

SPECTRUM

Hang on to your hormones

Sex. It stirs excitement and energy. Its passion goes beyond what words can describe. Not two bodies, but two *people* entwined. Two intimate beings physically, emotionally and spiritually open to each other, in joy and ecstasy.

Sex is one of the most powerful and natural human drives. It is also one of the most gratifying, enjoyable and fulfilling. It is not forbidden fruit; it is passionate fruit.

Today we do not hide sex. In fact, we are very casual about it. We have so eradicated Victorian notions about our sexuality that we even use the words "Casual sex", to distinguish it from "meaningful sex". And, if the statistics are correct, unmarried people not only speak more about sex, they engage more in it, many with multiple or serial partners. Our attitudes have changed; we are more "open". Of course, statistics also tell us that our "openness" has come with a price.

There is a reluctance on the part of some to speak about the consequences of sexual engagement. Much of that has to do with the present AIDS crisis. Its not fair to kick people when they are down, we are told. There is merit to that.

Furthermore, experts tell us that fear tactics seldom work. In fact, they tell us that we ought to accept the fact that everyone needs to express love sexually, and as a result "everyone is doing it". Guidance and counselling in "safer sex", and providing the necessary precautionary measures (condoms), is the only responsible thing to do. People need protection in sex, not morals and values on sex.

For Beverly Hadland such an approach is quite limited, if not short-sighted. And Beverly Hadland knows, she's had to learn the hard way. Her "safer" sexual encounters brought her pain, pregnancies, abortions, and now infertility. She too counsels "safer sex", but only a small part of it has to do with condom information and distribution.

Hadland founded "Straight Talk Youth Counselling" in 1981. She left a successful career in the fashion industry to devote all her energies toward life issues. Her "Straight Talk Counselling Centre" in Toronto deals with pregnancy crisis phone-ins, pregnancy follow up, post-abortion crisis and abortion follow up. The Centre has brochures, articles and videos on chastity, contraception, adoption, post-abortion trauma, pregnancy crisis and sex education.

What is refreshing about Hadland's approach is that she tells her audiences that yes, sex is one of life's most enjoyable and fulfilling experiences. She doesn't hide, or ignore, this fact. And, she states that sexual arousal is not only normal, it is also very natural. Humans were made to respond that way. Sex is great and wonderful and precious.

But with all wonderful and precious things it must also be handled with care. To experience sex as it was meant to be experienced, to spare ourselves pain, regret, resentment, turmoil, even death, we need to "hang on to our hormones". Casual encounters are not what they're cracked up to

be.

What is needed, argues Hadland, is to be aware of what we are doing. Young people especially need to control themselves in intimate situations, before uncontrollable emotional and passionate forces naturally take over. Our thinking about sex, and subsequently our behaviour, needs to change through education; education about the joy of "meaningful sex" and the possible pain and trauma of "casual sex".

Hadland's presentation is dynamic, energetic and realistic. She pulls no punches, only "straight talk about sex". Here are some of the questions she asks.

Time to go south

Here comes Spring Break. This is the time of the year many will go south and do things that would make their mothers ashamed of them. As the inimitable P.J. O'Rourke once said, (and probably still does) "Anything that makes your mother cry is fun." Spring Break has been around for a long time. A friend of mine who is a very old professor did Spring Break in an old covered wagon. Well, no not really. When I spoke with him, he seemed quite old. In fact, I got together with this former rowdy and the much more sophisticated Dr. Know just the other day. The topic was Spring Break. What we did was come up with some essential guidelines for Spring Break. Here they are, The Dr. Know, Prof Darkside, DJE list of stuff for Spring Break.

1. Get an early start. That's why I'm writing this little column now. (Any Spring Breaker worth the powder to blow themselves to hell is long gone when the 2/28 version of the *Brunz* hits the streets.) If you can get away just after Christmas and return in time for final exams and still pass, you're tops!
2. Get a tan! Anyone who returns "tanless" is the worst kind of whimp. Start early in a tanning bed. The only thing almost as bad, is the dope who gets fried (not drunk, burned) on his/her first day and is too sore to have fun (particularly with a new found cuddley friend).
3. Get the sissy American Beer. First get it very, very, cold. This way you can buy the cheap stuff and it doesn't taste too bad. Also, it's less alcoholic and as a Canadian you can drink a lot more (due to your higher tolerance levels) than the tasty morsel you've just met.

4. Try to meet a new friend anxious for a brief honeymoon. The best one will never have heard of New Brunswick (most Americans can't find North America on a globe with the western hemisphere turned toward them.) Give him/her a Toronto address and phone number. You'll never end up writing to them anyway. And you sure don't need any surprises. This works particularly well if your new friend says, Ya'll, Gee, and giggles alot.

5. Go with the "Great White North" Gig. Your new friend will regale with tales of the polar bears you've slain with only a Bic Pen just outside of Tilley Hall. Many of these new friends will be impressed with someone who has several dog sleds, has conquered the North Pole, and whose parents are in the igloo construction business.

6. Do not try to make friends with a policeman. You and all the rest

Metanoia by John Valk

What is the world's record for the longest sexual encounter?

What rights do (unmarried) guys really have when their partner becomes pregnant?

Why are multiple or serial sexual partners hazardous to a female's health and fertility?

How safe is "safer sex"?

What are the differences between men and women when it

comes to intimacy?

Who is affected by the experience of an abortion, and for how long?

Beverly Hadland will answer these questions, and more, in a public presentation to be held Tuesday February 25, Marshall D'Avray Hall Auditorium at 7:00 pm. All are welcome, and admission is free.

Well, this is what I think by D. J. Eckenrode

of the crowd represent their worst nightmares. A particularly bad way to meet Cops is just after you've slammed your car into a palm tree.

7. Places like Florida will have plenty of beer. You will not run out. Actually, by drinking a moderate amount every day you probably will have just enough to liven up your personality, but not destroy your Spring Break. It is very expensive to have your parents "wire" bail money.

And Last but not least:

8. Do not go to Daytona Beach!!! The first week in March of every year is Biker Week. This year is the 51st annual Biker Week. No

matter how many of you there are, there will be more of them. No matter how tough you think you are they are tougher. They like pain. Broken teeth are fun to them. Yours and theirs. They carry hard things and sharp things. They do not care if they go to jail for hurting you. This is part of their folk lore. They will not like you at all. You will look like nerds to them. No matter how cool you think you are. Their fists will be very painful. If you have a new (or old) friend with you, you won't for long. Have lots of fun and please come back safely and good luck; from D.J., Dr. K., and Professor Darkside.

Residence Notice Board

There will be a
Beer Garden
on
Saturday, February 22
at
9:00 PM.

The event is sponsored by the houses of
Aitken, Bridges, LBR, MacKenzie, McLeod and Neill.
This wet & dry event is open only to residence students
for a \$2.00 admission fee.
All proceeds are to go in support of
Big Brothers, Big Sisters