

some like it hot... a guide to Commons dining

By ELIZABETH BURKHEAD AND SARA SAMS
Arts & Living Editors

If you've begun to lose hope of ever arranging a nice intimate dinner with the one who makes your heart flutter due to a declining bank balance or absence of stylish wheels to get you off campus, worry no more. A bountiful meal in Vail Commons drains a declining balance of a mere seven dollars and offers an amazing variety (if not always quality) of food.

Something can be found to please even the most sensitive palates and stomachs, a crucial criterion for both a date evening and a solitary mid-day lunch.

The cafeteria experience must, however, be approached carefully, so we braved the waters to sample a typical Monday's lunch menu to provide a helpful guide to your Commons encounter.

For an attractive dining experience, atmosphere is everything. We strongly suggest dining in the Harrison Room, apart from the sports television and accumulating student lines.

We also support the decision to place your tray outside, where tables provide a more leafy and naturally-lit environment (a good option, as long as you avoid the bees).

Accumulating a balanced meal with the overwhelming plethora of not-too-enticing selections can be difficult.

The pseudo-vegetarian at our table enjoyed a meal of only Vegetarian (V) menu selections. The eggplant Parmesan was one of the more delectable meatless plates

available. Relative to other line options (slightly scary steamed broccoli), the eggplant was unctuous. It was quite flavorful with the right proportion of mozzarella, and soft enough without requiring the teeth to over-chew. Go for the EP Parm any time you see it headlined.

Going the meatier route, chicken Parm always pleases—just make sure you go to Commons a little late, which not only will allow the crowd to die down but also the sauce to soak into the chicken.

If you time it just right (12:50 has proven to be the optimal arrival time), the breading should be the perfect delectable blend of

stacks Chipotle turkey, cheddar cheese, banana peppers, lettuce, tomato, and red pepper mayonnaise on a rich sourdough bread. Consuming the entire 'wich, though, proved to be extremely difficult, not only because of its staggering height but also because of the relentless intensity of its flavors. For expert sandwich-chompers only!

If you're into hot chicks—hot chick peas, that is—go for this week's hummus special, Smokin' Black Bean, on grilled sourdough. It offers a little extra heat, though the spice does not overpower the sandwich (which is delightful with honey mustard).

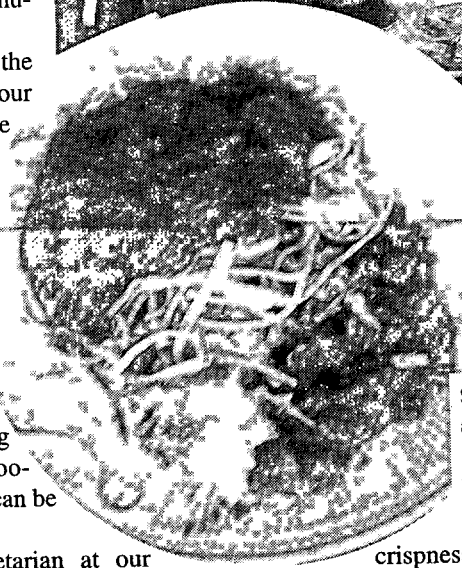
This week's pizza special is not for the faint of heart or faint of colon. "The Super Supreme" boasts an intimidating conglomeration of toppings: pepperoni, salami, sausage, tomatoes, red onions, black olives, mozzarella and pizza sauce, all synergizing to create a unique cornucopia of sensations.

Just make sure that you don't have anything (or anyone) important to do after mealtime and chase the meal with a smooth, refreshing cone of mint chocolate chunk soft-serve.

The simultaneously

best and worst thing about Commons is that you can keep going until you shout, "Enough! I'm done."

While you are not limited to measly morsels (in fact, small portions can be quite difficult to acquire), you must pay careful attention to your own hunger level. Overconsumption is easy, especially if your taste buds remain slightly unfulfilled.



Sara Sams '08 (above left) and Elizabeth Burkhead '07 surround themselves with a selection of entrees from Commons.

crispness and sogginess.

Cuidado, amigo! This week's specials are very picante. The sandwich bar offers the Southwestern Turkey sandwich, which

Coming out of the closet, condoms, and better sex

Once again, questions posed anonymously by the campus community:

I've been questioning my sexuality for a while and think I'm gay. I'm sick of hearing people assume everyone is straight. Sometimes I feel alone or made to feel different, which makes me definitely not want to come out. Are people just being small-minded, or is it homophobia?

Your concerns are valid and, unfortunately, quite common. There is an important distinction, however, between the small-mindedness you mention and homophobia.

In the broadest definition of the word, heterosexism refers to the assumption that everyone is or should be heterosexual. This is a cultural norm to which Westerners have become accustomed and is probably much more prevalent than homophobia at Davidson.

Most students will assume a date to a Court function must be of the opposite sex, for example. And many among us will presuppose that our peers have never experienced homosexual intimacy. As is true of most assumptions, they are often wrong.

