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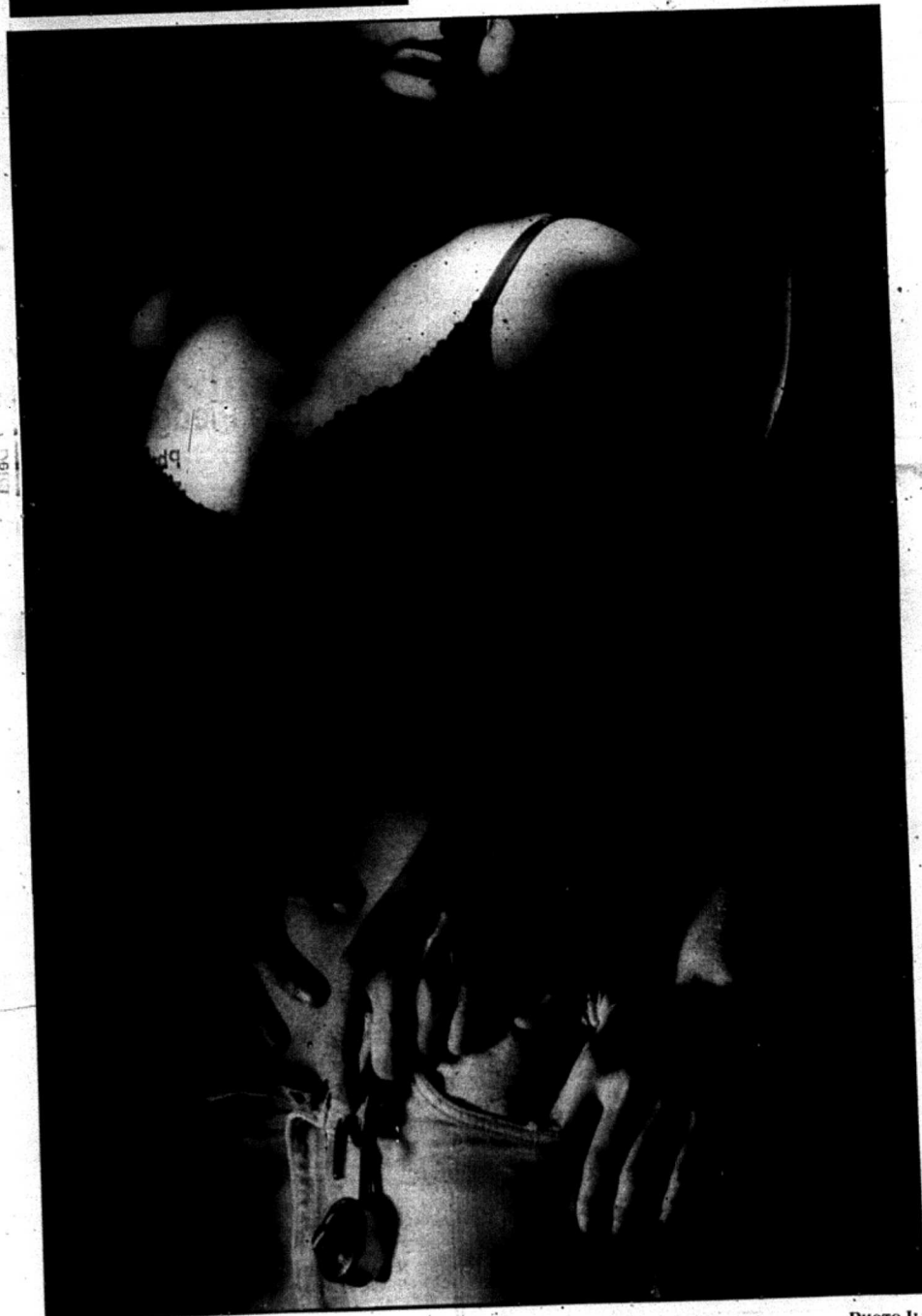
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PHASE SEX PHASE

Uncovering the mysteries

the College Heights Herald Magazine
October 25, 1994



INSIDE:

Some are
doing it.
Others
aren't.

Abstinence.

Consequences.

Dating.

Shacking.

