

magazine produced & operated by colorado state university students

collegeavenuemag.com

# College avenue

volume five: issue two winter 2010

# SEX





# sex: the universal act



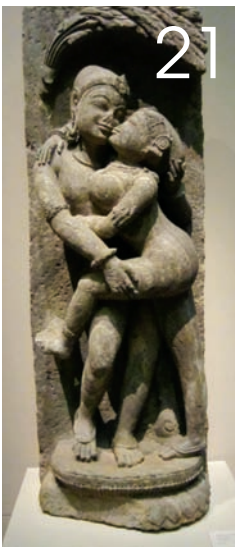
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cover design by sean kessel and garrett mynatt

original photo by stephanie scott





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## online exclusives

- check the Web site every other week for new articles on local music, literature, art and other fort collins favorites by college avenue reporters and photographers

## letters to the editor

as the magazine produced by csu students for the csu and fort collins community, we would like to extend an invitation to our readers to submit letters to the editor ranging from 50 to 150 words with your feedback on the magazine. this is your magazine, and we would like to know what you think of the content, design and anything else. all letters to the editor must be typed in a word document and attached to an e-mail, which should be sent to [csumag@lamar.colostate.edu](mailto:csumag@lamar.colostate.edu).

## mission statement

college avenue is a magazine produced and operated by csu students. our mission is to serve the csu and fort collins community with innovative and engaging coverage of relevant issues. our staff is dedicated to providing balanced and accurate reporting as well as visually stimulating design and photography to a diverse audience. above all, we strive to maintain integrity through professionalism and this standard of excellence.

## opportunity for employment

college avenue is accepting applications for reporters, photographers, designers and copy editors. pick up an application at the front desk of student media in the basement of the lsc.

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# letter from the editor



S – E – X.

Three letters have created a topic of desire, envy and the unmentionable. So, naturally, members of our society are curious and intrigued.

Why are we writing about sex? No, it was not because everyone else is doing it. And no, it was not because we are students filled with hormones looking for personal gain. Instead, it was about taking a risk and becoming educated.

As you will read, sex is more than a steamy one-night stand or a taboo topic that many people (who, I might add, would not be here if it wasn't for sex) find uncomfortable. Between these pages, like many times between the sheets, are stories about the act of sex. More specifically, we chose to write about the different ways we define our sexuality, whether that is through having sex or not.

From casual sex, to no sex, to even Tantric sex, there is a learning experience to be found. Whether you are in a relationship or not, or if you are casually playing the field, the stories we have researched and reported on have depth and meaning that is timeless. People have had sex and are going to continue having sex in the future.

We are responsible journalists, and sex is as important as any other topic, like politics and sports, and it can be written about in a tasteful way. I applaud my entire staff for stepping up to this challenge. Whether they were writing about abstaining from sex, masturbation or the sexuality of vampires, each person handled their topic with care and creativity, so you won't be reading the same old pieces that only skim the surface.

My staff took the time to find stories that could be considered the "norm" by some, while others may be perceived as "unusual" and, at times, funny. My most heartfelt thanks and appreciation goes out to each reporter, photographer, designer and editor. This issue could not have been produced without their attention to detail and respect for sensitive issues.

In the end, sex was a topic that we knew our audience of students would be interested in, but it also was important that we try to relate our stories to as many people in the CSU and Fort Collins community as we could. Sex is biologically natural for humans, and it is more than the overexposed aspect we are so used to seeing depicted in the media. So have an open mind, because sex is important, personal and something everyone is affected by.

Bringing you something new,

Valerie Hisam

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# Changing the Alphabet

a trans-man's journey in love,  
loss and acceptance

**H**is laugh that sounds in the coffee shop is infectious. Not to mention the sporadic hand gestures, which somehow is just as much a part of the conversation as the words. The eyes from across the table are filled with wisdom, kindness and a longing for something more.

Duff Norris blends in. Drinking coffee and taking the occasional smoke break, he doesn't stick out in a crowd in his brown hoodie and short-cropped hair. But after a while, he stands out. He is loud, uses a surplus of expletives and tells jokes that crack even himself up. Although he describes himself as a closet extrovert, he is someone who you instantly want to be friends with.

"It is impossible not to know when he is in a room," says Andy Stoll, the executive director for the LAMBDA Center in Fort Collins and Duff's best friend. "The positive energy he provides to each space he is in is contagious."

However, behind the smiles and chuckles, Duff has been through challenges in love and acceptance that have brought him to this point in his life. At 25 years old, Duff has made a decision to change his life, and transition from the female he was born as to the masculine person he wants to be.

As a student studying communications at Front

Range Community College and an involved advocate for the LAMBDA Center, Duff has embraced his transgender status, and is breaking apart the alphabet of gender classifications.

"I'd find the category I knew I could fit into"

Since a young age, Duff did not feel he fit in. As a kid, boys were allowed to run around with their shirts off while Duff's mother told him to keep his on. When his brothers were growing facial hair and muscles, Duff got breasts. Even though he loves glitter, makeup and dressing up, Duff never felt he fit into the socially accepted gender boxes of just female or just male.

"I fall into the gender queer category – I never grew up with a sense of gender," he says. "I never was 'I am woman' or 'I am man.' Gender always equated to me as your physical body – I have these parts, you have these parts, thus we are different. I wanted to be able to run around with the boys and wrestle and play football ... and you do that with your shirt off."

Those awkward teenage years were even more awkward for Duff. For his junior prom, he wore a periwinkle beaded dress with dyed-to-match strappy heels, and just a year later, went to another formal dance in slacks, a purple shirt and tie, and a top hat. Both times, Duff and his brother Chris had a great time swing dancing. The first time they were a cute



duff norris

photos by garrett mynatt



brother/sister couple; the second, they were the whisper-assumed gay couple. That was just a part of trying to find his gender identity, Duff explains.

“I’ve gone through so many phases with gender. I tried for a long time to pass as female,” he says. “There came a point where I knew I wanted to date girls and not boys. I wanted to wear combat boots every day to school, and my dad told me I had to keep my long hair ... but I wanted a Mohawk. Then there were the things that caught my eye – there was a point in time where very clearly it took off that I wanted to model myself after dudes I knew.”

For Duff, the search to find his identity meant rebelling against more conservative parents, and at other times, suppressing his wants for the “boy things.” As Duff describes it, there were some obvious red flags for his parents that he was not going to be the classic “Republican wife,” but there was a balance of the masculine and feminine. Duff played football and wrestled, but he also went through cotillion and can waltz and fox trot, but “cannot lead for the life of me.” Yet for the first 18 years of his life, he just “fit.”

“Some of those classic boy things that happen [during puberty], I had that feeling of jealousy,” Duff remembers. “I’ve been wearing men’s boxers and boxer briefs since I was 12, but I want to see muscles and facial hair in the mirror.”

“i don’t want to be a woman, but i want to be pretty”

Only recently has Duff started to create a more concrete definition of his transgender status along with what gender identity and roles mean to him. There are four areas to gender: biological sex, gender, gender roles and gender expression.

Biological sex is the sex assigned at birth, and as Duff puts it, “They go ‘girl’ or ‘boy.’ And every once in awhile you get, ‘uh oh, ambiguous.’”

In contrast, gender is what an individual identifies as, a gender role is what someone plays in society, and gender expression is how someone physically presents him or herself. A key point Duff makes is that gender is more like a continuum, with female on one end and male on the other – and a whole range in between.

“Those are all different things, and they can all get really messy,” he says. “Every person has them, and it’s a personal, natural thing, no matter what anyone says.”

Duff describes himself as assigned female, identifies as male-ish and very female in most of the ways he goes about things, and presents himself as more masculine to society. But as Duff starts to transition, he is struggling with gender, because when it comes down to it, he likes the “pretty things.”

“I like glitter and makeup. It is a totally guilty pleasure. And I am insanely sentimental,” he says. “It was always like, ‘how does that fit with transitioning design by sean kessell winter 2010 7



# hot button

and becoming a dude?’ And it dawned on me like six months ago that it doesn’t have any say in my gender.”

Duff has completed his psychological evaluation to proceed in transitioning, which culminates in a letter that says he is not mentally ill. Apart from legally changing his name, the first step is taking testosterone, which will help grow facial hair and deepen his voice, but Duff is very leery about the emotional side effects. Duff says he has “always liked the way I am on the inside, just not on the outside,” and if he is on an emotional roller coaster, he will stop the hormones.

Leslie Groves, one of Duff’s friends, says that even though Duff is going through a challenging time, he is always positive and has a great view on life.

“He is so strong with what he is going through in figuring all of this stuff out,” says Groves, the marketing intern with the LAMBDA Center and a senior journalism and technical communications major at CSU. “He is an amazing guy to be around who is trustworthy, dependable and who has this unique ability to make people feel good about themselves.”

Although he is social, Duff faces a dilemma in finding a job, because when answering honestly, Duff feels, “My tranny status is none of your f\*\*\*\*\* business.”

But when his legal documents still say female and he still has a chest, and is out of money, he is not able to advance his situation.

“I don’t have to reveal my trans-status to anyone I don’t want to, but I can’t be stealth. I am not in the category of ‘let’s just hide and blend,’” he explains. “On average, transfolks aren’t as well promoted and do not make as much money. [They] don’t get certain jobs, and I’m in that exact boat right now of ‘where do I go wanting to be seen as a male and still having a chest [combined with what it says on my legal documents].”

According to Stoll, 33, the difficulty that surrounds the trans-community stems from the “reality of the binary world we live in,” and that society can then turn fearful and violent.

“There was a law passed that made it illegal to discriminate on the orientation of sexuality and gender identity,” Stoll explains. “But there is still the reality of people’s lives, and you don’t know who you are going to meet in the restroom. In this society, if you eliminate the fear and enable them to see the humanity of someone, it is hard to then be violent to them.”

Duff’s long term plans are to continue working with the LAMBDA Center, where he is the current vice president on their board, and to work with at-risk youth, which can be rocky for him down the road depending on how accepting parents and society are of him.

“I want to work with kids ... and I have something

to offer the general public children and not just queer children,” he says. “I shouldn’t have to just stick to queer organizations to feel safe in my job, and sometimes that feels like a requirement.”

Groves, 22, says she believes that people are different and everyone has a different perspective on other people, but when “you narrow it down, people have to have an understanding that human beings are in a constant state of change and you have to be open to that. Not being open is what causes this friction.”

## “my dating preferences changed as i changed”

One area where Duff has learned not to make sacrifices is with dating and relationships. Although he acknowledges he liked women, Duff still tried dating men because it became a “stress response” to avoid questions. Instead of finding what really fit, Duff tried to sleep with men who fit into the masculine category that he was actually seeking for himself.

“I had an amazing way of not fully recognizing [what I wanted] for what it was. I was very good at trying to change my sexuality,” he says. “But there were a lot of things that I was attracted to that I thought I wanted in a man, but it took me a long time to realize that is what I wanted personally. And I tried to sleep with men who fit into that category and it is really not OK, it feels really wrong.”

In these instances, once the clothes came off, Duff felt he was expected to play a feminine role, which meant being submissive and eager to please, and if he wanted to take charge, it meant playing the vixen.

“That is probably the most alienated from my personhood I have ever felt,” he says. “It was funny because the first dude I slept with I lost my virginity too, and it was funny because both [of the men I have slept with] probably knew they were sleeping with a lesbian. I thought, ‘This is so wrong and not right.’”

Finally, around 19, Duff slept with a woman and, “I got to be a lot of those things that I found attractive in men and I got to do a lot of those things for a woman that I always assumed I wanted from a man, and all the pieces finally clicked,” he says.

Since then, Duff has been in several relationships with women he calls vastly different from one another, and it has been a process to discern his identity when coupled in a relationship. Just over a year and a half ago, Duff ended a long-term relationship with someone who he considered his wife, and the fact that he was searching for his “queer community” has helped him continue to discern who he is interested in, even though it leads to a lot of questions.

“How do I date girls? Do I date lesbians, because

I am really not in that category anymore, or do I date straight women, cause not many are really OK with the trans stuff?" he says. "And if I want to date men, how does that work? Do I date gay men?"

Although Duff was not as attracted to men in the past, his feelings have changed as he has transitioned more. But his dilemma only gets more complicated.

"I'm going to become a man so that I can date men, and then become a drag queen and dress as a woman?" he wonders. "It is funny because the thought of having sex with a man as a woman is blah, but having sex with a man as a gay man, yeah, I so totally [can go for that]. It doesn't put me in an uncomfortable gender box."

Duff is currently dating another transmale, which is

**"I never  
was 'I am  
woman'  
or 'I am  
man.'"**

an entirely different experience for them both. The best part is Duff has "never had a relationship before this where somebody wants to sleep with me because of who I was, not because it kept the relationship equitable."

