

THE SPECTATOR

THE UNFILTERED, UNCENSORED VOICE OF THE STUDENTS.

October 1, 2015

Is it

Safe

to talk about

Sex?

RTMENTS
BATHROOMS
& HEALTHY
ED
D
EASES
AVAILABLE

AMERICAN
CAMPUS
COMMUNITIES
re students love living
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Police briefs for September 30

Friday, September 25th

A student was arrested for DUI on College Street at 2:47 AM after being stopped for driving without headlights.

An officer took a report at 8:15 PM for a possible fight at Einstein's Bagels in the College of Education Building.

Saturday, September 26th

A student was issued a citation for underage possession of alcohol at 1:53 AM.

A student was arrested by the Lowndes County Sheriff's Officer for the selling of narcotics at 10:14 PM.

A student was reportedly the victim of an indecent exposure in Odum Library at 7:40 PM.

Sunday, September 27th

Officer responded to a private property hit and run accident at 9:37 PM. The victim was a VSU student.

Events

Thursday, October 1

Play: The Tempest
VSU Theatre & Dance begins its 15-16 season with William Shakespeare's THE TEMPEST. Performances are in Sawyer Theatre, Fine Arts Room 1069, October 1-3 & 5-7 at 7:30 PM, and Sunday, October 4 at 3 PM.

All students receiving a free admission must present their ID at time of reservation and when picking up their ticket(s).

FREE! STD Testing

Free Chlamydia And Gonorrhea Testing upstairs at the Student Health Center. Must have valid VSU I.D.

Event Title: Free STD Testing
Event Date: Thursday, Oct 1st
Event Time: 2:00-2:45
Event Location: Student Health Center

Success Workshop!

Student Success Workshop: Navigating College
3:00pm, Thursday, October 1st
Langdale Hall
Better navigate your coursework and get a clear bearing on success! Contact us with any questions at kellwilliams@valdosta.edu or 229.333.7570

VALDOSTA STATE UNIVERSITY OFFICE OF CAREER OPPORTUNITIES

POSITION: DEPUTY SHERIFF ROAD PATROL
JOB ID: 4208942
SALARY: \$33,631.11 ANNUALLY
DEADLINE TO APPLY: OCTOBER 9TH

THIS POSITION IS RESPONSIBLE FOR PATROLLING THE COUNTY TO ENFORCE FEDERAL, STATE AND LOCAL LAWS AND FOR SERVING CIVIL PAPERS AND WARRANTS.

HOW TO APPLY:

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VALDOSTA STATE UNIVERSITY OFFICE OF CAREER OPPORTUNITIES

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POSITION	JOB #	SALARY
MEDIA SUPPORT TECHNICIAN	20	\$7.25/HR
TAILOR	21	DISCUSSED UPON HIRE
P/T SALES ASSOCIATE, RETAIL	22	DISCUSSED UPON HIRE
CUSTOMER SERVICE SPECIALIST	23	DISCUSSED UPON HIRE
DISNEY COLLEGE INTERNSHIP PROGRAM	24	DISCUSSED UPON HIRE

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-U.S. DEPARTMENT OF STATE (DoS), OR THE STATE DEPARTMENT.

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-EQUIVALENT TO THE FOREIGN MINISTRY OF OTHER COUNTRIES.

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-THE FIRST EXECUTIVE DEPARTMENT ESTABLISHED.

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3:30-4:30PM

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OFFICE OF CAREER OPPORTUNITIES

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The Spectator prints free classifieds for current students of Valdosta State University only. These must be no more than 40 words, or a \$13.90 charge will apply. Classifieds for faculty, staff, student organizations, student-owned businesses and the general public cost \$13.90 for up to 40 words.

Ads should be sent to the Spectator or delivered to our office in 1238 Hopper Hall. The deadline is 5 p.m. Thursday, a week prior. If payment applies, it should be submitted

in a sealed envelope at the time the ad is placed or paid via Mastercard, Visa, Discover or electronic check online through Aimee Napier, Advertising Manager. Email Aimee Napier at acnapier@valdosta.edu to pay online.

Ads must be accompanied by the name and phone number of the person submitting the ad. Students must also submit their VSU Student ID number. Ads must be resubmitted each week, as necessary.

The Spectator address is:

1500 N. Patterson St., Valdosta, GA 31698. Our email address is spec_advertising@valdosta.edu.

The Spectator reserves the right to reject any classified ad. All ads are subject to standard editing procedures. The Spectator is not responsible for mistakes due to a submitted error. The categories for classifieds include: For Sale, For Rent, Sublease, Wanted, Roommate, Services, Personnels and Employment.

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FOR RENT

RentValdosta.com
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Student Special
BETH TOWNHOMES
3/2.5 \$550/mo
2415 Beth Place, off Pineview

BLAZER COURTYARD
28d/18th - \$400/mo
909 Slater St
18 Blocks South of University Center
NO APPLICATION FEE
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A Life-Changing Decision

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229-506-5017 214 W Park Avenue
OptionsNow.org answer@OptionsNow.org

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OPINIONS

Follow us on Facebook or Twitter for more web exclusives!

Our point of view...



Wrap it or don't tap it

Sex is great. It's fun, intimate, workout friendly, experimental and puts you to sleep. And it can all you.

It's frustrating to know how powerful sex is, and yet many people don't educate themselves. Too many don't practice safe sex. Too many die or have to alter their lives over one encounter. Even if you take every precaution, you can catch something.

So why aren't we more careful? What is it going to take to get people to realize that sex isn't worth your life, your partner's life, your child's life, or your future child's life?

Time to be honest. Too many people are reckless with their bodies and ultimately their lives. STDs don't care if you believe that your partner is being honest when they say they don't have anything. Until you are checked out, guess what? You don't know, and neither do they.

Sex is not so amazing that it's worth your health.

"But it doesn't feel as good with a condom on."

That's too bad. Go talk to someone who has had crabs and ask them how often it felt good to be itchy in their nether regions. And that's one of the lesser dangers in the STD category.

It only takes one time to catch something and one time to get pregnant, so the number of part-

ners means nothing except that your risk level is higher.

Nothing is wrong with two consenting adults frolicking in the sheets, but putting your health on the backburner for the sake of 20 minutes (that's generous) is irresponsible and selfish to you and the other person.

Can we, as adults, please get ourselves together? Using a condom is the least you can do to protect yourself and others. Teenagers are usually known for believing they are invincible, but it appears that many of us still have that mentality.

Being scared when it comes to sex is understandable, but not an excuse. If you aren't or don't want to be responsible when having sex, then, honey, sex isn't for you. People lie, people assume, people cheat, people don't think they would ever be the one to get an STD, but it still happens.

While many of us may not be looking to settle down and have kids, many are or already do. Children can be born with STDs through no fault of their own.

Stop being careless. Do not contribute to this growing problem, and you'll lessen your chances of contracting something that contributes to poor health and death.

Be brave for your life. You're worth it.

This editorial was written by a member of the editorial staff and expresses the general opinion of The Spectator.

