

College Avenue

Colorado State | Volume 8: Issue 5 February 2013



love, sex &
relationships

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embarrassing sex
stories

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let's talk about
sex

love advice that
stands the test of
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by john sheesley

notes from the underground

Valentine's Day is a surprisingly touchy subject. Single or not, almost everyone has a strong opinion about how it should be celebrated, or whether it should go unnoticed altogether. I am more than a little dubious to wade into the couples-versus-singles-commercial-made-up-holiday issue at all. Alas, that is our theme, so in the spirit of honesty, I will provide full disclosure: I do in fact have a valentine, who happens to be the same valentine I had last year.

My opinion on the topic comes from a former teacher who said, "There is no reason that we should only show our love for anything or anyone one single day out of the year. Love doesn't fluctuate based on the date." With that in mind, *College Avenue* is bringing you a little bit of everything to season this pink and red time of year. From showing our love for our favorite Valentine's beers, to making sure our love doesn't get too messy; these pages will provide a veritable smorgasbord.

Be sure to stop by the Cache for a contraceptive handbook. And definitely show your love for *College Avenue* by visiting collegeavenuemag.com, liking us on Facebook and downloading the *College Avenue* mobile app.

Sincerely,

Kristin

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Editor In Chief



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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 kristin@collegeavenuemag.com

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 engaging and informative coverage of relevant topics. Our staff is dedicated to providing balanced and accurate reporting as well as visually stimulating design and photographic elements. We also seek to provide an outlet for entertainment with the opportunity for audience interaction and feedback. Above all, we strive to maintain journalistic integrity through professional excellence.

opportunities 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 lory student center.

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Valentine's Day Gift Guide

eight ways to make your valentine's day special

■ by hannah woolums

Many couples have a hard time giving that perfect gift to their significant other. As Valentine's Day draws near, couples everywhere are looking for that memorable gift. But, let's face it, as college students, money is not the most abundant luxury, and it can be a struggle to give something meaningful if you do not have the money to spend. Here are eight fun and unique ways to celebrate your Valentine's Day and give a gift that your partner will never forget.



photo by
mary wilson

1. Homemade craft

Not every gift has to be expensive; a lot of what people love most is what comes from the heart. Take some time out of your day and get crafty, to show your significant other just how much they mean to you.

6. Trip to the Spa

Guys, if you are looking for that special something for your girl, then get her a day at the spa. With the start of the semester, stress is almost unavoidable, so make sure she has a way to unwind and relax. It does not have to be extravagant, even a manicure or pedicure would be perfect for a relaxing day.

2. Fourteen things you love

One of the best things someone can hear is why you love them or why they are special to you. This Valentine's Day give your significant other a list of the things about them that you love most. Since Valentine's Day is on Feb. 14, give them 14 reasons why they mean so much to you. Have fun; it does not have to be serious. This is a perfect way to give them a meaningful gift without breaking the bank.

7. Romantic home date

There is nothing more special than spending time with the one you love, but when you go out that time can get interrupted. For this holiday, plan a night at home. You can make it different themes, like a movie theater night. Get your partner a specialized popcorn holder and all of his/her favorite toppings. Dim the lights and enjoy your favorite films in the comfort of your own home.

3. Cook dinner

Everyone has heard the saying: 'the way to a man's heart is through his stomach,' so this Valentine's Day create a romantic dinner for just the two of you. Light some candles and cook his favorite meal, or for guys looking to impress their girl, change it up and plan a romantic evening for her.

8. Get out of town

Plan a time for both of you to go out and do your own thing. Give your partner the gift of spending time with you. Go on a winter hike or head up to the slopes. This will give you a romantic getaway that the two of you can enjoy together. ■Ca

4. Framed picture

Although it may seem like a small gesture, frame one of your favorite pictures of you and your significant other together. This is something that will be treasured for a long time and shows that you are committed to your relationship. If you can't pick just one, make a collage to commemorate all of the fun times you have had as a couple.

5. Fourteen little presents

If you can't decide what to get your partner, think about the little things day to day that make them happy. Hide them in places where they can find them throughout the day and make it simple. It can be their favorite candy, movie or even a note reminding them of how much you love them.

"Take Me to the Candy Shop"
Check out Rocket Fizz or Fort Collins Candy Bar

"Take Me Out to the Ball Game"
Plan a future date by buying tickets as a V-day gift

"What's Love Got to Do with It?"
Celebrate V-day with friends. Burgers and shakes, anyone?

"(All Night) I'll Make Love to You"
Check out the quiz for your sex position

"Rock n' Roll Party Queen"
Throw a dance party for all your lovelorn friends

"Let's Talk About Sex, Baby"
Give yourself a V-day present with someone who isn't so special

"Bond, James Bond"
Role play. Get out of your shell and have some fun!

"Here Comes the Sun"
Watch the sunrise or sunset together

"Singin' in the Rain"
Don't sing in the rain. Have a karaoke date, or contest with friends!

"Frankly my dear, I don't give a damn"
Rent a romantic comedy, cook a Cup of Noodles and forget it's V-day, it is a Thursday, after all

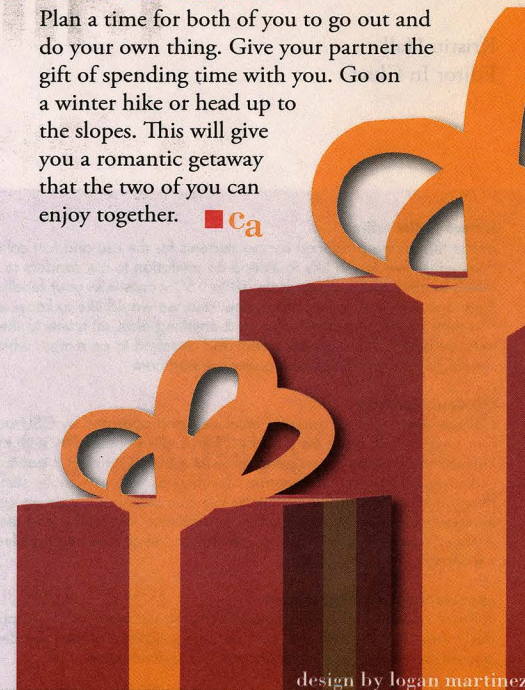
"Don't Let Me Be the Last to Know"
Confess your feelings; plan a quiet dinner to make it easy

"I'm Bringin' Sexy Back"
Strut your stuff in the bedroom

"Marry Me"
Propose. Just kidding. You have only known each other for two weeks

"Your Body is a Wonderland"
One pair of candied lips and a bubble gum tongue? Comin' right up!

14
Dates
inspired by
Classics



design by logan martinez



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#11
1

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Plan a Classic Romantic Night Out

by john sheesley

It is easy to be cliché around Valentine's Day, but the classics, like dinner and a movie, are classics for a reason. When the restaurant is selected carefully to match location, ambiance and related activities, a classic date can be an incredible experience.

Many Colorado State University students refrain from going out for fancy dinners on a regular basis, as the expense can be quite burdensome. However, without firsthand experience, it is difficult to decide what to do for that rare fancy date. Fort Collins has hundreds of restaurants to choose from, and not all of them are good, let alone date-worthy.

"In downtown there are so many places; there is a restaurant on every corner," said Kris Rodriguez, a senior biological science major. "Advertising doesn't get me [to a restaurant], but word of mouth does."

To spot a good restaurant it can be best to follow the crowd instead of trying to find unique places. Recommendations can be in the form of a friend describing an incredible experience, or in the form of a long line to get into the restaurant.