"I've always had some difficulty communicating what I want, especially around sex. When somebody just really wants to sleep with you because you are hot in their mind, talking about sex is a lot easier," he says. "I don't see feminine anymore [with my current boyfriend]. I am dating someone who is masculine, and that is new for me because I don't have to be in that feminine box. It is sex and it is intimacy, there is so much more freedom for me to just be who I am."

In the long run, Duff hopes that physical body changes will help the transition process and the feelings that are produced in a relationship. Chest surgery will definitely be in Duff's future, but he does not feel he should have to transition into a passable male.

Currently, the lower body surgeries available for transmen are limited. There are two main options, one, where after the intake of testosterone, the clitoris is

enlarged, the urethra is rerouted and prosthetic testis can be put in. But according to Duff, "You look like an underdeveloped infant."

"Basically your No. 1 sexual organ is covered up by this piece of skin," Duff explains, and adds he has never been really interested in lower surgery, partially because "I have walked around for 25 years without something between my legs and I think that might freak me out a little bit."

The other option ultimately leaves the person sexual dysfunctional. After the first process is done, a full phallus is made with skin grafts and placed over the enlarged clitoris. Although a person is more passable, there is still a lot of scar tissue and the penis always stays flaccid, thus the person cannot have intercourse. And with both surgeries, a full hysterectomy can be performed.

"Plus, I am not sure I ever want to be that passable because I am really not comfortable in other people assuming I am something other than a trans-man," he adds. "I am not a man. That is not my story. That is not the way I socialize. That completely negates everything I have gone through and fight for. I will never be comfortable with 'I am a hetero-man' or 'I am a gay man.'"

Stoll agrees that one of the unique things about Duff is that he is not hyper-masculine or hyper-feminine, and that is completely contrary of what trans-folk are.

"Duff owns what he is," Stoll says. "Duff is going to be one of those people who naturally will have an impact on other people and change their lives."

Although there are still hurdles to overcome, Duff is ready to face them head on and make changes not only in the community with the acceptance of trans-people, but also for himself.

"I want to continue to explore everything about life. I think that experience is just amazing. I know there are some things that are uncomfortable to me and I want to get comfortable with them, such as my peer group and friends being more comfortable with me being more feminine," he says. "I want to have facial hair and I want to be able to put glitter in it. I want to make that transition of hormones and surgery but also be more comfortable."

"I guess I want to change some things about my body and my expression, so there is still more work to be done. And I think every person goes through that throughout their life. Life happens, and a [trans-person's] experience isn't all that different in a lot of ways. We are not the freak shows that everyone thinks. I think it will be a huge adjustment for a lot of people I know to see me in a dress. And I am just me." ■ Ca





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by kate frasure

## Bunking Up

*dealing with sex in residence halls*

**A** new semester begins at Colorado State University, and many students find themselves moving back into residence halls. By now, most students have adjusted to the initially awkward and often complicated situation of living with a complete stranger. But when sharing space, roommate problems arise, whether due to cleanliness, noise and, yes, even sex.

In September, Tufts University in Boston instituted a new policy that bans sexual activity while a roommate is in the same room. The ban was issued in response to dozens of complaints from the past three years, all dealing with the issue of disruptive sex.

"Sex in the dorms is not a huge problem for CSU, but it still is an issue that comes up," said Beau Johnson, the residence director at Academic Village.

CSU does not currently have a policy about whether residents can or cannot have sex in the residence halls. And according to Johnson, it is unlikely that CSU will be following Tufts University in the future by restricting sex in the halls.

"I don't see it going in that direction," Johnson said. "If anything, the university is moving toward more openness [regarding sex in the residence halls]."

Mariah Mesereau, a sophomore human development and family studies major, lived in Parmelee Hall last year and felt the Tufts policy seemed a little hard to enforce and that roommate contracts are effective enough.

"The only problem I noticed, relating to sex in the dorms, was uncomfortable situations from floor mates who had hook-ups," Mesereau said.

Instead of a sex policy, residence halls utilize what is called a "roommate contract" – a written agreement that covers a range of living issues, from how to handle overnight guests and private time to cleaning. The contract is negotiated and signed at the first hall meeting when students move in.

"The point is roommates are being left up to decide [the rules] to establish relationships," Johnson said.

Contracts are generally effective, but roommates can bend or break them. If personal values or religious beliefs become the source of conflict – a common occurrence with sex – Johnson suggested both people talk with their Resident Assistant.

"Ideally, it is win-win for both roommates," Johnson said. "RA's will sit down with the residents and their roommate contract and try to reach a mutual agreement."

Sarah Millard, a junior political science major, currently

lives in Parmelee Hall and she does not necessarily believe roommate contracts are very effective, but does not think a policy against sex in the halls should be instituted either.

"If sex in the room is a problem, the two roommates should work it out, or involve the RA if necessary," Millard said. "Adding a policy against it would not diminish the amount of students who are having sex, but would only increase the number of write-ups."

Nic Miehé, an RA in Newsom Hall, explained that issues between roommates often go beyond sex. Most often, problems surface when a resident's partner spends the night too often, making the other person feel like there are three people living in the room.

"Too often people keep quiet and just fume about things, but if they talked to their roommates about it, they could find a peaceful and quick solution to their problems," Miehé said, adding that communication is key when resolving any conflict, especially when the issue is as controversial as sex.

The primary benefit of open-ended contracts over strict university-wide policies is that they encourage discussion and help foster relationships, since roommate contracts require the cooperation of both people to be effective. Johnson emphasized that simply turning up the music and ignoring the problem of disruptive sex can only make things worse.

"At the end of the day, sitting down and talking about your boundaries, expectations and how to communicate will solve real problems, rather than masking them," Johnson said. ■ Ca

tips for dealing with sex in the dorms  
by residence director beau johnson

1. communicate with your roommate when you want the room to yourself
2. establish a sign to let the other person know that you would like privacy
3. don't give up your right to sleep in your own room!
4. don't be passive aggressive; approach the conflict directly
5. ask a third party to mediate a conversation, such as an RA
6. ask your RA or residence director to coach you to talk with your roommate
7. listen, acknowledge and respond to what your roommate says



# A Touchy Subject

## why masturbation matters



photo by garrett mynatt

**W**hen I was 17 years old, I made my first trip to a sex shop in the guise of a date. I was a senior attending high school in north Denver, bored, with a girl and I thought I knew enough about sex to handle a glorified porn shop, aptly named Fascinations.

I was prepared for the costumes, swings, lubricants and enormous selection of pornography. What I found shocking, as my date went off to giggle at the graphic film covers, were the sex toys, spread across four floor-to-ceiling shelves. Looking at them, I felt as if I were trespassing. She was entertained; I was disturbed.

I asked if she had ever considered trying a vibrator. She looked at me, feigning laughter but hiding embarrassment, and told me she never would. "Why?" I asked. She couldn't answer, but again said she just

wouldn't. As a male, I was reassured. Confident. Validated.

That moment still stands out to me. Why was I so taken aback by the array of female sex toys? Why did I care if my friend used a synthetic device made for her pleasure? And why did her answer comfort me?

It would be easy to write off my unease as simply a reaction to a temporary, albeit very real, threat to my masculinity. The Ron Jeremy Dildo – made from a cast of the adult film star's penis – offered the size, motion, feel and availability that I realistically could not.

But the real issue, one that is much more troubling because it seems so ingrained in our oversexed culture, is the continued disparity between males and females when it comes to what we do in private. A 2000 study published in the *Journal of Social Issues* found that young women tend to learn about their sexuality from men; whereas, men learn independently. It would seem that a woman could only enjoy sex if she first learned how to please a man. You need to look no further than the February cover of *Cosmopolitan* magazine for proof: a headline reads, "The hour men crave sex most."

Admittedly, I am no expert on feminism or gender theory, but something about my teenage experience seemed so fundamentally biased, so wrong, that I will try to connect the dots. People are, after all, inherently curious about sex. Jake Bonse, a manager at the Adult Book Ranch, estimates about 50 college-aged adults visit the sex shop every day.

However, a stigma still surrounds masturbation. It is taboo – unspoken, dirty, guilt-ridden and pathetic. I believe openness about self-pleasure could be one path to greater gender equality.

Masturbation is the source of much confusion and misunderstanding. A 2007 study published in the *Journal of Sex and Marital Therapy* found 38 percent of women and 61 percent of men in the United States masturbate, with the largest percentage being under



age 30. In the study, researchers at the University of Chicago analyzed data from a 1992 health survey and made some interesting conclusions about who masturbates and why. One common view they investigated is based on the belief that masturbation is used to compensate for a lack of sex – in other words, it's only for singles.

Yet both women and men who were either in relationships or had satisfying sex masturbated, not to make up for any shortcomings, but as a completely separate activity.

If people are doing it, then what makes masturbation a forbidden subject? Is it a lack of education? When the United Nations Educational, Scientific and Cultural Organization released a document on sexuality education last September, some U.S. news outlets blasted it as promoting masturbation to 8-year-olds. The report suggested that elementary schools adjust their curriculum to debunk myths about masturbation, such as it causes physical and mental harm. Religious values could also play a part, as many Christian groups teach that masturbation is a sin.

For our generation, this thinking seems extremely old-fashioned and conservative. In a bizarre, critically acclaimed play that opened in early 2009, female masturbation and the confusion surrounding it plays a central role. Titled "In the Next Room (or the Vibrator Play)" and based on historic fact, it follows 19th-century New Yorkers as they experiment with primitive vibrators to cure hysteria. The irony is that they completely overlook the sensual side effects. In a New York Times article by Patricia Cohen, she interviewed the playwright, Sarah Ruhl, who said the play addresses the contemporary issue of male dominance.

"The point is how much control the mostly male medical establishment exercised over women, and the degree of ignorance women [and men] frequently had about their own bodies," Cohen said. From Victorian era New York to the 21st century, the message is clear: Female pleasure is misunderstood by not only men, but also by women.

As with many things, the media are both a reflection and purveyor of social attitudes. Unfortunately, in the pages of a magazine or over the airwaves, "sexperts" often move from reliable medical professionals to entertainers, tarnishing their credibility. It's the Dr.

Phil effect. Films and TV shows – from the movie "It's Complicated" to the TV drama "Desperate Housewives" – show modern women as aggressive, dominating and promiscuous.

In essence, to be a woman as the media shows, you must be more masculine in your sexual appetites. This apparent empowerment rings false, because as with most depictions of women, these drives are geared toward men and, however fleeting, relationships.

Women should be allowed to enjoy and celebrate sexuality on their own terms – which includes masturbation.

In the end, then, do we associate female masturbation with trespassing? A 2009 study published in the Journal of Sex Research gives some of the most frightening insight into the question. Researchers in Britain interviewed high school students, aged 16 to 18, to discover what role masturbation plays early in a woman's life.

"In relation to comfort with her own body, [a student] spoke in terms of her body, especially her genital area, being almost the property of boys – a place that only they could touch," the authors of the study said about one of the interviews. Other students expressed disinterest in their own bodies, as well as confusion about how to handle sexual urges without a man: "I just felt silly ... as if I wasn't doing something right," one student said.

I'm not saying we should all spend our time shut away in the bedroom, alone, with vibrator or porn in hand. Maybe a little masturbation – and the willingness to accept it as something we do for ourselves – is a good thing. For women, such liberation could be a step away from the stale, dated dogma that says pleasure is something to be ashamed of unless it involves a man. Let's hope. ■ **ca**

philip lindeman has made only one other trip to a sex shop since his first underage experience. despite being 18 the second time, he was turned down for not having an id. go figure. comments and questions can be sent to [csumag@amar.colostate.edu](mailto:csumag@amar.colostate.edu).

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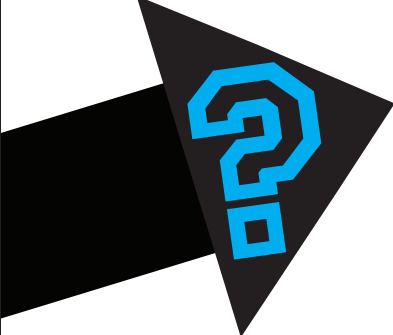
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by aliese willard

# Coital Conundrum

## how long to wait for sex?



**I**n almost every avenue of our lives, we have choices to make that are both meaningful and trivial. At Colorado State University, students are facing small decisions, like what shirt to wear with which shoes, or big decisions, like whether or not to have sex.

Faith Robison, a senior biology major, is deciding to remain abstinent until she meets someone she is truly in love with.

“[As a freshman], I believed in no sex until marriage,” Robison said. “I had a strong Christian background, and I hadn’t even had my first kiss. Now, if I’m in love with someone, I see it as OK, but it’s a huge commitment to be intimate with someone. [If you’re] going that far, there needs to be more than just physical attraction involved.”

