

## 'Sex is good'

By CAROLINE BRYAN  
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Jay Friedman, certified sex educator and multi-year nominee by the National Association for Campus Activities as the college lecturer of the year, held a lecture performance March 15 at IU Southeast.

The lecture was titled "The J-Spot: A Sex Educator Tells All." And tell all is just what he did.

Friedman covered such topics as how you know when you're ready to have sex, how to make sex with a condom feel better and views about sex in the United States.

He revealed to the crowd his first interests in sex, which started with the naked men and women roaming tropical islands in National Geographic Magazine, followed by the lingerie ads in the Sears Catalog.

"We have a natural desire to learn about sex," Friedman said. "Sex is good."

Friedman does not always receive a warm welcome, and has experienced censorship at some universities.

He has been referred to as an agent of the devil, a recovering hippie with perverted ways, and one who stimu-

lates students into a state of erotic frenzy.

This does not stop him. Friedman said, in the United States, the average age that inner city boys have sex for the first time, is 11.8 years old.

The United States also has the highest percentage of teenage pregnancy in the developed world.

Friedman said in Sweden, Belgium and Denmark, teen pregnancy is five times lower than in the United States because they offer quality sex education.

These statistics are what motivate him to keep educating.

Friedman said the "just-say-no-to-sex" approach first began during the Reagan administration. It has since gotten much worse.

President George W. Bush has threatened to re-label condom packages to say they are dangerous to our health.

John Bartelt, marketing and management junior, enjoyed the lecture.

"I'm the repressed little Christian kid that never got told anything," Bartelt said.

Friedman fully supports abstinence, but does not think it is the only way to keep safe.

"Abstinence only, only cripples us with sexual igno-

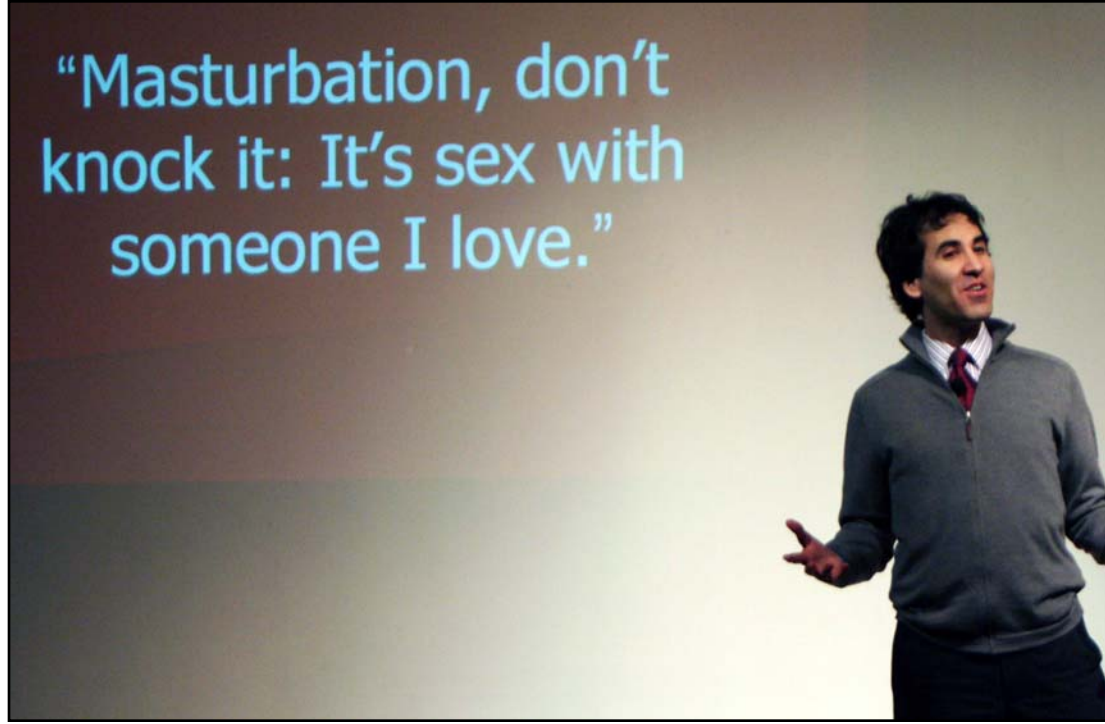


Photo by Caroline Bryan

Jay Friedman, certified sex educator, talks about the importance of masturbation. He spoke at "The J-Spot" March 15 in the Hoosier Room.

rance," Friedman said.

Friedman talked about the pressures that men experience with sex, including locker room talk and homophobia. He also busted the myth of blue balls.

"Jay, don't take away our last good excuse," Friedman said with a laugh.

This bit of information was helpful for some attendees, including Laura Burkholder, general studies senior.

"I liked the part about blue balls," Burkholder said. "Now I know he's been lying to me."

Although a majority of the lecture leaned toward the

male side, Friedman took a moment to cover a very important topic for the women. That topic being masturbation.

"I think it's going to be incredibly difficult for those of you as women to enjoy a sexually satisfying relationship with someone else, unless you feel comfortable touching your own bodies first," Friedman said.

Friedman said we are crippled with ignorance when it comes to knowing the corresponding organs. He says they are not the penis and the vagina. They are the penis and the female clitoris.

"The clitoris is the only

part of the body, female or male, strictly designed for pleasure," Friedman said.

