



U. Colorado Students Revel on '4/20' Despite Administration, Police Action

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COLORADO DAILY
U. COLORADO
04/21/2005

(U-WIRE) BOULDER, Colo. - Neither rain nor sprinklers could extinguish marijuana smoking at the University of Colorado on Wednesday.

For almost a month, the campus has been dealing with school policy on the celebrated "4/20" marijuana holiday. In years past, the university has been criticized for not strictly enforcing local laws and campus policies concerning drugs and contraband on April 20.

This year the university, to the chagrin of many students, took a proactive approach and tried to deter the pot smokers.

"We have tried to discourage illegal activity (on 4/20) while not escalating the situation," said spokesperson Pauline Hale before a backdrop of 200 of marijuana smokers congregating in the parking lot of the Leeds Business School.

Traditionally, the celebration is held on Farrand Field, but this year police blocked the field off. Without access to their traditional meeting place, marijuana smokers moved to both the business school field and the observatory area adjacent to the Coors Event Center.

At approximately 3:30 p.m., minutes after the pot protesters flooded their new location, the university answered by turning on the sprinkler system.

Students fled to the safety of parking lots, where they were out of the range of the sprinklers.

"No one can rain on the nug parade. All the sprinklers in the world will not stop what goes on at this school," said Alley Gordon, who was giving away face paint on the business field when the sprinklers initially were set off.

"I came to school to smoke weed," she continued.

Gordon said her home is in Chicago and she heard about the 4/20 celebrations even before she came to the university.

After the sprinklers were turned on, Mason Tvert, executive director of Safer Alternative for Enjoyable Recreation (SAFER), a group that has lobbied the university

to make school penalties for smoking pot equal to those for drinking, shouted to the crowd via a bullhorn saying, "CU can shuffle people around, but they can't make people go home."

The crowd filled the Leeds Business School parking lot, almost to the point where vehicles could not exit or enter.

A little less than an hour before 4:20 p.m., the climax of the event, smoke could be seen rising from the crowd in the parking lot.

"It's a day event, and University of Colorado Police Department will not make a difference -- yeah, I am smoking a joint, it is a political statement," said Jon Knox, a CU student.

While students were partying in the parking lot, police roamed the crowd taking pictures of all participants.

Students left the parking lot and charged Farrand Field, where police stood waiting at the entrance, acting as a human blockade. Students flanked the police and jumped the small chain-link fence that surrounds Farrand Field.

Thousands of onlookers, in dorm room windows, on balconies, the street and along the perimeter of Farrand Field just outside the fence watched as approximately 2,000 participants celebrated the climax of the holiday while dodging sprinklers.

"I came here last year for 4/20, and there are many more people here this year despite the university's efforts because of all the press it has been getting," said Theo, a student who was holding a sign that read, "Nervous?" and on the flip side, "I will C.U. in Hell."

Soon after 4 p.m., the sprinklers were turned on at Farrand Field as well.

Hoots and hollers emanated from the crowd as flocks tried to avoid getting wet.

Many students tried to disarm the sprinklers by kicking or stomping on them. One reveler even put a Nalgene bottle over one to cover the spray.

One ambitious student named Steve grabbed a gray plastic trash can from the dorms, set it over a sprinkler centrally located in the crowd and sat on it as he shouted, "Don't worry, you can keep on smoking." The crowd cheered as participants lit up fresh joints.

Isaiah Lechowit, chair of the

CU College Republicans, acting on his own behalf as a "concerned student," toted a sign, reading "Junkies with the munchies? -- We got what you want!"

Lechowit said he was trying to sell chips but was stopped by the police, who claimed it was illegal because he did not have a permit.

"I think these people out here are crazy," said Lechowit. "We want to capitalize off of their stupidity by selling chips."

There were other entrepreneurs in the crowd as well. Brady Johnson was selling T-shirts reading, "CU -- Best seven years of my life," after the rally for \$10 apiece.

One partygoer even offered to barter for one of the shirts.

"I will give you a few nugs for a T-shirt," he said.

Johnson declined the offer.

Before the pot-smoking festivities officially started, students gathered with SAFER leaders to condemn the university's actions to ignore the recently passed student marijuana referendum, which asked university officials to consider making marijuana penalties no greater than alcohol penalties.

"For the school to come out and make such a big deal about one day sends a negative message," said Tvert.

Students joined SAFER to protest the university's actions against the referendum and against the crackdown on the 4/20 celebration.

"I wouldn't be here protesting if it wasn't for the university and the police," said Benny Kaplan.

Many seemed disgruntled by the lack of communication surrounding the marijuana celebration. Some seemed confused and didn't know Farrand Field was closed down.

"The university did a poor job of communication with the students about Farrand field," said Tvert. "When you take a bunch of students who don't know what is going on, and mix in a bunch of cops, you are asking for trouble."

After all the confusion and chaos of the day, one student characterized the marijuana celebration as a reflection of the drug war.

"The drug war doesn't work," said David Cox, a member of the Students for a Sensible Drug Policy. "It just goes to show you people will do as they please."

As End-of-Semester Frenzy Heightens, Iowa State U. Center Helps Students Relax

COLLIN BOCKMAN
IOWA STATE DAILY
IOWA STATE U.
04/25/2005

(U-WIRE) AMES, Iowa - Keith Dietzenbach remembers starting and finishing a project in a single night -- or actually, in about six hours.

