

THE CLARION

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Deja Goode | Clarion Staff

OPEN THE GATES

Afi Ntonolo
Reporter

The Sinclair men's basketball team have had an incredible season—by far one of the best seasons Coach Jeff Price has ever had. With eleven different talents on the court, Sinclair men's basketball team has dominated their winning record staying undefeated throughout half of the season.

The undefeated record all changed for the Tartans, after facing their conference opponent Lakeland Community College on January 3. Lakeland Community College took the win. This loss not only ended the Tartan unde-

feated record, but fell 79-73 at Lakeland, ending the best start in Sinclair Community College school history 21-0. The Tartans finished the week 1-1 and improved its conference record to 8-1, still in first place.

"Losing to Lakeland, I felt bad because I wasn't 100 percent and couldn't give my all to my team," said Deangelo Gates.

Last week was one of those unexpected basketball weeks, where three of the top five teams lost—number one Lansing, number two Sinclair and number four Johnson County, all lost, which allowed Triton and also South Suburban to move up to the top two spots.

Even though Sinclair lost on Saturday January 3, they only fell one spot to number three and is still receiving first place votes. This type of talent is one of the best Sinclair has ever had.

Gates, a sophomore, has made a huge impact on the Tartans. He is 2009 graduate from Thurgood Marshall High school, Sinclair guard and small forward, along with being sometimes a power forward. He has lead the Tartans with incredible stats, along with multiple wins.

It all started freshman year at Trotwood High School, when Gates finally had the courage to try out for the men's basketball team. However, his success staying on the team for Trotwood Sports continued on page 2

An apple a day gives you an A

Meggan Lanahan
Reporter

Cookies, pasta, burgers, soda—all of these can seem like a good idea at the time, but the truth is that these foods can be detrimental to your academic success.

According to the National Review of Neuroscience, "influences of dietary factors...are responsible for the action of diet on brain health and mental function." This means that what we eat has a direct

effect on how well our brains function.

Here are some tips to keep your grades and your brain healthy:

Tip 1: Shop for groceries around the perimeter of the

Health continued on page 2



Isaac Williams | Multimedia Director

Better health, better grades

Health and Grades continued

store as much as possible.

Healthy foods don't need to fight for attention. They sit quietly on the outer perimeter of the grocery store while the cookies, ice creams, sauces, and snacks advertise in clever ways to earn space in your budget. While cheap at the time, the long-term effects can wreak havoc on your budget and your overall health.

Tip 2: Watch out for enriched flour and refined grains. Instead, go for whole grains.

If the ingredients list on

of them are shinier than others. That's because of a layer of wax, designed to help that produce look its best. However, if you have the means, organic produce is even better for you. Just look for the words 'certified organic.'

According to the United States Department of Agriculture, "[Certified] Organic agriculture produces products using methods that preserve the environment and avoid most synthetic materials, such as pesticides and antibiotics."

Tip 4: Build your diet

too much, can raise your cholesterol and your risk for heart disease, which can mess with healthy brain function.

Tip 5: Target 'superfoods.'

The term 'superfood' has been thrown around and can sometimes be ambiguous. A 'superfood' is a food that basically gives you more bang for your buck, in terms of nutritional value.

According to Health Magazine, some foods that will help save your memory are:

Oil-based salad dressing, because of their Vitamin E content;



Deja Goode | Clarion Staff

a food label says 'enriched' or 'bleached', what it's really saying is, "put it back on the shelf." If a food product is enriched, that means it is highly processed, so much so that in the process, nutrients are lost. The product is 'enriched' when the nutrients are returned to the product through means other than naturally. If a product is bleached, it is made to look white using a bleaching agent that is an additive. This bleaching also helps in the production of gluten.

Whole grains, however, are considered to be a brain food. Foods containing whole grains have the entire grain kernel. Along with it, you get essential vitamins and nutrients, such as dietary fiber, iron, and many B vitamins, according to ChooseMyPlate.gov.

Tip 3: Buy Certified Organic when possible.

If you're shopping for fruits and vegetables, some

around plants.

A plant-based diet is the best way to make sure you eat healthy. It means specifically eating foods that are derivative of plants and almost no animal products. Dairy and meat are realistically part of many students' diets, but should be limited.

Dairy can be responsible for many allergies, even if you don't think you have any. Because of the sensitive nature and natural bacteria that occurs in the chemical breakdown of dairy, too much of it or improper care of it can become a problem.

Meat, while a great source of protein, can be a problem if students consume too much of it. Lean meats, such as chicken, fish and turkey have the most nutrients for the least amount of calories. Red meats, such as beef and pork are more calorie-dense and if consumed

Fish, because if its omega-3 fatty acid content, including DHAs, which promote the healthy function of your brain's neurons;

Dark leafy greens such as kale and spinach, because of their low-calorie-high-fiber content;

Avocado, because of its high Vitamin E and Vitamin C content and Alzheimer's-fighting abilities;

Berries, such as strawberries, blueberries, and acai berries, because of their powers to fight aging in the brain.

All of these 'superfoods' reduce your risk for diseases, improve cognitive function and make your whole body feel good.

After just one week of eating foods like these and you could feel like a new person and a smarter student. Your grades and GPA just might thank you, and your body will also.

What's next ?

Ehron Ostendorf
copy editor

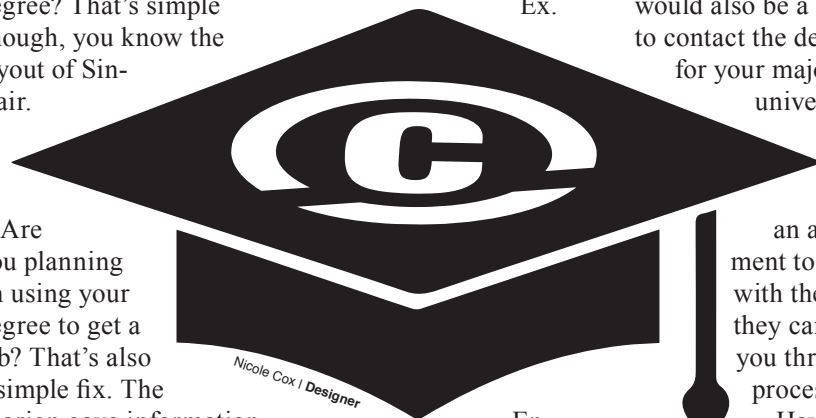
What's this semester hold for you? Are you graduating from Sinclair and plan to get a second degree? That's simple enough, you know the layout of Sinclair.

