

Sex manual leaves something desired Protection plays a crucial role

BY CHRIS COLETTA
MANAGING EDITOR

Aldous Huxley, author of the dystopian "Brave New World," once wrote, "An intellectual is a person who has discovered something more interesting than sex."

Fair enough. You can't really argue with the author of the 20th century's most prescient novel, one that's a more than adequate primer on the dangers of allowing our baser impulses to ruin us.

Then again, I wouldn't call ours a society of intellectuals, even in a university climate — so for the rest of us, the editors of Cosmopolitan have brought a Festivus. It's called "The Cosmo Kama Sutra: 77 Mind-Blowing Sex Positions."

If you've ever read the magazine — don't even play it off, gentlemen, you know you do — you know what to expect. Cringe-inducing titles for sexual positions such as "Joystick Joyride" and "Niagara Falls" abound.

So do odd pictures of silhouetted people doing the dirty bird. Many of the positions are swiped from old issues of Cosmo and, yes, adapted from the ancient Indian guide to carnal pleasure.

It's a veritable smorgasbord, which, incidentally, looks a lot like "orgasm." Which is what the editors of the book insist is going to get better if you pick up their handy-dandy \$18 guide.

But the vast majority of the book's so-called breakthroughs are just slight variations on the same two or three basic positions, and the ones that branch out either require inhuman flexibility or partners who are roughly the same size.

Totally impractical. Besides, who needs something like this to spice up their sexual activity?

I'm reminded of one of the more humorous scenes from the recent movie "Kinsey," in which a couple of befuddled college students ask the soon-to-be legendary sex researcher why the woman of the pair isn't enjoying their nocturnal romps. Kinsey asks them if they've ever tried different positions, and in a note-perfect moment, the girl asks, "There's more than one?"

More than likely, the people who buy this book are going to be people like that. And it's hard to believe that in this day and age, with the Internet and TV and such, there's a whole lot of people who could

BOOKREVIEW

THE EDITORS OF
COSMOPOLITAN
"THE COSMO KAMA SUTRA:
77 MIND-BLOWING SEX
POSITIONS"

benefit from whatever merits this book holds.

Maybe I'm just jaded from living in North Carolina's liberal Mecca, and New York and Connecticut before that, but are there really that many people out there who aren't aware that humans can make love like mammals?

If so, I suppose Cosmopolitan has done people a favor. If not, well, I'm sure its book will make a decent conversation-starter.

Contact the A&E Editor
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STAFF REPORT

Let's get one thing straight — abstinence is the only 100 percent effective way to prevent pregnancy.

Now, let's consider another statistic — as of 2003, 49 percent of students nationally were sexually active by the time they reached 12th grade, according to The National Campaign to Prevent Teen Pregnancy.

That number skyrockets to 57 percent of students if we only look at the state of North Carolina.

It would be ridiculous to assume that UNC students aren't making use of their weekend time and their residence hall study lounges in order to get it on.

But it would be even more ridiculous to ignore the potential consequences for these students if they don't go about such activities safely.

Protection against sexually transmitted diseases and pregnancy is often just a phone number or a single office visit away for students

in Chapel Hill.

Between the local Planned Parenthood offices and Student Health Services, students have access to free condoms, which are between 85 percent and 98 percent effective and protect against HIV and other sexually transmitted infections.

Both health offices also provide female condoms, which can be used by people who are allergic to latex, and spermicide that can be used in tandem with condoms to up the efficacy of the protection.

Planned Parenthood and Student Health also can prescribe a variety of birth control methods, all of which should be used in combination with a condom to prevent transmission of sexually transmitted infections.

Between the birth control pill and newer options such as the birth control patch and ring, women have many choices to prevent pregnancy. Although birth control generally costs at least \$15 a month, many clinics provide

-pills and other methods at discount prices, and some health providers price these services according to income.

North Carolina's Planned Parenthood offices also offer a hotline for emergency contraception, which can reduce the risk of pregnancy by 75 percent or more if taken within 72 hours of unprotected intercourse. Emergency contraception also can be obtained at Student Health.

For more information about safer sex or for an appointment, contact Student Health at 966-2281. This number also can be called after hours for sexual assault response; during the day, sexual assault victims should call 966-3650.

Planned Parenthood of Chapel Hill can be reached at 942-7762, and information about clinic hours is accessible at <http://www.plannedparenthood.org>.

The emergency contraception hotline is accessible at (866) 942-7762; hourly information is available at <http://www.dialec.org>.

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