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Sinclair host model UN



Victoria Givens | Clarion Staff
Dayton Model United Nations Conference
was held at Sinclair on Feb. 6-7.

Matt Sells
Executive Editor

Earlier this month Sinclair Community College hosted students from nine colleges and university the 22nd Annual Dayton Model United Nations Conference.

Sinclair is the only community college in the nation to host a model united nations conference. DAYMUNC is a student-led simulated learning experience and gives students the opportunity to learn and discuss

“This is a serious and substantive conference, a full two-day working conference where resolutions are drafted and voted upon” —Jennifer Sooy
Co-director of DAYMUNC

issues related to international affairs and diplomacy. The conference was held on Feb. 6 and Feb. 7 at the David H. Ponitz Center located in Building 12, and President Johnson welcomed students at the opening ceremony on Friday morning. Tom Martin, history professor, established the conference at Sinclair 22 years ago. Jennifer and Kathleen Sooy, of the Political Science department, became co-directors of DAYMUNC in 2013 after Martin retired. “This is a serious and substantive conference, a full two-day working conference where resolutions are drafted and voted upon,” said Jennifer Sooy. There were approximately 120 participants including student delegates, faculty and staff. “Delegates produced a number of thoughtful resolutions and several attendees said it was the best conference ever—much of the credit going to our new Secretary General Caitlyn Banis, a Wright State University graduate student,” said Sooy.

Dayton UN continued on page 3

50 SINCLAIR CELEBRATES YEARS OF BASKETBALL



In 1964, Sinclair Basketball team name was the Sinclair Satans.

Anthony Byrd
Reporter

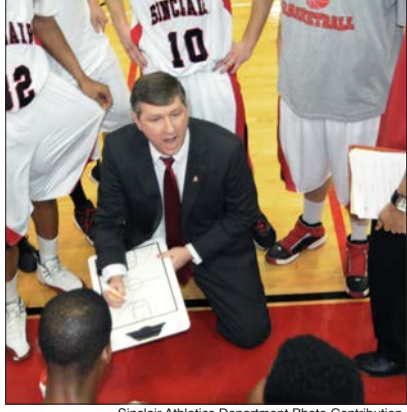
The Sinclair Community College Basketball program is celebrating its 50th year of existence. The college institution implemented the team in 1964, kicking off the first men’s basketball season, and hosted its first game at the Montgomery County Fairgrounds. The basketball program has been very successful with over 800 wins and four conference championships. The team has been a part of the National Junior College Athletic Association and has played in the Ohio Community College Association as well. In the inaugural years, the team was led by Head Coach Larry Hamant, who had a 27-win career throughout

four seasons. However, Kevin O'Neill was the most successful coach, recording a 203-106 (65.7 percent) record in 12 seasons from 1968-1980. Don Cundiff followed with a 305-225 record (57.5 percent) from 1980 - 1997. From 1997-2003, Paul Bryant had an 88 to 74 record (54.4%) for six seasons. Today, the program is led by Bryant’s successor, Head Coach and Athletic Director Jeff Price, who has achieved over 200 wins and one conference championship in over 11 seasons, during his reign from 2003 until the present. Coach Price started out at Sinclair as an assistant coach to Paul Bryant’s staff. This was an adjustment for Price, who came from a D2 NCAA college program, where he had the opportunity to work with athletes for four years of college

as opposed to two. “It was a drastic mindset change for me,” said Price. “I was now working with players who were at the beginning of their basketball careers, who may have come from a high school team that didn’t get much exposure, or athletes who needed to work on game fundamentals and development.” Price continued: “I was making more of an impact on players’ ability to go to the next level to four year institutions.” Throughout the years, the basketball team has been more than dribbles and high-flying hoop action. The program also serves as a mentoring and life skills tool that teaches players about integrity, service to the community and good sportsmanship. Basketball continued on page 3



Sinclair Athletics Department Photo Contribution
Jeff Price coaching _____ the Sinclair Tartans.



Sinclair Athletics Department Photo Contribution
Coach Price Rallying the Tartans together.



Sinclair Athletics Department Photo Contribution



Sinclair Athletics Department Photo Contribution

Culture Day Sex and the Brain

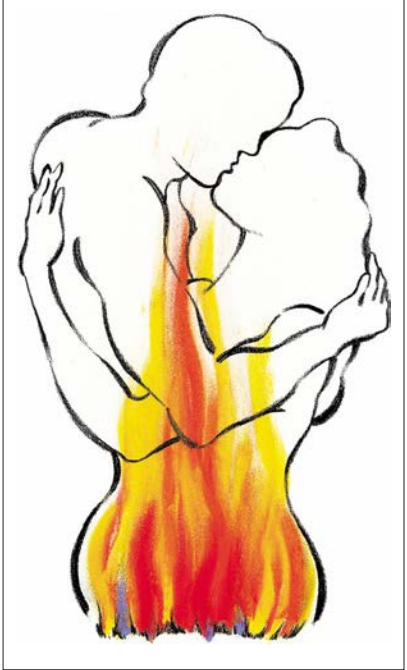
Jason Sedy
Copy Editor

Sinclair Community College’s Rehabilitation Services Department hosted their first Culture Day in the stage area of Building 8 on Jan. 22, 2015. Students who are enrolled in Sinclair’s physical therapist assistant and occupational therapy assistant programs gathered in small groups to meet with professionals in their respective fields. The professionals that met with the Sinclair students were representative of cultures commonly found in this region’s rehabilitation services field. The purpose of the meeting was for students to learn about the different cultures they might encounter when working with patients. Students presented culture-related questions to the guest speakers and participated in discussions about the importance of the awareness of different cultures in the workplace. Professor Debra Belcher, who helped coordinate Culture Day, recently spoke with The Clarion about the event. “It was an idea that had been brewing

in my mind for some time,” she said. Belcher worked with OTA Director Heidi McGoham, OTA Field Coordinator Katie Tetrault, and PTA instructor Regina McCall to turn that idea into a reality this year. Belcher holds a doctorate in physical therapy and is the Academic Coordinator of Clinical Education in Sinclair’s Rehabilitation Services Department. She has been teaching at Sinclair for 17 years. She said that it is very important for students in the PTA and OTA programs to learn about other cultures because of the nature of the relationship between health care service providers and patients. “Being a health care professional means that you are going to be exposed to a variety of people ... of different cultures [and] different belief systems. It is extremely important that our students understand different cultures so that they can be accepting and empathetic,” Belcher said. “You have to be sensitive to what’s appropriate to the people you’re providing the care to.” Culture Day continued on page 3

Lowell Wagner
Associate Editor

Sex: it’s fun, and for people doing it, it feels good. Sex can be an addiction, and at the same time, it can make you feel better and even help you fall in love. Anne Soltysiak, Professor of Psychology at Sinclair, said that dopamine, a chemical released during sex, is very much like a drug. “Sex is kind of a drug ... it is lighting up some of those pathways that are also activated by drug use,” she said. According to Fox News, dopamine is a neurotransmitter that activates the reward center of the brain. “Taking cocaine and having sex don’t feel exactly the same, but they do involve the same [brain] regions, as well as different regions of the brain,” said Dr. Timothy Fong, associate professor of psychiatry at UCLA’s David Geffen School of Medicine, to Fox. Addiction is defined as the fact or condition of being addicted to a par-



Tribune News Service
According to Anne Soltysiak, professor of psychology, sex is like a drug.

ticular substance, thing or activity. Soltysiak said that sex could be addicting, but so are other things. She said it does not necessarily have to be a bad thing. Sex continued on page 6

Dayton UN held at Sinclair Over 50 years: Sinclair Basketball

Dayton UN continued from front

Students who participated and served as delegates were split into four committees including United Nations Security Council, United Nations’ Children’s Fund and United Nations Development Program.