Are you planning on using your degree to get a job? That's also a simple fix. The Clarion gave information on how to do that (Search on Sinclair's main page for "Career Resources").

But, if you plan on graduating and going to a four year college, what do you do? First, meet with a specific academic advisor. Call (937)-512-3700 and talk to the person at the main desk asking to set

up an appointment with an advisor that's more specific to your major (the more knowledge on your major, the better). Possibly meet with the head of your major's department.

Ex.



English or Creative Writing major would go building 5, room 143 or call them (check Sinclair's website for "Campus Offices").

After meeting them, see what advisor they recommend for your major. Even if you only have a half hour meeting, it may

be just what you need to ease your mind about the transition.

It's more than likely that at this point, you don't know what to do. So talk with the advisor, if they don't have the answers, let them direct you to someone who does. It would also be a good idea to contact the department for your major at the university you wish to attend and set

an appointment to speak with them so they can walk you through the process.

Have any friends that attend a university? Ask them for advice. A big hurdle is just going to the university

you plan to attend and apply to them first.

continued on page 5

On and off the court

Gates continued from front

High School was a struggle for Gates, after getting cut from the team his freshman, sophomore and junior year.

Gates transferred to Thurgood Marshall High School with the help of the men's head coach Dwayne Chest, who also worked with Gates during the summer. After transferring to Thurgood Marshall, he witnessed his first game of organized basketball his senior year of high school.

"I have been playing rec basketball, which is more like open gym type of basketball, since I was a kid. I have never played organized basketball until my senior year of high school," said Gates.

But where does Gates get most of his "behind the back, no look passing" and better yet, the Kobe Bryant moves come from?

"Yeah! That's where it all came from, played too

much of streetball," said Gates. Transferring to Thurgood was a successful year for Gates. "It's crazy to say that my first year of organized basketball we made it to State. Coach had me playing in every game—I was part of the team—averaging a double double, it was a good year," said Gates.

After graduating high school, similar to every student athlete, Gates planned on doing so much with his life. Playing basketball is one thing that he wanted to continue within his future. Coming into Sinclair Community College was a different vibe for Gates. Usually when a new recruit goes for a visit to a school, he or she has selected to play for, they are filled with excitement and also curiosity; for Gates, it was different.

"Honestly, my first visit here, I wasn't really impressed because at the time I verbally committed

to University of Cincinnati. I was supposed to go there, but with my ACT score, it didn't work out. I was on campus down there a lot thinking that I was going to go there, so when I came here the campus itself was small compared to University of Cincinnati," Gates said. "My opinion changed when I actually started running with the guys. Coach Price, Coach Herb and myself clicked and everything worked out perfectly."

Gates had a lot of plans for his future after committing to Sinclair, which motivated him to play the best game and train hard.

"Going into this season, talking to Coach Price and Coach Herb, my whole plans were to get a lot of films and also my legs back. I also planned on playing overseas, but the school part came back into my life and I fell in love with school all over again—that motivated me. Why not get a bachelor's

Tartans back on track

Matt Summers
Reporter

The Tartan Pride Men's Basketball team was able to get back on the winning track with a close 74-70 win against Cincinnati State, and a blowout win of 87-66 against Owens. With both conference wins, the Pride sit at 10-1 in the conference standings.

Cincinnati State traveled north to face the Pride in an intense game, where they were able to shoot the three-ball much more effectively to keep them in the game. That is something they were not able to do in January's blowout loss against the Pride, but they still couldn't do the job done.

"They tried to pound the ball on us and tried to go inside. In the games that they have been winning, they have been

shooting between 28-45 free throws. Tonight, they shot 10. If they aren't shooting that many free throws, they are living and dying on the three-point line and it almost worked for them," said Price.

Marcellous Washington led the way in points with 15 and nearly earning a triple-double with eight rebounds and eight assists. Manny Powell had a huge first half and got the team rolling with 11 first half points, but was quiet the second half and finished with 11 points,



Deja Goode | Clarion Staff

three rebounds and four assists.

The Pride led as many as eight in the first half, but it was short lived as Cincinnati State was able to make this game close.

"It seemed like we would stumble and they would hit a three pointer or hit a three point play or do something to counter," said Price. "The two plays that stick out in my mind are the breakaway by Marcellous [Washington] and they called an intentional foul. That seemed to take the wind out of their sails a little bit. And then a great backdoor by Caleb Walker where they were over playing him and he got a reverse layup. Just a huge play by him."

The Pride traveled to Owens where Reshardd Harris was able to get back on track after struggling recently. Harris put up 23 points on 9-15 shooting from the field while adding eight



Edmund Suefflow | Clarion Staff

rebounds and an assist.

The Pride was down by 13 points going into the second half, but held Owens to 17 points and scored 51 of their own. Powell had another double-double with 13 points and 11 assists. Washington again almost had a triple-double with 13 points, nine rebounds, and seven assists.

With only three confer-

ence games left and a two game lead over Columbus State, it would have to take a massive collapse for the Pride to lose control. The Pride still have conference games against Lorain, Cuyahoga and Edison with a couple non-conference games in between as they prepare for what could be a promising tournament run.

degree? Then hopefully after that, go overseas with hopes of entering the NBA draft," Gates said.

Outside of basketball, Gates is now a proud father of a daughter, who came to support her father at his very first intensive game here at Sinclair against Columbus State Community College. After being

down sixteen points and under six minutes left in the second half, Sinclair took over with a win 67-65.

"Just the feeling, my goodness! After the first half, I told myself this in my head, 'I cannot take a LOSS in front of my daughter, period—on no type of level. No matter what it might be, and I also can't have a perfor-

mance like this in front of my daughter," Gates said. "Once I came back out, I knew that if we were down 50 or up 50 points that I was going to put a stamp on the game. I had to do it for my daughter."

This type of motivation lead Sinclair to a winning victory against Columbus State Community College. "Having a win and also holding my daughter after

a win was very special. My biggest challenge in life is to be a great father to my daughter and also my fiancé, I grew up with a father, but he wasn't always there, although he was a good father to me. I want my daughter to have that actual father figure in her life," said Gates.

In the past, the Sinclair Men's Basketball team has never had the bound that these guys have—of course, being a team wasn't enough for the Men's Tartan Basketball team, according to Gates. These guys have also built a bond that can never be broken on or off the court.

