct. 24 – Nov. 21

Mars in your sign is increasing your physical stamina. You'll find it easier to work all day and play all night. Or you'll discover you can balance multiple projects with ease in the workplace. This is a time when you can make some real progress.



### Sagittarius: Nov. 22 – Dec. 21

Pay attention to your emotional side. Neptune is showing you that being sentimental and vulnerable is OK. Express some of your weaknesses, your vulnerabilities or your deepest, darkest fears to someone you can trust.



### Capricorn: Dec. 22 – Jan. 19

Venus is in your sign, putting you in a frisky mood. You'll want to spend lots of time with your honey. Turn off the phones, drop the kids at Grandma's and prioritize connecting with your soul mate. You'll discover an increased sense of connection to your honey.

# CLARION

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

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The Official Student  
Newspaper of





# Celebrating 25 years

## Internship continued

from front term. If you're thinking about applying but this statistic discourages you, there's hope! Since its beginnings at Sinclair in 1992, over 550 of our students have participated in this program. Next year's spring semester will mark the 25th anniversary!

Recruiting for Fall Semester has begun and will continue through mid-March. It is advised that students apply as soon as possible because the number of available positions is limited. The most common positions secured by students are those in merchandise, refreshments, and attractions.

Students interested in this program are required to have what is known as the "Disney look." This means no visible tattoos or exotic piercings, unless they can be easily removed or covered. Unfortunately, these things do not fall under Disney's Appearance Standards.

## Living

Locations of the program vary—students may

be in Disney World in Florida or Disneyland in California. Living arrangements are provided and the cost is deducted from the paychecks so students do not have to be concerned with paying bills each month. According to the DCP website, students are provided with a furnished apartment with access to kitchen appliances and utensils. Utilities and maintenance concerns are taken care of by Disney and other amenities are available, but they differ by location of the apartment.

Due to the size of the program, the majority of internships are at the Orlando location. With four housing options, students may potentially select roommates prior with social media, or be assigned randomly. Access to laundry facilities, pools, gyms, a computer lab and a library are all included.

## Learning

Students participating in the program have the opportunity to earn college credit for their college

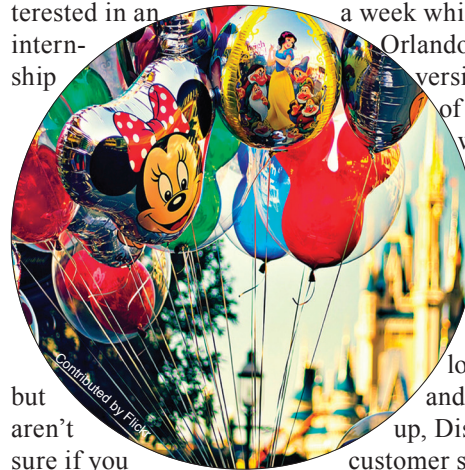
while on site. There are a handful of Disney courses that translate to credit for classes here at Sinclair. Examples include courses in Communications, Humanities, Management, and even Engineering. Aside from this internship curriculum, there are opportunities to network and learn from different leaders in Disney while interning. It's all about how much you want to get out of it. There is a lot of value in talking to mentors who have been in your shoes and can therefore teach you things they have learned from their own experiences.

## Earning

Upon arrival, participants are given their work assignments and earn money by working throughout the various parks and resorts. Pay varies and direct deposit is available. Aside from weekly pay, students are given benefits at the Disney location they are at. These include, but are not limited to: Disney park admission, discounts at Disney stores and restaurants, access to various

seminars, etc.

If this sounds like something you would be interested in, email the Business & Public Services Internship Coordinator, Jessy Jones, at [jessy.jones@sinclair.edu](mailto:jessy.jones@sinclair.edu) before applying. Additionally, students can check out the DCP website [cp.disney-careers.com](http://cp.disney-careers.com). If you're interested in an internship



but aren't sure if you want to participate in the Disney College Program, explore your options as a Sinclair student.

The application process consists of completing an online application at [www.disneycollegeprogram.com](http://www.disneycollegeprogram.com), a web-based interview or personality assessment and a phone interview with a Disney

Recruiter. If all goes well, an offer will be made, to which you then accept or decline.

Within the Disney College Program are opportunities for Sinclair students to earn academic credit while interning. Additionally, Sinclair offers a course in which students complete one assignment a week while working in Orlando. Disney University offers plenty of courses, from which Sinclair may award credit for upon returning from your internship!

