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Homelessness and Hunger Awareness Week



Mandi Fry | Clarion Staff

Homelessness is a prevalent issue in Dayton. The Dayton, Kettering, Montgomery County area have an estimated 1,041 homeless people according to the 2013 Homelessness Report.

Gabrielle Sharp
Managing Editor

Each year National Hunger and Homelessness Awareness Week is held the week before Thanksgiving, in order to outline the prevalent issues of poverty across the nation.

Many organizations spread awareness by partnering with schools, community event engagements and campaigns. Participating within these organizations can help others realize the struggles people face on an everyday basis.

The National Coalition for the Homeless said this is a perfect time to think about the things people take for granted. The organization said this is a time for us to start to think about what we are thankful for, and to share compassion with the homeless.

HHAW continued on page 7

Catcalling: issue or not



Footage by Rob Bliss/Hollaback!

The video above went viral and received 36,055,877 views in 17 days. It received the first 4 million views in the first 24 hours. It was directed by Rob Bliss, a viral video agency.

Gabrielle Sharp
Managing Editor

A video about catcalling went viral after one woman walked around the streets of New York City for ten hours while experiencing over 100 instances where men verbally harassed her.

After the video was posted online by anti-street harassment organization, Hollaback! and marketing agency, Rob Bliss Creative, it provoked criticism and debate about what qualifies as harassment.

Some would define catcalling as the act of getting a woman's attention in a vulgar manner, others would describe it as a way to reinforce female oppression by making a woman's value equivalent to her appearance. The video's intention was to spread awareness of street harassment; an issue that women around the world deal with daily.

Hanna Rosin, writer for the Atlantic, said the video's main

point was to show a variety of street harassment, involving people of all backgrounds, according to Bliss. Unfortunately, Rosin said this didn't show up in the video.

"We got a fair amount of white guys, but for whatever reason, a lot of what they said was in passing, or off camera," Bliss said. "It is not a perfect representation of everything that happened."

Patrick Terry, Sinclair student, said catcalling is wrong.

"Catcalling is going to happen, but it shouldn't," he said.

Writer and activist Feminista Jones said street harassment has been a familiar topic for years. She said she feels like people still aren't empathetic though.

"This video is important for all sectors of this movement," Jones said.

Many viewers have said that this video focuses on harassment caused by minority men of the lower class level. Many of the comments relate to race, creed and social status.

Lee Warren and John Klos, both Sinclair students, said it's mainly about ignorance, and disrespecting women. Klos said it goes back to parenting and how people were raised.

Rachel Ruland, Sinclair student, has similar views about relating street harassment with parenting skills.

"I think it's about the dominative nature," Ruland said.

She said parents should take responsibility for teaching their sons how to act toward women.

"Fatherless children growing up with disrespect for their mothers creates problems. People think it's acceptable to treat women that way," Klos said. "They shouldn't be treated that way at all."

Emily May, executive director of Hollaback!, said it's about acknowledging that people experience harassment differently.

"Women of color experience it differently. L.G.B.T.Q. people

experience it differently," May said. Ruland said girls have to think everyone is a threat. She said she doesn't feel safe walking by herself now.

"I don't respond to it negatively. It's a fear, but usually I ignore it," Ruland said. "I've noticed most men catcall when they are in a group with their friends to feel more dominant and in control."

She said she would like to do an experiment where women would catcall men.

"It may open their eyes to how weird it is and how sick it is," Ruland said.

According to stopstreetharassment.com, 65 percent of women have been harassed verbally on the street. Tatyana Fazlalizadeh, Reuters blogger, said the video demonstrates how constant and exhausting street harassment can be, even though she said the video was unfair.

"The video is not perfect," Fazlalizadeh said. "The video was a visual example of what [women] go through constantly...it also served as proof to those who question the credibility of women who have spoken out about their ordeals with street harassment."

Not only did this video portray a side of verbal harassment women face everyday, but it created two viewpoints, according to John Herrman.

"The video works in two ways. It's a neat portrayal of what it is like to be a woman talking about gender on the mainstream Internet. This became apparent within minutes of publication, at which point the video's comment section was flooded with furious responses," Herrman said.

Catcall continued on page 8

Inmate talks to SCC Faculty



Danny McCallum | Clarion Staff

Criminal Justice Professor Pamela Chambers speaking via satellite, with distance learning students in the Building 14 Forum.

Matt Sells
Executive Editor

Faculty and students attended a presentation on Wednesday, Nov. 12 where Sinclair distance learning students from four correctional institutions spoke, via satellite, of their accomplishments, obstacles, and future goals in their educational careers.

Twenty distance learning and inmate students from Pickaway Correctional Institution, Allen Correctional Institution, Ohio Reformatory for Women, and Dayton Correctional Institution participated in the workshop. The workshop/presentation was held in Building 14

in the Forum.

Pamela Chambers, professor in the criminal justice department, organized the workshop to allow the Sinclair faculty to hear from students at the institutions, as to how Sinclair could better help them in their educational journey. The inmates communicated through live streaming video, which was projected on the front wall of the auditorium.

Chambers worked for the State of Ohio as a parole officer before teaching at Sinclair. She explained that the work she does with the students in the institutions is to her a continuation of her work with the state, and that "it is richly rewarding."

"I am one decision away from possibly being an inmate like one of them," said Chambers as she stressed how one wrong decision can negatively affect anyone.

Chambers opened her presentation saying, "By 2014 one out of 35 adults have some kind of contact with the system, whether it be incarceration, probation, or parole."

During the presentation Chambers asked the inmates a series of questions including what obstacles they face inside the institutions while trying to achieve their educational goals and what they plan to do after release.

Inmates continued on page 7

Flu season arrives

Matt Summers
Reporter

Winter is not taking its time to letting people know that cold weather and flurries are back. It is almost a new life style for those that live in states affected by cold and snow, like getting out ice scrapers for vehicles, snow shovels and making sure layers of clothing are worn for the sake of staying warm. With winter also being cold and flu season, Vivian Jackson, a nursing professor at Sinclair, is giving helpful tips on how to stay healthy this winter.

"Influenza is a contagious disease that spreads around the United States every winter, usually between October and May. The flu is caused by influenza viruses and is spread mainly by coughing, sneezing, and close contact," Jackson said

The flu does not discriminate for it anyone can get the flu, though children are more likely to get the flu. If all of a sudden you start to get a fever/chills, a sore throat, muscle aches, fatigue, cough, headache, and



Deja Goode | Clarion Staff

Between five to 20 percent of U.S. residents get the flu, and it is estimated that more than 200,000 people are hospitalized each year according to the Centers for Disease Control.

runny or stuffy nose, you might have the flu. These symptoms can come on without a warning and can last several days.

So how can we contain the spread of the flu?

Health continued on page 6

campuscalendar

November 17, 2014

Sinclair Talks:
Substance Abuse
Building 2, 2-334 | 12:00 p.m. to 1:00 p.m.

