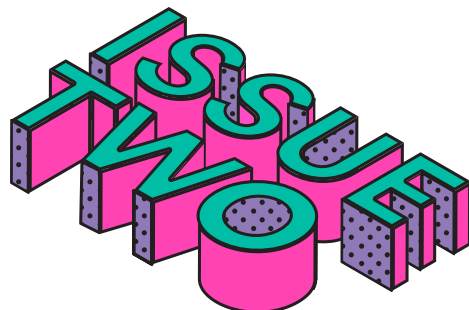


ISSUE 2. VOL. 143 WINTER 2019

STUDENT NEWS MAGAZINE

# THE CHRONICLE





## Editorial Staff

The North Central College Chronicle is published once a term by students of North Central College as a forum for providing news, opinion and information of interest to the campus and the greater community.

The views expressed do not necessarily reflect the opinions of The Chronicle editorial board or of North Central College.

### On the cover

Artwork by Gillian Young

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## Letter from the Editor

By no means are we the first college newspaper to write a sex issue — most choose to do one every year because we joke that it's the only one students will actually read. Our last issue was also pretty heavy on politics, so we wanted to have some fun with this issue.

So, let's talk about sex.

Spoiler: pretty much everyone's doing it. Your professors, your roommate, that person you make eye contact with every morning while walking to class.

From awkward Tinder conversations to professionally reviewing porn, all the way to explaining why women fake orgasms and what it's like to be pregnant in college, we're opening up about everything.

Sure, you'll find some great tips (pun intended) and probably learn too much about your classmates here, but we also wanted to bring attention to the more serious consequences of sexuality like sexual harassment, slut-shaming and protecting yourself.

Perhaps no one said it better than Coach Carr in "Mean Girls":  
"Don't have sex, because you will get pregnant and die!"

(Just kidding.)

Lexi Heinitz

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# Learning through the harassment

Madison Miller - News Editor

Are vaginas still seen as the gates of hell in the classroom?

In "A Darkening Green: Notes on Harvard, the 1950s and the End of Innocence," Peter Prescott describes what the experience of a female student is at Harvard in the '50s.

Harvard, like many other schools, created an environment with sexual harassment being a normalized part of the education system. In his book, Prescott notes a normal classroom environment with a male professor.

"Crane Bnnton, lecturing on what he called 'the contraceptive theory of history,' would ask 'all the ladies in the audience to cross their legs.' Pause. 'Now that the gates to hell have been closed, we may proceed.'"

This begs the question, are females specifically still the subject of intense classroom abuse or is harassment in the classroom a dying concern?

Jennifer Jackson, an associate professor of English, said harassment in the classroom still exists and it can be seen at NCC.

"I've had students come up to me in a class and say, 'can you please help me with this guy he's driving me crazy. He's calling me all the time and I went out with him once and now he expects something more... she was scared,'" Jackson said.

At NCC, reports and investigations regarding sexual harassment are always happening. Students or faculty with concerns can open up investigations on the issue following Title IX guidelines.

Rebecca Gordon, the Title IX coordinator, said that over the years she has always had cases come to her on sexual harassment issues for students and staff.

There has never been a pause to the allegations of misconduct happening on campus.

"The kind of reports I've received so far have been things like unwanted sexual attention that happens in a project group or negative comments that relate to gender," said Gordon. "One example is in the STEM field where you hear this person is only getting this award because they're a woman. If another woman gets an award then its really proof they're only giving it to women."

Sexual harassment cases on campus can go anywhere from repeated unwanted behavior, sexist or homophobic comments and sexual comments.

In many cases, the line between sexual harassment and stalking is a blurry and confusing one. NCC has ways of restricting students' contact with one another to reduce the risks of sexual misconduct.

"In addition to investigations, we also do remedies. Some remedies could be safety such as the college no contact or no trespass orders... there's ways we can make sure students' schedules aren't overlapping," said Gordon. "Many times sexual harassment does crossover into stalking in terms of harassing behavior like following and unwanted repeated behavior."

Assistant Vice President of Student Affairs and Dean of Students, Kevin McCarthy, said that the conversation on sexual harassment has been morphing over the years. A lot of it has to do with the administration that is in control of the Department of Education. The Obama administration had certain guidelines that they put out that contradicts what the current administration's guidelines are.

"All faculty, all staff, and all students are held to the same standards from Title IX. It's the one policy that covers everyone," said McCarthy.

Title IX brings specific guidances, training and investigation standards to all college campuses. How administration handles and addresses it is essential.

In the New York Times article, “Betsy DeVos’s New Harassment Rules Protect Schools, Not Students,” Dana Bolger explains the push towards less liability regarding sexual misconduct on college campuses.

“Under the Trump administration’s definition, harassment must be ‘so severe, pervasive and objectively offensive that it effectively denies a person equal access’ to education. Some courts (though fortunately not all) have said that even a rape does not count under this standard because a one-time act of violence is not ‘pervasive,’” said Bolger.

Gordon said there is a shift in how sexual violence is considered a part of sexual harassment and a lot of people didn’t look at it this way before.

The conversation regarding sexual harassment continues to change over time. In 1972, Title IX was introduced into education to help monitor sexual behavior and equality. In 1998, the Clinton-Lewinsky scandal created a conversation about sexual boundaries in the workplace and when is too far. In 2011 the “Dear Colleague” letter issued by the Office for Civil Rights gave guidelines on addressing sexual violence in schools and on campuses. In 2006, and then gaining mass audiences in 2017, the #MeToo movement paved the way for talking about and exposing sexual misconduct in all environments.

The history of sexual harassment in classrooms is a long, dark and slowly evolving entity.

According to Jackson, when she started her undergraduate degree in 1975 to 1979 all male professors did a great deal of what people then referred to as “flirting or clever behavior.” It wasn’t uncommon to have students over for drinks as it was considered exotic and interesting.

“There was no ‘bright line’ then behind what the behavior should be and I was trained by the one woman teacher I had who was our teacher trainer in masters... that was her line saying ‘draw a bright line because you’re 22 and your students are 18 and you can’t see them as anything other than students who are powerless and need your help,’” said Jackson.

A famous professor named Jane Gallop, who was accused of sexual harassment towards her students at UW-Milwaukee, also happened to be Jackson’s neighbor across the hall.

Jackson said that Gallop believed that if you don’t have an erotic charge in your students that they aren’t listening. Being in awe of a professor is part of a pedagogical process.

Through time this line that divides teachers from students is engraved deeper and deeper into the educational system. The mysterious, handsy professor image, while still out there somewhere, is nowhere near as prominent.

In today’s society, sexual harassment seems often times inescapable, but there are measures now to make sexual harassment in the classroom a less prominent issue.

“The whole bystander intervention movement was something that didn’t exist when I was in college,” said McCarthy. “The idea that you have power as someone who is observing... that you have the power to do something about it. That’s huge.”

Despite bystander training, such as Green Dot here on campus, teacher training and an overall increase in the culture of reporting, harassment seems like an unstoppable force.

According to a January 2018 online survey from Stop Street Harassment, 81 percent of women and 43 percent of men will experience some form of sexual harassment during their lifetime.

In an environment such as college, sexual harassment is in need of monitoring. A sudden backlash in Title IX accusations is currently causing people to be fearful and sympathetic toward men being labelled as abusers. Even if abusers is what they are.

While NCC works at countering sexual harassment through bystander efforts and creating specialized people to go to for concerns, is it enough in today’s dangerously sexualized world?

NCC has come a long way from what Jackson described from when she first arrived. When she started in the ‘90s, faculty that had just broken up with their spouses started dating their grad students and in one case even married them.

“Culturally, as we talk about it more, we see more reporting happening,” McCarthy said. “They feel less fearful that they are going to be ignored. Back in the day if you went in and said my faculty member sexually harassed me, you wouldn’t necessarily be believed.”

NCC has a long evolution of growth in sexual harassment and misconduct. Can future generations learn to reduce sexual harassment in the workplace if the place where teaching is done still carries harassment?

# Do you object to these stories?

Jordan Bradley - Sports Editor

There are many non-living things people tend to humanize in this world. We love our cars, a childhood toy, a favorite pair of shoes and many other materials we hold close to our heart. Many people feel this way but some treat others the way they should treat these materials... like objects.

These are short stories and comments people have received that have made them feel objectified. Some are vulgar, some are subtle, but all are examples of objectification in today's society.



“My teacher said to me, ‘how are you going to get a husband if you always look like a slut?’”

“Some guy, one time at the bar was trying to flirt with me and when he realized I was not interested he proceeded to tell my guy friend how hot I was and that he’s lucky he’s my fuck buddy. I was right there and could hear everything. He then asked me my major and when I said economics, he said it was bad that I was smart.”

“If you don’t man up your wife is going to own you. You don’t want that.”

“Some people in my family kept telling me the importance of cooking and cleaning if I want to find a marriage that lasts.”

“We were asked how we are going to be good wives if we can’t communicate with each other?”

“I poured a drink on a girl at a party because she went and grabbed my boyfriend’s butt right in front of me.”

“A random guy at a concert came up from behind me and grabbed my waist without my permission. When I told him to leave me alone, he did, but he gave me a very annoyed look, like I was just supposed to let him do that to me.”

“He said, ‘I can give you extra workout regimens. I bet your boyfriend would like that.’”

“My teachers always told me to stay pretty.”

“Some guy drove past me in a car and said, ‘shawty what that thing do?’”

“So I see she wears the pants in the relationship.”

“In high school, the girls always had to have an assembly about how to not dress provocative at dances, but they never had an assembly to teach guys how to act at these dances.”

“This summer I learned that one of my co-workers wives was the breadwinner between them. My other co-workers who were mostly men made fun of him for that all the time They always were talking about how he’s whipped and powerless.”

“I have had a friend attempt to buy lewd photos of myself off of me.”

# This might hurt a little: the value of porn criticism

Steve Pulaski - Contributing Writer

Graphics by Viry Contreras and Gillian Young



WINTER 2019

**“The studios actually use our feedback to improve their products,” he said. “We tell them when they have hit their mark and when they have missed it. I’ve seen a marked change in the industry since we started.”**

When I applied and accepted a position as a staff reviewer for XCritc, one of the most popular review-sites for adult entertainment, I had an inkling of what I was getting into. I had made it a small priority to write reviews of some of the most acclaimed pornographic films from the renowned “Golden Age” of the medium on my personal website. It was an era that stretched from the 1970s into the 1980s. During that time, the majority of porn was directed by men who brought an artistic eye to their material and written (yes, written) by those who felt story was just as important as the sex.

Today, porn DVDs and Blu-rays are predominately compilation discs: high quality, roughly three-to-four-hour collections of scenes from adult websites under the umbrella of a theme or isolated storyline. Today, most porn is consumed via the internet, on popular websites such as Pornhub and XVideos, for free by people of all ages. The idea of taking the time to watch an entire porn DVD—let alone purchase it—comes off as an archaic idea. But there are still thousands of people who are loyal consumers of porn in the classical sense; they pay for porn when they want to view it, whether by purchasing DVDs or single scenes via websites.

Therefore, when I began reviewing porn from 2016 to 2018, I never sneered at the idea or thought my work was a fool’s errand. By taking the time to watch the discs I requested, take extensive,

sometimes five-to-six page notes on them, and produce comprehensive reviews for XCritc, I was adhering to the same principle that has inspired me to write film reviews for almost 10 years: if you pay hard-earned dollars for something, you should have a right to know whether or not what you’re paying for is of quality.

I reached out to my former XCritc editor, Chris Thorne, and he emphatically agreed. He spoke about the effect XCritc has on the adult entertainment industry. “The studios actually use our feedback to improve their products,” he said. “We tell them when they have hit their mark and when they have missed it. I’ve seen a marked change in the industry since we started.”

