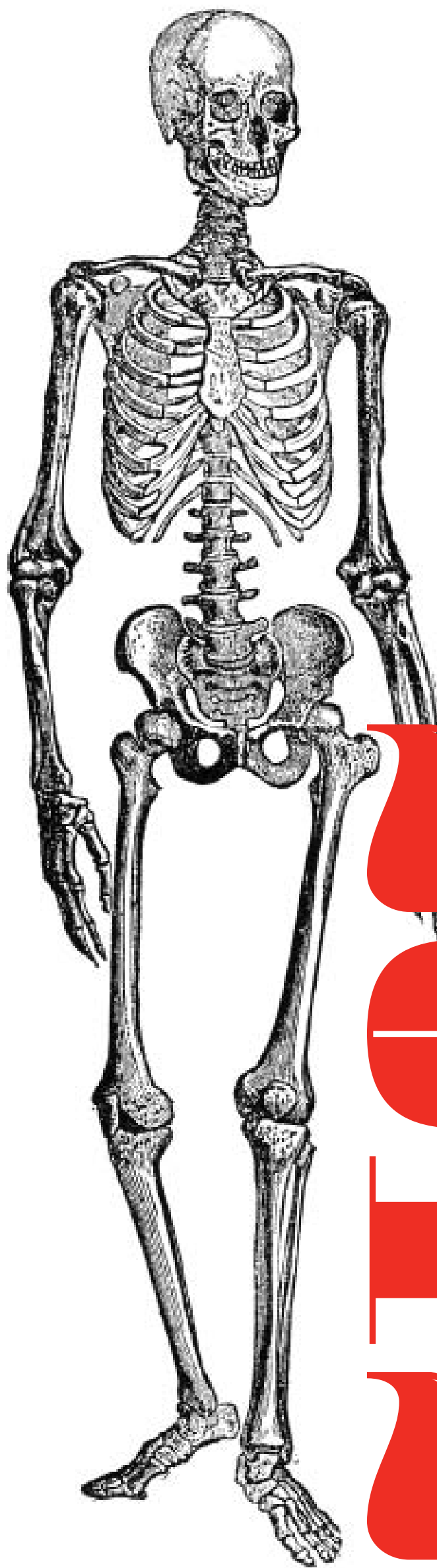


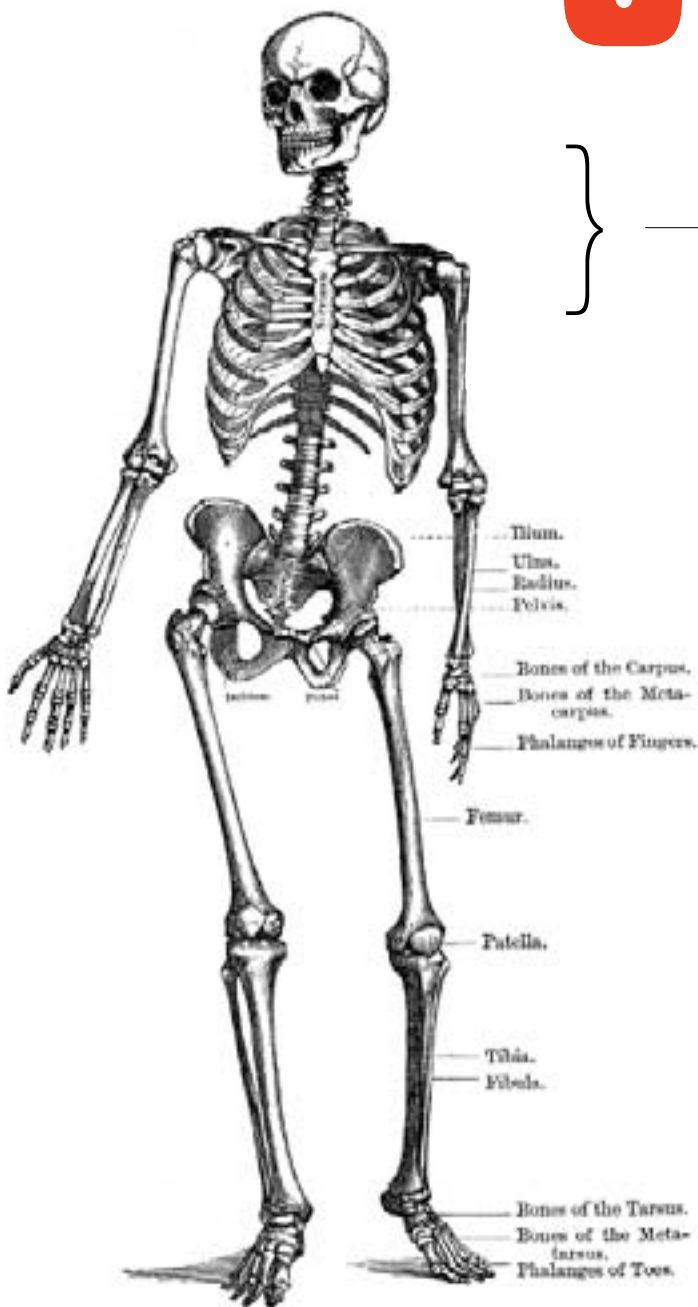
AMAZING!

*Sex Myths
Revealed!*



HEALTH & SEX GUIDE

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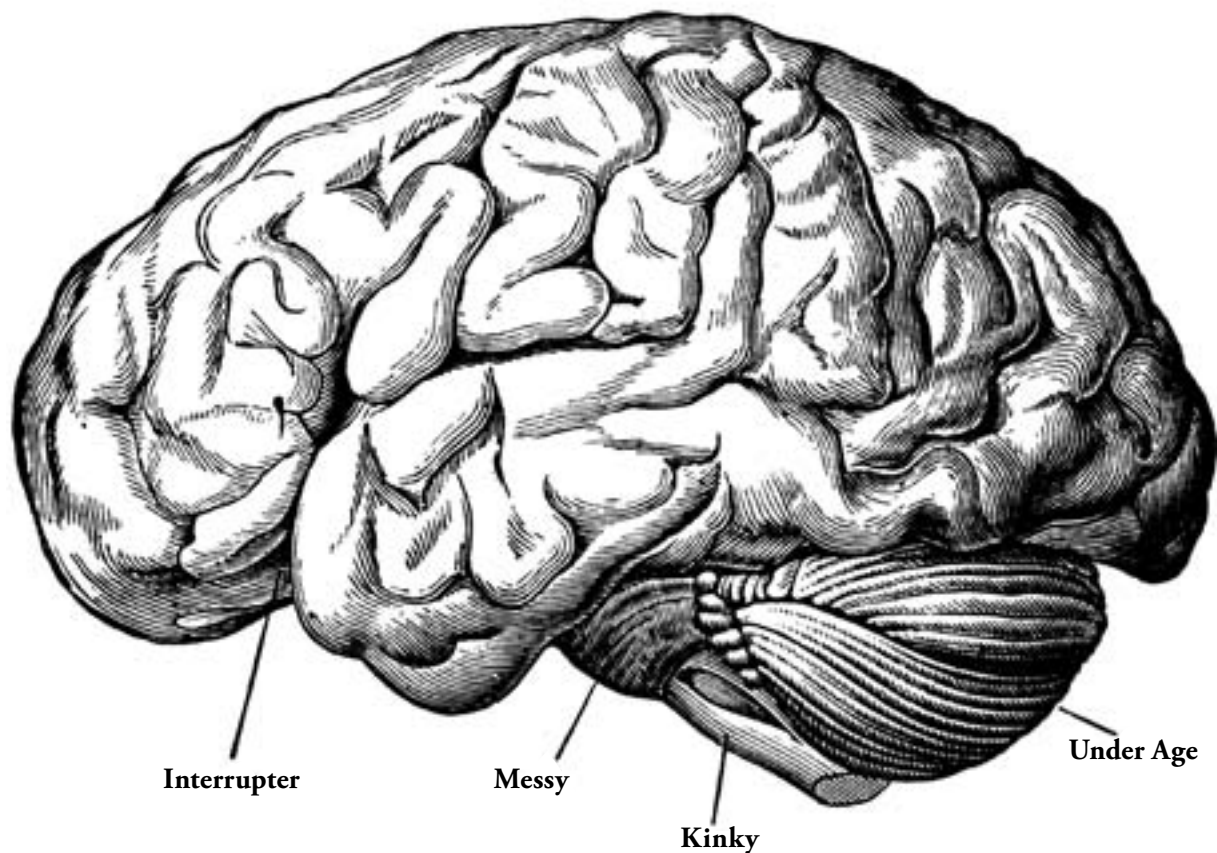
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Quality

10 WARNING SIGNS

THAT YOU
SHOULDN'T
FUCK YOUR
WOULD-BE
ONE-NIGHT
STAND



MELINDA GUILLÉN
VANGUARD STAFF

For some people, one-night stands are the epitome of the perfect night out. Men and women of all ages have been involved in these brief sexual encounters. It is a sad reality, however, that there are people in this world that, until they get their act together, should not be fucked. No matter how appealing they seem at first, some people will prove to be major disappointments between the sheets. The following is a list of 10 warning signs that, if recognized, should send you and your genitals running in the opposite direction.

FOR GIRLS (who like guys)

His place is messy.

If you missed all of the warning signs at the club, not to worry: This one is hard to miss. Take one look around his house. Is there stale food everywhere? Is there a permanent butt print on the seat of his couch? How many porn magazines are lying around? Are there empty beer cans where rose petals should be?

More often than not, if his life is messy, then he probably does not get laid often and, thus, will probably be messy in bed.

The hard part about this one is that you're already in his place and getting out of it may prove tricky. Tell him you have a husband in prison or that you have not shaved in four months. Or simply walk out and hail a cab.

He does not believe in condoms.

Chances are, if he doesn't carry a condom, he is probably a carrier of something. Don't let him share the joy.

He brags about his sexual achievements and expertise.

Real men need not be swimming in their own compliments to know they are fantastic in bed. They need not flex their muscles every four seconds or pretend to be listening to you when they have actually spent the last five minutes checking themselves out in the window behind you.

If you catch this behavior, probability has it that this man is either really cocky or really insecure, neither of which would be enjoyable for you.

He interrupts you while you're talking and doesn't let you finish.

If he does not let you finish outside the bedroom, what makes you think he will let you finish in bed? Be cautious about this warning sign, however, because it could be that you just talk too much. In which case, it is just as likely that you are rude in bed as well.

He lives with his mom.

Few women want their passionate lip locking and heated body embraces to come to an abrupt halt with the flipping of a light switch and the mother of your hookup standing in the doorway. If he plans on hooking up with you after you leave the club, ask if he has his own place. If he still lives with mommy, kindly remove your ass from the front of his pants and start grinding the air again. Hopefully, you will have better luck with the next guy.

FOR GUYS (who like girls)

She is still in high school.

We've all met them: the ex-cheerleader who looks like she hates her life because she has not picked up a pompom since high school, the valedictorian who loves to worm that small fact into every conversation, the school floozy who brags about how many guys she's slept with since graduation.

High school should not be a topic of conversation between one-night standers. If she brings it up, she probably (a) has not grown up, (b) is crazy and plans to tie you down in a long-term commitment or (c) managed to obtain a fake ID and *still is* in high school.