November 17, 2014
International Students Recognition Event
Library Loggia | 12:00 p.m. to 2:00 p.m.

November 18, 2014

Sinclair Talks:
Human Trafficking
Library Loggia
12:00 p.m. to 1:00 p.m.

November 18, 2014

Sinclair Talks:
International Peace Student Panel
Library Loggia
2:00 p.m. to 3:00 p.m.

November 18, 2014

Sinclair Talks:
Geo Bowl
Forum (Building 14, Room 130)
3:30 p.m. to 5:00 p.m.

November 19, 2014

Sinclair Talks:
Stress Management
Building 2, 2-334
11:00 a.m. to 12:00 p.m.

November 19, 2014

Sinclair Talks:
Discourse on Race
Library Loggia
11:00 a.m. to 1:40 p.m.

November 19, 2014

Sinclair Talks International Series:
Military Family Life Overseas
Building 8, Lower Level Stage
12:00 a.m. to 1:00 p.m.

November 19, 2014

Sinclair Talks:
The Health, Cultural, and Economic Impact of Ebola in West Africa
Building 8, Stage Area
1:15 p.m. to 2:30 p.m.

November 20, 2014

Sinclair Talks:
Smart Budgeting Tips!
Building 2, 2-334
12:00 p.m. to 1:00 p.m.

November 20, 2014

Sinclair Talks:
Islam Myth vs. Fact
Library Loggia
12:00 p.m. to 1:30 p.m.

November 20, 2014

Jazz Ensemble Concert
Building 2, Blair Hall
8:00 p.m. to 10:00 p.m.

ARAMARK MENU FOR NOVEMBER 17 – 21, 2014

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SIMMER	Turkey Chili	Turkey Chili	Turkey Chili	Turkey Chili	Turkey Chili
SIMMER 2	Chicken & Okra Creole Soup Broccoli Cheddar Soup	Beef Noodle Soup Broccoli Cheddar Soup	Beef Noodle Soup Vegetable Orzo Soup	Chicken & Wild Rice Soup Vegetable Orzo Soup	Chicken & Wild Rice Soup Black Bean Soup
HOME	Chicken Stacker Bowl Southwestern Caesar Toss & Roll Cone Salad Homestyle Mashed Potatoes Risotto Vegetable Medley Seasoned Corn	Carved Roast Beef Chicken Cellentani Alfredo Homestyle Mashed Potatoes Szechuan Mashed Sweet Potatoes Steamed Green Beans Fresh Zucchini	Taco Salad Baked Talapia Cilantro Lime Rice Steak Fries Mexi-Corn Roasted Root Vegetables	Thanksgiving Buffet \$7.95 All You Can Eat Includes Entrees, Sides Salads, Desserts, Beverages in Room 7006 at the Tartan Marketplace	Asian Wok Asian Wok pick 3 Steamed Rice
ASIANZONE	Orange Chicken	Chicken Lo Mein	Chicken or Vegetable Lo Mein	Stir Fry	Pick any 3 combo
PIZZAZONE	Pepperoni Calzone	Cheeseburger Pizza	Meat Lover's Calzone	Ham & Swiss Flatbread	Specialty Pizza
SIZZLE	Buffalo Blue Cheese Chicken Philly	Buffalo Blue Cheese Chicken Philly	Buffalo Blue Cheese Chicken Philly	Buffalo Blue Cheese Chicken Philly	Buffalo Blue Cheese Chicken Philly
WRAP	Buffalo Blue Cheese Chicken Wrap	Buffalo Blue Cheese Chicken Wrap	Buffalo Blue Cheese Chicken Wrap	Buffalo Blue Cheese Chicken Wrap	Buffalo Blue Cheese Chicken Wrap

sudoku puzzle

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow. In a 9 by 9 square Sudoku game:

- Every row of 9 numbers must include all digits 1 through 9 in any order.
- Every column of 9 numbers must include all digits 1 through 9 in any order.
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

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

As you fill in squares correctly, options for the remaining squares are narrowed and it becomes easier to fill them in.

Sudoku Tips: Start by looking for numbers that occur frequently in the initial puzzle. For example, say you have a lot of 5's in the initial puzzle. Look for the 3x3 box where there is no 5. Look for 5's in other rows and columns that can help you eliminate where the 5 might go in that box. If there is a 5 in column's 1 and 2, then there can't be a 5 anywhere else in either of those columns. You know then that whatever leftmost 3x3 box that is missing a 5 must have it go in column 3. If you can eliminate all the possibilities in that box except for 1 square, you've got it down!

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

horoscopes

Lipstick Mystic: love forecast By Jennifer Shepherd
Distributed by MCT Information Services

Scorpio: Oct. 24 – Nov. 21

Saturn is reminding you that need to experience an equal balance of power in your relationship. If your honey is always the boss, maybe it's time for you to stand up for your own ideas and opinions for once. Don't be afraid to assert yourself.

Sagittarius: Nov. 22 – Dec. 21

You might hear from someone you used to date as Venus creates some potential intrigue. Even if you and this person have gone your separate ways, you could find it appealing to communicate with this guy or girl again.

Capricorn: Dec. 22 – Jan. 19

Be open to surprises. Uranus is showing you that sometimes you can get stuck in a rut, and you need to be more flexible about making changes. Your honey might make a sexy suggestion to you, and you should definitely say, "Yes."

Aquarius: Jan. 20 – Feb. 18

With the moon opposite your sign, you might be wondering if you've made the wrong romantic choice. Maybe that guy you dated for five minutes ten years ago was the love of your life. Maybe that girl you keep avoiding is your real soulmate.

Pisces: Feb. 19 – March 20

Venus is enhancing your dreamy, artistic nature. You could write a love poem for your sweetheart itemizing his or her finest qualities. Or you might craft a romantic song on your guitar, even if you can't play the guitar.

Aries: March 21 – April 19

Your playful side is on full display as the moon puts you in a light-hearted mood. You'll flirt with strangers at a party or entertain saucy comments with your neighbors. Or you'll tantalize your current lover with some sexy pillow talk.

Taurus: April 20 – May 20

With Venus opposite your sign, it's important not to make any snap judgments. And don't let paranoia get the best of your. Chances are that you're not viewing your romantic situation as clearly as you need to. Take a break.

Gemini: May 21 – June 21

Mercury is encouraging you to spend time with people who aren't your usual "type." You need to mix things up a bit. Don't let yourself fall into boring and predictable social patterns. There's a huge world of people out there so get to know some of them.

Cancer: June 22 – July 22

You need to be practical with how you're handling your love life. Is it really such a smart idea to date somebody who is married with kids? Do you truly think you should move in with someone who is deeply in debt and has a history with drugs? The moon says use caution.