"As a team, starting off I knew we were going to be good and we also developed alright and came together good picking pieces of talent outside of the state. We bonded together quick, which was kind of weird for a JUCO team, but we have a great bond. I consider these guys my family," said Gates.

So far, Gates has had a successful year here at Sinclair Community Col-

lege with now 22 games won and one loss, Sinclair is now ranked number three, along with a record of 9-1 in conference games. Gates described his skills of playing in three words, "relentless, patient and also heart." With this, Gates and his teammates have been able to take control of this year's school record of 22-1.

The Tartans have not yet let a team score go over 100 points all season.

"The day I stop worrying about stats will be the day we will start winning games. I have always been a confident person, and also a player that a teammate looks up to when in danger—very optimistic. I consider myself a captain without the caption," said Gates.

Sinclair has had one incredible season, not letting their 22-1 win and 9-1 conference games record get to them. As a team, they are remaining very humbled and ready for the next game every practice.

"One [thing] I would give a new recruit that

will be coming into the system would be to just trust and believe it. It might start off as you questioning everything coach has you doing, but at the end of the day, it will pay off and also change you as a man," Gates said. "Coach Price, he puts you in a position where as a person it might change your life outside of basketball. One thing I will say is, take your time, be patient, and stay focused on the big picture."

Gates plans on ending his year with high hopes of bringing home the championship trophy and also finishing his last semester here at Sinclair on the Dean's list, as well as transferring to a four-year university.

The Tartans have two more home games before ending the season: February 17, against Ohio State University-Lima and also February 27, against Edison Community College. Come support the Tartans in Building 8 for their last two games.



Deja Goode | Clarion Staff

MY VOICE

New Hampshire Primary

Christopher Witt
Reporter

Republican billionaire Donald Trump and Democrat Senator Bernie Sanders won important victories in Tuesday's vital New Hampshire primaries. Mr. Trump topped a still-crowded field of Republican candidates with 35.3 percent of the Republican vote, with Ohio's own Governor John Kasich in second with 15.8 percent of the vote. Senator Sanders meanwhile won the Democratic race in a landslide, taking 60.4 percent of the vote over former Secretary of State Hillary Rodham Clinton, who netted only 38 percent of the vote.

It was a victory for candidates seen as "anti-establishment", as experienced candidates like former Florida governor Jeb Bush, Florida senator Marco Rubio, New Jersey

governor Chris Christie and even Secretary Clinton collapsed in the face of voter anger against mainstream candidates. The aftermath of the primary on Wednesday saw two Republicans suspend their campaigns — Mr. Christie and former Hewlett — Packard CEO Carly Fiorina after dismal showings in the polls.

On the Republican side, the Trump victory reasserted his position as the dominant front runner for the nomination after coming in at an underwhelming second in the Iowa caucuses. For the Democratic side, Senator Sanders' double-digit victory made it abundantly clear that Secretary Clinton is no longer a lock for the nomination as she was several months ago. The race now goes to South Carolina where Secretary Clinton holds a 30-point lead there and Mr. Trump, with a 16-point lead, has

no apparent challenger to stop him from adding even more momentum to his run at the nomination.

South Carolina has tended to be a place where establishment candidates either turn their fortunes around or sure up their strength. Secretary Clinton, seen by some as the Democratic establishment, is in such a position with her strong lead and a more moderate Democratic electorate is likely to take the South Carolina Democratic primary. The strength of Mr. Trump, who some think is likely to take the South Carolina Republican primary, and Texas Senator Ted Cruz, who is also seen as something of a maverick, bucks this trend as the more moderate establishment candidates. Whereas Governors Bush, Kasich, and Senator Rubio are struggling to even dent the top tier's lead.

South Carolina Republicans go to the polls on February 20 while Democrats vote on February 27.

Reflecting on Black History Month

Contributed by
Jan Williams

Once again it is February Black History Month. It seems ironic that we are celebrating Black History when Black Americans have always been a part of American History. With that understanding

shooting a person that is obviously a child playing with a toy gun or throwing a high school student over a desk to the floor to get her to honor his command; a white assailant barging into a church of Black Worshipers and opening fire with an automatic weapon where upon kill-

tion of a Black American, but too many outcomes have gone bad for Black motorist. Americans are aghast at these types of abuses of authority from those sworn to "serve and protect," and for those that display their dis-appreciation of Black Americans in a detrimental way.

Black Americans are here in America as natural born citizens worthy of running for the highest offices in the land. They have served this country in wars and many capacities that are part of America's success as a country. The minority of people who feel that they can or must show superiority by utilizing demeaning tactics or abuse of authority must know that their actions are not condoned by the majority of Americans.

Yes, I say Americans because that is our identity and one of which we are all proud. Let February be an identified month of appreciation for Black Americans History filled with sincerity, not only for this 2016 February, but for always. Let these types of attacks on Black American cease immediately.

Black Americans live and work for the same advantages of a good quality of life as every other American. It is ashamed that Black Americans must fear for their well-being when encountering law enforcement, worshipping or pursuing normal daily chores. The burden of shame is all ours to share. Our laws of the land should confront these type of civil infractions aggressively and admonish them openly as wrong.

During this celebration hopes are high that these types of incidences will cease to happen and Black Americans can be more comfortable in the fact that "Black lives matter." Let us not only celebrate Black History, but also celebrate Black Heritage with sincere appreciation of diversity; during February and beyond.



De'Angelo Philpot | Photographer

it seems unnecessary to have a special month for celebration of Black American's contributions to America's success, but it is appreciated. However, with recent incidences against Black Americans it is evident that many Americans do not share the opinion that Black Americans are deserving of humane treatment.

I believe that the majority of America does share appreciation of Black Americans and their history. The troublesome part is those of the minority who do not appreciate Black Americans; manifested by their targeting of Black Americans in very harmful ways. White police officers shooting unarmed Black Americans, choking Black Americans who are clearly subdued and begging for the officer to release the pressure hold; a white officer

ing many.

These are some of the actions by that minority that cause wonderment about their appreciation of black lives. There are many more examples of this type of treatment in a society that supports democracy and has established civil laws: However, it is a sad thought that even with these described incidences, and those not described herein, there is an expectation that there will be similar incidences in the future.

