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# College Avenue

volume 14 number 1 summer 2007

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JOURNAL  
Room



hot button

## relationships

it's a daunting concept that describes so much. check out what's under our cover.

## warming trend

some say it's true and some say it's false. is global warming fact or fiction?

## addicted

some people get their fix from drugs or alcohol, but it can come from technology, too.

## life saved by death

one organ donor's father meets the people his son's death saved.

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# Associated Students of ASCSU Colorado State University

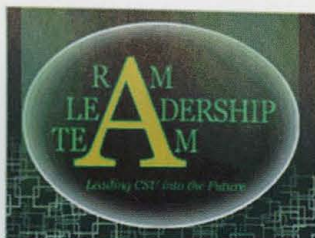
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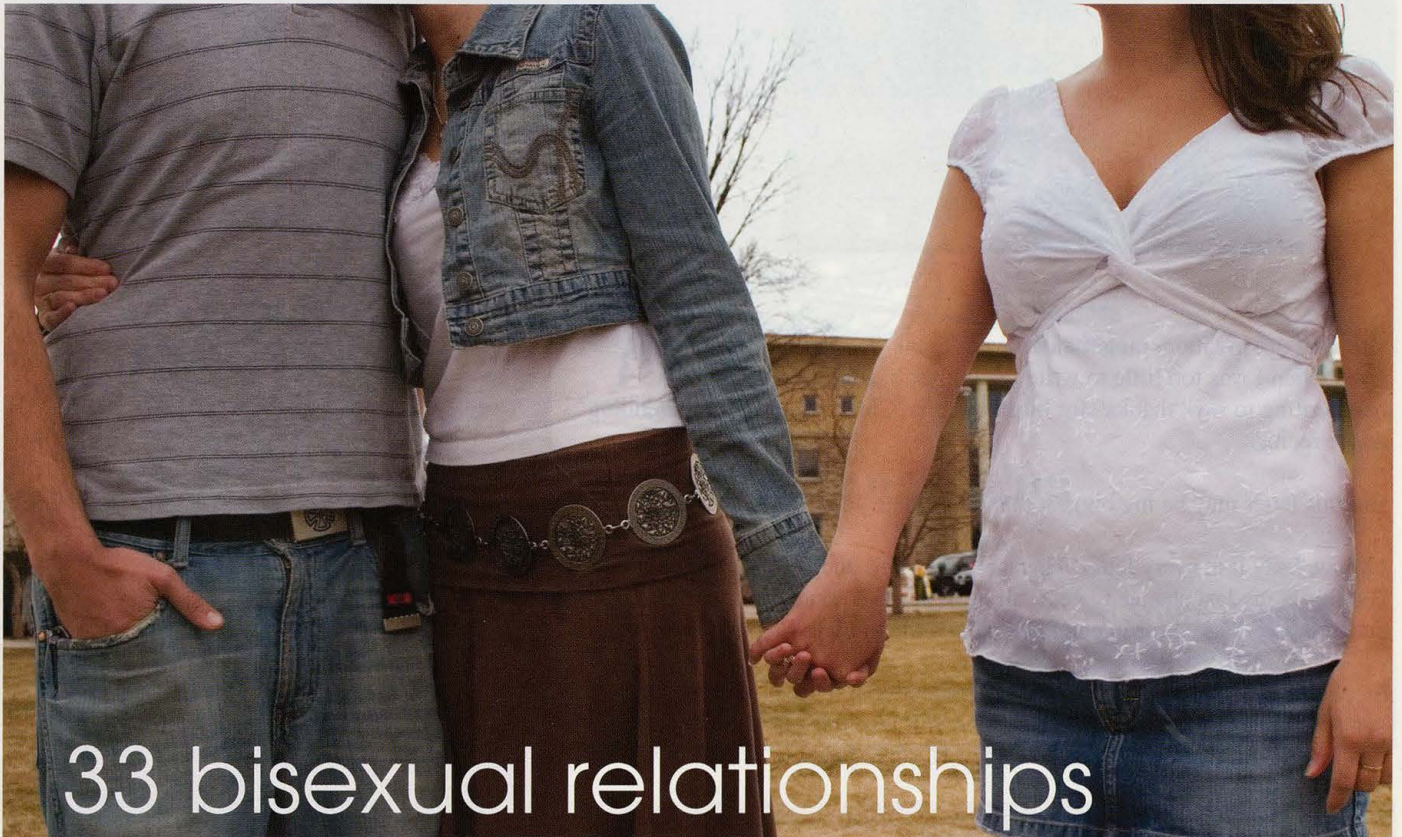
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## letter from the editor



Growing up, my mom taught me to write thank-you notes for everything. Even when I was too little to write them myself, I traced my mom's handwriting to say "thanks" for birthday gifts, Christmas gifts and attending dance recitals.

But this letter may be my biggest thank-you note yet.

I know, I say it in every letter. Thanks to my staff, and thanks to our readers. But this is my last chance to get it all in. When this issue went to press, I ended my year as editor in chief and passed the torch to Stephanie Gerlach.

Stephanie is a fine journalist with high standards of journalistic integrity. She is an effective and thoughtful leader, who will take this publication on its continued path to greatness. I know she will serve you, our readers, well.

It has been such an amazing experience to work with a talented group of people to create this magazine – so amazing that I am tearing up as I write this letter.

I am forever in debt to the advisers here in Student Media and the professors in the journalism department who have helped me be the best reporter and editor I can possibly be. I am also in debt to the wonderful people in the Student Leadership and Civic Engagement office who have helped me explore leadership and become the person I want to be.

Thanks to the other media here, too. The Collegian has shown us a lot of support, as have KCSU and CTV. Thank you, fellow journalists, for your encouragement.

And before this gets to be a never-ending letter, I want to publicly express my gratitude to my parents, sister, fiancé and friends who have all acted as a strong support system for me. Thank you staff, once again, for your dedication and talent. It means the world to me and this publication. Here's one last WAHOO!

With a continued promise of integrity,

Caroline Welch

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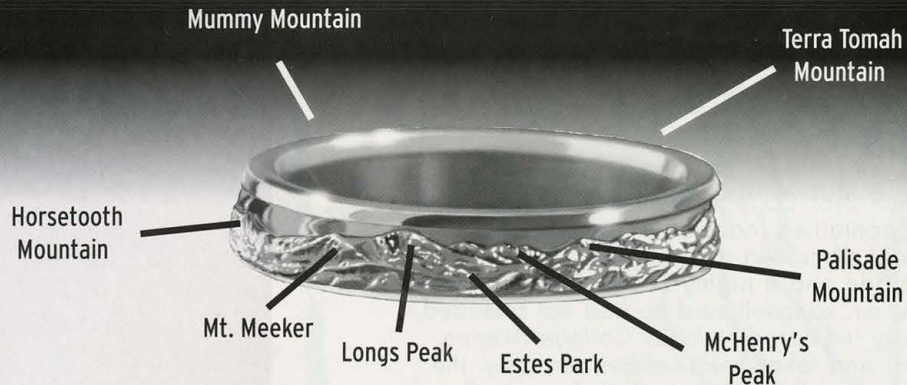
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# College Avenue

## corrections

a story in volume 2 issue 3 of *College Avenue* about greek life director mark koepsell contained inaccurate information. mr. koepsell and the reporter discussed at length the university's 1998 homecoming parade and a highly controversial fraternity float. after publication, mr. koepsell said he had not attended the parade, but the story indicated he had. *College Avenue* apologizes for the error and takes inaccuracies seriously. the issue has led us to enhance our policies to include more time for editing and reader feedback. starting with our next issue, we will be sending out surveys to sources quoted in our stories to evaluate accuracy.

in volume 2 issue 3, rob rifey's name was misspelled in "skin city." *College Avenue* apologizes for the error.

in volume 2 issue 3, the netherlands flag was incorrectly used as the thailand flag in "living the american dream." *College Avenue* apologizes for the error.

## letters to the editor

as csu's very own magazine, 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 csu's student-run magazine. 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 our integrity through professionalism and this standard of excellence.

## on the cover:

photo illustration by tanner bennett

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# Bulldoze the World

## career counselor takes on real life

While you were piling into a pickup and cruising out to Hughes Stadium to pipe beer down your throat and watch a depressing loss, Britany Aspromonte, a career adviser (CPA) at the CSU Career Center, was creating an electronic portfolio and networking. You were in Cancun for spring break networking a questionable late-night hookup – slacker. Aspromonte was seeking employers and apartments in Austin, Texas, where she will likely move upon graduation.

The senior landscape architecture major will graduate in May and likely bulldoze into the grown-up world. Aspromonte has worked at the Career Center since June 2006, which has helped prepare her for the professional world.

“I’m nervous, but I feel like I’m more prepared than most people,” Aspromonte said. “I do have my résumé done, and it’s been done for a while. I know how to write a cover letter, and I can interview well. I feel prepared. It’s just where I want to go and what I want to do with it.”

As a career peer adviser, Aspromonte has helped students with their cover letters and résumés, helped put together and spread information for various fairs, such as the Career Fair, and generally reached out to increase student involvement with the Career Center.

“I rely on the CPAs for out-reach,” said Renée Estes, assistant di-

rector for career counseling services at the Career Center. “They’re our coolness factor. We want to make sure our services are cool. We want to make sure we’re attractive to students and that the things we offer are things that students would want. We use them (CPAs) to help us figure out where students are and how we can access students.”

The Career Center recently created a Facebook account to help spread its word and, as first reported by *College Avenue*, college students like Facebook, so, who knows, it might work. The Career Center offers counseling for students who are trying to decide on a major, as well as an array of services to prepare students for the professional world.

Practice interviews and a full staff of professionals are two of many resources Aspromonte has taken advantage of to mold herself into something more than another person with a degree.

“I was really worried before working here,” Aspromonte said. “My résumé has definitely changed; it’s something that I’m proud of, and I know is going to get me somewhere. I work with professional people everyday.”

As an aspiring landscape architect, Aspromonte lives in a world of creative design and style, something her job has helped bring to the relatively rigid world of résumés and cover letters. She created her résumé on Adobe InDesign and compiled an electronic portfolio that potential employers can access

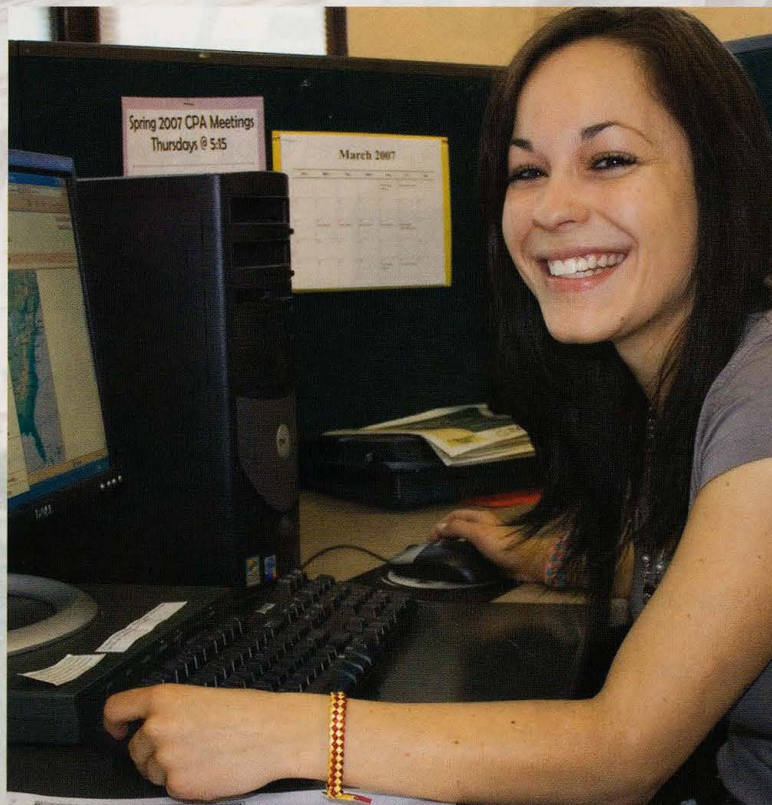


photo by sarah tocco

brittany aspromonte is a peer adviser in the CSU career center and helps students prepare for the job market with résumé and cover letter critiques.

through a web link. They can also view her résumé, design project and other impressive salary boosters.

"She brought some wonderful skills in terms of graphic art, and I hope she's gained confidence in her ability to present," said Ann Malen, director of the Career Center. "Hopefully, she has learned more about herself and what her skill set is."

Almost as important as what you do and how you do it, is when you do it. Take that leisurely senior year or a summer to decompress and you risk missing a job market.

"The biggest mistake that students make when graduating is the fact that they wait until the end of their last semester before starting their search for a job. In all actuality, the search should begin the fall of your senior year," Aspromonte said.

Estes and Malen echo that opinion and add that the job search can begin sooner than most students realize. When networking yourself to potential employers, it is hard to start too early.

"I was a student. I didn't think about anything until after spring break," Estes said. "The students that prepare nine months in advance have a far greater chance of being employed by the time they graduate."

Estes and Malen cite communication skills and the ability to work with others as traits all employers look for, but also emphasize developing skill sets specific to each person's field of choice. Aspromonte has received help in both of these areas.

"She brings to us a cool artistic component, but we've helped her refine her résumé," Estes said. "She's helped us with quite a few projects dealing with her creativity and how we market career fairs. You want things to be visually pleasing and attractive, and she's helped with some of those design elements."

Just earning a college degree is not what it used to be. As the competition increases, the average potential employee should have a diploma with a side of extra experience and come out looking very shiny.

"I definitely improved in all areas of the job search as well as the way that I carry myself in a professional setting," Aspromonte said. "I have the confidence to know that I can interact with employers and not be completely embarrassed because I don't know anything."

Aspromonte is not alone in believing her professional career won't be littered with job titles such as "fry technician" or "used clothing inspector."

"She's done a five-year program in four years, she's very motivated, she's creative, she plays well with others, she's gained experience in what she wants to do, and I think in the end that can be really attractive to an employer," Estes said.

The résumé is quintuple-checked, the cover letter is precise and the finest "I'm the person for the job," clothing has been purchased, but what if there was no Career Center for Aspromonte?

"I would be frantically rushing my information out to employers, not knowing the ins and outs of job interviews, my résumé wouldn't be top quality, and I definitely would not have made as many employer networks as I have thus far." ■ Ca

## career center director ann malen shares some wisdom with csu students

CA: What is the biggest benefit students receive from the career center?

Ann Malen: I think it's two-fold. One, I think many students come in undecided, they're not really sure what major they're interested in or what their goals are in terms of what they want to do after they graduate. We help a lot of students become more focused in that arena. Or if they're in a major that is less vocationally oriented we can help them figure out what they want to do for a job. You will never have another time in your life when employers are coming to you. We really provide venues so many employers are coming to campus.

CA: What is the biggest mistake students make when entering the work force?

AM: One of the biggest mistakes they make is waiting until they graduate to come and talk to the Career Center. But I think it's really key for people to have internships, because internships give you a leg up on somebody who doesn't have an internship, because you can show that you've had actual job experience.

CA: What is most important for students to know as they enter the job market?

AM: The most important thing to know is what you want to offer an employer, how do you want to market yourself. In other words, what do you want to be doing in the future. The clearer you are on that and what your skills are and how those skills will help the employer, that makes you better able to sit in an interview and market yourself to that employer.



# Summer Travel

making it safe and enjoyable

by kacia munshaw

Fun in the sun, making memories with friends and having the time of their lives are the thoughts that race through college students' minds as they prepare for that special vacation. However, basking on the beach is not all there is to that perfect vacation. When planning a trip, students need to consider where to go and the travel precautions needed to ensure a safe trip.

## planning your trip

STA Travel, located on the main level of the Lory Student Center at CSU, offers a wide variety of packages and places for students to go. They also offer advice to ensure a safe and memorable trip.

The most important step, according to Christi Day, public relations coordinator for STA Travel, is picking the place to travel.