Leo: July 23 – Aug. 22

You could receive some unexpected help with your career, giving you a much-needed boost of positive energy. Maybe a business contact will refer you to a new client. Perhaps an old resume will land you a hot interview. Jupiter says stay focused on work stuff.

Virgo: Aug. 23 – Sept. 22

Neptune is putting you in a reflective mood. Maybe you're thinking about a former flame, wondering if you could still get back together with that person. Or perhaps you're feeling mournful about a romantic choice you made. Don't be too hard on yourself.

Libra: Sept. 23 – Oct. 23

You could be surprised at the depth of affection your partner shows you as Venus kicks up the passion. Maybe you've been casually dating this person, but this person wants to take things to the next level. Be honest about what you do and don't want.

crossword puzzle

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

Down

- Underwhelming
- She played Principal McGee in "Grease"
- View providers
- Prefix with athlete
- Right-leaning type?: Abbr.
- Bourbon Street city, informally
- Drivers can be seen in them
- Broad view
- Mountebank

- Five-time A.L. home run champ
- A BMOC may have a big one
- Colorful cover-up
- Brunch order
- Guarantee
- Whisking target
- Miss badly
- Blofeld's cat, in Bond films
- Picture of health?

- "I'm off"
- Baryshnikov move
- Wimbledon five-peater
- Largest moon of Jupiter
- Fondness
- Submits, as an exam paper
- Topeka-to-Peoria dir.
- Bar__
- Handout from a chair
- 40th anniversary symbols
- Unintelligible talk

- Sawyer of old comics
- "Antiques Roadshow" expert
- Booth warning sign
- Onetime capital of the Mughal Empire
- Pacers and Ramblers
- Bk. of the Torah
- Baseball's Ryan Zimmerman or Jordan Zimmermann, briefly

Across

- Jeweler's concerns
- Coke product
- Passed
- "Top Hat" dancer
- How Dickens' novels were first published
- Is wild about
- Backwash creator
- Montreal Canadiens' all-time leading point scorer

- Toon shopkeeper
- Signals one's presence, in a way
- Highly visible septet
- Year in Clement VIII's papacy
- Piquancy
- Silly sorts
- Jump back into the fray
- Clingy husk
- Paper fatteners

- Flips
- Hot air ballooning watchdog: Abbr.
- Almond confection
- About 1% of the Earth's atmosphere
- Engine once known as Live Search
- Abbey section
- Gig at the brig
- Your alternative, at times

- Taper off
- 1974 top ten hit for Carole King
- Kenyan export
- Green Giant morsel
- Dietary practice
- Efface
- Sea along the Balkan peninsula
- Letter closing
- Buoys up

the Clarion

'the Clarion' location
Building 8, Room O27
Established: March 15, 1977

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The Official Student
Newspaper of
SINCLAIR
COMMUNITY COLLEGE

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tartan spotlight



James Duty
Reporter

No one knows how to work a spotlight better than Marissa Childress considering she knows the complexities behind running it.

Marissa is a 20 year old theatre technology major, who started her theatrical experience her junior year of high school at Centerville. Not liking the constraints of visual arts and what others wanted of her,

Marissa found a place behind the stage.

Marissa has been in countless productions during high school, at Sinclair and outside school. A few of her most notable are, Sweeny Todd, Lady's Man and Expecting Isabelle, for which she won a DayTony, an award of excellence for her lighting work. Ever humble Marissa stated, "I didn't even know I was winning one, I was just there that night and won with the Dayton Theatre

Meet Marissa Childress

Guild," Childress said.

Marissa is a character with a personality you wouldn't expect. She's vivacious and lively with a unique fashion style made up almost entirely of black. She said, she couldn't remember the last time she shopped in a real store finding most of her clothing online.

"As long as you know you're sizes, shopping online is pretty easy." She looked to her friend Being in a theatre major, we have to be aware of sizes all the time."

Harnessing an almost Victorian eloquence with a touch of Wednesday Addams, she is always ready for the behind the scenes work for any production. "We joke she's in the darkness cause she's always there." Scott said. Marissa pointed out black is created when all colors are combined in art, the complete opposite of what happens when all colors of light shine together to make white.

With seven years of experience in set design and lighting under her belt, Marissa has begun receiving calls from different organizations wanting her skills in lighting for

different productions. "My first job was helping a retiring teacher build his home from scratch," she said. "I had actually wanted to work at an ice cream place, but you were supposed to apply months in advance and I missed it."

Life was in her favor, that missed opportunity at an ice cream shop only helped Marissa in learning the mechanics behind set construction, boosting her knowledge and propelling her forward into her passion.

Lighting isn't the only thing Marissa had taken interest behind the stage. She has worked on set design, staging and has dabbled in costume design. She is a firm believer in knowing the basics of everything

"It helps as a designer to hang lights in the best way."

Marissa showed the soundboard she uses in the side dressing room of the limited Black Box Theatre stage.

Usually in the real world, light designers plot lighting, do paperwork while the master electrician would be the one to

move the lights, but it's good to be aware of the skills it takes," she said.

"Lighting is usually the final piece to a puzzle." Marissa pointed out as actors fled in and out of the dressing room preparing for rehearsal, "I can't finalize anything till I know where everyone will stand, how they look. Everything is affected. Sometimes I have less than two weeks before a performance to get done what I have to do. Needless to say, "I spend a lot of time doing lighting."

On stage, the actors began to sing a song Marissa has listened to time and again. "I can't work on my side till rehearsal is done, so I watch and often spend an hour or more after rehearsal rearranging and plotting lights. In High school, I would be there for hours," she said.

Marissa admitted that the behind the scenes work, especially the lighting, can be unappreciated by the audience but they can still feel it.

"So much emotion, the littlest things evoke emotion regardless of whether or not they know why

they still feel the emotion".

With emotion being the center of her work, Marissa found the recent production of Bare: a Pop Opera a challenge personally this one is a bit of a struggle. The rock music that consumes the production calls for flashing colors and illuminated displays.

"For me lighting has a purpose. It gets difficult because it feels like it doesn't have a purpose."

Keeping positive, Marissa assures me it's another thing she is prepared to understand and looks forward to learning.

"Even here at a college level people want to do lighting but it's a lot of work," Marissa said. "Paper work, plotting a lot of numbers. A lot of people don't realize what technical theatre takes and usually drop out after a semester or so."

The dark haired girl with no time for her second passion, video games said, "If you're passionate you have to stick to it!"

When asked for advice for future theatre technology majors Marissa said, "I hope people aren't afraid of heights."