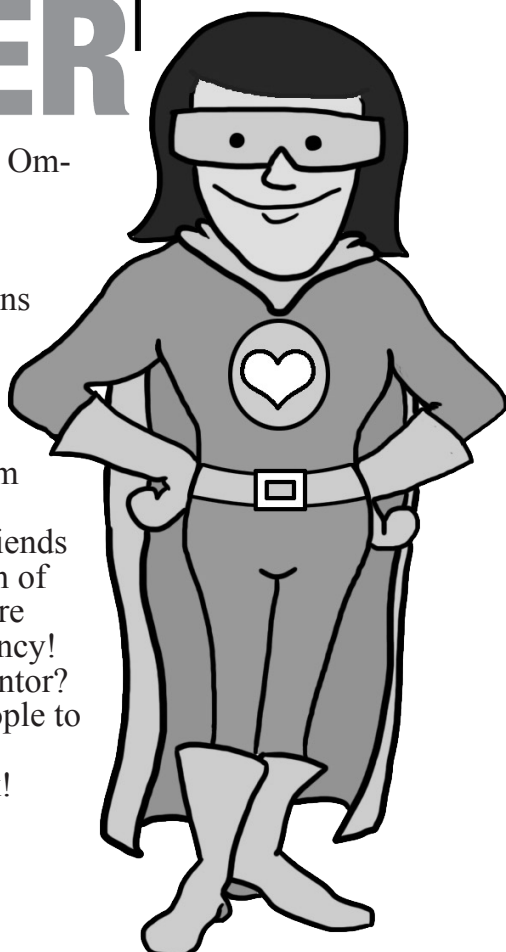
It is certainly worrisome when a Black American is operating a motor vehicle that is stopped by a white officer, that he or she has to be concerned as to what the encounter may generate beyond the law, and possibly concerned if the stop was lawful. Maybe it is a question of an officer's training, character, or simply his dis-apprecia-

OMBUDDY CORNER

Welcome back to the Ombuddy Corner!

Spring term is in full swing! Three questions to consider:

- Are you communicating with your instructors? Instructors want to hear from you!
 - Have you made friends with someone in each of your classes? They are helpful in an emergency!
 - Do you have a mentor? Sinclair is full of people to help you!
- Make it a great week!



Taking the next step

What's next? continued from page 2

What about costs? Are you thinking about scholarships? Grants? Hopefully not loans... loans are the biggest trap there is. "Every student gets them," do you know what loans get you? Usually in debt regretting your degree. It's recommended you stay away from loans at all costs, or it'll end up costing you from exceptionally high interest rates.

"As far as searching for scholarships, it's great to try to find scholarship lists that are already created," said Katherine Gonzalez, Financial Aid Officer in charge of scholarships. "For instance, we have our website at Sinclair.edu/scholarships and we have our external scholarships list."

Gonzalez explained that there's external links for scholarships that aren't just for Sinclair, but can pertain to other schools too.

They all have different requirements in order to apply of course.

But if you're thinking about going to a four year college next

fall semester, when is best to apply for scholarships?

"This is really a great time to apply [Spring semester]," said Gonzalez. "And some external scholarships even are working a year in advance [to attendance]."

She recommends that if you plan to attend a four year college, start a year in advance to attending. It doesn't hurt if you apply within less than a year. But if you send your application in early, the donors will be looking at your application longer.

A large reason people aren't receiving

scholarships is that the essay they wrote was limited. Only a couple paragraphs won't suffice in standing out to the donors. There is also such a thing as too wordy. If your essay is too long, the donors may not want to read it all. About 500 words or less is suggested.

"I feel like there's a misconception that not that very many people apply for these scholarships, or that it is easy to get scholarships—that there's so much money out there that they're just throwing it away," said Gonzalez.

Gonzalez explains that there's a good response at Sinclair for applying to scholarships. However, she further explains that perhaps particular students don't take the application process as seriously as they should and don't take the time to really perfect their applications.

"I mean, I think a lot

"Gonzalez explains that there's a good response at Sinclair for applying to scholarships."

of students aren't being as strategic as they should be when applying to scholarships," said Gonzalez. "We try to help out with that strategy here [Financial Aid Office]."

Gonzalez stated that students should be careful and make sure they meet the requirements of the scholarships. Double check what the scholarship is, sometimes the donors specify that preferential treatment will be given to people that fit their qualifications; such as, a certain kind of major.

Everyone wants to know what gives them a better chance at

receiving an award. So, how can you maximize receiving scholarships?

"I think that someone should get at least two letters of recommendation, and not from your parents... but someone else you know outside of family," Gonzalez said. "But even three would be better, add that in a packet with your essay when you submit your application."

She continued and said that letters of recommendation are best not only with applications for scholarships, but to add to a resume in general. She explained that letters of recommendation can help out in a job search. She said that letters of recommendation are good from professors, bosses, and any other acquaintance like if you've volunteered and had a Volunteer Manager.

Gonzalez's final tips were to utilize any resources you have even if they're outside

the Sinclair scholarships page. She said to do research and search for organizations in your field of study that might give scholarships to

people with your major.

So, clean up your essay submissions; "beef it up" and make sure you aren't making your essay too long or too short (remember, around 500 words is best). Attain a few specific letters of recommendation from accredited peers, not general letters that don't capture your true abilities. And finally, reach out and apply to as many scholarships as possible, not simply a few, really maximize the potential and make sure you meet the requirements. Good luck in the scholarship search.

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Artist Feature : Eric Hamlin

Gabrielle Sharp
Executive Editor

Growing up, Eric Hamlin wasn't the only artist in his family. However, he was encouraged to be creative while exploring the arts, which led him to his career focus: sculpture.

"It's not just because my parents are artists, which is why I wanted to be an artist, but it's because I was encouraged to explore that and ended up loving it too," Hamlin said.

Sculpture didn't originally draw Hamlin in, but he soon found that after taking a sculpting class along with his original major, which was Culinary Arts, he knew that art was where he wanted to be.

"What actually happened was I came in that first semester, I took safety and sanitation—fun class I know—and I also took sculpture along the side of it and that was just a fun class," Hamlin said. "It ended up sucking me in."

Hamlin has been a Sinclair student since 2011, one year before graduating high school, and he's at the end of the road this semester and will graduate with a fine arts degree with a concentration in sculpture.

"I'll be going to Wright State, continuing with their sculpture program they have there. After that, get a Master's somewhere in there—that's more for teaching purposes, which that's the real practical career when you go into the arts," Hamlin said. "It's not necessarily my dream, but it's still something within the field, which that's all I care about."

Hamlin isn't settling at the idea of being an art teacher because his major dream would be to be a self-sufficient artist. However,

he constantly finds inspiration and motivation from his professors at Sinclair.