Robison said that exposure to a college atmosphere has gradually altered her Christian values, so even though she remains abstinent, she has a looser interpretation than those who want to save sex for marriage.

“My religion does not force me not to have sex, but it has an influence,” Robison said. “I want having sex to be special.”

According to John W. Burt, a licensed psychologist in Fort Collins who specializes in sexuality, students have more sexual partners within one year than other demographics.

“It’s often a period of experimentation,” Burt said. “You’re adults making your own choices, but there’s a threshold that’s passed in a relationship when a couple starts to have sex.”

He added that sex is revered as a way to procreate, improve relationships and experience pleasure; yet, in many more traditional cultures, a sexual relationship is exclusively reserved for the context of marriage.

“Sex is a holy act between a man and a woman and is for marriage,” said Yerachmiel Gorelik, the co-director and adviser to the Chabad Jewish Student Organization at CSU. “In casual encounters, you lose the sanctity. A sexual relationship is a beautiful component of marriage and enhances it. Outside of marriage there is no meaning and it can even be destructive.”

Since Gorelik is an Orthodox Jew, his religious rules dictate that a man may not touch a woman who is not his wife out of respect, even if it means not shaking hands. The same goes for women in the faith.

“The belief is that touching in a flippant sort of relationship is not respectful, and touching can lead to an inappropriate relationship,”

Gorelik said. “People think it’s disrespectful when Orthodox Jews do not shake the hands of the opposite sex, when really the contrary is true – it would be wrong of me to treat a woman with disrespect.”

Although Gorelik’s standards may seem extreme to the average person, his beliefs have led him to a happy marriage and family.

“I don’t think a lack of boundaries does





# hot button

service to a man or woman. It's demoralizing," Gorelik said. "As a married man, I'm thrilled that my wife is exclusively for me, and abstinence until marriage made the relationship more special."

A sexual relationship often has a deeper meaning and emotional value than most people are willing to admit.

"There's no such thing as casual sex because emotions get involved and you can't separate it out," said Renee Madison, who is a professional relationship and couples counselor in Fort Collins. "From what I've seen, a lot of couples have to start over in developing a true emotional connection because they have [used] the physical relationship to try to get a connection, and sex does not solidify a relationship. It's the emotional connection that needs to be there."

Casey Reeves, a Fort Collins resident, said she respects people who choose to practice sexual abstinence, but considers sex a fun, trivial component in relationships.

"I don't think sex is that important," Reeves said. "You don't need it, but it's enjoyable. For people who are staying abstinent, there are good and bad parts to it. They never have that worry of 'I'm going to be a slut,' but when they get older and they're with one single person, there's always the question of 'what were the other people like?'"

Though Burt agrees that rushing into sex with the hope of establishing an emotional bond is unwise, he sees no problem with premarital sex, as long as couples communicate their intentions.

"I think defining [relationships] is healthy rather than assuming you're in a committed relationship," Burt said. "It used to be that you were either single, dating or married. Now, there are all kinds of other arrangements, like Friends With Benefits, which some people do successfully. It requires clear communication and balance."

But Madison argues that premarital sex creates a "false intimacy" that deceives couples into thinking they are strongly attached, when the opposite may be true.

"[That is] putting sex in the wrong place – trying to make it do something it was never meant to do," Madison said. "[The] fact is when they're married, they're going to want that closeness and that friendship and they're not going to have it because sex has gotten in the way. Getting to know someone outside the physical realm is really important in developing a relationship."

Burt acknowledges that he has dealt frequently

with clients who have experienced this dilemma.

"I've seen couples that didn't date enough before they were married, and years down the road still had a desire to see different people," Burt said. "[They] didn't 'sow their oats' before they were married.

But, then again, I see people who have had problems; I don't see the people who are happy."

Whether or not abstinence prior to marriage strengthens and sustains a relationship is debatable, but according to Burt it has its merits. Though Burt does not condemn premarital sex, in concordance with Madison he recognizes the benefits of holding off sexually.

"I actually think a certain amount of abstinence in a relationship could increase the sexual pleasure," Burt said. "There's nothing sexier than anticipation. It's like unwrapping a present slowly and you discover one new thing at a time. The sexual desire, the sense of anticipation and the value that's placed on it can increase. It's more special, and when you finally get there, it's mind blowing." ■ Ca

average age of virginity loss  
- women: 17.4  
- men: 16.9

average number of sexual partners  
- women: four  
- men: seven

20 to 25 percent of college students are carriers or are infected with an STD (one in five)



- information courtesy of a penn state study and the health services at columbia university



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**A** war is going on inside your television. Among the sitcoms, reality shows and prime-time dramas are commercial time slots – opportunities for advertisers to claw and scratch their way through the clutter and grab your attention. Similar battles are occurring within the pages of magazines and on the billboards lining highways.

With the fight for viewers' attention growing more difficult in a highly saturated market, advertisers are searching for ways to stand out and win the battle for your attention. One prominent tactic is the use of sexual imagery.

But does sex sell?

According to Donna Rouner, a Colorado State University associate professor of journalism and technical communication, the success of advertising that uses sexual imagery often depends on the product being sold.

“Research has shown that people are pretty turned off by sex in ads if neither the product nor the lifestyle being portrayed [are relevant to] nudity or sex,” Rouner said. “Where sex works for people generally is when the product itself has to do with sex or intimacy or nudity.”

Kathleen Kelly, an associate professor of marketing at CSU and the director for the Center of Marketing and Social Issues, agreed with Rouner.

“It’s often around how [ads] can be sensual, because it fits with the type of product we’re promoting,” Kelly said.

Senior accounting major Nic Lederhos said that advertisements for the clothing brand Abercrombie and Fitch, which often feature models wearing little to no clothing, do not appeal to him.

“They go too overboard without focusing on the [clothes],” Lederhos said.



Whether people love or hate a sexually explicit ad, Rouner said they'll probably remember it, and possibly talk about it – or so advertisers hope.

“It creates buzz,” Rouner said. “That kind of effect is something that advertisers like. Even though it's not selling [the product], it is making people pay attention to [the product]. Negative publicity is better than no publicity.”

However, while consumers may remember sexually explicit ads, they won't necessarily remember the product.

“If you get really caught up in the sexuality of a commercial, you think ‘oh, that is effective because I've got them watching,’ but you often forget what's being sold,” Kelly said.

But for high-end fashion labels like Dolce and Gabbana, a company who has become notorious for sexually explicit print ads, the purpose may not be to sell a specific product, but the brand itself.

“It's all about branding,” Rouner said. “You may never buy that product, but you will have that branded notion of Dolce and Gabbana as being on the edge, racy and sexual. In that sense, the advertising works in terms of attention and branded belief about that organization.”

And although the success of sex in advertisements is sometimes questioned, Kelly said sexual imagery is used strategically. In fact, behind every 50-second television commercial, 8-by-11-inch print ad and 75-foot-long billboard, there are hours upon hours of consumer research and target audience analysis.

According to Kelly, advertisers often conduct research to find niche groups to target as a means of breaking through the clutter of a heavily saturated market.

“[Advertisers] are constantly looking for a segment that isn't already being [focused on],” she said. “What you see happening a lot now is that if a company is trying to target a young market, and particularly a young male market, they're more likely to use sexuality or sex in advertising.”

And research has shown that men react more positively to sexually explicit ads than women, a fact that Rouner attributes not to the display of nudity or sexual acts itself, but the implication that these images make about gender.

“Males tend to like nudity, sexuality and sexual explicitness across the board, but women tend not to like it because they are the ones who are the objects of the sex,” Rouner said.

A 2009 study in the *Journal of Consumer Research* suggested that women react more favorably to sexual imagery in ads if it is within the context of a committed relationship. According to the researchers who conducted the study, this is likely due to the fact that men tend to have positive attitudes toward

casual sex, while women tend to care more about relationships involving intimacy and commitment.

Rouner agreed, and said most ads with sexual imagery that we see today reflect men's ideals rather than women's.

“[Advertisements] are very male oriented, so they don't show a lot of committed relationships,” Rouner said. “I don't think women are objecting to the sexual act or the nudity. I think they are objecting to the oppression of it, the oppressive nature of it.”

Adriane Ciavonne, a senior journalism and technical communication major, agreed and said that ads objectifying women bother her.

“I think that men have never been on the other end,” she added. “They don't really know what it's like [to be objectified].”

Elissa Braunstein, an associate professor of economics, teaches *Gender in the Economy*, a survey course that focuses on different gender issues within the economic system, including the issue of sex in advertising.

She explained that sex in advertising becomes an issue when problematic images of women are used and that suggesting this tactic is justified simply because it works is a “cop-out.”

“[The saying] ‘sex sells’ is too passive,” she said. “It's missing the other side of the equation. It partly sells products because advertising uses it to sell products. They could use other kinds of images and be just as effective.”

Kelly said businesses are starting to become more aware of their social responsibilities to the public in regards to minimizing harm. But according to Rouner, a lot of changes still need to be made in how sexual images are used and portrayed in advertising.

“It's clear to me that really good ads can exist without sexualizing or sexually objectifying people,” Rouner said. “You can use sex in advertising in a beautiful way, just like art.” ■ Ca

### overexposed: advertising statistics

- advertising is an over \$200 billion a year industry
- the average person is exposed to over 3,000 ads a day and spends 3 years watching tv commercials
- four hours of tv programming contains about 100 ads
- about 30 percent of local tv news time is devoted to advertising

*-information courtesy of mediaed.org and jeankilbourne.com*

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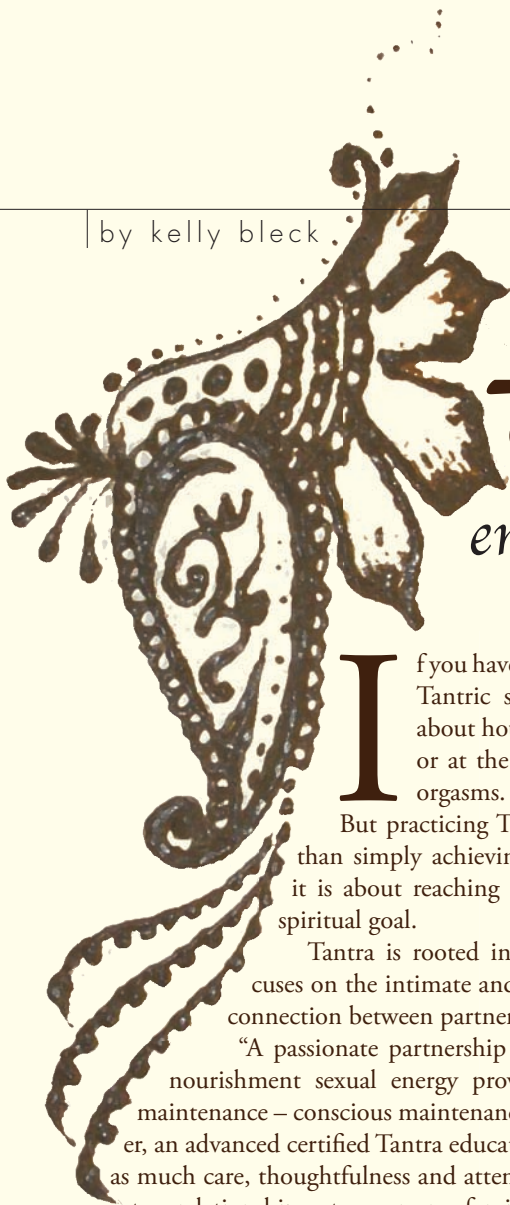
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by kelly bleck



## Tales of Tantra *energy enhances sexual experiences*

**I**f you have ever heard the term Tantric sex, you may think about hours and hours of sex, or at the very least, multiple orgasms.

But practicing Tantra is much more than simply achieving a physical goal – it is about reaching a psychological and spiritual goal.

Tantra is rooted in Hinduism and focuses on the intimate and eventually physical connection between partners.

“A passionate partnership not only needs the nourishment sexual energy provides, it also needs maintenance – conscious maintenance,” says Diane Miller, an advanced certified Tantra educator. “We believe that as much care, thoughtfulness and attention should be paid to a relationship as to a career, a family or a cause.”

Tantra assists in self-realization and directing sexual energy, which is unique to each individual and cannot be specifically defined. But learning to control yourself and your sexual energy is important for reaching enlightenment, a true acceptance and understanding of the world that is central to Tantra’s main ideology.

Enlightenment is the first step to connecting fully and intimately with a partner, which in turn can lengthen sexual experiences and intensify them.

“Nobody ever taught us how to be in a relationship, how to be sexual and intimate with a partner,” says Joanna Kennedy, owner of the Center for Greater Loving in Boulder, Colo. “[Tantra] showed me what was possible, the love, the joy that I could receive through intimate connection.”