I must admit that during my time writing for XCritc, I was mostly met with positive remarks—not so much negative comments as confused ones. Many people couldn’t seem to wrap their mind around what there was to analyze in porn, let alone the point of enduring a lengthy DVD. I’ll admit I thought I’d have a difficult time when I first started reviewing. But after my first review — “Nice Girls Swallow Vol. 7,” a title by Amateur Allure—I found that there were intangible elements, like themes in a conventional movie, that could be explored: performer chemistry, screen presence, verisimilitude, the versatility of the direction and the natural beauty of both the male and female body.

I analyzed the direction of porn titans



**“We all know there’s good sex and bad sex, good art and bad art, good entertainment and bad entertainment.”**

such as Jonni Darkko (EvilAngel), Billy Watson (Dogfart) and the great Greg Lansky (Blacked/Tushy), and often found impeccable beauty in their styles, not to mention contrasts and cinematography. I would often watch an entire disc all the way through in one sitting, take notes and then proceed to go to my computer, take screenshots of scenes and then write the review in one day. At times, it was a seven-hour process. How did you spend your rainy Sunday?

My time with XCritik culminated with two specific events. One was getting media passes for Exxxotica, the annual porn convention held in cities across the country. It’s the largest gathering of adult film stars, both active and retired, as well as studios, webcam-sites and all things sex. I made the trek to Rosemont during my 21st birthday weekend in June 2017 (what a time to be alive) with a friend, who served as my “assistant” for the day. I mingled with several adult film stars, including Sara Jay, Adriana Chechik and Alexis Fawx, and let me say, they were some of the sweetest, most endearing individuals with whom I ever interacted. There’s no one I wouldn’t want to meet again. The day was an adrenaline rush.

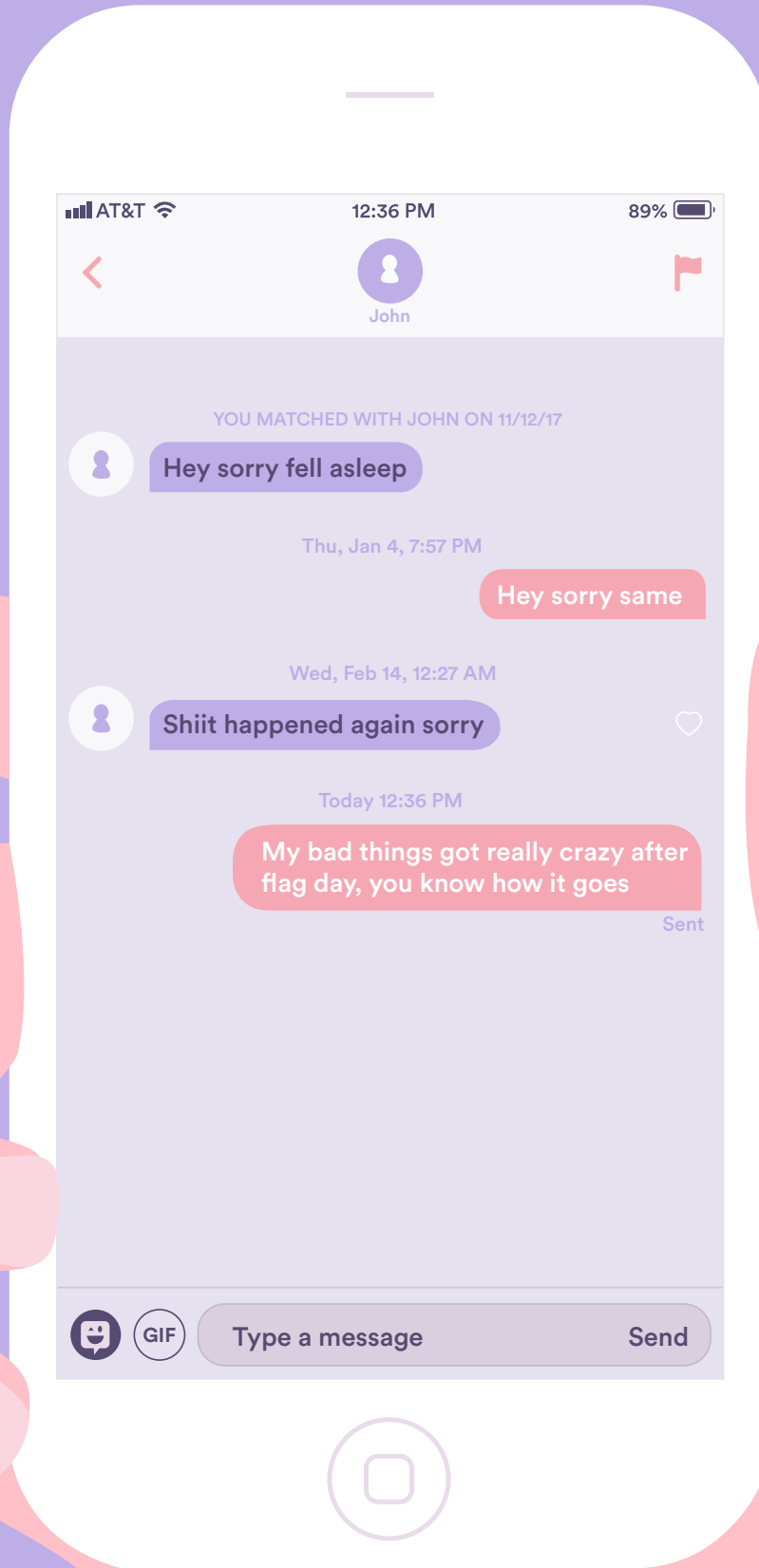
The other marquee moment came when porn star August Ames committed suicide in December 2017. It was a gut-wrenching time for the adult industry; one that not only saw an

outpouring of condolences for Ames’ family but a genuine cry for mental health and support groups for adult film stars. Ames’ name is among the depressingly long list of adult stars, such as Amber Rayne, Shyla Stylez and Olivia Lua, who have died either from suicide or drug overdoses. It’s an ongoing epidemic the industry must grapple with, although it’s been encouraging in the past several months to see folks like Lansky, and even Ames’ husband, push for inclusivity and emotional openness in the porn industry as a united whole.

I resigned from XCritik in April 2018 due to time constraints and a need to focus on future opportunities. I wrote 69 reviews for the site, a number I didn’t plan although one that couldn’t be more germane. I’m still infrequently questioned about it, and I’m happy to reiterate most people offer kind sentiments —not that I need them. I know the work I did was valuable, and my reviews professional and insightful.

When asked the purpose of porn criticism, Thorne had the most pithy but truthful answer. “We all know there’s good sex and bad sex, good art and bad art, good entertainment and bad entertainment,” he said. “Why shouldn’t there be the same kind of intelligent criticism that there is for other forms of expressions? That’s why there’s XCritik.”


# Tinder talks No. 1



# Do you wax, shave, use a laser or let it grow?

Gabriella Boyle - Lifestyle Editor

Graphic by Gillian Young



**“The influence of not only celebrities but also the influence of those around us on what is thought of as beautiful can be used to help build up or tear down the stereotypical idea of beauty.”**

Offering services from nose, eyebrow, armpit, back, bikini, full leg and miscellaneous spot and patches waxing to permanent laser hair removal the hair removal, industry has become one of the elite multibillion-dollar industries.

Services can range from \$22 to reshape your eyebrows, thousands for laser removal or \$12 for a razor. The industry is expanding and looks to continue to grow with the current trends that companies such as Victoria's Secret are encouraging. Celebrities like the Kardashian family are known to have had services of laser hair removal on their bikini lines, helping sell the idea of less body hair being the ideal image for beauty.

"Honestly, when I got into this I started at a small salon and they only did bikini waxes, when I came (to Mario Tricoci) they said I had to do a Brazilian, and I thought, who does that? Well just about everybody," said Annalisa Haaksma, a licensed esthetician of 14 years.

The idea of having a hairless body to look beautiful is seen not only throughout the U.S. but can be found in other countries around the world as well. "I have women that say, 'Wow I feel like a woman' after their services," Haaksma said.

As times start to change, the type of client has changed as well. For an industry that once only had a female clientele, the growth in male clients is starting to become more widespread. "A lot more men are not as shy about it anymore. We're seeing a lot more men come in for their backs and chests and even eyebrows," Haaksma said.

Going into a spa every four-to-six weeks breaks down the hair follicle and provides the same result as if you were to get laser treatments done but at a significantly lower cost. The most pocket-friendly way to remove hair is with a razor but that has to be done almost daily in order to receive the same results as waxing or laser removal. Convenience of the services is also taken into consideration when cost is a factor.

The industry doesn't have any particular age group, though waxing in particular reaches a wide audience. "I've seen tweens getting brows waxed to grandmas getting a Brazilian," Haaksma said.

Currently, we've seen celebrities, such as Miley Cyrus, embrace the natural hair trend of having their underarm hair grow out, significantly challenging what companies such as Victoria's Secret try to promote as the ideal image of beauty.

"Research has shown and supports that our social environments and social influences, whether that's media or your peers or magazines and newspapers or social media, does absolutely influence how we feel about ourselves and what we think about ourselves," Leila Azarbad, associate professor of psychology said.

The influence of not only celebrities but also the influence of those around us on what is thought of as beautiful can be used to help build up or tear down the stereotypical idea of beauty.

Azarbad talked about a study that was conducted where people had three minutes to look through either fashion magazines or more educational magazines. The participants were told to focus on images rather than the articles

Those who looked at the fashion magazine expressed that they felt worse about their body image than those who were given the educational magazines.

The idea behind what is being put in our magazines or in our stores to be sold as beautiful are what the consumer chooses. If the consumer has the choice in what is beautiful, then why do they choose an image that does not reflect the global population?

"The people that are chosen to be on (TV) are highly attractive, thin people that probably (are) no more than five percent of the population... We see those images and think 'oh well that's what is beautiful, I don't look like that, therefore I must not be beautiful,'" said Azarbad.

Body hair can be seen as a confidence builder for celebrities or it can be seen as an insecurity for a high school to college aged woman. The insecurities with body image are thought to be influenced by our media and what is on our televisions. Throughout time as societal norms change, the concept of beauty changes too.

# Trying not to die alone

Madeleine O'Connell - Arts Editor

Graphic by Jasmine Pomierski

Looking across the bar you see that person and you lock eyes with them. This is the same person you have been glancing at all night. It's getting pretty late which means your chances of talking to them are decreasing. So, you make your way toward them, introduce yourself and flirt for a while. You took a risk going up to someone you've never seen or spoken to before, but it seems to be working. The bar is about to close, and your friends are trying to make both of you leave. Refusing to end the conversation there, you call an Uber and just the two of you head out together.

You can imagine what happens after that. This scenario tends to happen often with college students. Of course, there are also plenty of other places to meet people like in class, clubs or other social events on campus. Just because two people meet at one of these spots doesn't necessarily mean they will form a relationship or even decide to date, but the possibility remains.

For most people, going to college means the start of new experiences which often includes dating. Some may think college is the perfect time to date around, but others might be looking for the one they will spend the rest of their life with.

Dating and relationships are generally different in college than they are in high

school. After senior year, the excitement usually starts to set in for the soon-to-be college freshman. Many will be moving away from their parents, preparing for the party scene, leaving friends they have spent every day with for the last four years and possibly getting ready to have more independence.

Professor Shelley Birdsong, assistant professor of religious studies, said that "if you are in college, you are learning so much information, you change drastically and your ideas change and that affects your relationships."

People tend to grow and mature at this stage in life. This could change the kind of person you're attracted to, which is why college might be the perfect time to go out with different types of people.

Hookup culture has become increasingly popular among college students. For some, the ability to have casual, sexual relations with multiple people without having to deal with commitment is enticing. At a college or university with a large enrollment, the chances of running into the same person over and over again are fairly low. Because of this, many students feel less pressure sleeping with someone they may have just met.

According to "Thriving in College and Beyond" by Joseph Cuseo, "students who



prefer this approach believe that formal dating is unnecessary; they feel that their social and sexual needs are better met more casually by associating with friends and acquaintances.”