"I had to give an informative speech at 8 a.m. -- I started working on it at 2 a.m.," says Dietzenbach, junior in marketing. "This means picking a subject, researching it, writing the speech and making a visual aid."

Dietzenbach finished his speech with little time to spare.

"By this time, it was time for class. I got all dressed up, went to class and had some time to write my note cards while other people were giving their speeches," he says.

How does a student cope with such incredible stress?

"Lots of luck and caffeine pills," Dietzenbach says.

Such tales of extreme procrastination are not uncommon during the final two weeks of the semester, when stress levels run high with projects to finish and finals to study for.

Iowa State University students have devised methods to cope with stress.

"For stress from Finals Week, I grab a couple beers and sit in the hot tub in our garage for a little while," says Paul Easker, junior in pre-business. "It works wonders."

Michael Mallen, an intern psychologist at Student Counseling Services, says many of his end-of-the-semester clients are coping with high levels of stress.

"It's pretty common for clients to feel a crunch from finals and graduating," he says.

He says although it is hard to give a specific number or percentage, the main reasons students seek counseling are depression, anxiety and relationship issues.

"We try to work stress management techniques with the clients, informing them about anxiety, explaining where that anxiety comes from and talking about definitions of anxiety," Mallen says.

Some of the techniques Mallen uses are breathing regulation, visualization and music relaxation.

"A lot of times, people feel

shaky, even to the point of having panic attacks," he says.

He says the levels of stress can vary from general and low to extremely acute and high.

"A lot of clients come in with recurring thoughts like, 'I'm going to fail, I'm going to fail.' We try to stop that train of thought before it gets out of control," Mallen says.

Counseling Services, located on the third floor of the Student Services Building, are free for all undergraduate and graduate students.

When students first come in, they go through a screening session to determine how much and what types of counseling they need.

Although Mallen says counseling is helpful, students can take more general steps to relieve stress.

"One thing that is helpful for stress is just taking some time out for yourself, even to the point where you have to schedule an hour to do something relaxing," Mallen says.

He says sitting outside and exercising are good stress relievers and that support from friends and family is key.

Sex Experts Help Boston U. Females Find Their 'O-Face'

ALEX DAVIDSON
THE DAILY FREE PRESS
BOSTON U.
04/25/2005

(U-WIRE) BOSTON - Wannabe Casanovas and satisfaction-seeking females received sexual enlightenment Friday, as BU Central hosted "The Big O" at Boston University -- a lecture that examined the topic of the elusive female orgasm. Event organizer Tara Glick said she chose to host the lecture because of the intriguing subject matter.

"It just seemed like an interesting, fun event," the School of Management sophomore said. "It is very relevant for college students and should have a big draw."

Six educators Dorian Solot and Marshall Miller presented topics ranging from having better and multiple orgasms to finding the G-spot.

Solot began the evening by talking about her struggle with breast cancer.

"One night I was lying in bed getting ready to fall asleep, and I just stretched and absentmindedly ran my hand down my arm and across my chest, and I noticed this small lump," she said. "When I found out my lump was breast cancer, I was blown away. I was flabbergasted."

"It's not wrong to touch your body," she continued.

Solot said she began to learn that masturbation was okay from her parents at a young age.

"My parents said masturbation is fine -- it's just something

you do in private, like not in the sandbox," she said.

Miller and Solot went on to criticize the sexual-psychological censorship often experienced by children, specifically discussing parents conditioning infants to avoid contact with their reproductive organs and adolescents to say "no" to sex.

After the group presentation, the males and females were separated into two groups for more intimate discussions.

In the male group, Miller said surveys show that most women prefer "the motion of the ocean" over size and dislike quiet sex.

In the female group, Solot brainstormed "things that feel sexy" including chocolate, shower faucets, dirty thoughts, lubrication and full bladders during sex.

Miller said the event was intended to promote healthy living through encouraging sexual complacency. "One of the most important themes is that it's healthy to know about sex," he said. "Dorian shared her history of being a breast cancer survivor. She found the cancerous lump because she was comfortable with her own body."

College of Arts and Sciences junior Rafael Lamberti said he hoped the event would stimulate new ideas and sexual techniques.

"I'm a good commander," he said. "I'm just trying to find ways to give back to the female community because they have given me so much."

Solot said the event represented a celebration of what it means to be a woman.

"I think female orgasm is a

really fun subject, but it always links to body image, women's health, feeling good about ourselves, woman's empowerment," she said. "I think you can use a topic like orgasm to get at some of those bigger issues that affect woman's lives in so many broad ways."

Miller and Solot also sold T-shirts with plans to donate 25 percent of the profits to Breast Cancer Action, an organization dedicated to fighting breast cancer.

College of Arts and Sciences sophomore Jen Wyatt said she had vested interest in the subject matter.

"I'm taking notes," she said. "This is something that every girl wants to learn to perfect."

College of Communication sophomore Tay McEvers said she was drawn to the lecture because of female pride.

"I guess you could say that I'm just a fan of the vagina in general," she said. "I'm just proud to have a vagina and I want to learn more about it."

CAS freshman Alexandra Dyke said she was pleased that the event benefited Breast Cancer Action but dissatisfied with the lack of male attendees.

"I think it's awesome that some of the profits are going toward breast cancer research," she said. "The turnout's awesome, but I wish more guys would have come. You would think that this is a good place to pick up girls."

Sophomore Kelsey Strand-Polyak said the information gained at this lecture would stay with her for a long time.

"It's the gift that keeps on giving," she said.

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