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CREDIT: STEVE HARTWICK, CRIME PREVENTION AND COMMUNITY PROGRAMMING LEAD WITH CAMPUS SECURITY SERVICES.

"Campus Security Services would like to congratulate Randi Bellamy and Allison Toll each winners of an iPod Touch for downloading the Stay Safe Fanshawe App during residence move in. The Stay Safe Fanshawe App is a free app available for all platforms and includes handy items like a campus map, all the bus schedules and routes, contact numbers for Campus Security Services for both general inquiries, and emergencies and all the rest of the service Campus Security offers," said Steve Hartwick, crime prevention and community programming lead with Campus Security Services.



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Fanshawe fashion design alumna, Louise Marchand, has collaborated with researchers at Movement Disorder Diagnostic Technologies Inc., in order to build a motion capture suit and tremor arm sleeve for Parkinson's patients.

Fanshawe collaborates on motion capture suit and arm sleeve for Parkinson's patients

JESSICA EDEN
INTERROBANG

Fanshawe has collaborated with researchers at Movement Disorder Diagnostic Technologies Inc. (MDDT) to create a prototype of a motion capture suit and tremor arm sleeve for Parkinson's patients.

MDDT is a medical device company located in London, Ont., that aims to create new tools for physicians to use which will improve the quality of life for people with movement disorders.

The prototype for TremorTek, designed by recent Fanshawe fashion design graduate Louise Marchand,

will contribute to more accurate reports and assessments of tremors for Parkinson's patients.

"We wanted something easy for the patients to wear, while at the same time have our medical team guide the design of this new product. [This was] a combination of medical, engineering and design knowledge to create the perfect assessment tool," Jack Lee, chief technology officer at MDDT, explained.

Being able to accurately assess tremors is crucial when it comes to determining the accurate dosage of Levodopa, an initial pharmacological therapy for patients with Parkinson's.

"The TremorTek sleeve, is an ex-

perimental diagnostic device that has sensors to measure tremors and intelligently determine the treatment options available for that patient's unique biomarker," Lee said.

Parkinson's is a neurodegenerative disease that is caused by the death of dopamine-producing cells, which are responsible for movement by carrying signals from nerves to the brain. Symptoms of Parkinson's include tremors, slowness and stiffness, impaired balance and rigidity of muscles.

Lee explained that despite the large variety of innovations being developed to help gain a better understanding of the disease, few people help to improve disease treatment.

"We built a Parkinson's suit with the age, body shape and disease type of our patients in mind; a more comfortable suit for patients means a more reliable dataset for physicians to examine general Parkinson's symptoms," Lee said.

Marchand explained that the purpose of designing the suit was to address functionality issues with previous models.

"I initially researched many options to solve the problems presented, and through a variety of discussions with the team, as well as trial and error, we were able to come to a final design," Marchand said.

Features of the suit include large and easy-to-use zippers and belt-

ing features, mesh underlay for breathability, anti-skid fabric to tighten the sensor pockets against the body, a two-piece design for ease of use and pockets to hold 51 sensors.

"Working with the team at MDDT was a very rewarding experience... to be able to try to improve their [Parkinson's patients] lives in any way was a great honour," Marchand said.

The Parkinson's suit is currently being used as part of a clinical research project at the London Movement Disorders Centre whereas the TremorTek sleeve is waiting to be commercialized within the next year once the proper approval is received from the FDA and Health Canada.

Drag show: A first in Fanshawe's history

MELISSA NOVACASKA
INTERROBANG

On, Sept. 13, Fanshawe will have its first ever drag show featured on campus.

Life's a Drag will be put on by the Fanshawe Student Union (FSU) in partnership with DJM-Live/Studio 32, a Toronto based production company, that has been involved with Toronto Pride.

The idea came from FSU VP of internal affairs, Kevin Kaisar, who said he wanted to organize the event because he "just thought it would be fun to do a drag show."

"It's something different," Kaisar said. "London actually has a growing underground drag scene, and I thought it would be cool to bring some of that on campus and offer a new and different kind of entertainment," he said.

If the event is receptive by students, Kaisar hopes a drag show can become an annual event at the college.

Kaisar's idea of the show grew from something small, to something much bigger, he said.

"My initial plan to organize the event was to get a couple of local queens together, some from London and some from Toronto, and work together to put on a show where people would do different performances" Kaisar said.

He said the show might even include some elements of burlesque and other forms of dance.

"It will be a spectacular show, if anything," Kaisar said.

Describing a drag show as something "phenomenal," Kaisar said the event at Fanshawe will be a fun night.

"[The] performers are amazing, and it's really cool to see what everyone has [to offer]."

Kaisar said drag shows feature a variety of elements, including dancers, singers and comedy acts.

"It's not just a visual experience, you see different talents that are showcased well, which I find is really cool about the drag scene," he said.

A drag show is also a huge factor for inclusivity, Kaisar said.

"It's just going to be a really fun night," Kaisar said about the show for Fanshawe students and friends.

Toronto Drag Queen Devine Darlin, will host and perform during the event.

"I think it's going to be fun," Darlin said. "It gives [queens] a platform to raise awareness in our LGBTQ+ community, and it gives you a sense of belonging, and making you feel like you're accepted in the community," she said.

Darlin also said drag shows allow individuals in the LGBTQ+, community that they don't have to

keep hiding who they are.

Along with watching the other queens perform throughout the evening, Darlin is most looking forward to performing herself.

"When I perform, I feel a little bit more at ease," Darlin said. "I don't feel like nothing in the world could make my day bad. It just makes me feel good."

Describing her performance style as "retro glam", Darlin said the audience can expect her performance to include some current and old school material, as well as some in terms of acrobatic work and "a little bit of glamour".

Darlin said a drag show is an important event for a campus to put on because it brings awareness to the LGBTQ+ community, and it allows those who are being bullied or those who feel like they cannot be themselves a chance to feel like they are in a safe space and a safe surrounding. It also allows them to speak with others who are in the community as well who want to help them.

In terms of the show in general, Darlin said the audience can expect a "diversity" of performances from not only herself, but the other entertainers as well.

Tickets for *Life's a Drag* are \$5 for students, and \$10 for friends. They can be purchased either at the Biz Booth or at the doors on the night of the event.



CREDIT: PROVIDED BY DJMLIVE/STUDIO 32

Drag Queen Devine Darlin, will host and perform during Fanshawe's first drag show on Sept. 13.

Campus security tries to help combat rising levels of spiked drinks



Never leave your drink unattended.

tainties in the environment in order to stay safe while having a good time.

While attending a night out, everyone should always have a plan in place regarding travel arrangements, make sure to have both emergency contact numbers in a fully charged cell phone and the numbers of all who are out with you. It is important that, if one is traveling with people that are new, notify a friend and family member what your plans for the evening will be in case of an emergency.

While enjoying a night out, one should be aware of their surroundings. In order to be safe, visit the bathroom in numbers. Make wise choices about alcohol consumption and look out for friends if they become overly intoxicated. One can always notify the bartender or security at the establishment about any concerns.

"It is important to know where the exits are located and ensure your belongings are always with you, including your drink," said Auburn White, patrol supervisor at Campus Security Services.

Leaving a drink unattended can lead to occurrences that might change one's life. There are many types of illegal drugs that can easily be slipped into a drink.

"One drug commonly used by criminals to spike a person's drink is called Rohypnol. The drug has many names including: the date rape drug, roofies, GHB, liquid ecstasy and ketamine or special k. Rohypnol is a tranquilizer about 10 times more potent than Valium. The drug is available as a white or ol-

ive-green pill and is usually sold in the manufacturer's bubble packaging. Users crush the pills and snort the powder, sprinkle it on marijuana and smoke it, dissolve it in a drink or inject it," White said.

Rohypnol users often describe its effects as paralyzing. The effects start 20 to 30 minutes after taking the drug, peak within two hours and may persist for eight or even 12 hours. A person can be so incapacitated that they collapse. They lie on the floor, eyes open, able to observe events but completely unable to move. Afterwards, memory is impaired and they cannot recall any of what happened. The person experiences loss of muscle control, confusion, drowsiness and amnesia.

Rohypnol is sold in Europe and Latin America as a sleeping pill, but it is illegal in the U.S. and Canada.

Another way to stay safe is the Stay Safe app designed by the Campus Security Services, which provides students with information about safety and other tools that could be used to stay safe. It also has contact information of the taxi companies for emergency situations.

"London is a relatively safe city, but there could be problems anywhere so it is better to have a plan in place to stay safe. We have a great working relationship with the London police since they are our sponsoring agency and we do our best to protect everyone," Edwards said. "Things are easier though when everyone else would meet us half way by taking wise safety measures."

CREDIT: TANMAY SHAH

HENCY THACKER INTERROBANG

The Campus Security Services office at Fanshawe is providing an alcohol test called drink smart tabs, which were designed for the safety of students.

"If you suspect someone has

tampered with your beverage, you can actually put a drop onto the tab and it will tell you whether it is positive or negative. These tabs are available to the students for free and they can pick it up anytime at the security office," said Luke Edwards, special constable at Campus Security Services.

In a student-based city like London, everyone should take safety seriously, especially when there are numerous events going on year round in the city.

There are many entertainment establishments in London to choose from. However, it is important for everyone to be aware of the uncer-

FSU VP Kevin Kaisar becomes our community champion

JESSICA THOMPSON INTERROBANG

For the past couple of years, the Fanshawe Student Union (FSU) has partnered with Regional HIV/AIDS Connection as it is of great importance to the student union to promote sexual health and wellness. But what is significant about this year's partnership is the FSU has a community champion and is going to be promoting sexual health and wellness all year long, rather than just one month.

This year's community champion is Kevin Kaisar, VP of internal affairs with the FSU.

Fanshawe's sexual violence prevention advisor, Leah Marshall, approached Kaisar and asked him to fill this position.

"The Regional HIV/AIDS Connection is prominent in the community when it comes to STI testing and that was something I was passionate about since we used to have testing on campus, but have not done so for the past couple of years," Kaisar said. "Since I was so keen on bringing STI testing to campus I felt like this was a great opportunity to get in touch with both students and other youth and tell them how important STI testing is."

According to Marshall, the community champion is important as they promote sexual health and the importance of getting tested in and around campus.

"The reason it is important for Fanshawe to be a part of this is because we are promoting overall wellness for our students and part of

overall wellness is sexual health, so it's important to let students know what is available to them."

And a big push for this campaign is to let students know how easy it is to get tested. According to Catie's website, Canada's source for HIV and hepatitis C information, 21 per cent of HIV positive Canadians don't know their status and the earlier someone is diagnosed, the longer their life expectancy becomes.

"This campaign means quite a bit to me because I have a lot of friends that are a part of the LGBT community, which is considered a higher risk group for STIs," Kaisar said. "I think my drive to support safe sex and sexual health comes from this fact that it directly affects the people I know and care about."

And this year STI testing will be available on campus outside the Laci Green event.

"While people are waiting in line they can go and get tested," Marshall said, who wants to make it as easy as possible for the students.

Although there will be no HIV testing on campus, there will be countless resources available to the students throughout the year informing them of where free and anonymous testing is and giving them easy access to information.

"I hope the students receive it well," Kaisar said. "The message is that getting tested is not taboo and there's nothing 'wrong' with doing it. By seeing their peers involved in projects like this, I would hope that they are more inclined to get tested."

For more information about HIV testing visit lihc.on.ca/hiv-and-hepatitis-c/.

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CREDIT: KERRA SEAY

London Transit Commission (LTC) has introduced the second step in a new five-year plan designed to revamp the existing LTC bus service.

LTC's new plan: Working change or simply a new coat of paint on the problem?

STEPHEN LEGRESLEY
INTERROBANG

As of Sept. 4, the London Transit Commission (LTC) has introduced the second step in a new five-year plan designed to revamp the existing LTC bus service. The plan was developed in conjunction with London's City Council and the management departments of the LTC. The stated goal of the plan is to enhance the level of service and efficiency the LTC provides.

John Ford, the director of transportation and planning for the LTC, was one of the chief architects of the new service plan and had this to say regarding the goal of the enhanced system.

"I would say it's more of an overhaul, it's the second part of a five-year plan that was reached in 2015," Ford said. "We're doing what I would call 'right-sizing' the system. We're eliminating duplication on routes and the routes that don't get enough demand and directing it to routes where there's greater demand."

As much as that may sound like a positive step forward for London's transit service, many members of the public are far from convinced, both of the merits of the new system and the idea that it will have any measurable impact on the complaints many members of the public have with the current level of service the LTC provides.

Scott Weeks, a recent Fanshawe graduate, said he doesn't see how the new plan will do much to improve what he describes as 'key problems' with the pre-existing service plan.

"While I understand that they've eliminated some issues such as having three busses running along Dundas Street, they've made it so now there's only one Dundas bus traveling to Argyle and for those trying to get to school in the morning it does limit the availability of those that use it as a transfer point in order to get to the College," Weeks said.

Tifani Blazeovic, a current student at the college, said the plan also fails to address concerns of driver conduct and lateness, which has long been a common complaint received by the LTC.

"To me the plan seems more fo-

cused on reducing costs for the LTC and not focused that much on making the service itself better. I've had situations where drivers are 10 minutes late arriving at a stop and still get off and take breaks to smoke, go in a store and buy things like lottery tickets and even just get off to chat with other drivers while we wait to get where we're going," Blazeovic said.

Blazeovic continued on to say that the new plan does not include much on what users are having problems with.

"When you're trying to get to class on time or to a job, it can be a real hassle and in some situations very costly for riders that may be late for class or may even lose out on jobs due to being late for work."

When asked about this problem Ford stated that the new system was going to address those concerns, but was not able to give specifics on how. When asked about the issue of driver breaks and the possibility of formally working them into the schedule so that riders would have a clearer expectation of their arrival times, Ford stated that the process of implementing that would be too difficult to work into the system.

Alex Sielow, another student at the college, stated that the tardiness of drivers is far from the only problem not covered in the current plan.

"Why isn't there anything in this plan to deal with driver conduct?" Sielow asked. "As customers we do our part, we pay our taxes and buy bus tickets and passes, but the system just seems to be set up to benefit the drivers over their customers."

Sielow went on to give an example of driver misconduct.

"I've personally witnessed drivers yelling at passengers including elderly ones, driving off the moment someone reaches the doors and packing the buses so full I've even seen them let people on at the back without paying just to spite the people already on the bus for not cramming in tighter than they already were."

Ford stated that the new plan is targeting this specific issue.

"We're directing our efforts and services to routes that have more demand and are dealing with overcrowding, particularly in areas with low service or 60 minute service times."

When asked about the rest of the aforementioned complaints, Ford responded that he was not aware of those complaints or many past issues being referred to, but that the LTC instead prefers to deal with them on a case-by-case basis rather than as a system-wide issue and that riders should call in with any issues they encounter on the buses.

Dylan Draper, a current student at Fanshawe, said he hasn't had much luck trying to send in his complaints.