So if she manages to slide any aspect of her secondary education into the "your place or mine" convo, calmly walk away and rethink your options.

She smells like body odor, fecal matter or any other un-ladylike smells, do not fuck her.
No shit.

She starts talking to you like a baby.

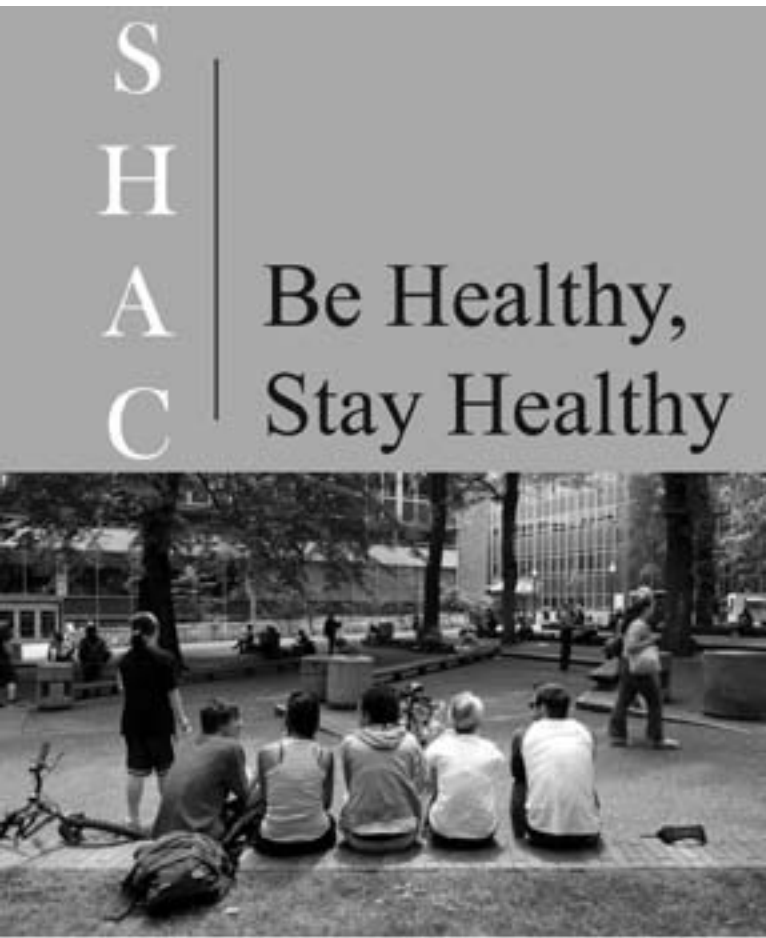
If, for any reason, the two of you talk enough for her to break out the "baby talk," leave her, and fast. No man deserves to be called "baby boo boo" or "honey munchkin chipmunk face," especially by his one-night stand. Save your manhood while you still can.

She is into weird, kinky sex, and you are not.

If she brings a whip to the club, do not make eye contact. If she starts doing weird things when she dances, such as licking your toes, pinching your calves or punching your penis, chances are she is crazy in the bedroom—and maybe too crazy for you. Ask yourself if this is really what you want.

Her intoxication prevents her from walking upright.

Far too often, guys hunt for the drunkest woman in the club. And then when they find her, they are often disappointed by her lack of mobility. It might be a hard concept to grasp, but if your take-out is so drunk that she can barely walk, stand or hold her pee, chances are she will fall asleep as soon as her face hits the pillow (or floor, whichever she falls onto first). Do your penis a favor and save yourself this hassle. You'll be better off on a date with your hand and some porn. ✕



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WINE, DINE AND SHOWER WITH FLOWERS

HOW TO SHOW YOUR LOVE ON VALENTINE'S DAY

DESMOND FULLER
VANGUARD STAFF

In the post-Christmas and New Year holiday drought, Valentine's Day can feel like a welcome, albeit comparatively underwhelming, festivity. Often branded as commercialized and thought of as sentimental cheese, Valentine's Day can be hard to love. But hey, like it or not, it's an excuse to go out.

Portland State students Kris Larson and Zoe Kellett, who have been a couple for three years, discussed their plans and thoughts on Valentine's Day. Kellett, a public health major said, "It's nice to have a day already in place as an excuse to go out and be romantic."

Larson, a history major, added, "When you're in a relationship for a long time, you don't always think about it, because you're constantly involved in everyday things." Larson pointed out that many don't look at romantic relationships as a cause for celebration, but holidays like Valentine's Day give a reason to celebrate.

Like every commercialized holiday, it's fair to wonder whether the initial impetus for celebration remains intact. Was Saint Valentine even a patron saint of lovers? Does Valentine's Day have much to do with love anyway?

"I think so, otherwise, what's the point?" Kellett said. "I don't think it's a 'Hallmark' holiday. I like cheesy stuff like getting flowers and chocolate, but it doesn't have to be like that. You can do whatever you want to show love. It

can still be individual. We generally do our own thing, but I like the traditional romantic things, too.

"Larson likes making me happy," Kellett added.

Okay, so the sentiment of the experience might persist, a sure sign that heart-shaped boxes of candy and pink teddy bears won't disappear any time soon. Portland shops and boutiques have prepped for holiday spending. Flower shops are armed with an arsenal of bouquets. Taboo, the sex-themed novelty chain, is promoting lingerie sales. Moonstruck, the Portland-based chocolate company, has launched their annual Valentine's Day sales and specials. In any case, shopping for the right combination of flowers, sex and chocolate will preoccupy many consumers and purveyors.

Like many couples, Larson and Kellett said they will try to spend the day together and most likely do the typical dinner-and-a-movie thing. One popular option for indulging in this time-honored tradition is heading out to McMenamins' Bagdad Theater & Pub, which is hosting a special movie night geared toward Portland's style while maintaining a romance theme. This year's film, David Lynch's *Wild at Heart*, is a romance of the artsy and bizarre.

Underage couples looking for a similar ambience usually find post-dinner havens in open-late dessert houses like Pix Pâtisserie, with locations on Southeast Division Street and North Williams Avenue; the Pied Cow on Southeast

Belmont Street; and Rimsky-Korsakoffe on Southeast 11th Avenue. Rimsky's is the epitome of quirky Portland culture. Homemade desserts are coupled with a laid-back, if somewhat spooky, atmosphere. Overflowing on the weekends but mellow during the week, Rimsky may be a good bet if you want to avoid Tuesday night crowds on Valentine's Day.

Though Portland takes pride in being alternative and sometimes allergic to the norm, it's not to say that the old-fashioned Valentine's Day experience is extinct. The Arlene Schnitzer Concert Hall, Portland's beacon of arts and music, is hosting Natalie Cole for "A Natalie Cole Valentine" show on Feb. 14.

If the Schnitz is playing to the arts and culture crowd, the opposite could be said of the Doug Fir Lounge. The Feb. 14 headlining spot will be filled by alt-blues artist Gary Clark Jr. Riding the wave of gritty garage-blues made popular by bands like The Black Keys, Clark adds in an R&B/hiphop fusion, which could end up being the soundtrack to Valentine's Day for bitter singles still looking for a good time. The Doug Fir is dark and subterranean—the perfect backdrop to Clark's vigorously lonesome sound.

Valentine's Day is one of the less interpretative holidays, but Portland does its best to show a variety of angles. In any case, the holiday offers a reason to make some free time, whatever that might mean. ♥



Drew Martig VANGUARD STAFF

The Arlene Schnitzer Concert Hall will host "A Natalie Cole Valentine" show on Feb. 14.

ONLINE DATING DO'S AND DON'TS

HOW NOT TO BE STUPID ON OKCUPID

AIMEE ZINK
VANGUARD STAFF

OkCupid is a free dating website that has been growing in popularity among the college student community. The site is inviting, easy to use and highly entertaining. It is a fun and interesting way to meet new people and, just maybe, the love of your life.

But this is still the Internet. And as we all know, when we deal with the Internet, we find people who can make us lose all hope for humanity. Here are a few simple tips on how not to become one of those people.

The very first thing users see when they visit your profile, when you send them a message or when you are matched with them, is your profile picture.

Now, I understand why you might not have any good pictures or why you might not want to show your face. I have seen many profiles with

pictures of the person's silhouette, chin or chest. I have also seen a sad amount of profile pictures of just the guy's abs. If you're looking for a fling and you happen to be into abs, he might be the right guy for you. But guys, if you're looking for something besides casual sex, show your face.

A good profile pic should show your face and not much else. It should be a truthful representation of how you look during an average day. And most of all, you should smile. I know, smiling in pictures can feel cheesy, but a relaxed face can look like a glaring expression in a picture (not to mention unwelcoming and uninteresting), and it is likely that you will be passed by. This is your first impression, so make the most of it!

The first part of your profile is your "self-summary." Almost everyone has problems with this part. After all, every person is a complex individual. But don't begin your profile by complaining. Stay positive and try to take it seriously. Remember that the point of a profile is to give information about yourself. So although it's difficult, the thing to do is to give it your best shot. In a nutshell, try to describe yourself and what you're interested in.

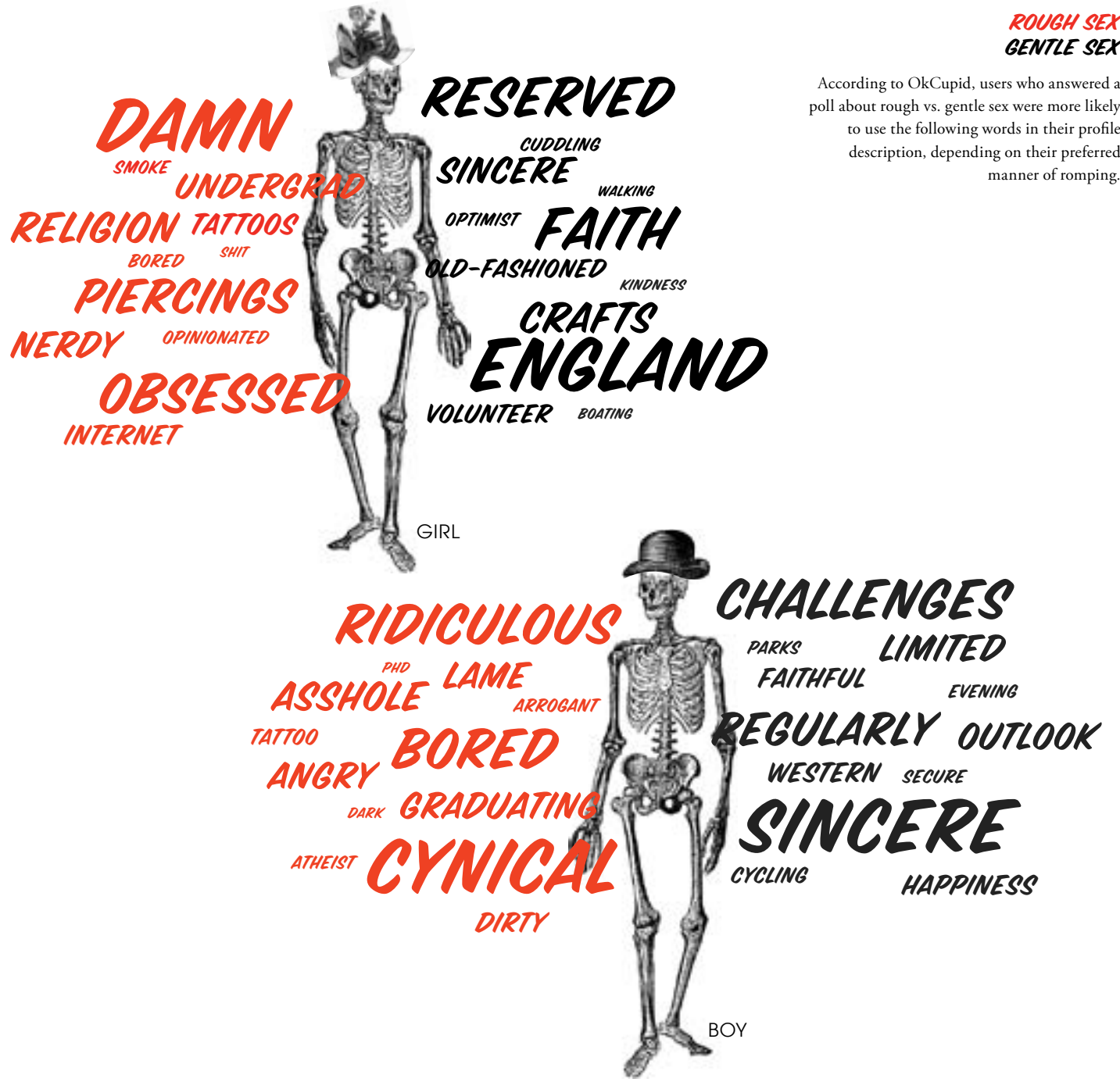
The next section—"What I'm doing with my life"—is very important. Answers such as "Just chillin'," "figuring myself out" and "going wherever life takes me" are less than impressive. Even if you are currently doing absolutely nothing with your life, you should at least own up to it. Explain that you are stuck right now but also talk about some future goals.

