



HERS

OPINION

HIS



# Communication and Lovemaking

BY C. M. BROOKS

**T**he His side of the His/Her column recently decided that we were going to write about communications in lovemaking. You know, what a couple wants out of intimacy: specifically, what they want and need out of sexual interaction, what factors inhibit one from doing or not doing certain things and how the past has a correlation to your sexual relationships. After he casually threw out the topic he then said, "Do you think that you can handle that?" Then he chuckled...

Not only can I handle it, but what my prophetic writing partner has forgotten, like so many other people, is that lovemaking is not about sexual intercourse. For the "act" is just a small part of the entire relationship and should be treated as such. It's not about what she wants or when he needs it, or even where it should be done! Lovemaking is about how you and your mate operate on a day to day basis. And it is that interaction that not only has a direct affect on the other areas of your relationship, but it will also reflect in the quality of sexual intimacy.

Lovemaking has a far deeper meaning than that of sex because it requires more attentiveness from those involved. It also demands a greater sense of responsibility from both parties and it takes more effort to sustain those bonds already formed. It is a sacrifice so great that it makes the reward much more significant, so much so that it cannot be

measured through temporary satisfaction.

For example, I have girlfriends who say that their relationships with their boyfriends could be better if they communicated more effectively and more often. Not surprising to many and to them, is that more often than not, the times when they do communicate with their mates is when he initiated sexual intercourse. He becomes more willing to express what he needs and what is vital to the life of this part of their relation-

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ship. Peculiarly, people in this situation—and there are many—think that they have a great relationship. How can they? How can anyone think that they have a solid, loving relationship if the only time they really talk to each other is when the act is the subject that allows openness? Sexual intercourse will take place, but one of the partners is not going to be satisfied, because this is the only area that has been developed.

What is the purpose, then, of even discussing what one needs and wants of a sexual relationship when some cannot discuss past hurts, dreams, or pet peeves? Lovemaking means sharing your thoughts,

even the most mundane, with each other. It naturally brings you closer and allows the leeway to speak more often and open up more variety in discussions. This in turn will lead to an honest attempt at discussing sexual needs.

And what about romance? This too is a part of lovemaking, yet some don't have the chance to experience it, especially young people who think lovemaking is, once again, about sex. Some have even become so complacent in their relationships that they have forgotten how to romance their partner. Now this doesn't mean you have to go out and buy an expensive gift item or go on a spendy vacation together.

Romancing your mate means dropping a note in your mate's lunch that says "thinking about you" or "I love you." It means cleaning up the house and cooking dinner because you know that she works hard, too. It means listening to a mate who has had a bad day at work and offering nothing but your shoulder to cry on.

What about supporting your mate during a crisis? Lovemaking means being there when the chips are down and no one else understands or cares for that much, what you are feeling or what you are going through. It means helping them get through the bad times and gingerly encouraging to go on with life at their own pace.

All of these things embody what lovemaking is. If you don't have an open line of communication, if you don't have romance, and if you don't have support, then you can just forget about sexual intimacy.

BY: ULYSSES TUCKER, JR.

**N**ot only is honest and open communications essential in everyday life, it is just as important in making love. People have the tendency to suppress their true feelings, desires, or what is really on their minds. As a result, frustration can set in and create tension or negative vibrations in a relationship. Why is it so difficult for some people to discuss making love or sex as it is so commonly (I prefer making love over sex) called? Is your love life (or sex life) the way you want it?

Talking about love making (or sex) can be a sensitive or exciting discussion, depending on the level of communications between two people in a relationship. Making love is supposed to be fun, an adventure, fulfilling, warm, and exciting. If your love life is not the way you want it, chances are that you are unhappy and frustrated. Life is complicated enough, but an uncomfortable love life or a selfish mate can only make matters worse. People waiting until there is a problem with lovemaking before addressing the issue, in my opinion, is a mistake. Discussing making love (or sex) can be difficult because in many cases, our parents were uncomfortable talking about the topic with us or we fear hurting the feelings of our mate. Some people are so selfish in the lovemaking process that communications never progresses to the point where they care about their mate's needs. This is wrong.

Relationships based on "animal attraction" or purely sex are the ones that suffers most when it comes to communi-

cating. In most cases, the attitude is "I got (orgasm) mine, I'm sorry that you didn't get yours. See you next time..." It is very important that people get to know their lover and what is important to them, this goes deeper than making love. Spending quality time together (couples) can build trust, increase intimacy and the level of comfort in a relationship. Sex on the run is no fun.

