

College— Avenue

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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 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 or 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 collegeavenue@collegian.com.

Mission statement

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

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From me to you

A (Personal) Love Story

I sat there on the bench outside of my dorm room, smiling, thinking thoughts that had suddenly come very clear. I had just gotten home that Saturday morning in early February from an interview at Starbucks. I was writing an article on married students, unafraid of matrimony. The girl I had interviewed was 22, married for a year, and in love. Sitting in the chill of that February morning, afraid to return to my dorm room and wake my roommate, I considered her story. The love she and her husband had was simple; she wore his grandmother's ring on her finger as she exuded love and happiness. I wanted that – but at the time was blissfully unaware that I was dating a man who wanted that too.

Flash forward, the end of March couldn't have come soon enough, and with it, spring break. While many students describe the perfect spring break as hitting the beach somewhere warm, mine was to drive my five-and-a-half hours down the road to see him – the love of my life. As I drove down to my hometown, I thought about the nine sweet days ahead of us in each other's arms.

After spending the night together cuddled in front of the wood fireplace in an otherwise empty house, we made plans to go for a hike, but didn't. That evening we walked along the dirt path together, holding hands, bumping into each other and smiling. He seemed nervous. Not relaxed as he had been just five minutes before. We stopped, watching the sunset in the distance. He turned to me, lowered to one knee and asked the sweet four-word question I had been dreaming of just a month before: "Will you marry me?"

Getting married as a freshman in college sounds crazy. And – to almost all of my friends – it is still crazy, even as a senior. But, I disagree. Being married to my best friend is awesome. And, before you say, "Yep, your friends were right, crazzyyy," hear me out. Here are four reasons why being married in college is awesome, besides the obvious reasons.

Sex: Yes, you get to have sex once in a while when you meet a nice boyfriend (girlfriend, or partner) and hang out with him/her for a while, or you know, at a party if you go about it that way. Married, I get sex whenever I want, however I want, guilt-free and regret-free.

No roommate problems: I have at least a friend a week telling me about the problems they have with their roommates: dirty dishes, judgmental comments about your love life, the silent treatment, and the list goes on. Sure, it's a rite of passage. But, when you are married, the "roommate problems" (in this case, husband problems) are easier to handle and solve.

Money: Counting pennies in college sucks. Having \$123 in the bank all the time is rough. But married, having a joint bank account, the two of you are able to save more that much faster.

Companionship: I thought about writing love or friendship, but companionship fits the bill perfectly. You always have someone to go places with, try new things with, and roll over and wake up to. I get that feeling of butterflies in my stomach when I think of coming home. It's just... happiness.

–
So this is our gift to you. I survived a long-distance relationship, and I wish I had a few of the tips you can find in our safe sexting guide to test out. If you are like me and don't think that is the right thing for you, skip to "Professor of Love" on page 16 or page 20 for an inspiring article about coming out in college. Happy Valentine's Day!


Logan Martinez, Editor in Chief

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Top 5 Places to have Sex on Campus

By Nicole Leicht
College Avenue Magazine

1 The Oval

The main attraction of campus, the Oval is a prime place to put out. Being out in the open does make this location a bit trickier to conquer though. It's best suited for the exposed types or late hours of the night.



Photos by | Joe Tiner

2 The Rec Center

Add some variety to your workouts and get your sweat on in a whole new way at the Rec Center. With a variety of areas to choose from, I'm talking steam room, cycling studio or maybe even on a machine. You won't be bored.



3 The Library

There's something extra enticing about doing something you're not supposed to. Sure, the library is meant for studying and schoolwork, but just think of it as some anatomy homework. You could even throw in some sexy librarian role-play; just make sure to keep it quiet.



4 Corbett Laundry Room

Or any other dorm laundry room for that matter. If you didn't knock this off your freshmen year, what better time to than now? It's secluded, and the added motion could make things very interesting.

5 Clark A 101

Who hasn't had a lecture class in this room? Doing the dirty in a room almost every student on campus has been in is quite the feat. Those large lectures will never be the same again, and maybe those terrible chairs might actually be good for something.





Vajazzling: Bedazzle Below the Belt

By Nicole Leicht
College Avenue Magazine

Valentine's Day is here, and what better way to show the love than with some bling? Bedazzling is a steadfast trend that has made our clothes, phones and just about every possession shine a little brighter. These days, you can bedazzle just about anything, even your nether regions. That's right, ladies and gents, you can now shine in a whole new way with "vajazzling."

Vajazzling is the newest form of bedazzling, and it has become quite the rage. The spotlight turned to this new trend when celebrity Jennifer Love Hewitt endorsed it on "Lopez Tonight."

