

Colorado State | Volume 10: Issue 5 | Jan. 2015

# COLLEGE **avenue**

YOUR STUDENT MAGAZINE

**Politics of the  
FRIEND ZONE**

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**Fifty Shades of  
BDSM**

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**So you  
want to  
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## Letters to the editor

As the magazine produced by CSU students for the CSU and Fort Collins community, we would like to extend an invitation to our readers to submit letters to the editor ranging from 50-150 words with your feedback on the magazine. This is your magazine, and we would like to know what you think of the content, design or anything else. All letters to the editor must be typed in a word document and attached to an email sent to [collegeavenue@collegian.com](mailto:collegeavenue@collegian.com).

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College Avenue is a magazine produced and operated by CSU students. Our mission is to serve the CSU and Fort Collins community with engaging and informative coverage of relevant topics. Our staff is dedicated to providing balanced and accurate reporting, as well as visually stimulating design and photographic elements. We also seek to provide an outlet for entertainment with the opportunity for audience interaction and feedback. Above all, we strive to maintain journalistic integrity through professional excellence.

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## Notes from the Newsroom

I'll be straight up: I hate Valentine's Day. Between breakups, failed dates and the loneliness of spending a day dedicated to love all alone, V-day hasn't done much for me in the past.

So, if you are like me and aren't feeling the V-day vibe this year, don't think that this issue of College Avenue is just like any other love-themed edition.

You know that little book-turned-movie, "Fifty Shades of Grey"? Yeah, the one that has sold more than 100 million copies since its release? Flip to page 11 for an in-depth look at BDSM and its portrayal in the book.

Or maybe you just need a laugh to get you through the day? Check out page 15 to hear a fellow Ram recount an awkward sexcapade.

If you are actually looking forward to Feb. 14, don't worry, we still have you covered. If you are looking for a unique date idea, flip to page 4 for events and specials going on around town. And if you want to curl up and watch a romantic comedy with your significant other, check out page 6 for our top recommendations.

No matter how you choose to celebrate Valentine's Day — or not — don't forget the original meaning of the holiday: to celebrate the relationships you have in your life. From friends, to parents, to siblings, to significant others — be with the people who make life worth living. I personally plan to spend the evening curled up with my boyfriend and a glass of champagne watching "Breaking Bad" reruns.

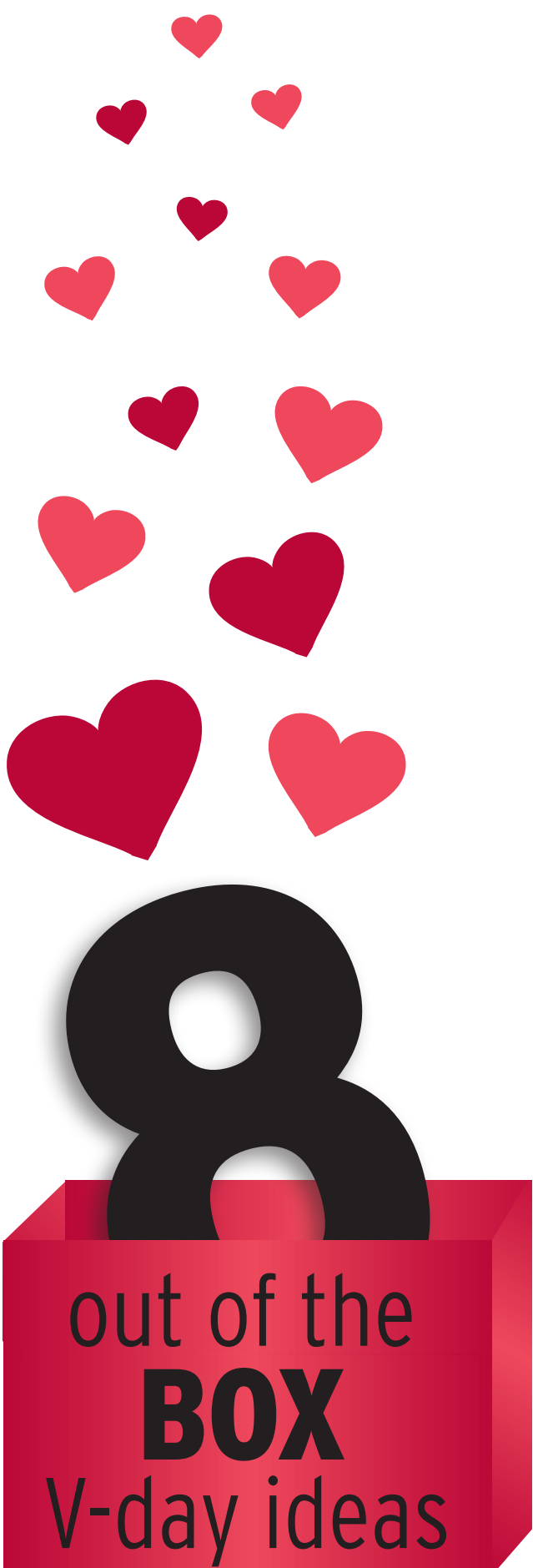
*Ricki*

Ricki Watkins, editor in chief





By **Nicole Beale**  
College Avenue Magazine



Year in and year out, Valentine's Day seems to stay the same. This is your guide to breaking outside that clichéd heart-shaped box of chocolates.

There are several places in Fort Collins that are sick of traditional Valentine's Day and are helping people like you break the mold. So, go out and do something fun!

## 1. **The Dinner Detective**

**3750 S. Mason St.**

Head to the Midtown Arts Center for an interactive murder mystery dinner show.

## 2. **Blue Skies Winery**

**251 Jefferson St.**

Nothing says Valentine's Day better than wine. Guests attending Blue Skies Winery's V-Day event will sample four different wines paired with cheese and chocolate.

## 3. **The Chocolate Cafe**

**102 W. Olive St.**

Indulge in some delicious treats for Valentine's Day. The Chocolate Cafe won best dessert as voted by students in the 2014 "Best of CSU." Keep in mind that they serve more than just desserts.

## 4. **Lyric Cinema Cafe**

**300 E. Mountain Ave.**

Get classy this V-Day! Watch French film "Amélie" while you indulge in some great wine specials at the Lyric.

## 5. **Jax Fish House**

**123 N. College Ave.**

In the mood for seafood? Jax Fish House is offering a build-your-own three-course Valentine's Day dinner.

## 6. **Hilton Valentine's Dinner and Dance**

**425 W. Prospect Rd.**

The Fort Collins Hilton Hotel is throwing a semi-formal dinner and dance Feb. 14 for you and your loved one this year.

## 7. **Come Back to the Table Cooking Classes**

**725 E. Mulberry St.**

Spend quality time with your loved one learning how to truly make love in the kitchen. The "Cooking for Lovers" features a cooking class and take-home recipe book.

## 8. **Pinot's Palette**

**159 W. Mountain Ave.**

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It's that time of year again, time to pull out the old romantic comedies and curl up with a fuzzy blanket, time to laugh and giggle while falling in love at the same time. Oftentimes, we can't decide which movies to watch and who to watch them with. Whether it be with your friends, with your significant other or just on your own, we have a rom-com for you.

# Laughing with Rom-Coms

By Jessica Hayes  
College Avenue Magazine

## Guy Friends

### "The Ugly Truth"

This one is for the boys. Need some advice? Can't get a girlfriend? "The Ugly Truth" is the movie for you. Mike (Gerard Butler) will give you all the advice you need to be successful with the ladies, or so he thinks. Little does he know, Abby (Katherine Heigl) has her own thoughts on how to be a ladies' man. She is uptight and looking for the perfect one: classy and sexy. Will the advice of "The Ugly Truth" work? A dirty romantic comedy, this movie is fun for everyone.

### "The Bounty Hunter"

Jennifer Aniston is back and hotter than ever. Wanted for skipping bail, Nicole (Jennifer Aniston) will be on the run for her life when she finds out that her bounty hunter is actually her ex-husband, Milo (Gerard Butler). Action-packed with a love connection, this movie is great for anyone.