Miller meets with individuals, couples and groups to help educate them on Tantra, mainly using breathing exercises. Practicing these exercises teaches them to calm down, medi-

tate and connect with their surroundings. Achieving a calm view of the world, and ultimately yourself, allows you to identify with and adjust to your partner’s needs.

“We walk through the world on autopilot, with our unconsciousness setting up maps of ‘this is the way the world is.’ It’s unsettling for people if something changes,” says Paul Slaughter, a marriage and family therapist in Fort Collins. “We don’t step back and think there’s multiple ways to look at something.”

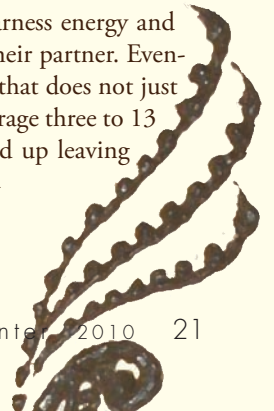
Tantra helps define the energies you expel when you interact with others and allows you to control which are expressed and when.

“I think about consciousness and honoring connection, knowing what space I am in, what I am bringing,” Kennedy says. “Am I bringing the junk from my day, so I am grumpy and I’m taking that to you? Or am I letting go, showing up and touching you in a way that’s filled with love, compassion and expressing the energy that I want to offer up to my intimate partner?”

In turn, the energy offered to an intimate partner can be directed specifically to enhance the sexual experience, what most believe Tantra is used to achieve.

According to a 2008 Discovery Health article by Amy Painter, “Tantric sexual practices teach us to prolong the act of making love and to utilize potent orgasmic energies more effectively.”

Tantric tactics can help anyone to harness energy and form a deeper psychological bond with their partner. Eventually, this can lead to physical sensation that does not just end with what is acknowledged as the average three to 13 minute sexual experience that could wind up leaving one partner or the other unsatisfied. ■ Ca





# CHEATING

the reasons behind the act



**T**he birds chirp, the sun shines and everything seems right in the world when you're in a good relationship. That mystical, cloud-nine feeling makes you feel wonderful and almost invincible, that is until infidelity worms its way into your perfect world – ruining what could have been and leaving you feeling destroyed.

That is what happened to Savannah Svoboda.

After two years in a serious relationship, Svoboda, a sophomore communications and political science major at Colorado State University, returned home from a vacation in Mexico to learn from an acquaintance that her boyfriend had cheated on her while she was gone.

"It was so bizarre because it was a really good relationship," Svoboda explains. "I didn't believe the person who told me because we weren't good friends. I was in denial."

She confronted her boyfriend about it, who tried to deny the rumor, but after a two-hour battle, he admitted it was true – he did cheat on her.

"His attitude just switched like that, so I knew something was wrong," Svoboda says, referencing when she first confronted her boyfriend about the rumor.

With this infidelity, their seemingly great relationship of two years ended.

Today, it seems that infidelity is more common, especially with celebrities like Tiger Woods, Madonna and even former president Bill Clinton making headlines for cheating on their spouses. According to Elizabeth Harrison, a licensed clinical social worker in Fort Collins, 30 to 50 percent of people have had an affair.

Furthermore, cheating can be very common in college, mainly because many people are not ready for a serious relationship, adds Rachel Isenberg, who is also a licensed clinical social worker in Fort Collins.

## who cheats more: women or men?

In Svoboda's situation, infidelity stepped into the relationship out of nowhere, but the reasons for cheating vary from person to person.

Isenberg explains that many people feel unimportant or devalued in their relationship and are looking for something new without ending their current relationship, but they still need the current relationship to feel special, even if it's not fulfilling their needs.

Fort Collins therapist Laura Garrett says others might use cheating to end their relationship purposefully or even as an easy way out to avoid commitment.

"This way the person doesn't ever have to have the 'it's not working' talk, and he or she can keep all emotions aside," she adds.

Garrett says this form of a break-up can often create a pattern, where a relationship is more likely to end with cheating if that is how two people got together in the first place.

So is the saying "once a cheater, always a cheater" true?

Isenberg says no, because people can always learn from their mistakes, understand what exactly they are looking for in life and never cheat again.

But when the door to infidelity has been opened once, it can be easier to open a second time, explains Harrison. The likeliness of a person to cheat on their partner depends on their current relationship values and expectations of what they want from that relationship. She continued on to say that for many people, it's a matter of knowing if they are mature enough to be in a loving relationship and see the long-term effects of their actions.

"Everyone has their own reason [for cheating]," Isenberg explains. "Often times it's that they feel disconnected with the person they're in a relationship with and they meet someone else that makes them feel special, which pulls them closer."

Someone who has experienced this feeling is Brian A., a former CSU international studies major. Brian A. was in a long-distance relationship for five months when he cheated.

"Feeling disconnected [from] my girlfriend and not [having] my needs [satisfied] was the biggest thing," Brian A. says. "My girlfriend had a lot going on and it was hard for her to show that emotional side."

When his girlfriend found out he cheated, they decided to salvage their relationship, but only if he cut off all contact with

it's often men who have the bad reputation of being cheaters. results of a 2009 study by the new york daily news showed:

- 20 percent of the people got a thrill from cheating on their partner and would do it again
- 25 percent became intimate with a colleague at a work event
- 40 percent kissed someone other than their partner while out clubbing
- only one-third of these cheaters admitted being caught by their partner

- 30 percent of men admitted to infidelity

- 40 percent of women admitted to infidelity

the

woman

who he had

cheated on his

girlfriend with.

"There was a slight trust issue after the first month or so," says Brian A., who remains anonymous out of respect for his current relationship and the

person whom he cheated with. "I had to make that extra effort. It's not so much of an issue now."

He adds that he has learned a lot from this experience and is currently working to maintain a strong bond with his girlfriend, who he has now been dating for over seven months. He believes that he will not have any problems remaining faithful in the future.

After someone has been unfaithful in a relationship, Isenberg explains that rescuing a relationship requires both people to reconnect, decide what they're looking for and possibly change their expectations for the future. She adds that both people have to be physically and emotionally available.

"When a person is having an affair they are stuck in 'tunnel vision,' which means they cannot see the reality of what they're doing," Isenberg says. "The fantasy eventually shatters, leaving the problems of the old relationship unresolved."

Garrett says the way to avoid infidelity is to make sure you're not getting into a relationship to make yourself complete because, if this is the case, the relationship will never work. She explains the relationship results in one person looking elsewhere.

"I think the biggest component to relationships and their success is both people need to be whole, complete and healthy," Garrett says. "You have to make yourself feel complete." ■ Ca





hot button

| by philip lindeman

# ASPS, enthusiasts and Johns

## INSIDE THE FORT COLLINS ESCORT BUSINESS

Jill is a bit of an Internet junkie. She has multiple postings in online classifieds, a personal Web site and several profiles that describe her qualities – she says friends tend to call her “cheerful, bright, warm, illuminating and powerful” – as well as her weight, height, measurements and when she is available for incalls and outcalls.

Other information, such as Jill’s real name, telephone number, home address and employer remain carefully guarded to protect her from law enforcement. Jill is an Adult Service Provider (ASP), the industry-preferred name for a prostitute.

“There are two reasons you can’t tell people [you are a prostitute],” she says. “One is the legal aspect, self-preservation. The other is that people, especially older people, cannot fathom that you could have a total stranger come to you and be safe.”

Outside of her virtual life, Jill is the same person she presents for strangers

photo illustration by stephanie scott



as an ASP. Unlike many providers, who hide any distinguishing marks such as tattoos and even their faces online, Jill has never posted a picture that wasn't absolutely real.

"I don't believe in misrepresenting myself," she says, noting that all of the pictures on her Web site are current as of this past May. "I want someone to come and say I am more attractive than in my picture."

Jill is a Colorado State University graduate who came to northern Colorado as a student and never left. She enjoys the Fort Collins community, especially the music scene and jam bands, and describes herself as a "spiritual, loving person." She closely follows the debate over medical marijuana and is a firm believer in "all or nothing" when it comes to the regulation of controlled substances. Above all, she says, Fort Collins is her home.

Jill has been operating in Northern Colorado for nearly 20 years. Her roommate was the first person to suggest she become a prostitute.

"She told me, 'You get along with the bros and the cowboys and everyone. You should be an escort,'" Jill says, mentioning that only a few close friends today know about her chosen profession.

Along with being a prostitute – her primary source of income – she also has a professional job in Fort Collins as a self-described "healer." Despite her efforts at transparency on the Internet and with friends, she admits her job would be in jeopardy if someone discovered she was a prostitute. She asked that both her real name and provider name be changed. The issue of anonymity and safety, as with everything she does, is still her primary concern.

"I think these things – drugs, sex, anything – are going to happen no matter what," Jill explains. She believes the majority of victimless crimes should be made legal, noting that when illegal, they often do more to destroy lives than if they were accepted. She doesn't, however, see this as a fatalist mentality and is proud of what she does. After spending nearly half her life as a prostitute, it has influenced her world view.

"I think our society is a very fearful society," she says. "Our concept of monogamy has turned a society of people who don't want to be liars and cheaters into liars and cheaters."

Prostitution in Fort Collins and Northern Colorado is a relatively quiet business. A common misconception about prostitutes is that they are women who find business casually, walking the street and waiting for clients to come to them. This assumption is far from true. Modern prostitution is often highly organized and anonymous; when faced with criminal charges – a rare occurrence – most women will never talk. Like Jill, they are careful and leave very little solid evidence of their activity.

"We just don't have the manpower to pursue it as heavily as other agencies with a vice unit," says Jonathon Cox, an investigator with the Larimer County Sheriff's Department.

Since most prostitutes do not operate in the open, they

are able to maintain a low profile and ensure a discreet experience for their clients. Discretion, along with safety, is the No. 1 concern for both escorts and "Johns" – the term used by law enforcement to identify a man who solicits prostitution, according to Cox.

"People think [prostitution is] full of perverts and that's not totally true," Jill says. "It's a whole different thing here in Northern Colorado. We're more down-to-earth and it's less competitive than Denver."

Cox admits it has been a long time since he worked a prostitution case. In his 17 years with the department, he can only remember a few specific instances of "popping" someone for soliciting sex. It is difficult to prosecute and convict a suspect because they must either confess or be caught in the act, which contributes to the hidden, almost non-existent nature of sex-for-hire.

"We have very little prostitution activities in Fort Collins and Northern Colorado," states Rita Davis, a spokeswoman for Fort Collins Police Services. Because different agencies deal with the problem individually, she admits that she may not be aware of every case.

According to state and federal law, a prostitute is any person, male or female, who receives payment to have sex with another person who is not their spouse. The most basic level of prostitution, soliciting sex is a misdemeanor with a maximum penalty of six months in prison and fines up to \$750.

"There is no one agency that says they will be the lead point on prostitution," Cox says. Because the punishment is minimal, the sheriff's department rarely runs extensive undercover operations, and unless a person has been previously convicted, there is no database of people suspected of soliciting sex. Even after conviction, no specific data is kept on prostitution.

"We just don't keep those kinds of statistics and don't categorize by what type of crime was committed," says Linda Jensen, the public information officer for the Larimer County District Attorney's office.

"[The punishment is] generally fines," Cox adds. "Fines and embarrassment, especially if they are married."

With the exception of Nevada, prostitution in the United States operates illegally in various forms. The type most commonly targeted by law enforcement on a proactive basis involves organized rings, where multiple managers and prostitutes work collectively. In order to maintain a low profile, these operations use a legal adult entertainment business as a cover – this can include massage parlors and escort services.

In 2009, Denver was the site of two prostitution busts, one in February and one in October. All together, over two dozen people were arrested in Denver and roughly 100 child prostitutes were rescued around the country, according to online reports by the Associated Press and 9News.

The busts were part of a nationwide initiative known as Operation Cross Country, spearheaded by the FBI and car-

## hot button

ried out with the help of local agencies. The raids targeted two massage parlors in Denver and resulted in the arrests of a wide variety of people – women and men, ranging from 18 to 48 years old – linked to child prostitution and human trafficking. No children were found in either raid on the Denver establishments.

“The police and the FBI have their eye on all these massage parlors,” Pam Harvey says. “There is the possibility that they could bring five or six down at a time.”

Harvey is the Colorado director of the Not For Sale Campaign, which is an international organization dedicated to identifying and assisting victims of human rights violations. She says human trafficking and prostitution do not always

abused,” Jill says. Over the years, there were times when she found herself surrounded by drugs and other activities that overshadowed what she enjoyed about being a provider – the chance to connect with people and “open a whole new world” sexually – and knew she had to leave it behind.

