

# Porn is one vice students rely on less as they mature

Some students reveal they reduce porn viewing in favor of emotional relationships

By Sean Hanson  
Copy Editor

As freshman Peter Lytle got older, he viewed Internet pornography with declining frequency.

At his peak, he was watching porn once every other day to once every three days, but now Lytle only views it approximately once a week.

Although he attributes this decrease to emotional maturity, Lytle said he was never addicted to porn.

The Web site <http://www.no-porn.com>, devoted to helping porn addicts overcome their addictions, offers a quiz for site visitors to determine whether they too might be hooked.

Adapted from Hazelden Publishing's "Hope and Recovery: A Twelve Step Guide for Healing from Compulsive Sexual Behavior," the quiz asserts that addicts exhibit some of the following symptoms: They let their porn-viewing habits interfere with work or school, they "feel empty or shameful after viewing or masturbating using pornography," they "use pornography to deal with, deny, or avoid problems in (their lives)," or they have "replaced a collection of pornographic material after destroying one collection and vowing never to purchase pornography again."

"I don't believe it was ever a problem, and I don't believe it was ever a vice," Lytle said. "Pornography is not a vice when it's used for sort of a quick sexual gratification, but it definitely can become one when you start to create personal gender

norms and sexual stereotypes based on this false constructed reality that centers on sexual gratification.

"Pornography definitely does not represent reality," he added.

Lytle's viewing habits are incongruent with those who frequent <http://www.no-porn.com>'s online forums — porn addicts who consider it a point of pride when they can "go for long periods of time — hours or up to two days — without wanting porn."

Another anti-porn Web site, <http://www.victimsofpornography.org>, catalogs testimonials from porn addicts, spouses of porn addicts and sex industry workers who said their lives have been ruined by porn.

But the University Counseling and Testing Center makes no mention of porn addiction in its list of "important times for men to seek help."

Lytle said in his experience, once men reach college, their porn viewing should decrease naturally.

"Guys in college are around girls more often, they're getting into relationships and they really should be beginning to mature," he said.

However, Lytle isn't ashamed that he still looks at porn on a weekly basis.

"I'm not embarrassed about my use of pornography because it's something that happens that I do personally. It's a personal habit; it's not something I share with the world," Lytle said. "It's a definite sexual release that I think, without, most men would go stark raving insane."

Despite his assertion, Lytle said he is uncomfortable with the negative light cast on males because of their porn habits.

"It's easy to perceive men in

general as 'sex fiends,' and definitely our sexual beings are a huge part of us, but there is a lot more to man than just that," he said. "While it seems like the Internet pornography phenomenon is mostly relegated to men, I would hate for the stereotype to develop that that's all men can think about."

"We have psychological complexities. We're more than just sex machines."

But, Lytle said, he's also aware porn can exert a negative influence on some men's lives.

"It really depends on the person because for some people, pornography can become a very harmful aspect of their life, and for some people it's a normal, safe avenue for sexual experience and release," he said.

One of those harmful aspects, Lytle said, is the effect it can have on a relationship.

"Internet sates a sexual drive, but when you have a partner, there's a deeper emotional stake," he said. "If you love them there really is no need to look at porn, even if you're not involved sexually because you're ... with someone on a deeper, almost spiritual level, and it seems to supersede the more juvenile need for sexual gratification — for instant, emotionless sexual gratification."

That's the reason Lytle, for one, moved on from porn.

"I won't deny when I was younger I looked at a lot of porn," he said. "But — and I believe this is true for a lot of guys — as I became older I began to desire a constructive relationship more than a hand job."

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# Cigar flavors, sizes help relax, give buzz

Products like the Medusa and the Egg provide diversity for cigar aficionados

By Lisa Catto  
News Reporter

Some cigars satisfy almost any craving, with flavors of vanilla, rum and even strawberry. Some cigars have a relaxing effect; some give an incredible buzz.

"I have cigars that would make you wonder why you ever smoked pot," Fine Cigars Northwest owner Steve Colbert said. "They will roll your eyes back in your head and relax you completely."

Colbert has been a cigar smoker since he was 17 years old, and he said he started with the big green cigars that were sold in restaurants. He said his favorite part of cigar-smoking is the flavor.

He added that he enjoys owning the two-year-old cigar store because he gets to try all the cigars.

"I smoke everything that goes in (the store)," he said. "If I don't like it, it doesn't get to go in."

He hopes to bring in some better brands of cigars and plans on starting a cigar club soon.

"We try to keep our prices down," he said. "One of the reasons we opened the shop was because there's some places in town that charge way too much for cigars."

Out of all the brands he carries, Drew Estate is one of the most popular because it has reverted to more traditional cigars.

One of the more interesting cigars that Drew Estate makes is the Medusa.

According to a Drew Estate brochure, the Medusa is spawned from an old cigar-maker tradition. At the end of each day, the cigar-makers were given one cigar as a treat for their day's work.

In order to maximize on their bosses' generosity, the cigar-makers learned to roll several cigars together to create one massive cigar.

Drew Estate took this idea and now rolls three cigars together to create the Medusa.

Another one of its interesting cigars is the Egg. This cigar boasts a full two hours of smoking. It starts out small like a normal cigar on each end, then it climaxes in the middle in the shape of an egg.

Colbert warned that even with the best brands, most boxes will have a bad cigar in them.

He said when cigars are being rolled, a leaf sometimes gets turned backward. When a leaf is turned the correct way, the smoke runs against the grain of the leaf and it prevents the smoke from escaping. When the leaf gets turned around, smoke can escape, causing a bad cigar.

University senior Derrick Lau, an occasional cigar-smoker, smoked his first cigar in high school and continues to do so for certain celebrations such as birthdays.

"There's kind of a novelty in it," Lau said.

His first smoke was a Cuban cigar that his sister's boyfriend brought back

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Health Center

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(the stimulant nicotine speeds up metabolism, even if it will kill me in the long run);  
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(can't we just vacuum up unwanted fat?);  
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