For those unfamiliar to this new trend in body art, the process is really quite simple. No needles! The canvas, so to speak, is waxed bare so a crystal design of your choice can be laid out. The design can be laid out jewel-by-jewel, or a pre-designed jewel tattoo can be applied for a lower price tag. Lasting anywhere from one to two weeks, you can consider this your newest fashion accessory.

The pioneer of vajazzling is said to be Completely Bare Salon in New York City. Cindy Barshop, a hair removal expert and star of Bravo's hit TV show "The Real Housewives of New York City," founded the upscale salon.

Prices range anywhere from \$10 to upward of \$100. If you're wanting to go all in, you can receive the procedure complementary with the purchase of a Brazilian wax.

Bling on your girl thing not for you? Don't worry – you have options. Completely Bare Salon has expanded, offering some new forms of embellishment. Show your wild side with the "Carnivale" bikini wax, which replaces jewels with brightly colored feathers. Or, opt for a slyer look with the "Foxy" bikini wax featuring a tuft of faux fox hair.

New York City is a bit of a trip, so for those ladies looking to get some Valentine's Day bling of their own, simply visit The Screamin' Peach waxing studio. With two locations open seven days a week, you are bound to find some time to visit. The Screamin' Peach offers their own version of vajazzling called VaBling. Employee Brittany says the service comes in at a budget-friendly \$12 and allows you to choose from a variety of designs.

So, if you're on the market for a new accessory, look no further. Vajazzling is the latest and greatest in body art. Whether or not you choose to celebrate your Valentine's Day with some bedazzle below the belt is up to you.

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Reasons Why Being Single is Awfsome

By Alexa Phillips
College Avenue Magazine

All of us at one time or another can attest to why being single can be the best thing ever. We can also attest to why it can be the worst thing ever. Here are a few reasons why being single is...well...awfsome:

1

You are **free** and **independent**; you don't need a man or woman in your life to be happy.

2

Your idea of Valentine's Day includes a bottle of **champagne** and an endless supply of **romantic comedies** on Netflix.

3

There is a day dedicated to you – National **Singles Awareness Day** (which is Feb. 15, by the way).

4

Going stag. Or worse, hearing the words “I totally know someone that would be perfect for you....”

5

That being said, you **don't get any action.** Unless it's in an alley. Outside a club. After drinking a few too many cocktails.

6

Bros before hoes. Chicks before dicks. **Whatever floats your boat.**

7

You've saved so much **cash**, you aren't sure if it can all fit in your wallet.

8

Whether it be a night out at the bar having a few beers with the boys or a night at home watching “The Notebook” and sipping wine with the girls, you feel comfortable knowing they are in the same situation as you: **single and ready to mingle!**

9

You have **no relationship** obligations to abide by.

10

When talking to your great-aunt, you get asked if there are any boys/girls in your life, and then, after saying a disgruntled no, you get a **lecture** as to why you need to try harder to spark interest.



Photo Illustration by | Sydney Izienicki

6 songs to listen to when doing the NAUGHTY

By Joe Tiner
College Avenue Magazine

6 Blurred Lines

Robin Thicke feat. T.I. and Pharrell Williams

If you are trying to seduce someone, look no further than to Robin Thicke for inspiration. His song "Blurred Lines" is a great way to demonstrate how to pick up that special someone.

“ But you’re a good girl
The way you grab me
Must wanna get nasty
Go ahead, get at me. ”

5 Your Body

Christina Aguilera

If the seduction of "Blurred Lines" doesn't work for you, try moving toward a more direct approach. Follow Christina Aguilera's method in her song, "Your Body."

“ All I want to do is love your body
Tonight’s your lucky night, you know I want it. ”

4 Sexxx Dreams

Lady Gaga

If the direct approach is not your style, go for a more subtle and casual approach. Follow Lady Gaga's example from her song, "Sexxx Dreams."

“ Heard your boyfriend was away this weekend
Wanna meet at my place
Heard that we both got nothing to do
And I lay in bed, I touch myself and I think of you. ”

3 Push it

Salt n' Pepa

If you are still having trouble getting that special someone, try spicing it up with a little vintage Salt n' Pepa. Channel your inner rapper and pull inspiration from "Push It."

“ Yeah, you come here, gimme a kiss
Better make it fast or else I’m gonna get pissed
Can’t you hear the music’s pumpin’ hard like I wish you would?
Now push it. ”

2 Tonight (I'm Lovin' You)

Enrique Iglesias

If you still can't find a method that works, try being as direct as possible without sounding that direct. Follow Enrique Iglesias's song, "Tonight (I'm Lovin' You)."

“ Let’s remove the space between me and you
Now rock your body
Damn I like the way that you move
So give it to me, oh, oooohh... ”

1 S&M

Rihanna

Finally, you have that special someone with you in bed. Now, try spicing up your love life by trying some new stuff. A great place for ideas is Rihanna's song, "S&M."