Issues were discussed such as child soldiers, improving access to medical care for children in under – developed countries, adopting sustainable practices to combat climate change, improving access to clean water, the role of arms transfers during conflicts and peace between genders.

“The purpose of the conference is for college students to have the opportunity to research current international issues and participate as representatives of United Nations member countries,” said Sooy. “It is a professional conference and students use rules of



Victoria Givens | Clarion Staff

parliamentary procedure and introduce relevant United Nations resolutions and vote on them.”

Sinclair offers a Model United Nations course, PLS 2860, for students interested in getting involved with the conference.

“All in all we were very pleased that the conference went so smoothly and thoughtful work and ideas for resolving complex international issues were produced in committees,” said Sooy.



Victoria Givens | Clarion Staff

Student speaks to the group at the Dayton Model UN.

Culture Day continued

Culture Day continued from front

Belcher said she believes it is important for any professional who works with the public to understand and be sensitive to different cultures, but it is especially important for people working in physical and occupational therapy.

“Those two professions— even more so than any other healthcare profession—from the moment we meet the patient, we’re touching them,” she said. “You can’t do that without trust, and you can’t develop trust without creating a rapport—which comes from understanding, accepting and being sensitive [to] every person that you deal with.”

To illustrate this idea, Belcher described a mock scenario that students took part in toward the end of the event.

The students were separated into groups, and each group was given a different hypothetical case-study in which differences in culture contributed to a less favorable outcome concerning the provider/patient relationship. The students were then tasked with reading the cases and trying to figure out what

went wrong. After coming to a consensus about what the problem was, the next step was for the students to come up with ideas for what the PTAs and OTAs in the mock scenarios could have done differently to improve the relationship between the service provider and patient.

One of the scenarios involved a Muslim woman who was receiving home health therapy. The hypothetical therapist who came to visit her was a male who was uneducated about the Muslim faith.

“He attempted to touch her to see the affected part of her body, and she was not very receptive to that,” Belcher said. “Also, her husband was with her and [the therapist] was speaking to her and her husband was answering for her. The therapist was just not very educated [about] the Muslim culture and how he should have been addressing her and her husband.”

After the event, students completed a survey to give the organizers feedback about Culture Day, answering questions and offering comments about their reactions to the day’s activities.

The survey revealed that

most of the students who attended said they felt like they had a better understanding of cultural issues after participating in Culture Day. Many students also said that they learned new facts and information related to culture. For some students, their favorite part of the day was talking with the guest speakers and learning about the different cultures.

Belcher agrees that student learning is one of the most enjoyable parts of the scholastic experience.

“The cool thing about teaching is you get to watch the students grow knowledge-wise from the beginning of the program to the end, she said.

Typically, instructors only teach an individual student for one semester, but in the PTA program, Belcher sees her students through until the completion of their program, which allows her the opportunity to see them progress and develop in their chosen field.

“What keeps me coming back is seeing the outcome at the end,” she said. “I get to see them carrying out all the dreams that they have.”

Basketball continued from front

In 2014, the basketball team volunteered for the area’s largest holiday charity dinner in downtown Dayton. The team also mentors and trains kids for the Oakwood youth basketball program.

Annually, players give their time to visit veteran’s hospitals to show respect and appreciation, interacting with the nation’s military veterans.

“We are always exploring ways to improve students outside of basketball,” said Price. “We want to instill in our players that commitment and responsibility is something required on and off the court.”

Not all athletic programs make it to a consistent 50 years, often due to lack of funding, conference eligibility or academics.



Sinclair Athletics Department Photo Contribution

Every coach, player and member of administrative staff involved in the program’s history should be proud of this major accomplishment and milestone.

“I am honored to be a part of the Sinclair basketball legacy,” said Price. “It’s been like a family. I would like to be a mainstay and continue the tradition of helping student athletes realize their dreams.”



Sinclair Athletics Department Photo Contribution

YEAR(S)	COACH	RECORD	WINNING %	SEASONS	CONFERENCE CHAMPIONSHIPS
1964 - 68	Larry Hamant	27 - 39	40.9%	4	0
1968 - 80	Kevin O'Neill	203 - 106	65.7%	12	0
1980 - 97	Don Cundiff	305 - 225	57.5%	17	2
1997 - 2003	Paul Bryant	88 - 74	54.4 %	6	1

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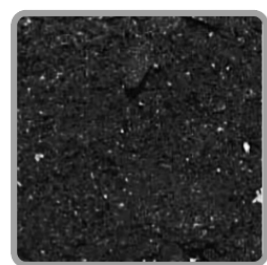
Preparing the garden for spring

From starting seeds to creating an outdoor sanctuary, here is a short guide to spring gardening:



Start seeds

- Plant seeds indoors first; when frost period is over, seedlings can be planted outside
- Start seeds outdoors
- Harden and thin seedlings



Prepare soil

- **For crumbly, moist soil:**
 - One part top soil
 - One part organic matter
 - One part peat moss
 - A handful of sand
- Control weeds
- Build garden beds

Blend and lay on top of existing soil, at least 4 in. (10 cm) deep; work into soil with pitchfork



Plan your garden

Design your own garden (sketch); variety is important (colors, plants, flowers, water feature)



Raise vegetables

- **Top easy-to-grow vegetables:**
 - Carrots, green beans, lettuce, onion, peas, radish, sweet pepper, squash, tomato



Improve lawn

Grow and maintain a healthy lawn on the basis of good soil; use organic fertilizers; fill in bare spots; mow lawn regularly



Plant containers

Consider shape, colors and variety of plants, flowers; vegetables can also be planted

myvoice

yourvoice

Of Course Post-Secondary Education Should Be Free



Lowell Wagner
Associate Editor

Many countries offer their citizens free schooling, and why shouldn't they? If your populace is smarter, they usually have better jobs, which means they make more money and therefore can pay more taxes. So, in theory, you could fund the programs that would make college free with the increase in revenue from people paying more taxes.