"I've tried to call up and complain many times and they always

take down my name and number and tell me someone's going to get back to me but I've never had anyone respond and I've kept having the same issues with the same drivers over and over again."

Draper hopes to see the new system respond to this problem.

"I would really hope that the new system does offer serious changes because the current way these buses and drivers are managed desperately needs it. I would say the state of the current system couldn't stand up to competition if it were introduced

as an alternative option. I know I wouldn't choose it if other options were available."

Ford stated that he hopes the public will receive the new system positively and is looking forward to the new changes coming in the subsequent phases.

For more information about the new changes, the full details of the second year phase are available on the London Transit website and the report itself can be read on the London City Hall website.

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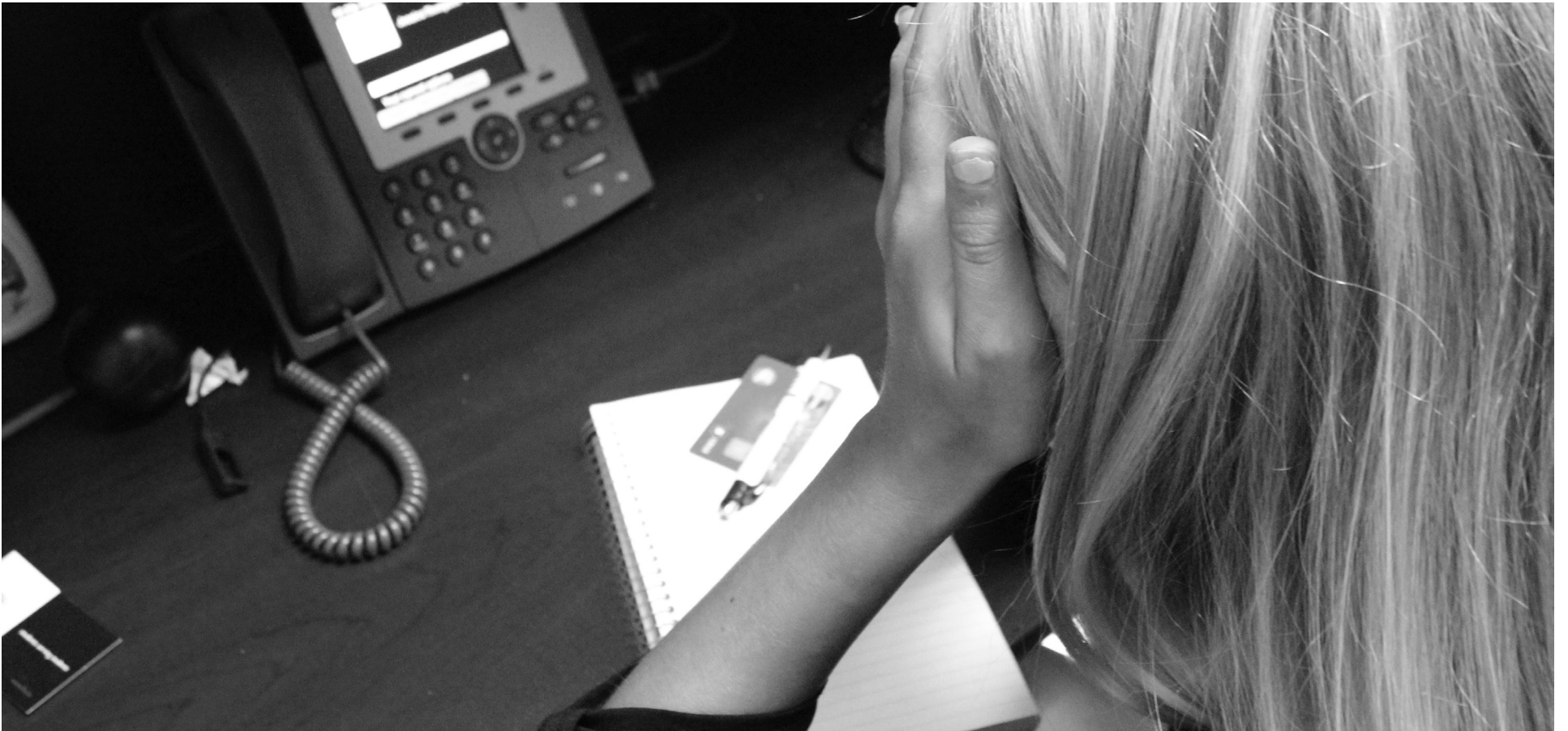
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CREDIT: MELISSA NOVACASKA

Millennials have a sense of optimism-bias and therefore are more likely to be scammed.

New survey shows millennials are more likely to be scammed than baby boomers

MELISSA NOVACASKA
INTERROBANG

New research has shown that millenials are more vulnerable to being scammed than seniors and baby boomers alike, according to a study conducted by the Better Business Bureau (BBB).

The survey, titled *Cracking the Invulnerability Illusion: Stereotypes, Optimism Bias, and the Way Forward for Marketplace Scam Education*, was conducted by the BBB Institute for the Marketplace Trust, according to a press release.

The study consisted of 2,000 people in Canada and the U.S. According to Deborah Brady, CEO and BBB serving Western Ontario, its purpose was to better understand the profile of those who are being scammed and the types of behaviour that will help protect theses individuals from being scammed, which will then lead the BBB on how they can better educate the general public according to Deborah Brady, CEO and BBB serving Western Ontario.

Participants were asked about their perceived vulnerability to

scams, who they think is most likely to be scammed, and about the factors that helped them to avoid being scammed, the press release said.

“We’ve bought into stereotypes about scam victims, they’re usually seen as vulnerable and elderly, or gullible and poorly educated,” noted the paper’s co-author Emma Fletcher, product manager with the BBB Institute, Council of the Better Business Bureau (CBBB) foundation. “These stereotypes are strongly held... and they are wrong. We are all at risk, but younger and more educated individuals are actually the most likely to be scammed.”

According to Brady, there are many reasons for the increase in millennials being targeted. One being that in today’s day and age, 80 per cent of scams are done online.

“The millennials are always connected to their digital device, so now they’re always reachable,” Brady said.

Brady also mentioned that on top of millennials having accessibility, there’s also a sense of invincibility and a lack of knowledge when it comes to scams in general.

Brady said on the one hand “seniors have gotten very savvy over time” with figuring out what a scam will look like and how to avoid them (thanks to the BBB, police and media), but now the younger generation is the target.

The same messages delivered to seniors on how to avoid scams are not coming off to millennials quite as strongly Brady said.

She also mentioned the young generation has a sense of vulnerability, and that [millennials] see scams happening, but don’t think it will happen to them and are not skeptical when they see something that looks like it could be a scam pop up on their tablet or smartphone.

This can also be termed as optimism bias.

Optimism bias, the idea that we all think other people are more vulnerable than we are, is associated with risk-taking and failure to heed precautionary advice,” said co-author Rubens Pessanha, CBBB director of marketing research and insights.

Michael Eagen, a part-time instructor in the School of Public Safety at Fanshawe and retiree

from the London Police Service as a detective sergeant, shared similar thoughts, and mentioned social media as a big way for fraudsters to find a target audience, which happens to be millennials.

“It’s just a sure volume of information that is going out to [millennials], and they are trying to sift through it,” he said.

Eagen said the younger generation also feels more comfortable using the web and social media to buy things and to do things, making them even more susceptible to scams.

“Right now with the statistics, [millennials] are the biggest losers in regards to fraud right now,” Eagen said.

He said in order to try and avoid scams, you must question everything and not let your guard down.

“Education is good, and knowing [fraud] is out there, but the spidey sense that you should have with everything you look at, you got to keep that up. It’s a defense mechanism,” he said.

According to the press release, there is a ‘three pronged’ approach to minimizing scams. They include leveraging technology crowd-

sourcing and altruism, taking aim at the optimism bias, and providing preemptive information.

For Brady, her strategy includes educating one’s self on what a scam looks like, making sure to protect all personal and private information, and finally when you are getting approached from someone’s solicitation, or even from charities, be wary of it.

BBB also publishes a yearly brochure featuring the top 10 most common scams to be aware of. That can be found on the company’s website.

The public can also use the BBB Scam Tracker software, which shows citizens where scams are happening, and what types of scams are prevalent in your community.

Self-reporting tools are also helpful, according to Brady. “Sharing information gives people a sense of strength and they don’t feel so victimized,” she said. “If they’re able to help other people and it’s through that information [on Scam Tracker] you’re preventing other people from getting scammed.”

Fanshawe students place in top 10 in the Google Online Marketing Challenge

MELISSA NOVACASKA
INTERROBANG

Fanshawe students placed in the top 10 position in the world for the Google Online Marketing Challenge (GOMC), according to an Aug. 31 press release.

The GOMC is a unique opportunity for students to experience and create online marketing campaigns using Google AdWords and Google+, according to its website.

Over 100,000 students and professors from almost 100 countries have participated in the past eight years.

The teams are provided with a \$250 AdWords advertising budget provided by Google, and the students are then expected to develop and run an online advertising campaign for a business or non-profit organization over the three week period.

The teams who developed and communicated the most successful

campaigns won a number of prizes, including a trip to the Google offices, according to the website.

This year, a group from Fanshawe finished with a top 10 global finish in the AdWords Social Impact category for their work with the Kitchener Waterloo Symphony, the release said.

This was the first time this particular team went to the competition.

The teams consisted of Jordan Claxton, Jacob Pitt, Thomas Ashman and Anne-Marie MacNeil.

The students were under the supervision of Professor Liz Gray of the Lawrence Kinlin School of Business, under her search engine marketing class, for the AdWords portion of the challenge, and had the guidance of Jack Michienzi’s social media marketing class, during the Google+ portion of the challenge.

According to participants, Ashman and MacNeil, they were assigned to work with the non-profit

organization, Kitchener Waterloo Symphony, which was a great success.

“We were proud that the Kitchener Waterloo Symphony was a great success as a result of the GOMC,” both Ashman and MacNeil said.

With the two groups collaborating, the page views, sessions and percentage of new users visiting the non-profit website increased.

The Google AdWords campaign also generated online ticket sales, which resulted in a positive return on advertising spending, according to Ashman and MacNeil.

That resulted in an increased online brand awareness for the Symphony and ultimately gained the team the top 10 placement in the global challenge.

“Being in the top 10 was really exciting for me,” Ashman said. “We put a lot of effort into the GOMC and to have our AdWords campaign recognized as one of the exceptional

standouts amongst schools all across the world was really rewarding.”

MacNeil shared the same sentiments.

“It was exciting to represent Fanshawe College and I feel really proud of our school and the work we accomplished,” she said.

The two agreed that the GOMC is a significant event because it “recognizes the exceptional work that Liz gray continues to do for the Fanshawe brand as she had multiple finalists from her classes,” they said.

Though he students competed against others across the world, both Ashman and MacNeil said it’s “awesome to see Fanshawe consistently placing near the top.”

“The GOMC gives students the opportunity to work with a real budget with real money on a real client. In my experience this is the best way to learn,” Ashman said.

MacNeil said the challenge also allows students to think strategically

and creatively, while working with a real-world marketing campaign.

According to Professor Gray, she is “amazingly proud of her group of students.”

“It is thrilling for everyone to see Fanshawe College recognized on the global stage,” she said. “[The challenge is] very important as it involves spending real money and working with real businesses. It brings life to the curriculum.”

Another Fanshawe team also placed in the top 10 in the world in the same category as Ashman and MacNeil’s group.

Students Nick Hollinger, Cam Kok, Nolan Leclerc and Ken McDonald were recognized for their hard work with GoodWill Industries, according to the press release.

Two other Fanshawe teams were semi-finalists in the AdWords category, placing in the top 60 in the world.

Fanshawe remembers beloved student

MELISSA NOVACASKA
INTERROBANG

A “caring and inspiring connector” were the two traits Jessica Deslippe used to describe the kind of person her brother Nathan Deslippe was.

Passionate for life, yoga and enriching people, “Nathan was the kind of person who would have a good time if everyone around him was also having a good time,” she said.

Nathan passed away during the weekend of Aug. 28; his body was found in his apartment. He was 27-years-old.

Police have not yet released the results from the autopsy.

Deslippe was a student at Fanshawe for a period of time, when he was undecided about his career path, according to his sister.

He was enrolled in business marketing while at the college, and though he did not graduate from the program, his “approach to life and business is unconventional”, she said.

Painted as a fun-loving guy, Deslippe was filled with many ideas and had a lot of ambition.

“We [his family] didn’t always know where he was going [in life], but we knew it would be big and he wouldn’t stop until he got there,” his sister said.

Deslippe was a busy man who

had the ability to make people smile and feel cared for, she said.

“The thing that always stuck out to [his family] was that no matter what plans he had, he would always make time for family, even if it was just a last minute family dinner,” Jessica said.

He had an impressive resume and had aspirations to work for businesses that impacted people, with jobs including MDL Solutions, a technology solutions firm based on helping businesses thrive in customer engagement and control.

“Nathan was an entrepreneur,” Jessica said. “That is about the only word that can describe his numerous business adventures,” she said.

He also previously worked at Voices.com, a technology based company, was the founder of Knowledge Drop, a business focused on coaching, training and mentoring leaders and co-founder of Rubber Duck Print, a printing company.

He was also a certified member of the John Maxwell Team and was a certified yoga instructor who one day hoped to open his own yoga studio. Deslippe was big on community involvement.

One of Jessica’s favourite memories, among many, includes her brother’s love of chicken, which spanned his entire life.

“As his sister, I was convinced he cared more about the drumstick he was eating than me,” she said. “As

a child, he managed to eat chicken while sleeping in a high-chair. When his grandfather [a chef] returned from a trip, Nathan was so excited to have ‘good’ chicken again that he gave him a cookbook entitled *1001 Ways to Cook Chicken*, a book my grandfather re-gifted to Nathan when he moved into his apartment so Nathan would be able to sustain himself.”

Deslippe said though her brother could be infuriating, it was only because he knew the right buttons to push.