“If you stay away from felony drugs or ripping people off and work with integrity, you’re OK,” she adds. “There are many people out there who involve their women in drugs.”

Jill is willing to be open about what she does because she has never been married and has no children. While she does not follow the same practices as other prostitutes to protect her identity, something that can make her legally vulnerable, she is safe and cautious with clients. She requires recommendations

“Our <sup>a</sup> concept of monogamy has turned <sup>a</sup> society of

go hand in hand, but they can operate in similar ways. In general, Harvey explains that trafficking rings stay away from prostitution for one reason: trafficking is incredibly profitable – more so than drugs – as well as dangerous, and most people involved simply don’t need the additional money or attention that comes with prostitution.

For many women, especially those who are younger, the root of prostitution goes beyond money. From personal experience, Jill finds that the majority of women who become trapped in potentially dangerous situations are those who were sexually assaulted or abused as children. She enjoys her work and calls it a “viable profession,” something she largely credits to a good upbringing.

“I came from a healthy family with lots of love and wasn’t

from at least one other established provider before arranging a meeting, typically someone she has networked with or knows personally. For outcalls – a meeting at a client’s home – she has a more strict set of criteria, but for safety reasons, she chose not to describe them. She advertises as “newbie friendly,” and incalls are open to anyone but held at a place she selects. The choice to work alone is another important security measure.

“Escort services are prostitution in a more legitimate verbiage,” says Sgt. Russ Reed with FCPS. Reed is head of the Crimes Against Persons division, which among other things, is in charge of investigating and arresting those involved with prostitution. Because concrete evidence is difficult to secure, if law enforcement suspects a business of being a front for prostitution, they can control it through logistic violations.

“That’s how a lot of jurisdictions get these places. They can’t pop them for prostitution, so they’ll get them through licensing,” Cox says. The police department has control over licensing and can easily stop illegal activity without solid charges of soliciting sex, but this only applies to businesses that operate in Fort Collins.

“I would say it’s everywhere,” Cox says. “The thing with escort services is that they can be based in Denver with a Denver phone number, but a guy in Fort Collins can still call looking for a party.”

Jill primarily meets with clients who live in Northern Colorado. This is common for many providers, who cover a general area but don’t limit themselves to a specific city. There are no es-

tainment that she decided to try running a service of her own. During her time in the industry, she has seen many escort services earn the “unfortunate reputation” as fronts for prostitution.

“I’m trying to break the mold in a way,” she says. “I could see why [escort services] have that reputation because it happens. There is a brighter side as well and I want to help bring that out.”

Her employees are hired for a variety of services, such as reunions or dinner dates. Last October, one of her women was a golf caddie for a visiting businessman. Pfauth eventually wants to expand into football and corporate parties.

While working as an escort and dancer, Pfauth gained

“I want to  
be  
liars  
and  
cheaters  
into  
liars  
and  
cheaters.”

“I want to be liars and cheaters into liars and cheaters.”

cort services based in Fort Collins, but many of the women who work for Colorado services travel throughout the state.

Sarah Pfauth is the sole owner and operator of the Denver-based business Elite Escorts. Changing the negative opinion people have about escort services was one of her goals when she started the company in August 2009.

“I have zero tolerance for prostitution,” Pfauth states. She works as a professional in two other jobs, but because of the possible backlash from her other employers, she chose not to name where she works. With the state of the economy, adding a third, private business seemed like a viable and profitable way to supplement her income.

Pfauth explains that she worked as an escort and exotic dancer seven years ago, and it is because of her experience in adult en-

tertainment that is valuable when screening possible clients. She ensures reliable protection and a sense of security during appointments, adding that she would not hesitate to involve the police if she felt one of her employees was in danger. Pfauth understands when someone is calling for valid reasons or simply looking for sex.

“I can tell right away what they are all about because they will tell me,” she says, referring to a man who called her a bitch and made comments about lingerie. “People are pretty honest. I don’t want people to think that I am sending out a prostitute, someone to have sex with.”

For tax purposes, Pfauth’s employees are considered independent contractors who are required to sign a contract stating they will not have sex with clients. Because of the



# hot button

measures she takes to protect herself, her business and employees, Pfauth is not legally considered a “pimp” – a felony charge with penalties of up to 12 years in jail and \$750,000. The severity of the consequences is one reason why Jill stays away from escort services and prefers to work independently.

Along with pimping, prostitution becomes a felony when it involves minors or knowledge of HIV infection. It is often at the felony level when prostitution attracts the immediate attention of authorities. Neither Cox nor Reed can remember such a case in Fort Collins.

The most recent bust of an organized prostitution ring in Fort Collins was in 2003. The Larimer County Sheriff’s Department raided a massage parlor on Link Lane, just north of Mulberry Street across from the gentlemen’s club, A Hunt Club. The business, Choice Tan, is one of two massage parlors in Fort Collins listed on the Web site [eroticmp.com](http://eroticmp.com), advertised as “your No. 1 source for erotic massage and massage parlor reviews.” Choice Tan is currently open under the same name, a trend Cox calls “typical.”

“Once it’s raided, they will sell it to someone else and the person who got busted will move someplace else,” Cox says. He remembers the bust as being “low-key.”

“The Korean massage parlors are everywhere,” he adds. “It’s a huge business for them.”

Based on information Cox has gathered from talking to people involved, the women who work at many of the Korean-run businesses are illegal immigrants trying to pay off what he calls “shipping costs.” Once these costs are offset, they are typically free to go, making their situation slightly different than other human trafficking cases.

“Prostitution is the easiest and fastest way to pay off debt,” Cox says. “A lot of these women were doing it for a whole lot less back in Korea.”

Because of confidentiality, both Reed and Cox were unable to give exact details about how they approach and investigate organized prostitution. Reed says if there were any ongoing investigations, he wouldn’t be able to release information about the businesses or people involved.

However, based on past cases, Cox explains that most busts occur when a tip is received from surrounding businesses or concerned residents.

“If we have a complaint, we will stop the John on his way out to talk to him,” Cox says. “Most of them admit to it.”

Independent escorts – what Cox calls the “lone” prostitute – work on their own and range from high-end providers with personal Web sites, such as Jill, to young women who advertise in online classifieds.

“Look on Craigslist or backpage.com and you tell me,” says Reed, in regards to online prostitution. He has seen the sites and is aware of the people on them, but like other illicit sex activity in Fort Collins, they are not proactively followed.

“Especially in Northern Colorado and Wyoming, the men are looking for real women with real bodies,” Jill says. “They aren’t going for the fly-by-night, Craigslist-type girls.”

The Other Board is a Web site with reviews of prostitutes in Colorado and Texas. A disclaimer on the opening page states it is “solely for information and amusement” and is not related to prostitution. Other sites, including both Jill’s and Pfauth’s, have a similar disclaimer. On the front page of her site, Jill writes, “If money is exchanged then it is for time only. Time together may include services such as erotic dancing, modeling or a body rub.”

The legal validity of these claims, however, is questionable.

“If they’re trading sexual favors for money, that’s a criminal offense,” Reed says. “No matter what they’re putting in their ads, it’s still illegal.”

Jill says the disclaimer is primarily used to prevent people who do not belong on her site from unknowingly accessing the content.

“I know it wouldn’t help in a legal situation,” she says.

To disguise their activities further, the online prostitution business has its own veiled lingo, similar to other digital media. In message boards, John’s refer to themselves as enthusiasts or hobbyists and post open discussions with titles like: “Top 10 Hobbyist Pet Peeves” and “ASP v. Girlfriend – Pros and Cons.”

The Other Board also has a glossary of short-hand terms, like text language, to describe the services each prostitute provides: “Greek” is anal sex, “GFE” stands for girlfriend experience and “French” refers to oral sex. Although the language is carefully disguised and intentionally left ambiguous, the photos are typically graphic.

“When a young lady is posting pictures with their private parts exposed and saying they will charge \$100 for a half hour of their services, a reasonable person would jump to the conclusion that it is prostitution,” Reed says.

Another advantage of the Internet is that it acts as an anonymous yet effective way to screen clients. Safety and discretion are often one in the same. Many prostitutes require clients to register with the Web site Preferred 411 before they will agree to a session. The site hosts profiles for clients and “legitimate providers.” Clients are required to purchase memberships for \$69 a year. To confirm their identity, they must provide proof of employment, information the site operators say is imme-

## BUSINESS DEFINITIONS

diately destroyed after confirmation. In exchange, they receive a discreet user name, full access to provider information and the ability to contact them directly through the site.

On Preferred 411, Jill has a list of over 17 activities she enjoys “in private,” all listed as discrete acronyms, followed by a disclaimer that reads, “For which no money is exchanged.” Neither her profile nor Web site list options for payment. Rather, there are suggested donations for her services, ranging from \$100 for 15 minutes to \$200 for a full hour.

The monetary benefits of prostitution are not easy to pin down. While prostitution can be profitable, the women who become successful and remain largely off the radar are not after cash.

“Never take a client because you are desperate or need money,” Jill says. “As with any profession, greed is the enemy.”

Pfauth, who started her business with the goal of making money, says her unique approach has been slow to evolve and catch on.

“Things are not looking good right now, but that is because I’m not taking every call,” she says. “In time, at some point, it will be very lucrative. I’m just taking baby steps.”

Reed is unsure of any noticeable economic impact brought about by prostitution and could not comment on how the public views the crime.

“I don’t have an opinion one way or the other,” he says.

Prostitution does remain largely unseen and, to an extent, controlled. The last case Cox can specifically remember of a John being charged for soliciting sex was in 2004. Because the overwhelming majority of people find what she does to be unthinkable, Jill has learned to adapt to Northern Colorado, like camouflage.

“I’m just a regular 40-something-year-old woman who wouldn’t stand out other than my large, all-American chest,” she laughs. Despite never being arrested or charged with prostitution, Jill is aware of the legal penalties for all aspects of the crime. Because she has been around longer than anyone else she is aware of, Jill is sure the police have some idea of whom she is. Being vocal about her life as a prostitute could damage the careful balance between what she enjoys and what is accepted.

“There is a reason and order that flows quite nicely without disruption,” Jill says. “Until I’m ready to get out of it, which I’m not, I think I need to remain not so vocal or proud about sharing my views. I’m not sure the human psyche is prepared for it.” ■ Ca

**prostitute:** someone, primarily women, who accepts money from a person who is not their spouse in exchange for sex. Includes oral and anal sex as well as masturbation.

**escort service:** an outcall agency that acts as a liaison between adult entertainers and clients. employees are hired for dinner dates, parties and other activities. legal services strictly prohibit employees from engaging in prostitution.

**gfe:** short for “girlfriend experience,” this describes a session that is warm, friendly and “lovemaking.”

**pimp:** someone who receives payment for another person’s prostitution, often using fear or violence to control; classified as a felony.

**massage parlor:** businesses that acts as a veiled front for prostitution.

**donation:** term commonly used by prostitutes to describe the money exchanged for a session.

# Knowledge is Power

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**BORN AGAIN**

★ **Virgins** ★

**a (non) sexual revolution**

by stacey k. borage

gretel and steve balmer discuss their decision to stay abstinent until marriage.

▶ photo by garrett mynatt

**A**fter Jeremy Justus lost his father as a teenager, he found other ways to cope. Soon it was easy for him to get lost in an alcoholic frenzy, and it became easy to look for love in his drunken haze. After years of self-abuse from excessive drinking and casual sex, Justus decided to change.

He, along with other people who have lost their virginity, are now taking it back and revolting against modern sexual norms. A word once used to describe sexual innocence has become purely a state of mind. These select individuals identify themselves as “born again virgins.”

“I started recognizing over the last couple of years [how] sex outside of marriage eats at you and tears you up,” he says. “Remembering the way I felt made me feel worthless, and it became very easy to be a born again virgin.”

The definition of born again virginity, and even virginity itself, is hard to define because the meaning gets blurred with each person’s experiences and personal opinions about what sex should be.

And when students were asked to define virginity, they all answered differently.

“Anyone who hasn’t had vaginal sex [is still a virgin],” says Maggie Polonic, a senior finance and computer information systems major.

Other students agree and say that someone could “mess around” by engaging in oral sex and still be considered virgins if they refrain from intercourse. But Gretel Balmer, a Colorado State University coordinator for the Alpha Center, has a different take.

“A virgin [is] a person abstaining from sexual activity, not just sexual intercourse,” Balmer says.

Located on College Avenue, the Alpha Center is a Christian-based organization that provides pregnancy testing, STD testing, post-abortion counseling, and education and mentoring programs without judgment.

Balmer, now 34, was a born again virgin for two and a half years before getting married at age 23 to Steve Balmer, who was a virgin.

“A born again virgin is a person who wants to cease all sexual activity until they’re [married],” she says.