Mentioning what you're looking for is always a plus, but take care not to be hurtful. "I've seen my share of size-ist remarks in people's profiles, and I don't like that," said senior Laura Lines. "Comments like, 'If you're not a certain body type, then we can only be friends,' or 'I hate fat people' can really be hurtful."

Speaking of messages, you will soon find that messages from people can be one of the most entertaining and confusing parts of using a dating site. The funniest messages are ridiculously over the top. I once received a long, heartfelt message from a guy explaining why we are soul mates.

ROUGH SEX
GENTLE SEX

According to OkCupid, users who answered a poll about rough vs. gentle sex were more likely to use the following words in their profile description, depending on their preferred manner of romping.



source: 67,990 OkCupid users

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RISING TO THE OCCASION

A LOOK INTO THE REASONS WHY MAN'S BEST FRIEND SOMETIMES FAILS HIM

MELINDA GUILLÉN
VANGUARD STAFF



Saria Dy VANGUARD STAFF

All right men: We all know it has happened to you before.

You're hanging with your smokin' hot date, one-night stand or long-term significant other. After a nice dinner, a drunken night of clubbing or a cheesy chick flick, things start to get steamy. The music comes on, the clothes come off and everything seems to be heading in the desired direction.

But then there's a problem: Your penis stops working.

This, of course, is the dreaded "male impotence syndrome." Generations of men have succumbed to the temptation of sexual encounters, and many of those encounters have unfortunately fallen victim to this incredibly agitating problem. The immense disappointment in pleasure has dumbfounded males for quite some time.

But what really goes on down there?

Askmen.com defines impotence as "the inability of a man to either have an erection or to keep the penis erect long enough to have sexual intercourse." All men have their own hypothesis as to why impotence occurs.

Portland resident Kyler Martin explains that

his diet plays a huge role in his sex life: "If I don't eat that day, I'm not getting a boner."

One PSU student, who wished to remain anonymous, described his first experience with male impotence as highly embarrassing: "It was supposed to be my first time having sex, but I was too nervous to get it up."

Other answers on why men have had trouble with their penis included vaginal smells, the mandatory refractory period, the mood they happened to be in, a lack of physical attraction for their partner, intoxication to the point of incompetence and an overdose of masturbation.

The truth is that all of these answers, in their own ways, are perfectly legitimate and rather common reasons of why penis performance often plummets. According to the U.S. National Library of Medicine, "an erection involves your brain, nerves, hormones and blood vessels. Anything that interferes with these normal functions can lead to problems getting an erection."

The website lists the usual causes of erection problems, some of which include nicotine and alcohol use, feelings of doubt and failure, stress,

anxiety, medication and unrealistic sexual expectations.

If men are able to pinpoint the most probable reason(s) why they're not able to keep their penis stiff, they can then work on improving those situations for the next go-round. Whether it's getting more rest, cutting back on drug use or getting a boost in confidence, there is most likely a solution to your specific problem. But if you simply have trouble figuring out the causes, consult a doctor.

For older men, your penis has probably had its fair share of fun already. The fact that sometimes your penis will not become erect is due to a decrease in your hormones. Not to worry; women understand. If you haven't already, invest in Viagra.

The chance of your penis failing you at least once in your lifetime is great. Most men cannot escape it, and if you say it has never happened to you, you are probably lying. It's okay. Next time this happens, take two seconds before you panic to think about why your penis refuses to rise to the occasion, and take this inevitable fate like a champ. ✖

GROWING PAINS
Sometimes the penis just doesn't do what we need it to, and maybe for reasons we haven't even considered.

CRISIS PREGNANCY CENTERS? NOT ON MY WATCH

EMILY LAKEHOMER

VANGUARD STAFF

Ah, the college years. These are supposed to be the best days of our lives, right? Every now and then, we'll make decisions (or mistakes) which will impact us for the rest of our lives. Some situations are worse than others, but that can be left up to the opinion of the individual.

In some situations, there arises the issue of pregnancy. While this is a touchy subject to begin with, the choice of whether or not to bear the child is, and should remain, completely up to the individual.

Lucky for us uterus-carrying folk—you know, the ones capable of becoming pregnant—a Supreme Court case called Roe v. Wade happened in 1973. To this day, Roe v. Wade upholds a woman's right to choose whether or not to have an abortion.

For some reason (cough, patriarchy, cough) some individuals refuse to accept that Roe v. Wade was passed, has been supported for years and continues to be upheld. Despite support from various organizations, the government and plenty of people, abortion is still one of the most controversial issues in the U.S.

Here is the really scary part: there are organizations called crisis pregnancy centers all over the country. From the name it sounds like a good thing, right? Wrong. For a young woman seeking an abortion or counsel on how to deal with her situation, a crisis pregnancy center is one of the worst possible places to go.

Rather than supplying information or access to the procedure, crisis pregnancy centers offer faith-based (and oftentimes guilt-based) counsel to women inquiring about abortion. This advice

generally consists of "you'll regret this decision later in life"-type counsel, followed by some religiously-biased judgment.

In a 2002 public-policy report, the Guttmacher Institute, an organization working to advance worldwide sexual and reproductive health, reported on the conditions women face inside of a crisis pregnancy center.

While what these centers are doing is not illegal, it is largely seen as unethical. They pretend to be resource centers for women seeking advice or information on abortions and other methods of birth control, much like Planned Parenthood. In reality, they use religious biases to convince women and couples to keep unwanted pregnancies to term. Not to mention they often inform women that abortion will sterilize them and cause long-term psychological damage. While this is true in very rare cases, it does not happen to everyone.

Upon providing an abortion, most legitimate clinics will provide follow-up counseling to women and couples to ensure that there will be little or no psychological damage.

Many resources exist for all the women and men who might find themselves in a situation involving pregnancy. While I would advocate Planned Parenthood over any other resource center, other options are available.

For Portland State students (here's to you, PSU) the Student Health and Counseling Center exists to provide affordable student healthcare. There are various resources available from SHAC, including general health appointments, gynecological exams and access to birth control/contraceptives.

The PSU Women's Resource Center, located on campus at Southwest 10th and Montgomery, also works to provide various resources on sex, birth control and sexual assault for students and staff.

There is a wonderful organization called Crisis Pregnancy Center Watch. CPCW exists to inform the public about what crisis pregnancy centers are and what services they provide. Their website, cpcwatch.org, provides facts about crisis pregnancy centers, warning signs to look for when seeking a center that provides information on abortion and a list that breaks down known crisis pregnancy centers by state, city and zip code.

According to CPCW, there are at least seven known crisis pregnancy centers in Portland alone. Use caution when deciding where to go. Planned Parenthood has two Portland locations, one in Northeast and one in Southeast, so it may be wise to go there before you go anywhere else.

Whether you identify as liberal or conservative, religious or not, what happens to someone else's body is their business, and their business alone. Before bashing on "baby killers" and attacking physicians willing to provide abortions, think about all the women (and men) you can support by helping expose these crisis pregnancy centers for what they really are.

Rather than aiding these organizations in taking away an individual's reproductive rights, support Planned Parenthood and PSU's student healthcare services. The right to govern one's own body is a beautiful thing and should always, ALWAYS remain in the hand of the individual. ✖

NUMBERS TO CALL:

Oregon Rejection Hotline:
503-207-0299

Pregnancy Resource Center, Portland:
503-777-7097

Portland State Women's Resource Center:
503-725-5672

PSU Student Health and Counseling Center:
503-725-2800

QUESTIONS TO ASK:

What kind of services do you provide?

Can you provide me with a form of birth control so I don't have to go through this again?

Are you privately or publicly funded?

What are your religious affiliations?

Do you perform any procedures on site?



Adam Wickham VANGUARD STAFF

MIXED MESSAGES

Crisis pregnancy centers provide information about birth control and pregnancy options that is significantly different from what women are told at resource centers like Planned Parenthood.

WHEN WE PEAK

IS THERE A SPECIFIC TIME FOR OUR SEXUAL PRIME?

KAT AUDICK
VANGUARD STAFF

It's been a perpetual health myth that men reach their sexual performance peak during their teen years and that woman don't hit theirs until their mid-30s. Does this mean our species is doomed to a life of missed sexual opportunities? Will we never truly be in tune with our lovers because we're reaching our respective prime-times decades apart? Is the best sex only had between young men and cougars?

The answer to all of these questions is "no."

The so-called science behind this myth originated when people misconstrued sexual facts about our hormonal prime. This "hormonal prime" refers only to when men have their highest amount of testosterone and when women have their highest level of estrogen. While both of these hormonal periods are vitally important, hormonal amount remains consistent enough through the rest of our lives such that it usually doesn't affect our sex life more than any other influence.

But once the myth was told, it just kept running. This is likely because guys in their teens are at their highest state of freedom. Sex is new, fun and exciting, and trying new things and being crazy in bed is what occupies the majority of their waking thoughts.

Of course, as they mature and their raging hormones settle into place, this experimental phase calms down a bit. Instead of just working on busting their nut, the joy of focusing on their woman rather than violating her boundaries comes into play.

On the flipside, many young women feel more reserved at first. Losing their virginity can be physically painful, and it's undeniable that woman have far more body issues than men. Girls usually start masturbating after boys do and, likewise, can be less in touch with their sexual needs during teen-dom.