"The Bounty Hunter was a really fun and enjoyable movie," said Jacob Etchelecu, a junior majoring in agricultural business. "It had a bunch of funny parts, and Jennifer Aniston is in it, so, there's that."

## Couples

### "The Proposal"

Love may be where you least expect it, especially for Andrew (Ryan Reynolds), who is the assistant to an uptight Canadian editor, Margaret (Sandra Bullock). When Margaret is about to be deported, she forces Andrew into marrying her to help her keep her job. While Andrew is reluctant at first, during their adventure from New York City to Alaska, he takes a turn of heart, but will he be too late? This movie will keep you laughing and remind you what is important in a relationship.

I think it's a good movie to watch as a couple because it has the right balance of funny and cute, not too sappy," said Paige Kempinski, a sophomore health and exercise science major.

### "Life As We Know It"

A greater appreciation for life, relationships and love, "Life As We Know It" is a heartwarming movie about the real struggles we may experience. Holly (Katherine Heigl) is committed to her bakery and searching for a man to start her family. Messer (Josh Duhamel) is living it up, a free soul just having fun. When the two have to come together to raise their friends' baby, they find that life can be complicated. Living under one roof, they eventually find out where they were supposed to be all along.

## Single

### "We're The Millers"

Jason Sudeikis and Jennifer Aniston star in this hilarious movie about a stripper and a drug dealer who want to make it big. Putting together a fake family, David (Sudeikis) and Rose (Aniston) decide to travel in an RV to the Mexican border to pick up a drug dealer's product. After a wild adventure, love weaves its way into their fake family, and it might just become real life.

"I thought it was very funny, and I love Jennifer Aniston," said Emily Reynolds, a freshman majoring in biochemistry.

### "This Means War"

Hot, single and successful Lauren (Reese Witherspoon) has got it goin' on... aside from the fact that she is aging and has no boyfriend. Worried about her love life, her best friend, Trish, signs her up for online dating. After meeting two hot and sexy men, Tuck (Tom Hardy) and FDR (Chris Pine), Lauren becomes confused. She secretly dates both without knowing that the men have a secret of their own. Who will Lauren choose?

## Girl Friends

### "The Other Woman"

Funny, flirty and all about karma, Cameron Diaz knows how to handle men. When she finds out her new boyfriend is married, she finds herself in unexpected friendships with his wife and another mistress as they team up to lay down the law.

"The first romantic comedy that comes to mind is "The Other Woman,"" said Madison Wittman, a freshman double majoring in communications and economics. "I think I found it more funny when I watched it with my friends."

### "Just Go With It"

A goofy plastic surgeon, Danny (Adam Sandler), thinks he needs to be fake married to get with the ladies. Dating tons of hot young girls, he finds that his happiness doesn't seem to come from them. Jennifer Aniston stars as his secretary. After a vacation in Hawaii, love may find its way back home. "Just Go With It" will keep you guessing, while giggling all night long at girl's night.



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# HOOKUP CULTURE:

## Do we live in one?

**By Sarah Ross**

College Avenue Magazine

According to modern media outlets, we as members of Generation Y live in the “hookup culture,” but do we really? College Avenue reached out to CSU students to see what hookup culture means to them and if they personally partake in it.

We live in a pretty open community, so many people were willing to share their experiences with us, and we got a wide range of answers. We talked to everyone from self-proclaimed “Tinder Pros” to virgins saving themselves for Christ, and we learned a lot along the way.

Do we really live in a hookup culture? From our research, we would say no.

Sure, there are people who take part in dating apps like Tinder. These apps are built for bringing people together for whatever purpose they

may have. Most people assume Tinder is for hooking up, but we found it is more of a mix.

How does Tinder work? Pictures of real people in your area pop up on your phone. You can either swipe right if you think the person is attractive or interesting or you can swipe left if you are not interested. If the same people you indicate you are interested in are also interested in you, then you are matched up and can start talking.

We asked Luke M. how he thinks Tinder is really used. Is it really just a dating app, or is it a way to link up with potential one-night stands? What does that say about our generation and our society?

“I personally use Tinder solely for hookups,” Luke said. “If there is nothing going on during a certain night, I will go on Tinder and see if there are any girls who want to ‘hang out.’ I’ve met a few people off Tinder and have simply hooked

up with them and not talked to them again.

“Tinder shows that our culture can be relatively shallow, due to the fact that you are judging people simply on their looks. It is not like Match.com where people go in seek of a relationship, because, on Tinder, you only get matched with people whom you think are attractive and wish to seek some sort of physical relationship with.”

But is that all Tinder is? Sure, some people love that lifestyle, and more power to them. However, is that really all that Tinder is, a hookup site bred from the hookup culture?

“I haven’t really found people who just want to hook up on it,” our second source said, a freshman communications major who wishes to remain anonymous. “I think that’s what Tinder was originally for, but I think here and in my hometown it’s become more of a dating thing.

“I’ve actually found it to be more of a dating app. It’s not so much just hookup and it’s not so much this is just for relationships, either. But, I do know several people who have met their boyfriends and girlfriends through Tinder.

“I deleted [Tinder] three times, and when I reopened it I met my significant other, so I don’t think it’s about bad or good, it’s about the people you meet. If it helps you find someone you like who likes you, you should use it.”

To follow up, we asked our interviewee how she used Tinder herself, and her response was very different from Luke M.

“I actually recently deleted it, but I came from a different state and I just wanted to meet new people,” she said. “I think everyone wants to have a relationship and to meet new people, and so I was just going to see who I met and go from there.

“I definitely didn’t get it just

for hooking up or to find a serious significant other, it was just to see. I’ve talked to quite a bit of people over texting and have actually met three people in person.”

“The last person I met I’m actually still talking to today. We’ve hung out a couple times and we hang out on the weekends, so it kind of turned into a relationship thing, so we’ll see where it goes.”

Through this interview and others, we found Tinder may not always be about hookups, although it can be if you really want it to be. Either way is fine, as long as you are comfortable.

That being said, does the fact that hookups and one-night stands exist mean we live in a world where hookups and fast-paced sexual relationships are the norm? Unsurprisingly, no. Out of the 10 people we talked to, only one participated in the practices of the “hookup culture.”

The other nine all advocated

for personal choice, and all nine of them waited to have sexual contact, some still waiting for marriage but the majority either waited or are still waiting for the right person and a meaningful relationship.

“We both wanted to make sure it was with someone that we really cared about and really loved,” an anonymous undeclared sophomore said. “We were both on the same page about that. So, we decided to wait a year because we felt like we had really connected on a different level than people that just meet randomly.”

We asked our final interviewee what she thought about the hookup culture. Did she ever feel pressured to participate?

“I feel like there was pressure for me to talk to boys even if I didn’t want to, and there is still pressure for my friends to go home with someone, even if they don’t want to,” she said.

“To me, our society has become very obsessed with sex, and it has turned it into something that it shouldn’t have become. I think it’s become a way for people to feel loved, but in reality, when you wait with someone that you really love, there is nothing like it.”

Our interviewee also thought that the negative impact of a random hookup far outweighed the brief immediate gratification.

“When you hook up with people, you feel love for a second, but it’s even worse than when you started,” she said. “When you wait and are in a relationship, and you both agree on this one thing that you’re going to do, it really is more powerful and feels more like love than hooking up with random people.

“Sex can be positive if it is someone that you care about, but it can be really negative,

like a double-edged sword.

“It’s not like I shame the hookup culture because sometimes you have to travel around and meet and experience different people, but it shouldn’t be a sex thing.”

We asked her if deciding to have sex had affected her relationship, and how she felt the expectation of sex affected other relationships.

“If you wait and have sex with someone you will care about, there won’t be that expectation,” she said. “It will really allow you to get to a deeper level of love and commitment.

“On the flip side, if you get in a relationship just because you start having sex, the expectation is that you will continue to have sex and it will be held at a higher standard.”

