

WORD OF THE WEEK

Prurient
What it is: adjective
What it means: marked by or arousing an immoderate or unwholesome interest or desire; especially marked by arousing or appealing to sexual desire
Where it comes from: late 16th century (in the sense of having a mental itching); from Latin prurient- 'itching, longing' and being wanton
Similar word: salacious
How to use it: "Sally's prurient remarks this weekend were greatly inappropriate, considering we were staying at my parent's house."
SOURCE: M.W.COM

QUOTE OF THE WEEK

"I find the three major administrative problems on a college campus are sex for the students, athletics for the alumni and parking for the faculty."
Clark Kerr (1911-2003)
Kerr was president of the University of California from 1958-67. He is credited with creating the blueprint for public higher education in the United States.
SOURCE: NYTIMES.COM

THIS WEEK IN HISTORY

Controversial talk radio host Howard Stern announced in 1996 that he would make the film "Private Parts."
SOURCE: HISTORY.COM

DID YOU KNOW?

The clitoris is the only organ in either man or women that is solely for sexual pleasure.
Aside from providing an enjoyable way to exercise, research also suggests that sex and masturbation can help ease joint and muscle pain, combat depression, promote heart health and lengthen life spans.
In the Tantric model of sex, the sexual experience is seen as having no beginning or end. Whereas the Western view of sex is about achieving orgasm, Tantra is meditative, expressive and intimate. The practice was derived in India more than 6,000 years ago and emerged as a rebellion against organized religion, which held that sexuality should be avoided in order to reach enlightenment.
A man's weight, build and height bear no relation to the size of his penis in either the soft or erect state, nor is penis size related to his foot, hand or nose size. When a penis is soft it usually hangs loosely away from the body and averages about 3.5 to 4.5 inches in length.
SOURCE: HEALTH DISCOVERY.COM

LIFESTYLE

MORE ONLINE ...

Dr. D decodes popular sex myths at statenews.com.

Tuesday

Section B | The State News | www.statenews.com | February 10, 2009



PHOTO ILLUSTRATION BY JOSH RADTKE AND GABRIELLE MOORE/THE STATE NEWS

Carnal knowledge

What every sexually active (or just sexually curious) student should know

By Whitney Gronski
THE STATE NEWS

It starts on schoolyard playgrounds and continues throughout our college years — we're all naturally curious about sex. At this age, however, sex isn't quite the mystery it was when we gossiped beneath monkey bars in hushed voices. Still, you might not know all there is to know about sex, whether you're having it or not, and even if you think you know it all, you could probably use a refresher course. Let The State News be your guide to a safer, healthier and possibly more entertaining sex life when we teach you 10 things you need to know about sex.

1. STIs are the new STDs.

High school sex education isn't known for being incredibly thorough, and the use of the term sexually transmitted disease, or STD, isn't incredibly accurate. There's a negative connotation surrounding the word "disease." STI, or sexually transmitted infection, is a more accurate and politically correct term to describe what is actually affecting someone. Often times, the infection is curable.
"Disease is stigmatizing," said Erica Phillipich, a health educator at Olin Health Center, adding that disease isn't exactly the most accurate term either. "If you're trying to break down barriers to testing and people being responsible for their sexual health, what sounds better: infection or disease? A simple language change can help with that."

2. Get tested.

If you're already sexually active, getting tested for STIs, like chlamydia or gonorrhea, isn't a bad idea no matter how sure you think you are about the sexual pasts of your partners.

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🎧 To listen to students explain how they first learned about sex, visit statenews.com.

HEALTH

Certain foods may provide ways to spice up your love life

By Abaries Farhad
THE STATE NEWS
What do chocolate, oysters, watermelon and chili peppers have in common? They're all reputed to rev your love engine.
Each of those foods is considered an aphrodisiac, according to a recent U.S. News & World Report article.
"Aphrodisiacs are agents which are used to increase sexual desire. The name comes from the Greek goddess of sensuality, Aphrodite," said Ronda Bokram, a nutritionist at Olin Health Center. "Through time, foods, drinks and even behaviors have had a reputation for making sex more attainable or pleasurable."
"Whether the effects of such foods are mythical or science-based, lower psychology may be enough to render them useful as a libido or romance enhancer."
"From a historical and scientific standpoint, the desired results may be because their users have chosen to believe they will be effective," Bokram said. "For example, bananas, because of their phallic shape, and cinnamon have been thought to 'heat' the body."
These alleged romantic miracle workers can be

found locally, from the common, like chocolate, to the exotic, like oysters, for those wanting to try their effects.
Erin Rossell, barista at Great Lakes Chocolate & Coffee Company, 500 E. Michigan Ave., Suite 190, in Lansing, said truffles are the most popular chocolates among her customers around Valentine's Day.
"(Truffles) look a lot nicer because they're decorated and fancier than the regular assorted chocolates, and they're really, really rich in taste," Rossell said.
That may be for a reason, as the U.S. News article said chocolate contains the neurotransmitters serotonin and anandamide, which can cause happy, euphoric feelings toward a romantic partner.
"Chocolate is great. Girls love chocolate. It can be such a sensual thing to share with someone because it's so rich," Rossell said.
For lovers looking for more adventure in their palates and their pants, oysters may be another alternative as they may boost the production of testosterone due to their high zinc content, according to the U.S. News article.
Vanessa North, a chef at Mitchell's Fish Market, 2975 Preyde Blvd., in Lan-



ANGELI WRIGHT/THE STATE NEWS

Pantry cook Deisel Prieto-Martinez grabs oysters from the display so that he can shuck them so they can be served Monday at Mitchell's Fish Market, 2975 Preyde Blvd, in Lansing. Shucking the oysters involves sticking a knife into shell of the oyster to crack it open.
sing, said customers like to order oysters around Valentine's Day since they are considered a romantic food.
"As for what I've heard is that in terms of an aphrodisiac, I think people like oysters because it's more of a delicate food and they come in a shell and people can feed them to each other," North said. "We definitely sell a lot of them and we've already doubled our order for them in preparation for next week."
Bokram said when trying potential aphrodisiacs, though, it's important to use common sense and avoid foods that could cause bad breath or food allergies.
Keeping this in mind, the moral of the story is that it's possible to use your sense of culinary exploration to spice things up between you and that special someone.