Beyond the issue of discussing what is important to you or your mate, sexu-

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ally, is the issue of sexual history. Your mate could be uncomfortable with sex because he or she may have been abused by a family member, raped, or had some unpleasant experiences prior to meeting you. These elements can affect a person's attitude towards relationships, intimacy, or their ability to bond with another human. Instead of pressing another person about something that you might like to do, take the time out to probe or listen to why someone is not on the same page as you. It is not always about sex. Sometimes, a person can be reaching out for a friend when most guys are reaching to pull down the panties. Some women can be just as bad. People

should not participate in sexual intercourse if that is not what they want or desire to do. The goal of making love should be to satisfy the needs of both parties involved, not one individual. By the same token, people should tell their mates how they enjoy making love, where they enjoy it, and what turns them on or off. Why suffer through something that you do not enjoy or perform an act that you feel uncomfortable with? Teach your partner how to make love to you. Tell your lover about your fantasies, dreams, and show that you appreciate them for being in your life. You can never tell a person how much you care for or appreciate them. Also, sexual intercourse should never take the place of an apology when one is forthcoming. Also, sex should not be used to gain control in a relationship or to hold your mate hostage.

Contrary to public opinion, it is the opinion of this columnist that people do not go into relationships or marriages for that matter, with intentions of having an affair or cheating. People go outside of relationships or marriages because there is a problem at home or with their relationship. Most people want to do the right thing, or am I naive to think so? A healthy, robust, or active sex life is not enough to stabilize a marriage or keep a relationship intact, but an unhealthy sex life can destroy all. Honest communications will solve most problems as they relate to relationships and love making. A little understanding too. Yes, making love can be fun. Communications and lovemaking can be rewarding, especially when you're making love to someone you love. It can be special.

Portland Observer

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### Social Services & Education

New Relief Nursery has positions available:  
Program Coordinator, Masters +2 yrs. exp. or Bachelors +5 yrs. exp. in early childhood education or social svcs. Responsibilities include supervision of staff, fundraising, and overall program management. Closes 11/26  
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PT Cook, 1 yr. exp. in an institutional kitchen setting and ability to coordinate kitchen activities and plan and prepare nutritional meals for children. Responsible for kitchen management and supervision of helpers. Closes 12/1  
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### Counselor V FAMILY SERVICES COORDINATOR

Starting salary \$1700-\$1850 mo. + benefits. CODA INC seeks supervisor in family services program to assist program manager in development and operation of residential and out-patient family programs. Supervise 2-5 staff, oversee diagnosis evaluation and treatment of drug affected infants and children. Conduct patient training, perform individual, group and family treatment and development, implement and monitor policies.  
To qualify a master's degree in human services discipline and 2 years relevant experience in including supervisory experience or equivalent are required. Expertise in chemical dependency issues and family & children's issues are very strongly preferred. To apply submit standard CODA application form including screening question responses to address below.  
Application materials available at CODA Inc., 210 NE 20th, Portland, OR 97232. Equal opportunity/affirmative action employer.

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Oregon's second largest school district is currently recruiting a qualified individual to maintain and install software to the DOS/CSE, CICS/VS, VTAM, NCP operating system including the maintenance and installation of vendor supplied software running on an IBM 4300 series mainframe. (Must have experience with the installation and maintenance of teleprocessing network software and hardware. (Must have experience with both Assembler and ANS COBOL programming languages.) Some experience with micro-computers and local area networks including LANs and mainframe integration is desirable. SALARY \$2859-\$3653/month.  
Interested applicants must complete district application form. Applications will be accepted through November 27, 1990. District will pick up employee's contribution to Public Employees Retirement System. Reply to Salem-Keizer Public Schools, Personnel Services, 1309 Ferry St SE, Salem, OR 97301. (503)399-3063  
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### NOTICE OF INVITATION FOR PRE-CONSTRUCTION CONFERENCE

**NEHEMIAH HOUSING OPPORTUNITY PROGRAM**  
Northeast Community Development Corporation (NECDC) is seeking construction firms interested in bidding on single-family housing rehabilitation and single-family housing new construction.  
All interested parties are invited to a pre-construction conference which will outline the specifics of the project and answer any questions pertaining to the project.  
General requirements for construction firms are to be licensed, insured and bondable. The pre-construction conference will be held, November 15, 1990 at 1726 NE Alberta. If you have any questions, please contact Russell Dawson, Housing Development Director at 282-5482.  
RSVP requested by November 13, 1990.

### ADVERTISEMENT FOR BID

Sealed bids for the Langton Hall Pool Balcony Replacement project will be received by the Oregon State Board of Higher Education until 2:00 PM, local time, November 28, 1990. Bids will be opened and publicly read aloud on November 29, 1990, at 2:00 PM local time.  
Additional information may be obtained by contacting the OSU Physical Plant, Adams Hall, Corvallis, Oregon 97331-2001 or telephone 503-737-4921.

### COUNSELOR III FAMILY COUNSELOR

Starting salary \$1232-\$1300 month plus benefits.  
CODA Inc seeks experienced counselor for family services program to diagnosis, evaluate and treat caseload of clients; conduct individual, group, and family counseling, develop and conduct structured educational groups, consult and coordinate with CSD, participate in other program activities. Position works Mon-Fri with 2 day & 3 evening shifts.  
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To apply submit standard CODA application form including screening question responses to address below.  
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