"When deciding to go to a restaurant I look at how many people are there to see if it's actually popular or not. If there aren't a lot of people, it's usually a sign that it's not as good," said Melissa Ferris, a senior Spanish major. "I like Bisetti's but that's really expensive, and I really like CooperSmith's, too."

Bisetti's Italian Restaurant, located at 120 S. College

Ave., will be putting on a three course dinner for Valentine's Day with a special holiday menu.

"We are going to have a Valentine's Day menu, which will have separate options, but we will also have our regular menu," said Justin Hall, the assistant and bar manager at Bisetti's. "A lot of places just do a feature menu and I hate that because if you already go to a place and know what you like to get, you want to know that you can get it on a special occasion. So we will have the regular menu and the Valentine's Day menu."

Some restaurants have great three course meals, including appetizers, entrees and desserts, but many people enjoy a change after dinner, with dessert and coffee or

drinks somewhere else.

"Generally it's ideal to set up a romantic evening, but sometimes if you can get everything in one place it's good, like the Rio, I know, has some pretty nice desserts, or they have an ice cream shop right down the street," Rodriguez said.

The Chocolate Café, located at 102 W. Olive St., lays claim to the title of best dessert in Fort Collins. The Chocolate Café is a great place to get some wonderful desserts and a very good cup of coffee, but it is a bit expensive though. For a cheaper alternative, try a local coffee shop.

"I like going to Mug's," Ferris said. "They have scones and other desserts."

Mug's is a local coffee shop located just next door to the Chocolate Café, at 261 S. College Ave. They serve a number of dessert and food items along with great espresso.

In downtown there are so many places; there is a restaurant on every corner."

— Kris Rodriguez



photos by john sheesley



If dessert is not your style, going out for drinks after dinner, for those over 21, is a good way to kill time before a movie starts and can add a bit of flair to a date.

"I like to go to restaurants more than bars, but for a night on the town I would like to get a dinner then maybe a drink after, but somewhere classy, not crazy," Ferris said. "I really like Elliot's. It's a fun martini bar."

Once dinner, dessert, drinks and all the rest is concluded, there is no better place to see a movie than Fort Collins' own Lyric Cinema Cafe. Located at 300 E. Mountain St., near Old Town Square, The Lyric shows new, smaller movies that do not show in bigger theaters and allows viewers to sit on a couch, drink a glass of wine or beer, enjoy some good finger foods and relax during their movie.

If done correctly, the classic dinner and a movie can make for an unforgettable Valentine's Day. Be sure to make a plan for the evening and call ahead to get a reservation at the more popular restaurants. ■ **ca**

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Student Abroad: Africa

the importance of education seen through cultural differences

by
mary
willson

You must always remember you are privileged, the most privileged in the world," said Sophia Lapuchirit, the first woman from Samburu, a north central part of Kenya, to go to school.

Pronounced Sophie, Sophia in the Samburu language means brown. Sophia has deep brown skin, and striking dark eyes. Wearing traditional necklace beading and a bright patterned head scarf, I talked with her under a thatched roof shade structure with the mid morning Kenyan sun beating down. She is bright and striking, just as her story is. She is an icon of empowerment and courage. When Sophia went to the University of Nairobi, it was the first time she was in an atmosphere that supported her education.

"The cultural freedom was like magic. In the village we put the hide of cow down and all sleep on it together. In the university I had my own room, and I bought myself a radio, I saw my first TV."

Sophia's first time wearing pants was in secondary school, yet she was always expected to wear skirts and dresses. When she went to the University of Nairobi, it was the first time she could wear jeans and T-shirts. Out of the 3,000 students at the university, only 20 were from pastoralist communities like herself.

She graduated with a Bachelor of Arts in economics and went on to be a district officer for the president.

"That is when I started using my name to motivate girls to go to school. I become a breadwinner for my family. I finally made them proud of me then because I could provide. I even bought clothes for everyone I knew. I became a star in the village; they would say 'did you hear about the job Sophia has in the city?!' I am so proud of the fact that I acquired an education in a community that doesn't value education."

She was only 22 then and was the talk of the town, a hero who had overcome a life of struggles on an unimaginable scale in only her second decade of life.

"I am very proud that God gave me that opportunity."

After working, she went on to get her masters in education in human resources, and was elected to be in the National Anti-Corruption Campaign Steering Committee.

She then started sponsoring children to go to school themselves. She currently supports 18 students in secondary school and her family through an organization she started in Samburu.

"I am bitter because I pay for my sisters kids to go to school because she never went to school and therefore cannot educate her own children."

Quality of life is a cycle that can only be broken through education.

"I know how someone can have success but it is so overwhelming because I cannot help the reality. Even if I give them clothes today, who will give them clothes tomorrow?"

Sophia has three kids of her own with a man she was married to through the University of Nairobi. "They tell others 'my mother has a masters education and she comes from a small village, so I can get a masters education too.' All of her children are now college graduates in successful careers.

Sophia's success is measurable on an extreme scale of dedication and passion, yet her journey is far from finished. She is now trying to be elected in the Kenyan parliament to change the education situation on a larger scale.

"It is hard because the Samburu do not respect girls, and will not elect them, yet politics is the only way to get money and, therefore, education. Politics move things, it is the way to create change."

The culture of Samburu is changing, as the power of education is realized. Sophia is the pioneer in this regard. "There is not a day I do not lecture someone about education. I say 'why do you not have your children to go to school, look at the opportunities!'"

Next time I am weighing getting up for an early class or finishing that last essay, remembering that Sophia has dedicated her life to fighting for education, makes the choice un-weighable.

When I asked Sophia what she would tell someone in the U.S. reading this she said the most profound closing statement that resonates powerfully. She reminded me how lucky I am to be writing this, how lucky you are to be able to read it and how lucky we are all to have opportunities in front of us to become anything we want to be. We have power.

"You are really lucky to be an American. You are lucky to go to school. You should always know you are privileged, the most privileged in the world. There are children here struggling to get one meal a day, and you do not have to struggle to get an education."

read the full story at collegeavenuemag.com



Create the Community
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Hija **Be the Community**



He was adopted by Mason in her
lives next to campus.
they are best friends.
take walks on the oval.
playing with students.
is a curious puppy.
gets into everything.
Mason's family has already
paid \$643 for one trip to the
vet this year when he stepped on a broken bottle.
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thrown on the curb. This time he is really sick.
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Edition 2, Volume 1

CSU SECEDES FROM COLORADO FOLLOWING MARIJUANA LEGALIZATION Won't Give Boulder the Satisfaction

Following the historic passing of amendment 64 last November, Colorado State University has announced that it will be seceding from the state of Colorado. When pressed for comment, the CSU board of advisers at first had no comment, as they were too busy excitedly discussing what color to paint the new football stadium. After several hours however, the board emerged from a confetti covered conference room and announced that it was true- Colorado State University had officially left state of Colorado, and shall henceforth be known as "Better Dakota". The secession was announced in reaction to the recent legalization of marijuana. As Tony Frank said in one of his many, many emails, "They sure won't be ramming marijuana down our throats, will they fellas?" He asked, presumably holding up his hand for a high five, to no one. After abashedly putting his hand down

and burying it in his pocket, Frank added, "I just can't stand all the smug looks on the Colorado University Boulder students' faces, now that marijuana is legal in a state we both occupy, frankly." Frank said. At this point, Frank once again held up his hand, hoping desperately for the human contact that is associated with a high five.