The interviewee believes that waiting improved her relationship with her significant other overall.

“Before we had sex, we loved each other and trusted each other, but after it happened, it’s way more than before,” she said. “Now we are like best friends who really trust and really believe in each other and support each other.

“I believe it happened because of waiting, and I don’t think it would have happened otherwise.”

We set out in this process expecting to delve into the rumored hookup culture, to see why it is such a craze and how students were participating, but we have walked away knowing that our idea of the hookup culture is all there is. It is an idea, more of a myth than a fact.

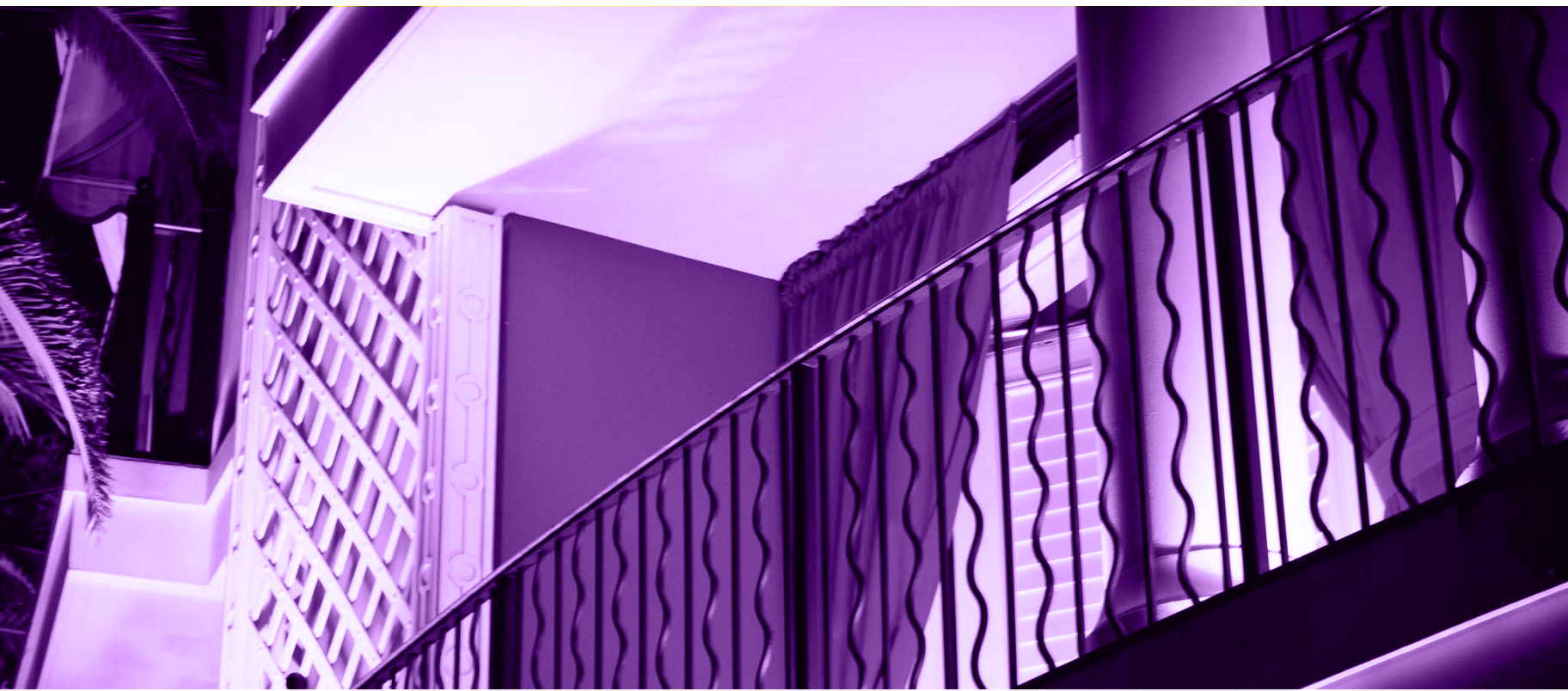
In fact, more people are waiting, maybe not saving themselves, but waiting for when they are ready to dive into a sexual relationship and waiting for the right person

and the right time in their lives to begin.

The people who felt like they were the outliers are actually much closer to the norm than any of them thought. Healthy, communicative relationships are more popular than anyone would have guessed.

We do not know about you, but that made us feel pretty good about our generation. The important thing is not about whether you wait or whether you like hookups, it is that you choose a lifestyle that you are comfortable with and that makes you happy.

The hookup culture may not be that big of a deal, but if you want to, you can, and if you do not, you are not alone, and that is pretty amazing.



“Tinder shows that our culture can be relatively shallow, due to the fact that you are judging people simply on their looks.” - Luke M.



# So You Want to Seduce?

By James D. Cao

College Avenue Magazine

Seduction — some of us have it and some of us don't. Lucky for you, you can change your status from have not to have in the game of seduction.

If you think I will be the guru to your sexual journey, you think wrong. I cannot even get the time of day out of an elderly woman if I was being pimped out by a higher authority like McLovin in "Superbad."

I can only hope to learn and analyze the skills of greater Casanovas than myself, studying the art like Einstein studied gravitational pulls and light.

Feb. 14 is looming large, so as a guide, I went on an adventure and studied college students who seduce and who get seduced and compiled it in a tome for you all. Merry Christmas, you filthy animals.

Hey, look at that smoke-show girl/guy over there. Should I approach her/him?

What do you mean, should you approach? As Wayne Gretzky said, "You miss 100

percent of the shots you don't take." So, the first step in my studies of seduction is that if you want a girl/guy to know that you are interested, you have to let them know you exist.

But, before you do, half the game is won before it is even begun. It is similar to the movie "Like Mike." You know that when Lil' Bow Wow laces up those MJs that he is going to be wrecking the court and putting people in their place.

"Basically, try to be as much Marvin Gaye as you can be," said Vincenzo Sangaline, a freshman geology major.

Confidence is key.

"Dress well, and dress for the seasons," said Nick Peterson, a freshman environmental engineer. "Have good hygiene."

Now, I am not saying that appearance is at the forefront of everything, but how can you take care of someone else when you cannot even take care of yourself?

"If you know something funky is going on, get some gum," said Madison Malone, a sophomore international studies major.

How should I approach said girl/guy?

If you are the type of person who reads "How To Pick Up Girls" — stop. College is way different from that. The majority of us are all normal humans, and those techniques fester in the pits of the Internet and in the dark corners of Los Angeles night clubs.

If you use pick-up lines, your sense of creativity might as well be as cold as your bed.

"Just go up and say hi, ask for her name, introduction, and compliment her," said Renato Alquist, undeclared freshman. "Talk about common interests."

This applies to women as well as men. Genuine introductions never really go wrong, same with smiling and a positive attitude.

"If I see a guy smiling at me from across the Quad, like a genuine smile, it's like, 'Oh, he thinks I'm cute,'" Malone said. "It's got to be a stop to smile not a full-on stop. It's where everything around you stops for two seconds and you walk on, or he goes and talks to you."

Alright, so I'm clueless, how do I know she/he's interested? How do I show them I'm interested?

Usually, if someone is interested, one might be able to discern the signs and interpret the signals to follow the chosen path. However, if you are like me, you do not know when someone is actively hitting on you unless they are physically hitting you. It's kind of pitiful.

"It's all in the eyes," said Kinsey Riley, a freshman food science major. "I give them the right look."

Eyes, as they say, are the windows to the soul, and I suppose they are.

"I focus on getting to know them, rather than seduce," said Tori Robinson, a freshman mechanical engineer major.

I'm hopeless, she/he's not interested in me. How do I get them to be interested and close?

Come on, I know if you are reading MY writing and got this far, you must be a decent human being. Have faith, my dude/dudette.

"Truthfully, if a girl is flirting

with me, I like her smile and want her to be interested in what I have to say and laugh with me," said Matt Hartman, a freshman business major. "If they play the energy you put off, that's attractive."