First Home Games for 2014 Fall Basketball

Afi Ntontolo
Sports Reporter

On Tuesday, Nov. 4 our Sinclair Tartan's both men and women basketball team had their very first home game vs. Cedarville University Jv team. Both women and men went undefeated with a 1-0 recorded. Westly Parr lead the way with 20 points and 4 rebounds. The tartan started off the game with a very slow run. Cedarville went

head to head, came ready to play. The Tartans responded with a resounding 18-0 run, which not only put Sinclair up front, but gave them a comfortable lead, which they were able to sustain for the rest of the game. The Tartans went into half time with a 48-21 lead, which ended with Connor Myslowski scoring 5 of his 10 first half points in the final minute of the first half. Connor had 12 points, 5 assists and 3 steals for the game. The Tartans were able

to put up 48 first half points despite going 3 for 14 from beyond the arc. Their ability to move the ball resulted in 10 total first half assists. Defensively, Sinclair played a bit of full court pressure, which attributed to forcing 18 turnovers.

The second half saw a bit more offense then the first as Westley Parr, had foul trouble and only played in the 4:12 minutes in the first half with 4 points, came to the second half shooting

scoring 20 points for the game on 8 for 14 attempts which lead all scorers for the contest. The first half lead proved to be too much for the Yellow Jackets to recover from as Sinclair was able to finish off the game comfortably. Manny Powell Jr. stacked the score sheet attributing 18 total points, 3 rebounds, 5 assists and 2 steals. Five Sinclair players scored in double figures, Westly Parr (20), Manny Powell (18), Connor

Myslowski (12), Jalen Robertson (10) and Michael Tillman (10). Sinclair out-rebounded Cedarville 46-37. They were also able to force 27 turnovers off of 14 steals. Leading scorer for Cedarville was Shane Williams with 17 points shooting 5 for 9 from the field.

"We came ready to play and ready for a win. Coach Price is a great Coach we're learning a lot as a team, we have shown a lot of improvement compared to

our last game," said Jalen Robertson.

Our Tartans had a great game and were ready to play.

"Far as a season, we have a goal set and every day is a day for us to get better. Coach price is a great coach. He felt great about the win. We have a lot to work on and practice is a way for us, and myself, to do so. We all have our struggles as individuals but as long as we play as a team we will be okay," said Robertson.

your voice

Photos by Danny McCallum | Reporting by Lowell Wagner

**Have you ever experienced street harassment/catcalling?
How does it make you feel?
What can we do about it?**



Cheyenne North
Liberal Arts

“Yeah, I think it is annoying, its disrespectful and degrading. If someone wanted to come up to me and have a conversation, they should go about it differently than yelling at me and calling me names.”



Elizabeth Bowen
Art History

“Actually yeah, I actually experienced it a few days ago. It's really ridiculous I'm just trying to walk, why can't you let me walk in peace. I don't see how men think it will attract a woman. Trying to teach younger boys growing up that its not OK to treat a woman like that, that women deserve respect.”



Marissa Miller
Business Administration

“Yes, I don't know I just ignore it. When it happens if you pay attention to it you'll receive more comments after that. Probably not people are going to say what they want to say.”



Alison McQueen
Radiology

“Not here[at Sinclair], [in general] yeah. I don't let it bother me though, I just ignore it and keep on walking. I don't know, I feel that people are going to do whatever they want. I just think that guys are not gentlemen anymore.”

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Is Starbucks A Distraction?



Starbucks offers a place for the students to grab coffee and study.



Claire Guindon | Clarion Staff

Bethany Mason
Reporter

In 2005, Sinclair Community College decided to change the culture of the library. They wanted to bring in a new dynamic that was appealing to students and faculty alike, and in essence have it become a more centralized place to congregate. However, was the decision to place Starbucks in the middle of our library the right course of action, or should it have been placed elsewhere? Since the renovations took place, more people tend to flock to the library than ever before.

When we asked students if they think the Starbucks on campus is more of a distraction from studying, some said they could not get any studying completed on the lower level without something to help them focus, like headphones to drown out other noise.

Jisellet, a 33-year old English student says she goes to the library to see her tutor, but afterwards, retreats

to the first floor of building three for a quieter atmosphere. 19-year old Liberal Arts student, Tyler, believes the Starbucks is convenient, but says it is loud in the library every time he gets the chance to go study. However, Shameika, a 20-year old studying social work says she does not find the Starbucks in the library to be a distraction as she goes there regularly to study on the upper level.

“I think college kids are going to be college kids,” said Moreland. “I would probably be upset if I tried to go down there just to read a book.”

Amber is a 21-year old, also studying Social Work, who said, “I feel like it is loud sometimes, but it does not interfere with my studying.”

Still, every student said they have witnessed the library get too loud for them to be able to study on the lower level. When asked if the upper level is any better, three of the four agreed that the study zone on the second floor does

help block out noise coming from the lower level, where Starbucks is located. There is also a multitude of cubicles along the back walls of the library on the lower level, specifically for studying, hidden behind the mountains of books. Starbucks is located in a high traffic area; Therefore, it does not come as a shock that it gets as much business as it does.

Sonya Kirkwood-Williams has been a librarian for Sinclair Community College since 1975. She said she has seen the library long before any renovations, and said there are more places students do not think to go to, such as the reading rooms and classrooms that are not in use—all are quiet zones. These were initially set up so there would be plenty of space for everyone to accomplish what they need in the library's new open concept. Sonya said that the reason for the library being so loud is not purely Starbucks.

“The Starbucks would generate the same

amount of customers if it were placed anywhere else on campus,” said Kirkwood-Williams.

Not only has the number of students enrolling increased almost four times the amount it was in 1975, but Kirkwood-Williams said that even though a lot of students come to the library for Starbucks, the noises are also caused when you have a lot of people in one small area. Not to mention, with all the technology we have nowadays.

“The number of people generates enough noise, but when you add all the technology to that, it can get a little crazy sometimes. People are on their cell phones, listening to music, and watching shows and movies on their phones—it all plays a role, and ultimately, it is the number of people, which causes all the noise. There's never going to be perfect silence when you come here, and I think that most students understand that,” Kirkwood-Williams said.

clarionclassics

Graduates Feel They Are Not In Control Of Their Futures

Cheryl Jacobs
May 15, 1983

After 10 years of college, Cheri McKently is getting a little depressed.

Even after her Masters degree in industrial social work next fall from the University of Wisconsin, she doesn't think that she has much of a chance to land a decent job.

“I don't have any hope of getting a \$25,000 year job,” says the 38-year-old mother of two, who holds down a part-time job at the University's continuing education service.

In her job, she gets to see increasing numbers of people in situations like hers: recent college grads who, after periods of trying but failing to parlay their degrees into the jobs they were trained for, are now lowering their sights and expectations.

It is happening at similar continuing education and retraining offices around the country, too.

“The people coming in for counseling are in their twenties and thirties, and they feel

angry, frustrated betrayed,” says Kent Lesandrini, a UW career counselor.

Especially among recent grads, “I think there is disenchantment, and expectations are not met,” said Judith Gumbener, San Diego State university's associate planning director.

“More people are being educated, thinking this is going to open the doors,” said Dr. William Bryan of the University of Alabama's continuing education program.