"Research all potential destinations," Day said. "Figure out what they eat, drink and do for fun. What types of clothing or greetings are acceptable? Try to learn as much as you can about the people from that region. This is not only a great way to stay safe, but also to learn and experience a new culture."

Cancun, Puerto Vallarta and Europe are three of the top places CSU students tend to go, and STA has tips for all, said Erica Dobek, STA Travel CSU branch manager.

In order to choose a Mexican destination, students have to first define the type of trip they are looking for.

"Cancun is more Americanized," Dobek said. "With Puerto Vallarta, you get to see a little bit more of Mexico. You can go into the

"my no. 1 safety tip is to never travel alone; always be aware of your surroundings and diligent of strange activities."

- jill burge  
vice president of new horizons travel

jungle, go hiking and do fun outdoor activities."

Dobek highly recommends European trips because a majority of these trips are designed for people between the ages of 18-30. Students who travel with these packages will be part of a group with a tour guide who gives them the option to stay with the group or travel around the area by themselves. The guides are always willing to give tips on where to go and the best possible way to see the sites.

"These types of trips are great because you get to travel with the same aged people with like minded interests," Dobek said. "It really cuts out the stress of finding your way around, but it still gives you the

day to do all the things you want to.”

For those looking for a trip throughout Europe, STA Travel recommends using the Eurail, an interconnected rail system that travels to many European countries. Students can get passes based on how many places they plan to experience and how long they plan to stay.

Jill Burge, vice president at New Horizons Travel, 300 Boardwalk Drive, also recommends using the Eurail. She said students can get discounts for the Eurail until the age of 26.

“Eurail for students is really a great way to see the country,” Burge said. “You can lay back and enjoy the ride without worrying about making the right turn, or driving on the right side of the road.”

## staying safe

Along with finding that perfect trip comes the responsibility of making the trip as safe as possible. Local travel agencies have many ideas and tips for students to have a safe trip.

“My No. 1 safety tip is to never travel alone, always be aware of your surroundings and diligent of strange activities,” Burge cautioned. “Do not put yourself in a position of danger (like a dark alley at night). Have extra copies of your documents in a different location than the actual item.”

Day said there are three very basic things students can do to help ensure a safer trip.

### step 1: do your research

Day recommends that students use all sources to research the area and the area’s laws including Internet sources, government sources and the library. In Mexico, anyone older than 16 years is tried as an adult, Day said. This means even as tourists, students are subject to local laws.

Robin Mueller, the study abroad coordinator at CSU, also recommends students research the types of vaccines they should get to stay healthy on the trip.

“We recommend that students visit the travel clinic at the Hartshorn Health Center,” Mueller said. “We also direct them to the Center of Disease Control at [www.cdc.gov](http://www.cdc.gov).”

### step 2: protect your belongings

Day advises students to protect their belongings. This tip includes not leaving luggage unattended, not taking packages from strangers and keeping money and important documents in a secured location at all times.

“Students should make copies of their passports,” Dobek said. “And they should keep their money and important documents in a money belt that they can keep with them securely at all times.”

In addition, Day said STA recommends students leave their itinerary, passport data and visas with family or loved ones.

“It is really important when traveling to any destination that you stay in communication with someone at home,” Day said. “Make sure roommates, family, or friends have the phone number and address of where you will be staying as well as an itinerary of your activities.”

### step 3: ensure your health

Day said it is very necessary for people to ensure their safety and health. She said it is important to get travel insurance that will cover a student’s emergency needs. Most travel insurance helps in cases of medical emergencies, stolen baggage and trip cancellation. It can be purchased through any travel agency when booking a trip.

“I recommend it because you should always expect the unexpected and plan ahead,” Day said. “With travel insurance, you can relax and know if something were to happen while away, you’d be OK.”

Carrying a first-aid kit is also important, and Day recommends carrying a basic one that can be purchased at any grocery store.

Also, as of Jan. 8, 2007, a passport is needed to get into Mexico, Canada and the British Overseas Territory of Bermuda. It generally takes a minimum of six weeks to get a passport, so both Day and Dobek recommend students get one as soon as possible.

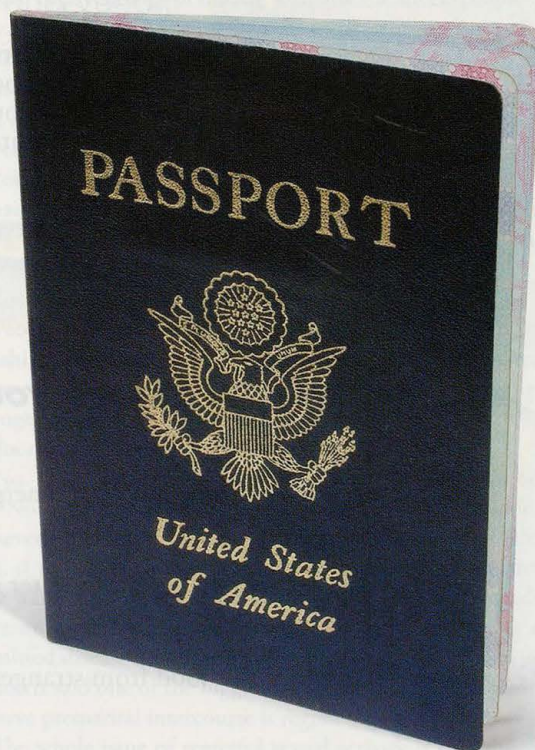
Passport documents can be obtained at most federal, state and probate courts, some public libraries, most county and municipal offices and at post offices. But only the post office at 301 Boardwalk Drive accepts completed applications in Fort Collins. The best way to obtain passport information is to visit [www.travel.state.gov](http://www.travel.state.gov).

In addition, STA recommends planning a trip in advance. Dobek said that students who do this generally tend to get cheaper deals. The main thing STA travel stresses, though, is using common sense and staying together.

“Try to always have one individual be the sober individual for the night,” Dobek said. “Watch your drink, and always know where you are going to be staying ahead of time.”

Burge gives similar advice.

“Always stay together in groups of two or more, eat healthy, drink lots of water, exercise and sleep right,” she said. “Use lots of common sense, and have a good time.”



as of jan. 8, 2007, a passport is needed to go anywhere outside the u.s., including mexico and canada.

# 3 steps to safer travel

## **step 1: use all sources to research the area and its laws**

### travel.state.gov

provides travel warnings, tips for traveling abroad, document requirements and trip registration with the nearest u.s. embassy or consulate.

### the internet

research the people, culture, laws, and customs. the more you know, the more you'll blend in.

## **step 2: protect your belongings**

### luggage

don't leave your luggage unattended or take packages from strangers.

### money and important documents

keep a small amount of cash in your front pocket. credit cards, large bills and passport should be kept in a money pack or belt, usually worn underneath your clothes. use in-room safes, and leave copies of your passport and itinerary with family members at home.

## **step 3: ensure your safety and health**

### insurance

have insurance that will cover your emergency medical needs away from home.

### first aid kit

carry a basic first-aid kit, and take water if it's unsafe to drink in that area.

### food

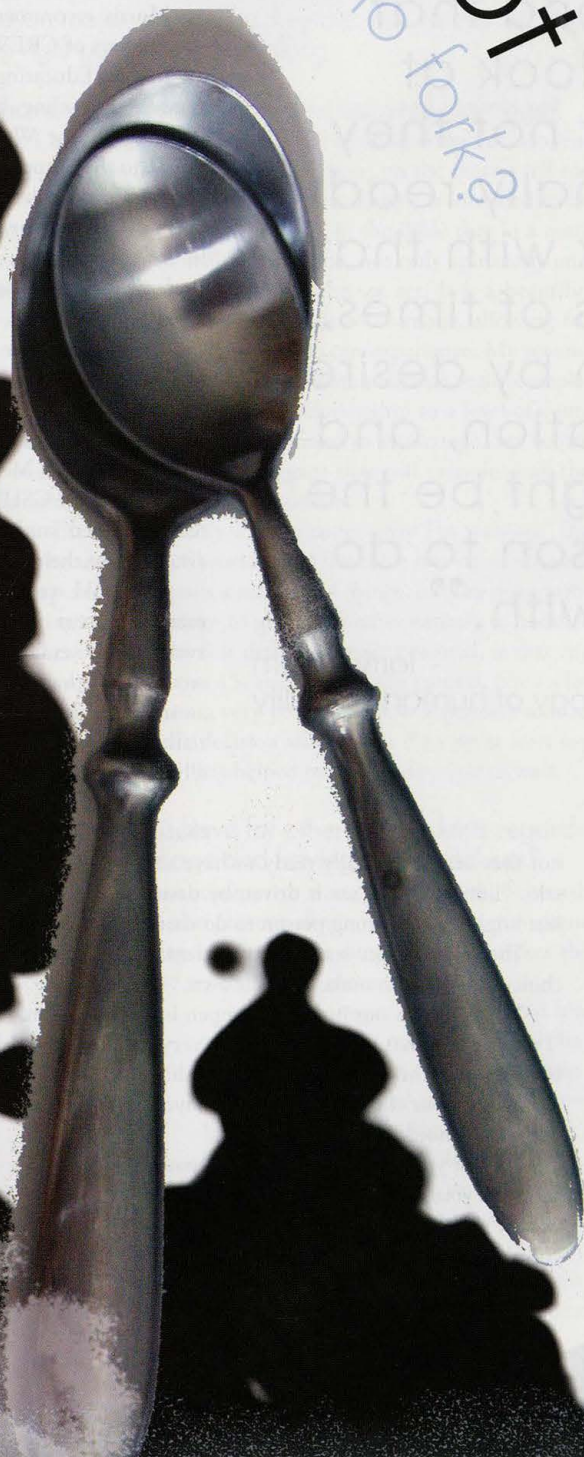
never accept drinks or food from strangers.

### groups

travel in groups, and let your travel partners know where you are at all times.

# Sex or Not

to spoon or to forks



Wrapped up in emotion and passion, college students are forced to make an important decision. Should they or shouldn't they take that step and have sex? Numerous questions can race through a student's mind. Do I want to? Would I be happy if I stopped this? Do I love this person? Will this situation end in blissful happiness and pancakes the next morning, or a high-five as they scramble out the door?

Dr. Jacqueline Voss, the Wellness Zone Sexpert and a professor of the psychology of human sexuality class, said national surveys show that 85 percent of college students are sexually active.

There are many myths and mixed messages sent to the general public regarding sexual activity in United States' culture.

The way society is presented, it is hard not to believe that the normal activities of people include many sexual partners. However, 64 percent of the CSU population has had one or fewer sexual partners, according to the National College Assessment Survey for the 2005-2006 school year.

One element that contributes to this misconstrued information is the media.

"The media is incredibly powerful," said Dr. Larry Bloom, a CSU professor of psychology of human sexuality. "It affects people in a negative way by how it presents data. They present sex normality that is nonsense and figments of the imagination."

The question then lies in what makes students decide to perform sexual activities or not.

Deb Morris, director of health education at Hartshorn Health Services, said a survey it gave in Fall 2005 at the Health Fair stated the main reasons students choose not to have sex is because they are waiting for marriage, religious beliefs, fear of pregnancy and fear of disease.

Bloom says the decision lies in readiness.

"People may not be developmentally ready to enter a mature relationship," Bloom said. "Emotionally, if a person is not ready for a mature relationship, jumping into being sexually active might create challenges they might have not determined."

Bloom said there are positives to waiting.

"No. 1, if they wait, it may be in accord with spiritual beliefs," he said. "No. 2, if they wait, they might embrace and feel passionate that they saved themselves for the person who will be their life partner. No. 3, if they wait, it may certainly be to prevent pregnancy. No. 4, if they wait, they prevent the chances of catching and spreading sexually transmitted diseases. If both wait, the chance of getting a sexually transmitted disease is basically nil."

Morris said one of the biggest problems she has seen with students who have premarital intercourse is regret.

"The whole issue of regretful sexual activity is that they have this mind/body interaction, and they are not completely in it," Morris said. "I have seen that aspect of 'I wish that wouldn't have happened.' With the students I have talked to, it appears the biggest regret is sex under the influence, and that doesn't work out as the experience they had hoped for."

Though some students choose to wait until marriage, others have made the choice to have premarital sex.

"A lot of people might feel that the sexual component is a significant part of a relationship," Bloom said. "If people have a strong relationship, with emotion, it is natural to want to explore that person intimately and physically. There is a certain naturalness to the whole theme about talking about love. You want to be close to the person you love."

Voss said having premarital sex could be positive for some couples.

"People will say it can help some couples be more intimate," Voss said.

It could also help a couple find out if they are compatible, Bloom said.

"A lot of people feel that sexual compatibility is a significant part of a relationship," Bloom said. "It is important for them to find out if they have that attraction before committing to marriage."

Changing society is another factor that contributes to students making the choice to have premarital sexual relationships, Voss said.

The question behind the morality of being sexually active has changed in definition over the years.

"Many students think it is a moral issue," Voss said. "Morality for them is based on the quality of the relationship. If it is a healthy

relationship, that makes it morally acceptable."

Voss also stated that people are getting married at later ages due to their careers, and the schooling for these careers also makes premarital sex more acceptable.

Whether or not a student chooses to have sex, CSU offers students a variety of education on matters of sexuality.

Morris recommends talking to members of CREWS, (Creating Respect Educating Wellness), a peer counseling group, and stopping by the Wellness Zone to talk to the Sexpert. The health center offers checkups and STD testing, as well as the anonymous Internet service "Ask Pat," where students can ask tough questions.

The health center is currently working on educating incoming freshman on the sexual education opportunities and precautions CSU offers, Morris said.

Along with CSU's help, it is recommended students have an awareness of their decisions.

"I would certainly recommend students have a general awareness of sex," Bloom said. "I recommend that people have an awareness of birth control materials. Have an awareness of sexually transmitted diseases."

"I would also recommend that people look at whether or

not they are emotionally ready to have sex with that person," Bloom said. "Lots of times, sex is driven by desire and infatuation, and that just might be the wrong person to do that with."

The main aspect stressed to students is that premarital sex is a choice they have to make on their own.

"To decide to not just let it happen is their decision," Morris said. "I also believe that people need to be very comfortable with their own bodies before they have sexual relationships."

"Value your choice, and don't let anyone talk you out of it," Bloom said. "You should respect each other."

"When you have sex, make sure you are in a situation that conforms to your own beliefs and values," Voss said. "Make sure you face reality, and keep yourself safe. Make sure you are comfortable with your own body, and that you can communicate with your partner openly and honestly." ■ ca

i would also recommend that people look at whether or not they are emotionally ready to have sex with that person. lots of times, sex is driven by desire and infatuation, and that just might be the wrong person to do that with."

- larry bloom

professor, psychology of human sexuality

# let's talk about sex

college students have an important decision to make regarding sex. we talked to people who are waiting until marriage and some who aren't.

daniel syrett, a senior political science and biological science double major, and andrea talley, a junior english education major, share why they are individually waiting for the right person to come along.

## 1. why have you chosen to not have sex until marriage?

**Daniel:** I have chosen not to have sex before marriage for two reasons. First, my personal beliefs and convictions on the matter tell me it's wrong. Sex, according to my faith (Christianity), is intended to be within the realm of a marriage. It's written in the Bible that in a marriage, a man and a woman will become one, not only spiritually and emotionally, but also physically through the sex act. It is a beautiful creation when confined within the bounds of marriage, allowing for the greatest degree of intimacy two people can experience. My second reason is a practical reason. I think sex before marriage really complicates a relationship, and progresses the relationship to a level of commitment that should really only be confined to a marriage. Sex before marriage creates lots of emotional baggage that will carry into all the future relationships of the person that does it.

**Andrea:** There are actually a few reasons why I'm waiting. The biggest one is because I'm a Christian, and the Bible says we need to remain sexually pure. This entails a number of things, but the most publicized is waiting until marriage to give our bodies entirely to another person. Another reason, which is definitely more personal, is that my sister had a baby when she was 15, and it killed my parents. She's a lot older than me, so I saw from a very young age how a person's actions can affect others. I made the decision when I was 3 to never hurt my parents in those ways, which has helped me in my decision to wait.