“ Sticks and stones
May break my bones
But chains and whips
Excite me.” ”

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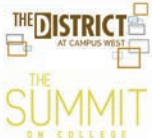
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A Comprehensive
Guide to

Safe Sexting

Safe Sexting 101

By Nicole Leicht
College Avenue Magazine

Sexting: a brilliant blend of two hugely popular pastimes, sex and texting. What could be better? We all know someone who's guilty of sexting, yourself included, and while usually no harm is intended, things can and do go astray. Think of this as your guide to smart sexting (a slight oxymoron).

Trust or Bust

Trust is essential in the world of sexting. Sending someone you hardly know a sext is like telling a secret to a stranger. What's to say they won't share it with the world and then some? Nothing. There is no guarantee that what you send will not go out to a larger audience than you intended. Trust us, that's not the kind of fame you want. Make sure you know and trust the lucky recipient; you should be able to rest easy knowing they won't be sharing it with their friends or on Facebook.

Protect the Property

Whenever you use your phone to send private messages, you leave the opportunity for one of your friends, or even a stranger, to take a peek. The simple solution lies in passcode protection; lock your phone so only you can get into it with your password. This will stop nosy friends from looking through your tantalizing texts. Making sure your sexting partner does the same is vital. Having one of their friends come across a sexy snapshot of you would make for some awkward situations. Protect yourself even further by utilizing the trash. Delete your texting conversations and any pictures after the fact; you never know when you might be browsing through your pictures only to have a nude pop up.

Face the Facts

This is without a doubt the cardinal rule of sexting; whatever you do, **DO NOT SHOW YOUR FACE**. The caps lock was necessary for that one. It's amazing that some people choose to send out their birthday-suit best with their faces in full view. You might as well print it out and autograph it while you're at it. With relationships, it never hurts to leave them guessing a little bit. And, since you've decided to let them have the full peek show, do yourself a favor and leave your face out. Think of it as a game of "Guess Who?" It is a lot harder to pick you out of a lineup without seeing your face.

Drunken Daze

Drunken texting should be illegal considering it rarely ends well. Obviously, the same goes for drunken sexting. Waking up with no recollection of the late night rendezvous you engaged in through your phone leaves you trying to mop up a mess that is nearly impossible to clean. One of alcohol's greatest aspects is also its worst: the loss of inhibition. Sure, it can be fun to let loose for a night, but your phone can and will keep an accurate record of whatever you choose to do, no matter how embarrassing it is. Better to be safe than sorry and leave your phone out of the picture when alcohol is involved.

There's an App for That

There are plenty of options for safe sexting apps, so you can take your pick. These "Safe Sexting Apps" add even more options. **Facebook Poke:** Much like Snapchat, this app allows you to send pictures or messages to a Facebook friend for a limited time of your choosing. However, avoid giving too ample an amount of viewing time. **Invisible Text:** Think of Snapchat and Facebook Poke on steroids, and this is your app. Send images, messages and more to someone knowing that you are protected. The app allows you to set a timer that self-destructs the message if it's not read in time, and it doesn't allow screenshots. As an added bonus for you drunken texters, the app allows you to delete a message before it has even been opened.

Hot & Steamy Apps

By Marissa Isgreen
College Avenue Magazine

Are you a sexter? Are you looking for something with more security than just texting? College Avenue's done the hard work for you and compiled a list of the hottest sexting apps on the market.

Snapchat

Snapchat is undeniably one of the most-used apps today, and not just for sending naughty pictures. The app has its perks: self-destructing pictures, viewing for a certain amount of time and video. Unfortunately, the app does allow screen shots. While the app does notify you if your picture has been saved, it does not fix the problem of your naughty photo sitting on someone else's phone.

iDelete

iDelete, an Apple-only application, offers more security than Snapchat because screenshotting is discouraged. While people can still technically screenshot a photo, they can only see where their finger was. The rest of the picture is blurred out. iDelete also requires people to know each other's phone numbers to connect with each other, adding an extra level of security. iDelete's best feature is the ability to "unsend" a picture if it hasn't been opened yet — just in case you decide that full-body shot might have been a bad decision.

Between

The app Between was created for couples. It allows two people to share photos and schedules and chat with each other. It lets them remind each other of events and create a shared calendar. The app's website says it's an, "exclusive communication channel just between two special people." It also has a built-in lock so nosy roommates can't see what's actually being shared.

Dirty Talking Lite (Android) or Naughty SMS (iPhone)

Both Dirty Talking Lite (for Android) and Naughty SMS (for iPhone) give you prewritten dirty messages that range from tame to raunchy. Run out of provocative lines? Don't worry. These dirty-minded app developers have you covered.

While this is not a comprehensive list, it's a good place to embark on your sexting journey.

Go forth, my young Padawan. Your cyber orgasms await.