“But it is not.” Students and recent grads “Have seen a pretty hard decade for employment,” said Paul Barton, head of the National Institute for Work and Learning in Washington, D.C. “These people don't see themselves doing as well as their parents, and that is part of the disappointment.”

“There is a feeling that people are not in control of their future,” Lesandrini said.

He sees postgraduate depression most often among liberal arts degree holders like teachers and social workers, but also

among a surprising number of people who have earned their Masters of Business Administration (MBA). MBAs, of course, were considered the golden job ticket of the late seventies.

Part of the reason for the widespread disappointment and the increasing traffic at continuing education programs from recent grads is that students treat their educations too much as appointment tools, the counselor say.

“People rely too much on education as a singular qualification for employment,” Gumbener said. “The total being and image put forth are more important.”

But the unrealistic job expectations aren't the educators' fault, the educators say.

“I don't think anyone ever promises anyone have position,” said Dr. William Barton of the University of Tennessee's continuing education program and vice president of the Nationwide Association for Continuing Higher Education.

San Diego's State's Gumbener also attributes the palpable “disillusionment” among the recent

grads she sees to the current recession.

Her clients are “tremendously frustrated because the job opportunities are not the same as they were three years ago.”

Alabama's Bryan says bringing down the states 16 percent unemployment rate would go along way towards improving people's moods.

But Willard Wirtz of the National Institute for Work and Learning says much of the unemployment and depression among recent grads can be traced to a fundamental shift in the American economy, not just to a temporary recession.

“This has always happened” when economic activity moves from one base (say agriculture) to another (industry), he points out. “The disillusionment is nothing new.”

“The computer, the chips and robots are coming in,” he said. “Those with degrees from a couple of years ago are finding it difficult to compete in the higher technology of the eighties.”

Whatever the reasons for

the disillusionment, they are prompting a remarkable enrollment boom at the continuing education offices and especially technical schools around the nation.

“We are experiencing an inordinate number of degreed students coming back,” said Robert L. Brown, admissions director for Wake Technical College in Raleigh, N.C.

Wakes enrollment is up 42 percent over fall, 1981.

“I turned away 1000 students last fall,” he said. “I'm afraid I'm going to be turning away 2200 this year.” Many of them have PhD's and MBAs, he adds.

“We have a lot of students with four year degrees coming back” for retraining at Central Texas College says Lillian Young of the Killeen school's skill training center.

They tell her, “I've gone from one place to another, and I can't find a job,” she said. Many of the college grads are in CTC's auto mechanic, medical technician, welding, diesel mechanic and building maintenance

programs.

Technical school enrollment nationwide has gone up 20 percent over the last two years, in part because of the influx of college grads, reports Christopher Davis of the National Association for Trade and Technical Schools.

“The programs make them more marketable for entry-level jobs,” he said.

But unreconstituted liberal arts majors like McKently see a determinedly downbeat future.

“I'm facing a job market that doesn't want social workers,” she said. After starting business school, she married and had children before returning to college for her BA in social work. Her one social work job fell victim to a budget cut. After a divorce, she returned to Wisconsin for her masters.

Even with the advanced degree, she fears she won't be able to get a good job, or hold onto one of the economy jobs she sour. “I do still hope I can get something, but I will always be under employable.”

"Dear Gabby"



I've recently found a love for reading again. It's something that reminds me of my childhood, but as I've gotten older, I haven't had as much time to sit down and enjoy a good book. My interests have changed, and I am now always wanting to read motivating books on how to improve myself (does that sound silly?). I was wondering if you have a favorite book or any recommendations on a self-improvement book?

Sincerely,
Ready to be inspired

Dear Ready to be inspired,

Ah, I am so excited to answer this! My ultimate favorite book is New York Time's Bestseller, Daring Greatly, by Brené Brown. I recommend it to everyone. It's about having the courage to be vulnerable, and knowing that

even though we all experience some version of shame, we are still all worthy of love. I first read Brown's book last year, and I constantly refer to it when I'm in need of a little inspiring. It's one of those books that really makes you stop and think about your life and your actions. Brown gives different perspectives throughout the book, which helps her readers understand the book. I consider Daring Greatly as a universal book. I'm certain that everyone has experienced many of her concepts in one way or another.

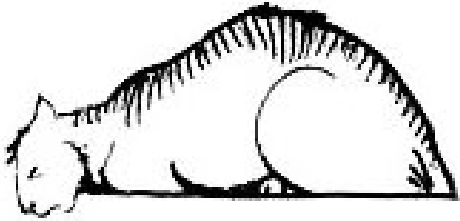
After reading Daring Greatly, I hope you can embrace life a little bit differently and can learn how to be kind to yourself, which will result in you being kind to others around you. Happy reading!

With love,
Gabby

"Dear Gabby" is written by Managing 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.

Tyler&Bethany'scartoons

"HAVING CATS"



FELIX MARROW
CREATED BY:
TYLER MACKAY



puzzlesolutions

CROSSWORD

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the Clarion encourages feedback

Letters to the editor may be submitted to the Clarion in Building 8 Room 027 or by email, clarion@sinclair.edu. Submissions might be edited for space.

No anonymous submissions will be accepted. All submissions must include author's name and phone number. The Clarion reserves the right to edit all letters. Deadline is Monday at noon for the following Tuesday publication. There will be no exceptions to this policy.

Submission does not guarantee publication. Space availability determines publication. When space is limited, articles may be filed for publication at a later date.

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Diabetes Awareness Month

Maggie Stacy
Reporter

November is Diabetes Awareness Month, with 25.8 million Americans suffer from the disease. The condition effects an individuals ability to regulate their blood glucose levels. Although different factors lead to type one and type two diabetes, both diseases typically involve an inherent disposition and

environmental factors. Type one diabetes, also referred to as juvenile diabetes, occurs when the body does not produce enough insulin. Juvenile diabetes usually is detected at a younger age, and those diagnosed with type one diabetes only constitute 5 percent of all Americans who have diabetes.

Type two diabetes occurs when the body does not use insulin properly. Consequently, the pancreas overcompensates and produces extra insulin, and the pancreas eventually shuts down.

“A major reason that diabetes is prevalent in America is the rise in the obesity epidemic,” Nora Schaefer, professor in the Dietetics and Nutrition Department at Sinclair, said.

She said that being overweight does not cause diabetes.

“It is important to understand that being overweight does increase your risk for developing type two diabetes and a diet that

exceeds calories from any source (fat, protein, and carbohydrates) contributes to weight gain,” Schaefer said.

Seven million Americans remain undiagnosed, and new diagnoses happen every day. Some symptoms of undiagnosed type two diabetes includes excessive thirst, rapid weight loss, excessive hunger pains, blurry vision and tingling and numbness in the hands and feet.

“The American Diabetes Association is an excellent support group for diabetic clients. All newly diagnosed clients should be referred to a registered dietitian and/or diabetes educator to help manage their care,” Schaefer said.