Additionally, Hartman advises, "If you are interested, you should straight-up be direct. Communication is best when you're direct. You don't have to play guessing games, which is nice."

But the biggest question still remains: how do you get someone to be interested in you?

Honestly, I can ask a hundred people and still get the same clichéd answer: confidence and humor.

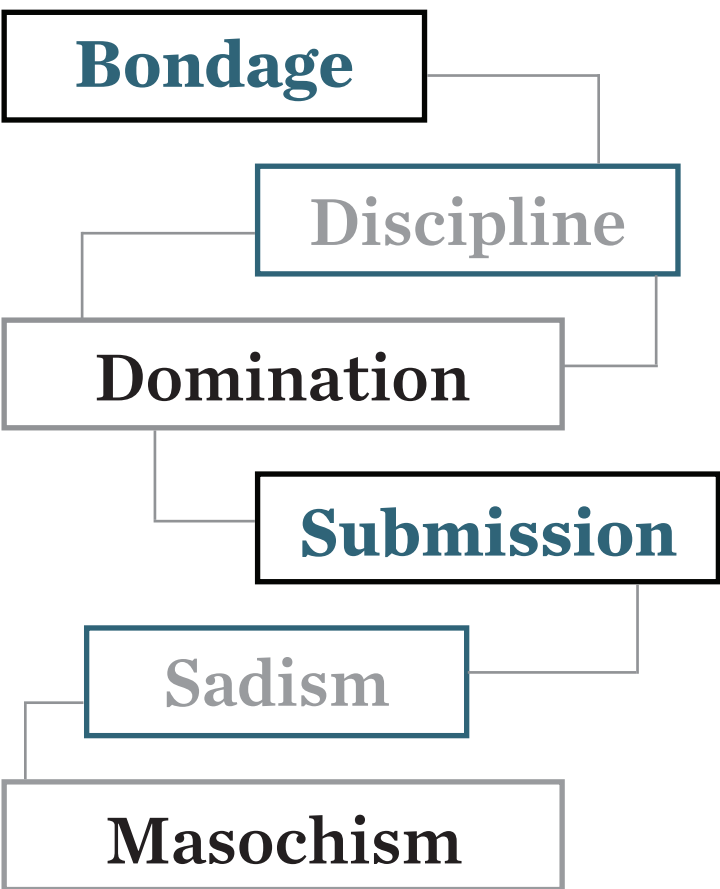
"If they can make me laugh, they can make me do anything," Parker said. "Sure, I stole that from the Internet, but it's true."

If all else fails, just go with my proven method. I eye them from across the room, shoot them an inconspicuous wink coupled with my "I'm fun and sexy, and I approve of you" smile and do the finger gun point with both hands. Classic.



Photo by Joe Tiner

# Fifty shades of BDSM



**By Alexa Phillips**  
College Avenue Magazine

These six words form the common four-letter acronym “BDSM.” This concept has been brought to attention in the last few months with the anticipated Feb. 13, 2015 release of “Fifty Shades of Grey.”

While most people cringe upon finding out what the acronym stands for, there is a great deal of misconceptions about the dynamics of this relationship.

Ever since E.L. James’ “Fifty Shades” trilogy became a phenomenon in 2011 with the first book’s release, there have been many misrepresentations about relationships that involve BDSM elements.

Readers analyze the book as a true representation of real relationships with BDSM components, while, in reality, the relationship is being improperly depicted for what it really

is, how it affects practitioners and how it is conducted.

For those who have not read “Fifty Shades of Grey,” the plot boils down to Anastasia Steele, a recent college graduate, falling under the spell of the illustrious Christian Grey, a successful and young businessman.

Little does Anastasia know what is in store for her until Christian shows her his “playroom” and reveals that he only likes his relationships if they have elements of BDSM in them.

Both Anastasia and Christian are mutually attracted to each other but Anastasia wants more than just a relationship with BDSM. She wants a romance, which Christian attempts with her more than with any of his other relationships.

During the course of the book, Anastasia contemplates whether she wants to sign a consensual agreement with Christian to be his submissive after already being involved in what Christian considers to be mild practices with questionable consent.

What exactly is BDSM? BDSM is essentially an umbrella term for erotic behavior conducted between consenting adults.

Relationships with components of BDSM are often conducted with “top” or “dominant” figures and “bottom” or “submissive” figures. The dominant figures are the ones who control the BDSM activities, exerting power over the submissive.

This power and control can be negotiated between the two parties, where the roles are



“What makes people involved in BDSM, their needs, desires, and sexuality.”

— Tammy “Kaia” Brunski

Photo by Joe Tiner

clearly defined, or there can be a “switch” in which the parties swap to explore both sides of dominance and submission.

BDSM activities can range from mild to extreme, using anything from bondage and flogging to spanking and torture.

It offers more than just “vanilla sex” (sex without BDSM elements) for people who want to add some sort of power exchange to their relationships.

The dominant is fulfilled by exerting control over the submissive, while the submissive is fulfilled by serving and pleasing the dominant.

While some focus is on the physical pain, there is still a power dynamic in which one is expected to please the other, which is a defining factor of the relationship.

“What makes a relationship fulfilling is unique to the people involved in them,” said Tammy “Kaia” Brunski, an individual

and relationships psychotherapist at N.O.S. Counseling, LLC, in Denver. “We all have diverse sexual needs, desires, fetishes and attractions as part of our sexuality.”

A relationship with BDSM components can turn into a romantic relationship. But, some dominant/submissive relationships see love as a distraction for the control the dominant has over the submissive, and it may not be as effective when it comes to control and punishment.

Others see love as a fundamental building block for a healthy relationship.

Consent is a key aspect of a relationship with BDSM elements. Without consent, the activities can be considered abuse, which is a common misconception of a BDSM lifestyle. This is one of the many alarming aspects of “Fifty Shades.”

There are many times throughout the course of the

book when Anastasia does not fully consent to the power exchange with Christian.

While he does offer up a contract between the two of them, she is hesitant to sign for the entire course of the book but eventually succumbs to Christian’s control anyway.

The book ends up depicting power control in a sexy, romantic way without addressing key issues among BDSM practitioners, such as clear negotiation, communication and agreement.

Anastasia is under the impression that she should trust Christian because he is in the dominant role.

There are plenty of examples of non-consensual non-consent in which Anastasia is forced to submit and give up her power. According to Brunski, real-world BDSM practitioners would call this rape and abuse.

“I think it wrongly depicts a

BDSM relationship as an abusive relationship,” said Caroline Gambardella, a sophomore psychology major. “It almost fetishizes abuse. The main character stalks the other main character until she agrees to his creepy non-disclosure agreement.

“It wrongly portrays a BDSM lifestyle. BDSM is formed on the basis of safety and comfort and that’s not really apparent in the book.”

An educator and columnist on adventurous sexuality, who visited CSU last fall, Midori said that relationships that involve components of BDSM are “three-dimensional” just like any other relationship and not solely just about the kink involved.

“It’s no different than if sex is part of your relationship,” Midori said in response to relationships with components of BDSM being referred to as

“BDSM relationships.” “Your relationship wouldn’t be called a ‘sex relationship.’”

The point is that like any other relationship, BDSM elements are just one aspect, not the defining factor, as most people associate it with.

Relationships with components of BDSM are complicated relationships and should in no way have any underlying notions about the practitioner’s life.

“In my opinion, I believe S&M is along the lines of a fetish practiced between two consenting adults,” said Emily Nauta, a first year transfer biology major. “Personally, I wouldn’t partake, but I think it was interesting to read an author’s take on it [in “Fifty Shades of Grey”].”

Another misconception about BDSM is that because the majority of males are dominants, this brings about the issue of gender roles.

A set of statistics as part of a

...es a **relationship** fulfilling is **unique** to the  
involved in them; we all have **diverse** sexual  
sires, fetishes, and attractions as part of our

”

...runski, individual and relationships psychotherapist at N.O.S. Counseling, LLC.