## 2. what advice do you have for other csu students regarding waiting until marriage and having premarital sex?

**D:** I would advise other students to wait. I think it will be worth the wait, and waiting will also prevent all the baggage that may come from sex outside of marriage. It makes life simpler, and it makes the day that I actually will have sex that much more special.

**A:** Well, regardless of personal history or beliefs, it's really important that each person recognizes the dangers involved in premarital sex. Now, more than ever, STDs are spreading, and it's not easy to know who has them. The most important thing is to be safe, and protect yourself. I definitely recommend saving yourself for marriage, but I'm not unrealistic, and I know many CSU students won't. In the end, it's a personal decision.



talley

## 3. what are some of your thoughts on premarital sex?

**D:** I think sex before marriage is wrong.

**A:** I think it can be dangerous, not only physically, but emotionally, as well. Waiting is the safest option. On top of that, God calls believers to be pure, so it's important to act in accordance with that call. For those who do not believe in being pure for religious purposes, I recognize that the standards of the world are sufficient, but it just seems to me to cause more harm than good in the long run.



syrett

## 4. what are your personal views on sex, and how do you think it differs from the opposite sex?

**D:** My personal views on sex are that it is a completely OK thing, confined within marriage. I believe God created sex for intimacy and pleasure for a couple, but intended it to be within the marriage relationship. It allows two people to experience the greatest degree of intimacy between two people possible. It's not only for procreation, but for pleasure and emotional connection. I would say my views on sex are closer to the traditional "female" view than to the traditional "male" view.

**A:** My personal views on sex are that it's a great thing, in the right context, being in a committed marriage. I don't really know how the opposite sex regards it. Many Christian men I know would agree with me, but some would not, and most non-Christian men would not. The majority of non-Christian men I know think sex is OK once you are in love (often, with the intent to marry that person). Of course, there are exceptions to every rule.

## 5. how do you stay motivated and strong in a time where views on premarital sex are so lucid?

**D:** I stay motivated through my faith. God has really given me strength in situations to avoid falling into the trap of premarital sex. It's tough to resist the temptation, and I know without God, I would probably not be able to wait until marriage.

**A:** The biggest thing for me is to have open and honest communication about sex. As soon as we start trying to hide our feelings, things begin to go downhill quickly. I think the church is especially tight-lipped about premarital sex, but if we expect people to wait, we need to address the issue from all sides. For instance, I teach a junior high Sunday school class, and we talk openly about sex if it comes up. In serious dating relationships, I think it's healthy to set boundaries from the start and then to hold the other person accountable. Friends outside the relationship who can serve as accountability partners are also extremely important. Just as with anything that you're committed to, you need people to help you stay strong and stick with it. Prayer is also a big part of my effort to stay motivated and strong. If I start to feel myself succumbing to society's standards, I ask the Lord to help me.

# hot button



pecone.

Jake Brown, a junior health and exercise science major, and Giulia Pecone, a freshman anthropology major, both share why each of them chose not to wait until marriage.

## 1. why did you make the choice to have premarital sex?

**Jake:** I'd have to say the first was in the passion of the moment. It just felt right at the time, and I fully support living in the moment.

**Giulia:** It was really a curiosity. I was raised in a family where sex was OK as long as you were comfortable with the situation, yourself and your partner, and when I chose to engage in sex for the first time, it was because I felt like my body was ready for the experience.

## 2. describe your relationship with the person/people you've had sexual relationships with.

**J:** The first was a girlfriend of a year. The others were those I was dating, and some, to be blunt, drunken errors.

**G:** I've had some troubling sexual encounters, ones which have really emotionally affected me. Of course, not all of my sexual encounters have been negative, though. The boyfriend I lost my virginity to, for example, is still a close friend. Eh, sex has the tendency to complicate things, sometimes to an extreme, sometimes to a minimal level. I've had to learn that the hard way, but every partner has always been a lesson for me and, whether good or bad, has developed my inner spirit, my inner woman.

## 3. what are your thoughts on premarital sex?

**J:** I think it is vital. Honestly, we shouldn't base our relationships on the physical, but the sexual arena plays a very important role in a healthy relationship. Compatible couples must be compatible in all aspects, and how can you know who you are, and what you like or dislike, if you've never experienced them.

**G:** I think sex can be a wonderful thing, to be honest, and though I respect people who choose to wait for their spouse, I do not personally believe sex has to be for just one partner. Sex can bring two people spiritually, emotionally and physically together. But really, though, sex is about us, not everyone else. We have sex for us, and because we want it, right? We're all curious to explore our bodies, so why not take advantage of this exploration with another

being or maybe even multiple beings open enough to explore with you?

## 4. what advice do you have for others your age in regards to sex?

**J:** Have fun, be safe. But nobody likes a slut.

**G:** Make sure you're having sex for you. I've watched many people engage in sex with partners simply to please them, and I can even admit I've done it a few times for my ex. But, sex can be so powerful, so make sure you're walking into a situation you know your body wants just as much as your sexual partner.

## 5. what are your personal views on sex, and how do you think it differs from the opposite sex?

**J:** I'm a man, procreation is our function. Sex is meant to be enjoyed, and I like to enjoy it a lot. However, I don't bed just anyone; I like to be able to think that the companionship will last past

breakfast. I think women like sex as much as men do, if not more. But I've found that the minute I know what women are thinking, is the minute I know nothing about them at all.

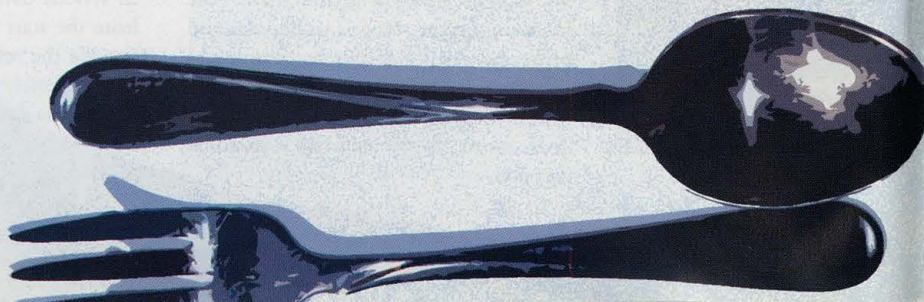
**G:** I like sex, I'll admit it. I don't think a person can ever understand their body fully until they've learned what pleases it. It troubles me that society is so uptight about sex sometimes. I hate when we label people based on their number of partners, the names of their partners, or their sexual interests. I don't believe sex to



brown.

be a crime, and most definitely do not think we should label it as one. If our bodies are curious and we know we can be safe, then why does it have to be an issue?

How do I differ from men? Well, I know for me, sex is a spiritual experience. I love understanding my body, and I've noticed I've learned a lot about it through sex. Though I do think there is a strong difference between casual sex and relationship sex, I don't see there to be anything wrong with either of them. Yes, relationship sex has proven to be better, but sometimes a person just needs that liberation of a casual sexual experience. Sex is not something that should be taken lightly, but as I've said before, if you know you're comfortable with the situation and that it is something you really want, what is so wrong with feeding your desires? ■ **ca**



# Life Saved by Death

## organ donation links families

"He was a good kid with one bad moment." All too often we hear this statement. All too often families are filled with pain and regret from one bad decision. Nicholas Stone's family is plagued with that pain every day.

Arthur Stone spent a recent afternoon - nine months to the day of Nicholas' death - chronicling the life of his 23-year-old son and the four people who lived because of Nicholas' death.

At 47, Arthur should be full of vitality. Instead, his face looks haggard, deep with lines. Staring into this man's eyes, I see a plethora of distressing emotion and a lack of life, eyes that view the world but are absent of their previous intensity.

One bad decision on the evening of June 19, 2006, cost Nicholas his life.

After a day of fishing at Red Feather Lakes, Nicholas and a friend hurried home to Greeley to watch game seven of the Stanley Cup Championship. But Nicholas' decision to have a few shots of vodka and then drive down the windy hillside road proved a fatal combination.

An incident lasting barely seconds now plays out in hours as Arthur illustrates every detail of that fateful day, remembering each action down to the minute. The event of nine months ago seems all to clear yet, at the same time, a distant memory.

A big curve in the road got the best of Nicholas, and he lost control of the van. In his last-second attempt to avoid impact with the car in front of him, Arthur believes his son jerked the wheel with all of his power, avoiding the car and sending the van careening into the hillside. Nicholas - who wasn't wearing a seatbelt - was thrown 153 feet from the van. The van rolled right over Nicholas, just before completing the fourth rollover and slamming to a stop against a tree.

Arthur rushed from Greeley to Poudre Valley Hospital, where Nicholas

was transported to by helicopter. When Arthur saw his son at the hospital, he said Nicholas looked fine, just some cuts and bruises.

But looks can be deceiving. The force of the impact from the van rolling on Nicholas' head caused severe brain damage, Arthur said. Nicholas' friend in the van, who wore a seatbelt, walked away from the accident with minor injuries.

"Looking at him, I thought, 'He's a hard-headed kid, he'd be fine,'" Arthur said.

Nicholas was pronounced dead at 9:30 p.m. June 20, 2006.

### self-less vs. selfish act

For 39 years, Kenneth Kilbourne lived in agonizing pain. But Nicholas Stone came to his rescue.

Born a hemophiliac, Kilbourne's blood was missing the Factor 8 protein that should have clotted his blood. Without this protein, blood flowed into his joints, causing them to deteriorate and lead to severe arthritis.

Then, around the age of 5, Kilbourne ironically received a disease from a procedure that was supposed to help his life. He contracted Hepatitis C from a blood transfusion.

Kilbourne, 40, has spent his life on constant medications and in chronic pain from severe arthritis.

At the beginning of 2006, Kilbourne's liver showed signs of failure as ammonia accumulated in his blood stream.

One of the liver's functions is to convert ammonia to urea, which is moved to the kidneys to become urine to be excreted from the body. In cases of people with severe liver disease, the ammonia that should be neutralized and secreted instead builds up. Those elevated levels of ammonia are extremely toxic to the body.

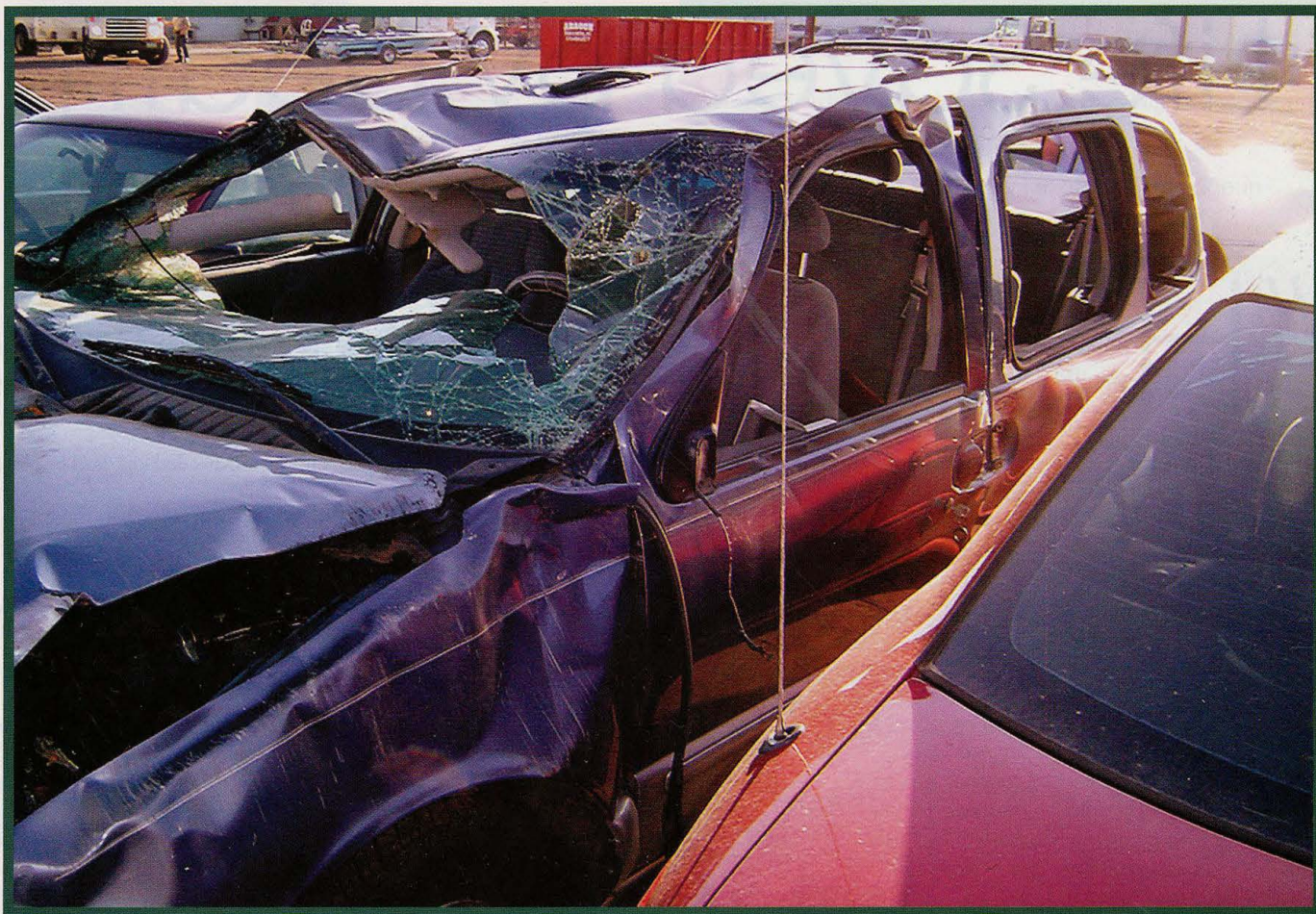
Kilbourne was placed on the waiting list at the beginning of 2006. After six months a liver became available, the liver from Nicholas.

As soon as Nicholas' liver was trans-



► photo courtesy of arthur stone

In a photo one month before his death, Nicholas Stone examines how a bouquet of roses is held together. The photo, taken at his brother's wedding on May 20, 2006, is one of Arthur Stone's most cherished keepsakes of his son.



► photo courtesy of arthur stone

planted into Kilbourne just days after Nicholas' accident, the hemophilia was cured.

"I was suffering for years. I was in and out of the hospital for the last few years," Kilbourne said. "I now have a better quality of life."

And while Kilbourne is forever connected to Nicholas, he, at times, still feels like a selfish stranger.

"It's like I took something from someone," Kilbourne said. "I feel selfish sometimes."

## building a relationship

Kilbourne and the Stone family are bonded for life by a situation they both wish could be different.

What exactly do you say to a family who lost a loved one, but who gave you life?

Kilbourne grapples frequently with that question.

About six months after Kilbourne received Nicholas' liver, the Kilbournes and the Stones met for the first time, an unusual occurrence.

Many donor families and recipients never meet, said Jennifer Moe, director of communications for Donor Alliance in Denver, the organization that facilitated the organ donation and family contact.

After exchanging just a few letters, the pair had their first encounter just before Christmas 2006, at a Donor Alliance event in Denver. Arthur, a Donor Alliance advocate, spoke at the event, and Kilbourne attended the seminar.

After Christmas, the two families met at Pizza Blast, the Greeley restaurant where Nicholas worked as a chef.

Just like meeting any person for the first time, Kilbourne admitted it was awkward, yet these families had a bigger issue of dealing with a life saved by a death.

Kilbourne is at a loss for words to describe what kind of feelings and emotions he has toward the Stone family.

"I can't explain that," Kilbourne said. "You think you have things to say but then you just can't."