In the United States, we love to squeeze our college students for every last cent they have. You want to be a doctor? Sure, you can do that! You are just going to have to pay for the school bills until the day you die. How in the world does this make sense? According to Bloomberg, since 1978, college tuition has increased by 1,225 percent. There are now over 50 schools in this nation that cost more than \$60,000 to attend. So, if you are like most students who have to take loans out to pay for the cost of your education, you can look forward to paying hand over fist for it. President Obama recently said that he wants to make two-year degrees free. The plan outlined by the President would have the federal government pay 75 percent of the bill

and have states pay the remaining quarter. I have heard the argument that the education a student would receive would become less than average, but I just don't see why it needs to be this way. Here at Sinclair, we receive a great education, and most of us don't have to sell off our first-born child to cover the bill. The argument is made that there will be less money available, so teachers would get paid less and their students would suffer. Once again, this argument seems to be more rooted in fear than in fact. It makes sense that an individual can still receive a great education without having to pay for it. So many European countries have figured out that the more education people receive, the better off everyone can be. It's about time that we jump on board as well.

Should post-secondary education be paid for by the federal government? Why?

Reporting and photos by Lowell Wagner



Hunter Robbins
Criminal Justice

"I feel like the federal government could cut back on certain things and pay for it."



Brittany Glover,
Police Academy

"Yes, they should pay for it just because it's too expensive for kids to pay for college. Yeah, we get financial aid, but we end up having to pay it off in the long run."



Cody Levens,
Business Administration

"No, it should not...It puts another level of high school kids getting a free education at that level, but when trying to get into state schools, they're going to be behind. It's because teachers won't be paid as much, so they're not going to teach at the same level they are now."



Mike McDermott,
Business Administration

"Mine is the complete opposite of his [Levens] opinion. In economics, it tells you increasing the intellect throughout the community increases everything from an economic standpoint."



Jessica Mai,
Psychology

"I don't have a strong opinion on it because I can see it both ways, but I guess it would help if the government did pay for it."

callingoutconvention "American Sniper" misses the mark

Hope Houston
reporter



Clint Eastwood has received many accolades, including Academy Award nominations, for his film "American Sniper," poising actor Bradley Cooper as the murdered Chris Kyle, a cowboy turned military sniper amidst the Iraqi wasteland during the War on Terror in Eastwood's tale of military prowess and post-traumatic stress disorder fallout. This renown paired with the very real trial of Kyle's killer, happening now and making national news headlines, has shot "American Sniper" to the forefront of American consciousness, and while the film seems to offer

a meditation on soldier life and struggle in the face of unprecedented international conflict, what the film truly delivers is a strong case of othering quasi-realism, in which the intricacies of the Iraq conflict are watered down into xenophobic parody. Of the many words that come to mind, "problematic" is central. Eastwood's film operates in a silo absent of nuance. Rejecting the WMD controversy, overlooking the "Axis of Evil," forgetting the disputes over oil exploitation and even erasing the horrors of Saddam Hussein, "American Sniper" is just about a man, his gun and his body count, seldom touching base with PTSD or any other possibilities on the gamut that is the spectrum of human emotion. According to Matt Taibbi of Rolling Stone magazine, "American Sniper" is merely another example of Hollywood "routinely turn[ing] serious subjects into baby food" for mass consumption, but I think the narrative being sold here by Eastwood is something far more

dangerous than a spoonful of Gerber; it's patriotism, war and politics as usual amplified by a climate of xenophobia far too overt to ignore. The film's portraiture of Iraqi people is framed by gritty, "savage" vignettes, simplifying the intricacies of dueling cultures and wartime politics into the usual good versus evil paradigm of children's fairytales. In the most prolific portraits, we are shown a madman, who wields a murderous power tool, and a mother, who sacrifices her son to extremism by handing him a live grenade. Invisible is the average citizen, caught in the crossfire of a nation's instability. The term, "savage," litters the Iraq landscape quite literally, as Kyle and his fellow troops drop it throughout the film in an effort to perpetuate the archaic us-against-them atmosphere, in which Eastwood's watered down propaganda thrives. Yes, "American Sniper" is merely do-no-wrong propaganda disguised as healthy patriotism, which wields damaging

terminology to dehumanize those different than us and justify our cause without moral consideration. The film's agenda is no different than that of the Europeans colonizing the New World, vilifying the savagery of America's native peoples. Unfortunately, it is no longer 1600. We are offered only complete moral condemnation of our enemy without being presented the full picture in a grandiose attempt through Hollywood filters and cropped camera angles to "other" those with whom we have differences, negating discourse, intricacy, or the validity of diplomacy. Even so, this only skims the very outer scope of this film's problems. In his caricature of Iraqi citizens, Eastwood juxtaposes Kyle as the Wild West-traversing good guy turned war hero, who lives on American grit and principle. Eastwood's Kyle fights for freedom and for country after witnessing the August 1998 terrorist attacks on the US embassies in Tanzania and Kenya. The violence causes him to

lament, "Look at what they've done to us." Cooper's blue eyes well with national pride, but he still maintains an air of cute, cowboy charm that few can resist. He is the pinnacle of American masculinity: a stoic and strong every man's man, who is not just likable, but infinitely noble in his protection of our stars and stripes forever. Yet, the real Chris Kyle was hardly Eastwood's depiction. He was a self-identified killing machine, who wasn't motivated by principle or patriotism, but by the joy of the kill. According to the Atlantic, in his memoir, Kyle admits that not only did he "love war" and find killing "fun," but also that he "couldn't give a flying [expletive] about the Iraqis." He later expresses, "I hate the [expletive] savages." Aptly, the Atlantic's Megan Garber asks, "But are the sacrifices of war still sacrifices when you enjoy them? Is heroism still heroism when you're motivated by hatred?" Perhaps these questions do not have easy answers, but the misrepresentation

of Kyle is overwhelmingly clear in the shadow of Eastwood's erasure. Eastwood strips Kyle of his own words and his own portrayal, in order to weave yet another American myth of grandeur and goodness. Like George Washington and his cherry tree, we get the sweet and simple story that picks our heroes for us while implicitly demanding blind support of our nation's politics and tacit belief in its idealized narrative. But the narrative of "American Sniper," as I mentioned before, sells something far more dangerous than Washington and his wooden teeth. This is propaganda at its finest, which funds war without responsibility and killing without consideration. It transforms a glorified racist, who kills for fun more than ever for altruism, into the absolute champion for American values and liberty, and that is not who I want representing my country. There are far better stories of American heroism out there, but we have to trudge through the trenches and find them ourselves.