From Face to Facebook

Technology facilitates long-distance dating

By **Kelsey Shroyer**
College Avenue Magazine

Sophomore Zack Kirschbaum and his girlfriend, Lindsay Vanek, have an unusual relationship. Kirschbaum, a psychology major at CSU, has been dating Vanek, who lives in Oregon, for the last year and two months. Technology has been instrumental in their relationship because without it, as Kirschbaum says, “I honestly believe that there wouldn’t have been a relationship.”

Kirschbaum met Vanek in high school when he was running for a national office position at an organization in California. Vanek was a state officer from Oregon who happened to be one of the judges.

“I don’t have much memory of actually meeting her at the conference; we Facebooked each other after the conference, and that’s how we really began to get to know each other. We were great friends with each other for two years before we decided to

actually date,” Kirschbaum said.

How do they make it work? According to Kirschbaum, trust is the biggest part of their relationship.

“We have to be understanding about each other’s schedule and other commitments, and [we] also just trust each other and know we are being honest with each other and genuinely care about each other,” Kirschbaum said.

Like every relationship, these two lovebirds have had their struggles. But, unlike most couples, Kirschbaum and Vanek are solely reliant on digital media and technology to communicate, which makes things a little more interesting to negotiate.

“[The most difficult challenge] was not being able to interact in person — not being able to see how the other person interacts around their friends and family, investing the time while also taking care of your other

responsibilities,” Kirschbaum said.

The difficulty that surrounds long-distance relationships is obvious: lack of interpersonal contact. But, Kirschbaum says they make it work through Skype, Facebook, text messaging and Twitter. The digital access that people have these days is changing the way we see each other and the way we relate. For Kirschbaum and Vanek, it is a way to help their relationship when they may not be able to see each other every day. It has been instrumental in their meeting and their continuing relationship, and they probably aren’t the only ones. In that mindset, through emerging technologies, anything is possible.

“[To others:] Be patient. Sometimes it gets hard, but if you truly love or care about the person, then it will all be worth it in the long run,” Kirschbaum said.



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Psychology of Love

One psychology professor
teaches us the mechanics of love

By Nicole Beale
College Avenue Magazine

You feel your heart beating faster. Time seems to go by slower than molasses. Your mind is stuck on one thing. You just can't seem to focus. Does this sound familiar?

If you have been in love, you know the feeling. "It's distracting, but in a good way," said Jake Thelen, a marketing major at Colorado State University. "I found myself just always thinking about them and the next step."

Love is a complex feeling, and there are many contributing factors. It helps to give a little insight into why you feel that way and to understand the science behind those feelings.

When you feel "in love," two main hormones are released, serotonin and oxytocin. Serotonin, also known as the "happy hormone," is found in the digestive tract, central nervous system, blood platelets and the pineal gland. Endorphins stimulate the production of serotonin. Endorphins are released when you expel a lot of energy, such as when you work out.

"This causes you to feel happy, and

“The psychology of love is different for each person”

– Dr. Elizabeth Cairo, CSU
Psychology Professor

you're elevated,” said Dr. Elizabeth Cairo, psychology professor at CSU. “It's the happy hormone.”

Oxytocin is another hormone known as the “love hormone.” Oxytocin is most notably released at the onset of birth and while breast-feeding. However, oxytocin levels also fluctuate when you are showing any kind of affection, such as a kiss or hug.

Cairo suggested that the psychology of love is often misrepresented and misunderstood because it is different for each person.

“The psychology of love is different for each person based on their starting point, such as their upbringing, anatomy and sexual orientation. All of that plays into the psychology of love,” Cairo said.

Love itself is often misunderstood as well. “I think we use that word ‘love’ to mean everything is going to be okay and that it is effortless, but it doesn't mean that. Love is one of those things that takes the most effort,” Cairo said. “People expect it to be carefree and trouble-free, but sometimes it causes some of the biggest problems ever.”

Love can affect you both positively and/or negatively depending on what else is going on in your life.

“I think there is fear associated with [love],” Cairo said. “When you feel love, and you have this new feeling, like those other relationships you had were good, but this one sets you back on your heels. You think ‘wow, why do I feel like this?’ And you realize you aren't in total control of how you feel. People get scared and nervous because they aren't in control and are vulnerable.”

Many people have felt the fear that is associated with love.

“Being very analytical, I would overthink things and become unsure of myself,” Thelen said. “It was awkward sometimes feeling those feelings and not being sure if I should communicate those feelings.”

It is uncharted territory that makes love so exciting and it is partly why serotonin and oxytocin are released when you feel like you're in love.

While fear is associated with love, the ultimate goal is to find someone to

make you happy.

“When you are in love or you are happy with another person in your life, everything feels good,” Cairo said. “The sun is brighter, the colors are prettier. You are literally looking on the bright side of things. I think there's that euphoria that comes with the feeling of belonging somewhere, and that's really important.”