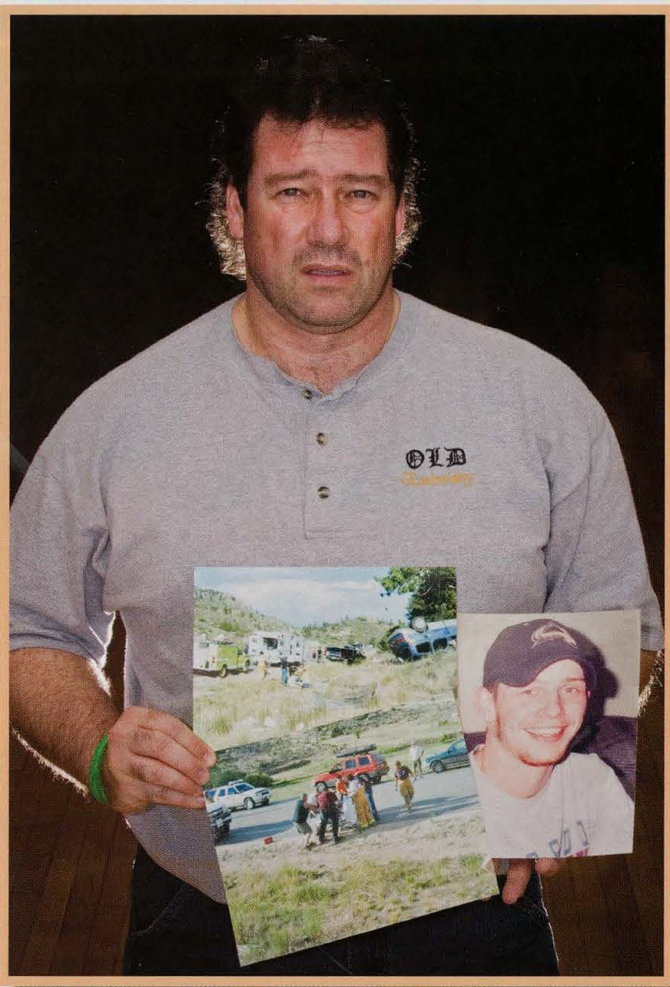
Despite the tension, the families discovered that although Nicholas and Kilbourne never met, they still have an artistic connection.

Nicholas was athletic, and loved to cook. But it was his drawing that connected him to Kilbourne. Nicholas made drawings for businesses, with his most recent project a digitization of a Volkswagen Bug. Kilbourne shares that passion for drawing.

Arthur described the similarities in their personalities as well. He

“people tell you (about the person), but you just don't really know. it's awkward because you wonder what kind of person he was.”

- kenneth kilbourne  
liver recipient



▶ photo by tanner bennett

describes “Kenny” as “well-mannered,” “kind” and “just a really great guy.” He sees the kindness of Nicholas reflected in Kilbourne, even though they aren't related.

“Nicholas wouldn't hurt a thing, he was just that kind of person,” Arthur said of his son referring to his kind nature.

While Arthur and Kenny don't discuss Nicholas all of the time, Arthur is proud of his son.

“I love talking about my kids; they're my best friends,” Stone said.

But even with Arthur's description of Nicholas, Kilbourne still can't feel completely connected.

“People tell you (about the person), but you just don't really know,” Kilbourne said. “It's awkward because you wonder what kind of person he was.”

Arthur and Kilbourne make regular appointments to hit the links, using their shared interest in golf as a stepping-stone to build the relationship.

Although each family has the utmost respect and sympathy for what the other is going through, they each recognize the battle and the hardships of their specific situation. But both are willing to work through it and build a lifelong relationship.

“They're good people,” Kilbourne said of the Stones. “Hopefully, we'll continue keeping in touch one way or another. As long as they're comfortable.” ■ ca

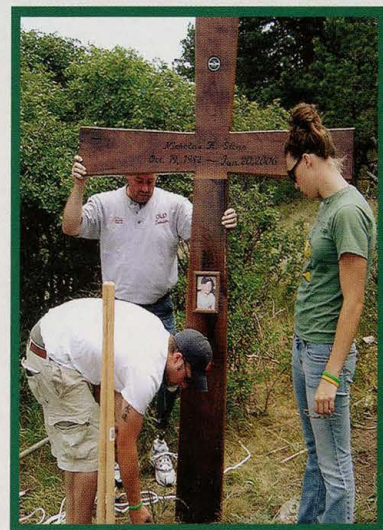
### nicholas' contributions

- ▶ “Each organ is related to things he loved to do,” Arthur Stone, Nicholas' father.
- ▶ 69-year-old man, right kidney, Tennessee, hockey goalie
- ▶ Kenny, 40, liver, drawing and art
- ▶ 19-year-old woman, left kidney, North Dakota
- ▶ unknown woman, heart, Colorado

**left page:** the mangled van nicholas stone was driving at the time of the accident.

**above:** arthur stone presents a photo of his son, nicholas, who was killed in a car accident on june 19, 2006. the two photos on the left are scenes from the accident site. since nicholas was an organ donor, four people benefitted from his death.

**right:** arthur, brett and mandy stone erect a cross for nicholas, four feet from where nicholas was found at the accident site. the cross is located 12 miles up red feather road, across the street from batterson barn in livermore.



▶ photo courtesy of arthur stone

by heather hawkins

# Friends with Benefits

sex without complications?



► photo illustration by tanner bennett

For some, sex is problematic; for others it's fun and pleasurable. For "friends with benefits," it can be both.

Jen\*, a senior Spanish and education double major, has been "friends" with more than one guy and describes the relationships as "the benefits of sex and none of the complications of a serious relationship."

"I'm a commit-o-phobe," Jen said. "If I'm not actually with the person, it provides an exit if something comes up or if someone else comes along. It's very convenient."

The 21-year-old said each relationship was different, lasting anywhere from three to seven months. Some of the guys were friends, others acquaintances and one was the friend of a friend. Some took her skiing, rock climbing and to parties and movies. Although each guy was different, they had one thing in common: they were in it for sex. And Jen was, too.

As friends with benefits, "you don't do the whole couple thing," she said.

"You don't have serious talks, like talks about the future. It's less complicated than dating. You just hang out, and have fun."

Dr. Mark Benn, a licensed psychologist at the CSU University Counseling Center and a psychology professor, said there can be complications for friends with benefits. People don't always set rules and many end up getting hurt because they hope more will come from the relationship.

"Sex is very problematic," Benn said. "Few people are negotiating rules, but they should be. We negotiate where we're going to dinner or what movie we're going to."

Sometimes Jen's relationships were established as "friends with benefits," but not always, she said, adding most were "clearly not going to be a relationship. They were purely sexual."

And most just trailed off with no problems or emotional side effects.

But Benn said this isn't always the case. In his opinion, many relationships don't end well because one of the partners – usually the woman – hopes they can be more than friends, even if they originally established the relationship as friends with benefits.

"For a woman having sex with a friend, she might wonder why it wouldn't be more," Benn said. "Men do, too; they're just in denial."

Kathy\*, a marketing and public relations professional in her late 40s, uses the term "caring companions" to describe her relationship.

"I actually find the term 'friends with benefits' a bit ridiculous," Kathy said. "I think, for older people, it is more about committed companionship and less about sex."

She's been friends with Jim\* for more than four years and said the relationship "works" for them. They each own separate homes and enjoy their own time, space and personal interests. Plus, she said, he's away on business a lot, and she has a hectic work schedule herself.

"We enjoy each other's company, we're good friends, and yes, we are intimate," Kathy said.

Jen said there are a lot of women who can't handle benefits and easily get attached, but she doesn't. The situation usually works out pretty well for her, but even she is not free from attachment.

"I kind of walked a fine line with one," Jen said. "I liked him more than I wanted to," which caused her benefits to end badly with Adam\*. Jen and her friends got ready to leave Adam's house after the police busted up a party, but he begged her to stay. "I don't want to be alone tonight. Stay here and sleep with me," he said to her. Jen said she initially decided to stay, but changed her mind. When she went to say goodbye, Jen found Adam fooling around with another woman.

"It was good to find out, because I know I don't want to date him," Jen said. "We have a lot of mutual friends, and I've seen him a lot since then. It was a little weird at first, but I'm getting over it."

But it's not easy for everyone to get over something as intimate as sex. Whether the effects are good or bad, Benn said sex always changes a friendship.

"It's difficult to have sex and not have a relationship altered," he said.

On the other hand, Jen said she and one of her best guy friends had benefits and it's not awkward now that the relationship is over. They hang out and are better friends than they were before.

Jen recently got out of a four-month benefits relationship and is now dating someone. She said he really likes her new boyfriend, because they have a lot more in common, and they don't spend all their time in bed. As a couple, they go out to eat, relax at home and take trips. The other guys were okay, Jen said, but they weren't people she would want to date for a long time. And Benn said relationships based purely on sex seldom last.

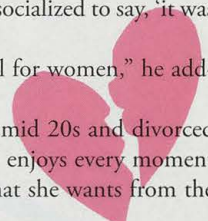
"Men are more able to be friends with benefits because sex is less about emotion for them," Benn said. "They are socialized to say, 'it was just sex' and to be aggressive about it."

"Relationships are typically more emotional for women," he added. "Very rarely is it just about having sex."

This is true for Kathy, who married in her mid 20s and divorced about 10 years ago. She truly cares for Jim and enjoys every moment spent with him. Besides sex, she is aware of what she wants from the relationship while honoring Jim's desires.

**“sex is very problematic. few people are negotiating rules, but they should be.”**

**- dr. mark benn  
licensed psychologist at the csu counseling center**



"What people may want and need from a relationship in their 20s versus what they may want or need in their late 40s is very different," Kathy said. "At 25, women and men may be thinking about starting a family, becoming financially successful enough to

buy a home, etc. At 45, people may be thinking more about caring for others, the direction of careers, planning for potential retirement and self-awareness."

Although Jen is now in a dating relationship, she hasn't told her boyfriend about her previous sex partners yet, but she doesn't think it's a big deal.

"We haven't been dating that long, and I haven't brought it up yet," Jen said. "But it's not something I would hide. I would tell him if he asked."

In July 2006, a live vote on MSN.com showed 48 percent of the 17,500 respondents had at least one friend with benefits. Those 8,400 people answered, "Yes, it was no-strings-attached fun." Sixteen percent said their benefits ended badly and 22 percent said they are not interested in a benefits relationship. The vote also showed that 14 percent of the respondents hadn't had a friend with benefits but would consider it, although it's not a scientific survey because only people who chose to answer the question did so.

Jen said probably 95 percent of her girl friends have had at least one friend with benefits, and none of them feel badly about it.

"I think everything sexual is more open than it used to be. My parents know that I've had sex and that I'm on birth control," she said. "As long as you're responsible, it shouldn't be taboo. It's always been a lot more acceptable for guys and now girls are catching up." And Benn agrees.

"It seems to me to be pretty generational because of the women's movement," Benn said. "Men would have always liked (the idea of friends with benefits)." But, a safe, trusting "booty-call kind of relationship" is appealing to more women. And trust and sincerity are necessary for any relationship to be successful.

"I don't personally believe that anyone should enter or exit any intimate relationship hastily," Kathy said, stressing the importance of being honest about intentions and needs in a relationship.

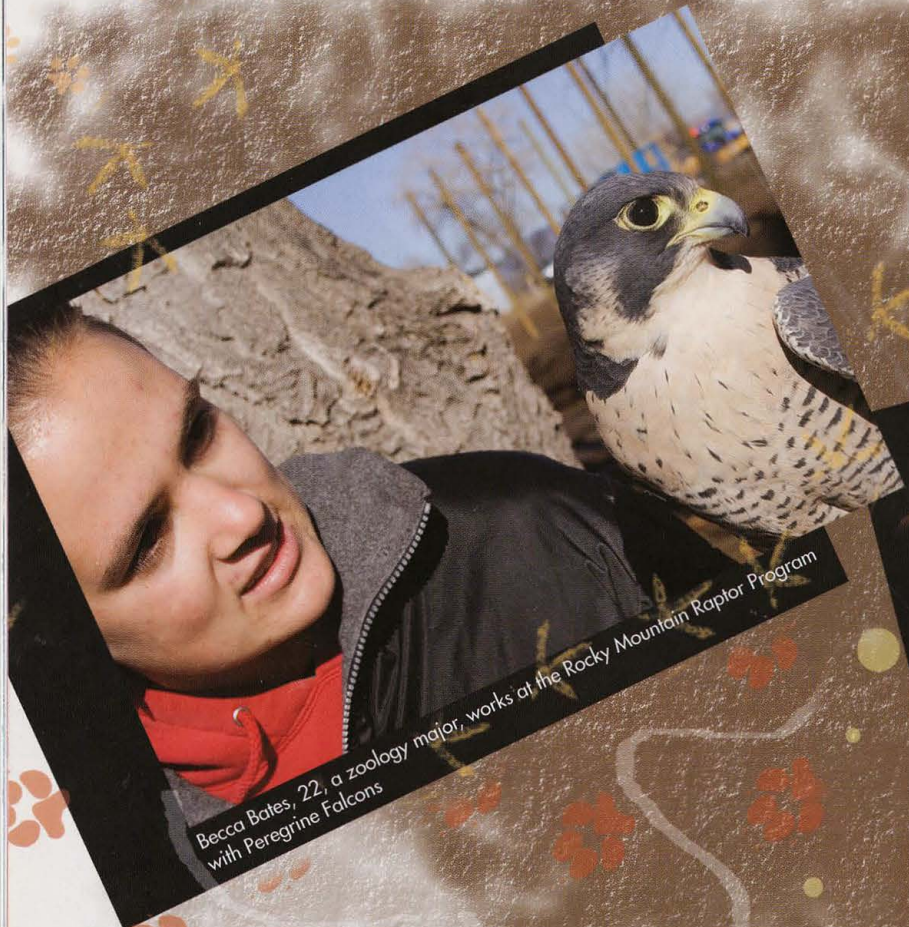
"People need to be honest," Benn said. "Communication is key, but unfortunately it doesn't always seem to happen." ■ Ca



# Purrrfect Pals

animals and the humans who love them

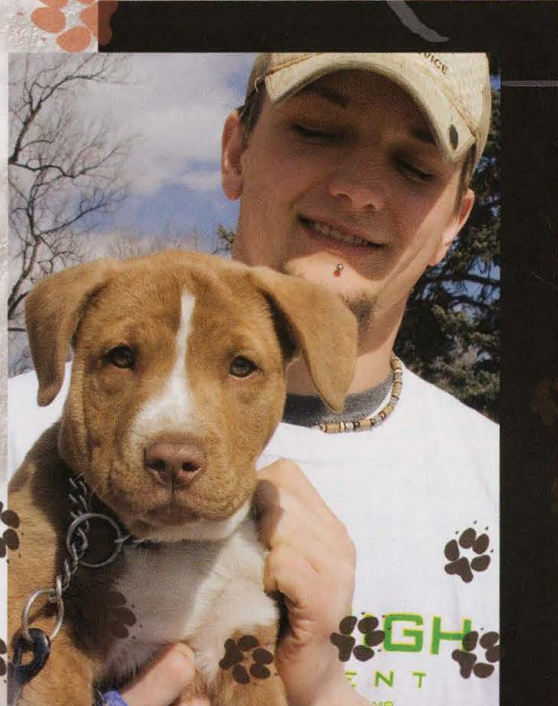
photos by sarah tocco and stephanie gerlach



Becca Bates, 22, a zoology major, works at the Rocky Mountain Raptor Program with Peregrine Falcons



Adam Johnson, 20, a natural resources management major, with his African Pygmy Hedgehog, Nyx