This could be the perfect solution for those who want to have a sex life but don't want to be stuck with only one partner. Some students may think this is ideal but others are looking for the exact opposite. You never know when someone special will come along and make you want to forget the single life and settle down.

Instead of hoping to date a new person every week, some women may be going to college in hopes of getting their “MRS.” degree.

Serious and casual are not the only forms of relationships that can circulate on college campuses. Sometimes a connection between two people can occur over a great distance. If those two people can handle being apart for potentially long amounts of time, then they will attempt a long-distance relationship.

Communication is key in these situations. It's important to talk about boundaries and figure out what both people want when they can't be in the same place. Schedule FaceTime dates, send gifts in the mail and visit each other when possible. These are just a few things to do in order to maintain a healthy, long-distance relationship.

Sometimes being in a relationship with someone but not being able to see them as often can lead to cheating. An alternative to being committed to one person is having an open relationship.

In these situations, some feel that it's best to be in a relationship while also being open to seeing different people. Both members of the relationship would have to agree to this arrangement. Otherwise, it could be considered cheating. In order for something like this to possibly work, “Everyone has to know about everyone else and has to be out

in the open,” said Professor Shereen Ilahi, associate professor of history.

The experiences of being in a relationship could bring happiness and serenity, but it could also lead to a broken heart. Trying to balance academics and the person you are infatuated with can be difficult regardless of how well the relationship is going. If the relationship starts to take priority over schoolwork and grades start to slip, the relationship may have to be put on hold or even ended.

“It's important to do but at the same time the fallout is really bad because you will get your heart broken and you will be destabilized and then it's hard to focus on your work,” said Ilahi. “On the opposite side, the same thing can happen with the ‘new relationship energy’ because that person could consume your mind causing you to daydream and lose focus on your work.”

Finding someone to study with instead of skipping class with could be beneficial for both people. Time management is important in a relationship because each person decided to go to college for their own reason, but they both most likely decided to go to college to learn and get a degree. So being with someone who wants to learn means there has to be time for academics and time for each other.

# *Just the tips*

## *Sex tips from sex columnists/experts*

Stephanie Carlson - Contributing Writer

Graphic by Viry Contreras



## **JR Thorpe**

Sex Columnist for Bustle

“The variety of human sexual behavior and proclivity is vast. There is no room, in that huge landscape of desires, to tell anybody off for wanting something legal and consensual. If everybody involved is capable of consenting, and does, then it’s nobody else’s damn business and they can do as they like. Who the hell are we to judge the person who wants to have sex in a horse costume? What does it have to do with us?”

## **Sarah Murray**

Sexuality Researcher

“During sex, ask your partner to give you a compliment about your body. What they find sexy may be something you never even realized.”

## **Alexandra Fine**

Sex toy innovator

“It’s okay to feel self-conscious. At some level we all do. Accepting your body instead of trying to change it is the first step.”

## **Anka Radakovich**

Former Sex Columnist for Details Magazine

“If we can get over the embarrassment of talking about our desires and what we want in bed we can have more fun in bed.”

## **Logan Levkoff, Ph.D**

Sex and relationships educator

“Discovering your own sexual preferences — and honoring them — is the best way to practice #selflove between the sheets.”

## **Sari Cooper CST**

Director of Center for Love and Sex in NYC

“Remember when you first began to French kiss? You probably weren’t very good at it. Talking dirty is a skill, just like flirting, introductions, and public speaking.”

## **Gina Gutierrez**

Co-founder and CEO of Dipsea

“[Sex] is such an amazing way to maximize [you] own feeling of ‘alive-ness’ and connectedness to [your] own body.”

## **Karly Sciortino**

Sex Columnist for Vogue

### **Is There a Right Way To Lose Your Virginity?**

“But if we think of sex as essentially a pleasureable, intimate experience with another person, then the point at which we’ve crossed that line is really something we get to decide for ourselves... We place so much importance on the first time, but maybe that’s because we’re looking at the concept of virginity all wrong.”

# No glove, no love

Jack Plewa - News Editor  
Graphic by Gillian Young



WINTER 2019

Condoms are a hot commodity here at NCC and we're going to break it down for you.

Dyson Wellness Center provides students with free condoms on campus to promote safe sex and a healthy lifestyle. The condom brand that Dyson purchases is called LifeStyles, and there are four different types of condoms offered, all of which are lubricated. One condom comes in a single packet, of which there are different colors.

The blue packet is Extra Strength, for those who ejaculate above the average speed of 28 miles per hour. According to California Institute of Technology, "this is the average speed of the ejected semen relative to the ejaculatory penis, and can be increased by training the Kegel muscles (by pretending to withhold your urine)."

The gray packet is Ultra-Sensitive/Sensibles, so that you can "feel more of her so she can feel more of you," according to LifeStyles. "Almost like wearing nothing at all." The yellow packet is Latex-Free, and the gold packet is KYNG. LifeStyles describes KYNG as "more room for the big man" and "extra width and length for the man who needs a larger, more comfortable fit."

The latex-free condoms are the least popular, but no trend has been seen between the other three types of condoms.

According to Kimberly Dunn, administrative assistant at Dyson, the staff at Dyson try not to make students feel uncomfortable when coming in to grab condoms. They also don't monitor the time of day that students get condoms as a privacy measure. "We don't want to be intrusive," said Alison Lennhardt, family nurse practitioner (FNP-C) at Dyson.

"Those are there for a reason and we're glad to have them for students, but we also don't want to make students feel shameful at all for coming in taking them."

For those who don't know, the latex condoms have a message on the back that states the following: "LifeStyles condoms are intended to prevent pregnancy,

transmission of HIV/AIDS and other sexually transmitted infections. Caution: This product contains natural rubber latex which may cause allergic reactions." The back of the Latex-Free condoms also includes a statement that the "synthetic polyisoprene condoms do not contain natural rubber latex."

According to Lennhardt, students regularly go to Dyson for STI testing, so there isn't really any time of the year that students tend to get tested more often.

"We have definitely seen in the three and a half years that I've been here an increase in utilization for testing," said Lennhardt. "Students are more aware of the testing options that we have available here."

Depending on students' history and risk factors, Lennhardt said it's usually recommended to get tested at least once a year.

Along with condoms, Dyson also provides little packets of lubricant from a brand called Glide, which offers a natural-feel, water-based lubricant. Packets come with 11 ounces of lubricant inside, which is equivalent to three milliliters (for all the science majors out there). Glide lube is compatible with both latex and polyurethane condoms.

In addition, Dyson also provides strawberry-flavored dental dams from a brand called Trust Dam, which provide protection during oral sex. Furthermore, Dyson provides pamphlets on how to use condoms correctly and effectively. "If used incorrectly, they do increase your risk for an STI," said Lennhardt.

Dyson tests students for chlamydia and gonorrhea for free because those are the two STIs that tend to be the most prevalent on campus, which is a trend that can also be seen nationally. According to Lennhardt, those two are also the most commonly seen STIs in both men and women under the age of 25. In addition, Dyson also tests for herpes, syphilis and HIV.

Testing for HIV, herpes and syphilis all require a blood test that is completed at Quest, a lab near campus that Dyson has a relationship with. While Dyson initially orders the labs, students would have to go to the lab for testing because the medical providers at Dyson do not handle those STIs.

“If, in fact, anything were to be positive then we direct (students) as to what the next steps would be and the next level of care that would be required for further testing, evaluation and potentially management,” said Lennhardt.

“If students have concerns, they start having any symptoms, just make an appointment as soon as possible (with Dyson) to speak with a medical provider,” said Lennhardt. “That way they can either be counseled on what’s going on and receive the testing that they need to fully evaluate and make sure that if in fact they have something that it’s treated and prevented from being spread to others.”

All the condoms currently provided at Dyson do not expire until 2021 or 2022, but only if they are stored in a good place. Condoms should be replaced about every month or so due to risk of damage, and they shouldn’t be kept in wallets or pockets for long periods of time due to friction and increased heat.

According to the National Health Service, condoms should also be replaced every 30 minutes during long sex sessions.

If you would like your condoms to last to the expiration date, keep them at a cool temperature in, let’s say, your desk drawer, although don’t keep them next to your hole puncher.

Dyson pays for all the condoms that they provide to students and purchase a

large amount of them at the beginning of every school year, spending about \$1,200 to \$1,500 every year, according to Judy Ways, RN, BSN, college health nurse at Dyson. “We are the ones that are responsible for distributing them not just only in Dyson but throughout campus at events,” said Lennhardt. “We also create condom bags for RA’s to have for students who live in housing.”

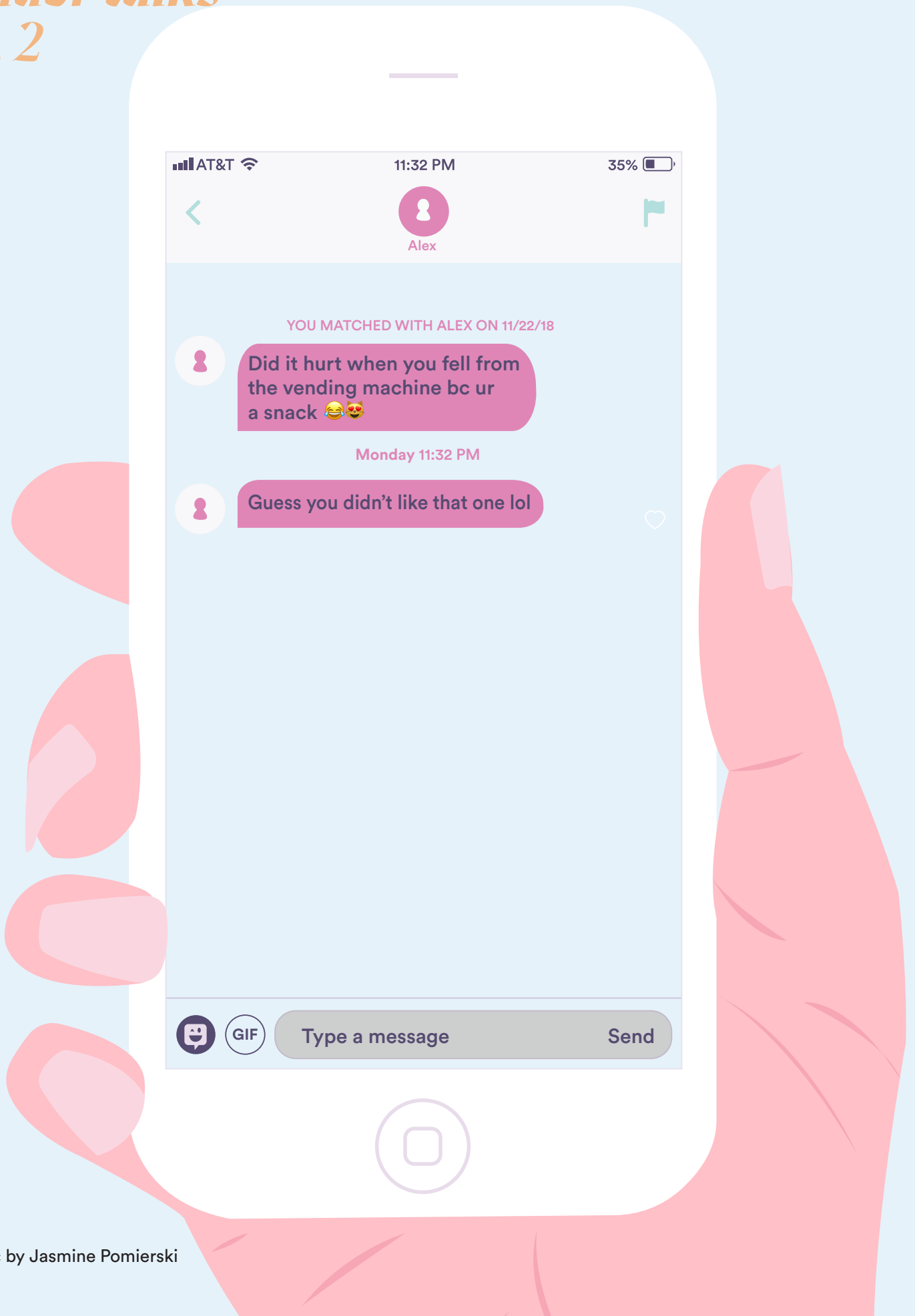
The LifeStyles brand has been used by Dyson for the past three and a half years. The medical staff is responsible for restocking the condoms, and they restock them about once a week.