Cairo's studies in psychology of love are often seen in college students, including Thelen's relations.

“I was in a better mood and took better care of myself,” Thelen said. “I was in better shape than I am now and was happier with what I was doing at that time when I was having these feelings. I was more living in the moment, which I consider a good thing.”

One of today's contributing factors to the psychology of love is social media and online dating sites. Social media has begun to affect people's experiences. Pressures like changing your relationship status on Facebook can cause stress.

“There are a lot of really solid dating sites,” Cairo said. “Unfortunately, a lot of these are really heterosexually biased,

which poses an issue. Even though I think it can be a good place for busy people to meet in a safe environment, they can be very exclusionary. There is also a side that social media could be very damaging for young people.”

“I think that social media puts stress on a relationship and also devalues the labels that comes with a relationship,” said Blake Dodds, a business major at CSU.

Other social media sites and apps like Tinder can affect the psychology of love. These types of sites can affect the way you think about yourself or the relationship you are pursuing.

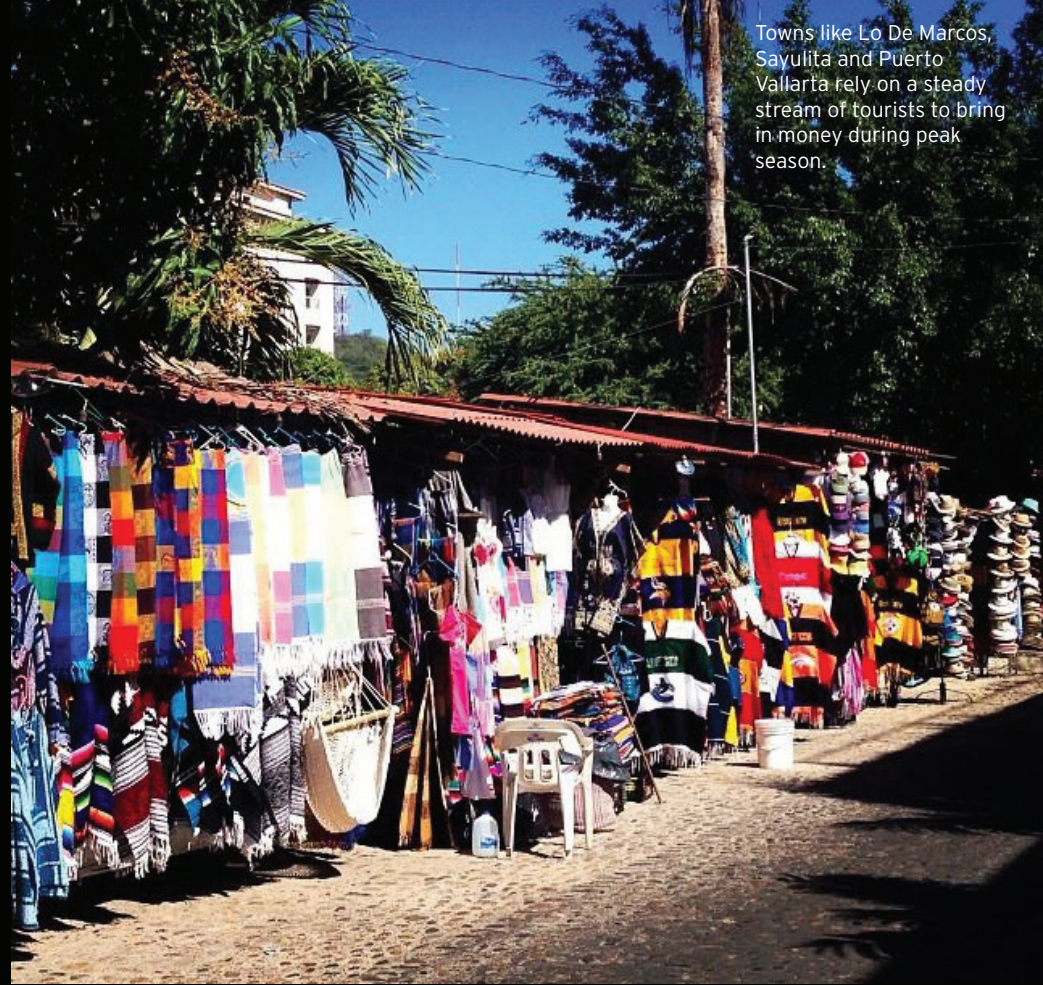
“I don't really use Tinder to meet people; it's more of a self-confidence thing,” Dodds said. “I think that most people use Tinder to meet other people, which would probably be a good thing. Then, there are people like me who are just using it as a self-interest kind of thing, and it defeats the purpose of it.”

There are many contributing factors that play into and affect the psychology of love. Each individual has a different definition of love and what that sense of belonging is. It is up to each individual to decipher the feelings they are having.