And even if they do know fully well what will make them orgasm, the chances that their post-pubescent teenage lovers have any real clue what they're doing is unlikely. This isn't to knock guys for their inexperience; after all, nobody really knows what they're doing straight out of the gate. Sex begins as a mish-mashed dance of cramming body parts into orifices and hoping that something good comes of it.

Having the best sex of your life is about being open-minded and embracing sexual freedom. Humans have so many negative hang-ups about their bodies that being naked in front of someone can be challenging enough. We nitpick at our flaws and imperfections, often ones that do not even exist or that will never be noticed by someone else.

We fill our heads with so many questions that there's no room to just let go and get into the sex. "Does my ass jiggle too much when I do doggy style?" "Will she notice my wanger hangs too far to the right?" "Will he not like that my left tit is bigger?" "Does my O-face look like someone strangling a manatee?" There are a million opportunities for us to bring ourselves down. And all the while we're missing the best opportunity of all: an out-of-this-world orgasm.

This sought after "sexual peak" is all up to the individual. The search could last your whole life, and some may never truly achieve it. Love assists in this process, but it certainly isn't necessary. What is necessary is being open with yourself. Having great sex means letting go of worries and concerns and facing sexual honesty. When people are honest with themselves and their partners about what they like and can open up about what works best for them, it makes a world of difference.

Too many people are still uncomfortable with certain sexual stigmas and frivolous concerns to fully enjoy the act itself. If we're willing to get butt naked with someone, why are we afraid to ask for what we like? It's important to know your desires inside and out. Get in touch with yourself so that you'll know what to do when your partner touches you.

Sexual performance and sexual enjoyment can be a life-long experience. The sooner you stop thinking and just move with your body's wants and feelings, the sooner you can achieve that prime sexual bliss. There's no "ideal" age to do it. It is simply the moment you get out of your own head and get into hot, awesome, toe-tingling, spine-shivering, mind-blowingly fantastic sex. ✖



PORN STORE ETIQUETTE

NICHOLAS KULA
VANGUARD STAFF

HOW TO COMFORT YOUR PERVERTED SELF IN PUBLIC

Like libraries, hospitals and bookstores, adult shops have their own rules of etiquette. Abide by them, and you will be treated with respect. Violate them, and you will be treated like an asshole holding a fake penis.

Be quiet. Just because you're not embarrassed doesn't mean that no one else is. Every person walking around in a porn shop is a potential customer, and there's always a chance that your brash, unseemly behavior will scare him or her away. Plus, everyone knows you're just posturing. Fake penises humble everyone, no matter who you are.

Don't shop drunk. This sounds weird, but because porn stores are open well past bar hours, people will often pick up potential mates from the bar and bring them to the porn store for some accessories. Do not overestimate what you can handle. If you're drunk and with a would-be lover, don't let that person talk you into something that will get you hurt. Be safe. Always be safe.

Don't point and laugh at everything. It's embarrassing for you and whomever you're with. Plus, you look like a douche, and it indirectly makes the clerk feel like an asshole for even working there in the first place. A word of advice: Sane people do not talk to themselves, so if you're pointing and laughing, then you're with someone. And if you can't conduct yourself in a mature manner when you're with that person, it just screams nervousness, and you're not doing anyone any favors.

Don't ask the porn clerk for funny stories. Chances are that the person working doesn't want to respond on command to your requests. The stories are a bonus for the friends of the clerk. You're not one of them. In fact, if you keep this up, you will become the story.

Respect everyone's space. Just because a woman is walking around carrying a dildo does not mean she wants to have sex with you or follow you back into one of the booths. Keep it to yourself. You may be aroused by the aroma of possible sex that invariably hangs in the air, but not everyone feels the same way. And even if they are, the other person may not want to talk to you about it.

Buy your stuff and get out. Don't spend a bunch of time chatting with the clerk about God-knows-what. Chatting with someone that sells butt plugs and lube for a living is a privilege you must earn.

Don't even think about trying to return anything except movies. You will be promptly laughed out of the place and forever known as the man or woman that tried and failed to return a rubber fist.

Keep genetic material to yourself. If you rent videos, make sure that the contents are free of fluids and hair when you return them. It's just good manners. ✖

Among the mind-boggling array of lubricants in any adult shop, there exists a black sheep. On the sidelines, far away from the industrial-looking jars of slippery stuff, sits a small matrix of brightly colored lube packets geared toward the more whimsical lube connoisseurs. You are in the flavored lube section.

While some establishments provide testers, most of us don't want to sit there and gobble down lube in public. Luckily, I'm not so self-conscious, so I've gone to the trouble of taking the guesswork out of it for you, dear reader. The brand I bravely sampled is called JO, and since they make the best water-based lube, I tried only their offerings.

Strawberry Kiss

The flavor is strong, almost overpowering, and has a slight tang of alcohol, almost like a strawberry liqueur. It is overpoweringly sweet and could stand to be cut with some kind of salty element (sweat perhaps). Either way, don't expect it to taste much like an actual strawberry. Or a kiss, for that matter.

Chocolate Delight

The only non-fruit-flavored lube in JO's line, Chocolate Delight has many of the same qualities as Strawberry Kiss. In fact, the chocolate seems almost like an afterthought and, without any real lasting flavor, mostly entices the nose. If you've ever consumed crème de cacao, this lube tastes a little like that.

Peachy Lips

The peach flavor isn't very peachy. It's more like the flavor of a hyper-sweet peach candy, like a Jolly Rancher. The sweetness, however, is a pleasant change and manages to cut the alcoholic, lozenge-y taste of most flavored lubes almost completely out of the equation. All in all, Peachy Lips is actually pretty good.

Raspberry Sorbet

As a raspberry sorbet fanatic (I once paid €14 for a pint in Paris), I had high hopes for this lube. Unfortunately, the presence of alcohol is overpowering and makes the product taste rather like old lady perfume.

Juicy Pineapple

I didn't have much hope for this one, and I was well within reason. It tastes like a mixture of gin and the pineapple syrup dredged from the bottom of a can of Dole. That isn't to say the flavors actually co-mingle and complement each other. Like the oil and water effect, this lube's flavors sit on each other's faces.

Sweet Pomegranate

Let's cut right to the chase: This is the worst flavor in the series, and by a long shot. It tastes like Elizabeth Taylor's dead shoulders. There's no doubt in my mind that the flavor signifies a rush to hop on the pomegranate bandwagon of years past, but JO never took the time to refine the flavor profile. Simply fucking awful.

Tangerine Dream

I wonder what the band Tangerine Dream makes of this? The lube has a sour onset, but a disgustingly sweet diabetic-coma finish. It nearly tastes like furniture polish. And yet...after trying it, I wanted more of it.

Tropical Passion

Bewilderingly, this flavor is virtually identical to the pineapple flavor. Go ahead: Do a blind taste test and try to tell the difference.

Cherry Burst

Pretty damn good, as a matter of fact! It reminds me of a Luden's lozenge: very sweet and with a slightly medicinal finish. Sounds strange, I know, but that combination works very, very well for this particular flavor profile. Cherry is usually the worst flavor of anything, lube and otherwise. But this one might surprise you.

Watermelon (what, no clever suffix here?)

I just knew this would be terrible. And it was.

Banana Lick

Because of the obvious innuendo, you'd think the banana would be JO's flagship flavor. Although I hate banana-flavored anything, this one was surprisingly decent. Maybe it's because it didn't taste too much like a real banana and more like a banana-flavored Laffy Taffy. Make of that what you will. ✖

THE SEX TOY BUYERS' GUIDE

DON'T GET LOST IN THE CLUTTER: KNOW WHAT YOU'RE BUYING BEFORE PUTTING IT INSIDE YOU

NICHOLAS KULA
VANGUARD STAFF

Adult shops are becoming increasingly less scary—that is, they are looking less like the Crypt Keeper's cobwebby lair and more like regular stores.

One thing that hasn't changed, though, is the superlative assortment of dildos, vibrators, lube, plugs and other accessories. It's easy to get lost in the fray, considering you likely drove there to buy one item and instead found yourself met with hundreds of variants. How do you know which vibrator is right for you? How do you know which dildo works with your new strap-on harness? The clerk can only help you so much; after all, it's your body.

First thing's first: Let's get over the inherent taboos of acquiring sex toys. They're perfectly acceptable forms of self-gratification, many people have them (more than you assume, trust me) and they can last forever with just a little care.

Here's how to pick one:

Vibrators

Both men and women can benefit from a vibrator. Women primarily use them for clitoral and some penetrative stimulation, while men use them for prostate stimulation, or at the base of the testicles or, hell, on the testicles themselves.

Obviously we cannot test the toys before buying. One thing we can do, however, is use our noses. The tip of the nose has, conditionally, the second highest concentration of nerve endings in our entire body (second only to the clitoris in women). Ask the clerk to open the toy for you, insert the batteries and let 'er rip.

Gently touch the tip of your nose with the business end of the toy. This will tell you more or less what the toy will feel like on your sensitive bits. And if the toy's default setting is too much for your nose to handle, try something with a little less power. Try, try again until you find the right toy for you.

Dildos and butt plugs

Here are your material choices: rubber, metal, glass and silicone. Glass and metal are about as cut-and-dried as it gets. You use them, you clean them and they don't feel very realistic. They will, however, last forever. You can also heat them up or cool them down before play for an extra sensation.

Rubber dildos are still the norm. They are cheap, come in varying degrees of softness, retain lubricant well and feel somewhat like the real deal. The key feature of rubber dildos is that silicone-based lubricant can be used on them. Of course, everything else works, too, but more on that later. Rubber dildos, it must be said, will wear out faster than the rest.

Silicone is an up-and-coming (no pun intended) dildo material. It's more expensive to manufacture, but it can last for a long time with proper care. If you are experimenting with sex toys, buy the rubber dildo to see if it's for you. A good silicone piece should be an investment. A note on lubricants for silicone toys: You cannot use silicone lube. It seems like a match made in heaven, but the lube will gum up your toy and render it worthless.

Sizing guide: Go with what you're used to. If your partner in the past has had a medium-size penis/toy, and you're accustomed to it, don't jump straight to the monster-size dildo. If you're interesting in taking bigger, start with what you're used to and move up from there.

A note on cleaning: Boiling water can do the trick, but for a bit more discretion, every shop sells a specialty toy cleaner. And on this note, clean your toy after every use. No exceptions.

Strap-ons and anal play

Only use toys with a flared base. Simple cylindrical designs will slip out of the harness and into the orifice. If you're using the strap-on to perform anal sex, this is especially important. If you're not careful, the next person that sees the toy will be a doctor. In an x-ray.

Lubricants

Here are your three choices:

Oil-based: for masturbation only. Oil in a vagina may cause infection, and oil in the rectum feels uncomfortable and goopy. It also has a tendency to heat up and break condoms.

Water-based: the perfect all-purpose lube. This can be used anally, vaginally and manually. It washes off quickly and easily and is sinfully slippery.