Gretel is 15 when she lost her physical virginity. Because of the stress she experienced from being sexually active, she became a born again virgin when she was 20 years old.

“I got to the point of being so tired of being in this cycle

of meeting a person,” Gretel says. “You think they like you, you know they like you because physically they’re giving you attention. You get physical with them, and you hear from them on and off. About a week or two later you think, ‘do I have an STD? Could I be pregnant?’”

While students can have a hard time grasping the concept of born again virginity, others are at ease with the choices they make about sex.

“People make mistakes,” says Alysse Willhite, a senior design and merchandising major. “If you don’t want to have sex again until you’re married, I think that’s great.”

But some students on campus say if the deed is done, there is no going back.

“I’ve never heard of [born again virginity] before,” Polonic says. “I’m not sure you’d be a virgin again [since] you’ve had sex. You can’t take that back – it’s already happened.”

According to Gretel, it’s more than a physical state, but an emotional and spiritual state as well.

“Virginity is not [about just] saying no,” she says. “It’s a whole bunch of things. It’s how you see yourself, it’s how you communicate and it’s how you love yourself and others. [Waiting] involves the whole person.”

For Justus, religion played a large role in his choice to

**“I started recognizing over the last couple of years [how] sex outside of marriage eats at you and tears you up.”**

**jeremy justus, a born again virgin**

become a born again virgin. Making the transformation from being sexually active to becoming celibate was just a portion of following the Lord, he says.

“When I’m fulfilling an act of God created inside of a relationship, I get more out of it than if I’ve had six beers and [a woman and I] like each other,” Justus says.

He proposed to his girlfriend, Adrienne Boyd, 29, last October after a year of dating.

“I’ve known [Justus] for seven years and I’ve seen a huge change,” Boyd says. “Seven years ago, I wouldn’t have dated him. But there’s restoration in the things the Lord has said.”

But spiritual restoration doesn’t negate the view of virginity in the media; the media are partly to blame for the threat of the extinction of the virgin, says Jonathan Lupo, an assistant professor of speech at CSU who studies pop culture.

“There’s an expectation that if you haven’t lost your

virginity by the time you get to college then something's wrong with you," he says. "The media are telling us this is a part of the rights of passage."

Students agree that media play an influential role in the current public opinion of virginity.

"[The state of virginity] is starting to change with TV and the Internet," says Eli Schutz, a sophomore construction management major. "[Media] has devalued virginity while religion has kept its value."

When the media do choose to portray virginity, it is usually in a humorous context. One example is "The 40-Year-Old Virgin," where Steve Carell plays a middle-aged man who works at an electronics store and remains sexually innocent until it becomes his friends' mission to get him "laid."

"The running joke was how horrifying [it was for] him to be a 40-year-old virgin," Lupo says. "There are very few real depictions of sexuality and virginity in the media because we're living in a very prudish kind of culture."

Gretel and husband Steve have two children, seven and nine, who watch TV shows that are intended for younger audiences, but Steve says these shows now take a more sexualized approach in portraying the characters.

"It's interesting [to watch] some of the shows like 'The Suite Life of Zack and Cody,'" Steve says. "At a young age, the girls in there are very attractive. I wouldn't say they're portrayed as sexy, but they definitely wear short skirts where if I had a daughter, I wouldn't want her to be wearing that. I think that there are very early on portrayals of women not as a person but as a sex object, and you can see how it really [can have a snowball effect]."

And Lupo says the sexual portrayals in TV shows and commercials will not end soon.

"Sex will always win out," he says. "Sexualized imagery will always be there."

It's not only about what the media discusses that impacts our views, but what it also chooses not to discuss.

"Virginity is rare [in the media]," Lupo says. "It may be depicted as something silly like in 'American Pie,' where it was a race to lose one's virginity, and it's something they had to shed quickly or they'd be freaks. It's very rare in which there

will be real discussions about what it means to lose your virginity or what it means to be a virgin."

Marilee Long, a professor in the department of journalism and technical communications, stresses the importance of media literacy since virgins are missing from the big picture.

"[We need to] keep in mind and remember entertainment

media are typically fictionally based," she says. "It doesn't have time to give you the back story. Its goal is to entertain you, not educate you. What you see in the media is usually not a good reflection when it comes to the sexuality of real world conditions."

Regardless, sex is everywhere. All over the world, media uses sex to sell products and hype storylines in TV shows and movies. For Willhite, the modern view of virginity starts formulating here.

"Sex sells and kids get a skewed view. [They think] that's the right thing to do," Willhite says. "If you want to be cool then you will do that. Everything's sexual, [and] I think the media are becoming more lenient every year."

Poloncic agrees and says the uncertain value of virginity "comes from people trying to figure out how they want to live their life instead of doing what their parents say."

Regardless of the reasons, Gretel provides hope to those who want to change their ways.

"[Before becoming a born again virgin], I was sick of all the stress of all the crappy relationships and the low standard that I set for myself," she says. "When someone looks at you and says, 'I don't believe enough in you to wait, just give in,' then [I'm] saying, 'you're better than that.'"

Justus adds that it all starts with the belief that there has got to be a better way to get enjoyment out of life.

"It's like learning [how] to fly," he says. ■ Ca

**deFINING  
born again  
virgin**

- "virginity" is a complicated word to define, but for most, being a virgin means never having engaged in sexual intercourse
- "born again virgin" refers to someone who has previously had sexual intercourse, but has decided to become celibate until marriage
- being a born again virgin is commonly thought to be linked to religious views, however, that is not always the case
- for some, being a born again virgin is not a state of mind, but a physical transformation – women can have their hymen reconstructed through a surgical procedure called hymenoplasty

-information courtesy of [www.msnbc.msn.com](http://www.msnbc.msn.com)



| by heather goodrich

# the taboo topic

sex in society



I learned sex was a topic that was not meant for public discussion when I was 7 years old. My mom and I were driving to the store when the song “Let’s Talk About Sex” by Salt-N-Pepa came on and immediately the radio was turned off.

My cheeks turned pink from embarrassment as it sunk in that “sex” was a dirty word – or at least a word that should not be talked about in public.

After that day, whenever I heard anyone say sex in a conversation or on TV, I would “earmuff” myself and squeeze my eyes shut as to not let the dirty word enter into my mind.

Months later, my mom and I were again driving to the store, and the song “I Wanna Sex You Up” by Color Me Badd came on the radio. But this time, I was prepared. Instead of waiting for her to do something, I decided to ever so nonchalantly turn down the volume every eight seconds during the chorus when sex was mentioned – that was until she asked me what I was doing and I shouted “Nothing!” so that my voice would drown out the last bit of lyrics.

Looking back, I have obviously changed, but what hasn’t changed is society.

Sex is a topic that should be talked about and one that needs to be talked about – not suffocated in silence by a dominant ideology that makes us believe we should not talk about sex among ourselves or in public as a topic that we can all relate to. That is, unless we want to operate on the assumption that sex only impacts people in a sexual relationship is clearly false because sex is what brings babies – not the stork.

Like it or not, sex is here to stay. So let’s jump in and talk about it because, as you can see, there

▶ photos by garrett mynatt



are numerous different topics in this magazine about sex and many more topics that we couldn't get to.

I could start spitting out statistics about how sex is a "normal" function, which it is, and that pop culture is laden with sexual imagery, which it is, but what I'm interested in is how sex is depicted in literature. For me, literature is prose that challenges and critiques ideologies and discourses – and often – dare I say – critiques sex in society or even pokes fun at it. Here are a few of my favorite texts that discuss "the taboo topic."

William Shakespeare's comedy "Much Ado About Nothing" is all about sex, or at least sexual tension, which is exemplified through the slang term for female genitalia "noting" – a pun on the word "nothing" – through cuckolds and other sexual situations and innuendos.

Another play is "Roaring Girl" by Thomas Dekker and Thomas Middleton, which is centered on a relationship, but the focus is on Moll Cutpurse. She is a character who dresses like a boy and whom society assumes is a "loose woman." However she isn't, which reaffirms the idea that women are supposed to be chaste virgins.

But it isn't just Jacobean dramas that talk about sex in literature. It is all over the place.

In the poem "Howl" by Allen Ginsberg, he lets out his best Walt Whitman inspired "barbaric yawp" about U.S. society in the 1950s and also talks candidly about sexuality. In fact, his poem was received as "obscene"

and was taken to court because of its sexual imagery. But Judge Clayton Horn ruled that "Howl" was not obscene because the contents of the poem had "redeeming social importance." If you have not read this poem or his other work, please do so immediately.

More recently, the play "The Vagina Monologues" by Eve Ensler sheds light on testimonials by women who reclaim their vaginas. The first time I read this, my cheeks turned pink because I was not used to women talking about masturbation, sex, love and many other topics – even in contemporary society. Since sex is a taboo topic in society taboos sex, let alone tabooing the topic of vaginas (but that is another article for another day).

I'm sure you're thinking of at least 10 different examples that I didn't mention, but that is my whole point: The topic of sex is out there, in literature, in pop culture and in our lives. This is why sex needs to be discussed. Sex impacts everyone, whether you're having sex or not.

While sex needs to be talked about, and not shied away from, I don't want to send the message that sex isn't a personal matter because it is.

So please, do as the Salt-N-Pepa lyrics say, (I apologize for how cheesy this is going to sound) and "Let's Talk About Sex." ■ <sup>ca</sup>

heather goodrich is a self-proclaimed bibleophile who secretly enjoys the musical genius of color me badd. email your comments regarding her taste in music to [csumag@lamar.colostate.edu](mailto:csumag@lamar.colostate.edu).

## what YOU SHOULD be READING

✕ much ado about nothing

~ william shakespeare

✕ roaring girl

~ thomas dekker and thomas middleton

✕ howl

~ allen ginsberg

✕ the vagina monologues

~ eve ensler

✕ how to be good

~ nick hornby

✕ the golden notebook

~ doris lessing

*"... unless we want to operate on the assumption that sex only impacts people in a sexual relationship is clearly false because sex is what brings babies – not the stork."*

# FRIENDS WITH BENEFITS

LOOKING AT SEX WITH A NEW PERSPECTIVE





College, for some people, is a time of experimentation. Although not everyone has sex during college, it definitely happens. Every person approaches sex differently and a current way students are experimenting can be described in three words: "Friends With Benefits."

FWB commonly refers to a relationship in which people who are friends engage in casual sex.

Alex Taylor, a sophomore anthropology major, has had FWB relationships in the past.

"I have had a couple [of those relationships] where it started off as friends first, and others where the benefits came before the friendship," he said.

So what "benefits" actually come from these relationships?

"It's nice because you have sex on a regular basis," Taylor said.

He added that it would be less awkward to run into his "friend" at a party than if he ran into someone he had simply "hooked up" with.

"I never felt degraded for hooking up with one of my friends," Taylor said.

Emma Wood, an undeclared sophomore, agreed with Taylor. Wood likes that someone can have an FWB relationship without it being complicated or uncomfortable.

"You don't have to be intimate and check in with the other person all the time, and it doesn't have to actually turn into a complicated relationship," she said.

Wood said she was recently involved in a FWB relationship, and although it is over, the experience was positive overall.

"We started hanging out, became good friends, talked about it after hooking up, and both agreed not to have an actual relationship," Wood said.

Currently, Wood is trying to date someone else and said that she and her friend are still close and hang out.

But could such a relationship be harmful?

According to a study from the University of Minnesota that was released in 2009, FWB relationships and casual sex did not appear to cause psychological damage.

Researchers surveyed 1,311 sexually active college-aged people. The study found that the emotional well being of young adults who had engaged in casual sex versus those who were in a committed relationship did not differ.

Still, Rick May, a sexual psychologist based in Aurora, Colo., said that this type of relationship can have drawbacks.

"Research suggests that males are able to compartmentalize," May said. "They are looking for the benefits part, whereas females tend to look more for the friendship part."

According to May, the biggest problem is that one person tends to get more emotionally attached than the other.

Justin Lehmiller, an assistant psychology professor at Colorado State University who teaches the psychology of human sexuality class, said in an e-mail interview that it is important to remember that FWB are actually friends.

"Because there is a friendship involved, there is inherently an emotional or intimate component to these relationships," Lehmiller said. "In these relationships, people value the friendship side of their involvement in addition to their sexual relationship."

For Emily Pendleton, a sophomore business major, her experiences in FWB relationship were negative.

"I have had two of these relationships, and would not purposely get into this type of relationship again," Pendleton said.

Pendleton said she regretted these relationships because she got emotionally attached, and when she and her friend would start having sex, she enjoyed the "friends" part more than the "benefits."

The relationships also caused Pendleton a lot of stress. She questioned what was wrong with her when the men left her and moved on to committed relationships with other people. In one of the cases, it ruined her friendship, and she also worried that her roommates would

judge her for engaging in casual sex.