Ryan Burbach, 19, with his pitbull puppy

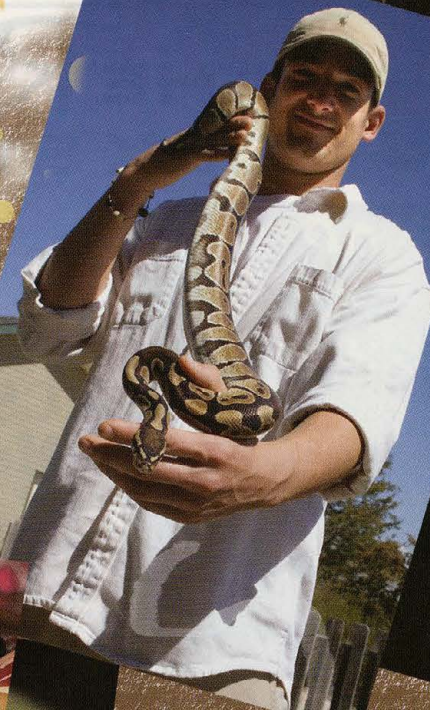


Jennifer Hale, 23, a December 2006 computer engineering graduate, with her African Clawed Frog, Amanda

Nick Norris, 23, with his dogs, Tiny and Roxy



Mike Browning, 22, a finance major, with his ball python




Kimberly Mattern, 22, a human development and family studies major, with her Tabby cat, Tigger



Jessica Puckett, 22, a commercial real estate major, with her horse, Merlin





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by elizabeth hipp

when **good**  
relationships  
go **BAD**



▶ photo illustration by brian swanson

**N**early one-third of American women (31 percent) report being physical-

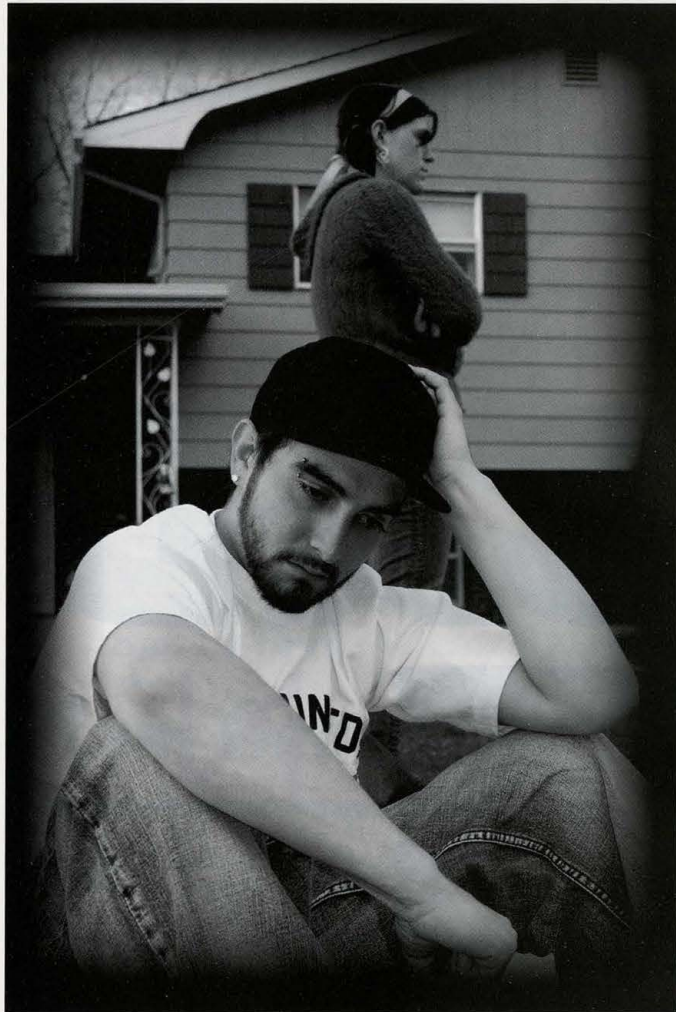
ly or sexually abused by a husband or boyfriend at some point in their lives, according to a 1998 Commonwealth Fund survey. For Jennifer Jones, the director of Crossroads Safehouse in Fort Collins, that number is not just a statistic but a reality she deals with every day.

“Judging by how many calls we go out on with law enforcement, we’re busy. In a week’s time, we go out (with police) on an average of four to five calls.”

Crossroads Safehouse, located in an undisclosed location near Fort Collins, is “the largest direct service provider for victims of domestic violence in Larimer County.” They provide a number of different services including emergency shelter for women, children and animals in their safe house.

“Most contact (from domestic violence victims) comes from people cold calling our crisis line. They call for whatever reason, and we ask them what’s going on in their relationship, who their abuser is—that kind of information. If they ask for

# hot button



▶ photo illustration by brian swanson

safe housing, we then conduct a more in-depth phone interview. If it's a lethal situation and her safety is at risk, then we provide shelter housing," Jones said.

And even in Fort Collins, the best place to live in America, according to "Money" magazine, this happens more than one might think.

"In 2006, we had 327 people in our safe house," Jones said.

And abuse doesn't stop at women. It can affect children, men and even pets. Jones said her organization "definitely" provides services for men who are victims of domestic violence as well as women.

"It is disproportionately women who are victims of assault but we do work with men who are victims as well," Jones said.

Although Crossroads only provides their safe housing service to qualifying women, children and pets, they offer many other services to both men and women who either don't qualify for shelter housing or who may not be ready take that step. Outpatient counseling, legal advocacy and transitional housing are other options victims have.

Although the safe housing program isn't extended to men, Crossroads allows both children and pets to accompany women to the safe house.

"In January 2007, we fostered more animals than in all of 2006. And there's always children in the safe house," Jones said. "A lot of

people won't leave abusive relationships if their pets won't be taken care of."

Although few CSU students have used the safe housing service Crossroads provides, Jones said students are more likely to use the outreach services they offer, and there are a few students that use the support group service or meet with advocates.

"18.5 percent of our demographic is 18 to 24 years old, so college aged students," she said.

Student Legal Services has seen few students take legal action in abuse cases.

"We don't have it broken down into statistics... I can't give an exact number, but I can say from September 2006 until now I can think of, in our office, less than 10 cases. We still run across students who don't know our office is here, so either people don't know we're here or often the victim doesn't want to prosecute the aggressor," said Kathy Harward, director of Student Legal Service, located in the Lory Student Center.

However, for cases to come to Student Legal Services "usually there has been a charge involved because it usually involves some physical abuse, an assault charge. But there is also the stalking issue, and that's dealing more with emotions. If it's to the point where it feels like harassment or stalking, there's a definition in the law that defines it," Harward said.

If a student wants to pursue legal action, there are a few courses they can take, according to Harward.

"They can certainly go to court and try to get a protective order or a restraining order to try to keep the person away from them physically. So they can try to be proactive and do that. If you are being physically threatened, you can call the police, but there is a chance they may ticket or charge everyone there."

Harward said they may ticket everyone and let the district attorney sort out the issue and look deeper into the conflict at a later time.

"But you should still call and risk being charged and you can get it figured out later," Harward said. "If you're married, you can get a divorce, and there's even a civil remedy where you go after them and they have to pay for damages."

Part of Jones' job is to try and stop abuse before it comes to that extreme.

"There is a whole set of red flags that we talk to people about that can be overlooked. Quick involvement, quickly saying they love you and can't live without you, they can feel good at the beginning of a relationship. But of course they can also be red flags. Also, no tolerance for women or minority groups, the ability to hate someone and jealousy, these can be signs," Jones said. "Ultimately its about power and control. It's a pattern of behavior where one person tries to exert power and control over another."

Some CSU students have joined Crossroads in their fight against domestic violence. Crossroads also currently has three CSU interns and about five to six CSU graduates working on their staff full time, and has been supported financial by different CSU groups and organizations. No Shave November was a unique example of how different groups raise money for Crossroads. "They raised about \$2,000, which is pretty significant...and the Women's Studies, Human Development and Social Work departments at CSU have done fundraising and service learning with us," said Jones. ■ Ca

# Have you been abused?

## physical abuse

- ▶ pushed or shoved you
- ▶ held you to keep you from leaving
- ▶ slapped or bit you
- ▶ kicked, choked, hit or punched you
- ▶ locked you out of the house
- ▶ abandoned you in a dangerous place
- ▶ refused to help you when you were sick, injured or pregnant
- ▶ subjected you to reckless driving
- ▶ forced you off the road or kept you from driving
- ▶ raped you
- ▶ threatened or hurt you with a weapon

## sexual abuse

- ▶ told anti-woman jokes or made demeaning remarks about women
- ▶ treated women as sex objects
- ▶ been jealously angry, assumed you would have sex with any available person
- ▶ insisted you dress in a more sexual way than you wanted
- ▶ minimized the importance of your feelings about sex
- ▶ criticized your sexuality
- ▶ insisted on unwanted and uncomfortable touching
- ▶ withheld sex and affection
- ▶ called you derogatory sexual names like "whore" or "frigid"
- ▶ forced you to strip when you didn't want to
- ▶ publicly showed sexual interest in other people
- ▶ had affairs with others after agreeing to a monogamous relationship
- ▶ forced you to have unwanted sex with others or forced you to watch others
- ▶ forced particular unwanted sexual acts
- ▶ forced sex after beating
- ▶ forced sex when you were sick or it was dangerous to your health
- ▶ forced sex for the purpose of hurting you with objects or weapons
- ▶ committed sadistic sexual acts

## psychological/emotional abuse

- ▶ ignored your feelings
- ▶ ridiculed or insulted women as a group
- ▶ ridiculed or insulted your most valued beliefs, your religion, race, or heritage
- ▶ withheld approval, appreciation, or affection as punishment
- ▶ continually criticized you, called you names, shouted at you
- ▶ insulted or drove away your friends or family
- ▶ humiliated you in public or private
- ▶ refused to socialize with you
- ▶ kept you from working, controlled your money, made all decisions
- ▶ refused to work or share money
- ▶ took car keys or money away
- ▶ regularly threatened to leave or told you to leave
- ▶ threatened to kidnap the children if you left
- ▶ abused pets to hurt you
- ▶ told you about affairs in which the batterer has been engaged
- ▶ harassed you about affairs the batterer imagined you were having
- ▶ manipulated you with lies and contradictions

*\*compiled in part from "getting free"  
by ginny nicarthy*

## get help

crossroads safehouse crisis line is open 24/7 for support, advocacy, information and referral services at (970) 482-3502. or call 1-888-541-SAFE (7233) for help, information or support.

# Religion's Role in Relationships

one couple shows how diversity enhances their relationship

While attending a "Why Marry Jewish," seminar, Lauren Karpel felt uncomfortable. But it wasn't the people who made her feel that way. It was the topic. It was the first time she and her boyfriend had approached the topic of religion in their relationship.

It wasn't that the junior technical journalism and speech communication double major has anything against Judaism. In fact, she considers herself accepting of all religions. The problem was, that at this particular seminar, Karpel learned that her boyfriend, who is Jewish, has been encouraged to marry a Jewish woman.

Karpel was raised Lutheran. Her boyfriend of a year and a half, senior Brett Dobinsky, is a practicing Jew. What they both learned that afternoon was that their major difference in spiritual beliefs, although not a huge issue for them, was an issue for some of the Jewish community.

"We thought the seminar would teach us how to work through a relationship with another religion," said Dobinsky, a civil engineering major. "Instead, it was all about how you should straight up marry Jewish, because otherwise it won't work."

But inter-religious couples aren't necessarily doomed, said Leah Davidson Kryloff, a student couples therapist and masters student studying marriage and family therapy. She's seen many couples work through religious differences and thinks not only can the relationships work, but working through differences can lead to incredibly healthy and understanding relationships.

Dobinsky knows this first hand. His father, a practicing Jew, raised Dobinsky in the Jewish religion, not allowing pork in the house and practicing all the traditional holidays. His mother, however, is a non-practicing Methodist, who still holds all of her religious beliefs. They

have made it work, but it hasn't always been easy.

"My dad realizes how hard it is, marrying someone who isn't Jewish," he said. "My parents have nothing against me dating someone with another religion, but they see me as happier with someone who shares my beliefs."

One key reason most of the Jewish community advocates marrying in the faith is because Judaism advocates for a strong, faith-based family, and the practice is passed down through the mother to her children.

Therefore, if the mother isn't Jewish, the children won't be either, unless they convert on their own.

"Problems encountered in an inter-religious couple can depend on how committed each person is to their religion," Davidson Kryloff said. "They may have difficulty seeing eye-to-eye on bigger questions in life, like the meaning of life and death, and appropriate social behavior."

Religion played a much smaller role in Karpel's upbringing. Although baptized a Lutheran, she considers herself a non-denominational Christian, and attends church services sporadically with her family.

"If Brett wanted Jewish kids, I would have to convert," she said, "and I will never do that."

This, Dobinsky said, is "the basis" of their fights involving religion, which they both agree are relatively few and never heated.

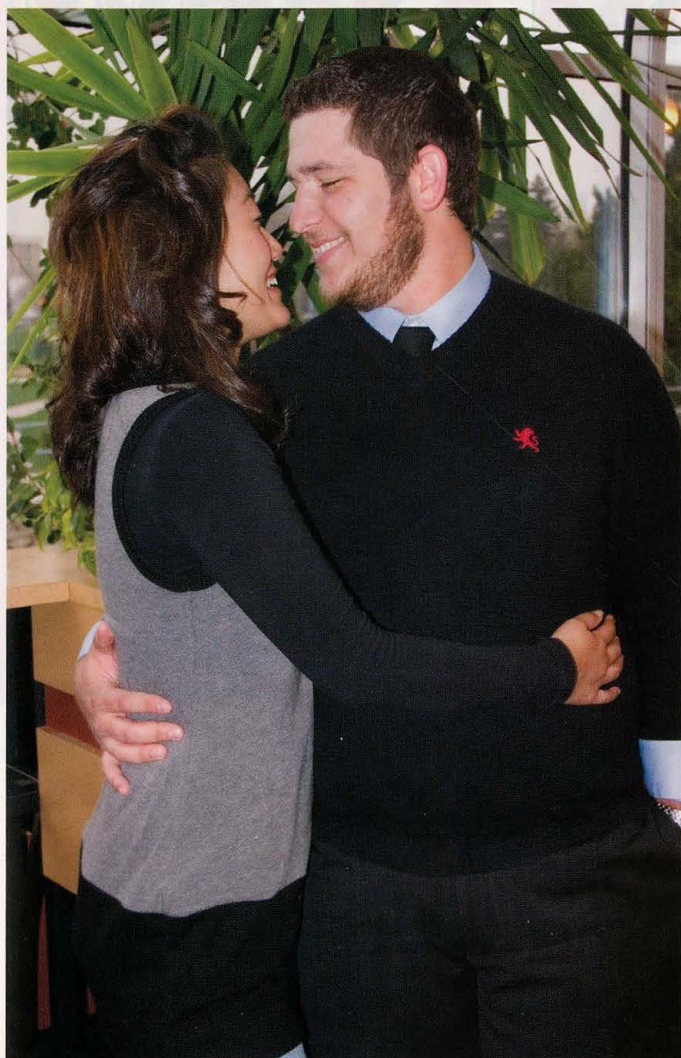
"It's never angry. We approach the discussion with complete understanding and realization of the future," Dobinsky said.

The discussion of such arguments spurs a playful spark in both their eyes as Karpel giggles and affectionately rubs Dobinsky's arm. Apparently, lightheartedness is key in their seemingly complex relationship.

The couple's openness and honest communication is an asset for all

“ they may have difficulty seeing eye to eye on bigger questions in life... ”

-leah davidson kryloff  
student couples therapist



► photo by stephanie gerlach

brett dobinsky, a senior civil engineering major, and lauren karpel, a junior technical journalism major, have been together for a year and a half.

couples, Davidson Kryloff said.

"If a couple can talk about bigger issues and feel safe and have a pattern of working things out, they'll be more successful," she said. "Religious issues can be worked out just like smaller things like deciding on who does what chores."

The only other role religion plays in their daily lives seems to revolve around food. Dobinsky has to make sure restaurants offer kosher options, and still refrains from any pork, an area where Karpel shows little concern.

"I feel bad when I eat pork in front of him," she said. "But I still eat it."

The two's understanding and acceptance of each other's beliefs is key, said Audrey LaSalle, Karpel's best friend. The junior accounting major has seen the couple grow together since the beginning.