"That's the thing I love about the teachers here, all of them are all artists working in their field," Hamlin said. "You can see the sparkle in their eye that they love what

well. He describes the genre as Indian ambient, which resulted in starting a band named "Are They Above Us?"

"Me and my friend one day, we started jamming, and stuff started to happen and we thought, 'let's



are an option, music is harder to make a living off of, but he still enjoys it as a creative outlet.

"Music? I'll probably be doing that for the rest of my life and if something works from it, great, and if nothing ever comes from it, it's still an outlet, and a way to express myself," Hamlin said.

Between the two, Hamlin doesn't have a lot of free time. Most of his days are spent working on his art and sculptures after classes, and then goes home in the evening to play guitar for three hours..

Recently, Hamlin has been learning how to weld with a local artist, Michael Bashaw. After interning with Bashaw last semester, he offered to help him this semester since he learned so many welding skills. Most of what Hamlin learned was "the nitty gritty things," such as trade-based work and less of the artistic work. However, Hamlin said he enjoys working with Bashaw because Sinclair doesn't offer metal welding in the art program.

"Welding is new for me—that's been one of the things I've been really wanting to do," Hamlin said. "What's amazing about metal is that you can do these delicate looking

things, but in reality it's metal and it's not going anywhere. That's the direction of my future work at least for now—who knows where I'll be in ten years."

Currently, Hamlin is preparing for the "Graduating Fine Art Portfolio Exhibit," which shows artwork that the graduating class has worked on in and out of the classroom. Each student must choose four to five pieces that relate to each other for a cohesive exhibition.

Education is important to Hamlin, but he believes it's more about learning about the world, and less about a degree. School helps force people to get in the mindset of putting yourself out there no matter what, according to Hamlin.

Hamlin said he's constantly changing, but one thing is certain that he leaves his artwork open-ended. He prefers when people can acknowledge his art, and see it in their own way, rather than being pushed to see the intention.

"One of my favorite things is when someone looks at one of my pieces I've done and they talk to me about an interpretation that I have never have thought of, but it's equally valid because

its something they saw when they looked at it," Hamlin said.

Inspiration for Hamlin is generated by a light sculptor named James Turrel, who created an installation with different colors and light intervals winding up a staircase, as well as built light pieces inside a mountain in Arizona.

"I'd love to do something that extreme," Hamlin said. Geometric and minimalism is how Hamlin describes his art. He said for any artist, it's important to just keep making art. It's easy to get caught up in your mind and doubt yourself, but the more you make art, the better you'll get.

"The artist's biggest enemy is their own head saying, 'you suck, don't keep making art, and go get an accounting major,'" Hamlin stated. "If you really want to be an artist, the only thing you can do is just keep making it and eventually you'll get better and eventually you'll feel more comfortable."

To see Hamlin's work, and other graduating students, visit the Burnell R. Roberts Triangle Gallery from April 18 to May 5, in Building 13.



Artwork by Eric Hamlin

they are doing."

Hamlin was nominated last semester to exhibit a few art pieces at the Dayton Visual Arts Center for The Cline Show.

"It's a show where they pick faculty from the schools around the Dayton area and select a few of their students to show their work," Hamlin said.

Aside from art, Hamlin also expresses himself through music. He is self-taught on the guitar and took piano lessons for a few years as

record this,' and then we were a band," Hamlin said.

Art and music compliment each other in life, according Hamlin. He said whenever he gets frustrated with art, he will turn to music and then if he gets frustrated with music, then he'll start sculpting again.

"It's nice to have the two kind of extremes," Hamlin said.

Hamlin sees art as a career, while he views music as more of a hobby. He said even though local gigs



Contributed by Wikipedia

Underrated Romance Movies

Emily Culbertson
Reporter

It's that time of year again, where "love is in the air" and everything is about chocolate and flowers from your other half. After spending a day with your one and only, why not settle down and watch a good romantic movie? Here is a list of really good romantic movies that are underrated by the critics.

Endless Love: Even though this movie was a remake of the old film from 1981 and the best selling book, there were huge changes to the film and it was for the better. We follow the life of freshly graduated Jade Butterfield (Gabriella Wilde), who was basically a nobody and followed in the footsteps of her late brother. Everything changes when David (Alex Pettyfer) takes interest in her after graduation. David turns Jade's world upside down in

this heartwarming romance, but there is one huge thing standing in the way of this young love, her father.

27 Dresses: It's most girls' dream to have her big wedding day; however, for Jane (Katherine Heigl) she's been in 27 weddings and still waiting for her big moment to come. In this romantic comedy, Jane is crushing hard on her boss that only notices her as his 'type A' assistant. Everything changes when Jane's sister comes back to town and steals her sister's dream man away. Kevin (James Marsden) is a smoking hot journalist covering her sister's wedding, but everything's about to take a wild ride.

Warm Bodies: Who ever thought death could be so romantic in the apocalypse? Even though the movie gets a lot of heat for being like Twilight, it's very different. We follow young zombie R around, which is different seeing as

and she works for a publishing agency. Needless to say, her fiancé is more into food than his future wife, when he books the trip to Italy. Once in Italy, it's all about food and wine for him, but Sophie finds herself intrigued by the story of Romeo and Juliet. While helping a group of women write back love letters, she comes across a really old letter. When Sophie writes back, she is unexpectedly surprised to meet the women looking for her love and her grandson Charlie (Christopher Egan). This is a must see fairy-tale ending love story.

The Prince and Me: If you're in love with the royal life, this flick is for you. We follow the life of a college student Paige (Julia Stiles), but when new student Eddie (Luke Mably) attends her science class, everything is uprooted. As they grow closer, the paparazzi is all over him. Paige finds out his biggest secret—being the Prince of Cambridge. It is everything a love story is supposed to be, a happily ever after ending that will warm your heart.

YOUR VOICE



WHAT DO YOU THINK ABOUT
“SNOW DAYS” IN COLLEGE

ARE THEY GIVEN TOO LITTLE
OR TOO OFTEN, RELATIVE TO
WEATHER CONDITIONS?

DO “SNOW DAYS”
INCONVENIENCE YOU OR DO
YOU LIKE THEM?

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.