“We also have them in each exam room, too, so that persons who are coming in for appointments can take them before they leave,” said Lennhardt.

There tends to be a higher demand for condoms at the beginning of the school year because Dyson has to replenish their stock more than once a week during that time. Students also seem to be a need at the beginning of terms, around Valentine’s Day and Spring Break and at the end of the year because the condoms tend to go a little faster.

# Tinder talks

## No. 2





**“One hypothesis is that younger Americans, like millennials, are more willing to discuss and display sex as normal, but are also more cautious in actually committing sexual acts.”**



# SEXY CENSORSHIP

Maya Bryant - Vision Editor

Graphics by Viry Contreras and Gillian Young

**H**ollywood movies. We watch them, we consume them. But how much do we really know about them?

We watch movies with so many different elements: action, violence, romance, drama, comedy.

But some elements are shown more often, and in more depth, than others. Why is that?

Maybe it's because others think we might not like them. Or maybe they don't think those elements should be seen.

If you haven't already clued in, this is about censorship.

Consider how much sexual material and insinuation is in film today. Though it is much more lenient now than it was 50 years ago, there is still censorship when it comes to the rating system set in place.

Dr. Steve Macek, professor of communications, said that ratings are one way movies can be censored. "The Code and Rating Administration are the people who impose these ratings on finished films based on their appropriateness for a certain age group."

However, the group of people giving these ratings is very obscure. "Nobody knows who the people who sit on (The Code and Rating Administration) are," Macek said. "These are not trained child psychologists or anything, the website merely says they are just 'ordinary Americans.'"

So, how do we know that this rating administration is giving completely accurate ratings for movies that we watch?

The short answer is we don't. Movies that are rated R in the U.S. can have PG-13 or even PG ratings in other countries, especially when it comes to sexual content.

One example of that is "Eighth Grade," directed by comedian Bo Burnham. The target audience for this film are kids who are in eighth grade, evident by the title.

However, Annabelle Timsit from Quartz.com wrote that the Motion Picture Association of America (MPAA), another organization that controls ratings of films, gave the movie an R-rating because of language and sexual content.

Timsit said that the rating the MPAA gave is "strange, given that sexual experimentation is a normal and important part of the adolescent experience."

While this may be true socially, films are a different story. Macek said that Hollywood has always been very sensitive to moral criticisms.

“In the 1920s, Hollywood developed the MPAA to self-police themselves against criminality and immorality including sexual immorality,” Macek said.

He mentioned that this could be because of America’s past. “America has a very strong Evangelical and Protestant history embedded in the culture because of who settled here.”

Our history has some serious religious upbringings and therefore would have an effect on how much we want to show the human body.

This becomes a problem, though, when we take into account other elements of a film.

Take violence. In a study titled “Violent Film Characters’ Portrayal of Alcohol, Sex, Tobacco-Related Behaviors” conducted in 2013, researchers found that approximately 82 percent of PG-13 movies have several violent behaviors shown within a five minute segment of a film. The study also stated that PG-13 and R-rated have the same amount of violent behaviors with the only difference being how graphic the material is.

This is drastically different from what sexual content in films portrays.

Macek noted that even though our history is rooted in religious morals, this type of rating system can be harmful to films aimed at younger demographics that have sexual themes.

“If a film receives an R rating, like ‘Eighth Grade,’ that’s really intended for a younger audience, that’s the financial kiss of death.”

The censorship doesn’t stop with American films, either. Foreign films are often rated higher on the MPAA system because they contain more sexual innuendo and nudity.

“Sexual content in European films can be mainly attributed to a difference in culture,” Macek said. “(Europeans) tend to have more of an open policy

about because sex and nudity don’t have the stigma they do here in the U.S.”

Nudity and sometimes actual sexual interactions can occur in European films because the way they censor movies is different. Macek said that European films tend to have more political censorship than anything else.

The “Fifty Shades of Grey” trilogy is a good example of how censors in Europe and America differ. France is quite lenient with their depictions of nudity and what it deems appropriate for younger audiences. According to Variety, French censors deemed “Fifty Shades of Grey” decent enough to rate it PG-13.

They were the only country to do so.

Yet, the question remains of why Americans censor sexual behavior to such an extent. Yes, we have religious upbringings. Yes, we consider violence a different category to sex.

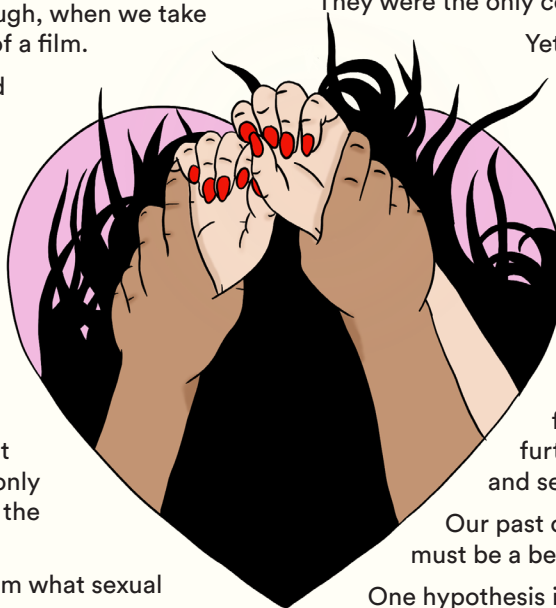
But what is it that makes us so much more conservative with our bodies in this modern era when foreign films are continuing to further experiment with nudity and sexuality in film?

Our past contributes to this, but there must be a better explanation.

One hypothesis is that younger Americans, like millennials, are more willing to discuss and display sex as normal, but are also more cautious in actually committing sexual acts.

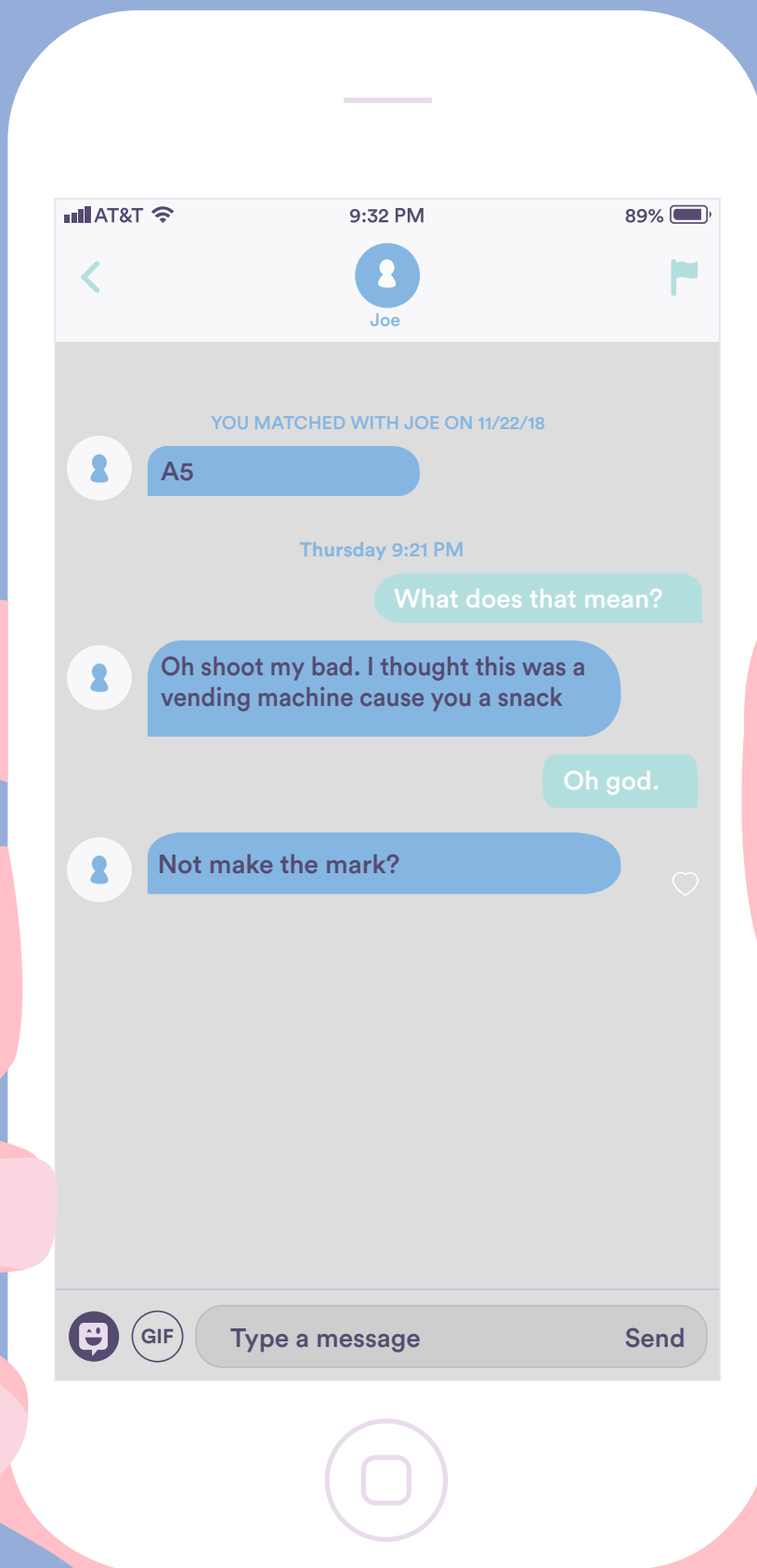
Another, according to Politico, is that sexual harassment and assault are becoming prominent in social justice. As the frequency of sex and teen pregnancies lower, the more normal and understandable the fictionalization of sex becomes.

The U.S. continues to hold a conservative view of sex compared to several European countries, but we can continue to move forward in understanding the normalcy of sex among people.



# Tinder talks

## No. 3



# Is this really the best a man can get?

Rudy Ruiz - Vision Editor

## Be a man.

The impact of these three small words can have such a lasting impression. It should not be underestimated, especially when said to young and impressionable minds. Quick responses to hearing this can simply be to stop showing emotions, act tough or be aggressive if necessary. The long-term response to hearing this can be harmful toward mental health or even questioning what it means. What does it even mean to “be a man?”

Society places many expectations on men, which end up taking their toll in some way whether they adhere to those expectations or not. Although it might seem like progress has been made in terms of dismantling these expectations, men are still raised to act a certain way and have a certain viewpoint of the world. When these gender roles are being enforced in a strict way, they can be quite harmful for men, hence the term “toxic masculinity.”

According to Ann Dolinko, visiting professor from Shimer and instructor for a class on sex, gender and sexuality, hypermasculinity goes beyond its effects on men.

“Super Bowl Sunday is the biggest day for violence against women. Especially when men have been inside the house all day drinking and their team doesn’t do well,” Dolinko said.

In 1993, various women’s coalition groups in southern California called a press conference prior to Super Bowl XXVII which took place in Pasadena, Calif. The conference was held to call to attention the amount of domestic abuse that occurs on the day of the Super Bowl. It was evident that these women were telling the truth, as a study conducted by Old Dominion University three years prior to the conference

found an increase in violence and hospital admissions in Northern Virginia that was tied to games won by the Washington Redskins during their 1988-89 season. To think that women are being put in the hospital for something as menial as the outcome of a football game is outrageous. Yet, it is plausible considering how men are often not taught how to express their emotions in a non-aggressive manner.