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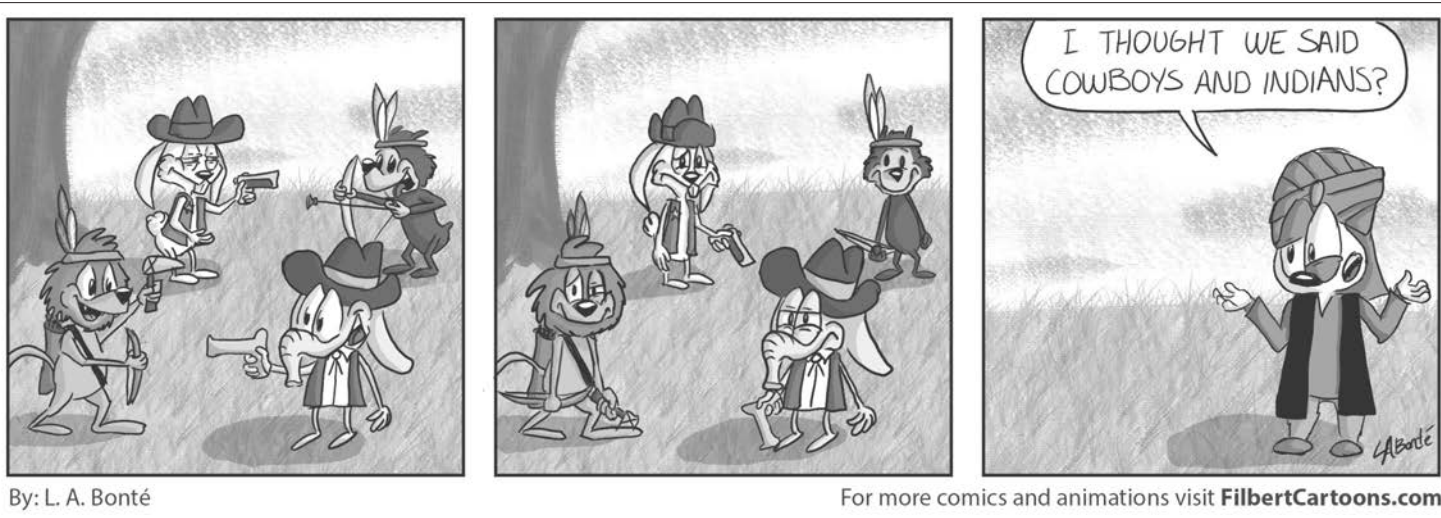
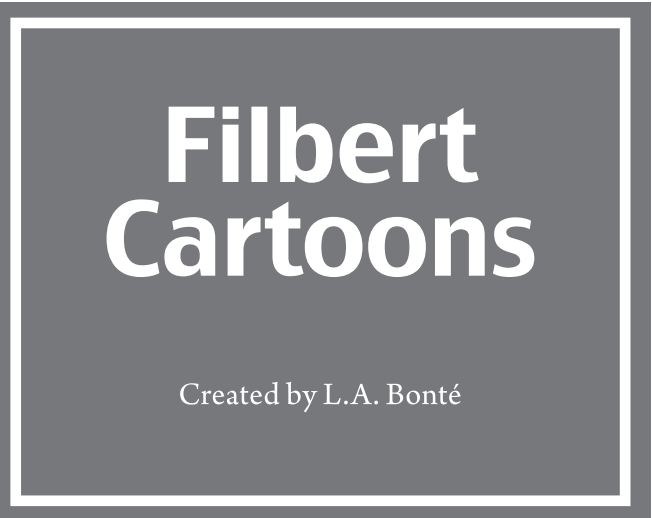
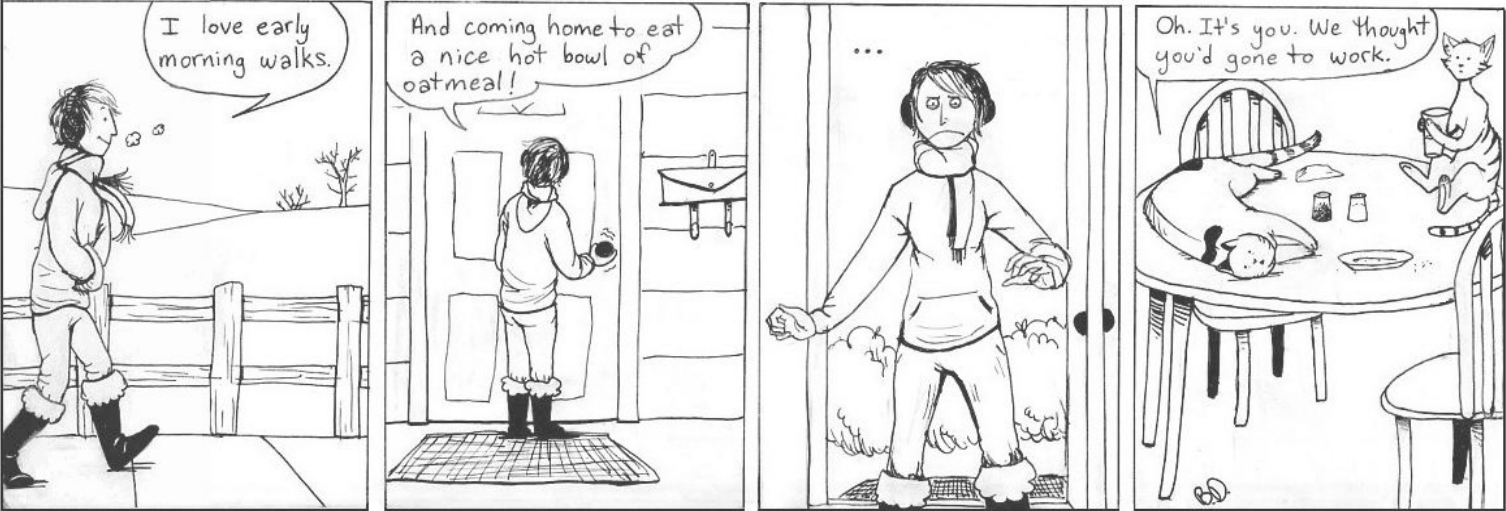
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clarioncartoons

Created by Tyler Mackey, Bethany Davenport, and L.A. Bonté



"Dear Gabby"



Dear Gabby,

I have been at my job for about 2 months, and I love it so much! I feel like I am getting closer to my dream job and that I am moving in the right direction.

However, there is one problem—I really dislike someone I work with. It seems impossible to get along with her, and unfortunately, we have a lot of projects and work assignments we have to complete for our job. I am trying really hard to ignore her, and just focus on doing our tasks, but she's so irritating.

I'm worried that we're not going to be able to get work done and be productive. It feels like she constantly is nagging me or throwing me under the bus when it is actually her problem.

I don't know how much longer I can take it. I don't want to give it up, but she really irritates me. It's starting to affect my work, and I don't want to lose focus just because of her.

What should I do? Should I talk to my boss about my coworker's behavior, or should I ignore her? I'm almost to the point of quitting, any advice?

Sincerely,

Coworker Trouble

Dear Coworker Trouble,

Believe me, everyone experiences this. It's such a tough situation too, because you want to accomplish your goals, but when you have an enemy at work, its hard to focus.