Silicone-based: the Grand Poobah of lubricants. The Pjur company figured out that silicone will stay wet for years. The molecules of silicone are larger than that of skin cells, so the lube floats on the surface. Because of this, you can use it vaginally, but proceed with extreme caution as it can be difficult to remove. Silicone is perfect for anal sex, though, as your body eliminates the excess naturally. ✖



NICK'S PORN STORE ROUNDUP

A SURVEY OF PORTLAND'S
BEST PORN OUTLETS

NICHOLAS KULA
VANGUARD STAFF

Like Portland's ridiculously high volume of strip clubs, our adult entertainment industry is second to none. You'll find more porn stores in Portland and its surrounding area than you ever thought possible.

I know what you're thinking: How can I ever navigate this lovely mess? Say hello to Nick's porn store roundup.

For the fetishist

Spartacus (300 SW 12th Ave.)

Believe it or not, Spartacus is pretty big outside of Portland. They are manufacturers of fine leather sex goods, and the spot downtown is their flagship.

Most people think it's just a sex shop, but Spartacus actually has a factory shop of sorts in the Southeast Industrial District, too. They export harnesses, riding crops and other accoutrements for sale all over the world in high-end shops. An online catalog is yours to browse if you don't want to be caught looking at ball gags next to someone you might know.

Spartacus has a fine selection of stuff that you wouldn't think existed; things like rubber sheets, specially designed pieces of furniture and various surgical tools like speculums and pinwheels. They keep it classy, though. The place is stylish and un-intimidating (except for all those leather masks).

Female friendly

She Bop (909 N Beech St.)

Yes, that's right, a sex-toy shop named after a Cyndi Lauper song. Of course, the song alludes to female masturbation, so the name is fitting. She Bop is Portland's only female-oriented sex shop.

Even if you've traipsed up and down North Mississippi Street, you may have missed this one. It's on Beech, a side-street with little else. The space is very cute and airy, and you don't feel like you need a deionizing rinse afterward.

They carry an ultra-premium line of toys, so the selection is never poor despite the small storefront. The clerks are all extremely knowledgeable and willing to help a fellow enthusiast and the average curiosity-seeker.

Plus, they carry Crown condoms. So men: Do yourself a favor and pick some up, because they're the best—and seemingly tough to come by.

Kohl's for dildos

Castle Megastore (9815 SW Capitol Hwy.)

If you've recently fallen into a large sum of money and are hankering to grab a cart and load it to the brim with sex toys, Castle Megastore is your best bet. That isn't to say the toys are prohibitively expensive (actually, due to the large number of adult stores in Portland, the prices are very competitive), but the place is called the "Megastore" for a reason.

It is ridiculous, the selection inside Castle. Within this oddly positioned building just off Capital Highway, you'll find an almost Target-sized array of sex toys. Anything you've ever heard of or seen on the Internet is right here, and the place is staffed by people in uniforms trained to help you make the right selection. An entire wall is dedicated to testing their array. Take advantage of this boon.

GOOD VIBES
The selection at Fantasy video leaves little to be desired



Corinna Scott VANGUARD STAFF

Ye olde porn

Fat Cobra Video (5940 N Interstate Ave.)

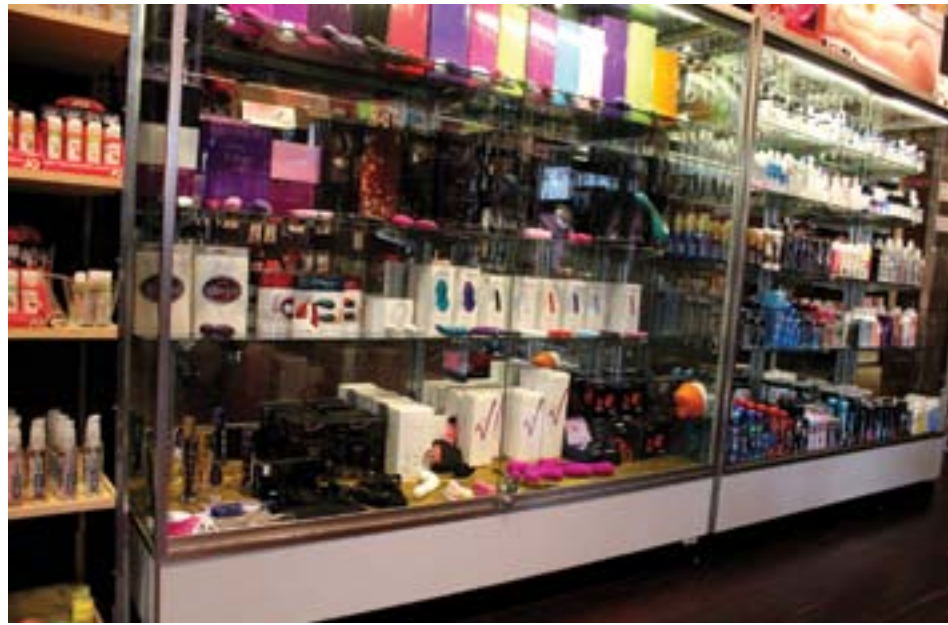
Adult shops have tried time and again to reinvent themselves as fun, lighthearted places that aren't custom designed to alienate wholesome people, and there is one place that keeps it far more real than most: Fat Cobra Video.

It's no secret: Video arcades in adult shops are populated largely by gay and bisexual men. Women rarely venture into the arcade, and when they do, they're usually accompanied by a male cohort. Fat Cobra knows its clientele very well. In fact, their phone number is 503-247-DICK. That's no joke and no accident.

It's not completely uncommon to spot a hipster sporting a Fat Cobra shirt in the wild, and the shirts reflect the intentionality of the phone number—let's just leave it at that. But before you race there to get one, you should know that they don't sell them anymore, and they seem to have downplayed the significance of their phone number in recent years.

Regardless, you're always in for a treat if you look up "Fat Cobra" or "The Cobra" on Craigslist personals. The tales are always as lewd as you would expect with a name like Fat Cobra. Also, the exterior of the place looks like a seedy Greek deli. The people that work there are nice, but the porn store experience your parents once enjoyed is alive and well at Fat Cobra. ✖

VIDEO ARCADE PRIMER



Corinna Scott VANGUARD STAFF

PERUSING FOR PLEASURE
Taking advantage of the "amenities" of these shops can make looking at a wall of vibrators totally worth it.

THE BACKROOM
BOOTHs AND
HOW TO USE THEM

NICHOLAS KULA
VANGUARD STAFF

Inside the staggering number of adult shops in town are variety of faith-in-humanity-crushing sexual diversions: fake phalluses, butt plugs, handcuffs, lube, videos, condoms—all of which are par for the course. Simply reading these terms may be a tad icky for you, but they are nevertheless novelty staples of the sex supply industry.

One amenity, however, is not offered by all shops, and that is the elusive video arcade.

Known to the uninitiated as "the booths," the arcade is often the dodgiest-looking part of the shop. Walking through the catacomb-like tunnels, you'll hear the moans and groans of love (or something like it) echoing through the chamber.

Now, this all sounds very H.R. Giger, but what is the arcade exactly? Well, the arcade is a series of booths separated by thin walls and arranged in a cluster. Each room is equipped with a television and some sort of control hardwired to the set. The user inserts currency, selects a video and then, well, whatever happens in the booth stays in the booth.

Some booths even offer "glory holes," a term meaning a hole in the wall between booths, where the wall is thin enough to insert a penis or other object. What happens on the other side?

Only you and your neighbor will know.

Another more exclusive feature is "buddy glass." A select few arcades offer this. Essentially, buddy glass is a pane of frosted glass sandwiched between two clear panes, comprising a large section of wall between any two booths. Each of the adjacent booths has a "consent" button. If both occupants press the button, the frosted glass slides out and the occupants can watch each other do whatever.

You might be wondering, "Why even have an arcade?" That's an excellent question. The simple reason: You know why you are there and why everyone else is there—there's little guesswork.

To make things a little more complicated, video arcades and glory holes offer excellent opportunities for those unsure of their sexuality to explore that side of themselves in a controlled environment. Couples can occupy the booths and do something a little "taboo"—to act out a fantasy or whatever else. Kept clean, the arcade can provide a valuable mental health service.

As you can probably tell, this has the potential to be an awkward situation, as unclothed body parts are involved. Remember the following, and your experiences in the booths can be as worthwhile as possible:

Lurkers exist. They're called "cruisers." They're regulars, and they know you're not a regular. When you enter a booth, they'll jiggle the knob or give a light knock. Let them know, clearly and politely, if you are not interested. They will know to leave you alone.

Similarly, take "no" for an answer if you see an attractive person enter a booth and they reject your knob jiggling.

Be safe. It seems like a no-brainer, but if you're a man, wear a condom every time, even for oral sex. Women, do not accept an unsheathed penis through a glory hole ever, for any reason. Every place with an arcade sells single flavored condoms. Do not use the unpleasant latex flavor as an excuse to perform oral sex on a bare penis.

Spend money or get out. Many stores have a specific policy for this situation. There are many cameras patrolling the hallways at all times. Furthermore, there's a light above each booth that lets the staff know if you're spending. If the staff sees you ain't spending, they will kick you out post-haste. And getting thrown out of a porn store is just about the lowest point a person can reach. ✖

DECISIONS, DECISIONS

DETERMINING
THE BEST BIRTH
CONTROL
FOR YOU

KAT BOYCE
VANGUARD STAFF



Drew Marig VANGUARD STAFF

GO TIME Properly used, condoms boast a 2 percent chance of pregnancy and protect against STDs.

It is estimated that one in every four college students will contract a sexually transmitted disease during their college years. Even more will face the possibility of becoming a parent before they're ready.

If you're reading this, I'm guessing you do not want to be one of them. No sexually active person should be without some form of birth control. Different people use different birth control methods depending on how sexually active they are and how many people they're involved with.

Best emergency birth control

Plan B. This one-time-use pill is taken up to 120 hours after intercourse. The sooner it is taken, the more effective it is. In cases of rape or problems with contraception, such as a condom that breaks or a diaphragm that slips out of place, the morning-after pill is a good option. It is perfectly safe and relatively cheap, costing between \$10 and \$70, but does nothing to prevent STDs.

Easiest overall

The condom. With only a 2 percent chance of pregnancy, condoms protect users against STDs as well as protecting men against urinary tract infections, which sometimes occur in both men and women when having sex after a long period without sexual activity. Condoms cost around \$1

each but are available for free at a number of places.

For those who are allergic to latex: Plastic condoms are also available. Those who do not like using a condom can also consider using a female condom. A female condom is only slightly more expensive and also prevents STDs. However, there is a higher chance of a female condom accidentally slipping into the vagina, raising the chances of pregnancy to 5 percent.

Best long-term birth control

The Intra-Uterine Device (IUD). This small device is implanted by a medical professional and lasts for a long time—some up to 12 years. Once in place, it is often impossible to feel (unless one is very determined), and as such is often forgotten.

This does not prevent STDs, but it effectively prevents pregnancies until removed, again, by a medical professional. It is a hefty, one-time price, usually costing between \$500 and \$1,000. But they are certainly an option for those who don't want to get pregnant for years to come.

Best for privacy

The birth control shot. Not only does the shot have the lowest chance of pregnancy, it is also the most private. For anyone who lives with family or roommates and does not want anyone they live with to

know about their sexual activity, the birth control shot is not a physical item that needs to be hidden.