She said that some people are unaware of the stigma that surrounds Americans who have diabetes.

“Interestingly, people who do not have diabetes assume that diabetes is a non-stigmatized condition,”

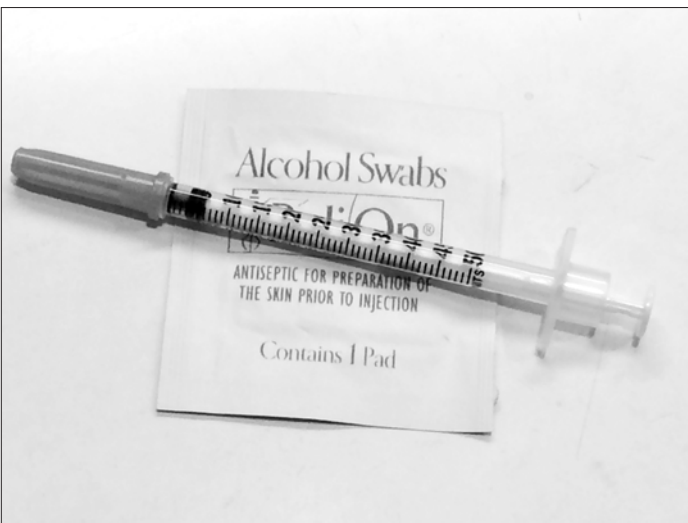
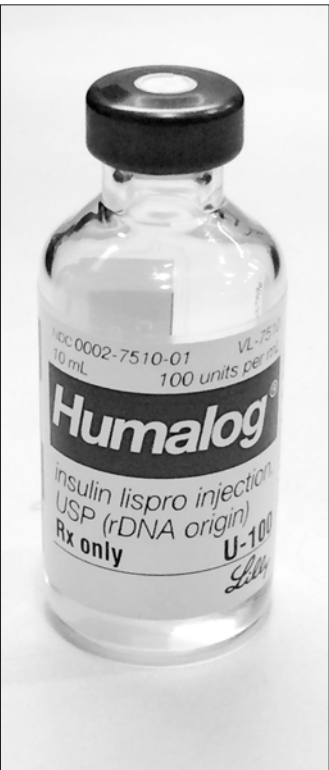
said Schaefer. “People with diabetes experience stigma in a range of different ways. An example is self-stigma, such as feelings of embarrassment, fear, blame, guilt or failure in type two diabetes treated with insulin.”

Marcia, a former student of Sinclair who wishes to not state her last name, has diabetes. She says that she does not feel a strong stigma.

Marcia said that diabetes is a sickness that never goes away, but can be controlled. It constricts her life, because she has to watch what she eats, check her blood sugar and maintain a balance between insulin, exercise and diet.

She said that it is a constant struggle for her, even effecting her mood and stress levels.

“I want people to be aware, so if something happens, they can help. It’s a really hard disease, the side effects can kill you, and I want people to be aware of the struggles,” she said.



Winter ills

Health continued from front

“Covering our mouths when sneezing, using a tissue barrier to cover our nose when blowing and hand washing,” says Jackson. “[The]Flu can make some people much sicker than others. These people include young children, people 65 and older, pregnant women, and people with certain health conditions, such as heart, lung or kidney disease, nervous system disorders, or a weakened immune system. Flu vaccination is especially important for these people, and anyone in close contact with them. Flu can also lead to pneumonia and make existing medical conditions worse. Flu can cause diarrhea and seizures in children.”

The flu makes us feel its

presence on us one way or another, even if we do not get it ourselves. Most of us probably know someone who will get the flu this year, for thousands of people in the US die from the flu and many more are hospitalized.

The flu vaccine, according to Jackson, is the best protection against the flu and its complications. It also helps prevent the spread of the flu. It is not possible to determine whether a patient has season influenza or an illness based on just one symptom alone. If you or a loved one think you might, go to a doctor and see if he or she recommends you get a test and help determine the best course of action afterwards.



De'ja Goode | Clarion Staff

Cold weather brings sickness into many peoples lives.

Post Traumatic Stress Disorder

Matt Summers
Reporter

Post-Traumatic Stress Disorder is a very real, and for some, very terrifying disorder to live with. A person can get PTSD when they experience something so traumatizing that it almost seems like it reoccurs in their lives, as if they are reliving the moment over and over.

Some people get PTSD when they are in warzones; however, not everyone who

has PTSD is returning from the battlefield.

“Post-Traumatic Stress Disorder occurs when a person experiences extraordinary stress to a natural catastrophe, victim of a physical related crime, or severe personal injury,” Mark Humbert, a professor with the Sinclair Psychology department, said.

Symptoms of PTSD are grouped into four categories: intrusive memories, avoidance, negative changes in

thinking and mood, or changes in emotional reaction.

Intrusive memories are recurrent, unwanted distressing memories of the event or upsetting dreams about the event. Avoidance could not only be talking about the event, but avoiding places or activities like fireworks during the Fourth of July. The changes in emotional reactions could be things like trouble sleeping, angry outburst or aggressive behavior,

always being on guard, and overwhelming guilt and shame.

There are treatment options available for victims in including Exposure therapy, stress-inoculation, psychodynamic approach, and cognitive restructuring.

Humbert said he feels the best treatment approach is called CBT or cognitive behavioral therapy.

“Basically reframing the event while teaching the patient to relax progressively through isometric training

(Tension-Release). The guilt is usually related to regret so I teach clients how little control they had over the event. It is an issue of believing the person had control and could have avoided the even if they did this or that. This is untrue.”

Research is expanding on the cause and treatments for PTSD, mainly focusing on veterans. The objective is to help the patients cope, or reduce or deal with the problem. Humbert said there is ongoing research on

genes associated with parts of the brain that hold onto these memories.

“If the person cannot remember the event, then he or she could not re-experience the event,” He said.

Research is also being conducted on serotonin, which is a mood related catecholamine. If one can reduce the emotional reaction to the event, the person might be able to cope better with it and move on with their lives.

Inmates face learning obstacles

Inmate continued from front

There seemed to be a consensus among the students at the four institutions on what obstacles they faced.

Class cancellations due to teacher shortages, not having enough books or computers for all students and finding quiet places to study were among the common themes.

Terry Gavin, ACI inmate, responded to Chamber's question while also lightening the tone of the presentation and invoking laughter in the audience.

"Here you don't have a quiet place to study, you have to go back to the block and that's like trying to study at the club or something," said Gavin.

Michelle McDew and Christine Moles, both inmates at DCI, felt a lack of resources was major obstacles they face.

"I personally learn better when the teacher is right there in front of me," said McDew while talking about the shortage of teachers that teach in the institutions rather than online or through satellite equipment.

The lack of computers available and informational resources were also presented to the faculty as obstacles.

"We have a line of people

waiting. We just don't have enough computers is the biggest thing here," said McDew.