I don't know the whole story or the issues that are really at hand, but I think it's important to stay focused on the task and do your best. You can't control her, but you can control yourself. So, if you make sure you're doing your best, then that's all you can really do.

From what you've said, I would say try to stick it out. Get stubborn and show her that you can overcome her attitude problems.

I guarantee you will come across so many people you dislike at your job and in life. I don't think it's good to just run away from it because it's frustrating.

If you feel like it's worth it to talk to her, then take the step to meet with her to talk about how you can make it work. Personally, I sometimes feel like that just creates more issues.

I think if you can focus on yourself and make your work ethic stronger, then that's all you need to worry about. You're going to have learn to work with people you dislike, but the sooner you learn that and find ways to overcome those problems, it'll help you in the long run.

Good luck,
Gabby

For advice, email the clarion at clarion@sinclair.edu with the subject 'Dear Gabby' or download the app ask.fm and follow @todeargabby

"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.

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.

puzzlesolutions

D	O	C	T	O	R			J	U	D	E	L	A	W
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crossword

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sudoku

the Clarion
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Rage on the RoadwaysSex and its effects

Matt Summers
Reporter

Road rage is something we have all experienced or witnessed at one time, whether we are driving or a passenger. You could be cruising along with your sunroof open, enjoying the sun beating down on you, and as soon as someone cuts you off, you might have a totally different attitude. But what exactly makes us put a death grip on our steering wheel as we yell from our car in a fit of rage?

Anne Soltysiak, a psychology professor at Sinclair, helps weigh in on the details of road rage.

"While anyone can get angry at the actions of other drivers, some people are more prone to road rage than others," Soltysiak said. Jerry Deffenbacher of Colorado State University has found that personality traits have a big influence on whether a person tends to have road rage," Soltysiak said.

Predictably, the majority of people who engage in road rage are already more anger-prone individuals. People who are enraged will engage in behaviors like tailgating, obscene gestures, screaming, or cutting off or blocking another driver's vehicle. But anyone who is feeling

threatened or aggressive will react with these kinds of responses.

Though some of our personality traits are just something we are born with, road rage typically is not one of them. One cannot have road rage unless they have already learned to drive. However, it is not like we can't pick up any traits from our parents or anyone else we have been raised with.

"It's also true that children learn a lot from their parents about social behavior," Soltysiak said. "We could be getting conditioned by our childhood experiences of driving around with our parents.

Another thing is when most of us picture road rage, we might picture a male driver, who is screaming and hollering. Soltysiak throws a curveball to that idea though.

"The research is surprising on this; it looks like road rage is one area of social behavior in which women are just as aggressive as men," Soltysiak said.

She goes on to explain that people can become territorial about their car and lane. They might often refer to their car as "me". For example, "they cut me off". This would explain why people could get territorial about their car. The driver will feel as if someone is invading

his or her own personal space.

"They respond to a perceived incursion into that area as an insult or physical threat, and then feel justified to respond in kind," Soltysiak said.

Luckily though, the solution to help your own case of road rage is not as hard as one might imagine.

Basically, one just needs to take a deep breath, slowly exhale, and repeat while thinking calming thoughts. While none of us enjoy being cut off or being tailgated, it just is not worth getting worked up over. If one decides to be brave and try to get into an altercation with the other driver, the results might not be all that pleasant.

According to msn.com, a mother of four was shot dead after a night of giving her 15-year-old daughter driving lessons. The driver honked at a car that she felt was speeding, and ended up in a confrontation that would leave the mother dead. While it appears the details of that night are still fuzzy, somewhere along the line road rage was involved.

While road rage is something we will all experience, if we haven't already, it is important to remember that taking a short amount of time to breathe and calm down is a lot safer than trying to pick a fight.

Sex continued from front

"Yes, I think people can be too focused on sex as intercourse, as an act of conquest of other people ... I think people can use sexual behavior as a crutch or as a method of controlling other people [or] hurting other people," she said. "In that regard, we can do that [become addicted] with a lot of things. There is nothing intrinsically addictive about sex, per se."

Sex can make you feel better, and according to Fox, sex can help you sleep and relieve pain. The article points to a German study where participants had sex while they had a headache and 60 percent of participants reported total or partial relief of the headache.

Soltysiak agrees that sex can have many positive health benefits. She said that the ability of sex to relieve stress is what she feels is the most important health benefit.

"Psychologically, physiologically, cardiovascular, calorie

burning ... it's certainly something that reduces stress," she said. "If you look at the literature, stress is something that relates to so many bad things, so many negative health outcomes ... what is more [stress] relieving than having sex?"

Soltysiak said that, in addition to the health benefits of sex, physical contact can have the same properties.

"Sex is the most intimate physical contact, so it can lead to emotional benefits," she said. "I tell my student more hugs, more physical contact, more sex—that's not a bad thing."

Soltysiak explained that the brain releases another chemical before, during and after sex, oxytocin, which is shown to increase bonding and trust.

"Oxytocin is known as the hug drug or the love drug," she said. "In a way, it's the love hormone. It is released when you're having sex and during orgasm. It's also released when we feel in love, when people hug each other or when there is any social

interaction."

According to NBC News, feelings of love and sex occur in the same parts of the brain.

"Love and sex are clearly overlapping and they are different," said Jim Pfaus, a professor of psychology at Concordia University in Montreal, who's been studying love and libidos for more than a decade, in an interview with NBC.

The same article explained that the brain's insular cortex and the striatum play a role in both sexual desire and love.

"[The insula] translates emotional feelings into meaning," Pfaus said. "You take the internal state and give it external meaning."

Soltysiak explains that sex and love really can go hand in hand. She said that, when oxytocin is released, you are much more likely to create the bond of love.

"It's definitely part of love and love relationships," she said. "It's reinforcing. It's a warm, cuddly kind of feeling we get when oxytocin levels are high."

Despite stereotypes, older drivers are the safest

Susan Carpenter
The Orange County Register
(TNS)

Despite stereotypes to the contrary, drivers 65 and older are among the safest drivers on the road.

They are more likely to wear seat belts and less likely to drink or text while diving compared with any other age group, according to the Insurance Institute for Traffic Safety. Yet they are more likely to die if they are involved in a crash.

The reasons are complicated by individual circumstances and medical conditions, but with 25 percent of all U.S. drivers expected to be 65 or older in just 10 years, balancing the health and mobility needs of an aging population with public safety is a topic of increasing interest.

"We know that aging drivers are not going away. Older people are living longer. They're healthier, they're more mobile, and we know there will be a lot more aging drivers on the road," said Anita Lorz Villagrana, manager of community affairs and traffic safety for the Automobile Club of Southern California.