Shrimp boats like this are often seen anchored during the day because fishing is done at night.



Towns like Lo De Marcos, Sayulita and Puerto Vallarta rely on a steady stream of tourists to bring in money during peak season.



School started again for these kindergartners after Epiphany, or Three Kings Day. In Lo De Marcos, students only go to school for half a day because the afternoons get too hot.

To Mexico I Go

By Marissa Isgreen
College Avenue Magazine



Here in San Francisco (nick-named San Pancho), people travel to the beach just to watch the sun set over the lagoon and waves. When the sun sinks below the horizon, everyone applauds.



Sand Crab is a common name for a variety of crustaceans. These little guys scurry across the beach and dive into tiny holes in the sand when predators get too close.



The Gallery

A showcase of artistic photography presented in each issue.

Top left by Nicole Leicht, bottom left and top right by Lauren Martin, above by Joe Tiner, below by Nicole Leicht, bottom right by Anne-Marie Kottenstette.



Coming out in College



Engaged couple Bethany Murphy, 2013 CSU graduate, and Rachel Huddleson, senior social work major, cuddle on the couch.
Photo by | Anne-Marie Kottenstette

By Ricki Watkins
College Avenue Magazine

The first steps you take on campus your freshman year mark the beginnings of a journey toward self discovery. Away from the all-seeing eyes of parents, an infinite number of opportunities and experiences are in reach. College marks a new chapter in our lives. It means an opportunity to construct our identity of self — who we are, what career path we want to follow and how we want to live our lives.

With this new-found freedom, it is common for students who are sure of — or questioning — their sexual orientation to discover and accept who they are and come out to others.

“College is when you are here to learn, not just studies, but to also learn about yourself — that goes on many different levels,” said Nate Todd, a junior communication studies major, who identifies as a gay male. “Taking a safe risk and just being confident in who you are is something completely worth it.”

Coming from a conservative hometown, Todd, who identified as bisexual up until he started at CSU, said he remained “closeted” to most people before he attended CSU. Meeting and surrounding himself with accepting friends during his

freshman year, Todd felt supported and safe.

“CSU was kind of like my rebirth, my new life,” said Todd, co-director of the drag show put on each year by the Student Organization for Gay, Lesbian, Bisexual, and Transgender. “What better way to start a new life than be truthful about everything you are? I don’t believe hiding your sexuality is something anyone should do.”

Although coming out is a different process for everyone, it generally follows four stages, according to the CSU Gay, Lesbian, Bisexual, Transgender, Queer, Questioning, and Ally Resource Center’s website. In the first stage of the process, a person positively accepts the identified sexual orientation. Celebrating and being confident in one’s sexual orientation is the second stage. The third stage involves coming out to a small group of people, such as friends, family members or other gay people. Lastly, the fourth stage involves coming out to a large audience with the person freely expressing pride and confidence in the identified sexual orientation.

The right time to come out is also dif-

ferent for each person, but safety is always key, said Derick Murray, a student intern at GLBTQQA.

“When someone feels safe is when it is the best time (to come out),” said Murray, a junior business major, who identifies as a gay male. “If there is some sort of uneasiness in your safety, physically, mentally or emotionally, in my experience, I think there needs to be a little bit more of an evaluation in terms of the relationship you have with someone or how comfortable you are with coming out.”

Murray, like Todd, also fully came out when he started college. Opening up to his family when he was in his teens, Murray hid his sexual orientation during high school. Starting his freshman year at CSU, Murray found a strong support group, and over the years, became more involved with resource groups on campus.

Both Murray and Todd said coming out resulted in improved relationships, higher confidence and an overall happiness with being completely themselves.

“For me, coming out signified feeling completely myself and accepted by the people around me,” Murray said. “It made my friendships and relationships so

much more genuine and that was a big stepping stone for me, gaining a lot of confidence in my personal life and just being able to walk through the world with confidence and not feeling like I was hiding something.”

College in general can provide a more accepting environment for self-discovery, but Murray and Todd said CSU is particularly accommodating of LGBT students. On campus groups and resources, gender-inclusive bathrooms, anti-discrimination policies and insurance benefits all contribute to movement towards equality.

“We have a university that strives for social justice, and I think that is what makes us a better university,” Todd said.

College means finding yourself — a fulfilling yet scary experience all in one. It is not a journey we have to take alone or one that isn’t worthwhile.

“Just know that you are not alone and that there are people out there that really do care about you and want to see the best for you,” Todd said. “If you surround yourself by supportive people, then you will be supported, and if you aren’t supported — come find me.”

“

What better way to start a **NEW LIFE** than be truthful

about everything

YOU

are? – Nate Todd, junior

”

Resources On Campus

CSU's GLBTQQA Resource Center

- LSC West
- (970) 491-4342
- Hours: 8 a.m. - 5 p.m.