Check out Julia Rodriguez's article on the best types of birth control for college students on the web at www.vsuspectator.com

Slut shaming has gone out of style

Jordan Barela
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It is 2015, and we as a society still slut-shame.

Slut-shaming is known in popular culture as harsh criticism of a female for her real or presumed sexual conduct; criticism that takes empowerment away from the female body.

In today's world there is a double standard that everyone knows, but few are brave enough to actually address.

If a man is going around having sex all the time, he is revered as the "man." An alpha male status attained through claiming numerous females sexually.

If you were to flip the scenario and have the woman be sexually promiscuous, she is viewed as "loose," "undesirable" and as a slut.

This double standard is all too real.

If you look at either situation, there is no difference other than the gender. So, why glorify one gender and discriminate against the other?

If a female chooses to be sexually active, that is her choice. The same thing goes for a male. There is nothing wrong with a female choosing to be sexually active with her body, just like a male. The only things that would be wrong are not exploring sex safely and interfering with people in committed relationships.

Sex is part of the human experience. Not a way to honor one gender and completely shame the other.

Celebrities like Amber Rose are calling out this double standard.

...yes, a male wrote this article

Her "Walk of Shame" video was hilarious and served as an effective commentary to this issue. Along with the video, she is also doing a "Slut Walk" to show the double standard that is slut shaming.

This article is not meant to encourage women to go out and have sex. This is meant to show that if women choose to do so, whether it is with one or multiple people, that they should not be criticized for it. A woman's body is her body, and whatever she decides to do, that is her choice.

Respect women that have sex with 10 different people; respect women that have sex with only one person.

And on that note, yes, a male wrote this article.

Alcohol takes PDA to another level: Sex on the beach gets couple into trouble

Zenobia Harris
COPY EDITOR
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Public displays of affection are cute to some and corny to others, but this Virginia couple took PDA to a whole new level.

Less than three weeks ago, a Virginia woman was caught having sex with her drunk, unconscious boyfriend in a parking lot in the middle of the day. As many of us can probably imagine, this caused onlookers to be quite surprised and more than a little disgusted.

The woman, Kimberly Jackson, told News Channel 3 that she had been drinking and that the alcohol "put her in the mood." When the cops were called and arrived on the scene, Jackson's boyfriend, Earl Palmer, was unresponsive. However, Palmer later came to his girlfriend's rescue, saying that he consented to that. He said that they wanted "to do something

spontaneous."

Spontaneous isn't bad. There are plenty of people in America who are searching for ways to spice up their love life. According to a survey by Trojan condoms, 81 percent of Americans said that their sex life could use some spontaneity. Thirty two percent of people who took the survey said that they had had sex in different places besides their homes such as the beach or even at their in-laws' house (yikes!). But, there weren't any couples admitting to having sex in the middle of a parking lot in broad daylight.

Unfortunately, there have been a number of other couples—whether they've made headlines or not—that have gone a little too far in public places.

Earlier this year, a couple from Florida actually had sex on a beach, but not in the romantic way many people would think about. Jose Caballero and Elissa

Alvarez had sex for at least 20 minutes at a crowded Florida Beach in the middle of the day around dozens of families and young children. Eventually the police were called and Alvarez and her boyfriend were arrested.

A Psychology Today article on social media PDA said that researchers found that people who displayed their loving relationships in smaller amounts were more likeable than the people who didn't.

The point is that there is a thin line between what is appropriate and spontaneous and just being completely outrageous. Kimberly Jackson and Earl Palmer may have been "in the mood," but it is seriously doubtful that having sex in an open parking lot would have been as appealing to them if they weren't intoxicated. Being affectionate may not be a bad thing, as long as people are aware of their surroundings.

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OPINIONS

Continuation of opinion...

Don't free the nipple just yet:

"Free the Nipple" movement shouldn't be the main concern for women

Mayah Cantave
ASSISTANT OPINIONS EDITOR
mcantave@valdosta.edu

A couple of weeks ago, College Life Editor LaShawn Oglesby wrote an article saying "My nipples aren't for you" to advocate for the "Free the Nipple Campaign." Oglesby said that being attracted to breasts means that you have a fetish.

Fetishes are geared more towards abnormal objects such as feet and bondage. Who knew that just being attracted to something makes you have a fetish? According to Oglesby, if you like men then you have a fetish, if you like women you have a fetish, and if you like both men and women, you definitely have a fetish.

Liking something or having a fetish is, in general, irrelevant. Equality is the main goal.

A main argument for the "Free the Nipple" movement is that breasts aren't sexual objects. This is not true. Well, it is not completely true. Women do not view breasts as being sexual. On the other hand, some men do.

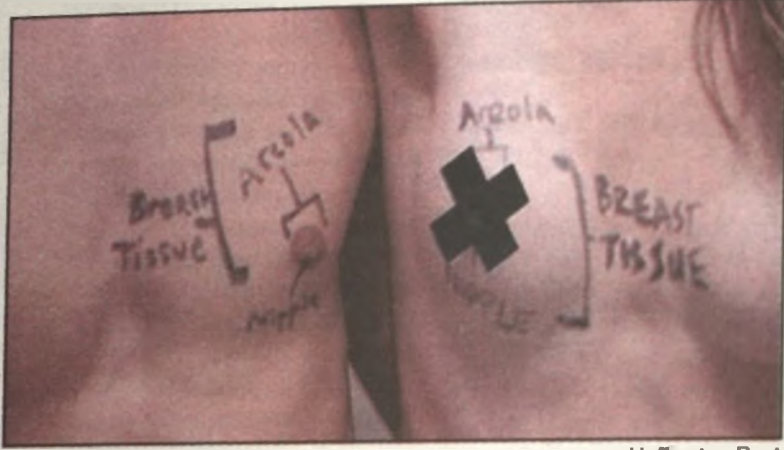
Breasts, boobzookas, boobs or however you choose to describe

In all honesty, there are more important things women should fight for first.

them, on a woman they are a sign of sexual maturity. Controlling organs, sexual or not, gives women power. We're stripping away our womanhood. Breasts are one way women distinguish themselves from men.

Women's breasts have evolved to being secondary sexual organs while men's breasts have not. Unfortunately, they are not the same. It's not fair to pretend that they are.

Nearly all forms of culture, art, entertainment, and society view breasts as being sexual organs. Sexuality is ingrained in all. Some find their sexuality to be empowering. So you want to desexual-



Huffington Post

ize nipples but still be viewed as sexual beings? It's impossible to have it both ways.

For the women that want to "Free the Nipples," are you still going to be offended when men stare? Are you still going to be pro free the nipple when your husband or boyfriend is staring at another woman? Nudity grabs attention.

Women want to free the nipple but shame other women for being strippers and showing off their bodies. There is a double standard.

Fighting for nipples is not something that all women might

want.

What about the children? We are forcing children to grow up too fast. We are forcing children to ask and talk about sex. Where is their childhood? The decision to teach children about sex should not be forced upon parents.