This spring, the AAA Foundation for Traffic Safety is launching the largest interdisciplinary study of aging drivers ever conducted in the United States. Led by Columbia University in New York in conjunction with UC San Diego; Johns Hopkins University in Baltimore; the University of Michigan; and the University of Colorado, the Longitudinal Research on Aging Drivers, or LongROAD, study will track 3,000 drivers between the ages of 65 and 79 for five years.

Recruited from the medical clinics associated with each university, participant drivers' cars will be outfitted with GPS units to track their driving behaviors and correlated with individual medical records. Drivers also will be questioned

about their cars' safety features, such as blind-spot monitors and adaptive cruise control, to determine if they help or hinder older drivers.

"The approach of this study is to see from a long-term perspective: Are older drivers safe? What are their behaviors? What are their crash risks?" Villagrana said. "It's important for us to understand because it not only impacts the aging drivers themselves but other motorists on the road as well."

In 2012, 4,079 people age 70 or older died in traffic accidents – a 31 percent decline from 1997, according to the IIHS.

Older drivers are, however, more likely to die if they are involved in a crash. They have a higher death rate per mile driven than any other group, according to the American Automobile Association, which cites "fragility" as the cause in more than half of senior traffic fatalities. A 70-year-old driver is four times more likely to die in a traffic accident than a 20-year-old in an accident of the same intensity.

Multiple-vehicle crashes at intersections begin to increase starting at age 60, according to the IIHS. Fatal crash rates begin increasing from age 70 to 74, according to the Centers for Disease Control and Prevention; they are highest among drivers 85 and older. The CDC attributes the higher death rate to older drivers' susceptibility to injury and medical complications _ not an increased tendency to crash.

"There are three big medical conditions and medications that influence driving safety that are pretty clear: vision, cognitive function and frailty," said Dr. Linda Hill, director of the preventive medicine residency at UC San Diego's Department of Family and Preventive Medicine, which will conduct the California portion of the study with 600 participants.

Twenty-five percent of people over age 80 have visual

problems that cannot be corrected, Hill said. The negative impacts on driving include an inability to accurately see straight ahead or peripherally to negotiate intersections and take account of other cars, motorcycles, bicycles and pedestrians. Glaucoma and cataracts – both common as individuals age – impair night vision.

And dementia affects one-third of people over age 85, Hill said.

"It's not completely clear how mild dementia affects driving, but people with moderate or severe dementia won't have the cognitive function to be able to drive safely," Hill said. Individuals who suffer from dementia may have difficulty determining the appropriate responses in intersections or even remembering where they are going.

As for the reduced bone and muscle mass that come with age and lead to frailty, "Most people think that with power brakes and power steering, if you get in the car you'll be able to drive safely, but it's been shown that people with frailty are more likely to be in crashes," Hill said.

Beyond the medical conditions are the medications used to treat them. One of the goals of LongROAD is to understand which medications most adversely affect driver safety and determine strategies to mitigate that risk.

About 95 percent of senior citizens use medications that may impair driving, according to AAA, which offers a medication database for drivers called Roadwise RX. The interactive database helps drivers understand the side effects of individual medications as well as interactions between medicines that might impair driving.

Type in the cholesterol-lowering drug Lipitor, for example, and it yields three driver warnings, including "challenges staying within the lane markings and increased risk of leaving the roadway," as

well as "delayed reaction to on- and off-road events" and "lower levels of vigilance and awareness about road conditions and other vehicles."

AAA offers other tools as well, including a CarFit program that helps seniors set up their mirrors and seats to drive more safely, and a Drivers 65+ Check Your Performance online quiz that prompts drivers with questions and rates their answers with scores of "go," "caution" or "stop," the latter of which means the driver engages in too many unsafe driving behaviors and could pose a hazard to themselves and other drivers.

The National Highway Traffic Safety Administration offers other assessment tools for passengers to observe an older driver's behavior. And AARP offers a Smart Driver refresher course to help older drivers "manage and accommodate common age-related changes in vision, hearing and reaction time," as well as negotiate safe lane changes, maintain safe following distances and minimize the effects of blind spots. Both organizations are among the many groups offering tools to help older drivers determine if they should still be driving and to help keep them safe if they do.

Whether seniors avail themselves of such tools is another matter.

"A lot of older drivers don't know they exist. It's a topic that no one loves to talk about," said Dr. Emmy Betz, assistant professor of emergency medicine at the University of Colorado Anschutz School of Medicine and co-lead investigator for the Colorado portion of the LongROAD study.

While it's unlikely that impairment will dramatically affect drivers until their mid-70s, Betz recommends they at least begin talking about the idea of driving cessation, or driving retirement, as she calls it, at age 65, when they are already making plans to retire

from work and arrange finances and housing.

"There are 95-year-olds who are healthy and 60-year-olds who are not," said Betz, who advises older drivers to make plans with family members or friends and to consult with doctors about the impacts of their health and their medications on driving.

"We've done so well cutting death rates for teen drivers and figuring out ways to help them be safer through research and smarter policies," Betz said. "Unfortunately, it's much harder at the other end of the spectrum but equally important. Driving is so important for older adults because it's the primary means of mobility."

Older people who are no longer able to drive who are not provided adequate transportation options are at greater risk for depression, illness and early death, Betz said.

The average American male will spend the last eight years of his life without being able to drive; the average woman will spend the last 10 years without driving, according to Dr. Guohua Li, professor of epidemiology at Columbia University and LongROAD's lead researcher.

"If the project goes as planned, hopefully we can shorten that period without compromising the safety of the public," Li said.

While the primary goal of the LongROAD study is to understand the driving habits of older Americans and the role of their medical conditions and medications on driver safety, researchers also hope to understand how older drivers compensate for physical and mental deficiencies and use in-vehicle technologies to lessen their risk on the road, Li said.

Each of the study participants' vehicles will be surveyed for safety technologies, such as blind-spot monitors, lane-keeping aids and other features that are becoming more prevalent in passenger vehicles, along with less obvious technologies for helping older drivers.

"Already, we do a lot of simple things that a lot of people don't even notice," said Cary Diehl, human factors engineer

at Ford Motor Co.

Recognizing that eyesight and tactile feel both degrade with age, the company intentionally designs the text on its controls in fonts that are large enough to read and keeps its buttons and knobs large enough "to make them easier to find and reach with less precision as you're driving," Diehl said. "Those types of things make it dramatically easier to operate a vehicle, especially as you get older."

Ford even uses something it calls a "third age suit" to help its younger engineering staff understand the experience of being 30 years older. The suit adds weight to the wearer's arms and restricts movement to make it harder to bend and look around. It even has gloves that make hands tremor to simulate Parkinson's disease and glasses to replicate glaucoma and other degenerative diseases of the eyes.

The question of when to take the car keys away "is extraordinarily important," said Paul Irving, chairman of the Milken Institute's Center for the Future of Aging, in Santa Monica. "All of our research suggests people want to age in place and at home. Older people want independence just like younger people, and they want access to the full range of amenities that any city has. One's ability to get from home to those places is extraordinarily important to a satisfying life and successful aging."