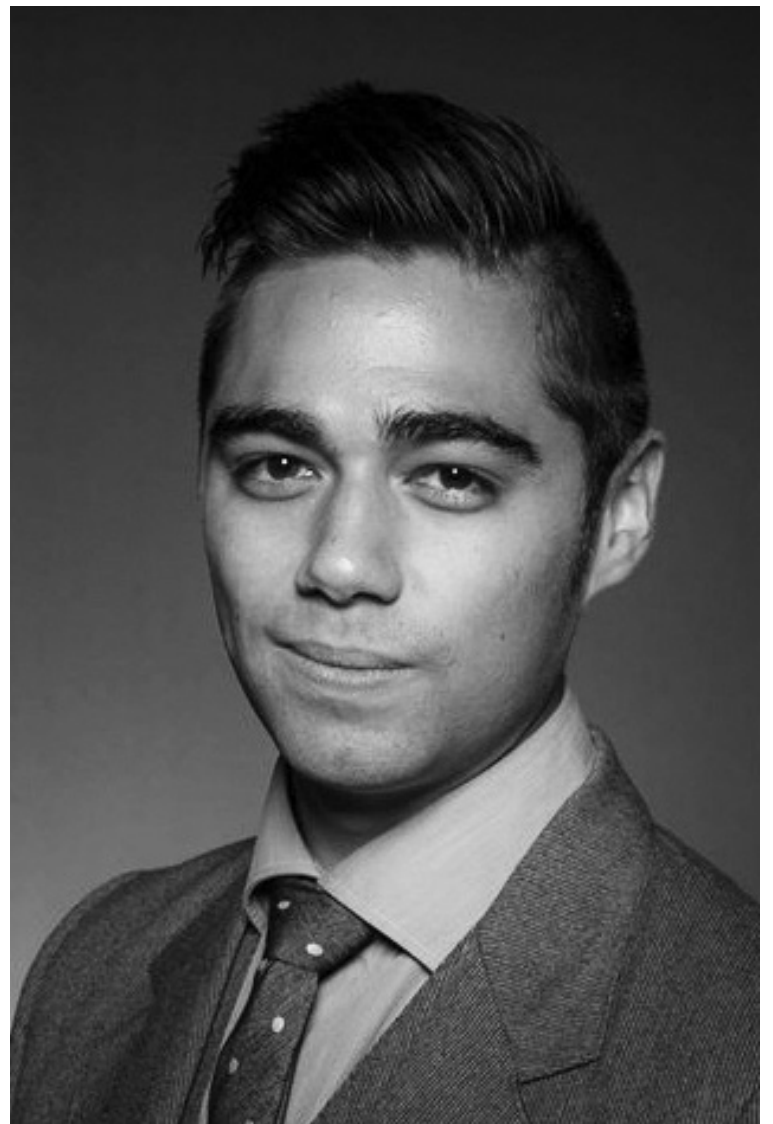
“He knew me so well,” she said. “Most of the time, I was secretly smiling when he did that because he genuinely was a funny guy who just wanted everyone to come out of their shell and bond over laughter.”

Asked what she hopes her brother will be remembered for, Jessica said, “His ability to make people smile and feel cared for.”

“Nathan Deslippe is a bright light that has been dimmed but will always be remembered,” his family said.

His family has set up a memorial fund in his name, with proceeds each year going to a worthy cause Nathan would support. This year proceeds are going to the ReForest London.

More information can be found on Canada Helps: London Community Foundation site, where you can scroll down and select the *Nathan Deslippe Memorial Fund* to donate.



CREDIT: PROVIDED BY JESSICA DESLIPPE

Nathan Deslippe was an entrepreneur with a passion for life, yoga and enriching people.

The science of sex: An update on Ontario’s new sex education curriculum

STEPHEN LEGRESLEY
INTERROBANG

Last year the Ontario government instituted new policies regarding sex education in the province’s elementary school system. This move was met with controversy and sparked a debate in the province over whether or not such a move would have greater benefit or cost to the students, with parties on both sides weighing in.

Some school boards supported the move stating that it was important to give information about sex to students in an unbiased and fact based manner, while many parent groups opposed what they saw as an “instruction manual for sex” being taught in the classroom.

Almost a year later, the question seems to have been answered. The new curriculum has now been implemented into over 70 local elementary schools and the results are garnering positive support from both teachers and school boards alike.

The new curriculum centers around a larger focus on scientific facts and ensuring the students have a firm grasp on the biological elements of sex education. The intent of the program is to better prepare children for the risks and responsibilities of sexual activity and to insure that if they are going to engage in sex later in life that they are informed and prepared for everything that choice entails.

Don Macpherson, superintendent for the Thames Valley District School Board, said the changes have been smooth so far.

“There have been no issues with respect to students’ reaction.”

He later clarified that in virtually all cases students barely noticed any significant changes as the new program was seamlessly absorbed into the standard curriculum already being taught.

“The nature of students’ responses to learning material is tied very closely to the parameters and expectations set by the teacher for the classroom. The students are responding to the material and there is no more immature behavior than we would have had with other curriculum at any other time,” he said.

When asked about reactions from parents groups who had previously opposed the changes, Macpherson remarked that complications of that nature have been sparse.

“The sharing of information and support materials with families ahead of the instruction has been helpful for many schools in alleviating concerns,” Macpherson said. “We continue to work with members of our community to clarify the information and support them as they respond to the new curriculum.”

There is, however, opposition from parent groups and religious organizations to any expansion of sex education, in particular one focused on scientific methodology. In Toronto, Thorncliffe Park Public School has become a recent example for the fight against the revised program. Due to active protests by the school’s local parent-teacher association, they opted to self-amend the program by not using the proper names for reproductive body parts for students in the lower grades of the school.


There has also been a recent trend developing of parents choosing to take their kids out of schools that strictly follow the new curriculum in spite of the fact that the new program allows for children to opt out of it due to religious beliefs. The National Post reported that enrolment for students in the Toronto elementary school board system had declined by as much as 2,000 students overall.

Some formerly vocal opponents of the program have changed their minds following practical imple-

mentation of the curriculum and what they see as greater benefits of it. Angela Kennedy, chair of the Toronto Catholic school board, had previously been a staunch opponent to the new program, but as reported in the Toronto Star, she changed her opinion when she discovered

her son had been a victim of childhood sexual abuse and expressed to her that the knowledge gained in the new program might have given him vital understanding of what was happening to him at the time and possibly prevented it from continuing.

If parents do have questions about any aspect of the new program they are encouraged by both public and catholic school boards to contact them so that they can work together to find solutions to best address their concerns.



ELECTIONS ARE COMING

Nominations Close: Friday, September 23rd, 2016 @ 4:00 ^{PM}

VOTING:

Tuesday, October 4th, 2016 from 9:00 ^{am}
until Wednesday, October 5th 2016 @ 4:00 ^{pm}

VISIT WWW.FSU.CA/ELECTIONS

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CREDIT: "HILARY CLINTON IN NH" BY MARC NOZEL ON FLICKR (CC BY 2.0), "DONALD TRUMP" BY GAGE SKIDMORE ON FLICKR (CC BY-SA 2.0)

The 2016 U.S. general election has probably led to more than a few fights at family gatherings. It doesn't help that the two main party platforms are basically the opposite of each other.

Stoking the flames: The rise of the violent voter

KERRA SEAY
WHAT DOES KERRA SAY?

I'll be the first to admit that, as a Canadian, I just can't stop reading about the 2016 U.S. election. I didn't even pay this much attention to the recent Canadian federal elections, and I'm a goddamn journalist. Whether it's reading articles about Trump's latest gaff, an analyzation of Hillary's past record in office or a late show comedian making jokes about Trump's tiny, tiny hands, I just can't look away.

Canadian elections couldn't be this interesting if the future of our world depended on it. Sure, we had Rob Ford and his crack scandal making international headlines, but even that doesn't come close to the insanity seen at the Republican National Convention (RNC) or the violent behaviour exhibited at rallies.

Trump's rhetoric is divisive; you can't call all Muslims terrorists or say you're going to build a wall to keep out "The Mexicans" without people thinking you're a racist, bigot or anything else Huffington Post has called him. He has alienated a huge portion of voters, but it was the same rhetoric that made

him so popular with his base.

Unsurprisingly, the political landscape in the U.S. is a bit messy right now. Die-hard Trump supporters cheer when he makes vague threats about "second-amendment people" (aka gun rights activists) taking care of the Clinton situation, and Clinton supporters cheer when she calls Trump a racist and a bigot who isn't fit to run a business, never mind a country. Large portions of American voters have already made their decision, and there's nothing anyone can do to change their minds.

This is where one of the downsides of a two-party system comes in to play. Sure, Canadians have to deal with minority governments and having to make a selection from three or more fairly similar options, but at least we have options (even if they all kind of suck).

American voters also have the option to vote for Independent candidates, like Libertarian Party leader Gary Johnson, but these candidates are not treated with the same level of legitimacy as Democratic or Republican candidates. This makes it next to impossible to win a national election; they're basically like the Green Party of American elections.

And when it comes to Canadian elections, there is not as huge of a dichotomy in party platforms as there is between Trump and Clinton. Though Canadians still feel divided, we've got nothing on the American division that literally splits the country into red and blue states.

Canadians have to deal with our own divisive politics. Harper and Trudeau ran opposing campaigns, with Harper taking an Islamophobic stance on immigration while Trudeau promised a more open and caring platform for refugees (sound familiar?) But for the most part, Canadian political platforms don't stray that far from each other.

Can you imagine how much more intense it would be if the only two options in question had opposing opinions on almost every topic imaginable? There seems to be almost no common ground between Democrats and Republicans anymore, especially not after the apparent takeover of Republican states by Tea Party candidates, who tend to be ultra-conservative on social issues like abortion and euthanasia. This is the same group of people who make up a large portion of Trump's solid voting base.

U.S. voters have been violent in past elec-

tions, but the violent rhetoric exhibited this time around seems over the top. Some Trump supporters literally yell, "Kill Hillary" or spit on her image. The naked statues of Trump found in multiple American cities, complete with a micropenis, were considered hilarious to many, even though it was deeply disrespectful. Can you imagine the reaction some voters may have if their candidate loses?

Is there anything that can be done about this violence? It seems as though each candidate is running on a platform saying, "Vote for me! I'm not like the other!" When this dichotomy is intentionally brewed and fueled by both candidates, can anyone really be surprised by the violence and vitriol spewed by their supporters? The candidates are stoking the flames of this fire for their political advantage, but we won't know what the repercussions of this will be until all the votes are counted on Nov. 8.

To all my American friends out there, just know this; I will be as unable to look away from the aftermath of this election as I have been unable to look away from the campaigns. I wish you the best of luck. And if you need somewhere to stay, I hear Nova Scotia is nice in the summer.

My decision to remain abstinent

JESSICA EDEN
INTERROBANG

Many people ask me how I do it, but I think the most important question is why. Why do I choose to abstain from sex?

I have come to understand that I am a part of the minority of people who choose to remain abstinent. While I am not ashamed of this, it is definitely hard to bring up in conversation.

I'm asked why I abstain from sex, but I doubt people are often asked why they choose to have sex.

Sex is accepted and even idolized in our culture. By promoting and displaying sex in things such as movies, music, books etc., it is often portrayed as a necessity in the lives of young people which is why it seems so abnormal to choose to go without it.

Growing up as a Christian I have learned that sex is something that is saved for marriage. I believe that sex has the power to

bond two people closer together and is an experience that once taken place, cannot be taken back. For that reason, it is something I do not take lightly.

Even though I have been brought up in a Christian home, I realized that I still had to make an independent decision on whether I was going to choose abstinence just because my parents believed it or because I truly believed in it myself. I have made the personal decision to remain a virgin until I get married.

To answer the question "how do I resist the temptation?" I think the main reason why is because of the degree of importance that I have placed on it for myself. I am content with my decision and I do not feel like a part of my life is missing. It is something that will be fulfilled with the right person and at the right time (in my case, once I am married). I feel that a relationship does not require sex to be a good relationship and that other forms of physical gestures can be shown in the meantime, such as holding hands. Also, having my

parents and a network of friends that support me in my decision is beneficial.

Many of you may wonder "why wait until marriage?" Firstly, because it is an aspect from my faith that I value. Secondly, I believe that the deeper connection you have with a person when you have sex is something I only want to share with one person. Sex is the most intimate act you can have with another human being and I want that to be in a relationship where there is the highest form of commitment. I believe that having sex brings two people closer together and helps them grow deeper in love for one another and having that in a marriage relationship will make it more special and meaningful.

I admit that I will still have those desires because I am human and it won't always necessarily be easy, but I see it important that I control those desires so that they do not consume my thoughts and turn into actions.

I have noticed that there is often a negative connotation associated with abstaining from sex; people may think that I am either naïve

or a prude. Just because I choose to abstain, does not mean there is anything wrong with me. It does not define me; it is just a personal choice that I make. While I have had many scoff at my decision I think that, like in all situations, even if you do not agree or fully understand the reasoning, it is still necessary to respect the person and their decision. In the same way, I do not think any less of someone who does not hold the same opinions as me in regards to sex. I do not look to force my values on other people, but if you ask me why I have made this decision I am always willing to explain.

Other reasons people have for abstaining is to avoid the risk of an unplanned pregnancy or the transmission of STIs. Others may also choose to abstain for religious or other personal reasons.

I hope that by reading this it will give some insight into why people might choose to abstain and help people understand an alternate point of view.

HAVE AN OPINION? SUBMIT YOUR STORY!
LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA

Netflix Canada: Top five movies you'll enjoy watching this fall

IHOR POLOVY
INTERROBANG

Are you the one stranded amongst all new blockbusters and don't know which one will captivate you and by that we mean distract you from schoolwork? Are you in search of something that feels and looks totally authentic? Here are the top five non-mainstream movies on Netflix that are worth binge-watching.

Captain Fantastic (2016)

Breathtaking and strong, this is a story of a man who quit all the formalities of normal life and set out to educate his five children deep in the woods. These children grow up smart, well-fit and courageous, but whether or not they are ready for a social life after growing up on the outskirts of society is a different story. A dream of building a paradise starts to break down gradually as the family needs to come back to the modern city. That's how we discover the genuine face of its father, a captain for the children and a fantastic husband. Here we have a plot of contradiction and giddy wisdom with a light and funny narrative style at the same time. Is it possible in the modern day society to radically rise against all the irrational things in our lives and stay human? Or is estrangement nothing but another harmful way of driving someone crazy? The movie leaves that for us to decide.

Everything is Illuminated (2005)

Could you ever imagine Eli-

jah Wood going to eastern Europe in search of his Jewish roots and exploring the history of the Holocaust? Neither could I. This unknown movie with no fancy visual effects and pathetic dialogues is truly a masterpiece of its own kind. It can make you either laugh wholeheartedly or burst into tears over and over again. Its main idea is quite simple, but also incredibly deep with the underlying message of family values. The film shows us hilarious things of our everyday routine from different angles. Life of the poor and rich, traditions of people far, far away from Canada and absolutely unique characters, are all entwined together in order to bring an outstanding drama experience to you.

The Chorus (Les Choristes, 2004)

This is a French movie full of hope, innocence and music. It will take you through the memories of an old, well known Kapellmeister from Europe to the times right after World War II, when he was just a modest singing-master. Then he became an associate of a boarding house for troubled teens and also had to find a way to unite all their lost souls; he started to teach them to sing in a choir. Music brought a sense to their lives, but also became something they needed to struggle for. A mesmerizing story of friendship and deception, *The Chorus* shows a victory of good over evil, which drowns in light and sublime music.

Little Miss Sunshine (2006)

This movie is realistic and im-

possible, grotesque and funny; it is about a little girl who wanted to win a special beauty contest. Everything appears to us upside down here. The girl has a strange family: father who promotes his own plan of success while being bankrupt and then there is the 16-year-old brother who refuses to talk. All these people now have to make a long trip from their home to California to bring this girl to the contest. At first sight the movie can seem to be a regular motivational story about the ones who strive to succeed in life and eventually did it. But nothing's that simple. The main idea provides us with more material to think on as the heroes suddenly find out that world cannot be divided to just black and white. I would strongly recommend this movie to anyone who has a dream.

