

# SEX: THE COLLEGE

## Are You Having Safe Sex?

By Stephanie Tardieu

### 44% of CCNY Students Are Not

Welcome backs students! As we come to a new start in the school year, I bring to your attention a topic that as college students we have all been faced with and if not yet, will soon be: SEX.

Sex and its etiquette in the social code have undergone many transformations throughout the last few decades. However, today more than ever, it is important that college students be informed of sex in the cadre of their social environment in order to make informed personal decisions when it comes to engaging in intimate relationships.

We live in a society where sex has increasingly lost its meaning. Today, notably on university campuses, sex is frequently reduced to the "one night hook-

up" or what is now referred to as the "sex buddy." Although to many, these options offer minimal emotional investment, which may seem appealing initially, the truth is that these options do come with their set of detrimental consequences as well.

For starters, often these "hook-ups" occur under the influence of heavy drinking, which can lead to the possibility of risky encounters and sometimes even anonymous sex. After drinking, a person may be partially, or even very, intoxicated. Intoxication impairs judgment and hinders individuals from

comprehending the emotional and, more importantly, the health-related consequences of sex with an almost-total stranger.

What can happen? No one would welcome sexually transmitted diseases (STDs) such as Herpes, Chlamydia, Syphilis, and Gonorrhea; and the contraction of more serious STDs such as HIV/AIDS. These are consequences of casual, unprotected sex.

In an informal survey called Sex and the City College (SACC), 100 students (50 male, 50 female) were surveyed as to their recent and general sexual habits, and attitudes toward casual

sex. Questions ranged from number of partners, to students' practices of safe sex. Of the 86% who said that they were sexually active, a reported 44% did not use a condom the last time they had sex; 79% admitted to having unprotected sex at some point or another; 41% said that they have never been tested for HIV/AIDS (and other STDs), and 37% currently have multiple sexual partners. Shockingly, of those students who are involved with multiple partners, 38% have never been tested for HIV/AIDS.

Other interesting findings included students' perception on oral sex: 26% of all the students surveyed do not consider oral sex as an "actual" form of sex and thus 22% do not protect themselves when receiving or performing oral sex.

These findings, although distressing to a certain degree, are helpful in that they do make it clear that students are not protecting themselves as much as they should be, and may be misinformed of the severity of the consequences of unprotected sex—one sexual encounter can potentially harm your health (and that of your partners) and consequently the rest of your life.

One of the most devastating consequences of unprotected sex is to become infected with the HIV virus. HIV is an immune deficiency syndrome that gradually weakens the body's immune system, leaving it unable to fight off sickness, disease and opportunistic infections.

HIV is transmitted through the direct contact of semen (sperm), blood, vaginal fluid and preseminal fluid. The majority of HIV infections are acquired through unprotected sexual relations between partners, one of whom is infected with HIV. These sexual relations include vaginal intercourse as well as oral sex (insertive and receptive) and anal sex.

Once a person is HIV positive, it may take up to 10 years for symptoms to appear. However, during this time, the body's immune system will gradually become weaker. When the immune system's level of deterioration reaches a critical point, the final stage of the HIV virus will appear as symptoms of AIDS. Some symptoms associated with AIDS may include extreme fatigue, rapid weight loss with unknown causes, presence

**79% of the students surveyed admitted to having had unprotected sex**

## Sports

# Yankees vs. Mets: Who's in a Better Position?

By George Diaz, Jr.

Mets Principal Owner Fred Wilpon told reporters that he wanted the Mets to play meaningful games in September. It looks like Wilpon got what he asked for.

Last year the Mets ran the table and essentially had the division and the National League's best record locked up by Mid July. This year, they were just swept by the Philadelphia Phillies and are barely holding on to the Division title.

The Yankees, on the other hand, are facing a potential disaster—losing the division for the first time since 1997. The Yankees are currently in the thick of a wild card berth, but that's a far cry from this point last year, when they had left Boston with an 8 and one-half game lead after completing a five-game sweep at Fenway Park.