"All of the signs point to people, particularly in a place like L.A., staying here," he said. "The question is, do we have the will to pay enough attention to this to create the kind of transportation infrastructure for an older world?"

Los Angeles did not rank in the top 20 of the Milken Institute's "2014 Best Cities for Successful Aging Report," for which access to transportation is increasingly weighted by age, accounting for 10 percent of the score for adults age 65 to 79 and 15 percent for those 80 and older.

That is one of many topics the LongROAD study seeks to answer.

H Independently Healthy

By Jason Sedy
Copy Editor

HEALTH BENEFITS OF HIKING

John Muir once said, “In every walk with nature one receives far more than he seeks.”

I’m pretty sure I understand what Mr. Muir was talking about. There’s something special about being alone in the wilderness; the beauty, the peacefulness, the wildlife. There is no substitute for the feeling one gets from hiking a creekside singletrack after the snow-melt begins, or happening upon a mountain meadow during the spring wildflower bloom. If you don’t make a habit of spending time in nature, you are missing out on something important; something essential.

With today’s fast-paced lifestyle and constant connection to a steady stream of information, many of us are spending less and less time outdoors, and that is affecting more than just our physical health.

“Creativity in the Wild: Improving Creativity Through Immersion in Natural Settings,” is a study posted on the website of the Public Library of Science,

and discusses something called Attention Restoration Theory. According to the study’s authors, one of the ideas behind ART is that people are more apt to handle creative problem-solving tasks after spending some time hiking around in the woods (without their iPhones).

According to the study, participants were 50 percent better at solving problems after “disconnecting” from technology and the Internet and spending up to four days walking around in the forest.

But that’s just the tip of the iceberg when it comes to the health benefits of hiking around in the woods. There are numerous studies that prove that time spent outdoors can improve health in all types of ways, from aiding in weight loss to helping with depression.

Maybe that’s what Muir was talking about when he said, “nature’s peace will flow into you as sunshine into trees.”

We all have different reasons for spending time in nature, and your experi-

ence might not be as intense as Muir’s, who spent many years in California’s Yosemite National Park in the late 1800s. However, I think almost everyone can agree that even a short hike through the forest has a positive effect on your physical and mental well-being.

Dayton-area artist and nature-lover Christopher Etch-Weyrich said he loves spending time in the outdoors because it is inspiring and grounding.

“I like the contrast from the city life, and getting fresh oxygen and sunshine is the best,” Weyrich said. “Walking around barefoot in nature is my favorite.”

I agree with what Weyrich said about being “grounded” through immersion in our natural environment. I think that’s a fairly accurate description of what happens to a lot of people when they spend time in the forest.

Sinclair business management major Joshua Kent puts it another way:

“It’s almost like meditation—I get a chance to unwind,” Kent said about the

time he spends communing with nature.

Kent said he enjoys hiking through the forest at the nearby Narrows Reserve in Greene County, which is situated on 162 acres and has over four miles of hiking trails, in addition to bird-watching, fishing, canoeing and camping.

Weyrich’s and Kent’s views about the benefits of hiking are definitely supported by science. There are many studies that show that hiking is a great way to relieve stress, reset your creative capacity and fight depression.

Luckily for us, Dayton has plenty of great places for us to go to escape the concrete jungle without travelling very far at all. For example, If you live close to downtown, you can easily access the Great Miami River Trail, which is upwards of 60 miles in length.

If you’re looking for something a little less epic, or maybe just something that’s not paved, there are plenty of parks around, like the Sugarcreek Metropark in Bellbrook. Sugarcreek’s hik-

ing trails meander through more than 600 scenic acres, and the park is a popular destination for Dayton-area hikers.

One of my favorite spots to get away from the hustle and bustle of the city is Huffman Metropark. Huffman is home to Dayton’s famous Metroparks Mountain Biking Area, and has over eight miles of purpose-built mountain bike trails. It’s far enough out of the city that you get somewhat of an experience of being in nature, but not too far (you can still hear the highway sometimes).

If you do decide to head out into the wilderness, please follow a few basic precautions to avoid having a “bad trip.”

First and foremost, wear the right shoes. Something comfortable like cross-trainers usually works just fine. You don’t want to get blisters or slip and fall.

Also, bring plenty of water and high-calorie snacks so you don’t get dehydrated and/or “bonk.” Bonking is a term used by hikers and bikers to describe the feeling

we get when our blood sugar gets dangerously low and we find that we just don’t have the energy or strength to continue. Usually this isn’t a big problem unless you are several miles or more from civilization. Then it can be a very serious problem.

Another handy item I like to have with me in the forest is a small LED flashlight. Ideally, you’ll want to plan on getting back to the parking lot before the sun goes down, but it gets dark fast in the woods, and if you get lost, it can be a long night without your flashlight.

Finally, dress smart. Wear lightweight, breathable gear that will keep you warm without overheating. Try to avoid cotton, which absorbs water and is slow to dry, and could end up giving you a chill. Make sure you have enough warm clothing, even if the forecast is fair. The weather can change rapidly and catch unwary hikers by surprise.

People hike for a variety of reasons: fitness, heart health, peace of mind, and just for the adventure of it. Whatever your reasons, be safe and have fun with it.

arts&entertainment

Gaming on Campus

Jimaour Calhoun
Arts & Entertainment Editor

Video games will always split the opinions of people down the middle. There will be people who think games are enjoyable entertainment, while others see them as a waste of time.

College, however, is a place of higher education where people come to find out what kind of a career they want for themselves. But today, students are allowed to bring their gaming consoles to campus, and now people are faced with the question of whether video games are a help or a hindrance to students.

The debate can be started

on the hindrance side with the opinion that video games tend to take up a lot of free time when students are in college to earn an education. This can be disputed with the students who play video games, but know their priorities and that school comes first.

Other arguments can be made, like that of those playing video games are a distraction to others, possibly getting too excited in their game play. Shawn Ringer, who hopes to be an electrical engineer, said video games are a distraction.

“Video games do provide a distraction for students who need to get their work done, but as long as you have your work done and you play them

in the proper area, it is okay,” he said.

Aaron Benton, a sports management major, disagrees. He thinks that video games on campus are good.

“They’re a stress reliever, and they make a good pastime when a student has a large time gap between classes, though it is understandable how they can cause distraction,” he said.

Patrick Terry, a criminal justice major, agrees with Benton that video games are a stress reliever, but also thinks that they can bring people together.

“Say you’re new on campus and don’t know anyone, but you see a group students playing video games and ask

to jump in and make friends instantly,” Terry said.

Adam Paschall, a business administration major, suggested that video games on campus are not only good, but are also a learning experience.

“There are many educational benefits that come from video games,” he said. “They could build good hand-eye coordination, produce story resources and educational games could put more students in classrooms. I understand why people would be against them, but as long as they are used the right way, they could be beneficial to students and make learning a lot more fun for people.”