John Krafka
Aviation Maintenance Technician

“They’re awesome, can’t get enough of them. I think they’re given enough, we know how to drive in snow here, so I don’t think it’s a big deal if there’s a little snow on

the ground, we all can make it here. I don’t think there’s an excess given, I don’t think there’s not enough given. No, what’s a day here missed on the syllabus, you know what I mean? We can make up a day here and there, it’s not a big deal, it happens. We have to adjust in life, that’s what it is. . . [On snow days] I stay inside, I bundle up, I get inside of a blanket with a heater on and I just don’t even worry about going outside. I eat food and relax.”



Nate Buchanan
Liberal Arts Major

“I love them because it gives you a break. I’m a returning student, I was at Sinclair back in 2010, and I dropped out because I couldn’t focus enough, but snow days would have

really helped me have a break from all the chaos. . . This year has been okay, I would say. I would say one day we had was really bad. That was really the worse weather day we’ve had. . . No, [snow days are not an inconvenience] because I really just have to drive into school, and I usually find out there’s no class when I get here. I’m not the kind of person that gets mad at that stuff. If anything, I just drive to school, and if I have the time, I just spend it doing homework or something. It gives me more time with that, because I can’t do it at home, because I don’t focus at home.”



Julia Guzman
Biology Major

“I think it’s a little rough sometimes, especially if you have morning classes, to make an effort to get here, knowing that other schools are closed. . . but other than that, not too bad. Considering this year,

we haven’t had a terrible winter, but in past years, I feel like we should have [had more snow days]. I know a few weeks ago I missed my first science lab because of how terrible [the weather] was. School wasn’t cancelled. I missed it because I couldn’t get my car out of the snow. I feel like we should get some more [snow days], or at least delays. A lot of my professors in past years have been really good with cancelling their own classes. I like that. . . As long as it’s one day, we’ll get past it, because I know the rest of the week, I know what’s going to happen later in the week, and it’s easy to adjust. I feel like a lot of professors and students get scared of not sticking to the schedule, but it’s easy to adjust.”



Zach King
Multimedia Journalism Major

“They’re pretty great but kind of inconvenient when it comes to doing school work, coming to school and trying to get stuff done. Sometimes the class under-

stands and they push things back, but sometimes classes don’t push due dates back, and that kind of messes me up a little bit. It’s just having the time—sometimes I have to come to Sinclair to work on things, and not having that availability because of the snow being that bad, if we’re having a snow day here, it’s rough. . . This year there’s been no snow. The previous year, I feel like it’s been pretty fair. There were so many bad days that they had to just open school even though weather conditions and the roads weren’t the best. But I don’t blame them because kids have to school eventually. It’s been pretty in the middle of the road. . . Please let there be more snow so we can have some snow days!”



POETRY PICK

The Eternal Unrest

It’s dark and cold
Wood all around
Because of sin I’m told
Now here I’m bound

I lay there all the time
Every day and night
What is the crime
That took away light

It’s the eternal rest,
Well it SHOULD be
Now I have no zest
I wish I could be free

Now I lay in a coffin
I feel worms eating
Now long forgotten
Last of skin fleeting

Memories no more
Did I have a family?
Now enough I endure
All I feel is apathy

I turned my back first
I know that I started it
But to leave me cursed?
Is this punishment fit?

I’m so sorry God
Give me a chance?
I know that I’m flawed
I would give a dance

I know death ‘tis
Too late to be blessed
Now all that’s left is,
The Eternal Unrest

Contributed by *Grant Kerr*

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

CLARIONIC CARTOONS

Filbert Cartoons

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La BonteFor more comics and
animation visitFilbertCartoons.
com

"DEAR GABBY"



Submit your poetry, Dear Gabby letters or creative writing samples to clarion@sinclair.edu for a chance to be published in The Clarion.

Dear Gabby,

I am a freshman here at Sinclair, aspiring to be a nurse. I have all of my prerequisites done and I'm so excited! But the next step is the dreaded wait list. I'm so nervous that it is going to be years before I get in. I have heard so many stories from other people that they waited two years before getting in.

I am completely overwhelmed with the thought of the waitlist. How could I be so scared of a list? I actually don't even know why. Gabby, how do I find out exactly how long it will be? Also, how do I calm down in the process of waiting?

Sincerely,

Overwhelmed and under promised

Dear Overwhelmed and under promised,

I have heard about the dreaded waitlist for the nursing program, but I've also heard that it's a great program, so that's a positive at least. The plus side is that your pre-requisites are completed, which I am sure any student would be jealous of—lets be honest here. But I am sure it's disappointing to think that you might have to wait for a bit until you can actually start in the program. However, I am sure the positives outweigh the negatives though.

I am unsure how to find out about the waitlist, but I would assume and academic advising would be able to point you in the right direction. They would have more knowledge about

the program and who the Chair is of the department. This might help you get a rough estimate on how many months you'll have to wait.

As for learning to calm down during the potential wait, I think everyone copes with stress and anxiety differently, so it's up to you to find what works best for you. I think focusing on the bigger picture always helps me. It's not about the time that it will take because you know eventually you'll get to your goal, so the end result is the most important. In your case, you know you'll be in a career that interests you, and you'll have proper training for it, no matter how long the waitlist is. I know it's cliché, but the wait is worth it.

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.



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ARAMARK WEEKLY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Italian Deli Calzone	Pepperoni Calzone	Bacon Chicken Pesto Stromboli	Flatbread Chicken Caesar Pizza Cone	Egg, Chorizo, Cheddar Rolletto
Qdoba Mexican Grill	Lee's Famous Recipe Chicken	Panda Express	Bob Evans Restaurant	Gyro Palace
Classic Italian Sub	Buffalo Chicken Sub	Ham & Swiss On Marble Rye	Chicken Salad on Wheatberry Sandwich	N/A
Chili Con Carne Vegetable Bean Dill Soup	New England Clam Chowder Vegetable Brown Rice Soup	Chipotle Chicken Tortilla Soup Chili Con Carne	Chipotle Chicken Tortilla Soup Vegetarian Minestrone	Beef Barley Soup Minestrone Soup
Ham & Swiss Ciabatta	Roast Beef & Asiago Melt	Grilled Chicken Quesadilla	Turkey Bacon Ranch Pretzel Melt	Grilled Tilapia Sandwich
Southwestern Chicken Chipotle Wrap	Southwestern Chicken Chipotle Wrap	Southwestern Chicken Chipotle Wrap	Southwestern Chicken Chipotle Wrap	Southwestern Chicken Chipotle Wrap

CAMPUS CALENDER

February 3 - 26, 2016
Art Exhibit: Reflections from the Cradle of Democracy

Building 13, 4th Floor,
Burnell Roberts Triangle
Gallery

February 3 - 26, 2016
Art Exhibit: Images of Trebec and Auschwitz

Building 13, 4th Floor,
Works on Paper Gallery

February 16 - 17, 2016
August Wilson's Fences: A Staged Reading

Building 2, Blair Hall
6:00 p.m. to 9:00 p.m.