If women are going to fight for this movement, it's important to stop using small, thin models and celebrities as the spokespeople, especially because celebrities shape cultural ideas of beauty standards. Regular women of all shapes and sizes need to be on board with this movement also.

Above everything, I believe

that women should have equality. Mother's should be given the right to feed their children without getting fined or kicked out of establishments. I believe gender equality 100 percent, am not 100 percent for the "Free the Nipple" campaign.

Change needs to be made without glamorizing the idea of free nipples. On one hand, the nipple is important in order to allow mothers to breast feed children in public. On the other hand, people want to free the nipple just to get attention.

In all honesty, there are more important things women should fight for first. Freeing the nipple should not be a priority. For example, equal pay and equal opportunities should be every woman's main focus. Women make 78 cents to every male dollar. Worry about receiving equal pay first then once that has been established, nipples can become the number one focus.

If it's OK to free the nipple, then let's let the penis swing free of the body, not just the nipples. Nipples have power. Stop trying to take it away from us.

Hispanic Heritage Month 2015 Modern & Classical Languages

Calendar of Events

Wednesday, October 7
MCL World Language & Culture Fair
West Hall Rotunda. 12:00-2:00 p.m.
Host: Victoria Russell

Department of State: Foreign Service
Information Session
Powell Hall-West. 5:00-6:00 p.m.
Host: Michael Thurston,
Diplomat-in-Residence

Odradek Literary Out Loud: Share original
writings or translations. (Cash prizes!)
West Hall 304. 7:00-8:00 p.m.
Host: Brian Nelson & Odradek

Monday, October 19
Reacquainting Ourselves:
Interdisciplinary Discussion Panel
on Cuba Today
Bailey Auditorium, 6:00-7:30 p.m.
Host: Ericka Parra

Tuesday, October 20
Visiting Cuban Author, Maria Elena Llama.
Odum Library Auditorium, 6:00 p.m.
Host: Ericka Parra

Hispanic Movie Night

Tuesday, October 6
"Nueve reinas" (fast-paced thriller).
University Center Theater. 7:00 p.m.
Host: Fleming Bell

Spanish Club Events

Monday, October 5
Karaoke Night at "El Cazador"
Restaurant. 5:00-8:00 p.m.

Wednesday, October 14
Spanish Trivia Night. Student
Union Theater. 5:00-8:00 p.m.

Wednesday, October 21
Hispanic Dinner Potluck &
Dancing. Magnolia Room,
University Center. 6:00-8:30 p.m.

Dancing & Fitness!!

Monday, October 5
Latin Dancing Lesson.
West Hall 138.
6:00-7:00 p.m.
Host: Ellen Friedrich

**Thursday, October 1 &
Monday, October 19**
Zumba Lessons. Cypress Room,
University Center. 7:30-8:30 p.m.
Host: Edris Brannen YMCA



Come Celebrate With Us!

VSU Modern & Classical Languages

www.valdosta.edu/colleges/arts-sciences/modern-classical-languages/



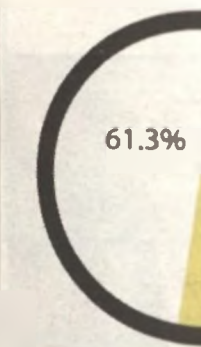
Valdosta

The city of Valdosta... a list that not many are... this precarious honor... including Albany, Aug... According to the Cent... dosta comes in at 87 in... diseased cities in Amer... Although these num... population directly, the... ted diseases are preval... should alert VSU stud... are nearly double the... 456 per 100,000. The... are not as drastic, but... CDC's list.

Have you h... someone th...

Yes 47 9.2%
No 465 90.8%

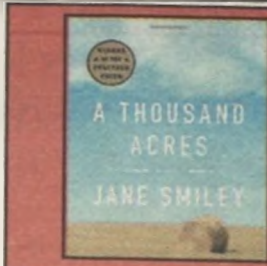
Which o... used?



SGA disc...

Jyrell Wy...
jdwyann@valdosta.edu
The Student Govern... association had a gener... meeting at 8 p.m. in... sity Center Cypress... this week.
At the meeting, S... things such as the F... food drive, Project F... breast cancer, and d... stadium red to show... Nicole Njoku, com... for student affairs, k... was perfect to get in... school affairs and m... changes to VSU. SH... dents educated on S... they allocate funds... tions based on camp... tion.
"SGA is a forum... dents of all organiz... to be in line with w... administration has... school year," said N...

NEWS



"King Lear and A Thousand Acres Symposium"

Wednesday, October 7th, West Hall #150, 5:00-6:30 PM. Topics will be up to each presenter and last ten minutes each, covering Shakespeare's play and their choice of Smiley's fifteen novels. This roundtable discussion is for all English majors & minors & faculty.

Valdosta ranks high on STD list; miseducation to blame

John Preer
EDITOR-IN-CHIEF
jpreer@valdosta.edu

The city of Valdosta has made it to the top 100 of a list that not many are proud of. Valdosta shared this precarious honor with other Georgia cities including Albany, Augusta, Columbus and Macon. According to the Center for Disease Control, Valdosta comes in at 87 in a list of the top 100 sexually diseased cities in America.

Although these numbers don't reflect VSU's population directly, the fact that sexually transmitted diseases are prevalent among young adults should alert VSU students. The rates for chlamydia are nearly double the national rate which is around 456 per 100,000. The rates for HIV and gonorrhea are not as drastic, but still warrant a top spot on the CDC's list.

The high STD rates are being attributed to a lack of education and funding for programs that offer free assistance. Although poverty is a leading cause for local populations, low use of contracep-

tives and infrequent health screenings are responsible for STDs among VSU students.

Technology is partly responsible for the high rates as well. The rise of dating apps has lent to the STD problem, making quick hookups easier and more frequent. This is the perfect environment for the transmission of disease, because the sex is often unprotected. All of these numbers can be alarming for good reason, but students should be aware that some of the diseases are preventable with the use of contraceptives, and general sex education. There are certain practices that students can adopt to help protect themselves against STDs such as frequent testing and monogamous dating.

In addition to things students can do by themselves, VSU's Student Health Center offers free screenings and discounted clinical services for full-time students who have paid the health service fee and hold a VSU ID. The center also accepts many different types of insurance policies. The accepted policies and procedures for setting up an appointment can be found on the VSU website.

STD Rates

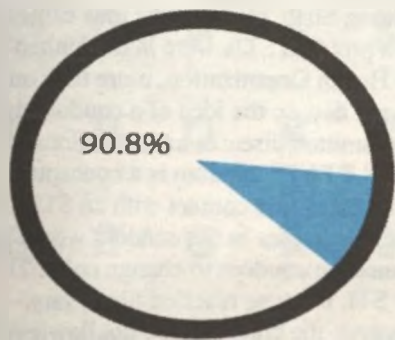
STD Rates in Lowndes County, Georgia

	County Rate	National Rate
Chlamydia	948.3 per 100,000 people	456.7 per 100,000 people
HIV	437 per 100,000 people	350.4 per 100,000 people
Gonorrhea	324.4 per 100,000 people	107.5 per 100,000 people
Primary and Secondary Syphilis	5.4 per 100,000 people	5 per 100,000 people

Source: Lowndes County Health Department

Have you hooked up with someone through an online app?