Into the Wild (2007)

A real story of Christopher McCandless, better known under the name Alexander Supertramp. This person also left everything, his career, opportunities and education, in order to stay in the woods of Alaska. His passion for truth and purity made him object the values of society, donate all his stored money to charity and become a real adventurer. He overcomes the cold, the heat, pain and people's ignorance in an attempt to uncover what lies beyond the definition of modern, commercialized life. The movie is a bit maximalist but is worth paying attention to because it helps to understand how we are attached to this world and also promotes the celebration of life.



CREDIT: SUZANNE BOOK, LEAH MARSHALL, TRISTAN MCDONALD

This is a page from the colouring book designed by Fanshawe student, Tristan McDonald in collaboration with Leah Marshall, Fanshawe's sexual violence prevention advisor. They created this book to help end the stigma surrounding sexual violence and help give a voice back to survivors and supporters. Fill this image in with the colours of your choice. To get the entire colouring book free of charge, visit the library from Sept. 11 to Sept. 17.

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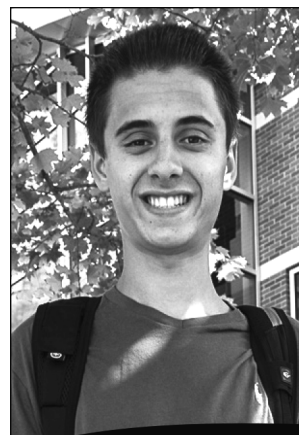
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Masturbation is great, so give doing you a shot tonight and explore your body.

You do you: A guide to masturbation

KERRA SEAY
INTERROBANG

There are two types of people in the world: those who masturbate and those who lie about it.

Okay, so maybe that's not 100 per cent true, as there are many people who don't feel sexual desire and have no interest in it or have personal reasons for choosing not to. But in general, most sexually active people (or those who want to be sexually active) masturbate.

Masturbation is an important aspect of anyone's sexual experiences. It's important to learn how your body works and feels before you can tell someone else how to pleasure you.

While there are numerous studies claiming masturbation can help with anything from cancer prevention to lengthening a penis, the best benefit gained from masturbation is the chemicals that are released in the brain while orgasming, like dopamine and oxytocin. These chemicals can help raise your mood, and though it may only be temporary, in the moment you

feel fantastic. So if you're feeling a little overwhelmed, stressed out, in pain due to PMS or are just plain horny, give masturbating a shot and you might see your mood drastically improve.

The first step to achieve peak masturbation results is to explore your body. Take a mirror and have a look at what you've got going on down there. The more comfortable you are with your own body, the more comfortable you'll be touching yourself. By becoming comfortable with your body, you begin to associate your body with positive feelings as opposed to feeling shameful about your sexuality.

The second step is to figure out what feels best for you. For those with a penis, there are a number of unique masturbatory products available that provide a number of sensations. If none of these interest you or you are on a low budget, try experimenting by applying different levels of pressure on your genitals yourself.

Many of those with a vulva find they orgasm through clitoral stimulation as opposed to penetrative stimulation. This is why vibrators

are so popular; the consistent vibration on the clitoris creates the perfect amount of stimulation in order to reach orgasm. Just like with penile masturbatory aids, vaginal masturbatory aids come in a number of styles that target different areas of the body.

One thing that may help you reach that elusive orgasm while masturbating is fantasizing. Many people have fantasies that they would never consider doing in real life for a variety of reasons; maybe they are too shy to voice their fantasies, they don't have the resources, they are currently without a sexual partner or many other possibilities.

Masturbation is the perfect time to embrace your kinky side in the comfort of your own psyche. No one needs to know that you're imagining having sex with the hot lifeguard at the pool (or with all of them). That's a secret kept between you and your hand.

Masturbation etiquette is important to keep in mind as well. If you live with roommates or share a room, do your best to try and schedule in some masturbation

time when no one is around. Your roommate is planning on going to the movies one night? Boom, you just found the perfect opportunity to spend some time getting to know your body and have a bit of fun with it.

Pro tip: make sure to lock your door.

As anyone who has ever successfully masturbated before knows, it can get messy. Those with a penis should try masturbating while using a condom; not only will this prevent a mess, but it will also help your body get used to stimulation while wearing a condom. For those using a dildo, consider putting a condom on it before use. That way you can just throw out the condom when you're done without having to worry about finding that specialty toy cleaner the salesperson suggested you buy.

Reaching orgasm for the first time can be a scary experience for some. Your body is overwhelmed with sensations and you might even feel a little bit scared by what you're feeling, but the first one is always the most intense.

One thing to keep in mind when

it comes to masturbation is the idea that it is something that shouldn't be kept secret. Turning a healthy expression of sexuality into a taboo and stigmatizing it will only make you feel guilty about it, and guilt and shame have no place in the bedroom.

Beware that there is a line where masturbation becomes unhealthy. If you are masturbating to the point where you are injuring yourself or you find yourself avoiding normal social activities in order to touch yourself, you may want to consider the idea that you have a problem. But don't fret, help is out there if you feel like you can't stop touching yourself, and you should feel no shame in reaching out for it.

The bottom line is if you're not comfortable masturbating then maybe you should consider if you're ready to have sex. Masturbation is a fun and safe way to get to know your body, to let off some steam and to feel pleasure. Just remember; masturbation is all about what feels best for you, so don't feel any shame about what it takes to make you cum.

Consent: How to know the difference between yes and no

NICK REYNO
INTERROBANG

I'm going to level with you, sex is great, but not everyone is in favour of getting frisky. It might be their sexual preference to keep things above the belt, or they may not be up to get down at the moment. There's only one way to figure out where your partner stands for sure, and that's by asking for consent.

According to Fanshawe's sexual violence prevention advisor Leah Marshall, consent encompasses these key things.

"It's non-coerced, it's voluntary, it's sober and it's enthusiastic

whether that's through actions or through words."

Perhaps the most important of these factors is that it can't be given under the influence of drugs or alcohol. Even if your partner agrees to get frisky while drunk, they are not in the right state of mind to be making these decisions.

The other factors, voluntary and enthusiastic consent, seem like no brainers but there is a final aspect that is sometimes overlooked, consent has to be continuous. Many people mistake it as a static notion where saying yes just once covers the entire length of time. Just because you may have been with someone for a number of months doesn't mean they're obliged to

entertain your desires whenever you wish. Not only that, but the desires themselves can change from day to day and week to week. Things that might have been enticing yesterday could make your partner uneasy tomorrow.

While it's important to ask for consent before starting anything, it's also important to check in with your partner during the experience itself. People can fall into different mindsets while being intimate and a yes can easily turn into a no. Marshall explained that if you're the initiating party, "You want to check in with that person throughout the experience to make sure it's something that they actually want to do, not just something that

you're doing to them. Sex should be a partnership and an interaction between two people opposed to someone just doing something to someone."

There's a paradigm shift happening as people embrace the idea that sex should be accompanied with a dialogue. Without consistent communication there's an implicit distance between partners in bed. Having a dialogue before, during and after the experience ensures that both parties can continually voice their desires and limits in a safe and non-judgemental environment.

At the end of the day we need to acknowledge that people are sometimes going to say no when

they ask for consent, and we have to accept that without being aggravated. Marshall's was clear that no one owes anybody anything and no one is ever asking for it.

"When we go into a sexual encounter we have to be understanding and accepting of the fact that our partner may say no. We have to be willing to say no and to accept no. Just because we like someone or just because we have other pieces of a relationship with them doesn't mean we're obligated to do specific things with them with regards to sexual interaction or intimacy."

Yes means yes, no means no, and we need to respect that in all its forms.

AJIITHA ANAND
INTERROBANG



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Ajiitha Anand | Interrobang

It's not just pillow talk

The best sex comes from an honest conversation. As easy as that sounds, it's harder than you think, especially when you're in the moment. You would think telling your partner how you like to be touched is the best way to achieve amazing sex but many people have trouble with simply saying "I don't like this" or "I like when you do this". Communication and trust takes time to develop so it's okay to be afraid, that's normal. Luckily there's a fix to lack of communication in the bedroom.

There are many ways to communicate if you are having trouble communicating vocally such as moving your body: take the lead and show them how it's done. Body language is a popular way to show your partner what turns you on and what does not. If you are afraid of offending your partner by telling them, then show them. Using your hands is always an option, guiding them and leading can also be attractive. For example, if your partner is performing oral, you can move closer or away or gently hold their head to escort them.

Moaning is another vocal way to communicate without words. If you like what they're doing, moaning will let them know if what they're doing is pleasurable. Being honest is important but it's also a good reminder to be polite as well. If you don't enjoy the way your partner is touching you, avoid words like "ew" or anything that would make someone feel bad. However, if you feel like you are not comfortable, do not be afraid to say stop. Communication in the bedroom is not only about asking your partner to pleasure you, it's about being able to say no as well.

Remind your partner of the good things too. Don't talk about what they're doing wrong if that's all you're going to tell them. It's a nice reminder to let them know you're having a good time.

More often than not, relationships break apart through lack of communication. According to a Western student in his third year, who wishes to remain anonymous, he lost his three-year long relationship to infidelity. The young man is in love with his girlfriend whom he had cheated on several times because he was too afraid to communicate.

"I regret not telling my girlfriend how I felt. She wasn't always comforting emotionally, and she expected so much from me...sexually, I felt like I wasn't enough for her. Even though we were together for three whole years, for some reason, my insecurities got ahold of me and I just couldn't tell her," he said.

He went on to say that because he was unable to communicate his feelings to his girlfriend, it helped when others comforted him. However, the comfort from others went too far and it reached a point when he started having sexual relations with other women. His confidence rose when he was sleeping with women who he was able to communicate with. He began to feel like he was enough. Eventually he confessed to his girlfriend out of guilt and it broke up three years of trust. He says after some time, she agreed to stay with him as they continue to work on their relationship and slowly build trust again.

Everyone is human and communication is not always easy. Everyone works with different comfort zones. However, to avoid hurting anyone, including yourself, it's important to tell your partner your thought process. It's crucial to work with your partner and not against them regardless if it's intentional or not.

The importance of communication is beyond the bedroom. Remember the key to a healthy relationship with anyone is honesty and communication. People aren't mind readers.

Read your mind to them, it makes life a lot simpler.

Contraceptives:

A cheaper alternative to sending your kid to college

Jessica Eden | Interrobang

By now you've likely heard (perhaps excessively) about how important it is to practice safe sex to not only prevent pregnancy but also STIs and STDs. With such a large variety of options available, sometimes it can be hard to know what provides the most protection and will work best for you. Listed below are some of the most popular and some of the most effective methods of birth control and contraceptives that can be considered as an option.

Abstinence

The only method that is 100 per cent effective, having no sex at all prevents the risk of unplanned pregnancies and STIs.

Condoms

Probably the most popular, cheapest and widely used form of birth control, condoms come in both male and female form. They are the best type of contraception to lower transmission of STIs and have a 98 per cent success rate at preventing pregnancy when used exactly according to instructions. The success rate decreases when other products such as an oil-based lubricant or spermicide are used at the same time. Female condoms can be inserted a few hours before intercourse whereas male condoms must be put on just before penetration. Keep in mind that some materials (especially latex) can cause allergic reactions.

Intra-Uterine Device

An IUD is a T-shaped device that is inserted in the uterus and releases hormones that prevent the sperm from fertilizing an egg. IUDs must be inserted by a health care provider and can last up to 12 years depending on the type used. The benefit of this contraceptive is you don't have to worry about using a contraceptive every time you choose to have intercourse and the IUD can be removed at anytime. They have a high success rate at preventing pregnancy at 98 per cent and another benefit is they reduce period flow substantially, and sometimes even completely throughout the time it is in place.

Birth control pills

Another popular form of birth control is the pill. The pill must be taken once a day except for the days a person is on their period. With perfect use, the pill has a 99 per cent success rate; however, this decreases if you forget to take a pill or take it late. A benefit to the pill is it helps regulate menstrual cycles and makes flow lighter. You will need to get a prescription from your health care provider.

Withdrawal

Not the most successful form of preventing pregnancy (78 per cent success rate), the male withdraws just before ejaculation. The problem with this method is that sperm can be released before ejaculation, and sometimes it is difficult for a male to predict when ejaculation will occur. For this reason, it is best to couple other forms of contraception when using this method, such as the pill.

Dental dams

A contraceptive used for oral sex, dental dams help prevent the transmission of STIs and STDs. They are usually made of latex and provide a protective barrier. Dental dams can be bought or easily made by cutting a condom into a flat rectangle shaped piece.

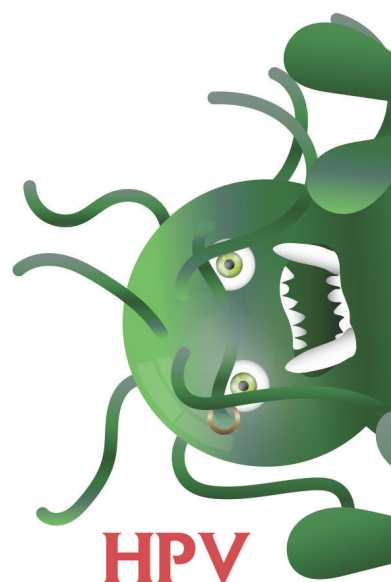
Plan B

As a last minute resort, Plan B (also called the morning after pill) can be used up to 72 hours after unprotected vaginal sex. It works by preventing the ovaries from releasing an egg and also reduces the likelihood that the sperm will reach the egg. It should only be used for emergency purposes, and should not be treated as a regular routine contraceptive. It is available over the counter in most drugstores.

Information for this article was derived from Young Women's Health website.

STIs:

Make sure what happens in the bedroom
DOESN'T STAY IN YOU



HPV

HPV is the most common STD and is said that it is highly likely to catch at least once in your lifetime. The best thing about this STD is that it can be prevented by simply getting vaccinated as early as 11 years of age with recommended booster shots up until you turn 26.

Symptoms: Most often HPV does not cause noticeable symptoms, but sometimes it may cause genital warts.

Treatment: Mostly HPV goes away on its own; however, if it doesn't, a physician can treat genital warts and before it progresses to cancer (in rare cases) a Pap smear can be used to catch the cancerous cells.

If left untreated: When HPV doesn't go away on its own it can cause genital warts, and in worse cases, cancer.