The Mets are still ahead of their division, plus they are under less pressure than the Yankees. A two game lead is by no means comfortable, but Met fans would take that over being down and vying for a wild card spot. The Mets have the luxury of lesser expectations. They don't spend as much as the Yankees, many would argue they're in a weaker league, and the fans and owner don't criticize the Mets as much as those



Will there ever be another Subway Series?

of the Yankees. The Yankees are expected to win every year so they are under the champion mindset—anything less than a World Championship is a total failure.

The Yankees are still behind Boston for the division, but as this article is being written, they are tied with Seattle for the Wild Card. The Wild Card would be a disappointment for the Yankees and their

fans, particularly because of the recent successes of both the Red Sox and Mets. If the playoffs were to begin today, the Yankees would have to play a one-game play-in game to determine whether or not it can get the final playoff spot. Even if the Yankees were to win, they would face the worst possible opponent for them in the first round, the Los Angeles Angels of Anaheim.

The Yankees would be underdogs to the Angels, who have consistently defeated the Yankees year after year since the Joe Torre era. If the Yankees were to come back and win the division, they would probably avoid the Angels in the first round and face the Central division winner instead. The Yankees swept the Indians, convincingly, just a few weeks ago, and the Indians generally seem to have trouble with the Yankees.

The Mets would wait an extra day to figure out if they would face the Central division champions or the National League Wild Card. If the Mets were to face the Padres or Cubs in the first round they would be the favorites. If they were to face the Diamondbacks though, they may struggle to win.

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# Happenin's at CCNY

Tuesday, September 4, 2007  
**Club Orientation**, 12:15 - 1:45 p.m. and 4:30 - 5:15 p.m., NAC 1/211.  
 If you are in charge of an old club or want to start a new club, attend one of these club orientation meetings.

**Open Auditions**, 7-8:30 p.m., CG310.  
 Think you can act or just want to do it any way? The theater department is casting for its fall season! All students interested (no experience necessary) should audition.

Wednesday, September 5, 2007  
**History Club Book Sale**, 10 a.m. - 2 p.m., The Rotunda.  
 Prof. Semel's donated collection is going at the ridiculously low price of \$1 a book. Pick out some titles to support the History Club and contribute towards the memorial fund for Professor Frank Grande, who passed away last year.

**Club Orientation**, 12:15 - 1:45 and 4:30 - 5:15, NAC 1/211. See Tuesday.

**Open Auditions**, 7-8:30 p.m., CG310. See Tuesday.

Thursday, September 6, 2007  
**Welcome Back Day**, Noon - 2 p.m., NAC Plaza.  
 Start the year off with a bang with the Welcome Back Day festivities. There will be free food, drink, giveaways, and music.

**Undergraduate Student Government Meeting**, 12:30-2, NAC Ballroom.  
 All are welcome to attend the first meeting of the new USG.

**How Students Can Stop the War**, 12:30-2 p.m., Hoffman Student Lounge.  
 Sick of the war and want to see an end to it? Join the discussion.

**Psychology Students Association Meeting**, 12:30-2 p.m., NAC 7/219.  
 Learn about clinical psychology and get some GRE tips from Kaplan.

**Open Auditions**, noon - 2 p.m. and 7-8:30 p.m., CG310. See Tuesday.

Friday, September 7, 2007  
**Open Auditions**, 6-8:30 p.m., CG310.



Safe Sex

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of painful swollen nodes in unusual locations, persistent diarrhea, high fever, high frequency of severe illnesses such as tuberculosis, pneumonia, cervical cancer etc., meningitis with possible mental deterioration, and death in a majority of cases.

In New York City, a poll found that 36% of New Yorkers used a condom the last time they had sex, and that 26% had been tested for H.I.V. in the preceding 18 months. So the problem is not only present on our university campus but on a wider scale as well.

In New York City alone, 143,401 people have been diagnosed with the AIDS virus (2002) and another estimated 62,540 people remain undiagnosed. This makes NYC the city with the highest AIDS case rate in the country. In 2002, 5,417 persons were diagnosed with HIV, 4,059 with AIDS, and 1,744 people died from HIV/AIDS related cases.