These notions of masculinity are deeply rooted in society and stem from a variety of places. “It is common for people to create schemas to organize and simplify information. Often, these schemas create binaries, in which one side is essentially the opposite of another. This is where we get the binary between gender expression: masculine and feminine,” said Kayla Lendy, ’19. “These binaries constrain men by creating a false idea that to be a man, they must not do what women do.”

This belief that men must not do what women do has shown up in media quite often, especially in commercials. When it comes to the products we buy, the message becomes clear that we must buy the appropriate one according to our gender.

“A student brought up a commercial in which a man accidentally uses women’s body wash and feels like he has to do manly activities,” Dolinko said.

The commercial for Summer’s Eve features a man comedically performing traditionally masculine activities like drinking beer and chopping wood to counteract using his wife’s cleansing wash. While some might see it as funny, it really speaks to how masculinity is viewed and upheld in our society as well as how men might feel inadequate if using something meant for women.

If there's one word to summarize masculinity based on this commercial among others, it would be fragile. According to Dolinko, masculinity easily falls apart whenever a man does not adhere to the standards that were set for them. BuzzFeed poked fun at this fragility with various articles that point out how products seek to pressure men into buying products "for men."

Media's influence goes beyond commercials and are often seen in movies and TV shows. Male characters are written to fit a certain archetype which has existed for as long as movies have existed. When it comes to actors that fit the hypermasculine roles, some names that come to mind include Tom Cruise, Arnold Schwarzenegger, Brad Pitt and Dwayne Johnson.

"Video games (and movies) predominantly feature a male main character that performs toxic masculinity through a lack of emotional expression other than anger, and are often characterized as violent, aggressive and containing sexual prowess" Lendy said. "This is also true of many action movies and surprisingly a growing number of comedy movies."

To go even further into a more taboo aspect of media, Lendy also mentions the pornography industry and how masculinity is represented. "Pornography reinforces that what makes someone a man is through power, dominance and sexual aggression. This has the potential to lead to violence and aggression against real-life partners, family members or others."

Noah Cordoba, '20, a former gender and women studies minor, speaks from both what he learned in the classroom and from personal experience. "When it comes to me, a gay man who sometimes expresses myself in 'feminine' ways, toxic masculinity affects my comfort in establishing meaningful relationships with people who are highly masculine," he said.

"In the past, I have felt like I did not meet the minimum requirements of what a man should be primarily because I was told by the society that raised me that men didn't like other men and men liked sports and other traditionally 'masculine' things. This causes a recognizable degree of dissonance within me that I have since resolved through an understanding of

who I am and what I'm meant to be."

Before thinking about where to go from here, it is imperative to acknowledge the progress that has already been made. There seems to be a collective agreement that society has become more accepting of those who don't fit the mold, yet there is still more that could be done.

"At the end of the day, some people will continue to struggle to understand what they can't identify with regardless of the amount of education or awareness" Cordoba said. "What shapes everything, however, is how people choose to behave in response to what they don't understand."

Dolinko concurs by bringing up how our progress can still be limited. "Before, it wasn't acceptable for men to use product in their hair or face. Now of course, it is much more common as long as it is a product labeled for men."

While it might seem that society could be seen as more progressive, that progress can be considered questionable. On Jan. 13, the razor and personal care brand Gillette released an advertisement titled "We Believe: The Best Men Can Be." The ad disguised as a short film highlights toxic behaviors exhibited by men such as bullying, sexual harassment, mansplaining and violence while questioning "Is this the best a man can get?"

The ad's purpose was mainly to get men to understand what it means to hold men accountable. Yet, the reception was less than stellar as Breitbart reports the video has become the 28th most disliked YouTube video of all time.

Criticism of the ad centers around making all men seem bad. Threats to stop buying Gillette products soon followed, one former customer even tweeted a picture of his razor in the toilet with the caption "Goodbye Gillette. Hello Schick." While these men think they have gotten the best of the razor brand, it ultimately proves just how fragile masculinity is considering the amount of outrage this ad has generated.

Is this *really* the best a man can get?

The background of the entire page is a complex, abstract graphic design. It consists of thick, wavy, interlocking lines in two colors: a vibrant blue and a bright red. The lines flow and curve across the page, creating a sense of movement and depth. The overall effect is reminiscent of a stylized, high-contrast pattern, possibly inspired by traditional textile designs or modern abstract art.

# Faking it

OPINION

Lexi Heinitz - Editor-in-Chief  
Graphic by Gillian Young

WINTER 2019

“I couldn’t help but wonder, has fear of being alone suddenly raised the bar on faking? Are we faking more than orgasms? Are we faking entire relationships? Is it better to fake it than be alone?”

Fictional sex columnist Carrie Bradshaw asked this series of questions in a 1999 episode of “Sex and the City” after her friend Miranda Hobbes admitted to faking it with an old flame. The episode follows Miranda as she tells her ex the truth and, despite this, things still don’t work out for her. Her ex is humiliated and she is frustrated to have to teach him how to get her off. In the end, she fakes it one final time and never talks to him again.

Anyone who knows me knows that I will reference “Sex and the City” any chance I get, though this time Carrie’s signature musings raised a great question:

Is it better to fake it than be alone?

The answer is, of course, no. Miranda knew the answer was no, but she did it anyway. According to 2010’s “Men’s and Women’s Reports of Pretending Orgasm,” approximately 67 percent of college-age women having sex with males have faked an orgasm.

This is not exclusive to women in relationships, women having casual sex, or friends-with-benefits situations. The study included sex-positive women, feminists and women who were in love with their partners. And yet, more than half of all women having sex with men have faked an orgasm — myself included.

But why? There are many reasons for faking it, ranging anywhere from wanting to end bad sex to not knowing how to climax on your own. It also goes back to the fact that there is a systemic problem with sex education being ineffective. Research from the Kinsey Institute shows that, on average, people in the U.S. first have sex between 16 and 17 years old. With abstinence-only sex ed in mind, many people at this age learn about sex through unrealistic pornography.

Penetrative sex alone cannot make the majority of women orgasm, yet this is where most women

tend to fake it. This can still be enjoyable, of course, but knowing that you aren’t getting off can be distracting. However, one of the most common reasons women cite for faking an orgasm is because it is uncomfortable or embarrassing to confront a sexual partner.

Looking back, this is why the first guy I hooked up with genuinely believed he made me orgasm “like, eight times in a row.” He was more experienced than I was, but he had zero concept of female anatomy. I didn’t even know what faking it was back then; I was inexperienced and thought it would be too awkward to point out that he was wrong.

Or to ask where he got the number eight from. I’m still confused by that.

To this day, he has no idea that I faked it every other time we hooked up after that. Sure, it was just a fling, but I was perpetuating the problem because I didn’t want him to feel bad.

Women are taught to follow the social scripts they are given and this includes putting male egos before their own comfort. Is it innocent enough to fake an orgasm every now and then, or is it an indicator of a larger problem? Why do so few people talk about the fact that more than half of all straight women are pretending to get off? How do some guys still not know where the clitoris is? (Seriously, it’s 2019... just Google it).

I’m not sure that even Carrie Bradshaw has all the answers. The bottom line is, sparing men’s feelings isn’t a good enough reason to fake an orgasm. Realistic sex education and creating a more open dialogue about sex are likely the best ways to start fixing the problem, but more than anything, women need to stop being a part of the problem. It’s easier said than done, but it’s more important to be alone and honest than with someone and faking it.



# First kiss

## faces of nccc

Grace Klooster - Social Media Editor

Graphics by Jasmine Pomierski



Jordan Nowlin, '21:

“Literally just a peck — it was like two birds touching beaks. It was at TPH (The Party’s Here), where all the middle schoolers gathered. We went to a little room, all my friends were peeking around the corner. Everyone was flipping out when we finally kissed.”



Kaya Goodwin, '20:

“I was at a party, it was a stranger. I didn’t know him. Fun fact — I still don’t know his name.”



Mary Kate Shanahan, '19:

“It was eighth grade, his name was Chris. His dad was picking him up from school and he kissed me in the hallway.”





**Peter Hunt Szpytek, '20:**

“It was on Valentine’s Day. I took this girl to see ‘The Lightning Thief’ and I didn’t want to miss the movie so I got it out of the way during the trailer.”



**Blake Mitchell, '19:**

“It was my freshman year of college at a party with a boy... in passing and then he slept on the floor of my room.”



**Mike Brower, '19:**

“It’s a funny thing. I was in a basement of a friend’s house after watching ‘Les Miserables,’ you know, the movie. She had huge lips. They engulfed mine. I later used ‘Les Mis’ for my first kiss with a future girlfriend. ‘Les Mis’ has never failed me.”



**Lexi Endres, '21:**

“It was awkward because I knew it was going to happen so I couldn’t stop laughing.”



**Madeline Derango, '21:**

“Lame... teen books made it seem better than it is.”

# Everybody take some rubbers

Madeleine O'Connell - Arts Editor

Graphic by Jasmine Pomierski

Hearing the words “penis,” “vagina” and “sex” come out of your parents’ mouth is something most kids don’t want to experience, but that is part of learning about the birds and the bees. The conversation doesn’t end there. It also comes up in the classroom during sex education over the course of several years in school.

Sexual education programs cover topics ranging from healthy friendships and how the body works to intercourse and safe sex practices. Professor Tammy Wynard, department chair of kinesiology, defines sexual education as “the responsibility for everyone to know how their body works. Number one, naming body parts accurately, number two, sharing the natural way of how they were made and how they function, number three, at age-appropriate ways, talking about changes that our bodies go through...how conception occurs, how to protect from diseases and being pregnant and so forth.”

These topics are taught throughout several years of school but what about outside of the classroom? What’s usually known as “the talk” occurs in a setting other than school and with an adult who the child is comfortable talking to. This conversation is exposure to sexuality before, during or after learning about it in class. Although it could be beneficial, the birds and the bees can also be a fearful topic to discuss for both the child and the adult.

Wynard has taught a number of health classes and each time she begins by asking who has someone to talk to outside of school. She found that less than half of the students say they do. It can be shocking to a child to hear anatomical

terms and sexual phrases in school if they were never mentioned at home.

In a 2002 survey conducted on 15-to 17-year-olds in the U.S. by Seventeen Magazine and the Henry J. Kaiser Family Foundation, it was found that 83 percent of teens did not talk to their parents about sex because they were “worried about their parents’ reaction.”

According to Wynard, “the talk” is a phrase that should not be said because that sounds like only one discussion needs to be had. In reality, she thinks it should be an ongoing conversation. Children will learn more and more about their bodies and the bodies of others as they grow. Talking about sexuality only once at a young age won’t be as effective as it would be to continually speak about it through their teenage years when they could begin to experiment sexually.

Sometimes health classes are not enough to express the importance of keeping the human body safe from diseases and unwanted pregnancies. Having an adult at home to talk to about questions on this subject may make them more comfortable. This adult does not have to be a parent, it can be any trustworthy adult.

A 2010 study done by Elizabeth M. Morgan included a questionnaire titled, “Communicating about Sexuality” which was given to 30 college students. In this questionnaire, she asked the young adults about their talks about sexuality with their parents. “Restrictive sexual messages” and “positive-sex messages” were two of the types of conversations she found. The restrictive messages were mostly directed towards daughters, warning them about boys and



instructing them not to have sex before marriage.

“Boys and men were not only cast as physically and sexually dangerous, but also as hazardous to one’s dreams for the future. This message sometimes emerged from the parent’s own experience,” said Morgan.

Messages of positivity toward sex were aimed more toward boys. Within these college students, the males said their parents would be more accepting of their sons being sexually active and didn’t stress the practice of safe sex as much. Although, some reports found that the parents approved of sex in a committed relationship more than just casual sex.

“These two types of messages—sexual safety, and positive sex messages—were the only sexual messages that showed consistent base-rates across college,” said Morgan.

Sex can be brought up in a negative or a positive way with parents. The parents that tend to speak positively about sex are most likely trying to relate to their teen, knowing they will probably become sexually active as a young adult. Talking about sex negatively could cause rebellion in their child. While students do learn about safe sex in school, it may not be stressed enough which is why it could be helpful for a parent to emphasize the importance of it.