MAGAZINE EDITOR: Julie Grundy

ARTWORK BY: Stacy Curtis

COVER DESIGN: Jon Grant

PHOTO ILLUSTRATION BY: Joe Stefanchik

2 OCT 25 1994

THE FIRST DATE: I'm taking a stand.

My heart was racing. My palms were sweating. My body was surrounded by an invisible vice, slowly pressing all of the air from my chest — I couldn't breathe. I couldn't speak. What's my name? Why am I here?

No, I wasn't suffering from malaria; I was trying to ask someone out on a date. Hey, it's the '90s. I'm a young, independent woman. I can stand up to the creep who called me "Babe" at O'Pawley's last Thursday night. I can check the oil in my car. I can even discuss politics. So why do I hyperventilate when I think about "popping the question?"

Asking someone out on a first date can be a traumatic part of the dating experience for anyone, man or woman.

Everyone fears the agony of rejection, but women face other risks they make themselves.

The first move. Women are sometimes stereotyped as too aggressive or even easy when they actively pursue a male. No woman wants to become the subject of one of those infamous "locker room" dialogues. But we don't want to sit at home all week-end either just because we are afraid of some sexist stereotype.

Let's face it — today, two people can literally spend months passing shy glances before someone makes the first move. Why do you think Blockbuster is so big?

It is a confusing time for anyone who is dating. I know men are confused about relationships with women — the lines that separate flirting and sexual harassment, the confusion of the sexual signals. But at least they can ask a woman out without being stereotyped.

If you are a woman, you have three choices. 1) You can ask a guy out and possibly face the humiliation of rejection and the label of "aggressive woman." 2) You can play the traditional woman's role in the first date — wait and hint. 3) Or you can stay at home. (We've all sat there at night watching "Steel Magnolias" with your mom really that appealing?)

I'll admit it. I have used option two more than option one in my dating life — with some success.

For example, the entire month of May during my senior year in high school, I went to softball games. Not because I particularly liked softball — it was for a greater cause. I had to give the guy my best "Hi! I always see you here. What a coincidence!" and biggest smile.

Eventually he asked me "to do something sometime." After all my hard work he did ask me out, but even after two years of dating he still thought that we met by accident every Tuesday night at the ballpark. I knew better.

My point is this — in a world where women are equal with men in fields such as politics and quantum physics, why do we still feel the need to be the traditional (passive) voice in making the first step in dating?

I think the images that we are bombarded with every day, in movies, in TV shows, in commercials, all drive women into two groups — the "good girls" and the "bad girls."

How many times have we been told: "The way to a man's heart is through his stomach."

"Nice girls wouldn't do that."

"Men who express their opinion are strong and decisive. Women who do so are bitchy."

Well, I'm taking a stand. I'm going to do my part to further the cause of women. The next time I like someone, I won't sit around for a month bawling my eyes out and laughing at his jokes, hoping he will make the first move.

I'll do it. I won't back away from the battle. I'll suffer the consequences — actually, having a date with someone I really like before I realize he is not my type.

Stacy Williams
Commentary



SEX: 'We're in college. It's going to happen.'

Sooner or later — maybe even right now — it's bound to happen. College students are having sex. Some are having it more frequently than others, and some may only be thinking about it. But it's a topic that even the purest virgin will wonder about some time or another.

And with all of the media attention that's focused on sex, the thought is hard to avoid. According to the National Health and Social Life Survey, a random sample study of 3,432 people ages 18-50, people are pretty happy with their sex lives, although they aren't as active or promiscuous as people might have thought. Some Western students disagree.

Georgetown junior Crystal Kendrick said she didn't think the survey was accurate for most college students.

"It's a lot different when you're 50 than when you're 20 and in college. I'm here for an education but also to have fun."

Somewhere on this campus at any given time, people are having sex, Kendrick said, and magazines, soap operas and ads bombard people with messages that influence their decisions.

Kendrick said it is important that people are aware that sex is overrated, especially for people who have never had it, because they often feel left out.

"It's a lot, but it's not everything," Kendrick said.

Student Health Service Head Nurse Beth Rush said students are informed about sex and need to take it very seriously. Western's campus has 14 condom machines in various dorms and someone

makes sure they are always available," Rush said.