The secession represents something of a logistical nightmare for such Colorado policymakers as Governor John Hickenlooper, Fort Collins mayor Karen Weidunat, and Allison Hall Student Secretary of Activities, Peter Rosenblatt. Without the resources previously provided by Colorado, CSU, or "Better Dakota" as North and South Dakotans will really have to get used to calling it, a humanitarian crisis has already broken out across campus. "There's no food, no water, and barely any 16th Street Malls." Said student Josh Gillooly. In a not at all

surprising turn of events, Ingersol has been declared a third world country by the U.N. and Bono has already announced "at least three, maybe seven" benefit concerts to help raise funds for indigenous population of Allison Hall. It is worth noting however, that the benefit concerts had been announced before the secession. "Those kids need smoke detectors." Bono was quoted as saying, as a single tear rolled down his face. down his face.

Now that Better Dakota has seceded however, faulty smoke detectors are the least of students' worries. Without the aid of Colorado's water, food, or sanitation, Better Dakota may just begin to resemble a place as horrid and as desperate as even Greeley.

Please stop emailing your cat poems to: Waterclosetweekly@yahoo.com. They make us sad.
Also be sure to Like us on Facebook and find the entire WCW archive at:
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Or don't. Whatever. You're an adult and are capable of making up your own decisions.

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mood KILLER

4 embarrassing sex stories as told by CSU students:

by jack krause

booster seat BUMMER

Me and a girl go out to a movie; me and my lady. Things are going really well and we start making out in the car. We go and drive to a parking lot, turn off the car and hop in the backseat. So, things are really getting hot and heavy. And then . . . 'ouch.' I ask her what's wrong. She says 'I don't know, I must have sat on something.' I looked behind her, and it's my little sister's booster seat — it kind of killed the mood."

— Brett, freshman

I was fooling around with this guy, but his mom came home. He went outside and his mom was like, 'what're you doing?' and he looks at her with a big grin and says I'm showing her my room. I walked downstairs to meet her and there was glitter from my thong on his face."

— Kelsey, freshman

glitter GIVEAWAY

wrong DESSERT



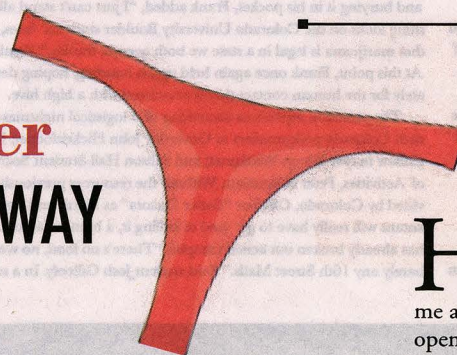
I was out on a date with this girl, and we were getting ice cream. After we get done, she goes 'I still feel like I could go for some more dessert.' So, I get all excited and ask where she wants to go. 'I think we can go back to your house,' she says. So we go back and, on the way, all she can talk about is 'licking on an ice cream cone.' We get back to my house, and we run in, and I ask where she wants to do this. She says the kitchen. So, I go into my bedroom and strip down, come to the kitchen and she is eating ice cream. Blue like ice."

— Scott, sophomore

over- EXPOSED

His roommate came home while I was getting dressed. Walked outside his door and my RA and three of my guy friends were waiting for me as soon as I walked out. Oh, also the door was left open while we were in the act."

— Brittney, junior ■ Ca



What's Love Gotta Do With It?

■ by **anna palmer**

Happiness can only come from inside of you and is the result of your love. When you are aware that no one else can make you happy, and that happiness is the result of your love, this becomes the greatest mastery: the Mastery of Love," wrote don Miguel Ruiz, spiritual teacher and world-renowned author.

Born into a family of healers, Ruiz's parents instilled the teachings of the ancient esoteric knowledge of the Toltec people who lived thousands of years ago in southern Mexico. For centuries, the Toltecs preserved their spiritual knowledge in an attempt to safe-keep this wisdom from those who could intentionally misuse it.

As the world has moved forward into an age of change and new beginnings, this knowledge has seeped forth from spiritual teachers such as Ruiz, who now openly share this authentic way of living embodied by inner happiness and love.

In this day and age, it seems that just about everyone is searching for love. From dating and love advice in books and on the internet, to those who have made it their career helping others find and maintain love, it seems such superfluous amounts of advice would guarantee love for just about anyone and everyone. With online dating sites at the tips of people's fingertips, love appears to be right around the corner for all who seek it out.

Despite the thousands of books and talk shows dedicated to solving this mystery of love, the only real way to know love is to practice it, according to Ruiz.

"Love in action can only produce happiness. Fear in action can only produce suffering," Ruiz wrote.

So what makes a relationship last?

"There is no such thing as a successful relationship without communication," said Curt Schwader, senior English major.

From this perspective, communication may just be one of the keys to opening the doors to finding and

design by ricki watkins



photo by **anna palmer**

maintaining a relationship, romantic or not.

Other words of advice revolve around the concept of timing and simply letting things flow.

"Don't try so hard," said Anthony Radney, senior graphic design major at Front Range Community College. "You'll find a relationship when it is meant to be."

Brianne Thayer, senior English major, agrees with Radney. According to Thayer, a romantic relationship finds you when you're least expecting it and the trick is to not go looking for that special relationship.

Yet, it seems that all too often people are searching outside of themselves to find that love, to validate their own worth, according to Ruiz.

"If you open your heart, you already have all the love you need. There's no need to go around the world begging for love. We have love right here inside us, but we don't see this love," Ruiz wrote.

Ruiz advises all to accept and love themselves first and foremost, before accepting and loving someone else.

Lauren Clark, senior journalism and technical communications major, maintains the view that above all, being a solid independent person who doesn't have to rely on others for happiness is key.

"You need to be okay being alone before you can be with someone else. If you can't be alone with yourself, how can you expect anyone to want to be with you?" Clark said.

Others take the broader viewpoint of love not being limited to the scope of romance.

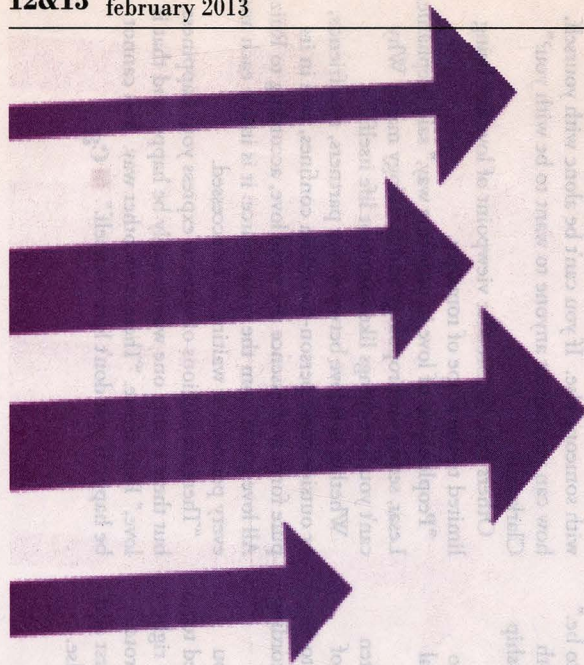
"People think of love in only one way," said Stephanie Lesar, senior anthropology and sociology major. Why can't you love things like nature or life itself?"

Whether it is love between two partners, two friends, or outside these person-to-person confines, love in its pure form is in essence the same love, according to Ruiz. All love stems from the same source: it is inside each and every person just waiting to be accessed.