February 17, 2016
Honor's Transfer Fair

Library Loggia
10:00 a.m. to 1:00 p.m.

February 17, 2016
Sinclair Talks: Learning Trip to Guatemala

Building 8, Stage
12:00 p.m. to 1:00 p.m.

February 17, 2016
Basketball vs. OSU-Lima

Building 8, Gym
5:30 p.m. to 9:00 p.m.

February 18, 2016
Sinclair Talks: Fighting Fraud 101: Protecting Your Money

Building 8, Stage
11:30 a.m. to 12:30 p.m.

February 18, 2016
Sinclair Theatre Presents: As It Is In Heaven

Building 2, Black Box
Theatre
7:00 p.m. to 9:00 p.m.

February 19, 2016
Sinclair Theatre Presents: As It Is In Heaven

Building 2, Black Box
Theatre
8:00 p.m. to 10:00 p.m.

CROSSWORD PUZZLE

Across

- 1 "If I may interject ..."
5 Stops to smell the roses
11 Briquette's fate
14 Passed
15 Potassium hydroxide, e.g.
16 Siete menos seis
17 Threat to the queen's cotton?
19 Water source

20 Hersey's "A Bell for ..."

- 21 Wind dir.
22 Call forth
24 Help for a sad BFF
26 Subject of the first picture in Mussorgsky's "Pictures at an Exhibition"
27 Satan's broadcaster?
34 Physical, e.g.
35 On the move

36 Plane compartment

- 37 Told, as an elaborate tale
38 Repeating rhythmic pattern used in Cuban music
39 Balderdash
40 39-Down carrier
41 Deli equipment
42 Protected at sea
43 Really unpopular fish?

Revival prefix

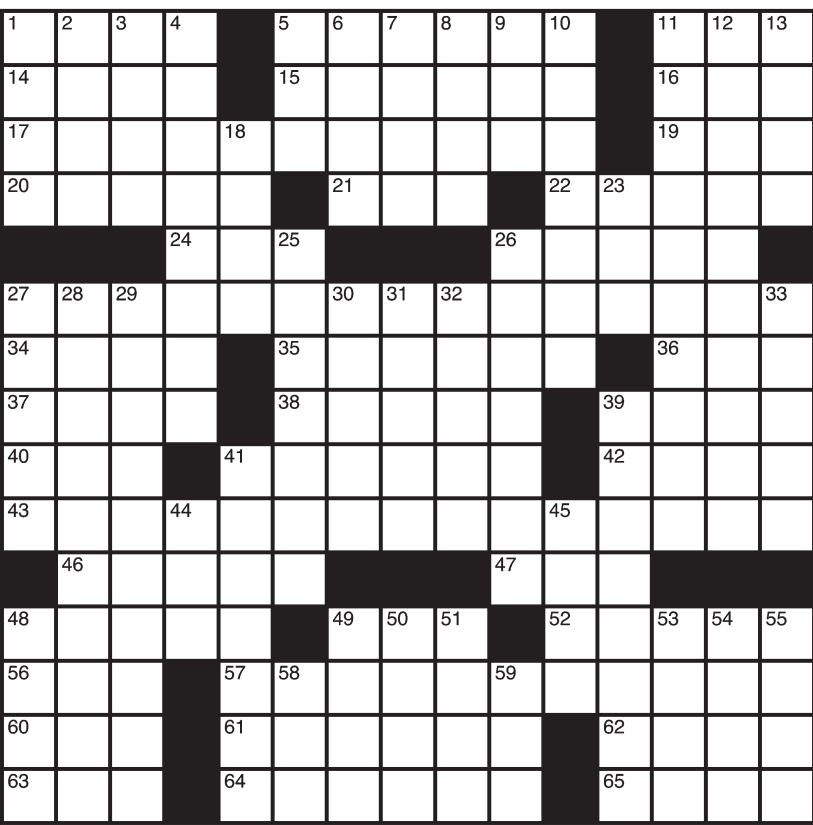
- 61 Overshoot
62 Bear's cry
63 Philosophy
64 Trinket
65 Town near Padua

Down

- 1 Indian district with three World Heritage Sites
2 Rain protection
3 Irish musician with four Grammys
4 Transitional period
5 Hand analog
6 Pub array
7 Oahu entertainers
8 Keep
9 Manning taking a hike
10 26-Across feature
11 Lot occupant
12 Part of Oregon's border
13 Last thing in Pandora's box
18 Relax
23 "Cross my heart," e.g.
25 Round ornament
26 Vague
27 John of Scotch fame
28 Clears
29 Ed Norton catchphrase on "The Honey-mooners"
30 Firm
31 Climate control systs.

32 Jewel thief por-
trayer in "The Pink Panther"

- 33 They're often bent
39 About 125 million people
41 Not objective
44 Halogen suffix
45 High hair style
48 Revealing apparel
49 Household glue brand
50 Served very well
51 butter
53 "Variations on 'America'" composer
54 List
55 How she looks in Paris?
58 Good Grips kitchenware brand
59 "They say there is divinity in numbers": Falstaff



46 Rushed
47 Mauna
48 Expert
49 "Kapital"
52 Make whole
56 First woman to land a triple axel in competition
57 1958 Orson Welles film noir ... and a hint to 17-, 27- and 43-Across
60

PUZZLE SOLUTIONS

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

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

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

PUZZLE SOLUTIONS



Aquarius: Jan. 20 – Feb. 18

Venus will be in your sign for several weeks, and this will bring you a lot of clarity. If you're single, you'll be more courageous about asking that special person out for a date. If you're romantically involved, you'll find that you and your partner are connecting more.



Pisces: Feb. 19 – March 20

Jupiter continues to show you how important it is to be honest. If you're dating someone but your heart isn't really engaged, have the bravery to break up with this person. If you're single, think about declaring your love for somebody special instead of waiting around.



Aries: March 21 – April 19

A moon opposition is creating a conviction that your partner is the enemy. You're going through a period where you feel down. Boost your spirits by spending time with people, places and things that make you feel better.