HIV

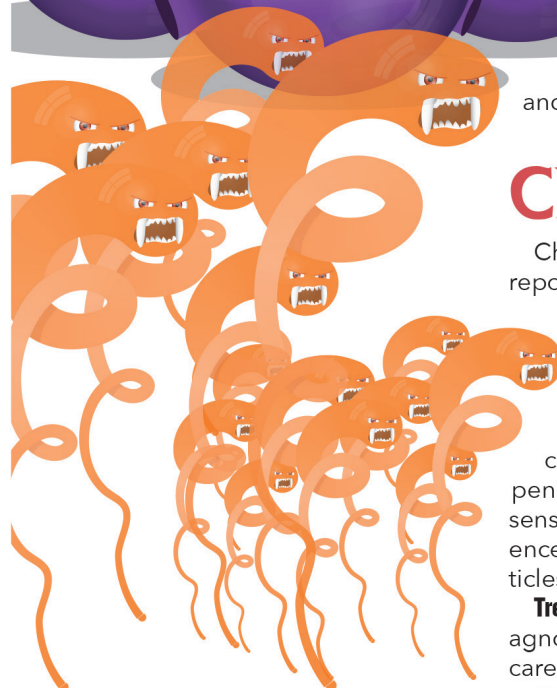
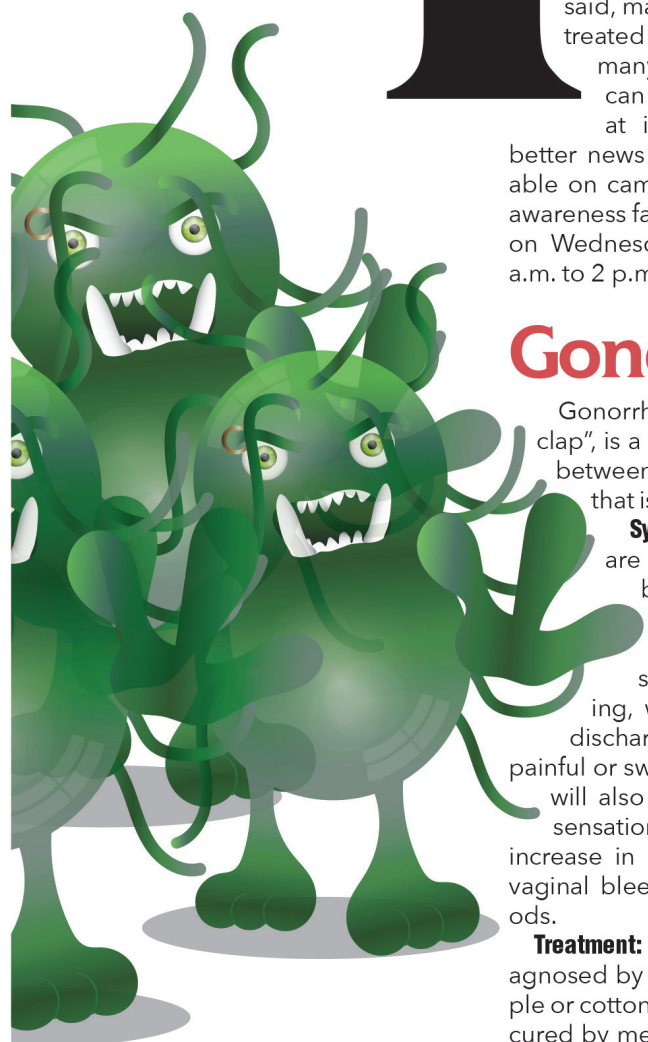
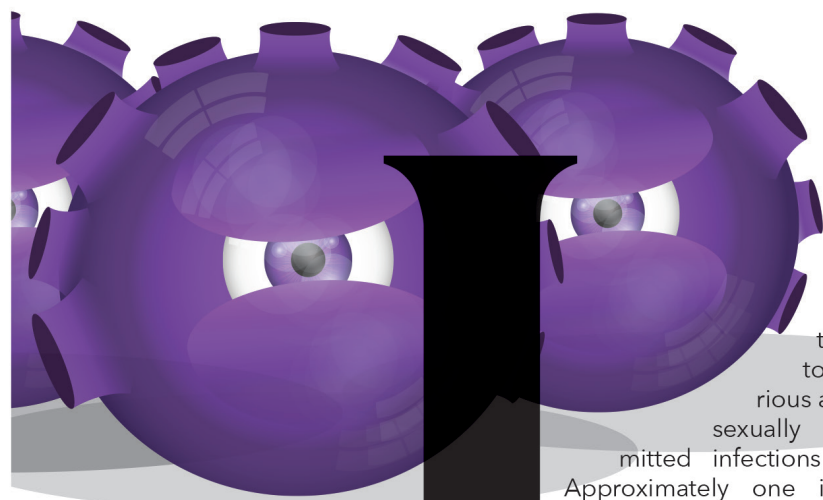
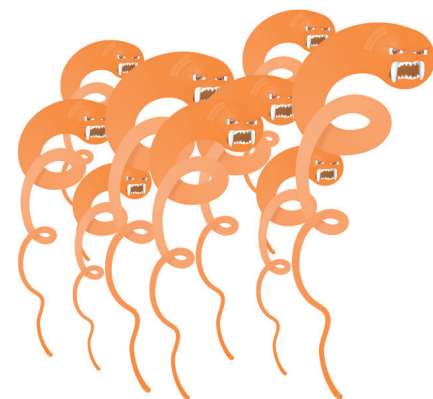
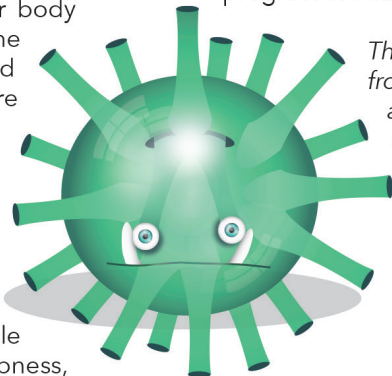
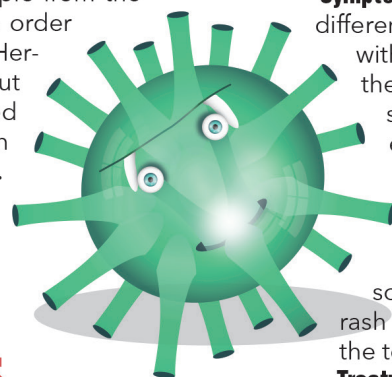
HIV is a virus that attacks the body's immune system and can eventually lead to AIDS.

Symptoms: There are three different stages associated with HIV; however, in the early symptomatic stages a person can experience headache, diarrhea, nausea and vomiting, fatigue, aching muscles, sore throat, a red rash usually located on the torso and a fever.

Treatment: HIV cannot be cured; however, it can be controlled. Medicine is administered to prolong the life of the person with the disease, and reduce the disease's ability to infect others.

If left untreated: The body won't be able to fight off infections because of the immune system being suppressed. HIV can eventually progress to AIDS.

The information from this article was derived from Canadian Disease Control website.



Gonorrhea

Gonorrhea, also known as "the clap", is a common STI in people between the ages 15 and 24 that is usually asymptomatic.

Symptoms: Symptoms are usually nonexistent in both male and female; however, males will experience a burning sensation when urinating, white, yellow or green discharge from the penis and painful or swollen testicles. Women will also experience a burning sensation when urinating, an increase in vaginal discharge and vaginal bleeding in between periods.

Treatment: Gonorrhea can be diagnosed by providing a urine sample or cotton swab sample. It can be cured by medicine prescribed by a health care provider that can be taken orally or injected.

If left untreated: Gonorrhea can cause PID (pelvic inflammatory disease) in women, and pain in a male's tubes that are attached to the testicles. It can also lead to infertility and the spread of gonorrhea to the blood and joints (which can be fatal) in both men and women.

Chlamydia

Chlamydia is the most commonly reported STD. It is mostly prevalent in young women between the ages of 20 and 24.

Symptoms: Symptoms of chlamydia usually do not appear for the first month but consist of abnormal vaginal or penile discharge and a burning sensation. Males may also experience pain and swelling of the testicles.

Treatment: Chlamydia can be diagnosed by providing the health care provider with a urine sample or cotton swab sample. It can be cured by antibiotics as prescribed by a health care provider. With chlamydia, it is necessary to be tested again three months after being treated to ensure that it has completely gone.

If left untreated: Chlamydia can

spread to the uterus and fallopian tubes and can cause PID that can lead to infertility in women. Males rarely experience health problems caused by chlamydia, however; it is possible to experience pelvic pain, fever and in rare cases, infertility.

Genital herpes

Herpes is a common virus that is present in bodily fluids and therefore transmission can occur merely through skin-to-skin contact. According to a Cambridge University Press article, the herpes simplex virus infects 90 per cent of the world's population.

Symptoms: People with genital herpes often show no symptoms, which is why many people don't even know they have it. Many people will have an "outbreak" of blisters on their genitals, rectum or anus that are painful and take weeks to heal when they break.

Treatment: A health care provider can often diagnose genital herpes just on symptoms alone, however; a cotton swab sample from the sores can be taken in order for testing to occur. Herpes cannot be cured, but medication can be used to help reduce the pain and prevent outbreaks.

If left untreated: the virus can spread to other parts of your body.

Syphilis

Syphilis is an infection that can be spread upon contact with the sores and can cause long-term health problems to your entire body if left untreated.

Symptoms: Syphilis progresses through four different stages: primary, secondary, latent and late. In the primary stages, you will notice sores at the site where your body first got infected. During the secondary stages, sores and rashes can appear anywhere on your body. Other symptoms such as fever, swollen lymph nodes, weight loss, fatigue, sore throat and patchy hair loss may also occur. In the late and latent stages, people experience difficulty co-ordinating muscle movements, paralysis, numbness, blindness and dementia.

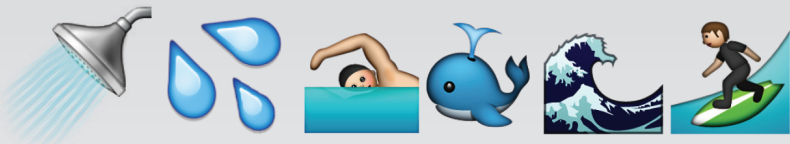
Treatment: Syphilis can be diagnosed after doctors take a blood or urine sample. They then conduct a thorough physical examination. Antibiotics prescribed by a health care professional can cure syphilis.

If left untreated: Eventually organs will shut down, resulting in death. If you intervene as soon as you notice symptoms, you can cure syphilis before it progresses into something serious.



Spicing up your sexerc

Waterfall



Tour the falls like you’ve never seen them before, as this position is sure to make it wet. One partner is in for a serious head rush, laying his body over the end of a bed, with his head resting on a soft surface and his hips dangling off the edge. The girl on top takes control and rides some serious waves. What is the best part you may ask? This position entails great views for the each partner.

Give it a try today ➤



Wall-Banger/Hanging Flower Pot

It’s arm day in the bedroom tonight, and we’re doing five sets of eight up and downs. This one is a serious workout, if you’re ready for it. The man stands up, holding up the weight of his partner using both arms, while carefully thrusting at the same time. Walls make great balance assistance, or any household furniture really. The female has her legs wrapped around his waist, testing the endurance and strength of both partners. The man raises and holds the woman while carefully thrusting inside of her. For balancing assistance, he can push her up against a wall, or he can set her on a countertop to help support her weight.

Give it a try today ➤

The OM 🐱👁👁💧💧

Bringing a whole new meaning to Zen, the female sits in the lap of her yoga-styled sitting partner with him, cross-legged, and her, seated comfortably facing her partner. This is intimacy at its finest, as the pair rock and thrust harmoniously while facing each other. The position of the legs hugging against each other is great for support. **Ommmmmm.**

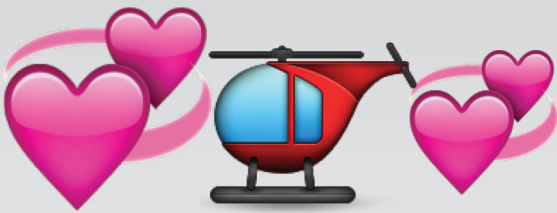
Give it a try today ➤



Upside-Down FIREHYDRANT

Imagine leaning against a table while naked but make this even sexier with their partner lying naked on that same table with **one leg** on their shoulder; that one leg in the air inspires a wet time. Using a table or desk for support, the female lies down with her bottom **near** the edge to allow easy entrance for the male. Resting a foot on his shoulder allows for deeper penetration, and his standing stance between her legs allows free hands to roam.

Give it a try today ➤



Helicopter

“You spin my head right round, right round, when you go down, when you say my name.” **voice***. Have both partners lying down on a soft surface (preferably a bed). After some penetration has been done, have the partner that is on top spin around, in a circular motion – similar to the motion of helicopter blades. Some serious Cirque du Soleil style helicopter sound effects aren’t sexy

Give it a try today ➤

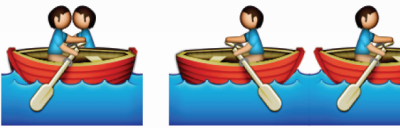


Wheelbarrow

This is only the best type of push-up a woman can engage in, while giving a unique view of her body from a unique angle, two in one, say hello to everybody’s new favorite position. The feet, the female faces the ground while the male picks her up by the pelvic region. The waist provides a tighter hold, and deeper penetration.

Give it a try today ➤

Opposite. Rowboat.



One of the favourite woman-on-top positions, where the female is given control. Seated comfortably on a bed or sofa, the female thrusts her hips forward and back, while the male provides guidance. This is a good switch to allow the male to recover while keeping the female’s interest active. Tip: leaning the female back a little activates greater g-spot stimulation. Partners win the race.

Give it a try today ➤

Want to know your dirty little

Brittany



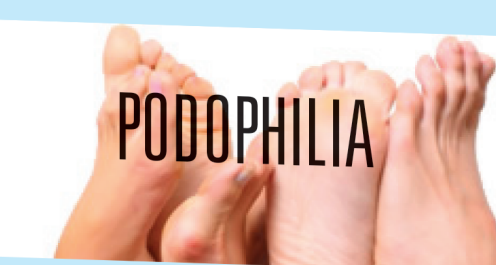
This term brings a love for food to a whole other level, as it is used to describe individuals who receive sexual gratification from being covered in wet, messy, food substances. So bring on the pies, pudding, syrup, but steer clear of buffets! This type of fetish is a major danger zone as the thought to incorporate endless food items into sexual contact will be tempting. Foreplay is essential – or in this case, food-play. Could this be where the milk challenge originated from?



I remember during high school sex education when my teacher used to use Woody, the wooden penis to demonstrate proper condom application. As educational as that lesson was, some would find it a little more arousing than the average student. Those with xylophilia have an extreme attraction to wood, and become easily stimulated to thoughts and contact with these special tree parts. Guess London would be the ideal city to live in, being Forest City and all...



Natural human gas... it’s got to come out one way or another. Letting it rip out the back isn’t quite enough for those with this fetish, they need to throw their partner in a Dutch oven. Now THAT is the meaning of getting hot. It is a foreplay method for those turned on by flatulence. Tip: beans work great for this...aka, take your date to a Mexican food restaurant first!