Claire Guindon | Clarion Staff

'Fifty Shades' success upends thinking about winter movies

Saba Hamedy and Steven Zeitchik
Los Angeles Times (TNS)

Valentine’s Day movies were once forgettable, midrange affairs, romances that took in decent sums and disappeared as quickly as the contents of a holiday chocolate box. But by racking up huge domestic ticket sales since it opened Friday, the erotic drama “Fifty Shades of Grey” has turned winter movie going on its head. The modern film business makes its billions primarily by aiming at young males, who are scarfing down splashy comic book fare at an unprecedented pace. But “Fifty Shades,” adapted from E.L. James’ best-seller, not only has broken records for Valentine’s and Presidents Day opening weekends, its totals have challenged spring juggernauts such as “X-Men: Days of Future Past” by successfully appealing to a very different demographic: women over 25. Nearly 70 percent of “Fifty Shades”

moviegoers through Sunday were female, and 58 percent of the audience was older than 25. The film has shrewdly targeted the audience that has made one-offs such as “Julie & Julia” and “Eat, Pray, Love” successes – but with a twist, since the film also relies on the sequel mentality reserved for young-adult franchises such as “Twilight” and “The Hunger Games.” “This could be the R-rated equivalent of ‘Twilight,’” said Paul Dergarabedian, senior analyst at the audience measurement service Rentrak. The risqué movie, which follows kinky billionaire Christian Grey (Jamie Dornan) and his demure love interest, Anastasia Steele (Dakota Johnson), tapped into a genre – edgy, R-rated romance – that has been largely dormant since the late 1980s and 1990s when such films as “Fatal Attraction” and “Basic Instinct” flourished. Indeed, with James’ additional books, and the prospect

of future “Fifty Shades” movies, some believe Anastasia Steele could become the face of a new type of franchise, one that’s not built around popular teen book adaptations such as “Hunger Games” or superhero blockbusters such as “Iron Man.” “There is an overall dearth of female protagonists and major characters,” said Martha Lauzen, San Diego State University film professor. “That creates a hunger to see females in major roles that (‘Fifty Shades’) may help sate.” The film is a rarity in the industry not only for its target audience but for the way it came to the screen: It’s a project overseen mostly by women. In addition to being based on a book by a woman, the movie was greenlit by Universal Pictures Chairman Donna Langley, directed by the British filmmaker and photographer Sam Taylor-Johnson from a script by Kelly Marcel. It was the biggest opening weekend for a female director since the 2008 launch of

“Twilight,” directed by Catherine Hardwicke. In achieving such strong box-office success, “Fifty Shades” implicitly raises questions about whether many Hollywood assumptions are wrong while also potentially generating a newfound respect for the genre, if not a glut of similar movies. “I’m sure a lot of movie executives are scouring best-seller lists looking to find the next ‘Fifty Shades of Grey,’” Dergarabedian said. “But you walk a very fine line as to whether these types of movies can do well.” Universal already is at work on scripts for the second and third books of the series. Not everyone is convinced, however, that the film will ignite change in the industry. “When ‘Bridesmaids’ came out, everyone started talking about the effect it would have because it was such a huge hit,” Lauzen said. “People were saying, ‘We are going to see lots of similar films.’ That really never materialized.” Stacy L. Smith, a USC Annenberg

associate professor, noted while the domestic market is 50 percent female, only two of the top 100 movies of 2014 were directed by a woman. “The industry is reluctant to support female storytellers and voices,” Smith said. “(But) female filmmakers sell, despite what Hollywood decision makers think.” “Fifty Shades of Grey” became a huge hit after James, a British television executive turned novelist, released it as an e-book in 2011. She wrote two follow-ups and signed on with a major publisher. Now, the books have been translated into 52 languages and have sold more than 100 million copies worldwide. After Universal won an aggressive bidding war for the film rights in March 2012, the studio worked to find ways to please book fans while also appealing to a mainstream audience that might be uncomfortable with the racy content. Though many moviegoers were fans of the book, strong ticket sales were

also powered by a carefully crafted marketing plan, timed to a Valentine’s Day weekend release. The marketing blitz included billboards and bus ads that teased moviegoers with the question: “Curious?” Universal recruited singer Beyonce, who mixed her hit song “Crazy in Love” for the film. Trailers featuring the song as early as last summer became among the most viewed videos on Facebook and YouTube. Word of mouth and marketing paid off. Fandango, the nation’s largest movie ticket company, reported hundreds of sold-out showings for “Fifty Shades of Grey” beginning with the first 8 p.m. screenings on Feb. 12 and running through the weekend. “With unprecedented pre-sales and buzz on social media after the release of the trailer, we knew it was going to be a hot item,” Nick Carpou, Universal’s president of domestic distribution, said Sunday. “It’s been just a great thing to watch.”

Bike share program in Dayton

Clarion Staff

A bike sharing program will be launched this summer in downtown Dayton by the Greater Dayton Regional Transit Authority, the Downtown Dayton Partnership and Bike Miami Valley. Dayton residents will be

able to use their credit cards to rent a bike from one of 24 different docking stations around downtown. There will be 225 bikes according to the current plan. The program is designed for short rides that will last under 30 minutes. A similar program was launched in

Cincinnati and has been a success according to local officials. Dayton's bike sharing program was first announced in May 2014 after RTA and the Downtown Dayton Partnership received \$800,000 from the Federal Surface Transportation budget, and

another \$250,000 from the city of Dayton. RTA will own and be maintaining the bikes. A registration website will be created where residents can logon to purchase a membership through RTA. To find out more visit Bike-MiamiValley.org.

Dayton is calling all artists

Clarion Staff

The Dayton Department of Water is seeking artists to paint the storm drains downtown to help raise awareness of what goes down the drain ends up in waterways. The City of Dayton's Storm Drain Artscapes project is also designed to add to the vibrancy

of downtown. Artists must incorporate the text daytonwater.org and the storm drain structure in their design. Artists can apply by visiting daytonwater.org. The deadline is March 25 and art is expected to be completed by June 1. Remember that "when it rains, Dayton drains!"



Next Natural gas fueling station comes to Dayton

Clarion Staff

IGS Energy CNG Services opened a compressed natural gas fueling station in Dayton earlier this month. The station is located at 1830 E. Monument Ave. and is one of nine stations for the Dublin, Ohio based company, and the fifth station here in Ohio.

This is a growing fuel source as many local business and organizations are converting their vehicles to run on this fuel alternative. Dayton has also begun to convert their city vehicles, and is purchasing 44 garbage trucks that will run on CNG. IGS Energy CNG Services signed a 15-year lease, and

will reportedly pay \$90,000 to rent the facility through 2029. "This alternative transportation fuel provides a cost-effective and domestic fueling option to fleets traveling the I-75 corridor," said Scott White, president and CEO of IGS Energy in a Dayton Business Journal report.