Homophobia, however, is defined as an intense hatred towards or fear of gay men and lesbian women. Thankfully, homopho-

bia is almost certainly less common on the Davidson campus, but you should not take for granted that it does not exist.

For all of its openness and acceptance, Davidson College represents a larger community of varied beliefs, some of which are hostile to homosexuality.

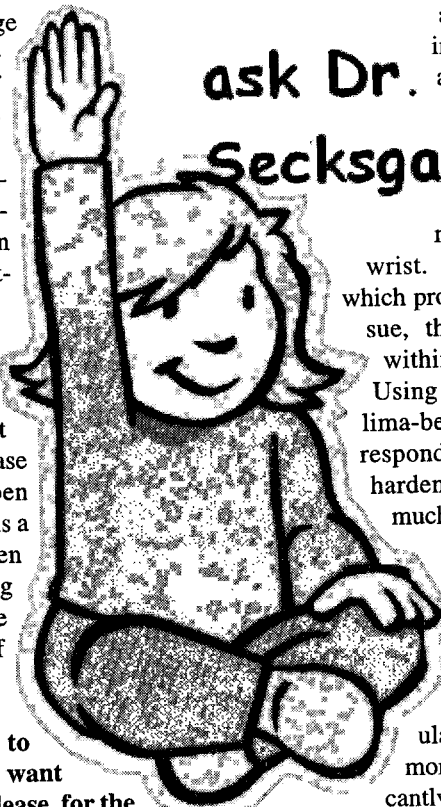
According to many non-heterosexual Davidson students, though, being "out" on campus rarely leads to outright prejudice.

That is not to say, however, that gay students do not encounter more subtle biases every day, but overt intolerance is atypical. Please remember that being open about one's homosexuality is a constant struggle between increasing understanding and encouraging acceptance among our peers. Best of luck.

Davidson men want to know. Davidson women want to know. Please, for the good of us all, tell us where the g-spot is!

Ah, the age-old question. The best and most concise description comes courtesy of Davidson's Health Advisors: insert the index and middle finger into the vagina and do a "come hither" motion, i.e. pulling the fingers in a circular motion toward the wrist. Unlike the clitoris which projects from nearby tissue, the g-spot rests deep within the vaginal wall. Using firm pressure, the lima-bean sized g-spot responds to stimulation by hardening and swelling, much like the male's penis.

Many women describe an orgasm reached through g-spot stimulation as deep and long-lasting whereas clitoral stimulation often produces a more intense but significantly shorter orgasm.



Learning from 'Take Back the Night'

By STEVEN GENTILE
Health Advisor

Recently, Davidson men and women got the opportunity to "reclaim the night" by talking about their sexual assault and abuse experiences. What did we, as a student body, learn from their talks?

One thing to take from the night is that it takes a community to help prevent such horrid occurrences.

Fellow men, it is not okay for your friend to sexually harass a woman — no matter how drunk he or she is. Take, for instance, the dance floor. If you see your fellow comrade groping on the dance floor while dancing, make it your business to stop the incident!

What is happening or is about to happen may seriously damage the girl. Furthermore, the girl may, and should, press charges against your friend. It is to everyone's best interest for you to intervene. Do it subtly, if you want — you don't have to make a scene. Take your friend aside, save the girl by stepping in and dancing with her, or... make a scene. You should do whatever you can do to save the woman.

Women, you're needed in this manner, too. If you are sexually harassed, do not brush it off. What is happening to you is wrong — it's never okay. Sure, you may not have a problem with the incident; or, if the guy is your friend, you may not want to cause any harm by pressing charges.

Even though you may tolerate the offensive behavior, the next girl may not. The guy can cause serious harm to the next girl, physical and emotional. Stop this behavior by intervening early-on. The emotional and physical distress of the offended far outweighs any punishment the offender should receive.

It takes a community to prevent sexual harassment. Set aside your close friendship ties if your friend causes pain to another.

Finally, gender biased roles were used in this article simply for convenience. Sexual harassment happens both ways — man to woman, woman to man, man to man, and woman to woman. In any case, it takes all of us to prevent these incidents from occurring.

Is there a difference between "ultra sensitive" condoms and regular condoms? Do the thinner condoms break easier?

There is no reliable evidence on the rates of breakage of thin condoms versus regular condoms, but rest assured that both types of condoms are approved by the U.S. Food and Drug Administration as effective prophylactics. Use whichever type of condom provides the most satisfaction and safety for everyone involved.

Condom breakage is almost always caused by user error and very rarely by the condom itself. Remember to use water- and not oil-based lubricants for the condom, and always beware of the condom's expiration date. Also, be careful of exposing condoms to extreme temperatures which may cause them to more easily tear. One of the most common reasons for condoms to fail is not leaving enough room at the tip of the condom for the male's ejaculate. Finally, one must be sure to hold the rim of the condom by the base of the penis when withdrawing to ensure no ejaculate is released accidentally.

Titillatingly,
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