Something smells fishy... and it might just be your foot. But don’t worry, some people are totally into that – and by some people, I mean somebody with podophilia. Points of attraction include appearance (size, length and accessories), odour or footwear (whether you’re strutting in heels or flip-flopping on the beach). Would you let your foot be sniffed, licked, tickled or sucked?

Interrobang
Discourse

CANADIAN HORROR STORY BEDROOM EDITION

SHIT HAPPENS

My buddy and his girlfriend had finally decided to try anal sex for the first time. Her roommates were out of the house one day, so they had both decided it was the right time. In the middle of the session, her roommates unknowingly decided to pop by the house and surprise her with a bunch of friends. My buddy was caught so off-guard, he quickly retreated from his girlfriend's butt, she was so surprised by the quick movement of him that she accidentally pooped a bit on his penis. Being so disgusted by that, he reacted by vomiting all over her, all while all her girlfriends were watching.

Ali, 23

LAY BY ME

Remember first-year how most the rooms were doubles? There was this one time I was having sex, and it wasn't until midway that he said, "Shhh, don't wake my roommate up". His bed was about two feet away.

Talula, 20

LOUD FIRST IMPRESSION

There was this one guy that I had built up lots of sexual tension with, and we had finally decided to meet up. He looked good. I looked great. We were dancing. Getting embarrassingly hot and heavy. Needless to say, we made our way into a cab and back into his gorgeous house, and I remember making comments about how I hope to live in a place like that. We had sex. Loud. Aggressive. Awesome sex. In the morning we both woke up to the, "Oh my god yea, that happened" feeling. So I said, "I'm really sorry for your roommates," that's when he told me he lives with his parents.

Thomas, 23

BE CAREFUL WHAT YOU WISH FOR

I was with my boyfriend and we were experimenting with some new stuff. He had purchased the Trojan extended pleasure, and we put it on thinking it's supposed to help him last longer. Man, he was so excited. Half an hour in, he's like, "Yo... I can't feel a thing". That's when I responded, "Shit, me neither". What happened was both our parts went numb, and what was a boner turned into a slinky, zero to 100, real f**king quick.

Sam, 20

ROMEO AND JULIET

One time I was having sex with my girlfriend on the balcony of my apartment, completely butt naked. It was all going great until we looked down and saw the group of old ladies and my building manager all staring at us. They were there the whole time.

Jesse, 22

THE CONDOMS FROM HELL

A trusted friend recommended I use Trojan bare skin condoms and I passed on this recommendation to all my boys too. One day, we all go out together to pick up some bare skins, all super pumped to have really good sex. So there was this one weekend where we all knew we were getting laid, and the morning after we all message each other finding out we all had the same experience. The condoms were literally so tight that it killed ALL of our boners. We all had shattered prides afterwards and ending up having to throw out the 30+ condoms we all bought together.

Drew, 19

IT GOT HEATED

I was studying one night with a candle burning in my room and my boy texts me asking to come over. So we ended up getting a little heated and long story short, we started having sex over the side of my desk. Mid lovemaking, my hair comes loose and dips into the flame from the candle. I had to blow out my hair and the candle as he was still hammering into me.

Elisa, 20

BLACKHOLE

I was with this girl that I've been talking to for a while, and things had led into her dorm room. The mood was set, environment set, everything. The only thing left now was to whip out a condom. Now, all of mine were back in my room, so she goes, "No worries", and whips out one she's held onto from her frosh week orientation week. We did the do 'till done, which closed with a "my God Graham", I'm still hoping she meant it in a good way. As I pulled out, I realized the condom was nowhere to be seen. Completely wiped clear, dusted off my dick. "Till this day, I still don't know where it went."

Graham, 19

HIGH-LARIOUS HIGH JINX

I was at this girl's place and I found out she had weed chocolate. I hated smoking weed, but I've always wanted to try edibles. We both agreed to get high off the chocolate and have sex. So we ate some pieces, few minutes pass-by, and nothing happens. So we ate some more. By this point we're both kind of feeling a buzz and started hooking up. Everything's going chill, I feel perfectly fine, and I get ready to stick it in. Literally just as I was about to put it in, one by one I lost feelings in ALL my limbs. I kind of zoned out and paused as this was happening. Then the girl asks me to stick it in and I replied, "I honestly think I don't have a dick anymore", because I couldn't feel it whatsoever. We gave up and just laid in bed staring at her ceiling and tripping balls. I felt like a torso the whole time.

Andrea, 20

BRITTANY DU LY | INTERR?BANG



control over the speed and motion.

and back, using her legs and arms

ing the pace and heat of the mo-

stimulation. In this boat ride, both

How my secret?

Brittany Du Ly | Interrobang

Sex comes in all different shapes and sizes, and there is no definite understanding of what good sex is, but sometimes it takes just a little more than usual for some to get off. From sleeping with animals, to extreme arousal with fantasized roleplay, the types of fetishes that exist really are just endless. Common or not, here we cum!



BDSM



PYGOPHILIA



EXOPHILIA



FORMICOPHILIA

The easiest reference to help understand this term is the film *50 Shades of Grey*. The term stands for bondage and discipline, dominance and submission and sadism and masochism. Tying, binding, restraining a partner for stimulation, using props like ropes, collars, or even whips - now that's some kinky s**t.

Booty booty booty rockin' everywhere! The extreme lust for buttocks. Now we all have a slight obsession with butts (Kim Kardashian, duh), whether big or small, perky or round, but it isn't pygophilia until it's become an abnormal sexualisation from any of the five senses coming in contact with a butt.

What does *Doctor Who*, *Star Gate*, and *Star Trek* all have in common? They are all sci-fi. From exotic planets, land and fictional characters, any intergalactic fantasy could come to life. Spice up your sex game with some extra-terrestrial props... an alien suit perhaps?

Now, most people I know are terrified of bugs and insects. Others find it a stimulating thought to be covered in these creepy crawlies. The occasional bite is an addition bonus. *Fear Factor*? Sign me up coach!

So, if you are one of the few individuals with a fetish you think nobody else has, think again. What seems uncommon can be a lot more common than you think!

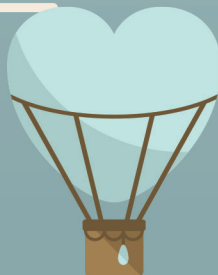


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10am- 2pm
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TOP 10

REASONS TO GET TESTED

REASON #10
Because testing is easy to do

REASON #9
You shared needles for drugs, piercing, or tattoos

REASON #8
Worrying is worse than knowing (...well sometimes)

REASON #7
Because you had a condom break

REASON #6
You are starting a new relationship or ending an old one

REASON #5
You had sex with a random partner

REASON #4
You can't remember what you did the other night

REASON #3
It's been a while since the last time you got tested

REASON #2
You had sex without a condom

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Mount “O”: How to reach the peak

Ajiitha Anand | Interrobang

Ladies, I am here to give you an informative and extremely important tutorial. We all have faked it once or twice, but let’s put an end to the facade, let’s figure out how to reach our climax, climb Mount O and sail through the amazing ride that is an orgasm.

The vagina is not complicated, once you do some research and figure out where everything is, it’s as simple as keeping a consistent motion pressed up upon a certain place.

According to Dr. Guy Grenier, a clinical psychologist, sex and marital therapist in London, the only way to achieve an orgasm is to understand sex and sex education.

A lot of times some women have trouble achieving an orgasm with a partner and that’s okay. It’s probably because you and/or your partner don’t know your body as well as you think you do. It’s important that you explore your body and become familiar with what you like and dislike when it comes to sex. Besides practicing masturbation, taking a class in sex education will open up a new door to your sex life. A sex education class is an informative and helpful way to explore your body. Sex is a broad topic and it’s easy to find yourself discovering more and more about how your body works in the bedroom.

The knowledge you gain from a sex education class is information you will probably use for the rest of your life.

“What often is the problem or the front end problem, is not that a woman doesn’t have a problem reaching orgasm, she just doesn’t know the techniques, her partner doesn’t know the techniques,” Guy said. “Once both people know more about stimulation techniques, about sexual expectations, about response cycles, we have virtually 100 per cent success in getting people who thought they were not orgasmic to being orgasmic.”

Guy continued on to say a lot of women need stimulation on the clitoris, whether it is through manual stimulation, oral stimulation, self-stimulation, partner stimulation or stimulation through toys.

“Only 30 per cent of women are orgasmic as a function of exclusive penile thrusting, most women require additional stimulation.”

Women aren’t complicated, but they do require more work. It’s not just about penetration. Women, more often than men, need a build up before penetration. Foreplay has a vital role in achieving an orgasm. Sex is more than just intercourse alone. Providing a woman with patience and time by arousing her through foreplay is comforting. The more comfortable a woman is, the more likely she will be able to have an orgasm without interruption or pauses.

Give massages, kiss lots, ask her what she likes or tell them what you want yourself. Be open with each other and communicate. The best thing you can do is tell them how or where you like to be touched. Don’t rush.

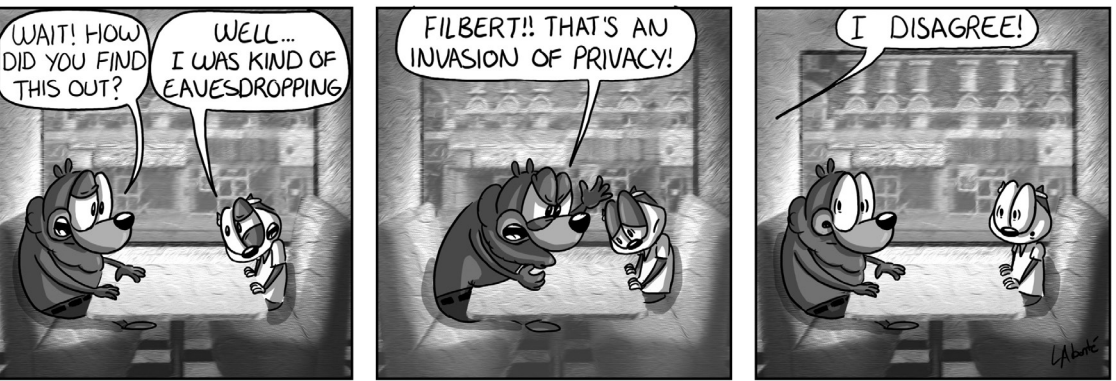
To achieve an orgasm, one must understand their body. Everyone is different so don’t compare yourself to other women. It’s hard to give someone advice when every body is different. Masturbation is one way to understand how your body works but taking a sex education course provides you with information not only about your body but other bodies as well.

Majority of a female’s orgasm is mental stimulation. It’s important that you are comfortable and relaxed with your partner as well as in that moment. Don’t be afraid to make noises, or of not making noises. Don’t let anything distract you, just let yourself be. You’re not going to pee, you’re not going to scare your partner; don’t overthink, let this moment be about you.

There you have it, a simple guideline to help you on your “oh” so exciting hike.



Butt sweat n Tears by Andres Silva



By: L. A. Bonté

For more comics visit FilbertCartoons.com

Freshman Fifteen

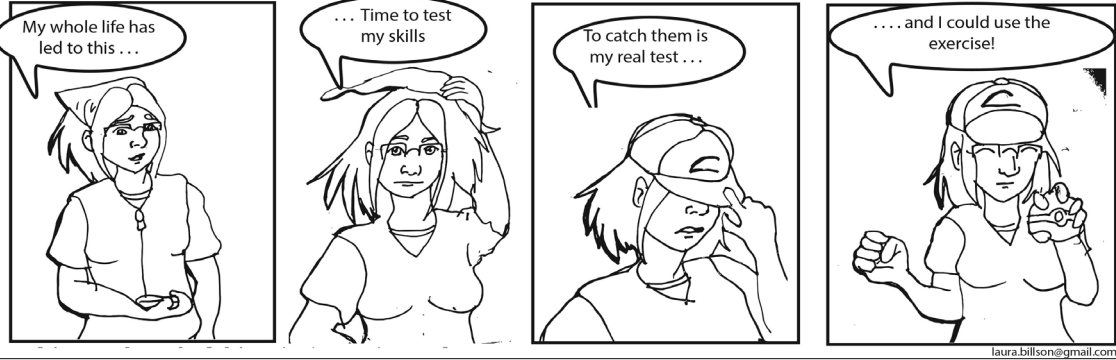


By Alan Dungo

I AM THE KEY



NOT NEUROTYPICAL



laura.billson@gmail.com

Meet the BEARSONS



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zodiacstargazer

HOROSCOPE

Aries (March 21 - April 19)

You’d rather be anywhere else but here and now. Responsibility sits on you like a mantle of discomfort. Anything that you hide will be found instantly. Commune with those who share your suffering. It’s not as bad as you think.

Taurus (April 20-May 20)

Taurus knows how to make things happen, and a steady Capricorn influence makes them happen now. These are times of plenty. You’re as good at giving help as you are at getting it.

Gemini (May 21 - June 20)

Understanding difficult circumstances helps you handle them better. Gemini doesn’t like to wait, but the lunar phases don’t care. For now, quality of life may be more important than so-called results.

Cancer (June 21 - July 22)

The same old story can have a new twist. Be sure that nothing critical escapes your notice. The more extreme your behaviour, the greater the chances that it will be misinterpreted.

Leo (July 23 - August 22)

As special as you may feel, you’re not the only one. Let others have their fantasies and excitements without adding your perspective. A good friend knows when to stop talking and start listening.

Virgo (August 23 - Sept. 22)

You’re pleasantly surprised when everything goes well. Virgo loves being understood so thoroughly. The universe smiles upon you, but coworkers deserve their share of the credit. Join hands and take a bow.

Libra (Sept. 23 - Oct. 22)

Libra’s weekend gets off to a slow start. You’re either tired, frustrated or unready after a long week. Although someone close to you means well, they may be unable to deliver. If nothing else, this delay buys you more time.

Scorpio (Oct. 23 - Nov. 21)

You’re all smiles once someone shows you the proof or the money. Lines of communication are arrow-straight and wide open. Earth and Water remain a dependable combination and the safest bet.

Sagittarius (Nov. 22 - Dec. 21)

You don’t say everything that comes to mind, and you resent those who can’t control their own words. The Moon makes you a bit authoritarian. Cost-cutting measures raise your budget and advance your cause.

Capricorn (Dec 22 - Jan.19)

Actions have consequences, and that makes you happy. Capricorn loves swift logic and divine order. If you have a chance to do something permanent, this is your ideal window of opportunity.

Aquarius (Jan. 20 - Feb. 18)

You may notice that things have slipped from their former glory, or maybe you’re just ready for a change. Collect further details before charging ahead. This is only the first of several stages.

Pisces (Feb. 18 - March 20)

Learn all that you can while the information is available. As your world expands and accelerates, you would like to play a bigger role. Guesswork is acceptable during a dry run.