2013 study conducted by the International Society of Sexual Medicine report that 48 percent of males are in a dominant role, while 76 percent of males are in a submissive role.

According to Midori, the roles “aren’t always accurate.” They depend on the type of person; the notion that all dominants are males is very “19th century Freudian,” according to Midori.

“The roles can be based on personal characteristics and what role they would like to play in the bedroom,” Midori said. “Someone who is powerful and controlling in their career could want to be controlled in the bedroom.”

The question still remains: are there any psychological differences in those who practice BDSM compared to those who do not?

In the same 2013 study published by the International Society for Sexual Medicine, re-

searchers looked at the relation between personality and sexual practices.

Andreas A.J. Wismeijer, Ph.D., and Marcel A.L.M. van Assen, Ph.D., studied BDSM practitioners on the “big five” personality traits: neuroticism (negative moods), agreeableness (kindness, affection), extraversion (socialability), openness to experience (imagination, creativity) and conscientiousness (thoughtfulness). Researchers also analyzed factors of rejection sensitivity, attachment style and subjective well-being.

The study took a control group of participants who did not participate in BDSM and compared them to a group who did practice in BDSM. Each group was then given surveys on various types of personality traits.

Wismeijer and van Assen found that practitioners of BDSM scored higher than the control group in extraversion,

openness to experience and conscientiousness and scored lower on neuroticism and agreeableness.”

However, there were differences between the dominant and the submissive in terms of how they answered to certain traits. Dominants scored lowest of all the groups in neuroticism, while submissives scored higher on extraversion.

Based on these findings, it is expected that those who practice BDSM would be more open to sexual experience.

On the other hand, it is also expected that dominants would have a low level of agreeableness since they aim to exert power over the submissive with little compromise.

Another common notion is that the desire to practice BDSM comes from childhood sexual abuse or being insecurely attached.

This study mentions that the

“data do not support the persistent assumption that BDSM is associated with inadequate developmental attachment processes.”

This is due to the fact that dominants scored the highest on attachment, whereas the control group scored the lowest.

The depiction of BDSM in literature is nothing new.

People (especially women) were ecstatic when “Fifty Shades” came out, but one of the most well-known pieces of literature depicting BDSM activities is “Story of O,” a French erotic novel written by Pauline Réage.

According to Midori, at the time, “Story of O” was rather scandalous, like “Fifty Shades,” but is now considered “a real piece of literature.”

While “Fifty Shades of Grey” is this generation’s erotic novel, there are many details in the relationship between Christian Grey and Anastasia Steele that

misrepresent those who practice BDSM in real life.

BDSM is a complicated subject matter in that it is not just a two-dimensional concept that defines a relationship, but a concept that involves many psychological and logistical aspects.

It is important that we educate ourselves on the differences between what is depicted in literature and what is true in real life.

“Fifty Shades of Grey” teaches girls that an abusive and dangerous partner is normal and romantic,” said Michelle Sogge, a junior food science and human nutrition major. “Anastasia constantly has her safety (both physically and mentally) threatened by a possessive boyfriend who goes against many of the BDSM community values, such as trust, safe words and respect.”

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# Send a Valentine's Gram to your valentine

Messages printed in the Collegian  
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Submit your message to  
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**Deadline Wed. Feb. 11th @ 5pm**

**\$2 includes a flower**

To Amy,  
Happy Valentine's Day BFF!  
-Megan

To Sarah,  
Happy Valentine's Day,  
sweet thang.  
-Max

To Sam,  
Thank you for being you.  
I love you!  
-Lauren

THE ROCKY MOUNTAIN  
**COLLEGIAN**

# That *Awkward* Moment When...

By Sarah Hansen

College Avenue Magazine

Sex is made out to be this wonderful, beautiful, magical moment that connects two souls and allows them to be one. However, many students at CSU can say that a lot of their sexual encounters have been less than perfect.

Either by not really knowing the person that well or trying out something scandalous that we read about in *Cosmopolitan*, there have been plenty of opportunities for everything to go completely wrong.

Although many of us prefer to keep our unfortunate sex lives under wraps, one of our fellow Rammies does not mind giving us all her “dirty deets.”

College Avenue sat down with a CSU senior, who would like to remain anonymous, to discuss her most embarrassing sex stories.

“I’m an open book,” she said,

and this is no exaggeration.

As she walked into MoMo LoLo Coffee Shop and took a seat at the table we had ever so carefully picked back in a corner away from the public ear, she pulled out a piece of notebook paper which contained a hefty list of every awkward sex story she could remember.

The very first of these stories happened to be after losing her virginity. She was dating her long-time boyfriend in high school when they decided to have sex for the first time.

Now, for most of us, the awkward part to this story would seem to be the actual sex, especially when you have no idea what you are really doing. But for her, the most terrible moment came a day or two after when her boyfriend’s mother found out.

The mother was extremely upset and told them that her boyfriend had to tell her parents.



“His face turned beet red when he told my mom,” she said. “It was awkward for a while. I told her she couldn’t tell my dad, but then he came into the kitchen crying, and I just yelled, ‘You told him!’”

Although things with her family have cooled down, awkward happenings in this senior’s sex life definitely did not.

Another unfortunate occurrence happened later on in her college life. She had been dating a guy for a while, and when Valentine’s Day rolled around, she wanted to make things extra special. So, she figured, what better way to do so than with handcuffs?

It was Valentine’s Day night and she and her boyfriend were staying in a hotel for the evening. She used the handcuffs on him during sex, but when it came to unlocking him from the bedpost, there was a slight problem. She had forgotten the keys at home.

“I didn’t want to just leave him and go all the way back home,” she said. “So, I had to like stomp them out on the side of the table until he could get out. He said we were never doing that again.”

So, when it comes to awkward sex stories, know that they come in all different shapes and sizes.

Whether it is having to tell

your parents that you lost your virginity or accidentally locking your boyfriend to a bed, at the end of the day, they are your own funny little stories that you can laugh about to yourself, with friends or even to a College Avenue reporter.

They are nothing to be ashamed about and nothing to be worried about because after a seriously awkward sexual encounter, it can only go up from there, right?

## 10 Most Common Sex Injuries:

1. Pulled muscle
2. Injured back
3. Carpet burns
4. Cricked neck
5. Bashed elbows and knees
6. Bruised shoulder
7. Twisted knee
8. Sprained or strained wrist
9. Sprained or strained ankle
10. Bending fingers back

## 10 Most Dangerous Spots:

1. Sofa
2. On the stairs
3. In the car
4. In the shower
5. In the bedroom
6. On a chair
7. The kitchen table
8. In the garden
9. Toilet
10. Work closet

## 10 Frequently Broken Items:

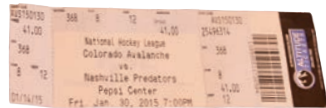
1. Bed frame
2. Wine glass
3. Picture frames
4. Chairs
5. Tea cups
6. Smashed walls
7. Chest of drawers
8. Doors
9. Windows
10. Vases

\*information from [loveinfographics.com](http://loveinfographics.com)

# gift ideas for HIM

Photos by Erin Douglas

- 1) Tickets**  
If you can't get tickets to his favorite sport on Valentine's Day, take him out to an event later.



- 2) Cute Card**  
Don't forget to pick up a Valentine's Day card to complete the gift.



- 3) Stuffed Animal**  
Give him a cute reminder of you and pick out a stuffed animal. Bonus points for buying a Ram.



- 4) CSU Spirit Gear**  
You can help him show his pride at the game, and show him that you're his biggest fan.