"(Students) need to be responsible," Rush said. Scott Liles, a senior at Knoxville, Tenn., said he uses condoms and that they are available on campus.

"I know a lot of people who are active, but I've even heard of people who are not," Liles said.

He said he knows people who are not active on campus, but he doesn't think they are in the "majority."

Liles said guys frequently have sex and admits that he does, too. He said he has had a lot of sex, but he doesn't think he is doing his best.

"I'm not sure if I'm doing it right or not," Liles said. "I know I'm not doing it right, but I'm not sure if I'm doing it right or not."

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Connelly said sex has always been around as much as it is now, and now it's more openly talked about. All of the media attention is good, she said, because it shows we need to take precautions.

"We're in college. It's going to go on."

Lexington sophomore Angie Lippy said the survey is not accurate for her generation. She said people her age are very sex oriented and college students are more active than the older population.

"They're pushing us to practice safe sex at an early age, so by college, it's a given that sex is O.K."

Lippy said the biggest concern is what people would think about them if they knew. On the other hand, people who are having a lot of sex are worried about getting a bad reputation, she said.

Other students don't think people have any morals concerning sex.

Heather Purvis, a junior from Franklin, Tenn., said for college students, sex is often just a hop in the sack. She said because of AIDS and other diseases, people are more concerned with knowing the other person before they sleep together.

"America doesn't have morals about sex — just a fear of diseases."

Connelly said college students are often living with their partners for the first time and can have sex freely, but she said she wishes people had more respect for it. "I haven't met a lot of people who believe they should be in love with the person they're having sex with."

Other people who are having unprotected sex with people they don't know are not adult enough to be having sex, Connelly said. "They're playing with their lives. If you're going to have sex, be protected."

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What they had to say

Here are a few results from the National Health and Social Life Survey that says most Americans are pretty happy with their sex lives, or lack of them. Called the most comprehensive U.S. sex survey ever, its findings come from 3,432 people ages 18-59.

▼Thirty percent of men and 26% of women have sex two or three times a week; 36% of men and 37% of women, a few times per month; 27% of men and 30% of women, a few times a year or not at all.

▼Live-ins tend to have more sex than married couples: 37% of never-married men with live-ins and 43% of women have sex two or three times a week, as do 36% of married men and 32% of married women. Singles not living with someone have the least sex: 19% of never-married men and 13% of women have sex 2 or 3 times a week.

▼A majority of men and women, of all ages, married or living together, remain faithful throughout their relationships. Unmarried men ages 42 to 51 who have lived with a woman for three years or less are the most likely to have cheated (32%).

▼When asked about the number of partners, 94% of marrieds said they had only one partner in the past year; 75% of live-ins who had never married had one partner. About 80% of all adults have had one or no sex partners and only about 3% have had five or more.

▼Vaginal intercourse seems to be preferred, with 83% of men ages 18-44 and 78% of women finding it "very appealing." Receiving oral sex appeals to 50% of men and 33% of women; and giving oral sex appeals to 37% of men, 19% of women. About 25% of both sexes have tried anal sex at least once.

▼About 2.8% of men and 1.4% of women identify themselves as homosexual or bisexual. Nine percent of men and 4% of women have had a homosexual experience.

There's more to worry about these days

Sex was once a rite of passage for the average college student. But now that the sexual revolution of the '60s and the '70s are over, college students are no longer having one-night stands or doing it to prove a political point.

Unlike previous generations, today's college students have more serious questions to consider than "Who will pay for breakfast?" before they jump in the sack — the threat of AIDS, sexually transmitted diseases, pregnancy and emotional strain.

WHY WAIT?

Stephanie West, a senior from Hendersonville, Tenn., said it's best to wait until you've got to know a person's sexual history before you have sex with him or her.

"Once you sleep with that person, you're coming into contact with everyone else they've slept with in the past," she said.

West has been in a relationship with her boyfriend for three years, and they waited more than eight months before they had sex.

"We waited because we wanted to build our relationship on trust and honesty, not sex; there is just too much out there like AIDS to just run and jump into bed with someone," she said.

Owensboro senior Dawn Boorman said she would probably wait six months to a year before she had sex with anyone.