Word Search

G J W D G U R A M M I N G N C
L T C U N N I L I N G U S E S
O E O N K I A T E B O K R I T
N O I T A B R U T S A M X H S
T R T N R A H R N S E T H X K
E M G N I M M I R P Y H E T Y
L A L D L A N R G N Y O A O L
Y G C A A I E N I A F T D N F
T N K N T N I N C E H A T G R
S I F A I N E S L N K W O U E
Y D I L O L D L I A A L T E T
G I B O C E A Y L I C A O N T
G R P E E T I L X S N T E G U
O S F X I X A M I S P T I P B
D T T O B M I S S I O N A R Y

Sexual Positions/Acts

(Words in parentheses not in puzzle)

| | | |
|------------------------------|--------------|-----------------------|
| Anal | Fellatio | Riding (Style) |
| Butterfly | Head-to-toe | Rimming |
| Coital (Alignment Technique) | Mallaka | Sixty-nine |
| Cunnilingus | Masturbation | Spooning |
| Doggy Style | Missionary | (The Circling) Tongue |

Sudoku Puzzle

| | | | | | | | | |
|---|---|---|---|--|---|---|---|---|
| | | | 1 | | 5 | | 2 | |
| | 9 | 8 | | | 6 | | | |
| | | | | | | 7 | | 8 |
| | | 1 | | | 3 | 8 | 7 | |
| 4 | | | | | | | | 9 |
| | 5 | 6 | 9 | | | 4 | | |
| 3 | | 7 | | | | | | |
| | | | 5 | | | 6 | 8 | |
| | 8 | | 6 | | 1 | | | |

Puzzle rating: Hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 24**

Cryptogram

-----!
SMF SCVF YEG HRSCEQ CD UHDS!

--- -- -- --
QEA CD SMF SCVF

-----.
YEG DFQDFJFDD WCRIFGCQO.

Category: Politics

Solution on page 24

Notes:

Crossword Puzzle

Words of Gratitude

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|---|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 |
| 14 | | | | | 15 | | | | | 16 | | | | |
| 17 | | | | | 18 | | | | | 19 | | | | |
| 20 | | | | 21 | | | | | 22 | | | | | |
| 23 | | | | | | | 24 | | | | | | | |
| | | | | 25 | 26 | 27 | | | 28 | | 29 | 30 | 31 | 32 |
| 33 | 34 | 35 | 36 | | 37 | | | | 38 | | 39 | | | |
| 40 | | | | 41 | | | | | 42 | 43 | | | | |
| 44 | | | | | | 45 | 46 | | | | 47 | | | |
| 48 | | | | | 49 | | 50 | | | 51 | | | | |
| | | | | 52 | | 53 | | | | 54 | 55 | 56 | 57 | 58 |
| 59 | 60 | 61 | 62 | | | | | | 63 | 64 | | | | |
| 65 | | | | | | 66 | | | | | 67 | | | |
| 68 | | | | | | 69 | | | | | 70 | | | |
| 71 | | | | | | 72 | | | | | 73 | | | |

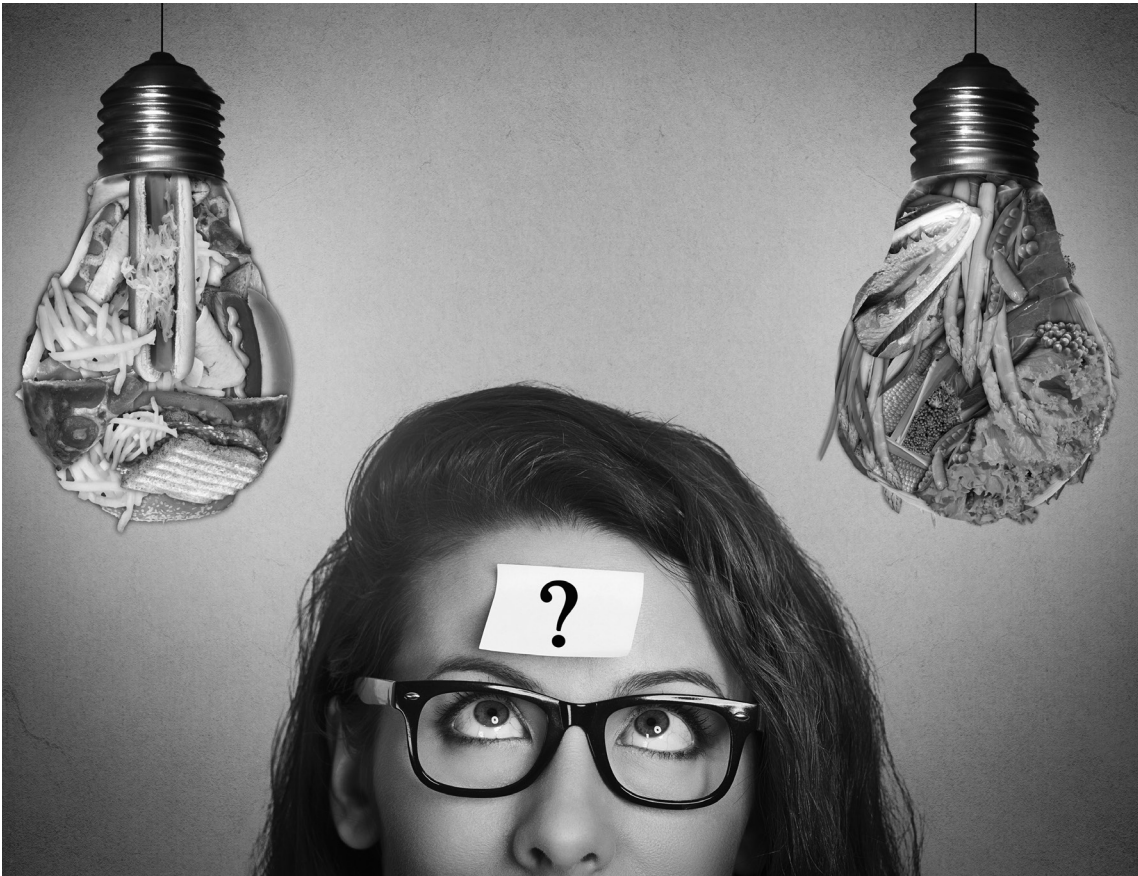
Down

- Cube creator
- Apt to go through the roof
- Like a slug’s trail
- Accented perfume bottle name
- “Heaven’s ___ vault, / Studded with stars unutterably bright”
- Cousin of Sven
- Mid 13th-century pope
- Fine glove material
- Make airtight, in a way
- Frankie Laine’s “___ Her Go”
- First queen of Carthage
- “Let me ___!”
- Dis twice?
- Nabokov novel
- Miscellaneous
- Realty ad abbr
- Organization combating music piracy (abbr.)
- Show petulance
- Year of the Battle of Pollentia
- Kia subcompacts
- Desires
- Crash-probing agcy
- Give a grilling?
- “___ Rock”
- Bank deposit?
- Cousins of ostriches
- Old TV’s Captain ___
- “Give ___ rest”
- Reason to hire a coach
- Slangy affirmative
- Bollywood star Aishwarya ___
- Swords used in an Olympic event
- Home of Jar Jar Binks in “Star Wars” films
- Roman roads
- Checks
- Give ___ of one’s own medicine
- Humidifier output
- Son of Saddam
- ___ Stic (retractable Bic pen)
- Eighth Hebrew letter
- Physics units
- 2.0s

Solution on page 24

Across

- Ascend
- Hebrew month
- Gridder’s on-air greeting, maybe
- Browser history listings
- Italian city on the Adriatic
- 1%-ers
- Fisherman’s purchasea
- Balls
- Dreaded mosquito
- Words of gratitude
- Excited, with “up”
- Actors Beatty and Sparks
- Shelter dug into a hillside
- Make out
- CBS drama set in D.C.
- Break apart
- To Hell and Back star Murphy
- With 42 Across, words of gratitude
- See 40 Across
- Island home of Pago Pago
- Be contiguous
- Chocolate treat
- Strapping
- Org for part-time soldiers
- Bee ___
- “West Side Story” girl
- Words of gratitude
- Slacker
- Dublin’s land
- “I should ___ lucky”
- Japanese colonel in “The Bridge on the River Kwai”
- Perimeter
- Dinner scraps
- Astronomer ___ Brahe
- Short semester? (abbr.)
- Bone



CREDIT: SIPHOTOGRAPHY, THINKSTOCK
Sometimes you just cannot decide between two options, especially when it comes to exercise and health, luckily Interrobang has your back.

Answers to all your fitness questions

KAREN NIXON-CARROLL
INTERROBANG

Which is better?
I often get asked which is better, pitting two fitness or nutrition items against each other. I’ve picked out some of the most popular questions and hope I can help you make a better or more informed choice.

Butter vs. margarine
Neither. Both contain unhealthy saturated or hydrogenated fats and little nutritional value. There are also so many additives in margarine (even the so-called olive oil or healthy ones) that I’m not sure you can call it food.

Bottom line: I would go for small amounts of butter, but use plant oils (olive, sunflower, avocado, etc.) whenever possible.

Cardio vs. weights for weight loss
Both. Weight loss is based on burning more calories than you take in and also by improving your basal metabolic rate (BMR). How much of each of these depends on your goals. Your goals determine

the speed, duration, type and factors such as workout time, sessions per week, etc., determine your success. Both of these are extremely hindered by what you eat and your sleeping habits.

Bottom line: if you are struggling with weight loss, you need to ask for help from someone that can give you a plan that works best for you.

Free-weights or weight stacked machines for building muscle
Both. Machines generally provide support, especially for your posture, so in some cases, you can lift more weight than free-weights. Free weights allow for greater range of motion and more active recruitment of your core and all those stabilizing muscle groups that machines may miss.

Bottom line: if you are just starting out and are looking to build, machines are the best option for most large muscle groups and keep the free-weights for the smaller groups like biceps. You can eventually make the transition as your core become stronger.

Whey protein vs. plant protein supplements

Neither and both. One thing about supplements is that they can contain some extra things like sugar and salt that you did not intend to have. Another is that nothing can compare to eating whole foods. There are so many ways to get protein from foods (whole grains, nuts, seeds, beans, legumes, vegetables, some fruits, milk products, eggs and animal meat). There are many other benefits to these foods and they are usually much cheaper than a supplement.

However, I understand that powder has its place, especially for busy lives and smoothie lovers. Personally, I’m not able to tolerate some milk products like whey, so I opt for plant protein powder like hemp, kale, chickpea or pumpkin seed. The difference is that whey contains all the nine essential amino acids you need on a daily basis and plant sources may be missing one or more, but some may have been added in (especially if the powder is a blend of many plant sources). The plant powders are sometimes cheaper too.

Bottom line: eat real, un-processed food as often as you can and only supplement when you absolutely need to.

A pleasurable surprise waiting at the back door

HENCY THACKER
INTERROBANG

Anal sex is considered to be a taboo in our society because of the stigma around it. This has led to a belief of anal sex to be ‘dirty’ and ‘degrading’. Thankfully, Interrobang is here to change the stigma and introduce you to a whole new world.

If done correctly, anal sex can bring a lot of pleasure to everyone. The anus has a lot of nerve endings, which makes it really sensitive to stimulation. This is why squeezing the buttocks is always pleasurable during foreplay. In fact, the perineum (the area between scrotum and anus) is actually considered to be an important erogenous zone.

The anal hole is tighter than a

vagina, which provides more stimulation during penetration, making it more pleasurable.

For women, apart from the nerve endings, the anus and vagina share an internal wall, which makes most of the important vaginal nerve endings accessible from the back entrance as well. Also, the G-spot can be stimulated through the rectum, making G-spot orgasms possible for women through anal sex.

“Most women are repulsed by the idea of anal sex thinking it is dirty and must be painful. I have also received an objection against it that it is meant to be an exit not an entrance,” said Christina Antonyan, an author at confidentlover.com answering questions on Quora, a question and answer site.

“What most people are not aware of are some delightful options available for proper anal stimula-

tion.”

In order to safely and correctly try anal sex, follow these four steps.

Communication
It is important for you and your partner to talk it out before attempting anal sex. Communication makes it easy for the partner at the receiving end to prepare themselves for what is coming and relax themselves enough to gain pleasure from the experience.

Hygiene
Another concern a lot of people might have is that anal sex might be dirty. It sure could be sometimes; however, if proper hygiene is maintained, there is nothing to worry about. It is also wise to eat appropriately, and stay away from spicy food or curry before practicing anal sex. However, to maintain proper hygiene, an enema is recommend-

ed to clean up the anal canal thoroughly. Try not to do this too often as frequent enemas can dry out the anus and lead to anal tearing.

Patience
Anal sex doesn’t happen like it does in porn. In porn, the preparation before anal sex is not shown which includes all the hygiene and safety measures before the act. The active partner needs to show a lot of patience towards the receiving partner, to make them ready before penetration. The sphincter or the anal ring is sensitive as well, and needs to be opened up graciously without rushing it. Even after insertion, you may not want to start thrusting right away. Patience is a key throughout the act to make it pleasurable for both partners. It is also important to start small, with fingers or a toy and slowly move your way up to a penis.

Lubrication
Lots of lubrication should be used to have anal sex, since it does not naturally produce lubricants like a vagina. The walls inside the anal canal are much thinner and vulnerable than the vaginal walls, which is why it might be painful if not done right. “I have tried it. I was extremely nervous before it,” said an anonymous Fanshawe student. “However, my partner was very patient and it turned out to be so intensely pleasurable, that we actually felt that our bond became stronger because now, I am his in every way.”

Anal sex doesn’t have to be a scary or painful experience. As long as both partners understand what’s expected of them and are prepared, there shouldn’t be any problems.

So go forth and put it in the butt.



CREDIT: THINKSTOCK
Do you want the perfect brow? We may have the product you have been looking for.

Benefit brow solutions



This past summer, Benefit Cosmetics launched a whole line dedicated to brows. The beautifully designed silver packaging contains products that can help literally every brow dilemma you face. Whether it is patchy brows, unruly brows or little to no brows at all, Benefit has the product for you.

One of the most universal products they made is Gimme Brow. It is a brow gel containing fibres so that it not only keeps your brows in place, it also makes them look naturally fuller. With a couple sweeps of the precise wand applicator, your brows will look more voluminous without looking artificial. Gimme Brow comes in three different shades; one is perfect for blondes, two is made for brunettes and five is excellent for darker hair tones.

For those who like bolder and more dramatic brows, or for those who have little brow hair and need to draw them on, ka-Brow! is the right product for you. It is a cream gel product that will glide on the skin smoothly for perfectly defined and filled brows. The product is not

only buildable in colour, it also has a 24-hour wear and is waterproof so you can go through your day without worrying about smudging your brows.

If brows are not a major focus for you in the morning and need something really quick and easy, Benefit’s Good Proof brow pencil is a must have in your makeup kit. The non-sharpen, angled tip makes for a simple application; use the flat part of the tip to quickly fill in the main part of your brow and then turn the tip to the side to define the tail of your brow. This brow pencil has 12-hour wear, is waterproof and comes in six different shades so there is a colour for everyone.

Another must have from the Benefit Brow collection is Browvo! It is a treatment serum as well as a brow primer that is rich in nutrients. The clear gel can be worn alone to help achieve more luscious and fuller brows. Browvo! can also be used as a primer, which will help your other brow products smooth on flawlessly and will also help them last longer.