Fewer than one in every 100 women become pregnant with the birth control shot as long as they use it correctly. This method of birth control can be expensive—the shot itself costs up to \$75 in addition to required examination fees—but it may be worth it.

The shot lasts up to three months and effectively prevents pregnancy, but couples may also want to use condom as the shot does not prevent STDs.

Best for disease-free oral sex

The dental dam. While we've discussed condoms and how they are great at preventing STDs, the dental dam is great for protecting the parts that don't stick out. The dental dam is a thin sheet of latex or plastic spread over the vagina and/or anus during oral sex. When used correctly, it effectively protects against nearly all STDs, including herpes and HPV.

Dental dams are generally affordable and easy to use—just rinse off and check for holes. They are not reusable, but their effectiveness makes them a worthwhile investment.

The Center for Student Health and Counseling is an excellent resource for birth control. Not only can one find condoms for free at SHAC, they carry a variety of different pills for prescription refills. Be sure to take advantage of SHAC's resources, and always use protection. ✖

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KAT AUDICK
VANGUARD STAFF



Series By VANGUARD STAFF

TALK TO ME, BABY A sexy spoken word now and then can really heat things up, but don't go overboard!

Men, women, straight, gay, lesbian, bi, poly—almost everyone loves getting down and dirty. Sex is simply a part of the human experience. We were given genitals and the ability to orgasm for a good reason. Why not do everything we can to make it as rad as possible?

Unfortunately, from the hearsay of our friends, to taking notes from pornos, to believing everything Hollywood has taught us about romance, sometimes we wind up taking some serious missteps.

After polling a slew of 20-somethings, I've compiled a list of the most common major mistakes people tend to make in bed. These responses came from across the spectrum of sexual orientations. If you can just remember these no-no's, perhaps we can all be a little more mindful, and more effective, when we're fucking each other's brains out.

Blah blah blah!

Dirty talk is good, except when you go overboard and start rambling. A few sexy phrases here and there can really spice things up. But dictating an entire erotic novel to your lover can be really distracting. You run the risk of taking your partner out of the moment and stealing focus away from what's going on downstairs.

Sexy outfits (mostly) rule!

It's true; they really do! It's scientifically proven that men take in much of their arousal visually. But sexy wear can wear on your lovin' when the material it's made of is scratchy or abrasive. Take note: If you're uncomfortable in the outfit, chances are it doesn't feel great on his trouser snake, either.

Food is fun!

Food play in bed can be a good thing. Nibbling, biting, licking and sucking are all ways to enjoy sweet treats, including your

partner. And cold foods and ice cubes can be a big stimulant for lips and nips. But foodies beware: Cold, frozen things stick to warm, wet things. So before you shove a frozen banana in her cooter, think twice, be nice and play it safe with warmer options.

Easy does it!

What guy doesn't like a good hand-job? It brings us back to simpler times, when foolin' around with your wang was as good as it got. It's true that lady parts are usually more delicate than a man's. But the tip of their joystick is sensitive, too! Don't forget there is a shaft right below that has loads of nerves as well, and it can take a lot more abuse than its hardhat.

Speak up!

Guys—in case you haven't noticed—you don't have a vagina. So when you head downtown to eat some pie, don't be shy! It's perfectly acceptable to ask questions such as, "Like this?" or, "Right here?" By asking brief, one-breath questions, you'll know for sure whether you're properly diddling her skittle.

Shut the fuck up!

Being open with a new partner is important for the health of that relationship. But letting people know where you stand doesn't require a lengthy sexual biography. Keep your juicy letters to penthouse to yourself. Chances are your new love doesn't want to know where your last mate stuck his or her fingers.

Ask first, please!

Single-finger stimulation of the male prostate is rumored to lead to a blindingly intense orgasm. But

allow me to offer a word of caution: Ask before you test the tensile strength of your lover's corn-hole. If they don't want to experiment, going full-steam ahead is a dangerous choice that could land you shit out of luck.

Rules of engagement

Some people just love a good orgy. But remember, folks: You must be prepared for anything! If you're not ready to dress up like a woodland creature and masturbate while singing selections from *Les Misérables* until everyone orgasms, then don't bother coming at all.

A place for everything

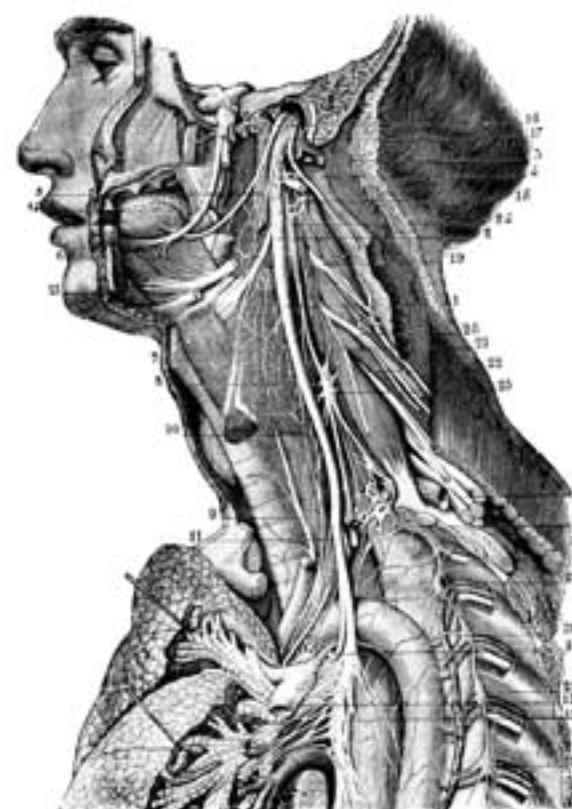
It's perfectly fine to experiment with your willing partner when it comes to using sexually pleasing toys. There is a limit, however, to the type, size and shape of the items allowed down there. Be considerate and shell out \$20 for a proper dildo! Just because a cell phone vibrates doesn't make it a viable sex toy.

Heavy handed

If someone's nice enough to give you a blow-job, be courteous while they're working. Pornos make pushing a woman's head down with your hand look sexy. Sort of. But unless you want your lover's lunch all over your junk, let her gauge her own gag reflex.

Are we there yet?

Whether you're a screamer or quiet as a mouse, between all that huffing and puffing things sometimes go unnoticed. So don't leave your lover in the dark. Give them at least some clue that you're going to climax. Nothing kills the mood faster than your partner asking, "Did you finish?" ✕



Free Restorative Yoga Class Focused on "Yoga and Colds"

Wednesday, February 22, 3-5 p.m.
Stott Center, Room 205
The class is free and open to all
PSU students, staff, and faculty.
Dress comfortably.

In this yoga class you will learn how yoga can help with different health concerns. Restorative yoga is aimed to renew your mind, body, and soul.

Co-sponsored by the Center for Student Health and Counseling



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WORKOUT
RECIPES
EVERYONE
WILL LOVE

MEREDITH MEIER
VANGUARD STAFF

Somewhere on campus, a troupe of people strikes poses in synchronicity, their calm, measured breathing belying the strength needed to move the body from one form to another. Shouts of glee resound as a ball hits the corner of a net, and the faint rhythm of an up-tempo song echoes in the hallway. The clang and clink of free weights mix with the whir of treadmills.

The student Rec Center is Portland State's mothership for workout junkies, water lovers and rock climbers. It's a haven for contortionists-in-training, black-belt-holding masters of deep breathing technique and novice dance floor navigators.

A good workout will help to maintain a healthy body weight, diminish stress and generally leave you with feelings of satisfaction and well-being. Exercising regularly is one of the biggest components of the healthy lifestyle equation. Some may feel that there just isn't enough time to exercise, but squeezing a 20-minute workout between classes is easy, especially when there are accessible, affordable and fun activities right on campus.

PSU's Academic and Student Rec Center, open since April 2010, stands tall over the Urban Plaza. Each day, hundreds of students, faculty and staff seeking out the pleasures of non-academic exercise enter the Rec Center's doors. It's home to a variety of fitness activities and programs: a six-lane, 25-yard pool caters to lap swimmers and water joggers; the two-court gymnasium can adapt for basketball, indoor soccer, volleyball and goal-ball; a three-lane and 1/11 mile running track serves runners and speed-walkers alike. There is also a sizable cardio and weight-training facility, a rock-climbing wall, fitness suites for group classes and space for student groups and intramural sports.

Gaining entrance to this menagerie of fitness activities is as simple as showing your PSU ID card.

Students taking at least one credit are automatic members of the Rec Center—membership is included in tuition and student fees. Faculty, staff and alumni can also purchase individual memberships.

The Rec Center also offers personal training sessions with experienced, certified trainers. Personal trainers can help you assess your current physical condition and create a workout plan that will help you reach your fitness goals. If you're uncertain how to use a piece of cardio/weight equipment, schedule an appointment with a trainer to go over the proper use of the machines.

Packages of individual or buddy sessions range from \$54 to 240. Additionally, you can get a fitness composition test for \$10 or a body composition test for \$5.

Pre-nursing sophomore Chauntelle Olson loves the Rec Center. "I go there four to five times a week," Olson said. "I use the machines, like the elliptical." When asked what she enjoyed most, she said, "What I really like about the Rec Center is that it's just students doing their own thing. I can be really self-conscious, but there, I don't feel like I'm being judged."

The overall atmosphere in the Rec Center seems to be one of the biggest draws.

Lindsey deCampos, a senior majoring in science and Spanish, generally goes to the Rec Center three times a week, mainly for the rock-climbing wall. Smiling, she said that the ambiance is one of the biggest reasons why she uses the wall. "It's so relaxed. Everyone's really supportive and I've made some of my best friends there. It's the camaraderie."

The staff also knows that the welcoming atmosphere is a big part of the charm. Intramural Sports Coordinator Scott Sorensen joined the Rec Center staff last summer. Sorensen has worked at four different college recreational centers and said that PSU's is "one of the most non-

stereotypical gyms—an all-welcoming, arms-wide-open kind of place." He added that it's one of the nicest he's worked in and said, "All the equipment is new, and if a machine goes down, it doesn't stay that way for very long. The operators people keep the building spic and span."

According to Sorensen, at any given point there are at least three league intramural programs offered and tournaments are aplenty. Intramural activities vary each term, ranging from basketball to table tennis to dodgeball to mini-triathlons.

Group classes, also called Group X, are also extremely popular. Taught by certified instructors, Group X classes cover a wide array of foci: abs training, cardio, meditation, Pilates, stretching, water bootcamp, yoga and Zumba, among others.

When deCampos isn't using the rock wall, she's taking a yoga or Zumba class. "It's just something else you can do without having to pay for it separately," deCampos said. Classes are drop-in only and tend to fill quickly, so it's recommended that you arrive early to secure your spot.

If you want to give your workout regimen a little more spark, you can participate in one of the various activities and programs offered throughout the year, like the Healthy U Wellness Challenge and pool date nights.

The Rec Center is open everyday with varying hours throughout the week and weekend. Monday through Thursday the doors are open from 6 a.m. to 11 p.m., Friday 6 a.m. to 10 p.m., Saturday 8 a.m to 8 p.m. and Sunday 10 a.m. to 10 p.m.