"Their relationship reaffirms my belief that religion does not have

"we share holidays together. I liked celebrating passover with his family, but then again, I just like holidays."

-lauren karpel

to be a factor in making relationships work," she said.

Putting religion aside, Karpel and Dobinsky live very similar lives, allowing them to understand each other more and respect their differences.

Both students are incredibly involved and find making time to spend together more difficult than their differences in spirituality.

Looking tanned from spending the day on the Plaza campaigning for their choice Associated Students of CSU presidential candidate and still wearing matching t-shirts from the campaign, both students' involvement is obvious and makes finding time just to sit down and talk nearly impossible.

Although the time Dobinsky must spend on his religion is one factor in his demanding schedule, it isn't one that makes or breaks their time together.

"Because we're both really active in things, it helps us understand each other more when one of us can't spend a lot of time," said Karpel, who currently works for Student Leadership and Civic Engagement and as an intern for the Colorado Eagles, among other volunteer activities.

Karpel and Dobinsky agreed that Shabbat, a Jewish service Dobinsky occasionally attends on Fridays through Chabad, is the least of their concerns when it comes to being too busy.

Although Karpel has no plans to convert, she has enjoyed learning Jewish customs and traditions and participating in them with Dobinsky's family, who have come to accept their relationship.

"We share holidays together," Karpel said. "I liked celebrating Passover with his family, but then again, I just like holidays."

Although Karpel doesn't necessarily participate spiritually in Jewish customs, LaSalle said she believes Karpel's participation and relationship with Dobinsky has led her to a better understanding of Judaism as a whole.

"I've seen Lauren grow as a person since she's been with Brett," LaSalle said. "They always are happy around each other and make each other very happy. They have a healthy relationship."

The future may hold conflicts for the two, but, looking at each other and grasping hands, both agreed that what they have is worth any conflict their spirituality may cause.

"We love each other so much," Dobinsky said. "We know we'll encounter problems after we graduate, but we plan to stay together." ■ Ca

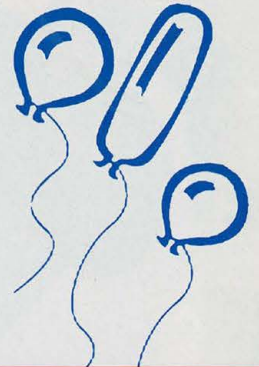
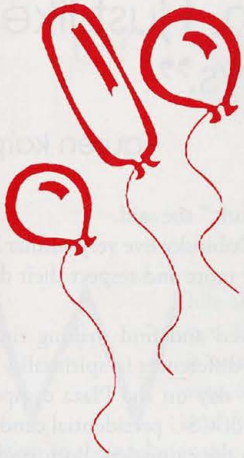
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him?

or

her?



## him and her? two women share their experiences with bisexuality

Most of us were raised with the same stories. The same Disney fantasies. A princess meets prince charming, they are destined for each other, they fall in love. They live happily ever after, and the credits roll.

But what if this story changed? What if the princess fell in love with, not only the prince, but another princess as well? This would turn the common love stories upside down. And the bisexual princess would have allowed for a deeper understanding of bisexuality and everything it involves.

Emily\* is one person who identifies as bisexual. She and her ex-girlfriend, Cam\*, explained their experiences with bisexuality.

Both women lived out their high school days with boyfriends, and never dreamed it could be any other way.

"I grew up thinking heterosexual," Emily said, "In middle school and high school I was boy crazy."

Once they entered college, however, the world of sexuality opened up for them, and they became curious. During her freshman year at CSU, Emily went to the now-defunct Allies Club. The campus club

provided definitions, terms and support for those unsure and even scared of their sexuality. Her first woman-crush was on a woman in her residence hall who turned out to be straight and Catholic, two barriers she couldn't cross.

Bisexuality falls in between the paradigm of homosexuality and heterosexuality, but there are many different types of bisexuality.

A bisexual person, "is a person that can become attracted physically, spiritually and/or emotionally to both men and women," said Collin Strack, student coordinator for GLBT Student Services.

But a lot of people can confuse bisexuality with pansexuality, which, Strack says, is when "a person falls in love with the person first, like a soul-to-soul relationship that is outside of gender."

According to the GLBT Web site, "statistics have shown that at least 10 percent of the general population consider themselves to be lesbian or gay, and many more consider themselves to be bisexual."

Emily and Cam are part of this 10 percent.

"Don't make the mistake of assuming there are only two options to choose from," states the GLBT Web site. "There is a wide spectrum of feelings and identities people experience, not just straight or gay."

# hot button



► photo illustration by stephanie gerlach

Bisexuality is an option in its own right.”

“Bisexuality is less understood than homosexuality,” Emily said.

But in seeking to understand Emily, her boyfriend of 5 1/2 years agreed it would be a good idea for her to explore all her options. This was a rather big step for him, Emily said, considering he came from a Mormon family and culture that was extremely centered around monogamy. So, while still together, Emily began seeing females and experimenting with the other half of her sexuality. That was when she met Cam.

Cam had been slowly researching a lesbian character for Based on Life Theatre (BOLT), an organization that has been sponsored by Hartshorn Health Services for about 17 years. BOLT is a peer theater group addressing many of today’s vital issues, according to Hartshorn Health Services Web site. It is designed to take a message of responsibility and awareness to college students. The group presents in classrooms, residence halls, Greek houses, conferences and public venues.

The researching of her character led to Cam’s curiosity about her own sexual orientation. She also had a boyfriend at the time, but he, too, was very understanding.

“He actually called me out on it,” Cam said of her boyfriend, “He would say his girlfriend was a closet bisexual.”

The two women met because Cam and Emily’s boyfriend shared a major and had classes together. Soon after meeting, Emily and Cam began to live out their bisexual tendencies. Yet, there is a common misconception of there being only one kind of bisexuality.

BiNet Seattle is an organization that helps foster a visible community for bisexual people in Puget Sound. Their Web site, [www.binetseattle.org](http://www.binetseattle.org), explains that a bisexual person may not be equally attracted to both sexes, and the degree of attraction may vary over time. Yet,

since a bisexual is attracted to both, do they have to be with both to fully identify as bisexual?

The answer is no. GLBT’s Web site states, “just because someone has the capacity to be attracted to more than one gender does not mean they are involved with more than one at any given time. Monogamy is no different to bisexuals as it is for anyone else.”

But Emily says, “Monogamy is prohibiting in our society. You have to be open to other possibilities.”

So, in Emily’s case, she is a polyamorous bisexual. According to [www.xeromag.com](http://www.xeromag.com), a Web site devoted to all the ins and outs of polyamory, “the word polyamory is based on the Greek and Latin for many loves. A polyamorous relationship is a romantic relationship that involves more than two people.”

One of the main stereotypes, according to Strack, is that all bisexuals are also polyamorous. This is not always the case, yet this does not mean these types of relationships do not exist.

But how are these relationships able to work? Cam and Emily both wondered many things going into their relationship. Was this mainstream? Was it okay? Had it been done before? Their questions were answered when they attended TBGLAD Week, a student-run event that provided speakers and support.

“They had a list of guidelines on how to make polyamory work,” Cam said.

One guideline dealt with having one primary relationship and one secondary relationship. Considering both had boyfriends, they considered themselves to be secondary to one another.

To Emily, her boyfriend fulfilled some needs, and Cam fulfilled very different, but equally important, ones. She expressed the desire for an input of female energy, something a male can not provide.

"Two women have a more inherently equal relationship," Emily said.

The two women could really only remember one negative incident they experienced on the CSU campus. Humorously they reminisced about being in the dining center late at night, giving back rubs and kissing once or twice, when a student worker told them there was a "no making out policy" in the dining center. Though they could laugh during the interview, it angered them at the time. They received a written letter of apology, considering there is no such policy.

Even some of their friends thought negatively. They ceased to see Cam and Emily as the people they were before they came out.

"I am still me," Cam said, "People don't realize that. They think you become a different person, someone they don't even know. I've always been strange, this just added to it for them."

Coming from different backgrounds, both Emily and Cam had mixed reactions from their parents.

Cam, who was raised atheist in a home with both parents and one brother, was met with support when she came out. Cam knows, however, that her parents still don't understand, and sometimes they just ignore it.

"My dad said the most important thing is to be happy," Cam remembered. She marveled at the fact her father didn't use the common phrase 'whatever makes you happy,' and was comforted by that.

Emily grew up in a Catholic home, though her family was never strongly religious. Her parents are still married, and she has three younger sisters (one of whom is adopted). The adopted sister and Emily's youngest sister came out as bisexual when they were still teenagers in high school.

These events made it harder for Emily to tell her parents, because they kicked her adopted sister out of the house and always looked down on her youngest sister, getting her counseling and hoping it was just a phase.

"Because of my sisters, my parents associated homosexuality with adopted children with bad family experience and rebellious children," Emily said.

Emily wanted to show her parents that this was not the case. She wanted them to see that homosexuality didn't have to be something negative. That it could be associated with good children as well.

Cam was there when Emily told her mom. She noted how much easier it was that her mom knew Cam as a friend first. Even though Emily's mother did a lot of questioning, it made it easier for her to accept the situation having known Cam as a person before knowing her as her daughter's girlfriend. Emily has still not told her father.

Overall, they have felt overwhelming and active support from the CSU and Fort Collins communities. They felt safe here, and it was freeing to both of them to be able to come out as bisexual and live that lifestyle without worrying what others thought. When they walked by people on campus or in town, they were met with smiles.

"Smiles make us feel good," Cam said, "It's fun to be open and challenge people."

Another guideline they were given at TBGLAD, and one that both Emily and Cam admitted to be the most important, was being honest with all partners and communicating.

"This is true for any relationship," Cam said, "Communication is important, even for friends with benefits."

They credited communication and honesty for making their relationship last so long. With every party in a mutual understanding of how bisexuality and polyamory worked, as well as there being complete honesty of how Emily and Cam felt about each other, their polyamorous relationship was able to last for about 10 months.

Cam split up with her boyfriend, however, which caused a lot of problems. Emily became Cam's primary relationship, and Cam remained Emily's secondary.

"I am committed to [my boyfriend], and will be faithful," Emily said.

Cam was aware of Emily's devotion, and it added a lot of strain between them. For a few months Cam and Emily remained together, even with their uneven relational status.

But eventually everything fell apart. They weren't happy, and Emily felt she was losing her boyfriend, because he became less open to the idea of sharing Emily.

"He started seeing her as an equal. He got threatened once he saw I was falling in love ... though he didn't feel he had the right to take that away," Emily said.

This led to Emily's choice to break it off with Cam. She expressed the fact that she plans on marrying and living the monogamous lifestyle with her boyfriend. Though she would be

more than happy to live her polyamorous bisexuality again, when her boyfriend is once again open to the idea.

Cam, now a lesbian, has held a bitterness toward bisexuals since then. She was hurt deeply by this experience. She has met other women on campus, but most have turned out to be bisexuals with boyfriends, something Cam does not want to try again. She feels she will always come second to a bisexual female.

"They usually grow up to marry men because it's easier," Cam said.

Emily and Cam are now friends, and still care for each other very much. After all, they were each other's first bisexual experience, and that will never change.

Nearing the end of our interview and finishing our coffees, I asked Emily and Cam if there was anything they wished the *College Avenue* readers to know. They laughed, and we all knew there probably wasn't enough time to really get into everything. But they both shared their ultimate thoughts on bisexuality, and how they wanted society to see it.

"I have a personality. My sexuality is not my identity," Cam said, "Even still, people ask me, 'Well, do you hate men?' Well, no, certainly some of them."

"People don't get that you can love someone for being a person," Emily said, "not because of their gender. We have homosexuality and heterosexuality, but nothing in between. There hasn't been a language invented yet." ■ Ca

“i have a personality.  
my sexuality is not  
my identity.”

- emily

by brittany farnes

# One Note at a Time

local artist achieves his dreams



▶ photo courtesy of jason vigil

What started at a high school talent show has progressed to playing small gigs at local venues, recording songs and eventually recording albums. Throughout this journey, Jason Vigil has persevered and strived for

no less than his best in every aspect of his life because of his undying passion for music.

Vigil, 26, is a solo artist with the yearning to make it big.

"I definitely wouldn't be complaining if I won a Grammy one day. That's for sure," Vigil said.

Vigil was born in Fort Collins and was raised all around Northern Colorado. He first started taking an interest in music 11 years ago in his parents' house.

"I just found a guitar in my parents' basement, picked it up and started playing," Vigil remembered.

Vigil said his influences for his music are Jeff Buckley (whom he is mostly inspired by), Matchbox 20, Weezer, Stone Temple Pilots and Everclear. Their harmony, tune and sound are very similar to Vigil's music. Vigil's favorite song is "Last Good-bye" by Jeff Buckley.

Vigil's style and approach remind his manager, Samantha Hanson, of the music of the past.

"It (his music) is really grassroots," she said. "It takes you back to what music used to be."

His muse for writing music is emotion, plainly put.

"Whether it's a personal feeling, good or bad...relationships are inspiration as for the good and the bad ones. It's a way for me to get it out and move forward," Vigil said.

The title track to his first album, "Heart Gone Sober," is his most personal song on the album. It is a song that is mostly about him and describes his quest to be someone different for a woman.

While rife with emotion, his songs do not tell a story, and to him, timing is everything. Vigil doesn't think to write about something right after it occurs. But when he finds the time, he'll sit down with a cup of tea and come up with an idea.

"I won't have any intention of writing a song. It's spontaneous," he said.

Looking back, when Vigil was a junior in high school, he got his first gig at the high school talent show. Vigil's first time on stage was, "a lot cooler than I thought it would be... an indescribable experience," he recalled.

Vigil now feels that performing on stage is almost addictive. Shortly after his first show in high school, Vigil decided that was what he wanted to do with his life.

Since then, Vigil has progressed into a recording artist with big dreams. He has achieved the gift of song and has done everything he could to pursue music and take advantage of his gift.

Part of his success, is his business sense, said Hanson, who started working with Vigil through her private management company, Intrigue Entertainment, in June 2006.

"He is one of the most intuitive people I have ever met when it comes to creating something out of nothing," she said.

Upon just releasing his debut album "Heart Gone Sober," in November 2006, Vigil is overwhelmed and relieved to finally be done recording his album. "I went through a very untypical experience as an artist while recording my music," Vigil recalls.

It took Vigil two years to finish recording his album. (And that is just part of the untypical part he is talking about.) After encountering one dilemma after another, the album was continually delayed. But Vigil's resilient will power kept him going.

In the middle of recording, all of his music files were corrupted and were consequently destroyed. Not ready to give up, Vigil and his band went back to square one and started all over again.

Once again while in the middle of recording, Vigil's co-producer and recording engineer, Chris Jaramillo, had to care for his mother after she fell ill. After six months of caring for his mom, Jaramillo returned to help finish the album, but more problems arose.

While driving to a New Mexico studio where he put the finishing touches on the vocals for the album, Vigil was struck by a drunken driver.

His car was t-boned and needed an extensive amount of repairs. Vigil was not severely injured but still suffers some back pain from the accident.