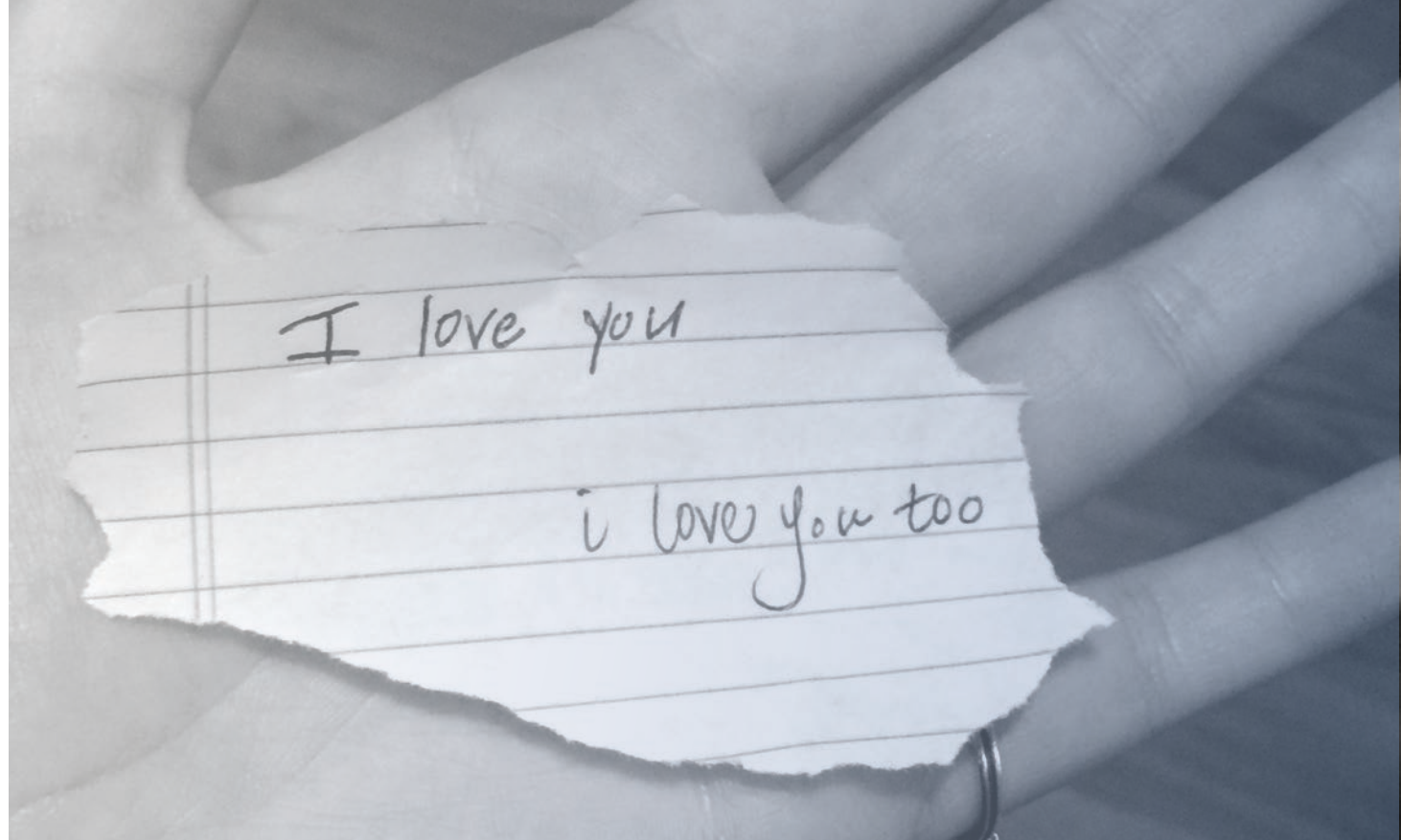


Photo by Sydney Izienicki

# For Him

## Don't leave the guys out this year

**By Erin Douglas**  
College Avenue Magazine

When it comes to making women feel loved on Valentine's Day, retailers have got it covered. From heart-shaped bottles of perfume to massive stuffed bears (probably a little impractical for college living), not only will women in relationships feel appreciated, but they will also be disappointed if their significant other doesn't plan the perfect night and buy the most romantic gift.

Commercially, Valentine's Day has become so focused on wooing women that men have gotten left out. The selection of "For Him" Valentine's Day gifts

is barely comparable to the rows and rows of "For Her."

Some men don't mind the minimized attention they receive on Valentine's Day, as long as they are with their significant other.

"My favorite part of Valentine's Day is spending time with Courtney," said Byron Irish, a sophomore electrical engineering student.

Irish's girlfriend, Courtney Giles, a freshman neuroscience freshman, said that Valentine's Day should be for both people. She also offered some advice for not letting one person feel left out.

"It's important to make the guy feel special," Giles said. "Use birthdays to just spoil one

person."

An important way to make both people feel appreciated for a joint celebration is to exchange gifts.

"Last year, Courtney helped me feel appreciated by getting me a gift," Irish said.

While there may be pressure for the men to plan a romantic day, make sure that the plans are something both of you will enjoy — if you plan a movie, try to vary the stereotypical romantic comedy with something a little more exciting — unless you're both into rom-coms (check out page six if so).

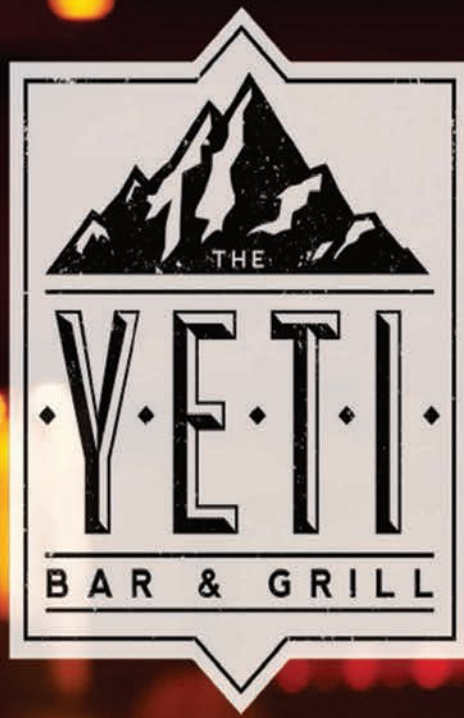
"This year, my girlfriend and I are going to spend a night in and watch Netflix because it

is too much of a hassle to go out," said Chapman Croskell, a freshman journalism student.

Try to lower the stress this year for your significant other by not making unrealistic expectations for a magical night.

"Let him relax," Croskell said. "Guys can sometimes feel like they have to be on edge to constantly act chivalrous, but both of you can spend Valentine's Day happy with each other."

Whatever you and your significant other have planned this Valentine's Day, make the "Hallmark Holiday" worthwhile and focus on spending time together not on pressuring romance.



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# SUCCESSFUL Online Dating

## Proving the stigma wrong

By Hunter Goddard  
College Avenue Magazine

As proven by reality shows like MTV's "Catfish," churning out content season after season, online dating is becoming more and more common.

Spencer Downing, a senior in human development and family studies, and Ryan McGinnis, 22, met in July on the dating app Plenty of Fish.

In December, McGinnis and Downing moved in together and currently reside in a place of their own with their cat.

"I was sick of going to frat parties and meeting guys like that,"

Downing said, when asked why she first downloaded POF. "Plus, there were no guys in any of the classes in my major."

According to Downing, she had been messaging McGinnis for two days before they met in person for their first date. Downing said she made it "official" with McGinnis over text, when he asked her to be his girlfriend.

"If you and the other person connect, online dating moves faster," McGinnis said. "You can get a summary of a person before you start talking to them and weed out the red flags. In two minutes, you can get to know two months' worth of information."

Honesty is key because it makes no sense to talk yourself up in your profile and then disappoint your date when you finally meet face-to-face, according to McGinnis. It is unwise to send something in a message unless it is some-

thing you would say in person, McGinnis said.

"You know more about personal preferences, like, 'I prefer not to be kissed until I'm married,'" Downing said. "It's less awkward if you don't have to try and figure that out when you're telling your partner goodbye for the night."

Use whatever site works for you, Downing said. It is most effective when you list accomplishments and anecdotes in your bio, not just personality traits, such as "I like long walks on the beach," according to Downing.