"My parents have taught me that there is more to a relationship than just sex, and besides, I just want to wait for the right guy," Boorman said.

CHANGING ATTITUDES

AIDS has changed the whole relationship between college students and sex. It has taken the burden of using protection off of women and made men more responsible. It has forced parents to be more willing to talk about sex. And it has thrown open the doors of the sexually segregated all-night bus session.

No longer are college women crowding into dorm rooms to give each other facials and discuss sex. The days of men stay-

ing up late to discuss sports and brag about how many women they have slept with in the past week are over.

Elizabeth senior Pam Page said with all the literature available on AIDS prevention and safe sex practices, college students are talking about and practicing safe sex.

"It just makes sense that college students discuss their sexual history with their partners," she said.

Page has been in a relationship for more than 14 months, making sure she and her boyfriend discussed each other's sexual history and tested negative for HIV before they decided to have sex.

"Talking about sex and getting tested didn't take the romance out of the relationship, it made it even stronger and alleviated a lot of worries," Page said.

Louisville sophomore Jarrett Sims said the attitudes about sex have completely changed for today's college students.

"In the '60s it was pretty much free love," Sims said. "Now college students are a lot more cautious about who they sleep with."

IS IT WORTH IT?

According to the national Centers for Disease Control, one in every five teenagers will contract a sexually transmitted disease before reaching 21, and 20- to 24-year-olds are the fastest growing part of the population contracting AIDS. Last school year, Western's Student Health Service reported 458 cases of herpes, chlamydia and gonorrhea. One would think such statistics could shy college students away from even trying to start a relationship, but they haven't.

More and more college students are realizing that sex isn't the only part of a relationship.

"If you want to have a good relationship you don't rush into sex; you build a strong foundation on friendship and trust first," Sims said.

Page said although sex is a part of relationships, it isn't the only thing.

"Love and honesty are the most important things, because that's what makes a relationship last."

Abstinence isn't all that bad, really



Story by Julie Grundy

Louisville senior Lesa Nelson has a lot going on. She's engaged, ready to graduate and busy planning her August wedding. She's doing a lot of things, she says, but sex is not one of them.

To a generation that is stereotypically sold on sex, maybe that sounds a little weird. It's not. Just ask Nelson.

"People see these images on television and all around them that they think they have to live up to," she said. "That's really not the case. It's OK to be proud of who you are and what you stand for. It's OK to say no and wait until you're married."

Nelson, a member of the Christian Student Fellowship, said there is a growing number of college students who are building strong relationships without sex.

"Sex just isn't something you feel you should have to do," she said. "It just shouldn't work that way."

Steve Stovall agrees. As CSF's campus minister, Stovall has spent much of his time talking with students about how to build strong relationships.

"From our standpoint, the Bible is clear in saying that sexual intimacy needs the long-standing commitment of marriage — a safe, nurturing environment," Stovall said.

"I've often had couples tell me of regrets they've had for becoming sexually active before they were in such an emotionally safe atmosphere, but I've never had a single couple say they

regretted waiting." Stovall is convinced that for every negative stereotype about sex and the college student, there is a real college student out there who knows there's a lot more to sexual intimacy than a one-night stand.

"Now we're seeing that there are some psychological and physical consequences as well," Stovall said. "When you have sex, you're opening yourself up. You're giving a part of yourself away. Without commitment, that can be very dangerous."

But it's hard to turn away from the messages, any student would agree.

Television, magazines, advertisements. Sex is everywhere it seems. Students, Stovall said, are bombarded with the wrong messages.

"Our problem is not just peer pressure," he said, "but our whole culture. We just try to let people know that abstinence is not bad. It's not just God handing down a bunch of 'no's,' but God is concerned with our whole welfare — spiritual, psychological and physical."

Wesley Foundation Campus Minister Dean Meadows says simply that many students are headed in the wrong direction. What his organization tries to do, he said, is get them to look at the broader scheme of things.

"We talk about marriage and family," he said, "stuff that is long-range and deeper than partying and little flings. The emphasis is on love in a much deeper sense than sex."

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It's OK to be proud of who you are and what you stand for. It's OK to say no and wait until you're married.