From kindergarten to grade 12, students are required to take a number of health classes, but the quality of the education may not be consistent. “If the person that’s teaching it isn’t trained properly, it’s not going to be effective and that’s the missing loop,” said Wynard.

There are not strict, nationwide qualifications to teach sexual education in schools. If a teacher is uncomfortable teaching this subject, chances are their students will be just as uncomfortable in the

classroom. These classes need to make students feel like they are in a safe environment so that they feel comfortable learning and asking questions about how their bodies work.

While many students stop taking health classes in high school, there are usually some sexual education courses offered in college. These courses could be for students hoping to one day teach health classes or for those wanting to gain knowledge on the subject just for themselves.

The more education students can have about sexuality, the less likely they will be to put themselves in situations that could lead to pregnancy or contracting STIs. If they are not get properly educated, how will they know how to practice safe sex or protect themselves from dangerous situations such as rape?

The National Conference of State Legislature Facts (NCSL) states that “24 states and the District of Columbia require public schools teach sex education (21 of which mandate sex education and HIV education)” and “20 states require that if provided, sex and/or HIV education must be medically, factually or technically accurate. State definitions of ‘medically accurate’ vary, from requiring that the department of health review curriculum for accuracy, to mandating that curriculum be based on information from ‘published authorities upon which medical professionals rely.’”

In 2016, the Illinois State Board of Education determined school districts are not required to offer sex ed. If a school chooses to teach a course on this subject in sixth grade through 12th grade, “the materials or lectures or instruction must include both abstinence and contraception as methods to prevent pregnancy and sexually transmitted diseases.”

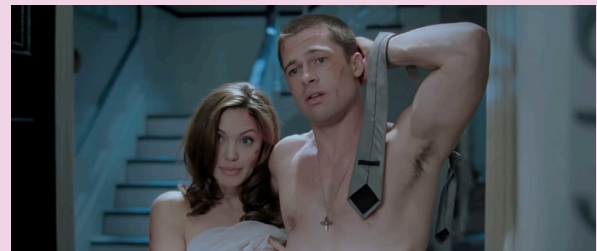
# SEX ON THE SCREEN

The silver screen is no stranger to sex. Since its early days, Hollywood has been churning out scene after scene that is usually either really spicy and good or laughably bad with a handful of exceptions that ride the line between the two. You'd think that all a good sex scene needs is two attractive actors, a room with a bed, a camera and some lit candles, but as some of the entries on this list prove, it's a little harder than that.

Peter Hunt Szytek - Contributing Writer  
Graphic by Jasmine Pomierski

## BEST

3. The sex scene in "Mr. and Mrs. Smith" (2005) is everything you want from sex in movies. Brad Pitt and Angelina Jolie tear each other's clothes off while slamming into the walls and counters of a recently destroyed house in a scene that makes you wonder why they hadn't done a sex scene together sooner. The scene ends with the couple being interrupted by some of their neighbors, concerned about the noises coming from the house. It's the kind of scene that I'm sure Branjelina had no problem practicing in their own time.



2. I had a hard time deciding whether "Ghost" (1990) should be among the best or worst on this list. While cheesy, there's just something about the way that Demi Moore sits at the pottery wheel while really getting into the wet clay and the way Patrick Swayze puts his hands over hers to help her mold. Maybe it's the phallic shape of the vase they're making, but once the couple starts taking their messy hands off the wheel and onto each other, you know exactly what's about to go down.

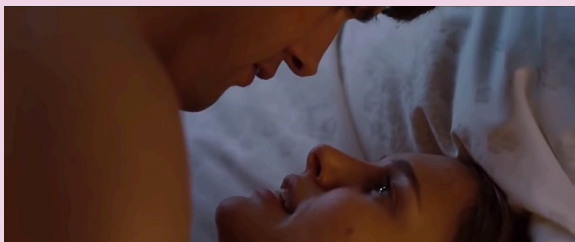


1. The "it wasn't over for me" scene in "The Notebook" (2004) is a classic in modern romance film and is considered one of the most romantic scenes of all time. However, it's the scene that follows this expression of love in the rain that caught my eye. Rachel McAdams asks Ryan Gosling why he didn't write to her, he says he wrote every day, they kiss and then don't stop kissing as they make their way to their house. Inside, clothes are removed and walls are slammed into as the rain-drenched couple finds their way up to the bedroom for a passionate sex scene between two beautiful actors.

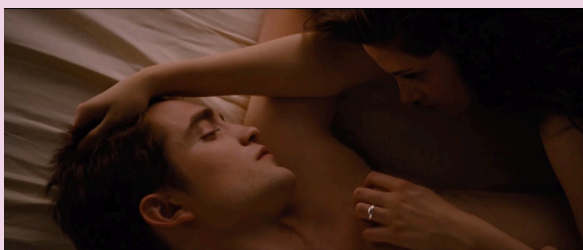




## WORST



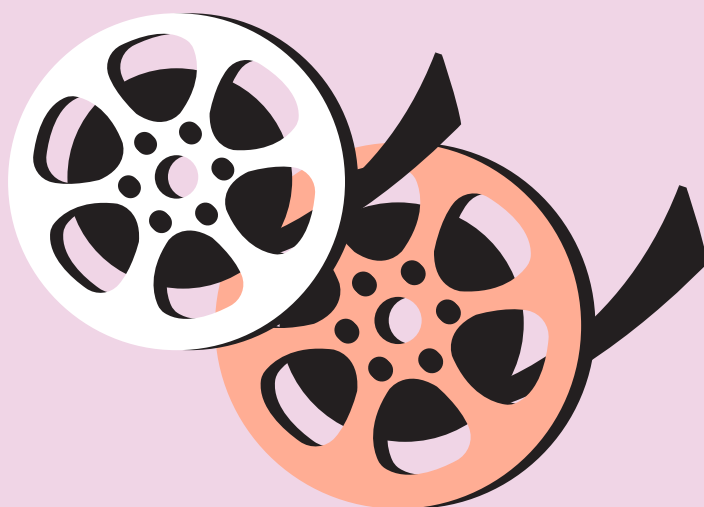
3. For a movie all about casual sex, “No Strings Attached” (2011) has some pretty bad sex scenes. The worst being the first time that the characters played by Natalie Portman and Ashton Kutcher hook up for their on-screen fling. The sex is laughably bad and features some arrhythmic thrusting done by Kutcher and a handful of unconvincing moans by Portman. The whole thing only lasts about 90 seconds, but both characters act like it was the best sex of their lives which can’t possibly be true.

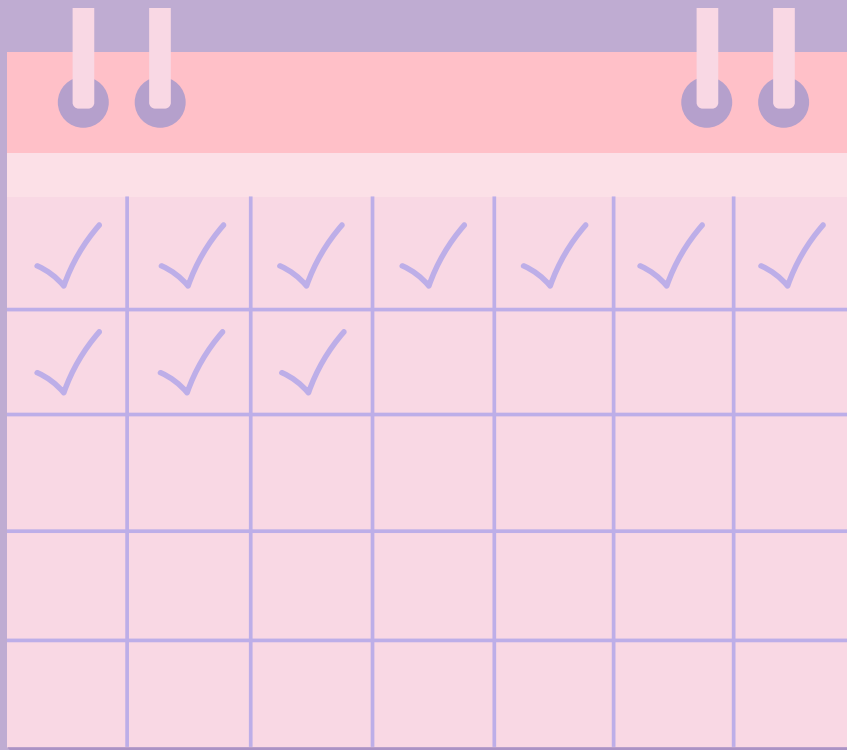


2. You’d think that a simple sex scene between Robert Pattinson and Kristen Stewart in “Twilight: Breaking Dawn Part II” (2012) would basically film itself, but together the couple are drier than the Sahara. The editing choices in this scene are absolutely wild as well; constantly cutting between slow-motion shots and sped up footage, shots of hands grabbing skin that makes you ask yourself, “what part of the body even was that?” and a close-up of Stewart’s face just before the end of the scene where fire shoots out of her head because apparently the sex was so good that her brain exploded. I honestly wish I was making that up.



1. The movie “Howard the Duck” (1986) features a scene where an anthropomorphic duck has sex with a human woman. That’s all I have to write.





# Does using birth control make you a sinner?

Gabriella Boyle - Lifestyle Editor

Graphic by Jasmine Pomierski

Do you put the chance of pregnancy in God's hands or do you take control of the situation? With the many birth control options readily available to people such as the pill and condoms, how does that relate to people and their religious views?

"It's important to understand what sex is and how powerful it is and how it changes you and that's not something to take lightly. Abstinence is absolutely the only thing that will prevent a pregnancy but even inside marriages you should still practice chastity," Leslie Stopka, Catholic campus minister said.

Birth control continues to evolve while technology continues to improve but the only guarantee to not have an unwanted pregnancy is to abstain from sexual intercourse.

The connection between sex and a higher figure is one that is often not thought about while on college campuses. The idea of sex being an intimate and emotional aspect of a relationship amongst two adults can often be overlooked.

"There is a spiritual element to a sexual relationship, that it is something good and beautiful and something God created us for," Eric Doolittle, college Chaplain said.

The conversation of if sex is something we are allowed to enjoy while not being in a marriage is often called into question for those who aren't the strictest with following their religion but still believe in a higher power. If God created this beautiful thing for us, then why am I not able to enjoy it whenever I want?

Stopka talked about Pope Pius and his thoughts about birth control and other life issues. She talked about how he said if you allow it, it will become a slippery slope. Men will then become more tempted, the objectification of women will grow, men will no longer take responsibility of their actions, divorce will increase and families will be broken.

Was he right?

In today's society, we have seen divorce rates rise, single parent households have become more normalized throughout the years



and we hear on the news about how men sexually harass women more and more.

“I think churches have done a really poor job about talking about this. I think generally speaking, speaking for the Protestant church, but broadly looking at a culture, they treat it like a third rail. That somehow, you know what families can deal with this and schools can deal with this, so we don’t have to,” Doolittle said.

Turning a blind eye on a topic that many can feel uncomfortable with can lead to misinformation when looking at available resources. Doolittle and Stopka both talk about how the Bible talks about this topic, but it isn’t as upfront as feed the hungry, which causes difficulty for Protestant churches because they don’t have the specific language for it.

Because there is a negative stigma around birth control, some believe it is a conversation that should only be had between a woman and her doctor. But what if talking to your doctor isn’t enough?

While people within the church look for the guidance of a higher power, his teachings are what they follow.

“Their understanding of it is ‘well, if you have sex you’ll get a disease, get pregnant and die.’ That’s what happens if you have sex outside of marriage. If you have it inside marriage, it’s all good,” Stopka said.

We can see teachings like this in movies such as “Mean Girls” but what happens when someone learns that having sex before marriage doesn’t actually cause them to die?