If you're looking to apply and want a step up, Disney looks for customer service and leadership experience, at work or in extracurricular activities. Also, maturity is a factor. Individuals who have spent time away from home—in dorms, apartments, or worked summer camps—may be a positive. Experience working with children is a plus. Be sure to list work experience and volunteer

experience on the application. Applicants can apply for either Disney World or Disneyland, not both. Only list positions you would ideally accept, know yourself and your work abilities. There's no use working custodial if you're uncomfortable with it and so on.

The Disney College Program offers internships every fall (August - December) and spring (January - June) that align well with Sinclair semesters. The application for fall opens in January/February of each year, and the application for spring opens in August/September. Specific dates vary from year to year.

Contact information for Sinclair's Internship Coordinators by Academic Division:

Business & Public Services: Jessy Jones, [jessy.jones@sinclair.edu](mailto:jessy.jones@sinclair.edu)

Science, Math & Engineering: Chad Bridgman, [chad.bridgman@sinclair.edu](mailto:chad.bridgman@sinclair.edu)

Liberal Arts, Communications and Social Sciences: Jessica Watters, [jessica.watters@sinclair.edu](mailto:jessica.watters@sinclair.edu)

# Shooting for Sweet Sixteen

Matt Summers  
*Sports Editor*

At 20-0, 7-0 in the conference, the men's basketball Tartan Pride are basically a lock to get into the tournament. NJCAA is different when it comes to deciding how teams get into district play. The institutions have more say in the process rather than the NCAA. As long as a team has over a .500 record, the institution can decide whether the team plays or not.

"It is up to the athletic directors and administrators of each school. If Clark State doesn't want to send their team, and they have a .500 record, they can elect not to send them. They can say 'we don't feel that you are going to be competitive in district play' and just save the money," said Coach Price.

There are 16 districts in the country. The winner of each district will come together and play in a "Sweet 16" just like the NCAA does, except they start with 64 teams. There are eight teams in Sinclair's district. For them to make it to the Sweet 16, they must win three games in their district to move on. If a team makes it to the Sweet 16, they must win four more games to win the championship.

"At the most, we would have to win seven games. If you think about that, the NCAA only has to play six games for the NCAA Division I. So we have a little bit of a tougher road," said Price.

At 20-0, the thoughts of possibly going undefeated begin to creep in. With nine games left, they would still fall short of a school record of 30 wins in a season. However,

they are coming close to a few school records. On January 20, the Pride put up 132 points, just seven points shy of tying the school record of 139 set back in the 1987-1988 season. Though, they did set the school record for most three-pointers made in a single game with 17. They are currently averaging 97.7 points a game, which is just 1.2 points shy of a record set back in the 1969-1970 season. They also have a 50.7 field-goal percentage, which is just two percents short of the 52.7 percent record set back in the 1986-1987 season.

The ball is being spread around much more as teams try to take forward Reshardd Harris out of the game. In the game against Wright State University Lake, forward Steven Perriere scored 27 points and 11 rebounds, DeAn-

galo Gates contributed 19 points, 9 rebounds, and 6 assists. Four more players put up at least 13 points, including Harris who also had 11 rebounds for the day. Teams are throwing different looks at the Pride, but that doesn't change Coach Price's coaching style.

"My coaching style over the years has been 'you're perfect at what you do and you do it very well.' You get your team ready and let them know what they may see, but if you spend too much time junking it up, you lose your identity," said Price.

The Pride have been doing well with Price's system and hope to continue their success against a tough Columbus State team at home on January 27, and then go on the road against Lakeland CC, a team they beat by 22 a little over a month ago.

# DAYMUNC XXIII

## Dayton Model United Nations Conference

Fascinated by diplomacy and international affairs? Model United Nations may be for you. Represent a member state, debate the issues, solve the world's problems! College students and non-student adult groups are welcome.

**Friday, February 5, 2016**  
8:00 a.m. - 8:00 p.m.

**Saturday, February 6, 2016**  
8:00 a.m. - 5:00 p.m.

**Sinclair Community College**  
Building 12, Room 12231  
8:00 a.m. - 5:00 p.m.

For more information: [www.daymunc.org](http://www.daymunc.org)  
or call, (937) 512-2844. Humanities Department

# SINCLAIR

COMMUNITY COLLEGE