With so many choices, there's no excuse not to workout. So step up, step in and give your body a healthy dose of endorphins to keep you feeling good. ♥

THE STUDENT
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offers a variety of fitness
activities and programs,
including a rock-climbing
wall and a 25-yard
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COURTESY PORTLAND STATE UNIVERSITY

THIN OUTSIDE, FAT INSIDE

LOOKS CAN BE
DECEIVING

JANIEVE SCHNABEL
VANGUARD STAFF

"It doesn't matter what I eat—I'm just naturally skinny!"

Ah, yes. The words everyone hates to hear. Many people struggle with their weight, and it can be hard to deal with hearing someone brag about how easy it is for them to keep their already-svelte figure. Who doesn't dream of being that person? How lovely would it be to have the body you want without spending any time watching what you eat or hitting the gym?

The thing is, inside of most of these effortlessly skinny people is a fat person struggling to get out.

It's called TOFI—Thin Outside, Fat Inside—and it is a serious health concern for those who fall into the "naturally skinny" category. The main reason is that someone who is TOFI probably has no idea that he or she is facing any health risks at all.

Normally, people tend to think of "fat" as that bulge directly under the skin—that shapeless, globular cushion that some love and some hate. It changes the shape of the human body, insulates it from cold and stores energy for when we need it. People see it in the butt, the stomach, the legs and everywhere there could possibly be a buildup of excess material.

People in possession of visible fat know very well the risks associated with the extra tissue they're carrying around. It's why many people make at least one effort in their lives to rid them-

selves of some of it. Heart disease, high blood pressure, stroke, diabetes and all sorts of other issues come with extra fat buildup.

But thin people don't consider these issues as much. It's harder for them to see it as a problem for themselves. Their bellies don't bulge; their hips don't jiggle. The cellulite on their thighs is barely visible, and that's only if they're looking for it.

These people, however, could potentially be even more at risk than the population that can see their fat. This is because people who are TOFI carry their fat alongside their organs. The fat wraps around vital organs, integrated into body functions in ways that leg, butt and belly fat can barely achieve.

People who are TOFI have a greater risk of developing diabetes, heart disease and other traditionally "fat" diseases. But they don't know what to look for. If they're feeling sluggish, they might attribute it to a dietary issue or not getting enough sleep; they almost never think it could be diabetes. Sore legs could be overwork; they're not as likely to realize it could be blood pressure.

As such, these "thin" people are less likely to catch these health problems early and make lifestyle changes to prevent them from getting worse. They go on with their lives, completely unaware that there is a myriad of health problems looming just over the horizon.

So who is at risk for being TOFI?

CREEPING
CALORIES
This hungry young man
likely has fat stored in areas
he's never even heard of.



Sara Dy VANGUARD STAFF

TOFI is tied to inactivity. People who regulate their weight with diet alone, for example, are at a high risk for developing the visceral fat that defines TOFI. However, regardless of your diet, the risk of becoming TOFI is still there if there is little-to-no physical activity involved.

Regular exercise (yes, I know—plenty of people hate it) is the best way to prevent TOFI and the associated health risks. Whether it's through sports, weightlifting, running or whatever else

floats your boat, physical activity is key to staying healthy. A healthy diet is important, too, but not as much as exercise.

So next time you catch someone—heck, it could even be you—remarking on how nice it is to keep his or her figure with such little effort, remember: looks can be deceiving.

In the world of health, even the skinniest people can be fat where it counts. ♥

SEXUALLY TRANSMITTED DISEASES

PETER BROWNING
VANGUARD STAFF

College students often indulge in the advantages of youth. Whether it's eating whole pizzas, drinking in excess or having multiple sexual partners, students often don't think of the consequences of instant gratification. Stomach aches and hangovers are one pitfall, but unsafe sex is a disaster waiting to happen.

Unplanned pregnancy is one result of unsafe sex, but add disease and infection, and having unsafe sex is a risk you simply don't want to take.

Due to advances in treatment and screenings, many sexually transmitted diseases are now referred to as sexually transmitted infections. Regardless of what they're called, statistics show Portland's free-spirited sexual lifestyles can hold serious consequences.

Chlamydia

Chlamydia is a bacterial infection that affects the reproductive system and can even affect the throat or eyes. Symptoms include painful urination, discharge from the vagina or penis, testicular pain and pain during sexual intercourse. Treatment is relatively simple: antibiotics. If left untreated, a chlamydia infection can lead to more serious diseases, ectopic pregnancies, sterility or reduced fertility and long-term pain.

According to Multnomah County's most recent STD-HIV report, chlamydia was the most frequently reported STD in 2010, with reported cases of 486 per 100,000 residents. This troubling data points to a young demographic of females ages 15–24 years, which parallels the national rate.

The report cites that the higher rates of infected females versus infected males may be due to more women being screened. The Oregon Department of Human Services stated that 3/4 of women and half of men who have been infected have no symptoms that would prompt early care.

The count of infected males was fewer than half of the nearly 4,000 women who have the infection. Of that count, African Americans had almost three times the amount of infections as Whites and Hispanics.

Mark Bajorek is the director of Health Services at Portland State. He understands how complicated demographics for these infections can be at PSU.

"The tricky piece is thinking about demographics for 20,000 to 30,000 students," Bajorek said. "At times there are cluster phenomena. One patient with chlamydia might have two to 10 partners in a six-month period. This radically changes our statistics, especially if the individual is having sexual contact with an under-represented minority."

Gonorrhea

Gonorrhea is more commonly known by its other name—"the clap"—and often goes hand-in-hand with chlamydia. It is another kind of bacterial infection that affects the reproductive system and, like chlamydia, can affect the throat and eyes and even the skin. Symptoms mirror those of chlamydia, but the discharge is often thicker and may contain blood. Gonorrhea is treated with antibiotics. Left untreated, the infection can result in sterility, long-term pain and ectopic pregnancies.

Multnomah County reported that the highest rates for gonorrhea were among males 20–24 and females 15–19 years old. This was consistent for every age category except ages 19 and under. The number of cases of gonorrhea also reflected national demographic rates, which showed consistently higher numbers of infections among African Americans than other ethnic groups.

Multnomah County Health Department hopes to curb the disparities in African American infection rates with sexual health programs highlighting community outreach and screenings.

Syphilis

Another kind of bacterial infection, syphilis, affects the reproductive system, the skin, mucus membranes and even the brain and the heart. Syphilis symptoms occur in phases, but many often go unnoticed or even disappear completely. Syphilis causes flu-like symptoms, including fever, fatigue and soreness. It can manifest on the genitals and skin in the form of a rash that looks like spots marked by copper pennies. Syphilis infections are treated with antibiotics.

The Multnomah County report states that "syphilis is easy to cure in its early stages but may be difficult to diagnose. Left untreated, syphilis can lead to serious, long-term health problems such as dementia, blindness and even death."

In 2010 almost no women in Multnomah County were reported with syphilis, and all of the nearly 80 cases were in men who have sex with other men. Of that figure, 50 percent were also infected with HIV.

HIV/AIDS

The Human Immunodeficiency Virus affects the immune system and is the precursor to full-blown AIDS. HIV can cause flu-like symptoms,

but often those infected show no symptoms at all. As the infection progresses, the symptoms get worse. There's no cure for HIV/AIDS, but there are medical regimens that can help suppress the growth of the virus.

The rate of HIV in the Portland area has remained consistent for the last 10 years. In 2000, 145 people were infected, representing 22 per 100,000 residents. Ten years later, the number of cases dropped to 109 and represented 15 people per 100,000. African American diagnoses were the highest until a drop in 2006, but then subsequently soared in 2008 to the highest rate in 10 years, representing 45 infected people per 100,000. In 2010, Hispanics had a higher rate of infection than any other demographic group.

"Every year, we screen nearly 1,000 students for HIV—usually there are two to five students who are positive. We offer psychological support at [the Center for Student Health and Counseling] and make sure that the student is linked with medical resources and community resources. Appropriate treatment of HIV disease requires specialist attention to the current state of treatment of patients with antivirals," Bajorek said.

Of all cases of HIV/AIDS in the Portland area, 88.7 percent are in men.

HPV

Bajorek states the Human Papilloma Virus is the most common STD for all college-age students, including PSU's student population. There are more than 40 strands of HPV, and many manifest in the form of genital warts. In the last decade, scientists have linked some strands to cervical cancer and developed a vaccine for those strands. The Center for Disease Control recommends that girls under the age of 26 receive the vaccination.

There are more than 10 types of STDs, many of which carry similar symptoms, so it's important that you get an STD screening if you start feeling symptomatic.

PSU's SHAC offers STD testing and offers treatments for many STDs, including gonorrhea, chlamydia, herpes, syphilis and HPV. For most of these diseases, the treatment is less than \$10. The HPV vaccination for women is fully covered by the student insurance plan. Additionally, both SHAC and the Queer Resource Center offer free condoms.

For students who may be struggling with an STD, Bajorek offers this: "Please come in—we're here to help you and not to judge you. If we don't have the answer, we will know where to find the answer."

But aside from all of this, be informed. Have protected sex. ✕

LET'S TALK ABOUT SEX: TRUTHS, HALF-TRUTHS AND FALLACIES

KALI SIMMONS
VANGUARD STAFF

Sex is like baking a batch of cinnamon buns: sometimes it's too sticky, sometimes it's as dry as dust, sometimes it's too bland or too sweet. Sex can be too soft or too hard, and sometimes you just can't get anything to rise. Luckily, the *Vanguard* spoke to sex therapist Karla Baur of Baur Clinical Associates, who explained problems that might come up and their possible solutions.

Vanguard: What are some typical issues that patients come to you for?

Baur: A very, very common sexual issue that I see is couples that are upset because one person has a higher libido than the other person. Often they're trying to know if something is wrong with one of them or if it's just normal differences in levels of sexual interest, which is usually what it is. There's a wide range of what's normal, so a lot of what we do is help people see what's normal. Lots of people don't have a problem—they just don't seem to fit what their partner wants or what the media seems to portray what they should be doing.

Typically, a guy might be upset because, for example, his female partner doesn't want to have sex as much as he does. He may wonder if there's something wrong with her or if he's obsessed with sex.

Lots of people may also think they have a sexual problem when it's actually a relationship problem. Someone might come in and say they don't want to have sex, but it might turn out that they are just really angry with their partner or they're really hurt.

V: Is this kind of behavior more typical for men or for women?

B: It's more typical for women to pull back sexually when the relationship isn't going well. Men seem to be able to override that and still want to have sex even when the relationship isn't going well.

V: How are these types of issues resolved?

B: Sometimes people come in thinking they have a sexual problem but we end up just doing general couple's counseling because it's really more of a relationship issue.

V: What's a common misconception people have about sex?

B: That you're supposed to be able to "do it"

at any time. Men especially feel there's something wrong with them if they don't feel like they want to have sex all the time. That's a stereotype. In fact, men's libidos go up and down, along with other kinds of issues.

A very common bit of misinformation for women is that a lot of women think there's something wrong with them when they can't have an orgasm during intercourse, with just intercourse alone. In fact, that's very normal and common. Some women don't know that and some men also don't know that. Some men assume that, "Well, my other partners could climax during intercourse but this partner can't, so what's wrong with her?" We work a lot on stuff like that.