“It’s almost like Adam and Eve when they said, ‘don’t eat of the tree of fruit and knowledge, of good and evil or you will die,’ oh and then they don’t and it’s like ‘well what’s going on now.’ Once you figure out that you can have sex and not do those things it’s like ‘well shoot here we go,’” Doolittle said.

Birth control isn’t just about the need or want of preventing a pregnancy. For some they might go on the pill to regulate their hormones or prevent migraines. But when a person is wanting to use birth control for having multiple partners that’s when Stopka feels there is a need for having a deeper conversation.

The double standard between sexually active men and women is noticed not only within society but also within the church as well.

Stopka talks about the sex culture we currently live in, how it is everywhere, and we’re immersed in it. She elaborates on how the boys get praised but then the girls get shamed for having it.

The negative stigma about sex and the church can be an ongoing conversation.

“It goes back to the way that so many churches have approached all of those societal pressures. That list of don’ts. Don’t have sex, don’t do drugs. This isn’t a black and white issue, there is a lot of gray area,” Doolittle said.

On the other side of the argument, Stopka said, “I think it’s good to have a framework. I understand why the Catholic church has said no sterilization, no birth control and no abortion is because they believe in the sanctity of life and they believe that is God-given.”

The differences between what is taught and what is practical are two different things for some. Using some sort of protection might not necessarily be bad in cases and the “sinner” would then be forgiven. So, the gray area with the topic of birth control usage in certain religions then gets called into question.

How to implement the knowledge of the teachings and then how to apply that to the topic at hand instead of yes or no, right or wrong, for when the messiness of life comes is what both Stopka and Doolittle want people to understand.

Understanding why the church is saying you can’t do something is important. It is also important to understand that using moderation with what the church tells you that you are not allowed to do is acceptable in current day situations.

Doolittle talks about how there is an honesty that comes from those who feel it is sinful and they choose to not cross that line. He elaborates on how those who have that perspective can think it is damaging to the soul and take it seriously.

“There is a spectrum of inherently evil things. Abortion is a pretty big sin, it’s taking a human life, versus masturbation or wearing condom. I mean it’s a little bit smaller down the scale. I think that’s important too when it’s sexual things when it comes to religion and where does it lay on that spectrum of seriousness,” Stopka said.

The one-on-one communication that someone has with a minister varies. If a person chooses to use birth control or not also varies person-to-person. It’s often seen as an intimate and personal choice.

The Methodist church currently promotes the use of birth control because of the many societal issues, whereas the Catholic church has remained against birth control in their teachings.



# Tinder talks No. 4



# Slut-shaming is about more than just sex

Lexi Heinitz - Editor-in-Chief

Graphic by Gillian Young

If you're a woman, chances are pretty high that you've been called a slut (or some variation of it) before.

Slut: noun. a promiscuous woman; a woman who has many sexual partners.

Whether or not you actually fit Merriam-Webster's definition of a slut doesn't matter. Slut-shaming, the belittling of a woman because of her presumed sexual activity, is about more than just sex.

#### **"The Breakfast Club" had it right back in '85**

*"Well if you say you haven't, you're a prude. If you say you have, you're a slut. It's a trap. You want to but you can't, and when you do you wish you didn't, right?"*

With this statement from Ally Sheedy's character, the classic coming-of-age film offered subtle commentary on the way women are expected to behave sexually. In more scholarly research, this phenomenon of women either being a prude or a slut is referred to as the Madonna-whore complex (no, not that Madonna). Women are either pure or promiscuous; there is no in-between.

Dr. Mara Berkland, a professor of gender and women's studies, explained that this dichotomy exists in patrilineal cultures and has deep historical roots.

"We always know who the mother is, right? The only way we can know who the father is is by controlling the sexuality of the women," she said. "It's an archaic throwback to property lines."

In "History of Marriage," author Stephanie Coontz explains that sexuality is more of a social construct than a biological engagement.

Berkland added that people are in control of many aspects of their biology based on social rules. "Sex is just another way of manipulating biology," she said.

The understanding of female sexuality has varied over the course of history and, according to Berkland, "that's how we know that sexual behavior isn't innate, it's a socialized expression (because) in many cultures the virgin-whore dichotomy isn't even a thought. Women are sexual beings just as anybody is a sexual being."

While things have begun to change in the last couple of decades, the change is concerning. Berkland points out that much of the change still exists for the pleasure of men rather than solely to empower women.

#### **It's not just about sex**

"When women exert their sexuality they're not trying to play in the system that exists, they're trying to change the system that exists," said Berkland. The weaponization of female bodies is a complex issue, but it is done as an attempt to repair transformative actions like embracing feminine sexuality.

"It's as if someone's trying to use the rules of an antiquated system to make sure the antiquated system doesn't change," said Berkland. "That's the problem because we're in this space right now where the system is in the process of changing but it's tentative."

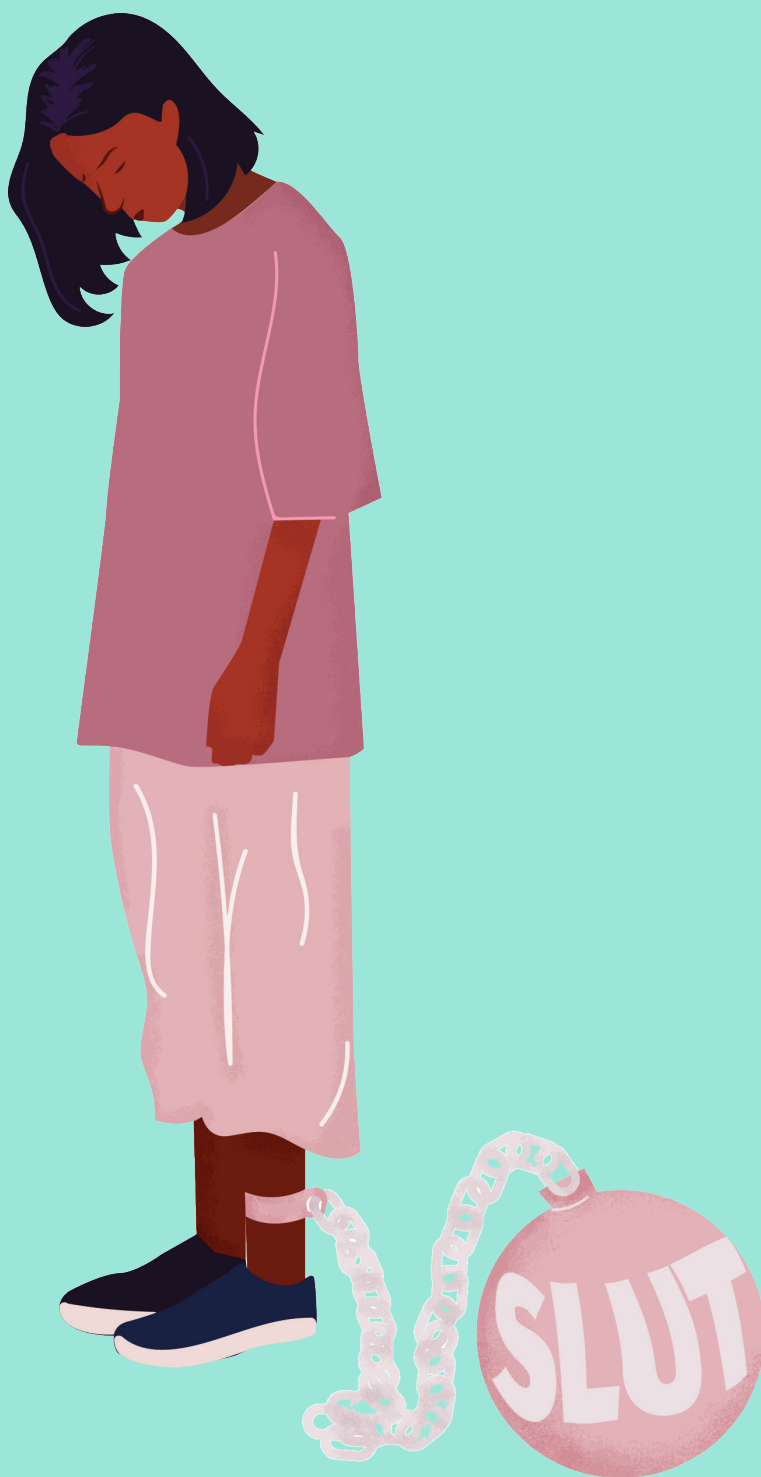
In the midst of the #MeToo movement, it can be easy to assume that things are changing for the better for women. However, it is not that simple. People can say they believe survivors and create open spaces for women to share their stories, but until masculinity is addressed things will not be able to change. Slut-shaming is about more than just sex; it is about power dynamics and keeping male dominance in control of women's sexuality.

#### **Presidential promiscuity and blaming women**

With male dominance being at the core of slut-shaming, it is worth examining men who have held the highest power in the country. There is a long list of presidents with sex scandals behind them, from rape accusations to affairs to secret children. This goes all the way back to George Washington; it's nothing new.

However, two of the most notable scandals have remained in the news over the last couple of years. Former President Bill Clinton's affair with then-intern Monica Lewinsky was a massive political news storm in the mid-'90s and is still a topic of conversation today. With the power dynamic between Clinton and Lewinsky, Berkland said it should have been clear that he took advantage of his age and position as president. Yet, people still place blame on Lewinsky.

**“Women’s sexual freedom is a threat to masculine power as we understand it, because we have defined masculine power as the ability to dominate and control.”**



President Donald Trump has been accused by Stephanie Clifford (known professionally as Stormy Daniels) of having an affair with her in 2006. Similar to the Clinton-Lewinsky scandal, many have pointed to Daniels as being to blame. Beyond that, her career as an adult entertainer has been used to discredit her accusations.

Women are expected to defend the system which pushes the idea that sex is a game. Berkland said this can be detected in the way Daniels speaks about the affair. “Well, I went to his room...” She almost makes it sound like she lost and that was the penalty she had to pay,” she said.

“Because of that idea of the system, women must protect (it) and they can’t want anything sexually,” Berkland said. “Women are expected to pretend they’re not sexual beings when in fact they are and in some cases they actually believe it and then they can no longer access their sexuality so that when they get into a sexual encounter it follows the dating scripts.

“He advances, she retreats, he advances, she retreats, until eventually he catches her through no fault of her own because she was weaker, which is this bullshit game which doesn’t even make sense or reflect what we know about human sexuality biologically,” Berkland said.

### **Changes in student discourse?**

As one of the professors in the small GWS department, Berkland has found that not many heterosexual cisgender men take courses they offer. It is predominantly women who are “starting to get the sense that they deserve more, that they deserve freedom, that their sexuality is not necessarily the property of anyone else,” she said.

However, she recognizes that other parts of the system believe that “you can have your right to sexuality as long as it doesn’t interfere with the greater masculine right,” a belief that lies at the heart of slut-shaming.

Students taking GWS courses have changed the way they speak about slut-shaming over the years, but she said there has been no change in the way they discuss rape. Because female sexuality has been portrayed in media more positively, though not equally to men’s sexuality, some women have become more comfortable with expressing or discussing their sexuality.

“Where this falls short, the problem with it, is then we go back to the idea of the game,” Berkland said. “If someone is sexually assaulted, we still rely on the tropes of ‘well, that’s what you get for being in that system.’”

What was she wearing? Was she drunk? Did she lead him on? These questions are attempts to justify or repair behaviors within the system as it stands. In part, this response comes from historical legal expectations that said “unless a woman fights to the death she wasn’t raped,” said Berkland. “And now that’s a part of the rape myth, ‘did she fight?’”

“We slut-shame women to perpetuate an anachronistic system,” she said. “Women’s sexual freedom has become possible but we haven’t taken away the idea of men’s sexual dominances.”

Without questioning masculinity in this context, it is hard to move forward.

“Women are allowed to be career women, but men aren’t necessarily expected to be caretakers of children. Women are allowed to be sexually free, to an extent, but men aren’t required to be sexually respectful,” she said.