—LESA NELSON, Louisville senior

Shack Etiquette

Who gets the covers?

shack/shak/ v. — To go home with someone after a party or date to spend the night. In most cases, the two parties do not know each other very well. The practice could lead to a relationship.

Shacking is an exciting part of the college experience.

But what about the proper etiquette of shacking? I consulted "Etiquette," by Elizabeth L. Post, the guru of proper poise and perfect manners, but she had nothing to say on the subject.

So I have taken it upon myself to compose the etiquette of shacking for men and women.

SHACK ETIQUETTE FOR MEN:

▼Get rid of the lipstick-stained phone numbers and pictures of other girls that litter your desk. These items do not make a woman feel too special. (Of course, this is easy to fix. Simply open your desk drawer and sweep them in.)

▼Hide the Playboys and all other magazines that objectify women. Women do not appreciate them as much as we do.

▼The morning after a shack experience, don't just kiss your shackee on the cheek and send her on her merry way. If a woman spends the night with you, she is entitled to a scrambled egg breakfast. The least you can do is take her on a spin through the McDonald's drive-thru for an Egg McMuffin and coffee.

Feeding your shackee is not only hospitable, but it will remarkably increase your chances of getting a second date.

▼Always leave the toilet seat down. Although this may seem like a silly custom, women find the toilet seat disgusting, for they are not used to lifting it up and down several times a day.

▼Gentlemen, I have made a

mistake. When a woman says "no," she really means "no." And when a woman says "no" but her body language screams "yes," it's just a figment of your masculine imagination.

▼Don't try to be too sappy in a shack episode — save the classical music and wine for a future date. Strike a balance: Be courteous and hospitable while being the Neanderthal man you really are and she'll love you for it.

SHACK ETIQUETTE FOR WOMEN:

▼Wear Victoria's Secret. This is a shack bonus. Sexy lingerie will drive the man absolutely bananas and enhance the shack experience for both sexes. And as far as color, you can never go wrong with black.

▼The following suggestion came from my sister, a recent Western graduate. "Don't laugh if you only see three hairs on his chest," said the shack master. "A man's ego is fragile."

▼No matter how intoxicated you may be, take off all makeup before going to sleep. Otherwise, the man's pillow will resemble an abstract painting the next day. If the makeup was heavily applied, he could take off the pillow case and hang it in a museum, entitling it "Mary's Makeup."

▼Don't take it personally if the man does not call you after he promised he would. Men have done this since they were cavemen. That is why women invented the club.

▼If the experience does not lead to a relationship, then simply tuck the memory of the beautiful evening away. Rather than lamenting, wear black lingerie under a cute sun dress or jumper, apply blood-red lipstick, and hit on the intriguing guy that sits next to you in your English class.

Alex Rose

Commentary



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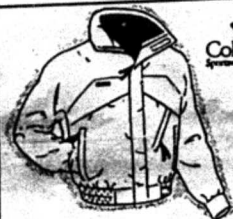
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What's it like donating plasma at the Bowling Green Plasma Center? Better than you think and smoother. A good plasma center will take care of you, letting you know and feel how important you are to them. They only want the healthiest donors. They give you an exam. The U. S. government is looking over their shoulder with rules and inspections. Because blood plasma is a big, important thing, there is a terrific shortage of it in the world. It saves lives. Those are the reasons they pay us for it. The sad thing is not enough people will donate it freely. So, we get this good money for doing a good deed.

Bowling Green Plasma Center on Old Morgantown Rd. (where else) is not only my favorite plasma center because it has a happy, considerate, college educated staff, they also prefer college students and understand us. It's an encouraging place...they make it nice and convenient to study while you're donating. You can talk, read or just dream. It's easy.

What happens to you there? You lie down on a big soft lounge chair...get a pin prick...here's where you can study or talk to your friends or meet some new ones. (Nobody's a stranger there more than 5 minutes.) After 60 minutes, you're up and away with cash in your hand smiling. That's about all there is to it.

Does it hurt? About like a pinprick, not at all like a bee sting. More like a shaving nick. Only you get paid for it. If you donate regularly, you earn about \$1,820 a year.

I didn't get paid for writing this. I did it for the nice people at the Plasma Center.

Go see them. It's that easy.
Bowling Green Plasma Center...the nicest place for a good deed.

793-0425

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