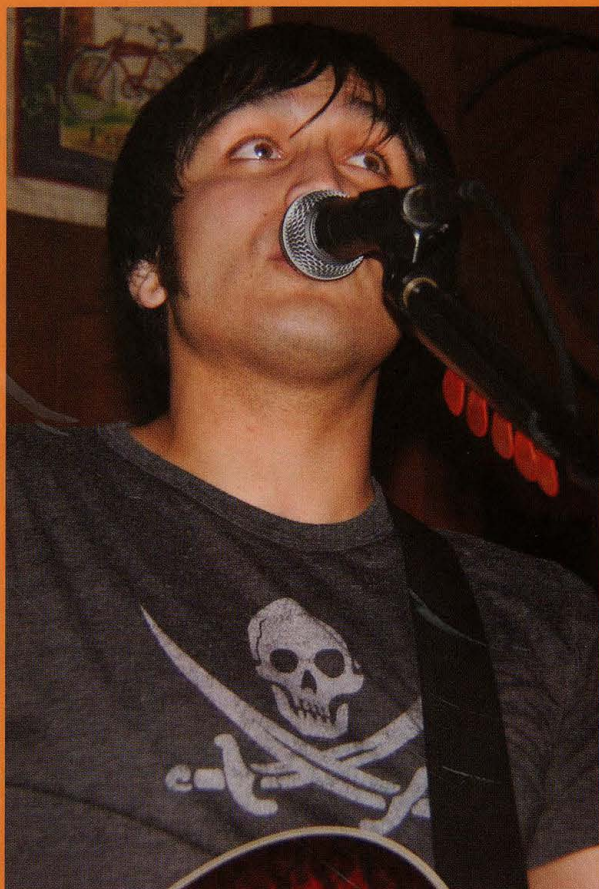
"I made it back to Colorado but my car was still in New Mexico getting repaired after having problems with my insurance company as the drunken driver didn't have insurance," said Vigil. "So, two weeks after the accident, I had to take a Greyhound bus all the way back to New Mexico to finish the vocals on the album."

He said it was the longest bus ride ever.

Vigil's debut album is finally finished and he couldn't be happier. He feels all the problems he encountered along the way made it that much more rewarding in the end. He is very proud of the outcome.

Through all the trials and tribulations Vigil experienced, he ended up creating something of substance, something that contains his heart and soul, something that he will have forever to document a chapter of his life.

But this is just one of many chapters in Vigil's life. There is more to come for Vigil because everyday brings him new inspiration and another reason to write music. ■ Ca



▶ photo by brian swanson

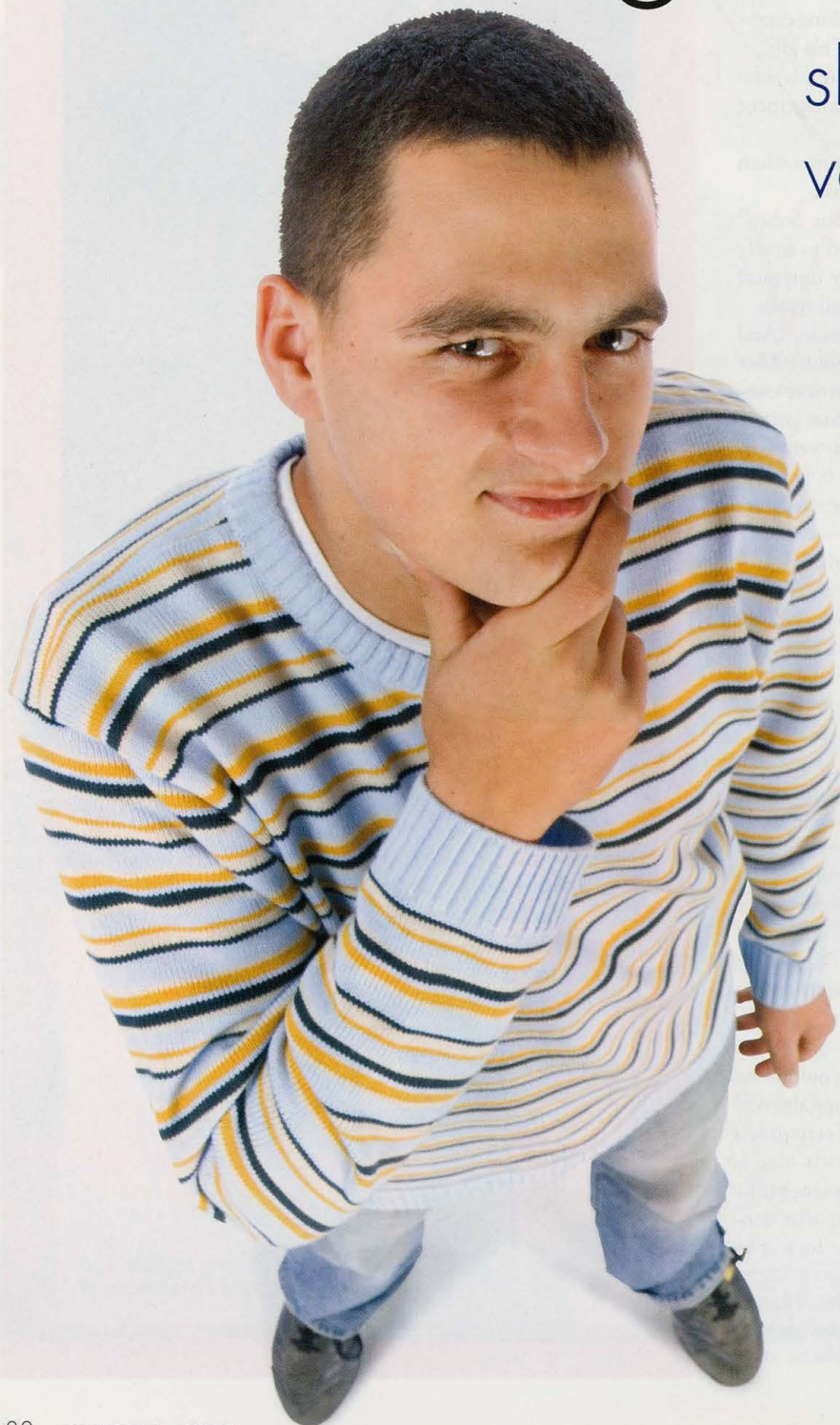
## upcoming show dates:

- ▶ **April 28**  
The Walnut Room  
3131 Walnut St., Denver
- ▶ **May 3**  
Table Mountain Inn  
1310 Washinton Ave., Golden
- ▶ **May 30**  
Bakerstreet Pub  
7260 W. Alaska Drive., Lakewood
- ▶ **June 23**  
The Exchange Tavern  
11940 Bradburn Blvd. #300, Westminster

- according to jason vigil  
[www.myspace.com/jasonvigil](http://www.myspace.com/jasonvigil)

# Preventing HPV

## should men get vaccinated, too?



The debate about mandating the HPV vaccine for girls blazes across the nation. But another question concerning the inoculation quietly manifests below the radar.

Should males be vaccinated as well?

"Currently the HPV vaccine is not licensed for males," said Lisa Duggan, immunization coordinator for Hartshorn Health Services. "This was because all of the original testing was done on girls and women ages 9 to 26. I believe that Merck is starting trials with men, and I hope someday they will make it available for males. It is important because HPV is a sexually transmitted disease spread from men to women and back again. The more it can be eliminated from both sexes the less risk everyone will have."

Other countries think so, too. In June 2006, regulators in Australia and the European Union approved the vaccine for females ages 9 to 26 as well as boys ages 9 to 15. In the United States, the FDA only approved it for females as of June 8, 2006. The vaccine is given through a series of three shots over a six-month period.

While governors of Florida, Virginia, South Dakota and more review bills that would require girls to get the vaccine before entering sixth grade, Merck, the maker of the vaccine called Gardasil, sponsors a clinical trial to study the effects in 4,000 male participants. Merck expects results at the end of 2008.

Promoters tout the shots as a cervical cancer vaccine, so why should men concern themselves with it since they are obviously not at risk?

## the disease

Human papillomavirus is the most common sexually transmitted infection in the United States, infecting an estimated 6.2 million people per year, according to the Centers for Disease Control and Prevention. At least 50 percent of sexually active men and women acquire a genital HPV infection at some point in their lives.

At best, the disease shows no signs or symptoms and goes away on its own; but even if people show no symptoms they can carry and spread the disease. At worst, it produces genital warts or leads to cancer of the cervix, vulva, vagina, anus or penis.

While the vaccine can prevent the undesirable effects of HPV, it's not foolproof. More than 100 strains of HPV exist and 30 of them are considered to be sexually transmitted diseases. The vaccine only works against a few of those.

"The vaccine does not treat any HPV to which a person has already been exposed," Duggan warned. "Also, it only prevents infection by HPV by the four types of HPV in the vaccine. Regular Pap smears are still very important."

While women can get an annual Pap test to check for abnormal cells in the cervix, there is not such a standard test for men.

"Men who engage in anal receptive intercourse should get any lesions or warts biopsied if they appear," Duggan said, "but as far as I know there is no routine test they can have done to indicate exposure to HPV."

"it is important because hpv is a sexually transmitted disease spread from men to women and back again. the more it can be eliminated from both sexes, the less risk everyone will have."

- lisa duggan  
immunization coordinator  
for hartshorn health center

## the hpv vaccine

- hpv (human papillomavirus) is a sexually transmitted virus. it is passed on through genital contact (such as vaginal and anal sex). it is also passed on by skin-to-skin contact. at least 50 percent of people who have had sex will have HPV at some time in their lives.

- anyone who has ever had genital contact with another person may have hpv. Both men and women may get it - and pass it on - without knowing it. since there might not be any signs, a person may have hpv even if years have passed since he or she had sex.

- the fda has approved gardasil, the brand name for the hpv vaccine, for girls and women ages 9 to 26. it is best to get the shot before the start of sexual activity.

- gardasil is between 95 to 100 percent effective against hpv types 6, 11, 16, 18.

- there are three shots. once you get the first shot, you need a second shot two months later. a third shot is needed six months after you get the first shot.

- since the vaccine is new, more studies need to be done. for example, the fda does not know if you will need to have a booster after a couple of years.

- there are many kinds of hpv and not all of them cause health problems. some kinds of hpv may cause problems like genital warts or cervical cancer. hpv types 16 and 18 cause about 70 percent of cervical cancers; hpv types 6 and 11 cause about 90 percent of genital warts.

- according to the centers for disease control and prevention and the national cervical cancer coalition



## the risk

The American Cancer Society reports that nearly 2,000 men acquired anal cancer in 2006. The anal Pap test can detect abnormal cells in the anus that could turn into cancer eventually, but according to the CDC it is not yet clear finding and removing abnormal cells from the anus will prevent cancer from developing.

The risk for anal cancer is 17 times higher among gay and bisexual men than among heterosexual men. The risk is also higher among men with compromised immune systems, including those with HIV. Because anal cancer is more common in gay, bisexual, and HIV-positive men, some experts do recommend routine anal Pap tests for those demographics, according to the CDC.

Between 1955 and 1992, the number of cervical cancer deaths in the United States dropped by 74 percent, according to the American Cancer Society. Statistics from the National Cancer Institute show the rate for anal cancer in gay and bisexual men is about the same as rates for cervical cancer in women before Pap smears became routine.

## the future

Not only could the vaccine prevent genital warts and anal cancer in men, but also the transmission to sexual partners. That's one of the reasons Will Ostendorf would get the vaccine if the FDA approves it for men.

"I'd get it mainly to prevent it from spreading," the freshman music education major said.

Some diseases, like smallpox or the measles, are all but eliminated from our culture because we as a population have developed "herd immunity." With mandatory inoculations in the past, no one carries the disease; therefore, even the people who have not been vaccinated are safe from infection because they are part of the "herd" and there is no one to spread it to them.

Ben Clark, a senior who has had both male and female sexual partners, said he would get it for exactly that reason.

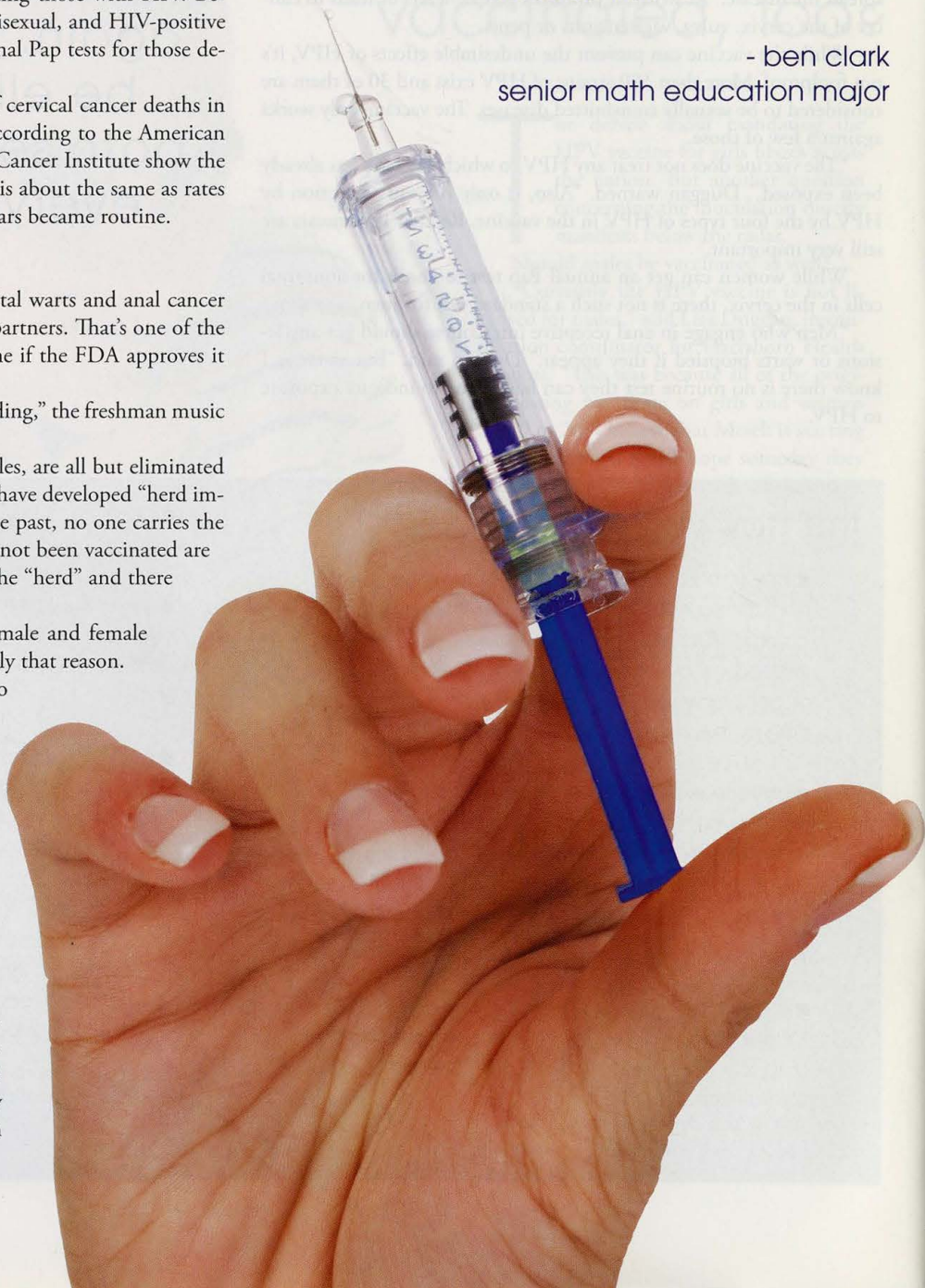
"I would probably get it so I don't have to worry about getting it or passing it along," the math education major said. "(HPV) causes a lot of problems and it's gross. I wouldn't want to give it to someone else if I had it."

Clark also said he would encourage future sexual partners to get the vaccination. Experts say that vaccinating both sexes is the best way to prevent the spread and contraction of the disease.

"The HPV vaccine will certainly decrease the rate of HPV transmission by women who have received the vaccine," Duggan said. "Because men could still carry HPV, it may not provide the comprehensive herd immunity that other vaccines have provided until both sexes are given the vaccine." ■ **Ca**

"hpv causes a lot of problems and it's gross. i wouldn't want to give it to someone else if i had it."

- ben clark  
senior math education major



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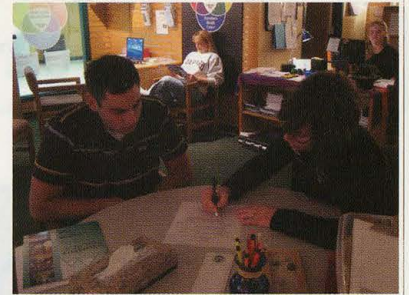


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# Technology Addictions

## excessive internet use can be harmful

For most college students, the Internet has become a permanent fixture in their lives, but some students at CSU are suffering negative consequences.