"There are millions of ways to express your happiness, but there is only one way to really be happy, and that is love," Ruiz wrote. "There is no other way. You cannot be happy if you don't love yourself." ■ **Ca**

**If you open your heart,
you already have all the
love you need."**

— don Miguel Ruiz, spiritual teacher and world-renowned author



let's

TALK
about

SEX,
baby



the pill

The pill must be taken every day at the same time to be the most effective. It is easy to get with a prescription and can be as cheap as \$10 a month. The pill is taken by females and contains hormones already found in the body – estrogen and progesterone. The regulation of these hormones keeps eggs from leaving the ovaries and also makes cervical mucus thicker, making it harder for sperm to swim through. The pill is one of the most common forms of birth control and is extremely effective.

“I know it’s over 99 percent effective, unlike condoms,” said Tiffany Martinez, junior graphic design student. “I feel like anything can happen with a condom, so I trust the pill.”

While this birth control is 99 percent effective at preventing pregnancy if taken correctly, about 9 out of 100 women on the pill get pregnant due to not taking as directed. It’s important to be aware that some medicines, such as antibiotics and anti-seizure medication, make the pill less effective. There are some side effects to the pill, but there are so many different kinds of dosages to choose from if negative effects occur.

“I think the pill is popular with a lot of women because there are a variety of pills on the market. So if one doesn’t work we can usually fix whatever side-effect they’re having and find a pill that does work for them,” Kennedy said.

SPONGE

This is made of foam containing spermicide. It is inserted into the vagina before intercourse and should remain in for a few hours after to be effective. It’s about two inches in diameter and has a loop attached for removal. A pack of three is \$10 and can be bought without a prescription. The sponge prevents pregnancy by preventing the sperm to get to the egg by covering up the cervix, blocking the uterus and releasing a spermicide that keeps sperm from moving. When using the sponge correctly it is about 91 percent effective. When used incorrectly it’s only 88 percent effective, so following the directions is very important.

“It’s just like a condom or any kind of spermicide

implant

The implant is a match-sized rod that is placed inside the arm, just under the skin. It’s inserted by a doctor and can be left in up to three years. At that time a new one can be put in if desired. While it costs \$400 to \$800, it’s a one-time fee instead of a monthly cost. This birth control only contains progesterone, so it is good for people who have negative reactions to estrogen birth control. It’s 99 percent effective. One of its benefits is that you never have to worry about taking something every day, every week, or even every month for pregnancy prevention.

One of the downsides to the implant is that women may experience irregular bleeding.

“Some will not have long periods, some women will have monthly periods, and some are more irregular,” Kennedy said.

spermicide

Spermicide is a cheap birth control method that women insert into their vagina. Spermicides are available in different forms (creams, films, foams, gels, etc.), but they all contain chemicals that stop sperm from moving. According to the Planned Parenthood of the Rocky Mountains’ Quality Management Team, spermicide alone or combined with withdrawal is not as effective as other birth control methods; even when women use spermicide as directed, 15 out of 100 will get pregnant annually.

Spermicide does not have an effect on a woman’s hormones and it is very easy to get. It does not require a prescription and applicator kits cost approximately \$8. Spermicide is available at family planning clinics, drugstores and some supermarkets.

Women need to wait 10 minutes after insertion of the spermicide to have sex. Spermicide is also only effective for about an hour after it is inserted.

morning-after pill

If a woman did not use any birth control or her birth control method failed (condom broke, diaphragm slipped out of place, partner didn’t pull out in time), an emergency contraceptive is a smart option. The woman can take the morning-after pill up to five days after unprotected sex.

The morning-after pill is not an abortion pill, but instead it is a progestin pill that works by keeping a

know your contraceptive options

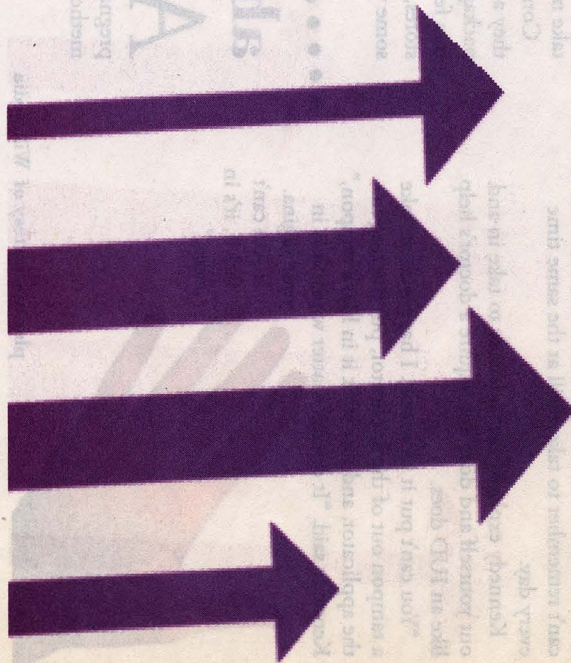
by allison lecain & nicolle fagan

As college students, it may seem like we can't get enough safe-sex education. The fact of the matter is, most people at this stage in life are trying to prevent pregnancy.

With Valentine's Day approaching, now is a good time to make sure young love doesn't turn into young parenthood. College is stressful enough without having to worry about unplanned pregnancies, and everyone can play a part in prevention.

With so many types of birth control to choose from, it's important to go to a doctor to talk through the health risks and benefits of each prevention plan, according to Sharon Kennedy, a nurse practitioner at Hartshorn Health Center. Here *College Avenue* has laid out the contraceptive options to help people choose. ■ **Ca**

***editor's note: facts were gathered from plannedparenthood.org*



effective. When used incorrectly it's only 88 percent effective, so following the directions is very important.

"It's just like a condom or any kind of spermicide barrier you use – you can't put it on after you've had sexual contact," Kennedy said. "Even if I was advising somebody about using the sponge I would still advise them to use a condom as well."

withdrawal (pulling out)

In this method, the man will pull his penis out of the vagina before ejaculation. While the idea of this may seem sound, it is not a very effective use of birth control as there is semen in pre-ejaculation fluids that can get a woman pregnant. Even though it's not very effective, Kennedy said that almost everyone has used this as a form of birth control at least once in their life.

"It isn't 100 percent effective, but unfortunately people still use it," Kennedy said. "It's not very effective. Around here we call those people 'parents.'"

diaphragm

This shallow, silicone cup is inserted into the vagina to block the opening to the uterus, preventing pregnancy. The effectiveness of the diaphragm is dependent on correct usage. If women always use the diaphragm as directed, only six out of 100 women will get pregnant annually. Effectiveness can also be increased by making sure that the cervix is covered before you have sex.

It is recommended to use spermicide in conjunction with a diaphragm as birth control. Some benefits include immediate effectiveness, no effect on female hormones, and it can be inserted hours ahead of time. Because the woman inserts it herself, it is convenient. Be careful though; the diaphragm can be difficult to insert, pushed out of place and it must be inserted each time a woman has intercourse.

To get a diaphragm, women must visit a health care provider for a prescription. An examination costs between \$50 and \$200, but the diaphragm itself only costs \$15 to \$75.

photos courtesy of wikipedia & open clip art library

to five days after unprotected sex.