"Online dating works," McGinnis said. "Yeah, you won't find your perfect man or perfect woman within two hours of setting up your account. Keep up with it, but don't be on it all day."

According to McGinnis, it is really not that much better to meet somebody in a bar because nobody walks away from those interactions thinking, "That person is telling me 100 percent of the truth."

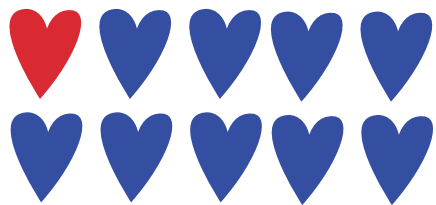
Downing said the same thing, that you have as much a chance of meeting a liar at a bar as you do online, and you can run a background check on your significant other if safety is a concern. According to Downing, she feels stigmatized when she tells people how she and McGinnis met.

"Both our profiles were family-oriented and we both knew, coming into this, that we wanted something serious, not a casual hookup," Downing said. "I'm glad we met online because we wouldn't have otherwise met in person. I never thought I'd move in with a guy."



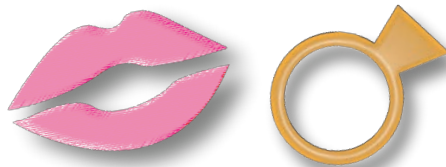
## STATS of online dating

**One in 10** American adults has used an **online dating site**.



**21 percent** of respondents on an Internet poll agreed that "**People who use online dating sites are desperate**" (this was 29 percent back in 2005).

**38 percent** of single people actively looking for a partner **have used an online dating site**.



**23 percent** of online daters **met a spouse or long-term partner through a dating site**.

\*Information from a 2013 Pew Research Center report, published April 2014 in "The Gazette"

# WHAT YOU NEED TO KNOW ABOUT RECREATIONAL MARIJUANA

As Recreational Marijuana becomes a reality in Larimer County, Choice Organics would like to highlight the rules for marijuana consumption.

- It is illegal to possess any amount of marijuana if you are under the age of 21. It is illegal to provide to or consume marijuana with a minor under the the age of 21.
- Adults 21 and older are allowed to possess one ounce of marijuana at any given time.
- It is illegal to consume marijuana in any public place.
- It is illegal to drive under the influence of any drug, including marijuana. Driving under the influence of marijuana (or any drug) will result in stiff legal penaaalties.
- Adults may give away up to one ounce to another adult 21 and over, but it is illegal to sell marijuana outside a licensed retail marijuana business.
- Marijuana that is bought legally in Colorado, stays in Colorado. It is illegal to travel outside the state with any marijuana, including infused edibles and topicals.



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Photo by Erin Douglas

# LGBTQ Relationships: Breaking Out of Labels

By Erin Douglas

College Avenue Magazine

Misconceptions, lies and rumors have infiltrated LGBTQ relationships throughout the 21st century, but gender roles and sexuality within these relationships have been widely misunderstood.

“LGBTQ relationships don’t have to be the same dynamic as a heterosexual relationship,” said Kara Zehner, freshman English student. “If I’m dating a girl, people think that one person has to be butch and the other has to be feminine.”

Gay, lesbian, bisexual, transsexual, queer, pansexual and asexual are a few of the many sexualities and gender identities that often get confused or misinterpreted.

“When people don’t know the answer to a question about an LGBT relationship they try to heteronormalize it,” said Nate Todd, a senior communications major.

A common misconception about LGBTQ relationships is identifying one person as more masculine or more feminine. Instead, people in the LGBTQ community commonly view gender as fluid or on a spectrum.

“People will ask me, ‘Who’s the girl in the relationship?’ and there is none, that’s kind of the point,” Todd said. “People will ask me who pays a lot.”

Mo Wells, a junior social work major, said she had a similar complaint about this misconception.

“I identify as gender neutral, so people kind of get confused,” Wells said. “They think, ‘Oh, so you’re a lesbian today and then you’re straight tomorrow.’ But that’s why I’m queer because I’m neither.”

Wells self-identifies as queer, but to her, this identification has a much deeper meaning.

“I don’t really have parameters put on gender in my relationships,” Wells said. “I’m more attracted to people as a whole and what people bring to the relationship for me.”

Identification and labels are helpful to people trying to find a name for their gender or sexuality, but to some, labels can be limiting.

“The misconception is that a label has to mean what you are every day of your life for the rest of your life,” Wells said. “I think it’s really hard when the world is asking for a definition of your identity, and there is no

word for your identity. A lot of the terminology is becoming very fluid.”

For students in the LGBTQ community, prejudice and politics can sometimes interfere with their relationships.

“I used to worry that I would get a job in a state that doesn’t have gay marriage legalized,” Todd said. “Even just holding hands, if you’re in the wrong place at the wrong time or even the wrong city, there could be slurs.”

Currently, there are 36 states that allow same-sex marriage. Colorado legalized same-sex marriage through a court decision in 2014. However, Zehner, Wells and Todd reported that the people they met at CSU were the most supportive of their gender and sexual identities.

“At CSU, I had a really good support system, so there was never a time that I didn’t feel safe,” Todd said.

A single term, definition or person cannot define LGBTQ relationships, but they are united by one important value.

“They are, at their core, like all relationships, about love,” Wells said. “We shouldn’t put boxes around who we love.”

“  
LGBTQ relationships  
are, at their **core**, like  
all relationships, about  
**love**. We shouldn’t  
put **boxes** around  
who we love.

– Mo Wells, junior social work major

”



# In it for the Long Haul

## Tips for making your long distance relationship last

By Sarah Hansen

College Avenue Magazine

Long distance relationships can be extremely difficult, especially if you're a rookie to the entire "1,000 miles apart" dilemma. Although recent advances in technology and social media have definitely made communication easier for people in long distance relationships, it hasn't solved every obstacle you may face along the way. There's no need to fret though. Seasoned pros at handling the distance can be found all around the CSU campus, and they're here to help.

Kelsey Dempsey, a civil engineering junior, has been in a long distance relationship with her boyfriend for nearly 13 months and counting. They both met at a university in New Hampshire and were just friends until they made their relationship official about a week before her transfer to CSU. Dempsey said she feels as though long distance relationships help you realize earlier on whether or not your relationship is healthy. She found that her long distance relationship made her mature faster because it forced her to think about what's really important to her within the relationship.

"If you aren't trustworthy or if you don't trust your partner, you find that out really fast," Dempsey said. "Whereas, if you were in the same town, you could know if they're actually where they say they are and

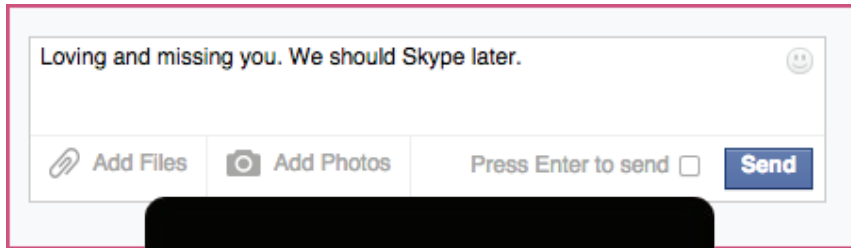
who they say their with. I'm at the point in my life where if I didn't trust him, I would end it right away because it would be a waste of my time."

On the other hand, sophomore music major MarLee Johnson (who has been in a long distance relationship for a few years) thinks voicing when you're upset the moment it happens is one of the most important factors to making a long distance relationship work.