Yes 47 9.2%
No 465 90.8%



Digital dating: A look into the hookup culture @ VSU

Jordan Barela
EDITOR-IN-CHIEF
jbarela@valdosta.edu

Our lives have become so integrated with social media that most everything can be done with an app. Digital is everywhere you look. Society as a whole has moved towards this digital direction.

Now, you can find a significant other or a quick fling online.

While this is not anything new, "digital dating" has overtaken college campuses everywhere. Gone (almost) are the days of meeting a person in a bar, instead you meet someone through an online profile. The days of going up to a person you are attracted to and giving a simple "hello" have been traded for "yaking" about that person anonymously.

VSU is no different. With apps such as Tinder and POF, college students, particularly VSU students, are going for the digital connection with someone.

But what does the research suggest about this digital dabbling in dating? First, the definition of "hooking up" must be defined. According to authors Amanda Holman and Alan Sillars in their article "Talk About 'Hooking Up': The Influence of College Student Social Networks on Nonrelationship Sex", a hook up could mean a couple kissed or had any form of sex.

In the same article, the authors conducted a survey

which included almost 275 participants. The results of the survey suggest that "hookups are common but far from a universal part of the student experience."

The Spectator also sent out an anonymous survey about the same topic. The survey, taken by over 500 participants, asked seven questions about hooking up or dating through the use of social media and apps.

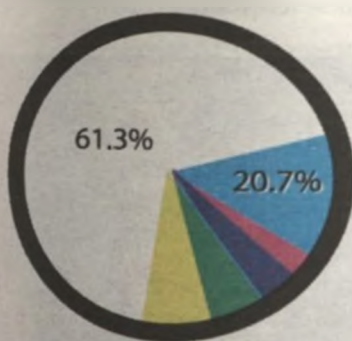
According to the survey, 37 percent of participants have used an online dating or hookup app. However, 72 percent have reported knowing someone who has used a dating or hookup app. For the participants that have used dating or hookup apps, Tinder was the most popular followed by Plenty of Fish or POF.

Given Yik Yak's popularity on campus, a question about Yik Yak was a part of the survey. It is not uncommon to go on Yik Yak and see what is called "yaks" about hooking up and offering hooks up. However, the survey reported that 90 percent of participants have not hooked up with someone through Yik Yak.

While hooking up is very common, it is not a prominent part of the college experience like it is believed to be. The surge of digital has only made dating and hooking up more effortless.

Dating can be done with the simple touch of a phone screen. And with the notification of an app, hooking up can be arranged with a single swipe.

Which dating app have you used?



Tinder 106 | 20.7%
Grindr 12 2.3%
POF 19 3.7%
OkCupid 28 5.5%
Other dating app 33 6.5%
None 313 | 61.3%

Kayla Stroud / THE SPECTATOR

SGA discusses Project Pink and school spirit

Jyrell Wynn
STAFF WRITER
jdwynn@valdosta.edu

The Student Government Association had a general assembly meeting at 8 p.m. in the University Center Cypress Room earlier this week.

At the meeting, SGA discussed things such as the Fill-a-Truck food drive, Project Pink to address breast cancer, and decorating the stadium red to show school spirit.

Nicole Njoku, committee head for student affairs, knew SGA was perfect to get involved with school affairs and make real changes to VSU. She wants students educated on SGA, because they allocate funds to organizations based on campus participation.

"SGA is a forum to get presidents of all organizations together to be in line with what school administration has in plan for the school year," said Njoku.



Jyrell Wynn / THE SPECTATOR

SGA has various plans this semester that include ways to make parking, dining, and resident halls better.

Increasing the student retention rate is another major concern for the SGA as they plan activities to raise school support.

Sequoia Kirby, SGA comptroller, joined SGA her junior year, because they gave her an outlet to voice her concerns.

PREGNANCY WASN'T PART OF THE PLAN

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SPECTECH

Check out LaMarcus Wilkersons' web exclusive SpecTech story this week!

Gene altering allows two men to conceive

Jordan Barela
EDITOR-IN-CHIEF
jbarela@valdosta.edu

Who says only a man and a woman can conceive a baby anymore?

According to a paper published in Cell, a research paper publisher, two men could possibly be able to have a baby together in the near future.

No, men will not be able to physically carry a baby for nine months (a few women may



grumble after reading).

What does make it possible is manipulating primordial germ cells, as the paper illustrates the process.

Unless you are a scientific scholar, research papers are a difficult task to read; ifls.com broke it down.

The way that two men would be able to conceive a child is by manipulating a gene called "SOX". "SOX" is a type of primordial germ cell, as stated earlier. These cells are what determine if either eggs or sperm is produced. The paper discusses that a SOX gene called "SOX17". Altering this gene could change the fate of those cells.

The plot thickens.

The possible process would be to take primordial gene cells from Male Number 1, manipulating that

nifty "SOX17" gene to make them into oocytes. Because a male cell has all the relevant info, in theory, the resulting egg cell will be functional. Male Number 2 would then need to provide a sperm sample to inseminate the egg. If successful, the male egg would have DNA from both men. However, a surrogate is needed to actually carry the baby.

This would be amazing for same sex couples.

But of course, something like this could not be seen as ethical.

The term "designer babies" comes to mind. This could also cause gay male couples to face even more stigma. Some already flinch on the mere thought of same-sex couples raising kids, and this could only push that prejudice to the max.

While this would be remarkable for gay male couples, the world isn't ready for all the fabulousness of a child biologically having two fathers.

New smart kegel pairs with phones to help women exercise 'lady parts'

LaShawn Oglesby
COLLEGE LIFE EDITOR
lsoglesby@valdosta.edu

There's now a smart kegel women can use that pairs with their phones known as kGoal. The interactive training system exercises the pelvic floor in women.

kGoal was designed to be used by various body types and anatomies. During testing, kGoal was found to be comfortable for use in 95 percent of the women tested. Arielle Duhaime-Ross who wrote a review after using it herself, fell into the 5 percent that found it uncomfortable. In her article she said not only did it not fit, but it hurt as well.

While kGoal is compatible with Android and iOS devices, according to the official website it does need "Bluetooth 4.0 capabil-

ity and iOS v8 or Android v4.3 or newer as the operating system."

The physical features include real time, tactile biofeedback, a personal workout guide, performance tracker and comfortable material, known as silicone, made to mold itself to you.

The real time feature is used through touch and sight and helps you make sure you're using it correctly. The workout guide offers different exercise plans best suited for the user and her skill. The performance tracker can measure and keep information like endurance, completed exercises, exercise times and muscle strength.

It weighs three ounces and is splash resistant for an easier clean. Customers receive a one-year warranty, and battery life is about two hours at least, but that

depends on usage. It only takes one and a half hours to charge and includes a USB charge cable. It costs \$149.