The morning-after pill is not an abortion pill, but instead it is a progestin pill that works by keeping a woman from ovulating. The sooner the pill is taken after unprotected intercourse, the more effective it is. Women can get the morning-after pill without a prescription as long as they are over the age of 17. The pill can cost anywhere from \$10 to \$70.

patch

This is a small plastic patch that sticks to your skin. It can be put on the abdomen, hip, arm or lower back. It is best to put it somewhere with little fat because then the estrogen and progesterone are easily absorbed. They cost \$15 to \$80 a month with a prescription and need to be changed every week for three weeks and left off for an additional week before restarting the cycle. It is also 99 percent effective if used correctly.

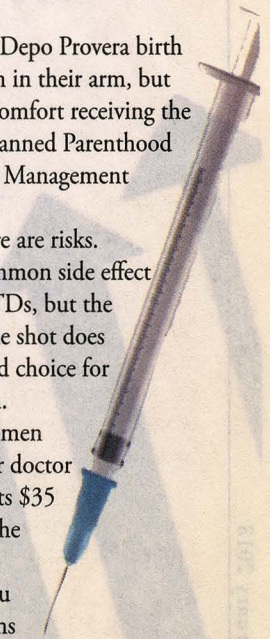
SHOT

For those not afraid of needles, the birth control shot may be a good option. The shot is an injection of the hormone progestin into the body. The shots are effective against pregnancy for three months and if a woman gets the shot within seven days after the start of her period, she will be protected immediately. Less than one woman out of 100 gets pregnant when they use the shot.

"Most patients request that the Depo Provera birth control injection be given to them in their arm, but some patients experience less discomfort receiving the injection in their hip," said the Planned Parenthood of the Rocky Mountains' Quality Management Team.

Like any other medication, there are risks. Irregular bleeding is the most common side effect and it does not protect against STDs, but the shot is overall safe and simple. The shot does not contain estrogen and is a good choice for women who cannot take estrogen.

Before getting the injection, women must get a prescription from their doctor or health care provider which costs \$35 to \$250. After the examination, the shot itself costs between \$35 and \$100 each visit. Keep in mind you must get a shot every three months for it to be effective!



design by ricki watkins

talking SEX

contraceptive
choices cont.

cervical cap

This is a silicone cup that is inserted into the vagina; it must be used with spermicide gel to be effective. A cervical cap lasts up to two years; it costs \$60 to \$75. The cap works by blocking the opening of the uterus and releases spermicide to stop sperm from moving. Although it helps prevent pregnancy, it is not as effective as other methods. When using the cap, 14 out of 100 women still get pregnant.

NUVA RING

This is a small ring that is self-inserted into the vagina once a month that stays in for three weeks at a time. It is left out for a week, and then a new one is inserted. The ring requires a prescription and costs \$15 to \$80 a month. It works the same way as the pill and is just as effective. The ring is good for people who can't remember to take a pill at the same time every day.

Kennedy explains that it is easy to take in and out yourself and does not require a doctor's help like an IUD does.

"You can't put it in wrong. I have women take a tampon out of the applicator, put the ring in the applicator, and just stick it in like a tampon," Kennedy said. "It doesn't matter where it is in

your vagina. If you can't feel it, it's in right."



photos courtesy of Wikipedia



male condom

Condoms are the only birth control method that protect against sexually transmitted diseases. Latex condoms are worn by men to collect pre-ejaculate and semen. As long as people are not allergic to latex, condoms are safe for everyone to use; plastic condoms are a good alternative for those who are allergic. Condoms are 85 percent effective when used correctly, but that number can increase if used with other birth control methods.

Condoms are at risk of breaking. In case this happens, women should look into emergency contraceptive options. Condoms are one of the few birth controls used by men.

"The thing with everything else aside from the condom is, I feel like it's too much of a responsibility on someone else," said Niles Hachmeister, sophomore psychology student. "I would like to take my ownership into my own hands."

Condoms do not require a prescription and they are relatively inexpensive. Depending on the package size, condoms can cost less than a dollar to a few dollars each. They can be bought at drugstores, family planning clinics, supermarkets and some vending machines.

abstinence

Abstinence is the most effective form of birth control. People who abstain from having sexual intercourse have zero risk of pregnancy. There is no cost associated with this method and no medical side-effects.

IUD

An IUD, or intrauterine device, is a "T-shaped" device inserted into a woman's uterus to prevent pregnancy. IUDs come in two types: Mirena, which is made of plastic and is effective for five years, and ParaGard, which contains copper and is effective for 12 years. Mirena affects the sperm's access to the egg either by thickening a woman's cervical mucus or by blocking the sperm's movement. ParaGard is hormone-free. Its copper component acts as spermicide, releasing continuously into the body to prevent pregnancy.

Less than one out of 100 women get pregnant when using an IUD. The ParaGard IUD can even be used as emergency birth control, reducing risk of pregnancy by 99.9 percent, as long as it is inserted within five days after unprotected intercourse.

Most women are able to use IUDs, but should talk to a health care provider to determine if an IUD is the right choice. The device has the risk of falling out, so it is important to check every few days for the first few months to make sure the IUD is correctly in place. IUDs must be inserted by a health care provider.

"It is a misconception that only women who have gone through childbirth are eligible for an IUD," said the Planned Parenthood of the Rocky Mountains Quality Management Team. "IUDs represent one of the safest, most reliable and cost effective forms of reversible birth control on the market." The price is a one-time cost averaging \$500 to \$1000, which includes the cost for the medical exam, the IUD, the insertion of the device, and follow-up visits to your doctor.



To make an appointment to obtain a birth control prescription or talk with an expert, call the Women's Clinic at Hartshorn Health Center at 970.491.1754.

illustration (condoms) by ricki watkins

design by ricki watkins

Numbers in a Bottle

sometimes beer says 'i love you' best. ^{Ca}

■ by kristin hall

100

The pounds of cherries used to brew The Bleeding Heart, the 2011 Valentine's Day beer, by the Grimm Brothers Brewery.

75

Percent of men who say they would prefer to receive a beer themed Valentine's Day gift, according to a poll by Samuel Adams.

39

International bitterness units in New Belgium's Imperial Chocolate Coffee Stout. Compare that with a hoppy IPA which would score 70 IBU.

8.5

The percent alcohol by volume of Odell's St. Eugene Chocolate Milk Stout.

32

The number of awards given to Rouge Ales's Chocolate Stout.

Crazy 4 Candy Heart Cookies

■ by nicolle fagan

It's that time of year again when grocery stores are overrun by overpriced chocolates, cheesy teddy bears and aisles of flowers. For the average college student, the sugary treats can be detrimental to the monthly grocery budget. So when you are browsing the aisles for an affordable delicacy, you are confronted with...

Candy hearts.

These heart-shaped candies have been given out at Valentine's Day since you were in elementary school. Every year these "delightful" treats find their way into your life. And why? Because they are cheap and can be re-gifted (they take years to expire).

Some people love these tiny goodies and their generic Valentine's Day sayings. Others can't stand the chalky taste. But everyone can appreciate their price and versatility.

Whether you have a box leftover from a valentine gone wrong or you have a stash of Conversation Hearts to keep you happy the rest of the year, there is an easy recipe you can incorporate these classic treats into Crazy 4 Candy Heart Cookies.