CSU's Student Organization GLBT

- Registered through SLiCE
- Weekly meetings
- soglbt@gmail.com

Coming Out Group – Sexuality

- Group meetings for 10 weeks in spring semester
- Recruit in fall semesters
- Completely confidential

Visible Voices

- Volunteers speak to groups about LGBT communities
- Visit gltss.colostate.edu/visible-voices to request a panel session

1. Do not feel pressure to come out. Only come out when **you are ready**.

2. Make sure you **accept yourself** before you come out to others. If you are still feeling guilt or depression, seek help first before coming out.

3. Do not come out during an argument. Coming out should **not be used as a weapon** against others.

4. Emphasize to others that you are still the **same person** you were before you told them.

5. Do not let rejection diminish your **self-worth**.

6. Be conscious of **timing**. Coming out to someone when they are stressed, sick, unhappy, etc., could affect how they receive the information.

7. Try to make sure your close friends and family learn about your homosexuality from you, **not from third parties**.

8. **Read and learn** about homosexuality. Share this information with your friends and family.

Tips for Coming Out

All tips are from CSU's
GLBTQQA Resource Center
Website

Friendly Quickies

By Josephine Bush
College Avenue Magazine

In the 2011 film “Friends with Benefits,” Justin Timberlake asked women and some men who were dragged to the theater, “Why can it not be like that? It’s a physical act. Like playing tennis. Two people should be able to have sex like they’re playing tennis.”

Today, playing tennis, aka having casual sex, is what everyone wants on paper. To both parties it seems easy.

It’s sex without dealing with a title or the effort of a relationship, and mostly it still gives you the freedom to prowl. But the real question is, does it work?

Can two people engage in sexual activities without emotionally falling for each other? It seems that in the long run, it’s a spur-of-the-moment deal.

Colorado State psychology professor Larry Bloom says friends-with-benefits relationships work if both individuals are completely honest with one another and state exactly what each are looking for in the relationship.

“It is something that can work for some people and something that won’t work for others,” Bloom said.

Bloom explained that in order to be involved in a FWB relationship, there have to be very few expectations.

Today, FWB relationships are so popular because there are forms of electronic media that make it easier for FWB relationships to work, and thus, it has become a much more normative relationship.

In agreement, Anders Carlson, sophomore art major, said, “I think it’s in our culture now; everything is about sex, it’s in Hollywood movies, and kind of just the idea of

college and whatnot today. I think kids want sexual relationships more than real relationships.”