A survey done by Drew Trainor, a graduate bio-medical science student and graduate assistant at the Health Promotions Office, showed that out of 963 CSU students surveyed, 126 (13.1 percent) of them "have suffered some form of negative consequence as a result of Internet usage."

According to Trainor's research, done for the National College Health Association in 2006, addicts can spend anywhere from 40 to 80 hours a week online, with individual sessions lasting up to 20 hours.

"People can become obsessed with almost anything," said Dr. Danielle Oakley, a psychologist at the University Counseling Center. The Internet is emerging as a new possibility for addiction and obsession.

There are various kinds of problems that can arise from Internet usage, but the limits are hard to define.

It's hard to tell what exactly constitutes an addiction to the Internet, Oakley said, because it's hard to draw the line between what is necessary and what is unhealthy technology consumption. In today's world, people "need" the Internet to check e-mail, do research, or stay in touch with people. However, there are also parts of the Internet that can have negative effects on people's lives, relationships with others and even academics.

Currently, there are no official criteria for Internet addiction, because many psychologists believe that Internet addictions are just another way to express a pre-existing addiction. Also, there are so many different components to the Internet that an over arching diagnosis might not be accurate. For example, being addicted to eBay is much different than being addicted to online pornography.

In some cases, instead of interacting with other people and going to work, users choose to envelop themselves within interactive games like the Sims, Doom and World of Warcraft. It is at this point that people can be considered unhealthy consumers of technology, Oakley said.

In evaluating addiction, only non-essential usage should be considered, so school and business operations don't count. Use of MySpace, Facebook, online gaming and other unnecessary functions are what constitute addictive material.

The pathological gambling model, which includes stages of winning, losing and desperation, is the most analogous to pathological Internet use, according to Dr. Kimberly S. Young. She is the author of the first books to address Internet addiction and online sex addiction, "Caught in the Net" and "Tangled in the Web." She is regarded as a prominent "cyber-psychologist" by the Center for Internet Addiction Recovery.

Additionally, Internet stalking - or cyber stalking - is an increasing problem on college campuses, said Chris Linder, director of the Office of Women's Programs and Studies (OWPS).

Students' online activities put them at higher risk of being stalked than other sectors of the population, according to a pamphlet from the OWPS. In fact, it states 25 percent of stalking incidents among college women involve cyber stalking.

Also, "you don't have to be as truthful," said Dan Socall, director of the University of Northern Colorado counseling center. This lack of truth can become problematic and can also lead to cyber stalking, where one person becomes obsessed with following the activities of another person.

Besides cyber stalking, Linder said a huge problem she sees in the OWPS is men's addictions to online pornography. Men realize they have a problem when pornography starts interfering with their relationships and everyday lives.

Chris Leck, from the Drugs, Alcohol, and You (DAY) Programs Office, said men get addicted to Internet porn for two main reasons.

The first is gender socialization, or the messages that tell men what they should and should not be doing. Many social messages tell males between the ages of 13 and 21 that looking at porn, especially on the Internet, is "what you're supposed to do," Leck said.

Secondly, in the beginning of sexual maturity, porn is a good substitute for "the real thing." Problems develop when the Internet is preferred over real interpersonal relationships. The Internet is a preferable sexual experience for some, Leck said, because it is affordable, acces-

"people can become obsessed with almost anything."

- dr. danielle oakley  
university counseling center psychologist



► photo illustration by sterling oldemeyer

technology such as the internet and computers are a way of life for most people. but for some, these advances have become addictions.

sible and anonymous. Men don't have to feel vulnerable because "it's so much safer than a regular relationship with other people," Leck added.

Treating online pornography addiction is a combination of self-regulation and the involvement of others to give the addict a sense of obligation.

Leck recommends first putting a filter on the computer to give the user one extra chance to say "no," to accessing sexual material. Next, there is the education piece, where the subject must discover how far their addiction really goes. Involving other people is a key step, whether it is including a professional counselor or a partner.

There are support groups for pornography addictions in Denver, and many more online, such as [www.no-porn.com](http://www.no-porn.com).

On college campuses, online pornography can be a problem because there are a lot of tech-savvy people in younger age groups who want instant gratification. If someone wants sexual gratification, he or she can get it automatically with the Internet instead of waiting to go out that night or meeting a willing real-life partner.

The bottom line is this: "If you're having relationships with people

via the Internet, you're not having real-life relationships," Leck said. "It's so complicated, because it's so personal."

Especially for teens and college students, MySpace and Facebook are prevalent Internet sources that could also lead to obsessions.

Oakley said that on Facebook, "relationship status changes can be especially damaging."

After a break-up, former girlfriends and boyfriends can constantly check their former significant other's page for new relationships statuses and photos with new partners. If one partner hasn't moved on, this interaction could become seriously mentally damaging.

Social networking sites like MySpace and Facebook are popular because they provide a way for people to interact with others that they might be nervous about meeting in person, Socall said. Contrary to the real world, there is less fear and risk of rejection on the Internet.

On MySpace and other sites, it is easy to meet a lot of people, which Socall says is a positive aspect to the Internet. However, things take a negative turn when real relationships are sacrificed for a retreat into an online fantasy. ■ Ca

# Global warming

## is the world really getting warmer?

In the world of science, it's not ethical or feasible to collaborate several thousand residents in the United States, ask them to put their busy lives on hold for a day and see how the drop in transportation, energy consumption and waste emissions affects the environment.

But in 2003, the northeastern states were hit with the biggest blackout in North American history. The results were catastrophic for those involved, but even more interesting were the implications the event had on air pollution.

Two Duke University professors studied the impact of the blackout and found visibility improved by 25 miles, smog and ozone pollution dropped by half within a day, and gases contributing to haze and acid rain plummeted 90 percent. Robert Jackson, a professor in the Department of Biology and the Nicolas School of the Environment at Duke University, has collaborated this information and more into a presentation discussing the impact of global warming.

Jackson was a member of the Duke Climate Change Policy Partnership that aimed to reduce the greenhouse gas emission. Additionally, Jackson was honored by the Clinton administration for his knowledge on global warming. He spoke at CSU in early March in a lecture titled, "Global Warming: Some Science and Solutions." The discussion was a part of the 2007 Distinguished Ecological Series put on by the graduate degree program in ecology and highlighted examples, such as these, that global warming is apparent and increasing.

"If we fix it now, it will cost us a whole lot less in the long run," Jackson said.

Jackson used graphs and charts in PowerPoint throughout his presentation. He said with every spike and dip in the graph of greenhouse gases came a spike and dip in the Earth's temperature graph.

"This gives a pretty good confidence that as goes greenhouse gases, so goes the temperature," Jackson said.

His research, as well as that of other scientists, does not point to specific, short term weather patterns, such as the blackout, to determine global warming. However, he discussed several environmental changes that have occurred over a long span of time that can be attributed to global warming. Jackson said it's possible that, in 100 years, the summers in the arctic north will have no ice, which would change or eliminate the existence of arctic animals like polar bears, walrus and sea otters, as well as bring up concerns of international commerce and security.

The National Academy of Sciences, the Intergovernmental Panel on Climate Change, American Meteorological Society and American Geophysical Union were all quoted in Jackson's presentation and have considerable research on the topic.

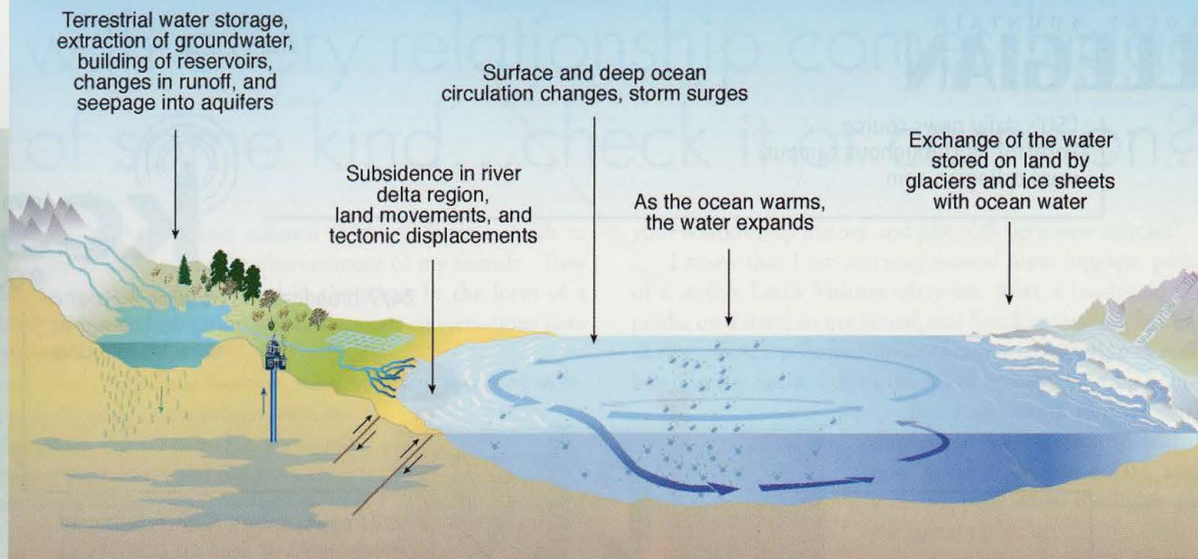
"This doesn't mean everyone agrees, but they don't put out these articles when it's (the opinion) 70-30 or 80-20," Jackson said.

One study recently released by the Intergovernmental Panel on Climate Change (IPCC) highlighted these attitudes about global warming, as well as added mankind's responsibility for the shift in global temperature.

Kristen Averyt, a spokeswoman for Working Group I on the IPCC, said part of this study proves the existence of global warming through increased average global air temperature, increased ocean temperatures, melting of snow and ice and a rise in average sea level.



## What causes the sea level to change?



► graphic courtesy of intergovernmental panel on climate change

“Eleven out of the last 12 years are among the 12 warmest in record of global surface temperature,” the study states.

Reflecting many of the same attitudes expressed by Jackson in his presentation, the study suggests the increase in the Earth’s temperature is a direct result of greenhouse gases.

“Global atmospheric concentrations of carbon dioxide, methane and nitrous oxide have increased markedly as a result of human activities since 1750 and now far exceed pre-industrial values,” according to the study.

But beyond the lecture halls and scientific studies, one faculty member at CSU holds a completely opposing view on global warming. Bill Gray has been working in the department of atmospheric sciences for 40 years. Outside of his everyday work, Gray works toward an overarching mission to disprove the idea of global warming. He said the “global warming” of today has followed a stage of “global cooling” that occurred in the 1970s.

“From 1910 to the 1940s, the earth warmed a great deal and everyone talked about it, but people stopped talking about it in the 1940s,” Gray said. “Then, in the 1970s, everyone was panicking about global cooling. People are always extrapolating the numbers trying to predict the future. They think because it’s warming now it’s going to keep warming. They’re just projections.”

Gray said the earth experiences natural heating and cooling patterns on its own, regardless of human activity. These patterns are caused by deep ocean currents, which strengthen and weaken based on the salinity or saltiness of the water. Salt water is heavier, and heavier water sinks to the bottom of the currents, making the currents stronger and

causing an upwelling of cold water, even in tropical areas. Stronger currents mean colder water. Weaker currents lead to warmer water. Currently, the earth is in a warm period. 1998 was the hottest year since 1880, Gray said, cautioning against those who make the link from the earth’s temperature to human activity. His ultimate goal is to change the way people think about the global climate.

“Forecasters run into trouble when they try to predict past 10 or 15 days,” Gray said. He knows if forecasters could truly predict where global warming was headed, they could do it on a shorter term.

Gray is one of those in the minority, the 20 percent Jackson spoke of, who disagrees with the idea of global warming. He said he’s lost friends and colleagues over his opinion but continues to work to disprove what he calls a myth. Democrat or Republican, Jackson or Gray, the idea of global warming has inundated our society since the release of Al Gore’s 2006 film, “An Inconvenient Truth.” In it, Gore echoes the thoughts of major scientists about the existence of global warming. Critics like Gray argue the movie uses partial scientific truths and defense tactics to make his point.

The film urges its viewers to make a difference and start making changes to combat the effects of global warming. It’s hard to say what could come in five to 10 years, and with differing opinions on the matter, like those expressed by Gray, some people may refuse to change behaviors contributing to the rise of greenhouse gases.

Only time will tell if the discussion on global warming turns out to be fact or mere fiction. ■ *ca*

*college avenue staff writer hilary davis and editor-in-chief caroline welch contributed to this article.*

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# Emotional Baggage

with every relationship comes luggage of some kind...check it or carry on?

I write the Friday opinion column in the *Collegian*, much to both the amusement and embarrassment of my friends. They love to see themselves quoted in the paper in the form of a funny anecdote and are delighted when our conversations have inspired a column.

Recently after a night out together, our conversation turned to relationships, as most of our conversations inevitably do, and I started thinking about all relationships: past, present and future.

It's rare to get to the grand old age of 22 and not have a relationship or two under your belt. And it seems that it would only be fair for every person to have had a few similar experiences in order to level the dating playing field.

For example, everyone should have at least one fling, where the future doesn't matter and neither does her IQ because you just went for it. Everyone should also experience the awkward ritual of the first date, not only because it is a universal experience, but also because the first non-awkward first date is how you will know you've found a keeper. And I also believe everyone should experience a first love, the heartbreaking kind, where you realize for the first time that you have put aside your own worries and selfish concerns in favor of someone else's. It is a powerful experience, whether the relationship works out or not.

Yet, for all the relationship experience we accrue during our college years and beyond, there is still one lingering question: What do we take from our relationships after we're out of them? Tragically, they don't come with a nice parting gift, a "thank you for dating" card or even the shirt that you bought him. No, all you get is to see a picture of him later, wearing the shirt, with his new girlfriend. Baggage claim is right around the corner folks, and I will definitely be getting in line.

We all have baggage. The tough guys try to hide it, insecure girls try to laugh it off, and the emo kids just put it all out there for everyone to see (apparently it matches their eyeliner.) But what about the people who don't believe in emotional baggage? Can you ever shed

your relationship history and just pick up a new suitcase?

I know that I am carrying around some luggage, perhaps the size of a stylish Louis Vuitton carry-on. After a traumatic first kiss (6th grade, on a dare) to my actual, real first kiss (age 16, behind the scenes during musical rehearsal) to my longest relationship that ended with a bewildering finish, I don't think I'm exactly traveling light.

But I also think that we can learn from the lessons we lug around with us. I know now never to kiss on a dare, and to beware what happens when the lights go down and the curtain goes up.

And, more seriously, I know to be more careful with my heart. This may be a lesson far more valuable than anything I learned in class. Once you realize the fragility of your own heart and someone else's, you know life on different terms.

However, I also know that my emotional Louis Vuitton is not nearly as heavy as it could be. After all, what's my carry-on compared to the duffel bag and two rolling suitcases that are divorce, plus children, or even infidelity. Maybe it's only a matter of time before you have to shoulder up and hold someone else's baggage for the long flight ahead. And, is it just a fact that the older you get, the more your suitcases weigh?

One of my friends believes relationships are history in the making, and they turn into

baggage after the break ups. Others believe that we carry the baggage from all relationships with us forever. And some of us, the idealists, believe that a good relationship with the right travel partner can unpack the baggage from the past, mismatched and heavy though it may be, and get us ready for a whole new trip to paradise.

I may be getting older, and my suitcases may be getting heavier, but I will always harbor a hope that one day, I will get off the plane, and there at the gate will be someone perfect for me, waiting to help me carry them. ■ Ca

**editors note:** hilary davis is a senior technical journalism major. her column appears in the *collegian* on fridays.



hilary davis

▶ photo by stephanie gerlach

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