Crazy 4 Candy Heart Cookies

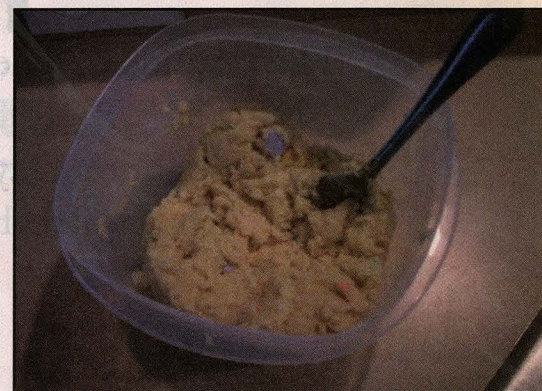
Ingredients:

- 1/3 cup vegetable oil
- Two large eggs
- Approximately 1/3 cup candy hearts
- Box of vanilla cake mix

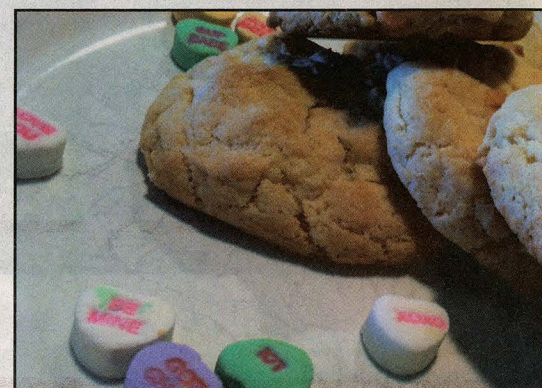
Steps:

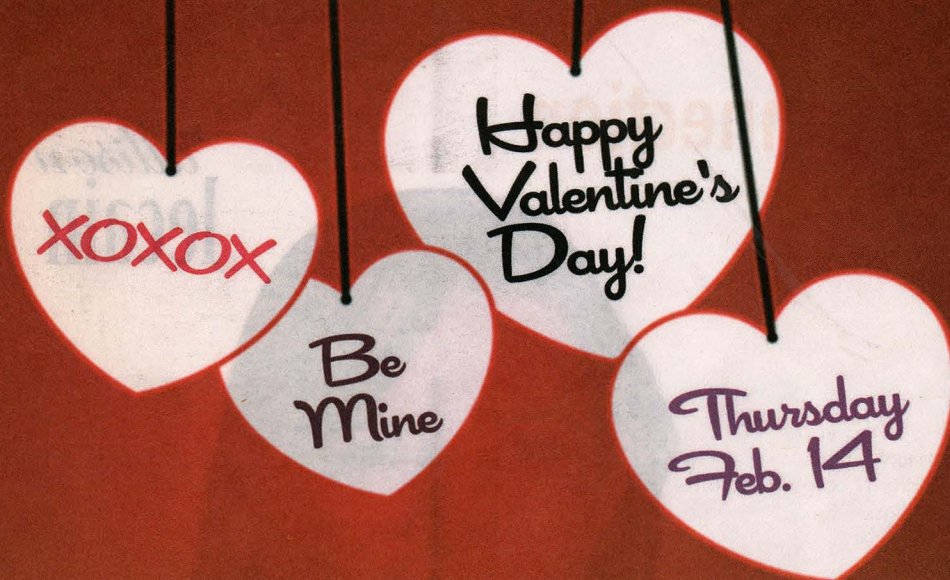
1. Preheat your oven to 325 degrees Fahrenheit. While the oven heats up, work on breaking up the candy hearts. Pour 1/3 of a cup of hearts into a plastic sandwich bag and use whatever tool necessary (like a textbook that the Bookstore wouldn't buy back) to break the candies into small pieces.
2. Empty the vanilla cake mix into a large bowl. Add two eggs, 1/3 cup of vegetable oil and the crushed candies. Mix well.
3. The mixture is going to seem dry, but it should be. The cake mix is being transformed into cookie dough, so mix until all of the dry mix is part of the dough.
4. Once mixed, spoon one-inch balls of the dough onto a baking sheet. Place the cookies two inches apart on the sheet.
5. Put the baking sheet(s) into the oven for 15 to 18 minutes. The cookies are done when they are golden brown on the sides and tops of the cookies.
6. Remove the sheet from the oven and let the cookies cool for five minutes before consumption.

That's it! The cookies are deliciously simple and cost only about three dollars to make. Take pride that you will finally use those candy hearts in your cupboard and gain a little appreciation for these iconic Valentine's Day candies. ■ Ca



Above: Ingredients needed for recipe, preparing the cookie dough batter. Below: Cookies on the sheet ready to be baked, finished Crazy 4 Candy Heart Cookies. photos by nicolle fagan





L.A. Nails

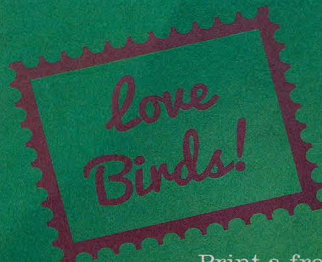
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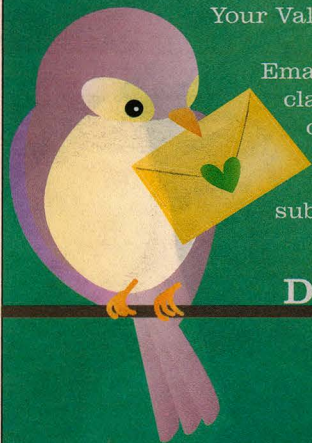


Send a free message in the Collegian!

Print a free message in the Collegian for your sweetie, friend or pet (maybe not pet but perhaps your crush)!

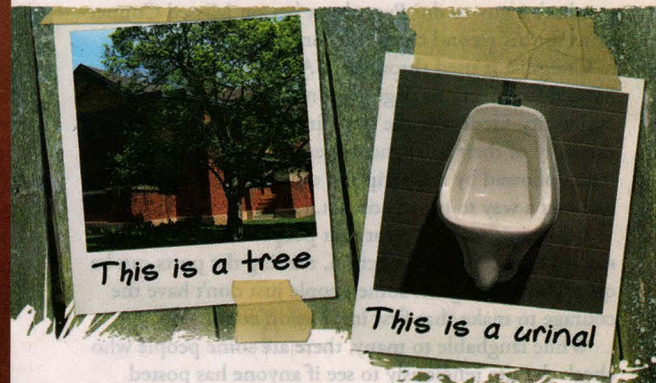
Your Valentine's message will publish Feb. 14th in the Collegian.

Email your message (25 words or less) to classads@lamar.colostate.edu or stop by the Collegian office in the lower level of the Lory Student Center. One message per student. Include your name, phone number and student id number with emailed submissions.



Deadline is Monday, February 11

THE ROCKY MOUNTAIN
COLLEGIAN



DUH.
 KNOW THE DIFFERENCE.



Too School for Cool

a second chance for a connection

by *allison*
lecaïn

In this day and age, people rarely meet organically anymore. It seems less common for people to just meet at a bar, begin a conversation and live happily ever after. Instead we pride ourselves in making sure our online profiles are perfect, hoping for the chance to meet a hottie with a body online and have a fairy tale ending.

Now it's come to this — there is a site online for people who met face to face, but didn't make a move. It's known as Craigslist Missed Connections.

Missed Connections is a place where people can post things about someone they have met in hopes that person will read it and get in contact with them. For example, a guy saw a cute girl at the grocery store. She was trying to reach for a can of soup on the top shelf that was just out of reach, so he got it for her. She thanked him, flashed a smile and walked away. When he got home he wished that he had asked for her number, so what's a guy to do? Post about her on Missed Connections for his second chance at romance.

Craigslist is used throughout America and there is a Missed Connections page personalized for almost every major city. Generally the posts involve someone retelling the story of their brief encounter with their possible soul mate followed by a description of what the person looks like and a way to get in contact.