Taurus: April 20 – May 20

You're feeling like you don't really know what you want out of life and love. That's OK. Mars is reminding you that you don't need to go along with what other people want. It's more important you connect with your true self, with your authentic center.



Gemini: May 21 – June 21

You're going through one of those times when you question your ability to remain monogamous in a relationship. Gemini is ruled by Mercury, and this social planet pulls you in multiple directions at once. Think carefully before making a major commitment.



Cancer: June 22 – July 22

The moon is giving you confidence. Whether you're single or in a relationship, you'll feel balanced. You know that things are proceeding in a wonderful way, and you'll experience many wonderful things. Enjoy this period of progress and opportunity.



Leo: July 23 – Aug. 22

As Venus moves opposite your sign, don't put a lot of pressure on your romantic life. Try to move away from being agenda-based and focus on simply enjoying any moments you can share with your honey. This isn't a good time to insist on an engagement ring or commitment.



Virgo: Aug. 23 – Sept. 22

Jupiter is reminding you to stand up for yourself. If your honey isn't treating you right, start talking about it. Or if your employer refuses to recognize your contributions, start making a fuss. You'll have great results if you insist on being treated right.



Libra: Sept. 23 – Oct. 23

You're going over past situations with your honey, wondering if you did something wrong. It's healthy to do some examination of your past. But don't allow yourself to be blamed for things that aren't your fault. The moon says stand up for yourself.



Scorpio: Oct. 24 – Nov. 21

As the sun moves into a friendly sign, you'll feel calm and composed. It's a great time for letting go of relationships that no longer serve you. And it's also a good period for releasing job situations or living arrangements that have become toxic.



Sagittarius: Nov. 22 – Dec. 21

The moon is telling you to remain humble. Maybe you were all wrong in your assessment of somebody at work or at home. It's OK to correct yourself. Just try to be loving and focus on forgiveness. That way, you'll move past any recent melodrama.



Capricorn: Dec. 22 – Jan. 19

You're not sure what to do with your relationship. This is normal when a moon is opposing your sign. Don't make any sudden moves. Hang out with your honey, relax and give yourself time to figure out what you really want.

CLARION

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SINCLAIR
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Top 10 moments of the Superbowl

De'Andre Stringer
Reporter

Super Bowl Sunday was a fun experience that was full with a lot of moments and that left gossiping and chatting about the commercials, halftime concert and so much more.

Here's some of the top ten moments that happened during Super Bowl 50. Starting at number ten was when NBA champion Stephen Curry pounded on the "Keep Pounding Drum" that escorts the Carolina Panthers out on the field—Curry is a fan of Quarterback, Cam Newton and the Panthers.

Number nine would be Lady Gaga singing the National Anthem. She sung her heart out with and left people in awe of how exceptional her voice sounded. Lady Gaga was stunning dressed in her red suit, bright blue nails and her white blonde hair blowing in the wind—she represented the American colors and received a roar from the crowd.

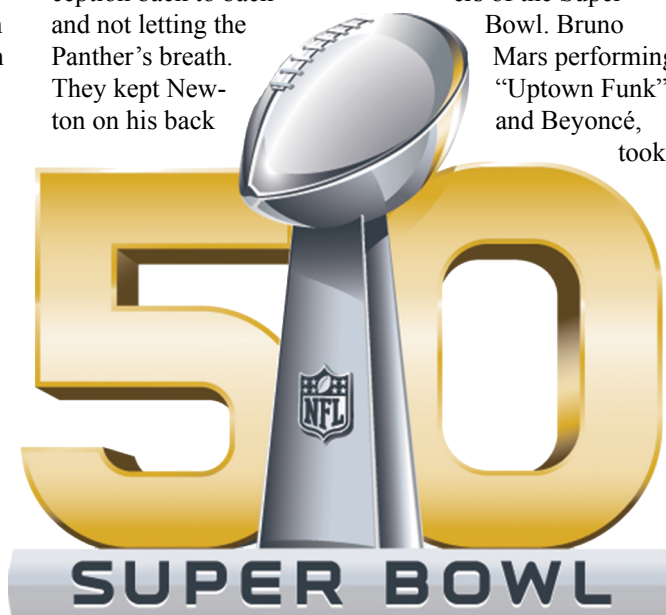
The eighth moment was when the Broncos got the ball resulting from winning the coin toss. Broncos scored the first point with a field goal 0-3. Broncos stayed in the game with confidence, even mimicked the Panthers by 'dabbing' on the team—the Broncos were just getting warmed up though.

The seventh moment was when the panthers were scoreless in the first quarter with 0-10. Turning the ball over and struggling

with their defense, which left the Panthers scoreless in the 3 quarter, as well. Connection seemed like a lost cause between Newton and his teammates.

The sixth moment was the Bronco's defense destroying the Panthers, along with getting interception back to back and not letting the Panther's breath. They kept Newton on his back

with stadium drenched in bright colors, and the fans holding up brightly colored signs. They did an amazing job, even though actress Taraji Henson mistook them for Maroon 5 in her tweet Sunday night. The concert was dedicated to past and present performers of the Super Bowl. Bruno Mars performing "Uptown Funk" and Beyoncé, took



Contributed by I Wikimedia

with six sacks—the most he has never been sacked before.

Number five goes to the Panthers scoring their first points in the second quarter and fourth quarter. In the second quarter the Panthers finally looked like themselves by scoring the ball with a touchdown, plus a field goal. The last time they scored was in the fourth, but the game was already a wrap.

The fourth moment was the infamous halftime show—it was entertaining with star power. Coldplay opened the show

part in this Super Bowl tribute. She who performed her new song "Formation," which caused a lot of controversy.

The third moment was when Beyoncé almost fell on stage, while singing and dancing to her new song. She ended up catching herself, but the Internet was blowing up with a variety of comments—this moment was almost bigger than the actual super bowl.

The second moment was the winners and the losers. The Broncos were dabbing on the sidelines and Peyton Manning fist pumping to celebrate their win at the Super Bowl 50, which might be the last Super Bowl for Manning. On the sidelines, Josh Norman of the Panthers was upset because his team lost.

The number one moment was the post coverage of the Super Bowl, where Newton walked out during the press conference. He left the press with a few words about how he and the team played by saying, "They played [better than us]."



Coontributed by I Wikimedia



It All Starts with Heart

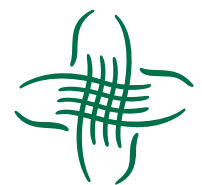
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