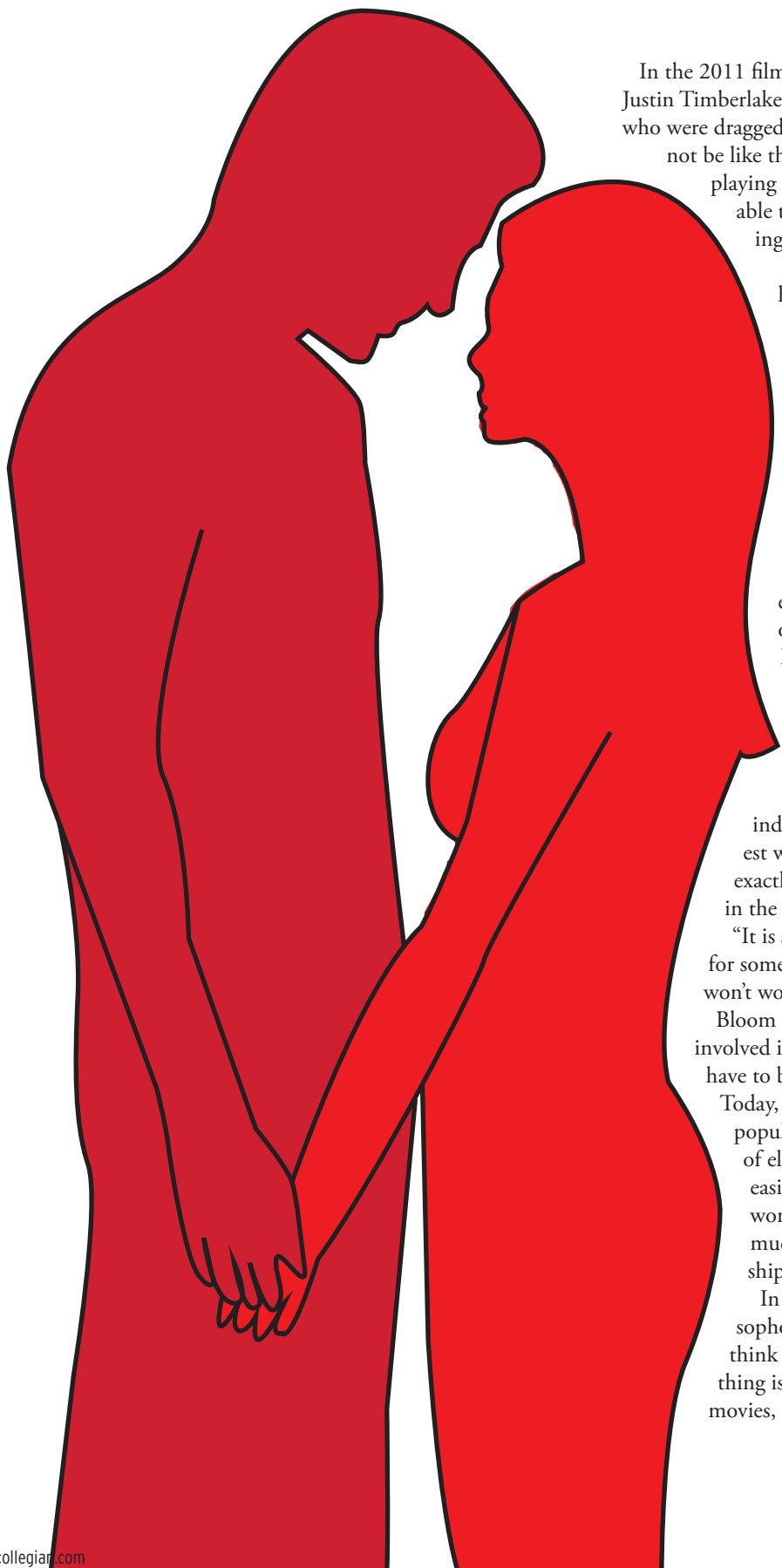
In a FWB relationship, it needs to be just sex, said sophomore psychology major Sienna Huebner. It also needs to be with someone you appreciate just as a friend and nothing more to begin with. If you recently started seeing a man/woman and your relationship began with complimentary texts, going to dinner, grabbing ice cream and cute kisses in Old Town, then you are already in too deep. On the other hand, if you are good friends with a man/woman and you need a little more tennis in your life and a little less stress, then yes, it can work. However, Huebner said though it’s really just fun and games, there needs to be rules, and it still needs to be something that is respected on both sides. For instance, the FWB relationship is like any other relationship in that it is a two-way street. Both individuals need to communicate their wants and needs directly, and the most simplistic of rules in the FWB relationship are if one party just wants sex, that is all that it should be.

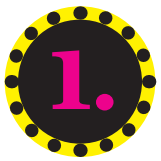
Being friends with benefits is about chasing orgasms and skin-on-skin hot sex rather than waking up to someone and kissing them good morning because that is where emotion creeps into the action-packed joy ride.

Shelby Brier, a freshman biology major, says FWB can definitely happen as long as both parties go into it expecting solely a sexual relationship. She also said that honesty is key because if one of you expect more in the beginning and didn’t speak up, you may be terribly hurt down the road.

Friends-with-benefits relationships have a fine line of mental security, and it really all comes down to the honesty in the communication. In the end, physical contact is fun and good, so FWB is definitely not a bad thing, according to Bloom.

In today’s generation, friends with benefits is a very normative relationship, and according to Bloom, as long you’re on the same page with each other, it will work. It could potentially lead to a relationship, or it could end when one party finds a new partner.





What is your favorite type of chocolate?

- A. Dark chocolate
- B. Hershey's Milk Chocolate bar
- C. Ghirardelli caramels



What is your relationship status?

- A. In a relationship
- B. Single
- C. It's complicated



What would you buy for your significant other?

- A. Chocolates and flowers
- B. Notta, I don't have one
- C. Condoms, duh



What is your go-to sex position?

- A. Missionary
- B. Ridin' solo
- C. The X-rated



What do you like to do in your spare time?

- A. Read books
- B. Netflix and video games
- C. Umm...sex



What describes your perfect night out?

- A. Dinner and a movie
- B. Bar-hopping around Old Town
- C. Dancing at the club followed by a quickie in the alley

What Valentine's Day Cocktail are you?

By College Avenue Staff



Mostly A's
Wine

You embody the classic romantic. You are willing to go out of your way to make your loved one feel special, though you stick to the norm. Bump up your V-day to the next level by getting out of your comfort zone. Instead of a typical date of dinner and a movie, cuddle up by the fire after a day of sled-ding.



Mostly B's
Beer

You are single and ready to mingle. But, Valentine's Day doesn't make that particularly easy when couples invade every restaurant and movie theater in town. Instead of drinking alone, get your single friends together and celebrate the relationships in your life you do have.



Mostly C's
Sex on the Beach

If it's not crazy and sexy, it's not you. You plan to make this Valentine's Day as hot and wild as every other day of the year. You have tried every position in the book, but you are still looking for ways to heighten your pleasure. They make 50-packs of condoms for people like you – use them!

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