While in a way it's great that people can have this second chance at a connection, reading the posts can be quite comical. I guess some people just don't have the courage to make that first impression count.

While laughable to many, there are some people who check the site religiously to see if anyone has posted about them, in hopes of finding true love. In reality, I believe, if you don't take advantage of that first chance at meeting someone, it probably wasn't meant to be.

The truth is that most people who post on Craigslist Missed Connections probably won't end up with a life that seems straight out of a romantic comedy screenplay, but it has happened, which makes me wonder, could this be the new, hip way of dating?

Just to be safe, you may want to check out Missed Connections. You may have flattered a cute barista lately that is looking for you, awaiting your happily ever after. ■ Ca



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To my Tony Frank,
The way your rugged beauty
captivates my soul, and the soft
baritone, makes me love you
until the end of the earth.
-Beardie

Roses are red,
Violets are blue,
You're a cool girl,
And I kinda like YOU!
XOXO, Jamie

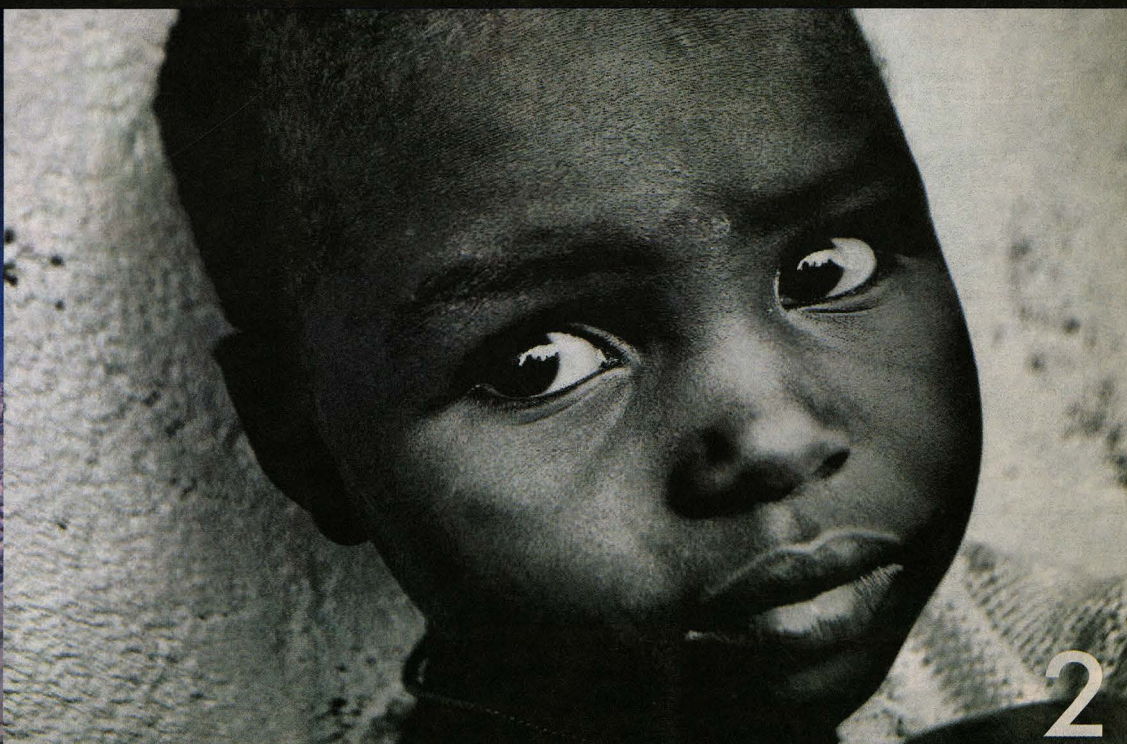
Snookums,
All the chocolate on Earth
cannot fill my heart like
your presence laying next
to me in the morning.
-Your Pookie-kins

Print a free message in the Collegian for your sweetie, friend or pet (maybe not pet but perhaps your crush)! Your Valentine's message will publish Feb. 14th in the Collegian.

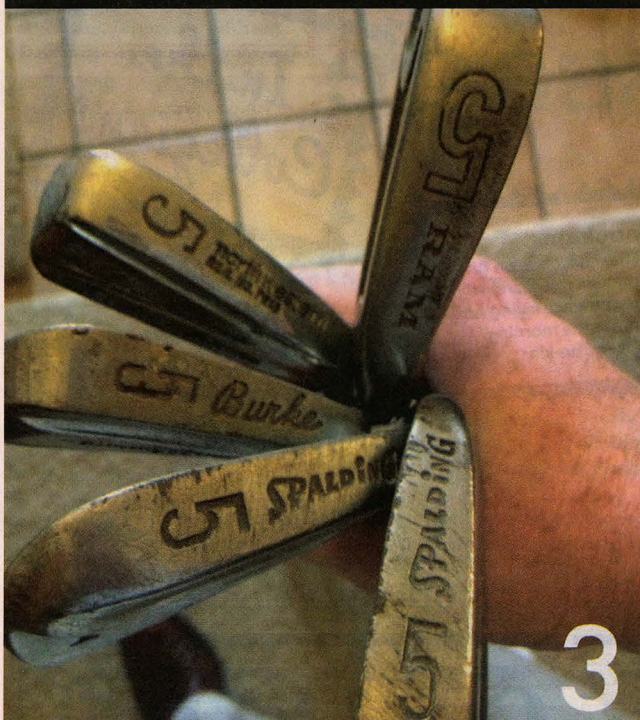
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THE ROCKY MOUNTAIN
COLLEGIAN

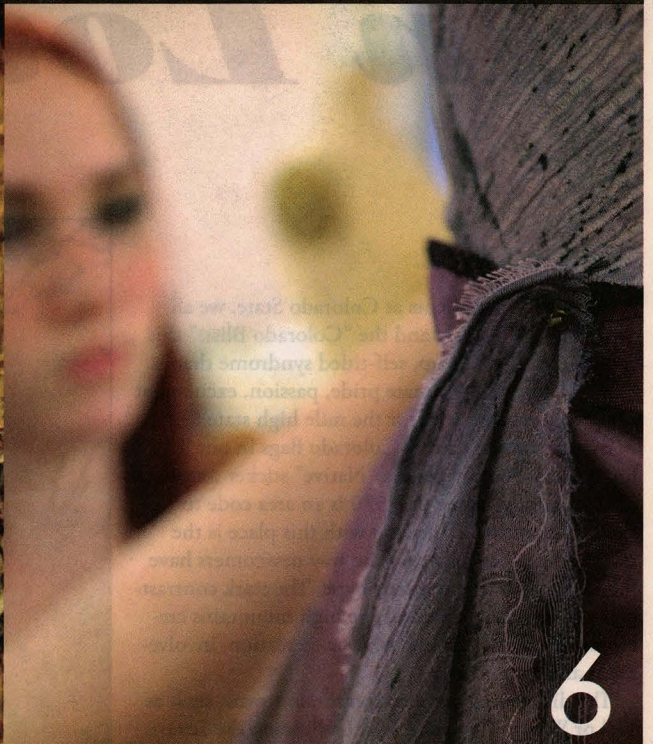


photos by kristin hall (1), allison lecain (4), john sheesley (3)





5



6

photos by mary wilson (2,5), logan martinez (6,8), lauren martin (7)



7



8

In Love with CO

■ by mary willson

As students at Colorado State, we all understand the “Colorado Bliss,” this made up, self-titled syndrome that is the ultimate pride, passion, excitement and love for the mile high state.