The New York City Health Department encourages people to get tested for STDs in order to make informed decisions based on their current health status. They also encourage people to consult their website for any additional information pertaining to sexual education and prevention of contracting STDs ([www.nyc.gov/health](http://www.nyc.gov/health)).

Abstinence is one method of avoiding STDs and also happens to be the only 100% effective method of not contracting STDs. 14% of students polled favored abstinence as a means of sexual protection.

But if it is your choice to engage in sexual activities, safe sexual practices are heavily recommended by our city's health department and for college students, they probably should be mandatory.

Safe sex includes the use of condoms whenever engaging in sexual inter-

course. Male condoms are 98% effective, but there are also female condoms that prove to be 80% effective. Safe sex also involves avoiding sexual intercourse with multiple partners or anyone with risky sexual practices.

Always remember that you can begin to adopt safe sexual practices today, no matter what your sexual history may be. It's all about making the choice.

Also, be honest with your partner(s) so they can make informed decisions about their sexual health.

It is important to keep in mind that even as college students, we are not immune from the harmful consequences that can come with casual sex. We live in the city with the highest HIV/AIDS rate in the nation, and must take a stand against becoming a part of that tragic statistic. Thus as college students, and the next generation of decision makers and leaders, we must take our health into our own hands and protect ourselves with the tools at our disposal.

Resources are available to engage in protected sex. The Wellness and Counseling Center (MR J-15) provides a large number of referrals to adolescent clinics that can test you for HIV free of charge. They also provide students with free NYC Condoms provided by the City of New York. What's more, there is ample information on new options for safe sex available to both males and females that weren't even conceivable a decade ago.

Bottom line: These days, protected sex should not just be an option, it should be a way of life. One that I hope you will consider strongly and choose to adopt. So the next time you are faced with a sexual decision, stop (yes, in the heat of the moment) and think first about how this one choice would affect your health. Furthermore, consider how your sexual lifestyle will affect your future and the rest of your life.

(Check out these facts on the NYC Health Department website, [nyc.gov/health](http://nyc.gov/health))

## Yankees vs. Mets

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It would appear the Mets are in a much better position than the Yankees. But the Mets have their own concerns. If they were to fall behind the Phillies or Braves for the division, they could find themselves out of the playoffs entirely. The Phillies have already won the season series against the Mets and so will the Braves, unless they are swept by the Mets during their final series. If either team ends the season with the same record as the Mets, the Mets would lose the division.

The Mets would then have to try for a wild card spot, but the Padres and Diamondbacks have almost the same record as the Mets. One of them will win the NL West and the other is in position to win the wild card. The Mets have the head-to-head record on both teams, but if the Mets were tied with either team, they would have to face the Mets in a

# This Week in History

Compiled by The History Club

**L**abor Day was first celebrated 125 years ago, on Tuesday, Sept. 5, 1882, here in New York City. Soon, the idea of a "workingmen's holiday" caught on and state after state adopted the custom. In 1894, Congress established Labor Day as a legal holiday to be celebrated on the first Monday of September.

-Sept. 4, 1951 : President Truman made the first transcontinental television broadcast

-Sept. 5, 1774 : First Continental Congress convened

-Sept. 6, 1522 : Magellan's expedition became the first to circumnavigate the globe

-Sept. 7, 1813 : U.S. was first given the nickname, Uncle Sam.

-Sept. 8, 1664 : New Amsterdam became New York

-Sept. 9, 1776 : United Colonies became the United States

one game play-in at Shea.

All in all, the Mets are in a SLIGHTLY better position than the Yankees, simply because they are still ahead in their division. If the Mets lose their first place position or even if they fall into a tie with the Phillies or Braves, that advantage is gone. The Mets will have to hope the remaining teams in the National League can beat each other enough to give the Mets the tiebreaker advantages.

Remember that in a three-way tie for the NL East, the Braves would automatically win the division because they also lead the season series against Philadelphia. The Phillies would be in second and the Mets would finish in third place and out of the playoffs.

The Yankees lead Boston, Cleveland head-to-head. They are four and four against Detroit and would almost definitely lose any tiebreakers against the Angels. If they cannot win the division, they will most likely win the wild card.

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