Although Taylor is in a committed relationship now, he said if he was single, he would not rule out having a FWB relationship. However, when asked if an actual relationship was more fulfilling, he did not hesitate to respond, "yes."

"If you don't feel like you can really commit or be in a relationship, Friends With Benefits is better, in my personal opinion," Taylor said. "[But] it depends on where you are at in your life."

However, Taylor said students must be careful when pursuing this type of relationship, and May agreed.

"People need to consider it on an individual basis," May said. "If [students] are going to experiment, it is much safer to do it with a friend, but the friendship may crash and burn. Sex has a big impact on friendship." ■ **ca**

**"It's  
NICE  
BECAUSE YOU HAVE  
SEX  
on a  
REGULAR BASIS"**  
→ alex taylor

### fwb relationships at a glance

- a "hook-up" unlike a fwb, is a one-time sexual encounter
- both men and women in fwb relationships are more committed to the friendship than the sex
- men tend to have more fwb than women
- no sexual encounter can be completely emotion free
- more women than men hope their friend will develop into a future romantic relationship

*-information courtesy of justin lehmiller, assistant psychology professor*



by heather goodrich and jaime pritchard

## The bite and the obsession the sex appeal of vampires

**B**eneath the knave of her neck, the rhythm of her pulse builds from a steady thump to a staccato flutter. He approaches her slowly, deliberately, boring his eyes through her. His cold hands cradle her jaw, and she wonders if he will kiss her or bite her. One bite could be enough – but what if it isn't? She closes her eyes, giving in to the potential pleasure and imminent fear, as he sinks his teeth into her flesh and feasts.

This scene is one that many people in the past few years are experiencing through pop culture in books, film and TV. And if you have yet to partake in this phenomenon, then you are one of the few who doesn't know – vampires are everywhere and they're not leaving anytime soon.

The two bloodsucker dramas paving the way for the vampire craze are the "Twilight" teen-drama book series by Stephanie Meyer, which is now being made into movies and the sexualized HBO series, "True Blood," based on The Sookie Stackhouse novels by Charlaine Harris.

While vampires have been part of folklore and myths in various cultures for thousands of years, the modern vampire is no longer a beast. Instead, he is a brooding, pensive, powerful, penitent and sexual being in human form.

So why are vampires such a hot commodity right now?

According to Michelle Lee, an undeclared sophomore and "Twilight" enthusiast, Stephanie Meyer is responsible for the current popularity of vampires.

"She opened a new gate that allowed vampires to be more sexually attractive than scary, a depiction that appeals to women," Lee said. "[Vampires] have become a larger trend because we are more open minded to new ideas."

Lee explained that Edward Cullen, the male protagonist in the "Twilight" series is particularly sexy because he is portrayed as the perfect man who embodies what most women want.

However, the vampire as a sexualized figure did not start with Stephanie Meyer's teenage vampire-romance series. Instead, critics argue that the modern-day vampire began as the humanized and sexualized character Dracula in Bram Stoker's classic novel.

According to Tim Kane, author of "The Changing

Vampire in Film and Television," Dracula was depicted as a man and a beast that audiences were fearful and intrigued by.

Michael Lundblad, the director of animality studies and an assistant English professor at Colorado State University, said he couldn't easily trace a trajectory from "Dracula" to the modern vampire, but that the two are obviously connected and related.

He said that sexuality is a major part of vampire representation because it seems their lusty desire for blood – a primal, ancient longing – often makes people think that desire comes from "our animal instincts."

The connection between animals and vampires is still present, which can be seen in films and books today, but, as Kane explained, over time the vampire has become less animalized and more humanized.

In early vampire films from 1931 to 1948, the vampire was a "ruthless killer who had no compassion for humans." Then in 1957 to 1987, Kane said the vampire became less murderous and more of a sensual, erotic figure who seduced his victims with a kiss before attacking. In the last cycle, from 1987 to today, the vampire retains his erotic nature, but is more of a sympathetic figure that is more human than beast.

Alaina Steiner, a graduate student in the English



department, agreed that vampires are most definitely becoming more humanized and sexualized.

Currently, she is working on a project to complete her master's degree in which she is looking at the ways vampires are being used as a metaphor for a commodified "Other" in the "True Blood" series and the "Twilight" novels.

"Vampires are operating as a consumable object, more so than as actual characters," Steiner said.

The term "Other" is defined by psychoanalyst Jacques Lacan as socially differentiating between one group of people and another, that is, "us" and "them."

One way Steiner is looking at how vampires are consumed is through "True Blood," where vampires have "come out of their coffins" by attempting to gain civil rights. While there are numerous topics she would like to discuss, she is focusing on the subculture of humans in the show who exploit vampires by using their blood as a new designer drug, which is known as "V."

"Doing 'V' is described as a very sexualized and euphoric experience," she said. "By consuming vampire blood, you get a little bit of vampire identity for a short period because they claim you can feel actual elements of the vampire whose blood you've ingested."

When a user takes "V," not only can they see and hear more, but they are also stronger with increased libidos.

"The desirability of this drug expresses the cultural insecurities and the desires for more – more beauty, strength, virility – more of whatever it is that our cultural identity issues tell us we need," Steiner said.

In the context of sex, vampires are another way to define what sexuality is for human beings, albeit sensual or erotic.

"Because they're [vampires], not humans, they're a safe place for less politically correct sexual desires to be expressed, [like biting] or S and M," Steiner said.

Vampires are known as inherently sexual beings, but aside from that aspect, what is it about vampires that make them so appealing?

Kristopher Hite, a biochemistry graduate student, runs a popular science blog, [tompaineshghost.com](http://tompaineshghost.com), which he explained is a way for him to make science more accessible to non-scientists.

"People are so fascinated with these paranormal, non-science myths," Hite said. "And with vampires, their whole sexualization has led further into pop culture allure, and [science] is a great tool to try and understand vampirism."

One of the ways vampirism can link to science is through the rare genetic disease called porphyria.

In a blog post Hite wrote: "Victims of this disease have an uncanny similarity to historical descriptions of vampires and phenotypes [traits of any living being] of this disease have been suggested as [a] possible explanation for the origin of vampire legends."

According to the American Porphyria Foundation Web

## *Bloody for More*

read more about porphyria, female vampires and the evolution of vampires in tv and film at [collegeavenuemag.com](http://collegeavenuemag.com)

learn more about animality studies at [csu.atanimalitystudies.colostate.edu](http://csu.atanimalitystudies.colostate.edu)

site, porphyria symptoms can include muscle weakness, confusion or hallucinations, sensitivity to the sun, dark-colored urine, nausea and other symptoms; however, since this disease is not limited to one disorder, but eight, different patients experience different symptoms.

"Science is not saying people suffering from porphyria are vampires – that is a big misunderstanding that people have – porphyria patients are real and vampires are not," Hite explained.

He uses science in a rational way to explain the world. One way he does that is through the biochemical link between symptoms of vampirism with symptoms of porphyria.

"When you crush garlic, the smelly compound goes into the liver and blocks the enzyme that clears the malformed porphyrins [that lead to porphyria]," Hite said. "So it exacerbates some symptoms, including extreme light sensitivity, gums receding to make fangs, glowing teeth, etc."

In most vampire myths, garlic is often used as a repellent to ward off vampires, which Hite said has been used since the Middle Ages.

But for the modern vampires in the "Twilight" series, garlic holds no power. And, following with Kane's theory about the sympathetic vampire, the vampires who are considered "good" and morally sound do not feast on humans, but instead on animals.

Hite explained that, for many people, vampires are alluring because the characters are usually sexualized males who are both powerful and fragile.





# entertainment

"This dichotomy is alluring [in the sense] that it is completely ephemeral because vampires can go away if they're exposed to the sun," Hite said. "The whole combination of death and sex could be some weird connection that people have with death and sex, possibly a biological imperative to consummate before you die."

And that ephemeral nature of vampire existence is a fact that is not forgotten by current fans of this genre, but it is something that can be overlooked when a story is being told.

Jessica Allaire, an undeclared sophomore, said that the "Twilight" saga is interesting and the drama is fun for so many women because they can relate to Bella, the female protagonist, and her love obsession with Edward.

Allaire described Edward as, "overwhelmingly beautiful and muscular with abnormal-colored eyes – but the whole beauty [about Edward and vampires] is the eternal part."

Yet Allaire did not mention that Edward is a vampire – a non-human figure who is hungry for human blood. While the modern vampire is a sympathetic character, a tortured hero as Steiner said, their animality is always present in their constant need for blood.

For Hite, the aspect of blood with vampires fascinates him because as a biochemistry student, he said he automatically thinks about the properties of blood, how blood works and also the connection to porphyria.

"Blood is amazing, when it's contained in you, it's giving you life," he said. "But when it's out of you and exposed to the world, then you see the red – then there's a risk – and you're risking dying and death."

As vampires have become humanized since they first appeared in folklore thousands of years ago, they have developed a conscience and have the ability to show regret and reason.

"The modern vampire is much more of a trope or metaphor for how we express some cultural wants and needs that may not be easy to express directly," Steiner said.

Lundblad agreed, adding that vampires are figures for negotiating differences among human beings, like class issues among vampires and other supernatural creatures like werewolves.

The vampire's progression through pop culture has gone through several transformations from a beast to a sexualized and sympathetic figure in a human body, but where does the myth of vampires go from here?

"They will probably continue to get more human," Steiner said. "Arguably less counter-culturally powerful, less amoral, and maybe less strong and extraordinary until there will probably be some teenage nerd vampire who is picked on and can't get a date to prom." ■ ca

## top ten pop culture vampires

- 1 count dracula - the vampire that started it all in bram stoker's 1897 novel, "dracula"
- 2 nosferatu - title character in the first vampire film in 1922
- 3 lestat de lioncourt - anne rice's protagonist in "the vampire chronicles" in 1994
- 4 henry fitzroy - the leading man in "the blood" novels (1991-97) and lifetime tv series that began in 2007 to the present
- 5 angel - "buffy the vampire slayer" and "angel" star who is a vampire with a conscience from 1997 to 2003
- 6 edward cullen - heartthrob of the twilight saga by stephanie meyer in books and film from 2005 to the present
- 7 bill compton - sookie stackhouse's love interest in the hbo series "true blood"
- 8 selene - the female protagonist in the "underworld" films in 2003 through 2009
- 9 count chocula - a favorite from our childhoods who was hungry for chocolate, not blood
- 10 mitchell - the male lead in the bbc's series "being human"

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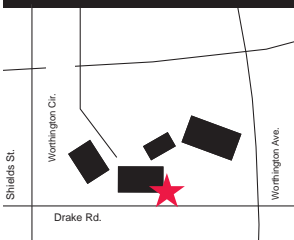
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# Fitness for Fornication

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When most people think about what it takes to look good naked, tasks like waxing, shaving and buying sexy lingerie spring to mind. For others, looking good naked is more about achieving a perfect body tone or maintaining your figure.

What most people don't consider is the fact that every time you step on a treadmill, do a squat or lift weights, you're enhancing your sex life in more ways than one. Like other activities, sex can require practice. You can prime your body for sex with various physical activities, many of which are offered at the Colorado State University Student Recreation Center and at a number of locations in Fort Collins.

According to Taylor Driver, a sophomore international studies major, not only has physical activity helped prime her body, the understanding that goes along with it is essential.

"Being in tune with your body would definitely allow you to become more adventurous in sex," Driver said.

For six months, Driver has been taking Bikram, also known as "hot yoga," at Life Fit 24 on Drake Road. Bikram yoga is performed in a heated room of about 100 degrees. The heat helps remove toxins from the body and increases flexibility. Driver said she takes yoga to relax and gain a better understanding of her body.

When it comes to one's sex life, there are multiple benefits that come along with getting in shape. Yoga is one type of exercise that encompasses all of these benefits. Yoga can potentially enhance sex through two areas: asana and meditation.

Asana, the physical aspect of yoga, is excellent for stretching and toning the entire body, explained instructor Sarada Erickson, who teaches at the Old Town Yoga Studio. Erickson said deep muscles, such



as pelvic floor, abdominal and spinal muscles, are used during yoga, along with exterior muscles in the arms and legs.

“Yoga increases flexibility, strength and endurance,” she said.

“There is engagement of pelvic floor muscles.”

According to an article on the Discovery Health Web site, control of pelvic floor muscles is important for men and women. For women, these are the vaginal-wall muscles. When these are contracted around the penis, sensation is maximized and stronger orgasms can be reached faster. In turn, men use their pelvic floor muscles to prevent ejaculation, lengthening sex.