Kegels help women exercise muscles in their nether regions that support the womb, the bladder, and the bowels. If these muscles are weak there is a greater chance of being unable to control your bowels and bladder.

It's possible to strengthen these muscles without a device at all, but some women can't tell if they are doing the exercises correctly- and this device makes things more clear and easy. If you want to strengthen your muscles in your lady parts and want to keep track of your progress, then maybe you should give kGoal a try. You know, after you save up cause college women be broke.

Teens' condom detects STI

Carlus Williams
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Three British teens have proposed an idea for a new type of condom that could detect sexually transmitted diseases. The proposal won the trio a prize in the U.K.

The teens, 13-year-old Muaz Nawaz, and 14-year-old Daanyaal Ali and Chirag Shah, said that the idea came to them after discovering the big of a problem STIs were in the United Kingdom. According to the World Health Organization, more than one million people acquire an STI every day, so the idea of a condom that helps people detect sexually transmitted diseases and infections is quite an innovative creation.

The "S.T.EYE" condom is a conceptual design that changes color when it comes into contact with an STI. Once in contact with the disease, antibodies in the condom would recognize the virus or bacteria and cause the condom to change color. The exact shade would depend on the STI, because reaction times vary.

However, the condoms are not flawless. One flaw could be whether the condom can detect STIs in the user as well as the partner, or even what would happen if the condom detects multiple diseases at once. Also, the logistical difficulties of figuring out a way to determine the colors that would determine each disease.

The developers have been approached by several condom companies who believe that they can make these teens' idea a reality.

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Across

- sexual contact be penetration
- a substance, such as lubricant, minimizing friction
- the practice or state of a relationship with one person
- the practice of preventing pregnancies, typically

3	1	4	6	7
6	5	9	3	1
2	8	7	5	4
7	6	9	5	2
4	8	5	7	2
1	3	6	8	9
8	4	2	3	6
3	1	6	4	5
9	2	1	7	9

ANSWERS



Curious to know which editor you're most like? Look out for our "Which Editor Are You?" quiz coming soon to vsuspectator.com!

L O R T N O C H T R I B A
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 V H N I K J V S L U Y C G
 D P I H S N V L N B A N Z
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WORD SEARCH

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|---------------|--------------|
| BIRTH CONTROL | LUBRICANT |
| CONDOM | PREGNANCY |
| DIAPHRAGM | RELATIONSHIP |
| LAMB SKIN | SEX |
| LATEX | STD TESTING |

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

The sudoku grid consists of eighty-one squares in a nine by nine grid. To solve the sudoku, each square in the grid must contain a number between one and nine, with the following conditions:

- Each row of nine cells must contain each of the numbers from 1 to 9 once and only once.
- Each column of nine cells must contain each of the numbers from 1 to 9 once and only once.
- Each of the nine 3 by 3 boxes of nine cells must contain each of the numbers from 1 to 9

ANSWER BELOW

				8			7	
	2	8	9		1	6	4	
1								8
			4			3		
	9	1				8	5	
		4			6			
								2
	4	7	8		3	5	9	
	6			7				

Unscramble the STD

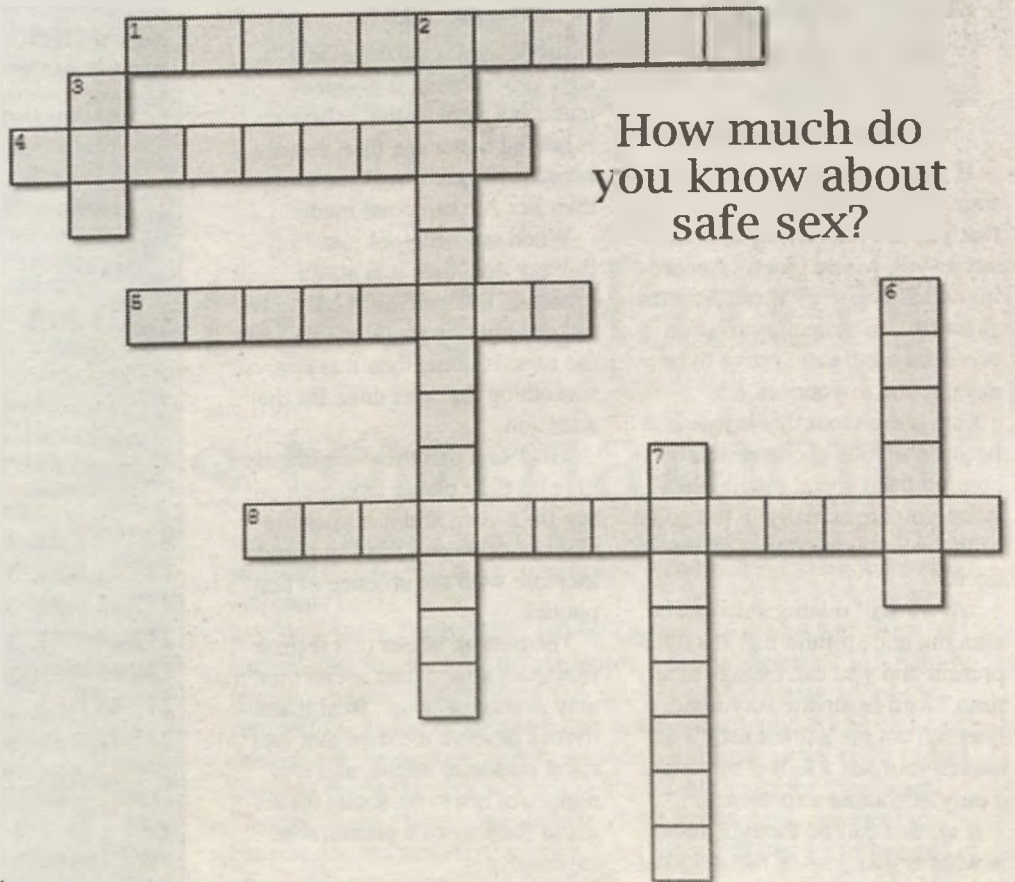
- EEHPSR _____
- NLGAEIT AWTRS _____
- OHORNAEGR _____
- CARSB _____
- ADIHACYLM _____
- LSISPHIY _____
- ISTEHIPTA _____

Across

- sexual contact between individuals involving penetration
- a substance, such as oil or grease, used for minimizing friction
- the practice or state of having a sexual relationship with only one partner
- the practice of preventing unwanted pregnancies, typically by use of contraception

Down

- a device or drug serving to prevent pregnancy
- intrauterine device made of plastic and/or copper that is inserted into the womb (uterus) by way of the vaginal canal
- a thin rubber sheath worn on a man's penis during sexual intercourse as a contraceptive or as protection against infection.
- a relationship with multiple partners



How much do you know about safe sex?