V: What's your outlook on porn?

B: Aside from all the moral issues surrounding porn, it's really giving young people a distorted view about what real-life sex is like. For example, women [in porn] don't need much foreplay, they're just ready to be penetrated and then they climax instantly...that's just really very misleading.

A lot of young men start watching porn as young teenagers and looking at lots of internet porn, and I really think it is changing people's expectations about sex in a really harmful way.

The other thing I see about porn is young men who are coming into counseling with sexual dysfunction, either can't get erections or they can't have an orgasm. I find out they've been watching an awful lot of porn. The kind of brain stimulation that comes with looking at porn on a screen is really changing what's going on in men's brains as far as sexual arousal. A lot of men are finding it difficult to get aroused and be satisfied with a real-life woman when they've been watching a lot of porn. It never occurs to them that there's a connection between their difficulties with their partner and their use of porn.

If there's one thing I have to say for guys is that they should be really aware that the more they use internet porn, the more they are setting themselves up for some serious sexual problems.

There's some ways that porn can be fun for a couple to look at together. They can use it to get some ideas. But, that's very different than someone compulsively using porn on their own.

V: What are the issues you see amongst queer

and transgender couples?

B: Their issues are really the same as heterosexual couples.

V: What should someone do if they're feeling anxious about having sex with a partner?

B: Well first, talk about it with your partner. If you're not comfortable enough to talk to your partner about sex, you probably shouldn't be having sex with your partner.

But if you're talking about it with your partner and you still can't resolve that anxiety, then it's probably a good idea to talk to a counselor about it.

It's often the sort of thing where it only takes a couple of sessions for someone to get some information and some tools to calm themselves down. Sometimes it's more of a manifestation of a general anxiety disorder—someone that's having anxiety in various areas of their lives. Sometimes we focus more on general ideas for dealing with anxiety and the sexual anxiety will get better along the way.

V: What are some tips that can help someone improve their sex life significantly?

B: Take time. Don't be in a rush. Get to know your own body and don't expect your partner to be a mind reader. Be able to communicate about what's comfortable for you and what's not.

In terms of levels of interest—how important sex is, it's very important to take into account that early on in the relationship, the way people are is not necessarily the way they are going to be later on. Most people are a lot more interested in sex when the relationship starts. So there's nothing wrong with you if you start out in the relationship wanting to have sex all the time with the new partner but later are satisfied with sex once or twice a week—that's very normal.

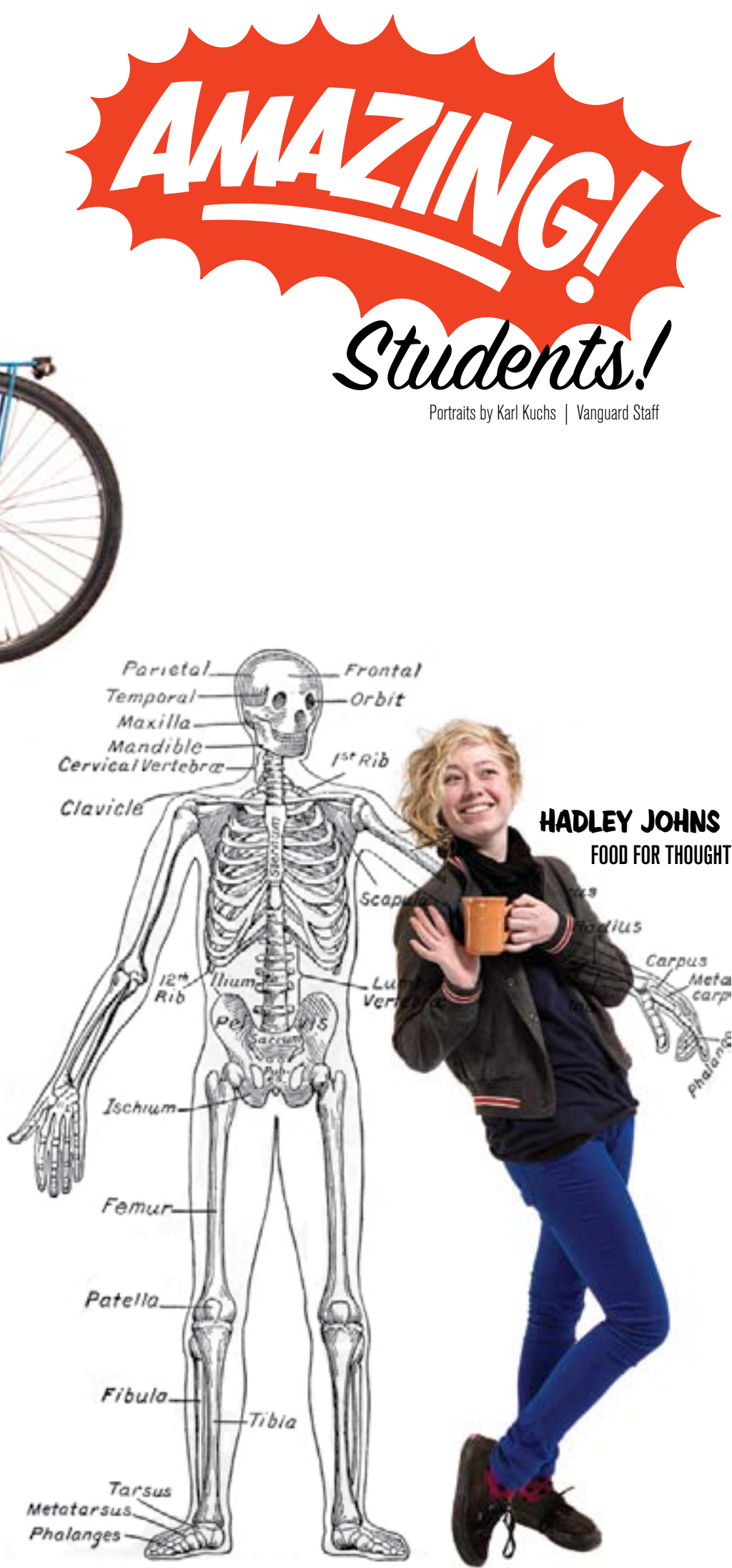
If you make a life-time commitment to someone when you're still in that early stage in the relationship, you may have a surprise later on when things settle down and people go back to their norm.

V: Any final advice to the readers?

B: People weren't meant to "do it" any time all the time, no matter what's going on in their lives. I want people to resist the messages they are getting from the media and drug companies and realize there's a wide range of what's normal out there. ✕



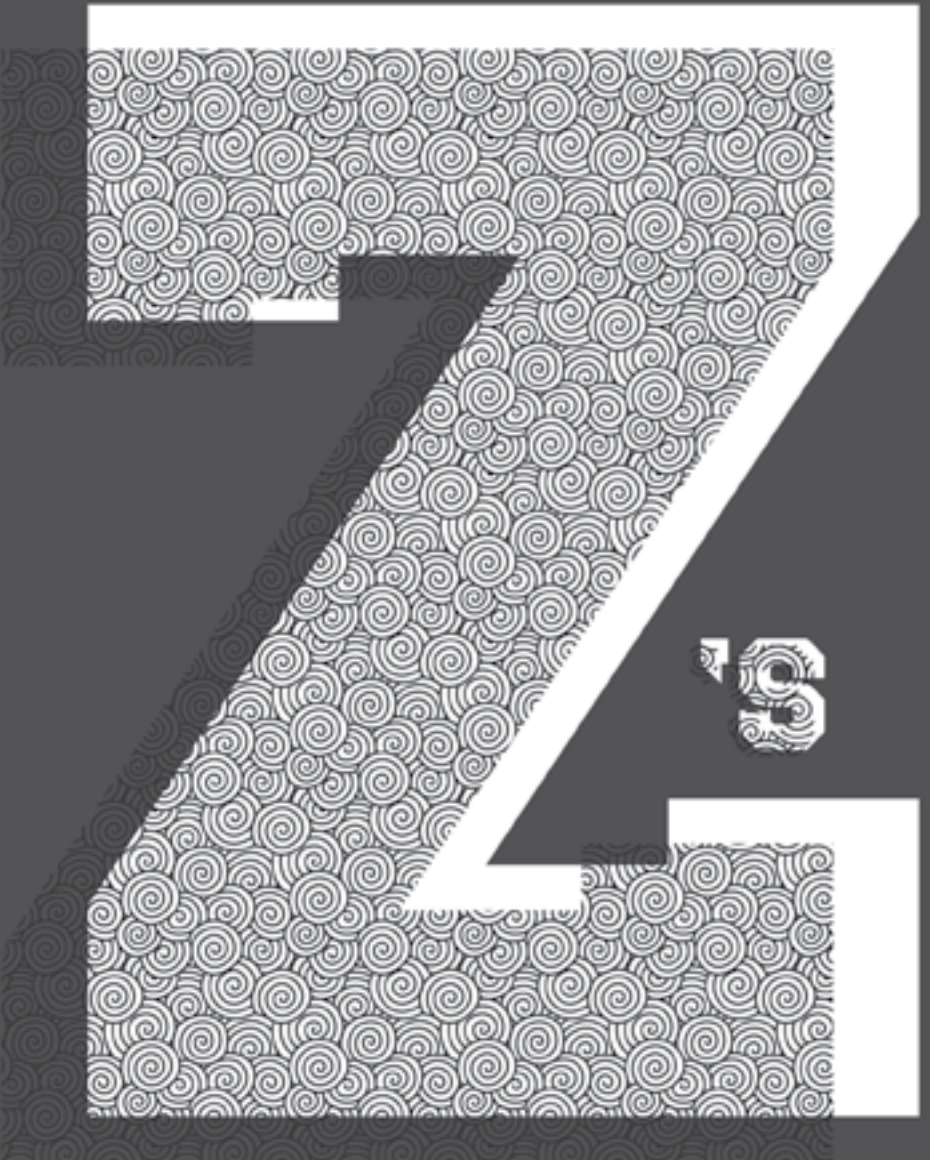
JOE BINHAMMER
BIKE HUB



HADLEY JOHNS
FOOD FOR THOUGHT



PETE SWALLEN
BIKE HUB



4's

sleep.


WHY?

- ✓ Less likely to get sick
- ✓ More likely to stay at a healthy weight
- ✓ Lowers risk of high blood pressure and diabetes
- ✓ Boosts brainpower, clarity, and mood
- ✓ Helps make better decisions

HOW?

- ✓ Exercise earlier in the day
- ✓ Stay away from drinks and foods with caffeine late in the day
- ✓ Limit daytime naps to less than 1 hour
- ✓ If you drink alcohol, drink only in moderation
- ✓ Don't eat a big meal close to bedtime
- ✓ Quit smoking (the nicotine in cigarettes disturbs sleep)
- ✓ Go to bed at the same time every night
- ✓ Get the same amount of sleep each night (7 to 8 hours is recommended)
- ✓ Make sure your bedroom is dark and quiet
- ✓ Avoid eating, talking on the phone, or watching TV in bed

Sourced from www.healthfinder.gov



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YOU

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pdx.edu/recreation

CHEAP!

**DO NOT
BUY**