Another way to increase sexual stamina is through cardio and strength training. According to a health and fitness Web site, One80.com, cardiovascular activity is proven to increase blood flow to the genitals in men and women, increasing sexual desire and intensifying orgasms. It also helps gradually build stamina, leading to longer lasting, better sex. Additionally, core muscle strength and flexibility enable couples to experiment with difficult positions.

Steven Nagy, a sophomore communications major, works out regularly. He likes to lift weights for the “full works” – the back, chest, legs and arms. While he exercises for the purpose of maintaining his figure, Nagy admits he sees benefits for his sexual performance.

“I exercise to stay fit,” Nagy said. “But exercising my arms helps to pick up chicks, and then I can try different positions to hold them up.”

According to One80.com, stretching also increases blood flow to the genitals. This can be beneficial during sex if stretching occurs. Not only can optimal positions be reached, but arousal is also enhanced.

Another exercise method is Total Body Flexibility, which is taught at the Rec Center. TBF is similar to yoga, except it does not include meditation. It consists of posture and flexibility stretches where certain muscles are contracted and then stretched, explained senior psychology major Kelsey Lehmann.

Lehmann has been teaching TBF for a semester and has seen the benefits of stretching.

“Half way through this semester I could do the splits,” she said.

Lehmann recommended students try TBF to improve their sex life because it tones inside and out. Balancing is central for both yoga and TBF, which becomes beneficial to sex because

“you have to keep everything tight to maintain balance,” Lehmann added.

Erickson believes first and foremost that yoga should be practiced not to increase sexual pleasure, but to improve body and mind.

“People should practice yoga for the highest reason possible, then benefit everything else,” she said. “Yoga’s purpose is to unify the body, spirit and mind.”

However, Erickson said that practicing yoga could be beneficial to sex, even though that is not its main purpose. Yoga can refine the senses and promote confidence, and “yoga improves my perspective of everything,” she said. ■ Ca



**opposite:** (from left) freshmen jake weaver, kayla hayes, chris huang and brittany lealman stretch during one of the many classes offered at the csu rec center on dec. 2, 2009.

**above:** rec center class instructor kelsey lehmann, a senior psychology major, demonstrates stretches to a group of freshmen.

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- strengthening these muscles helps men delay ejaculation and increases pleasure for women, making it easier to reach orgasm

- information courtesy of [health.discovery.com](http://health.discovery.com)



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by the college avenue staff



This is the story of a condom that gets flushed down your toilet.

Once it leaves your home and makes its way into the Fort Collins sewer system, it joins a variety of waste and snakes west toward its first stop, the Boxelder Water Treatment Facility.

“Condoms and tampon applicators – it’s surprising how often we see those,” said Andre Rowlett, the pretreatment coordinator for Boxelder Sanitation District. “Not enough people realize those are supposed to go in the garbage. If it goes down the toilet, there’s a greater chance of ending up in waterways, and in our case, the Poudre River.”

Latex condoms are the most popular, inexpensive and easily accessible form of birth control. Latex is a natural rubber, but because of various ingredients manufacturers add to make condoms more flexible and tear-resistant, they decompose slowly over many years. When your condom was flushed, it entered a sewage system that is primarily reserved for organic waste.

“The environmental impact is greater on our end to eliminate plastics,” Rowlett said, adding that condoms and tampons are often responsible for causing problems with filtration systems. “At larger treatment plants in the city, there are mechanical devices that catch plastics [that should go in] waste bins, and those end up in a landfill, but at Boxelder, we’re a lagoon facility.”

Your condom now sits near the intersection of Interstate 25 and Prospect Road in one of several man-made ponds, or

lagoons, each measuring a quarter-acre in diameter. The facility treats water naturally by letting aerobic bacteria eat away at waste particles. According to Rowlett, most organic waste is decomposed within a week, but plastic can either remain trapped for years or force its way through the filters.

Brad Johnson, a research scientist in the Colorado State University Department of Biology, said plastics such as your condom can wreak havoc if they are deposited in an ecosystem.

“It comes down to a large degree that [plastics] aren’t biodegradable and they end up in the food chain,” he said, noting that polluted waterways expose wildlife to the threat of entanglement and ingestion. “It can be lethal, not just to fish, but fish and other animals that are dependent on aquatic resources – water fowl and so on.”

But Johnson’s biggest concern is what happens when your condom travels down the Cache la Poudre, into the Colorado River and eventually joins the three million tons of garbage Americans irresponsibly dump every year. Once in the ocean, the waste forms what he calls “giant-sized plastic rafts” that can be twice the size of the continental United States.

The Ocean Conservancy, an international charity group, estimates on their Web site that of the nearly four million pieces of individual garbage collected in the United States during their International Coastal Cleanup program in September, around 20,000 items were condoms and tampon applicators.

Pat’s Pleasure Parlor, part of health promotions for the CSU Health Network, advocates safe sex and STD education on campus by distributing free condoms. Deb Morris is the coordinator of Pat’s and believes privacy is at the heart of the flushed condom problem.

“There is the fear that someone might see [a condom] in the waste bin,” she said, mentioning that she always advocates proper disposal. “It’s very out of sight, out of mind.”

The program doesn’t currently offer eco-friendly condoms, but Morris said she would look into them if more safe and reliable products became available. One way to avoid embarrassment is to wrap your condom in toilet paper before tossing it.

When you flushed your condom, there was no telling where its journey would end. While Larimer County Environmental Health Services has reported no evidence of condoms specifically endangering the Colorado ecosystem, the long-term effects are difficult to predict.

“Plastics in the waterways of western Colorado are not going to make the mallard duck go extinct yet,” Johnson said. “But what happens when these continental-sized rafts have ramifications with animal migration and the blocking of photosynthesis? Only time will tell.” ■ Ca



by mandy l. rose

## NAKED IN CYBERSPACE

### 'sexting' a new tech trend

Going about her everyday chores, Amber Smith has found a way to turn what used to be mundane into racy and provocative through the help of her cell phone. Whether she is doing the dishes or cramming for a test, Smith keeps the passion alive with her boyfriend by sending him creative photos and text messages while he is at work.

According to the 25-year-old Fort Collins local, Smith and her boyfriend share fantasies, photos and detailed plans, something she sees as a fun way of keeping his attention.

"It keeps the excitement going and it is fun," Smith said. "He gets really into [what I'm sending] and I might just be doing dishes or folding laundry."

Although many may not be willing to admit it, couples, friends and strangers share sexual photos and messages more often than students may think. What Smith sees as a way to keep a spark in her relationship is most commonly referred to as "sexting" – the act of sending picture and text messages of a sexual nature to someone.

Based on a survey on sexting conducted by the Associated Press in conjunction with MTV released in December, Smith and her boyfriend are far from alone. Out of the 1,247 young adults between the ages of 14 to 24, 30 percent admitted to sending or receiving nude or semi-nude sexting photos, and 10 percent had sent naked pictures of themselves to someone else via their cell phone.

What is surprising is that although a majority of those surveyed sent their pictures and sexual messages to a significant other, 29 percent had sent a message to someone they knew online and not in person.

Even if some believe sexting is all in good fun, Detective Darrel King, a forensic analyst for Fort Collins Police Services, said it's not so simple. King investigates cases involving computers, online networks and cell phones on a daily basis. And he can find messages and files on a cell phone that many believe they had deleted.

So what happens next? Once information is put onto the web or shared via phone, it is difficult and sometimes impossible to get it back.

"There's no such thing as temporary, so don't send anything you don't want to have absolute control over," King said. "You can be brought up on charges for distributing explicit material, especially if the subject of the photo is a minor. In that instance, you can be charged with distribution of child pornography."

King investigates cases of all natures, but when it comes



photo illustration by chelsea durnfee

to sexting, the legal implications of one simple photo or message can have bigger ramifications that many people may not be aware of. As the MTV and AP survey found, nearly 20 percent of the people who received a provocative photo or message forwarded it to someone else.

According to King, the problem areas surround the ages of the sender and receiver, and if a sexual picture or message is sent to the wrong person, both can get you in serious legal trouble.

“If an adult sends messages to a juvenile encouraging them to send pictures, meet, have a sexual conversation or encourage sexual behavior, that is a felony known as Internet Exploitation of Children,” said King, who added if the subject of a photo is under the age of 18, it’s considered child pornography, even if both the sender and the receiver are minors.

In regards to the potential harm and legal issues of the photos and messages she sends to her boyfriend, Smith said she wasn’t concerned.

“I never worry about the messages,” she said. “I know he deletes them when we’re done. Anytime he asks for a photo, I’ll send him another one.”

Technology is constantly advancing, and sexting is just one aspect of the growing phenomenon that is the rise of communication technologies, where smart phones and other devices with Internet browsing capabilities, as well as the popularity of social media Web sites, have made it easier than ever to share and spread information.

Losing your phone once meant the hassle of losing touch and having to recreate your address book. But today, phones have bells and whistles that include cameras and the Internet. Your sex life is no longer just for the bedroom, it is found in cyberspace.

“We see people with hundreds of friends listed on Facebook. How can you possibly truly know all of those people and trust them with your information? People can give away a lot of information without even realizing it – names,

birthdays, basketball practice, where they work or where they are going tonight, it’s all there on the page” King said. “Be careful with what you put out there, it’s difficult to remove it. Don’t do anything online you wouldn’t do in public.”

King said the information you send to others or put online can be found easier than you think.

“Employers are checking Facebook pages, conducting Google searches and background checks,” he added. “Anyone can pay a small fee to do the same type of background check I’m able to do with the department.”

Ashley Hamm, a sophomore art and photography major, has over 200 friends on Facebook.

“I keep it pretty private,” Hamm said. “I don’t know everyone on there personally. Some just sent me a friend request and I realized after the fact I didn’t know them and didn’t bother to take them off.”

Hamm said that she has chatted with strangers, but isn’t worried because they live in other states.

“Social networking – Facebook or MySpace are the biggest opportunities for exploitation of kids or adults,” King said. “People don’t manage who has access to their page and it can provide a lot of information to someone. Juveniles, especially, are naïve enough to think nobody will hurt them.”

Katelyn Cefalo, a senior natural science major, said she’s very careful about what information, pictures

and messages she shares with others.

“My parents never had an actual talk with me about all of this, but they don’t feel I would make a decision that would hurt me or my career,” Cefalo said. She added that because she did not use Facebook or send text messages in high school, maintaining an appropriate image online is more important to her than it may be to younger teens today. ■ Tu

*\*editors note: valerie hisam and rebecca howard contributed to this article.*



graphic illustration by rebecca howard

## Sex talk

### 'slumber' parties educate women

**N**o one is naked or doing sexual acts on the living room floor – this is not a party to have sex at – although significant others waiting at home are probably fantasizing about it. A common misconception about this type of party is that it is a steamy HBO special, which it is not. Slumber Parties are a place for women to explore a sensitive subject that most have been raised to believe is taboo, in a safe, inviting environment.

Dr. Laura Berman, founder of the Berman Center and award-winning author, said when we approach sex as a dirty little secret our sexual development and enjoyment both suffer. Healthy sexuality grows out of acknowledging sex as a fact of life. Instead of inhibition, anxiety and shame, we should try to embrace our sexuality as a healthy, loving expression of who we are.

Current research shows nearly 50 percent of men and women are unsatisfied with their sex lives, and 40 million couples are living in sexless marriages. Women possess the ability to have different types of orgasms, and they should be taught how to achieve them. In turn, they can learn how to communicate with their partner, to create a stronger, healthier bond.

All women are interested in ways to strengthen their relationships and add a little spark to the bedroom, but few women feel comfortable going into adult stores to research or purchase products. Being able to talk to women

**what is a slumber party?**  
where women gather, relax, laugh and learn how to create healthier, stronger relationships

**products include:** bath and massage oils, lingerie, edible lotion, novelties and toys (all purchases are strictly confidential)

by kellie matthews



kellie matthews, a slumber parties consultant, displays a variety of sexual products she sells. photo by chelsea dunfee

in a comfortable setting about an uncomfortable topic can help them accept their sexuality and do something with it. Many women may feel inhibited by the presence of men and children at a party that is frank in discussing sex. Guests are women ages 18 to 108, and children are never allowed on the premises during presentations.

One evening, I did a presentation for a skeptical group of women in their late 60s, who were all very quiet and reserved. But it didn't take long to get them laughing and enjoying the evening. At the end of the night, each woman spoke privately with me and their comments were almost identical; each told me they were thrilled because they learned something and the surroundings were very comfortable.

Aside from Slumber Parties, I work full-time as a nurse and have been married for 18 years with two daughters. My girls and I have an ongoing open-ended conversation about sexuality instead of keeping it hidden and taboo. Everyone in my family knows what I do and I am endlessly proud of the service I provide women. And my husband and I have a deeper bond than ever – how can you argue with product research? ■ Ca



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