Sudoku Answer

4	3	6	5	8	2	1	7	9
7	2	8	9	3	1	6	4	5
1	5	9	7	6	4	2	3	8
5	7	2	4	9	8	3	6	1
6	9	1	3	2	7	8	5	4
3	8	4	1	5	6	9	2	7
9	1	3	6	4	5	7	8	2
2	4	7	8	1	3	5	9	6
8	6	5	2	7	9	4	1	3

- Answers to word puzzle
- Across
- intercourse
 - lubricant
 - monogamy
 - birth control
 - condom
 - polygamy
- Down
- gonorrhoea
 - chlamydia
 - syphilis
 - hepatitis
- Answers to word unscramble



Did you know? According to Uber Facts: Having frequent sex makes you happy – having more sex than your friends makes you even happier!

Students answer a question: Why are people so afraid to talk about sex?

SEX

Students were asked some or all of the following questions:

- Why are people afraid to talk about sex?
- Are you afraid to talk about sex?
- Are you insecure?
- Sexual orientation?

Shhhhhhh...

Mayah Cantave
Assistant Opinions Editor
mcantave@valdosta.edu

Shandon Davis
Undecided
Freshman

- "They don't want people to judge them. People in society aren't as accepting as they like to say they are."

- "Not afraid to be judged."

Ajaila walker
Undecided
Freshman

- "People want to be seen as innocent."

Brittanie Barnes
Freshman
Pre nursing.

- "People don't want to seem nasty to other people. They don't want to be classified as a ho."

Shhhhhhh...

Jacob Beverly
Junior
Theater arts

- "Lot of people are insecure. About everything. How they look. Penis size, how their vaginas look. How their body parts look."

- "No insecurities about myself or talking about sex."

- "As human beings, we are made like this for a reason. If you cannot control it. Embrace it."

SEX

Nick Thompson
Music education
Senior

- "They are ashamed of it. They are ashamed about what happens behind closed doors because it's private. People are more sexually deviant then they let on."

- "Are you afraid to talk about sex? No, it's easier when I am only talking with close friends....intimate."

- "Gay. Fluid. There's no sexual box. Pansexual."

SEX



Social media may be affecting your sex life

Terrance Johnson
Staff Writer
terrjohnson@valdosta.edu

social media, then that is a sign of addiction. It also may make you believe that everyone is having better sex than you are, because people can sugar-coat their sex life on social media.

When sex becomes just "the thing to do," then it is also a problem. Basically, if it has to be talked about on social media after the deed is done, then it is just something that was done for the attention.

Most said that they would rather give up their phone than give up sex for a year, and it is possible that sex drive and activity could increase with the absence of cell phones.

The bottom line is that if these examples apply, then social media may deserve a break. Real life activities deserve the time that was spent on social media, and it is important not to let social media get in the way of a pleasurable experience.

If you are spending too much time on social media, it is possible that you are not having as much sex as you would like to. According to leading sex experts, studies show that an unhealthy fixation on social media can prove to be detrimental to your sex life.

One reason that this is true is because if your excitement is coming from social media, then when you are actually in the midst of the act, you are not as stimulated.

"A 'virtual' relationship can be enticing and stimulating. It's ever-present and you can engage at any time," said Jeannette Raymond, a licensed couple's therapist. "That makes your sex life feel more like a duty or routine experience."

If all that can be thought about is what is going on in the world of

The VSU Department of Philosophy & Religious Studies encourages you to take these courses in Spring 2016!

Spring 2016 Philosophy Studies Course Offerings

PHIL 2010 Fundamentals of Philosophy		
21221 A	TR 9:30am-10:45am	Santas
21222 B	TR 11:00am-12:15pm	Santas
21223 C	MWF 11:00am-11:50am	Serran-Pagan
21224 D	MWF 1:00pm-1:50pm	Serran-Pagan
PHIL 2020 Principles of Logic and Argumentation		
21225 A	TR 8:00am-9:15am	James
21226 B	TR 9:30am-10:45am	Lovern
21227 C	TR 12:30pm-1:45pm	James
22350 D	TR 2:00pm-3:15pm	Harmon

No Prerequisites!

All Students Welcome!

- 21228 PHIL 2030 A Ethics & Contemporary Society • MW 3:30pm-4:45pm • Hackett
- 21229 PHIL 3080 A History of Early Modern Phil • TR 11:00am-12:15pm • Harmon
- 21230 PHIL 3200 A Philosophy of Science • TR 2:00pm-3:15pm • James
- 21231 PHIL 3400 A Existentialism • MW 2:00pm-3:15pm • Lovern
- 21232 PHIL 3430 A American Philosophy* • MW 1:00pm-1:50pm • Santas
- *Note: This course is taught partially online; hybrid.
- 22474 PHIL 3540 A Ecology & World Religions • TR 12:30pm-1:45pm • Serran-Pagan
- 21233 PHIL 3610 A Native American Thought & Cultures • TR 3:30-4:45pm • Lovern
- 21234 PHIL 4220 A Ethics and Public Administration • TR 3:30pm-4:45pm • Peace
- 21235 PHIL 4800 A Identity, Race & People's Movements • T 5:00pm-7:45pm • Santas
- 22351 PHIL 4800 IB Women & Religion** • Lovern
- 21236 PHIL 4920 A Metaphilosophy Capstone • MWF 12:00pm-12:50pm • James

Spring 2016 Religious Studies Course Offerings

21237 REL 2010 A	Intro to Religion & Culture • TR 2:00pm-3:15pm • Turley
REL 2020 World Religions	
21238 A	MWF 9:00am-9:50am Downing
21239 B	TR 2:00pm-3:15pm Serran-Pagan
21240 C	TR 12:30pm-1:45pm Turley
21241 IA	Online** Johnson
22352 REL 3330 IA	New Testament** • Johnson
21242 REL 3400 A	Existentialism • MW 2:00pm-3:15pm • Lovern
21243 REL 3504 IA	Archaeology of Ancient Israel** • Downing
21244 REL 3510 A	Judaism • TR 9:30am-10:45am • Downing
21245 REL 3540 A	Ecology & World Religions • TR 12:30pm-1:45pm • Serran-Pagan
21246 REL 3600 IA	Women & Religion** • Lovern
21247 REL 3610 A	Native American Thought & Cultures • TR 3:30-4:45pm • Lovern
21248 REL 4920 A	Religious Studies Capstone • MWF 12:00pm-12:50pm • James

** Note: Class above is Online. For information on how to get started, go to <http://www.valdosta.edu/academics/elearning>.

October 1, 2015
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Undefeated Blazers look to serve the Bulldogs

Aldean Starr
STAFF WRITER
astarr@valdosta.edu

As the season goes on, the Valdosta State volleyball team continued its run, as it defeated West Alabama. With a score of 3-1, the Blazers are rallying for a spectacular season as they prepare for their upcoming matches.

Union continues to struggle as the season goes on with another defeat by Shorter University, losing 2-3 and making their overall

"Our girls battle even when not playing at optimal level."

Mike Swan
Head coach

record 3-6. The next opponent they face is the University of North Alabama Lions, but their record of 9-2 can be daunting.

Krista Bradford, the Senior Libero of the Blazers, seems confident in their preparation.