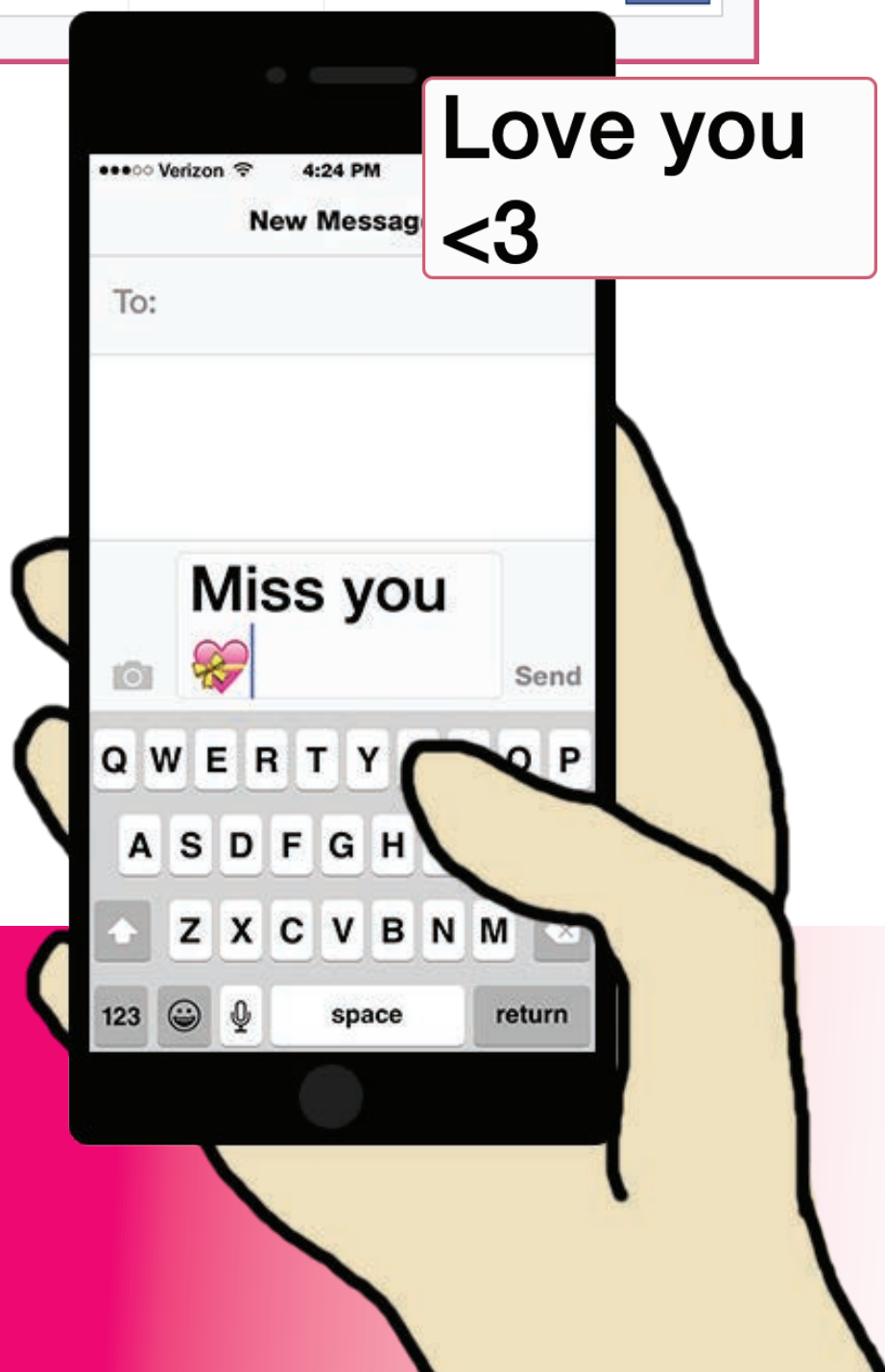
"From experience, that's where all of my problems have come from," Johnson said. "It's all about communication."

Your partner can't see your facial expressions to tell whether or not you're upset, so it's up to you to let them know when you're unhappy about something. Otherwise, the trails of miscommunication could ultimately lead to the demise of your relationship.

If you're going to commit to a long distance relationship, you have to understand that it is just that: a commitment. When entering a long distance relationship, you must acquire a sense of maturity and want to be in the relationship for all the right reasons. You also must remember to trust your partner, and know that if they want to be in the relationship just as bad as you, there is nothing to worry about. Lastly, communication is key. You have to remember to speak up and let your feelings be heard, or else your relationship could find itself at an end.



Love you  
<3



### Tips for Long Distance Relationships

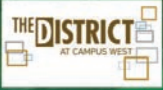
- Establish trust between you and your partner
- Communication is essential with any distance
- Maturity is needed to maintain a relationship
- Long distance itself is a serious commitment

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# THE GENDER POLITICS OF "THE FRIEND ZONE"

By **Hunter Goddard**  
College Avenue Magazine

We have all heard the expression, "Nice guys finish last," but enough people believe this to be true that it is becoming an issue in society.

Some men believe that women friend zone them because women only want boyfriends who will be jerks to them, not realizing that the man they do not want to be more than friends with is the perfect guy for them.

According to Carl Olsen, the program coordinator for Men's Programming and Violence Prevention through the Women and Gender Advocacy Center at CSU, the vilification of "the friend zone" is a by-product of rape culture's core value that women are only good for sex.

"It puts pressure on women to keep the door open when they should be able to say 'no,'" Olsen said. "Sometimes, women just want men to listen to them without wanting anything sexual from them."

Olsen graduated from CSU with his bachelor's in health and exercise science as well as a minor in ethnic studies. While pursuing his master's in

ethnic studies here at CSU, he got involved with an ASCSU task force to introduce the Interpersonal Violence Response and Safety Fee.

"Racially, I identify as Japanese and white and, growing up, I've always had a sense of just how messed up race is in the United States," Olsen said. "When I got to college, I learned how to articulate my feelings and that women must feel the same thing coming from men."

According to Olsen, these so-called "nice guys" who complain about getting friend-zoned are socialized by a foundational problem in masculinity. They share the same questionable beliefs as tough, hyper-masculine males, which is that the core of masculinity is "getting laid."

"Guys tend to be conditioned to execute a plan with the ultimate goal of getting laid," Olsen said. "You hold the door open for her, you pay for her dinner, you give her compliments. 'The friend zone' was created by these 'nice guys' with a deeply ingrained sense of male entitlement."

Listening is key, according to Dr. Eric Aoki, a CSU interpersonal communication profes-

sor. Aoki earned his Ph.D. from the University of Washington, where his mentor, Dr. John Stewart, is quoted as saying, "Conversations are the most meaningful events in our lives."

"There is a distinction between self-perception, what the person thinks of themselves and outside perception of meaning created in a relationship," Aoki said. "There has to be an alignment, not necessarily an agreement, between self-perception and perception."

Aoki said it is important to ask ourselves whether or not we do enough perception checks to see if there is alignment with more than just what we perceive as going on in any given relationship. Relationships are the alignment (not always the agreement) of meanings, according to Aoki.

"Listening is a big conflict in communication loops," Aoki said. "Men are more often socialized with a 'fix it' mentality, rather than a 'supportive' mentality. People are not always asking you to solve their problems for them, but, instead, they just want you to listen."

## The story of Elliot Rodger

On May 23, 2014, 22-year-old Elliot Rodger killed six people as part of a mass shooting in Isla Vista, Calif., before killing himself. Although Rodger's parents describe him as deeply disturbed since childhood, his mental illness indisputably manifested itself in a deadly hatred for women.

In a video manifesto he posted to YouTube prior to the killing spree, Rodger unleashes a malicious verbal attack against "fraternity jocks" and "hot blonde girls." He describes an incident wherein he splattered his latte all over two females at a bus stop who ignored him when he smiled at them.

He also claims to have flown into a rage over seeing a group of women, whom he refers to as "a flock," playing kickball with some men in a park. Rodger says he drove to Kmart, bought a water gun, filled it with orange juice, and screamed at them as he sprayed them with it.

Although Rodger obviously showed symptoms consistent with psychotic and narcissistic personality disorders, it is telling that he specifically targeted sorority sisters at University of California, Santa Barbara, where he was a student.

Mental disorders may have been the ammunition, but a threatened masculinity complex pulled the trigger.

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