"I've written so many papers and lucky for me I have people at home that I can say to, 'Hey can you Google this information?' said Moles. "If I didn't have that, I can't imagine how much harder it would be to write my papers."

Chambers stated to the audience that facilitators and instructors at times have had to print information and then provide it to the students for them to complete assignments. Chambers also informed the students and audience that all concerns would be presented in an upcoming staff meeting.

Many of the students expressed that they wanted to give back to their communities when asked by Chambers what their future plans were after release.

Mary Ballinger, ACI inmate, discussed opening a non-profit that would work with teenage girls.

"You see young individuals who are lost, they actually become lost at a very early age. I would like to mentor young girls," said Ballinger.

Andrea Walker, also a ACI inmate, talked about how she



Rachel Ford listens to inmates as they discuss their obstacles learning in a prison and achievements with Sinclair's distance learning program.

wanted to help others.

"I would also like to, when I'm out of here, put myself in a position where I can be a motivator to people in this position right now, whether it's going to shelters or county jails or things like that," said Walker.

She also mentioned why she wants to motivate others.

"I know I find that a lot of times the most motivating thing for me is to see someone that went through the same things as me and they're now doing better," said Walker. "It's hard to deny that it's possible

when you see examples of it and I want to be an example like that."

Rachel Ford, a Sinclair traditional student and former pupil of Chambers, was present at the workshop. Ford is a student worker at Sinclair Central and is also a student ambassador.

It was planned for her to speak to the inmates about her personal struggle with addiction and her experience with the legal system.

However, Ford was unable to speak to the inmates due to time constraints.

When the presentation concluded Ford discussed her past and how Sinclair has played a role in her recovery.

"Being here has definitely kept me out of trouble and I've learned a lot being in my classes," said Ford. "This institution is like my sanctuary. Just getting yourself on the right path."

Ford also talked about her future plans and how she will utilize her Sinclair education.

I just want a job to be able to help people that have gone through. Helping people in general," said Ford. "Being selfless and helping other people help me. That's part of what keeps me sober and keeps me going."

"The validity of seeing that somebody did make a poor life choice and did change, Rachel is a perfect example," said Chambers. "I know she spent many years in the juvenile justice system and I've done nothing but watch her blossom and grow since she's been a student here at Sinclair."

During the presentation students from the institutions also discussed how Sinclair is helping them with their future.

"Taking the classes here [while incarcerated] really

wasn't the way I planned on going [to college], but I'm very grateful for it because it made me focus on what I'm good at and the certificates are really going to help me," said McDew. "I'm excited to go home and get this started."

Michael Federer, inmate at PCI, plans on opening an interior design and antiques business after release.

"I've already had a college education so everything I've been able to accomplish with Sinclair has added to that," said Federer. "I feel much more secure in being able to do that and being successful when I get out."

John Madison, PCI inmate, has spent the last twenty years designing computer systems and has spent 11 semesters on the Dean's list.

"It's trying to get the most out of life that I can possibly get while I'm incarcerated," said Madison.

Chambers discussed her thoughts on the presentation after it had concluded.

"When students talk about talking to younger generations or going back and talking to youth groups or people in jail, they will provide, because it's better to hear from somebody that's been there," said Chambers.

National Hunger and Homelessness Awareness Week

Hungry continued from front

According to the National Alliance to End Homelessness, over 610,042 people experience homelessness on any given night in the US. The lack

of affordable housing is one of the biggest causes of homelessness. In the US, hunger is often caused by inequality and poverty. One in six Americans live on incomes that put them at risk for hunger.

Homefull, a network service in Montgomery County, which focuses on providing housing, advocacy and education to end homelessness, is taking action to spread awareness. They are inviting people

to participate in their campaign to inform and educate people on hunger and homelessness.

On Thursday, Nov. 20, Homefull is hosting a sleep-out event and documentary screening

of American Winter. Homefull said this is their most powerful event for National Hunger and Homeless Awareness Week. There will be a question and answer session on poverty, along

with an outside sleep-out to experience a brief look at the struggles of street homelessness.

For more information, contact 937-293-1945 or visit homefull.org.



Jasper the Colossal; back from extinction



Photo contribution by Kristin Kay
Paige Beller, lead singer and bassist, and Moriah Yux, guitarist performing live.

Jimaur Calhoun
Arts & Entertainment Editor

Saturday, November 8th marked the return of local all female band, Jasper the Colossal. Their show at Canal Public House was the band's first appearance in over a year and they have not missed a step.

Forming in 2007, the band is known throughout Ohio for their energetic shows, which seeing from their show on Saturday, are able to get the crowd just as energized as them.

"We don't really define ourselves," says Paige Beller, the lead singer and

bassist of Jasper, "but if we must, I'd say we are a fun, punk influenced rock 'n roll band and we make music for ourselves and our fans." When asked how they originally got together, Moriah Vux, the guitarist, gave a humorous answer, "I met Paige while she was a D.J. and then we just met, Sara Kouse, the drummer. It was if the stars were aligned and destiny intervened."

When asked if the band had any particular influences, Sara answered, "We all kind of just got together and started playing music. We really don't have just

one influence". When asked why they make music, Sarah answered; "We all did music when we were younger and kept that passion when we became adults. That's the thing for when you have a passion for something. If you love it enough, you're either going to pursue it or you're not."

The group has been able to tour across the country, twice to New York and once to California. The group calls their trip fun to look back on thanks to meeting interesting people and their ability to of very close to each other, like a family.

When asked how they've managed to stay together for 7 years, they each contributed it to the closeness that they developed throughout that time. "We almost feel like we can read each others thoughts," Paige said.

While the band is currently working on their third album, their first two albums, "Liar" and "Prehistoric" are available online through Amazon and iTunes. The bands next gig will be on December 13 at the Oregon express at downtown Dayton's Oregon District.