"We prepare by having tough practices and working on our weaknesses," said Bradford. "The team works together on practicing and takes time out after practice to work as well."

Strategy is the key factor that will determine if they will win or lose this next match. "Our strategy is plays that run, but our main strategy is to play consistent," said Bradford.

Although Union will provide pressure, the Blazers are not focused on who they are playing, but clean volleyball on their side. "We have to play at a high level at all times and minimize force areas," said Bradford.

Mike Swan, head volleyball coach, knows his team is prepared for Friday. "Our girls battle even when not playing at optimal level," said Swan.

Balancing act for VSU athletes

Statistic shows athletes often face obstacles in relationships

Tiarra Bell
STAFF WRITER
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A CNN statistic reports that roughly 80 to 90 percent of professional athletes cheat on their significant other. Surprising? Have you thought that this is the case for college athletes as well?

People have created a predetermined idea of what athletes are like in relationships. Many have formed the impression that the majority of athletes, male and female, cheat in one way or another. Depending on what is considered cheating, a person can cheat physically, emotionally, or through technology.

Athletes are public figures and their lifestyles are constantly on display. They represent not only themselves, but also the team they're apart of. The famous scandals of Tiger Woods and Kobe Bryant are just some examples of what comes to mind when

people think of this stereotype.

While not all athletes fall into the category of cheating in a relationship, the ones that do, help to form the stereotype that athletes are unfaithful in their relationships.

The temptation that athletes face is greater than most non-athletes because of the countless amount of exposure they receive.

For men, the fame and title of being an athlete promotes females to "throw" themselves at them. As for being a female athlete, the temptation seem to be the same.

Being an athlete comes with pros and cons. One of the downsides of being an athlete, if you're in a relationship, is the temptation of cheating. Cheating is becoming more common among people under 30 years of age.

While in a relationship, a person can be happy and still cheat. According to an article from

Health Research Funding.org, 56 percent of men and 34 percent of women that cheat claim to be happy in their relationship. However, 99 percent of Americans state that they expect their spouse to stay faithful to them.

Some may refer to this as the "spoiled-athlete syndrome." According to NYTimes, sociologist Steven Ortiz says by the time a team picks them for their athletic ability, they are pampered by their coaches, family, friends, and partners. After a while, this is all the athletes are used to.

Relationships aren't easy to maintain. During college, many athletes experience a load of lifestyle and relationship changes along the way.

Time is very important in order for a relationship to continue. If a couple spends more time away from their partner due to practices, away games, school, and working, it may result in unfaithful activities and ultimately end

the relationship.

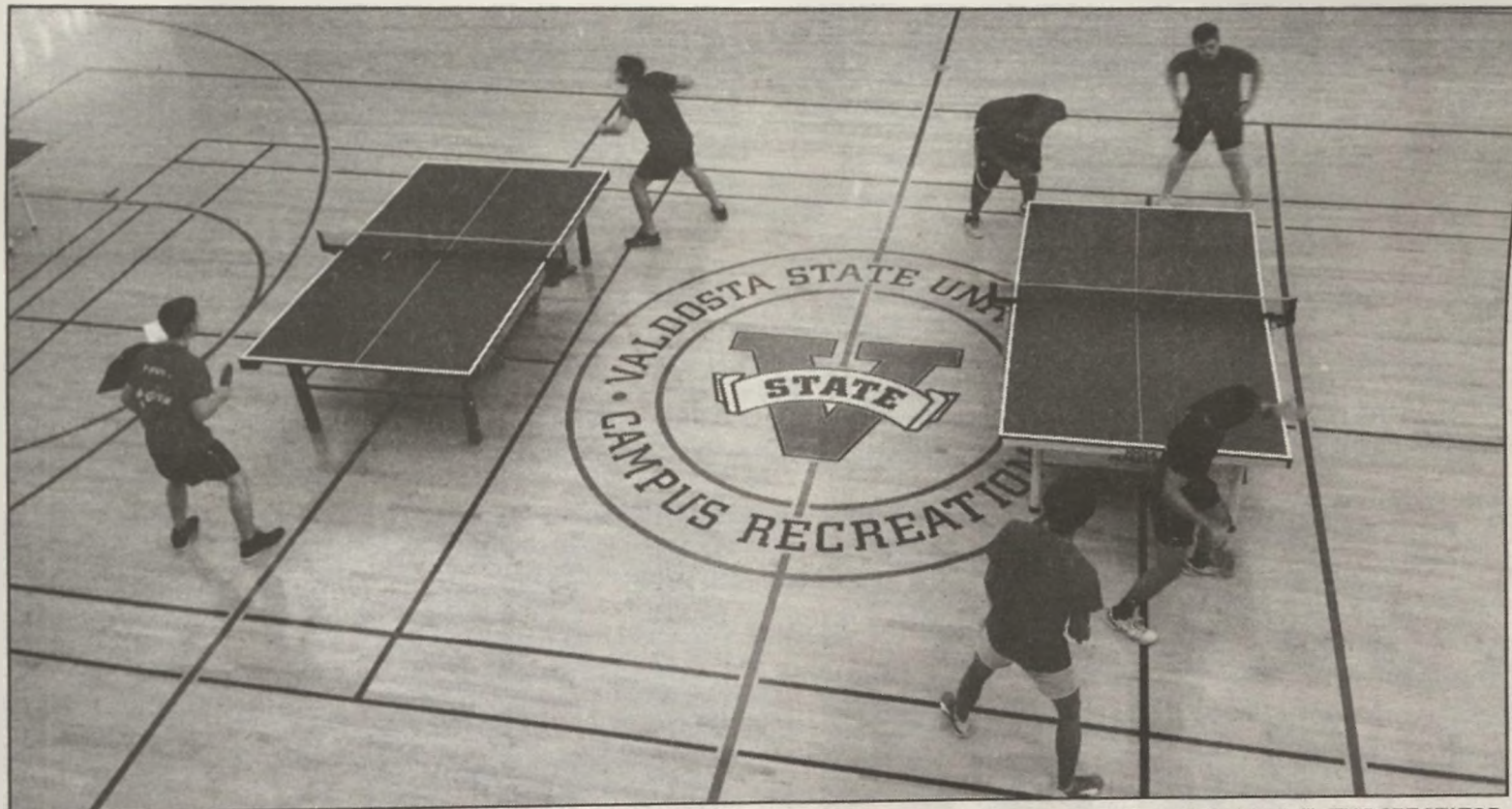
Finding a balance that helps you maintain a healthy relationship with your partner and indulge in sports can be complicated.

Having a partner that understands and supports how important a sport is to their boyfriend or girlfriend will last longer and reduce the chance of cheating.

Blake Justice, shooting guard on Valdosta State's basketball team, says his girlfriend understands the commitments he has and supports him because they know how tough it can be when school and the season starts.

"She's great about being there for me when I'm busy," Justice said. "Before games, she hooks me up with candy and snacks and I return the favor by surprising her with dinner."

Communication is the key for any relationship to function. Certain gestures can be done.