Women can’t have sexual liberation while at the same time men are still dominating them. “There’s really no incentive for men to change their behavior,” said Berkland. “Why would they? If I were a male and I

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sense or reflect what we  
know about human sexuality  
biologically.”*

could have a female partner who is bringing home the bacon as well and cleaning up my house and taking care of all of my children, why would I change anything?"

### **Professional slut-shaming**

Female politicians, doctors and teachers have been publicly humiliated by both men and women degrading them for their sexual history. Again, whether this history is true or not doesn't matter; labelling someone a slut or using masculine dominance to threaten a woman is powerful enough on its own.

As Berkland pointed out, this is something every woman has experienced in one way or another. When she was a graduate assistant, for example, a male student threatened to show up at her house and rape her because he didn't get the grade he wanted.

Threats, negative comments and rumors are the norm for many professional women. One of the easiest ways to discredit a woman's position is to use her sexuality against her. Again, this goes back to the idea that male dominance needs to take precedence over women's successes.

"There have been so many rumors about me that have gotten back to me — I can't imagine the rumors that haven't — about whether or not I was straight or a lesbian or whether or not my partner and I had an open relationship and it's just like, why does this matter?" Berkland asked.

### **Girl-on-girl attacks**

Blaming men and masculine dominance for the prevalence of slut-shaming would be easy given the history of it, however, it is so ingrained in Western culture that women participate in the shaming of their own gender.

Research from Elizabeth A. Armstrong, Laura T. Hamilton, Elizabeth M. Armstrong and J. Lotus Seeley found that because of this internationalized oppression, women often labeled other women as sluts to distance themselves from the stigma.

Their research, outlined in "Good Girls': Gender, Social Class and Slut Discourse on Campus" followed students living in a "party dorm" and aimed to pin down the stigma of being called a slut.

As other research has shown, the 'slut' label is not just about sex. It is about power, social ranking and damaging one's reputation. "Women were both potential recipients of sexual stigma and producers of it — simultaneously engaged in both defensive and

oppressive othering," according to the article.

The women in this study often struggled to agree on what defined "slutty behavior." However, they did make it clear they were not a part of the problem. Distancing themselves from the stigma was critical to these young women, even if it meant attacking their own friends.

With as frequently as this phrase is used, many women can feel desensitized to the word. And yet, it still holds power. Berkland explained that this is because culture changes slowly.

"A woman's value, up until even recently, was that she would bring to a romantic relationship her stability, her purity, all of this tying from the idea that we wanted a woman we could trust to carry on our family line," she said.

### **Sluts are the new witches**

Through the ages, slut-shaming has taken on many forms. From publicly denouncing adulterers à la "The Scarlet Letter" to commenting "WHORE!" on a celebrity's Instagram picture, punishing women for their sexuality has always been around.

As Berkland pointed out, "anytime a woman has power we tend to suppress it... anytime a woman has a freedom that might upend masculine power, we try and attack it."

Some scholars, like Kristen J. Sollee, have said that sluts are the new witches. While modern women are not being burned at the stake for their supposed evils, they are being persecuted for embracing their sexuality.

"Women's sexual freedom is a threat to masculine power as we understand it, because we have defined masculine power as the ability to dominate and control," said Berkland.

"But the ability to dominate and control is masculine power and if women are having sex for their own pleasure, not for the pleasure of another man, then it takes away our ability to control their aspect of their reproduction, their aspect of their bodies that we thought belonged to us.

"Witches did the same thing. They brought about knowledge that men didn't have and couldn't explain. So any time women have a power that men can't control or have a set of behaviors that men can't control, we look to malign those women in ways that make everybody afraid of them or disrespect them or want to ostracize them. Sex is just another way of upending masculine power," she said.

# Confessions of a 22-year-old mom

Halle Olson - Contributing Writer

Graphic by Jasmine Pomierski

I threw up on my birthday. I wish I could say that it was from celebrating my pending 22-year-oldhood the night before, but that couldn't be further from the truth.

Let's back up three weeks.

It's Valentine's Day. The night before, I collapsed on the floor in pain. My legs felt numb, my back was screaming and I imagine I had a fever but being a college student, I didn't own a thermometer. In my overdramatic mind, I was dying but not dying enough that I thought an ER visit in the middle of the night was necessary. So I sucked it up and waited until morning to go to the immediate care clinic that I was somewhat of a regular at.

"What seems to be the problem today, Halle?"

"I think I might have a kidney infection or at least a severe UTI," I replied.

"Why do you think this?"

Well, first of all, look at me. I'm obviously ill. Though I am a notorious smartass, I tried to explain as calmly as possible to the nurse what my symptoms were.

"Is there any chance you could be pregnant?"

"No."

And that was the beginning of the end.

I'm sure you can guess by this story and the headline what ended up happening here. I shuffled my way down the hall to give them the necessary urine sample and then shuffled back to the room to await the results with Nolan.

The doctor came in after a few minutes and I think I knew then what she was going to say.

"Is this your partner?"

"Yes."

"Well, you have a severe kidney infection so we will need to do IV antibiotics here before you can leave... and you're also pregnant."

Well, fuck.

Here I was, lying in an immediate care clinic, 21 years old and just trying to finish college. I couldn't even take care of myself some days and now there was the impending doom of a human life coming into the world in nine months that I would be responsible for.

My mom was going to be pissed.

I asked the doctor for a bin to throw up into.

There are a million things that go through your mind when this moment comes, especially when you're unprepared for such a revelation. I immediately thought about how I still had three and a half months left of college, I needed to get a full-time job after, I wanted to move to New York. I felt like I was watching all of that crumble before my eyes. And at the time, I didn't feel like I was being overdramatic. I was just the right amount of dramatic because I was 21 and pregnant. Better than 16 and pregnant, I guess, but still not the ideal.

And then the nurse came in to take out my IV and she said to us, "Happy Valentine's Day."

So back to my birthday.

At this point, it had been three weeks since we found out that we were expecting a little Halle or a little Nolan. I was holding out for a little Halle but we were still 14 weeks away from finding out.

At this time, my final spring break ever had



**“Well, you have a severe kidney infection so we will need to do IV antibiotics here before you can leave... and you’re also pregnant.”**



rolled around. This meant a week and a half of not having to deal with anyone or hide the facts of my life for a little while. It was refreshing.

But then that time ended and two more months stood between me and graduation. In early April, I had reached the end of the first nine weeks of pregnancy.

I spent my morning doing homework in the bathroom just in case my nausea caused me to throw up into the waiting toilet. Ironic that it wasn't my readings for my English class that were causing the churning in my stomach.

Instead, I was nauseous from the growing human inside my body which was now officially a fetus according to an app on my phone. You would think that getting a notification about my baby making it through the first nine weeks of this journey of sorts and now being out of the most critical portion of pregnancy would fill me with elation and relief.

But every day I thought about it, I felt a strange numb feeling, an out-of-body experience if you will.

Now I know that there are plenty of young mothers. You hear about them every day almost. But over the last 15 years, NPR has tracked the average age of first-time mothers as it's risen. In 2014, the average mom was 26 when she had her first kid. This was the age I was planning on forgoing my birth control and not caring if I got pregnant.

So you might be asking yourself about the birth control part. Well, funny story. I went to Charlotte to visit my older brother and sister-in-law (the children my dad thought would produce his first grandchild. Jokes on you, dad). Even though I'd like to consider myself an expert packer, I forgot my little pack of pills that I had religiously taken every morning for the last three and a half years. So I guess, in a way, this is my fault because I was an idiot. But it takes two to tango. And you only have to tango naked once to add

another dance partner to the mix.

And that tangoing led me to conceive at the ripe old age of 21, not really the most opportune time considering I was just trying to finish school and all.

I kept telling myself that it was going to be different when the baby came in October. By then I would have a full-time job and making a salary and feel some sense of security. But this was all a stupid fantasy because how many people actually get a job right out of college? Any prospects I had died as soon as I walked into an interview and my stomach was on full display.

There were some days that I had every intention of attending class. I will admit that being a student and being almost three months pregnant was not easy. I never thought it would

**“And you only have to tango naked once to add another dance partner to the mix.”**

be. The hardest part was that everything was a secret. My professors knew, of course, so they didn't think I was just faking illnesses to get out of

classes, but fellow students had no idea that I was growing a human as we sat side by side during lectures. There were some days that people pissed me off so much that I just wanted to scream “I'M PREGNANT SO LEAVE ME THE FUCK ALONE AND GO BOTHER SOMEONE ELSE.” But I'd rather that the whole school didn't know about my soon-to-be mother status prior to graduation. I just had to make it two more months and then I'd be getting my diploma and getting the hell out of there.

I had already driven to school and found a parking spot one morning and I was about to get out when the morning sickness hit. Luckily, I had a plastic bag laying in the trash pile that was my car and I promptly vomited into it. And when I was done, I was going to go to class. But then I threw up again. All the while, people were walking by on their way to class and watching me vomit into a tiny bag in the middle of campus. Just fucking great. So I turned around and went home to sleep it off and throw up in peace.

Needless to say, I didn't go to class.

It was hard to deal with all the changes my body was going through, especially at so quickly a pace. Around April, I had to start holding my jeans together with a rubber band because I couldn't button them or even zip them all the way. I decided one day that I could definitely squeeze myself into a pre-pregnancy pair of pants, and then I was left sitting in class wanting so badly to unbutton my jeans that I was on the verge of tears.

There were a lot of days that I thought 'maybe I should just stop trying to hide it.' But I think my biggest fear was that people would treat me differently, see me differently than they had for the last four years.

So I continued to hide my growing midsection. It had come to the point where my clothes just weren't fitting anymore, especially pants. It was time to start the dreaded maternity clothes shopping.

I didn't even know if I'd be able to fit into the dress I bought for graduation by the time June rolled around, so I had to return it and find something looser to accommodate my potential size a month from that point.

I know I shouldn't have felt bad, but you go from being a 22-year-old with a six pack starting to form to a slightly pudgy-looking girl. It was shitty. My waist was noticeably thicker, but even though it meant the baby was growing, it left me feeling self-conscious. Did people think I was just getting fat or were they going to figure out what was actually happening?

Baggy shirts and layers had become my new best friend, but now that spring had finally come and summer wasn't far behind, I wouldn't be able to hide my changing midsection under all those clothes much longer.

I had put on a jumpsuit one day that was loose and comfortable. What I didn't notice, though, was that it featured my growing belly.

Maybe people would just think I was getting fat?

It's not like I was the first person to

get pregnant young and unmarried or even the first person to get pregnant while in college. I just felt a sort of self-consciousness around others about my situation. I think part of that came from my upbringing. The way life worked was you went to school, got a degree, got a job, got married and THEN had a kid. I went to school, got two degrees, was trying to get a job and was having a child with someone I'd been seeing for less than half a year.

Instead of being excited to tell people, I felt ashamed.

Even after I let the news out publicly in June, I still hoped I wouldn't see anyone from school because I didn't want to answer the inevitable questions they would have about my pregnancy. I felt embarrassed.

But it shouldn't have to be that way. Just because I was young and having a kid didn't mean I should be seen as any less than others who plan for this moment. Some people my age and younger would choose not to have it, but I chose to forgo some of my own dreams to raise this kid. And I had no reservations about that.

Yet everyone just kept telling me how hard it was all going to be instead of telling me that it was going to be one of the greatest joys of my life. Yes, I was scared shitless to have a kid. Again, I was only 22. Some days I can barely take care of myself, so having a kid seemed daunting, to say the least.

I will say that having a baby has been, surprisingly, one of the best things to ever happen to me. My son was born on Oct. 28, 2018, and I have loved every moment since then. Yes, I don't sleep as much as I used to or have a full-time job or do really anything that a normal 22-year-old does, but I've taken on what I view as the most important job for me right now. It has been a challenge to figure all of this out when I was very unprepared, but I think we've done pretty well so far. I mean, I've only been peed on a couple of times in the last few months so I guess that's a win?

*Full story online at [ncclinked.com](https://www.ncclinked.com)*

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