No Shave November

No Shave November is a world wide movement that encourages men and women to forgo shaving for the duration of the month. Some people participate in No Shave

November in order to promote awareness for testicular and prostate cancer, as well as "changing the face of men's health". Some participate as a reason to just grow out their

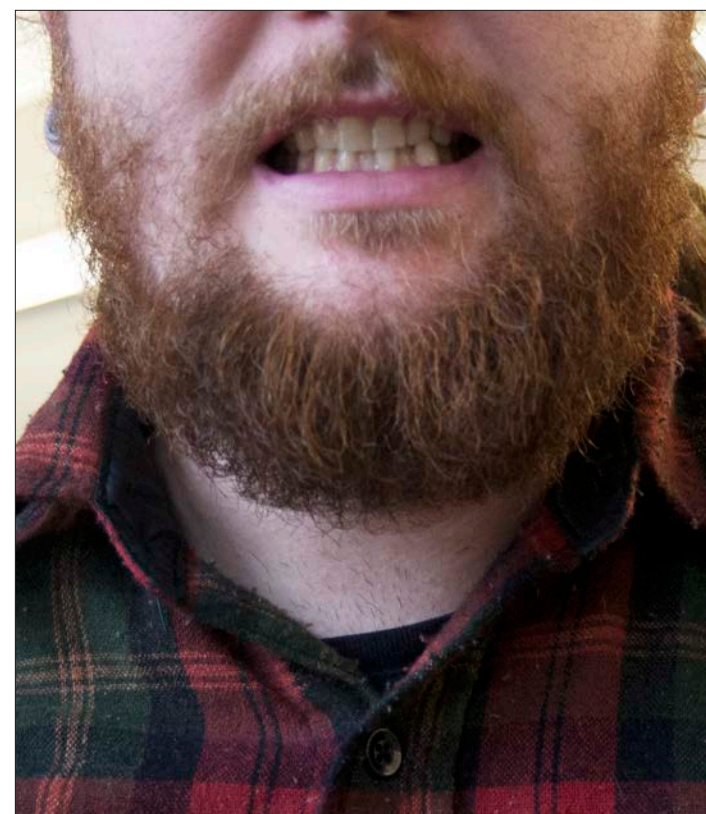
facial hair. Whatever the reason, Sinclair is home to a variety of styles of beards. Here are some beards that the Clarion photographers have seen around campus this month.



Danny McCallum | Clarion Staff



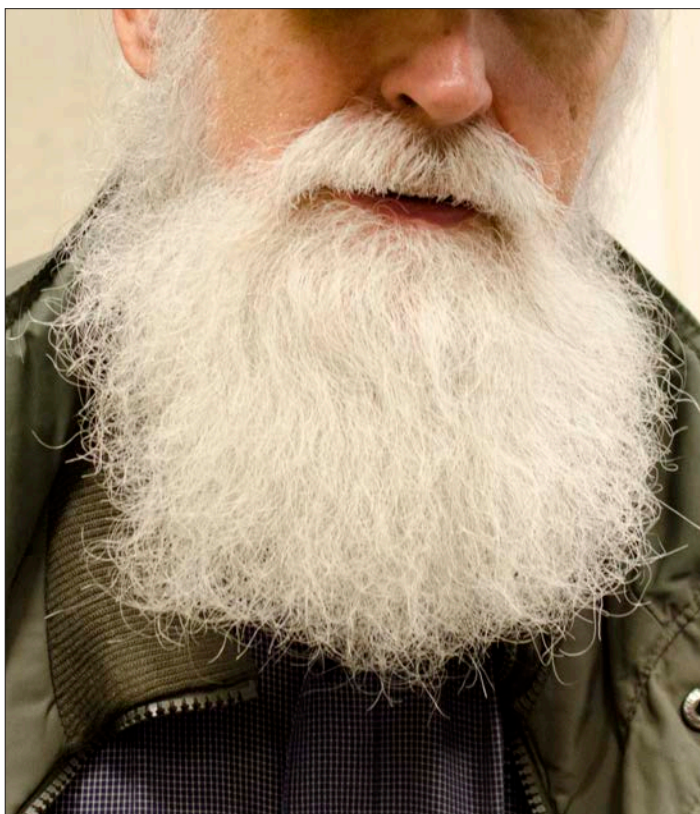
Victoria Givens | Clarion Staff



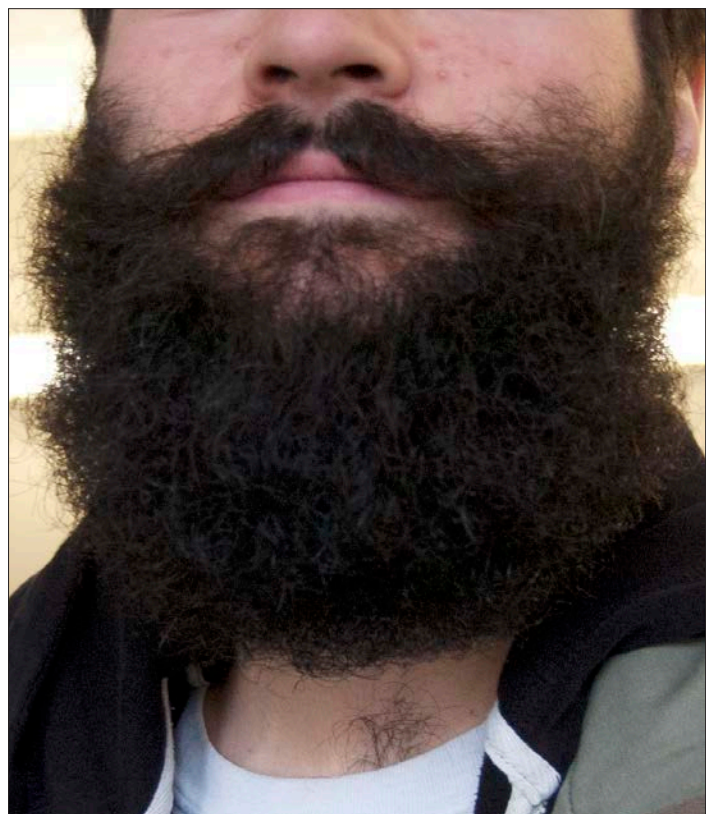
Victoria Givens | Clarion Staff



Danny McCallum | Clarion Staff



Danny McCallum | Clarion Staff



Victoria Givens | Clarion Staff

Catcall Controversy

Catcall continued from front

Many of the comments were criticized for feministic thoughts, while arguing that the content wasn't near any form of harassment. Herrman said the comments from men, online and off, slammed feminism.

"They feel as though the perception of their actions as threats is a threat in itself," Herrman said. "In other words, they too believe that unsolicited public attention is inherently aggressive."

Kelsey Mckinney said any women, who has walked anywhere, knows the terrifying catcalls and whistles men make to get attention.

"It's a way men make women feel unsafe walking the streets of their own neighborhoods," McKinney said.

May, who has similar views as McKinney and Ruland, said that it's unfortunate of how it feels to be a woman in a public place. She said she believes all harassment is caused by the same problem, which is sexism.

Fazlalizadeh said society puts distrust in women because they think they don't know the difference between a compliment and an undignified comment.

"To suggest that women should take these advances as a compliment or an innocent greeting, is not only dismissive, it's insulting," Fazlalizadeh said. "This is not an exaggera-

tion. This is a truth being told by a woman who lives with the frustrations and dangers of sexism."

Metro U.K. said many of the responses were divided.

"Some questioned whether being told 'you're beautiful' constituted as harassment, while others called the footage 'eye-opening,'" Metro U.K. said in a recent article.

Ruland said she fears the future. She doesn't think it will change unless we start teaching men how to respect each woman at a young age.

"There's a fine line between a compliment and harassment," Ruland said. "You can admire from afar, just keep it to yourself."