Niamani Carlyle-Hollis/THE SPECTATOR

VSU took on Florida State University in a table tennis tournament on Saturday playing in singles and doubles competitions. The Seminoles took the Blazers in the end.

Florida State takes Blazers in table tennis tournament

Niamani Carlyle-Hollis
STAFF WRITER
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Valdosta State's Table Tennis Club recently hosted Florida State University on Saturday for an intense and thrilling ping pong scrimmage. With four tables set up on the first court of Valdosta State's Recreation Center, both clubs battled it out in order to give their club the boost to win the tournament. Spectators gathered around to watch as teams competed in both single and double matches.

"I came to work out and noticed that they were having this tourna-

ment, so I decided to watch a little," said Jasmine Tharpe, 22, senior accounting major. "I never realized how competitive table tennis was until now."

VSU's Table Tennis Club, led by Zachary Johnston, was extremely excited and prepared for the preseason matchup against FSU. Family, friends, and teammates filled both stands as everyone watched the competitive and exciting games, as cheers of triumph could be heard throughout the gym, whenever an individual from either team rallied and was able to score a seemingly impossible point for their team. Though Florida State ultimately won the tournament, competitors became friends and relationships were formed to last a lifetime and new comers are now fans.

Follow The Spectator Snapchat at VSUSPECTATOR for updates on Saturday's football game against West Alabama @ 2 p.m. in Bazemore-Hyder Stadium.

ing frequent sex makes you even happier

Why are you having sex?

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lick Thompson

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Religious Studies

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to get started.

WINNING STREAK

Blazers roll past
Cumberland to run
record to 3-0



Top photo: Andre Johnson Sr. (2) drags a Cumberland receiver to the ground. Center: Andre Johnson Sr. (2) and Brandon Kemp (81) combine to make a stop on special teams. Left: Freshman tight end Brandon Kemp (81) battles for a reception. Right: Cedric O'Neal (7) looks for running room as Dallas Baldner (16) blocks. The Blazers defeat Cumberland Bulldogs 56-22 Saturday, September 26, 2015.

Photos by Stella Henderson/ THE SPECTATOR

Andrew Gray kick

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The touchdown
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SPORTS

Undefeated Blazers take on rival UNA



Stella Henderson/THE SPECTATOR

Andrew Gray kicks off after another Blazers touchdown.



Stella Henderson/THE SPECTATOR

Cornerback Donatello Brown prevents a Cumberland touchdown pass in last Saturday's matchup. Blazers took the win with a final of 56-22.

Blazers break school record with win over Cumberland

Gabe Burns
Asst. Sports Editor
gcburns@valdosta.edu

The Valdosta State Blazers had a memorable home opener that will forever be entrenched in the school's record books. The Blazers' record-setting day resulted in a 56-22 win over Cumberland at Bazemore-Hyder Stadium on Saturday.

In the 2nd quarter of play, quarterback EJ Hilliard rolled out to the right and hit D'Amonte Ridley for what would become a 92-yard touchdown pass, the longest in school history.

"I honestly didn't see anything," said Hilliard. "I put it up, I got hit, I heard screaming from that (Cumberland's) side and thought 'man, that's an interception.' The next thing I know, I heard he caught it, then broke a tackle and scored. So it's really cool to have a place in history."

The touchdown came a couple of minutes before halftime to give VSU a 30-7 lead. But it was an all-around big day for the Blazers' offense.

As has been the theme of the first two games, the offense took a quarter to get rolling, with the teams ending the first quarter in a 7-7 stalemate. But once the offense found its rhythm, it fired on all cylinders for their most efficient performance of the 2015 season.

Hilliard finished 17 of 22 for 250 yards and four touchdowns while playing only the first half. Running back Cedric O'Neal grinded out 95 yards and two touchdowns on 19 rushing attempts. Receiver Greg Dent caught two touchdowns, while Donovan Bolden, Dallas Baldner and Ridley each had one as well.

"I think that we're getting better offensively," said VSU head coach David Dean immediately following the game. "We added a lot of new pieces to the puzzle early on, and I think they're all starting to conform together and gel. I was really pleased with EJ (Hilliard). He made some good decisions and throws. I thought our offensive line protected well. And our wide receiver play and running back play, those guys stepped up and made a lot of nice plays tonight. Our big thing is just to continue to improve, and hopefully we can continue to do that because from game one to game two to game three, we have improved each week."

The Blazers (3-0) took a 36-9 lead into the half after Hilliard hit Dent for a 22-yard score with seven seconds remaining before intermission. The second half allowed Dean to evaluate some of his younger players, including redshirt freshman quarterback Roland Rivers, who showed off his arm strength on a 52-yard touchdown throw to Bolden late in the 3rd quarter.

The defense performed as expected. They frequently made plays in the opposing backfield, tallying five sacks and preventing the Bulldogs from sustaining any long-drives.

On the afternoon, the Blazers put up 517 yards of offense while holding the Bulldogs to only 221. Statically, Valdosta State out-played Cumberland in every part of the game.

The 4,255 fans in attendance provided a great atmosphere, and the team hopes the crowd brings a similar energy to next Saturday's conference opener against the undefeated North Alabama Lions at 2 p.m.

Gabe Burns
Asst. Sports Editor
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In what has become a highly anticipated, annual conference matchup, the no. 9 ranked Valdosta State Blazers will host the no. 8 ranked North Alabama Lions at Bazemore-Hyder Stadium on Saturday at 2 p.m.

Both teams are carrying a 3-0 record into this weekend's contest. Both are also expected to be GSC title contenders, and the winner will take an early lead in that race.

"We know they're going to be a good football team, they always are," said Blazers head coach David Dean. "We know they're athletic, they're very well-coached, and it's going to be a heck of a rivalry. They always bring a good crowd down here and this is one

of those games where they like to play us and we like to play them. Should be a good battle and our guys are excited to get back into Gulf South Conference play."

North Alabama returns 15 starters from their 2014 roster that finished 9-2 with a playoff appearance. Starting quarterback Luke Wingo returns for his senior season. Under Wingo's guidance, the Lions averaged nearly 36 points per game and 440 yards per game last season.

North Alabama is already 2-0 in conference play, having defeated Mississippi College and Florida Tech in the last two weeks. The Lions' high-powered offense has scored 34, 34 and 55 and totaled 640 yards last week. The "Black Swarm" will need to attack early and often to prevent the Lions from finding any rhythm.

But the Lions' defense will give the Blazers' offense chances to make plays. The defending back-to-back GSC champs surrendered 48 points and 533 yards to Florida Tech in their previous game, which are alarming numbers against a Panthers team that has struggled out of the gate with a 1-3 record.

The Blazers have lost two straight regular season meetings in the series after winning 24-21 in 2012. The Blazers were blown out 57-7 in 2013, and then came up short last season, 31-29.

Of course, the schools met in the first round of the 2014 playoffs and VSU eliminated the Lions with a 33-31 victory. This season's clash is an opportunity for the Blazers to make a statement, while the Lions will view it as a chance for payback.

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