Even if we don’t all fly Colorado flags in our living spaces or boldly place a “Native” sticker on our cars, most of us agree that 970 is an area code to keep. Part of the infatuation with this place is the state’s natural heritage and the way newcomers have found magic in the outdoor hype. The stark contrast between the flat plains and the high mountains create an excitement around diverse recreation, involvement and adventure.

The differences between mountain towns, such as Vail or Winter Park, and Fort Collins are the atmosphere and culture. Yet, that sense for adventure that Colorado cultivates at a young age for many Fort Collins-dwellers is still strong.

“My dad moved to Colorado when he was young so his connection was really strong, so my parents wanted my connection to be really strong too,” said Bo Welden, senior environmental communication student, who was raised in Vail. “I don’t feel like I really need to go to South America or somewhere to experience new things — there’s always a new trail or back country terrain to discover.”

A large draw for exploring the landscape is the nature of adventure that the culture provides. The changes in terrain between eastern, western and in between states create a recreation hot spot. Kayaking, rafting, skiing, snowboarding, hiking, biking, rock climbing — the outdoor adventures are endless.

“There are so many people that love the outdoors; we all love the same place, and we all love the same thing. This is what college is — making experiences with people around you,” said Josh Lee, a sophomore non-traditional student studying geology. Lee is part of the Outdoor Club, which brings together people to enjoy the outdoors in many different ways. “I grew up in Michigan, where it is completely flat. I grew up learning to ski on trash dumps, then I took a trip to Winter Park and said ‘I’m going to live there one day.’ Then when I moved here, I was on top of the world. I just love this place.”

That cultivation of outdoor love is grown through family outdoor time at a young age. Students in college have the independence, resources and drive to continue

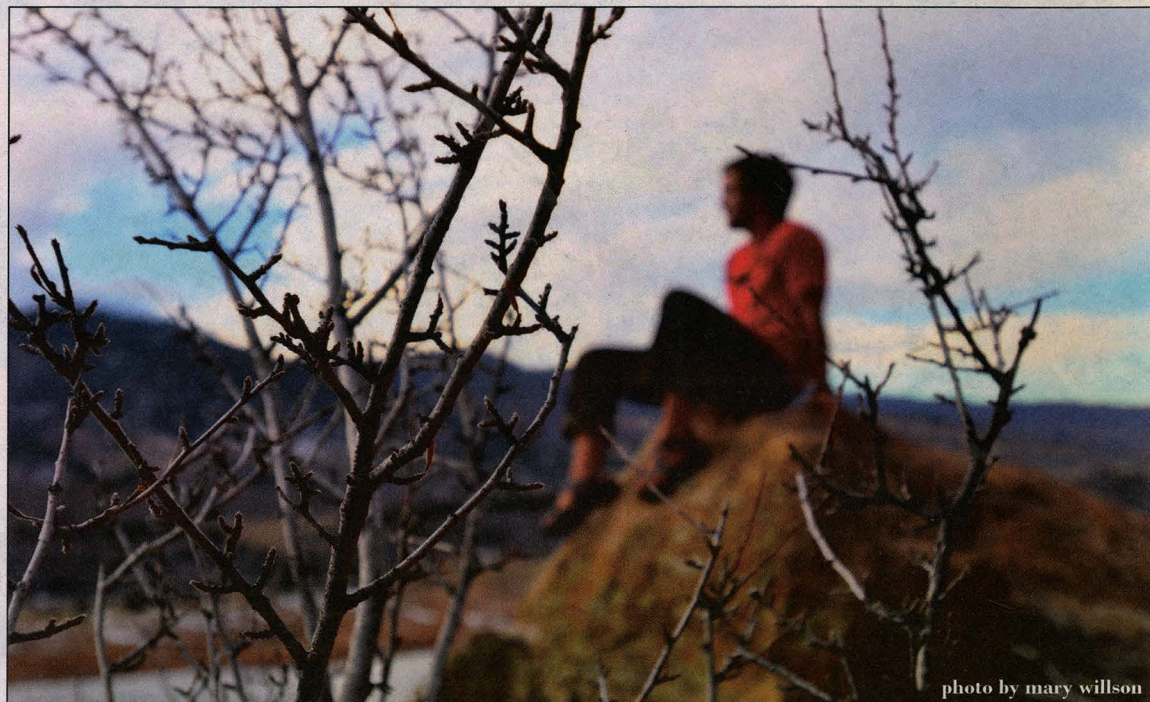


photo by mary willson

that exploration when they get older, so they learn that exploring the state opens doors to the unexpected. For many students, the social aspect of Colorado recreation is a driving force.

Chris Leiferman, health and exercise science senior, experienced the overall outdoor culture in Colorado firsthand when coming to CSU from Minnesota.

“Where I grew up it wasn’t an atmosphere for sports. Here, everyone is active — the social aspect really pushes you. Minnesota is as flat as flat can be, it’s cold — you don’t really want to be outside during winter — and the summers are hot and humid. It isn’t a good training environment,” Leiferman said. “Colorado has more of a lifestyle for [training]. Everyone is doing it, so it makes us train harder. It really gets you jazzed up. It’s really beautiful.” Leiferman said his favorite area to bike is Rist Canyon and to run is Lory State Park.

The connection of falling for Colorado is an intimate experience. It is the experience of living somewhere you value.

“It’s amazing to be able to share a new place with new people who may not have know before. A lot of people come to Colorado from all over the place and when they climb their first 14-er, they’re all just blown away,” Welden said.

For many, having a connection with the place they live, gives more to their lives than they would gain elsewhere.

“For me, the mountains are my religion. Getting to the top of a 14-er — that’s God for me. Whenever I’m having a hard time, I go outdoors and I don’t feel that anymore,” said Anna Wille, freshman biological science major and member of the Outdoor Club.

The Warner College of Natural Resources is one of the largest colleges at CSU, driven by this connection of Colorado spaces and passion.

“It’s why I’m studying natural resources because I’m never going to leave this area — it’s never going to leave me as a person. We got the environment, let’s go use it,” said David Shearon, recreation and tourism sophomore. “I want to be a ski guide, raft guide — my office is going to be the outdoors and taking people to go on adventures. I got lucky being put here. I didn’t choose it but I want to stay here.”

As spring comes into bloom within the next few months, a new time for adventures and outdoor living comes into view. The love for Colorado is a positive passion felt, lived and experienced. Colorado State is in love with Colorado and that is the best love story of all. ■ **Ca**

design by makenna dubler

What Sex Position Are You?

by college avenue staff

1.

What is your go-to date outfit?

- a. Little black dress/ tie and slacks
- b. T-shirt and jeans
- c. Sweatpants

2.

What's your favorite fruit?

- a. Passion fruit
- b. Banana
- c. Cantaloupe

3.

What's your favorite ice cream topping?

- a. Cherry on top
- b. Whipped cream
- c. Raisins

4.

What kind of underwear are you wearing right now?

- a. None
- b. Thong
- c. Briefs

5.

Where is your perfect dinner date place?

- a. The Melting Pot
- b. Coopersmith's
- c. Qdoba

6.

How do you stay in shape?

- a. Krav maga
- b. Pole dancing
- c. Videogames

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Mostly B's: Reverse Cowgirl

You have a free spirit and are wild at heart, but you also stick to the status-quo. For example, you wear things because people say they're sexy. Try to think out of the box with your sex life and your life will be full of surprises.

Mostly C's: Missionary

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