Friedman brought several examples of female condoms, including the bikini condom, which resembled latex lingerie.

Friedman's last tip of the night was about both men and women increasing their sexual strength and stamina by doing Kegel exercises.

Kegel exercises exercise the pubococcygeus muscle, which is the muscle that controls urine flow and contracts during orgasm. To exercise the muscle, you merely pinch it as you would to stop the flow of urine, for a three sec-

### Sex Resources

- American Association of Sex Educators, Counselors and Therapists: [www.aasect.org](http://www.aasect.org)
- Go Ask Alice!: [www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)
- Good Vibrations: [www.goodvibes.com](http://www.goodvibes.com)
- Liberator Shapes: [www.liberatorshapes.com](http://www.liberatorshapes.com)
- Scarleteen: [www.scarleteen.edu](http://www.scarleteen.edu)
- Sexuality Information and Education Council of the United States: [www.siecus.org](http://www.siecus.org)
- Society for Human Sexuality: [www.sexuality.org](http://www.sexuality.org)
- Womyns' Ware: [www.womynsware.com](http://www.womynsware.com)

ond count. He recommends doing three sets of 10 every day.

Crystal Miller, senior and chemistry senior, learned a lot at the lecture, but wishes it were conducted a bit more for women.

"Too bad I wasn't a guy," Miller said. "I wish he had had more information about women."

A very important issue Friedman stressed was the importance of communication between partners.

"The most important love making tools are not between our legs," he said. "They're between our eyes."

## Professor presents studies on grief, sadness

By IAN HOOPES  
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The Summer Achievements in Research and Creativity series had its third presentation of the semester in the IUS Library on Wednesday, March 14.

SARC is a series of programs presented by faculty members who have received summer fellowships to participate in research, whether it be independent or with a group.

The presentations are given bi-monthly in room 230 of the IUS Library, during lunch.

The third presentation of the series was given by Beth Eckerd, assistant professor of psychology. Eckerd's presen-

tation was "Predictors of Complicated Grief," a study on complicated grief as a psychological disorder.

"I actually enjoy studying death and grief, but I know that it's not great for everyone, so I have a joke for you about death to lighten the mood," Eckerd said before telling a joke about baseball in heaven.

Eckerd also took time out to thank her students, the research department and the subjects of her grief study.

"Grieving occurs after the loss of a loved one, and most people have experienced grief at one point or another. Most people move on from the worst after six months or so," Eckerd said.

"Complicated grief is what happens when some-

one doesn't move on from that initial stage of grief. You're mired in and can't escape. What you may not know is guilt and anger are big parts of grief's emotional effects," Eckerd said.

According to Eckerd's study, grief also has behavioral effects like social withdrawal due to irritation with other people, in addition to sometimes devastating physical effects.

"Sleep disturbance and nervousness are commonplace among grievers, but some people suffer increased sickness because their immune system is weakened," Eckerd said.

"Studies also show that widowers have an increased mortality rate."

An essential point brought

forth by Eckerd's study was the importance of diagnosis.

"A diagnosis of a mental disorder is necessary to provide the proper treatment, most people know that. What many people do not know is that most insurance companies won't provide payment for treatment without a diagnosis," Eckerd said.

The problem with this exists with the diagnosis. Complicated grief is not recognized officially as a mental disorder.

"Grief sufferers are usually diagnosed with depression, or post-traumatic stress disorder," Eckerd said. "There has been an idea within the psychology community for some time about adding complicated grief to the list of mental disorders so that we can more strongly interpret the problems asso-

ciated with it.

"This helps us do more focused research and better treatment, but on the flip side, it could also make something normal seem pathological instead."

Diane Wille, professor of psychology, pointed out the importance of recognizing complicated grief as a disorder.

"The symptoms can be related in many different ways, but the causes are different in many specific situations," Wille said.

Eckerd's focus in the study was to find out if personality traits can predict complicated grief.

She plans to add to the literature on complicated grief, and aims for 200 participants in her study by the time she finishes.

"So far, I've interviewed seven women and one man.

All of them had experienced a loss of a close loved one such as a spouse, child, or parent. The deaths were from natural causes, illness and suicide," Eckerd said.

Eckerd said one important question she asked all of her subjects was "What was the most difficult aspect of your loss?"

"Common responses were being alone, starting a new life and not having a person to care for," Eckerd said.

According to Eckerd's study, subject received strong support from family and friends, but their most significant support came from support groups they attended.

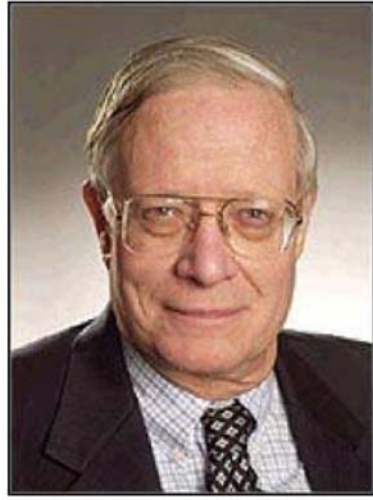
"Support groups were the most helpful because everyone in the groups had experienced a similar loss. Other people supported well by keeping the subject distracted, or assuring the subject that it wasn't their fault," Eckerd said.

Non-supportive people included those who didn't understand the loss or those who avoided the subject, not discussing the person who had died.

"The most non-supportive I found were the people who made insensitive comments such as 'It's been a long time now, you need to get over it,'" Eckerd said.

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