Whatever your brow concerns or dilemmas are, Benefit has definitely got you covered. If you have brows that need to be tamed or patches that need to be filled, there is a product available. These products are a must have for all makeup lovers and those who want perfectly shaped and defined brows.

Swiping right on a relationship: How online apps affect SEX AND DATING

LIKE

In today's world, there's barely any aspect of our daily lives not inexorably tied to some form of technology. Computer and cellphone apps have become as much a tool of our existence as the shoes we wear or the cars we drive, one of the most controversial of course being what are often referred to as "hook up" apps.

By using apps on our computers, tablets or phones, we now have the power to connect with people around the world. And those looking for that special someone have seen that potential and embraced it. However, they have also found it as a useful tool for simply finding casual sex or as it's more commonly known a 'one night stand'.

One of the apps most commonly associated with this is Grindr, a relationship app designed primarily for use by male members of the LGBTQ community. Launched in March of 2009 by a company called Nearby Buddy Finder LLC, the app features pictures of members as well as how far they are from your current location.

The creator of the app, Joel Simkahi, had no illusions about what the app is primarily used for. In a 2014 interview with The Independent he stated, "Grindr shows you the men in your vicinity looking to meet other men, [who are] probably not [trying] to exchange recipes. Thus, in 2009, human civilization evolved to a point where one could immediately find the nearest gay, bi or greedy man looking for sex."

If you're looking for a more serious relationship, the app store has plenty of options to choose from. According to a poll conducted by Business Insider, the most commonly used and highly rated dating app is OKCupid developed by Human Rainbow Inc. in March of 2004. The app features a wide ranging set of options for users trying to meet who they hope will be the right person for them.

Users of the app can take an optional profile quiz in order to find other users that share a similar set of interests with them, and if they want to end contact with and block another user then all they have to do is swipe across their screen and the other user can no longer contact them or see their profile.

There are advantages to taking this approach with regards to dating and meeting people, as you're allowed to talk and get to know the person better while feeling a safe distance between you and the person you're looking to meet. You're able to see information about them before you even talk to them and if the conversation goes awry, getting rid of them can be as simple as a button click.

However, the same features can also cause problems and in some cases possibly serious ones. People can post false images or appear one way over text and may in fact be an entirely different person when you meet them face to face. Grindr has also had issues in the past with its GPS locating feature being used to target specific users and find their address and location.

Christian Rudder, member of the development team for the OKCupid app, sees the positive aspects of online dating apps, but also recognizes the dangers and possibility for abuse of the programs intended purpose.

In a 2014 interview with Salon Magazine he stated, "OkCupid does a lot of great things: we do find people love, we do create marriage and children and happiness in a pure sense, in a way that, say, Amazon does not. But there is a downside: in the process of finding that love or sex or whatever they're looking for, people are able to be more judgmental."

If you're interested in using online apps for dating or hooking up, a good start is to check out reviews of users' experiences to get a feel for how they might fit into your individual needs. Some good tips for safety while using these apps are to ask for a video chat before meeting up with the person so that you know what they look like and to meet in a public place when you can feel able to leave if anything goes wrong. Also disable location services on your phone if you're at all worried about the app or users of the app determining your location.



What's all the buzz about?

What's all the buzz about !

Nick Reyno | Interrobang

As we get older we tend to leave our toys behind. Dolls and action figures turn into cell phones and laptops and we lose a bit of our whimsy. But it doesn't have to be this way. We don't have to stop playing with toys because the toys have aged with us.

Adult toys are somewhat of a taboo topic so I'm here to try and disarm the stigma. Many people in heterosexual relationships are afraid to suggest them to their partner because they don't want to make them feel inadequate. It's unfortunate but many males have been raised with the idea that the manliest thing a guy can do is make their partner finish with the power of penetration, thus making adult toys a dangerous affront to their macho persona. This idea of 'manliness' has to be cast aside because it makes sex a self-fulfilling experience where the partner's pleasure is just validation for the man. Sex is about putting your partner first and not pressuring them to calm your insecurities.

A book published by Elisabeth Lloyd, which analyzed over 30 studies in 80 years, concluded that only 25 per cent of females experience regular orgasms during sex. This is because most of a female's sexual pleasure comes from clitoral stimulation, which isn't often a focus during intercourse.

Adult toys are great for shifting this focus while maintaining relatively typical bedroom habits, but it's still best to introduce them slowly. It's important to note that males aren't always the ones feeling nervous about experimenting in the bedroom. For the sake of all nervous partners start with something small and innocent, a bullet vibrator perhaps, that everyone can get pleasure from. This probably won't be your golden go-to toy down the road but it's a disarming and fun way to begin using them and break down some of the animosity surrounding it all. This is also a good place to start because these types of vibrators are relatively cheap, so if you find out they don't rev your engine at least you haven't spent a ton of money on it.

When people think of sex toys their mind often wanders to darker and scarier devices, but I assure you it's not all terrifying 50 Shades of Grey type stuff. There are a wide variety of shops that cover everything from novelty toys to specialty fetish items.

For beginners a decent starting place might be something like Stag Shop or Love Shop, which cover both novelty and beginner toys while scratching the surface of some of the riskier pursuits. Communication is vital so exploring these stores together is extremely important. Remember to be patient with your partner because not everyone is going to be into everything and sometimes people can be nervous to browse certain toys while a cashier is staring them down. Luckily we live in the digital age where a quick Google search will bring you to countless websites that can be perused from the privacy of your own bedroom. Most of these online retailers offer discreet packaging with shipping right to your doorstep, which is a serious bonus.

We need to embrace a new mindset that sex should have a continuous dialogue where both partners can express their wishes and concerns in the bedroom without hurting anyone's ego. Sex toys aren't here to take your job or put you to shame, they're here to improve the sexperience for both of you, leading to healthier and possibly more adventurous levels of intimacy.



SETTING THE MOOD TO DO THE DEED

Nick Reyno | Interrobang

Ever wonder why you're not getting laid? Everything was going great at the bar, they laughed at your jokes and even suggested a quaint little ice cream place for dessert but when they got back to your place everything fell apart.

Was it the pile of dirty laundry stinking up the room? Was it the weeks worth of pizza boxes stacked up against the living room wall? Was it that juice stain covering nearly half of the bed? Lots of people think that the surroundings aren't important, but setting the right mood can ramp things up from just okay to an insatiable Olympic performance.

Now don't get intimidated, setting the mood doesn't have to be a dozen rose petals leading up the stairs to a room lit by twenty candles while Frank Sinatra plays on a limited edition vinyl. Little things can make a huge difference. Things like plugging in an air freshener, cleaning up a bit or sexiling your roommate can really heat things up.

What makes the most difference when it comes to setting the mood is lighting. Lots of people debate on whether to get busy with the lights on or lights off but there's an incredible middle ground that people often overlook. Candlelight provides a soft and warm glow that makes anyone look sexy as it dances across their skin. Candles also provide an excellent chance to cover up the smell of last night's ramen noodles sitting on the bedside table, just don't get an obnoxious scent like pumpkin spice latte. For those weary of open flames, lava lamps, salt lamps, electronic candles and Christmas lights can provide an equally sexy atmosphere for your evening.

The next thing to take care of is odour and I'm not talking about the room anymore. I'm talking about you. Seriously you stink, go freshen up. It may not be too horrible now but after things heat up, that deodorant you put on this morning isn't going to do much good. If your partner is the stinky one then taking a sexy shower together is a great way to get them in the mood while also getting them to clean up. Serious bonus points are awarded to showering because wet hair is a good look on anyone.

If you're not going to follow any of the above tips then at least clean up your space. If someone has to climb over a pile of your dirty socks and dishes to get in bed, it's going to be hard to keep in that sexy headspace.

Speaking of the bed, many people overlook the appeal of having a made bed. Spending twenty seconds tucking your sheets in can make a room like incredibly neat and put together. It also gives you the cliché-yet-sexy opportunity to rip off your bed sheets.

While you're cleaning up, you might as well clean out your roommate too. There's nothing worse than having them bang on the wall because you're being too loud, or seeing them walk into the room with a bag of popcorn and a can of crazy string. Your roommate might seem like a respectful person, but it might make whomever you bring home feel nervous about getting too frisky.

These are the basics of setting the mood but before you head off to look for candles and an air freshener, consider this final vital aspect.

Ask for consent.

Asking for consent lets your partner know that you have some risky plans for the evening while giving them the opportunity to return your enthusiasm. Depending on how you ask this it can be sexy because it puts desires into words and acts as an easy segue into pillow talk.

None of the tips here are going to help your charisma when chatting with a crush but they will definitely keep things from getting derailed down the road.





Bringing London's comic community together

Runciman Press Creative Director and Assistant Manager of Heroes, Christopher Runciman, holds some of the comics created during the Comic Book Jam at the ARTS Project.

FALL COMIC BOOK JAMS
Oct. 17, Nov. 21 and Dec. 19., 2016

FREE WORKSHOPS
from 6 p.m. to 9 p.m.
at the ARTS Project



Manager of Heroes Comics, Christopher Runciman, is active in London's growing comic book community. Many of London's comic readers and collectors will line up for at least an hour or more to grab up to six comics during Free Comic Book Day. Heroes Comics, located on 186 Dundas, said on their Facebook page that they saw more than 2,300 people snag 15,000 comics in previous years.

For Free Comic Book Day 2016, Heroes shut down Dundas Street between Richmond and Clarence to bring in several activities and vendors, along with both a Batmobile and Ghostbusters van in the streets.

Runciman is also the creative director of Runciman Press, a local and independent comic book publishing company, and hosts Comic Book Jam nights at the ARTS Project on 203 Dundas Street.

What is Comic Book Jam, and how can I participate?

During Comic Book Jam guests will take turns drawing panels and creating a story on a single page as a group. Then, people who worked on the page will sign their names on the back.

He said he was asked to do a Comic Book Jam night as part of the third annual Ting Comic and Graphic Arts Festival, which honours former London Free Press editorial cartoonist Merle Tingley. However, Runciman knew that he wanted to do more than one Comic Book Jam.

"The problem with setting up something like this is that if you schedule this day at this time, depending on people's schedules, they might not be able to reschedule themselves so they can attend," he explained. "If you do it over a long enough period, people have that ability to have that affordance of opportunity."

Runciman estimated that about 40 people total attended during the summer. "We've had all ages show up. We've had all different kinds of abilities, styles and directions of storytelling show up at the event and bring their work into the mix," he added.

Runciman said a variety of stories, from cats' outlooks to beards, were created. He laughed while describing a comic about a rock that is offered a superhero team membership.

"It says, 'Oh, thank you that's wonderful. I hope to do my best'," Runciman said. "The course of the page takes all these crazy twists and turns, to the point where the world blows up and all that's left is this rock floating in space saying, 'I did my best'."

Runciman explained that while the story guidelines are anything goes the creators need to keep in mind that the Comic Book Jam is an all ages event. "We just ask people to be courteous towards that, and

that the more outlandish and swearing and nudity [included], of course you diminish the market of people that could show to be involved in it."

Runciman added that there are "a lot of wonderful, challenging aspects to [the Comic Book Jam] that sort of foster growth as storytellers and as artists to be able to work outside of our comfort zone." He said some of them are "being able to bring your style to the presentation that has been presented, trying to ingratiate their style into yours, or to try to do justice to the page and the story idea that's been presented."

Runciman said judges will select 24 stories out of 30 to be published in an exclusive London Comic Con book. The London Comic Con will be at the Western Fair District (316 Rectory Street) from Sept. 23 to 25. The book will be sold for \$5 each, and participating artists will receive their own copy.

The fall Comic Book Jams will take place on Oct. 17, Nov. 21 and Dec. 19. The free workshops will run from 6 p.m. to 9 p.m. at the ARTS Project. Drawing materials are all you need to bring.

Also available from Runciman Press

Runciman Press has published 24 books so far, including three New Apartment anthologies. The anthologies, including an upcoming fourth one, contain a collection of four-page short stories in comic form. All of the proceeds from any purchased book from Runciman Press go right back into the business, so the pair can publish more books.

Runciman said the comic book creators own the copyrights and creative rights to their original characters and stories. About 30 people outside of the Comic Book Jam have submitted material for the New Apartment anthologies. He added that giving these artists a chance to publish their material is part of the Runciman Press mandate.

"It's an opportunity we're able to present to other creators that might not have been published before or might not have very many opportunities. It's really important for us to be able to foster and grow this creative community."

Runciman Press anticipates expanding their online presence to attract readers from around the world, and so people are able to download digital copies of their comics.

Email runcimans@gmail.com to send in your work.

The 2016 Mazda MX-5 with a twist



CREDIT: NAUMAN FAROOQ

There's a reason Mazda MX-5 are a crowd favourite and with the option available to get this car as an automatic, there are few reasons to look in any other direction.

NAUMAN FAROOQ MOTORING

Hello, and welcome to another school year at Fanshawe. Trust me, you'll have a great time, and will learn a lot from what is one of the finest institutes in all of Canada.

If you want all the latest news on what's happening in and around campus, the Interrobang is the perfect source to keep you in the loop. It is also the place where you'll find reviews on cars every week.

I'll kick-off the semester with a look at what is one of the most loved sports cars of the modern era, the Mazda MX-5. The one I tested recently came with a bit of a twist, it was an automatic.

Many auto enthusiasts think that a sports car with an automatic gearbox is just wrong. However, there can be a number of reasons why someone would buy such a car with a self-shifting transmission.

Reasons could be that the car has to be used daily, hence dealing with traffic jams is a little less tiring in an automatic. Maybe your other half (or yourself) cannot drive a stick shift, so auto is the only way to go. Or, maybe you've gotten too old to care about making the perfect shift.

However, are sports cars still fun with an automatic gearbox? To find out, I spent a week with one of the enthusiast's favourite, the Mazda MX-5.

Mazda has always offered the MX-5 with an automatic gearbox option and in some markets it sells just as well as the manual.

I first drove an MX-5 with an automatic option a number of years ago, with its third-generation (NC) model, and found it to be quite good.

In the years following that, Mazda Canada didn't offer an MX-5 with an auto-box on the press fleet. With the new 2016 model, coming out late last year, I bugged Mazda to let me try an auto with the fourth-generation (ND) MX-5. After some initial hesitation to put one on the press fleet, they eventually relented, and I got my stint with one.

The manufacturer should have had nothing to worry about, as the new MX-5 is even better than the previous-generation MX-5 with an automatic.

The simple reason is it has a smooth, quick, six-speed auto-box that is a delight to use. If you leave it in full automatic mode, the car shifts quite nicely. In fact, the car seems quicker with an automatic than the manual, its low-end

grunt really comes to life with a torque-converting transmission.

Plus, the automatic also offers you steering wheel mounted pedal-shifters, so you can still have fun by choosing your own ratios, and not worry about operating a clutch pedal. Ideally, the MX-5 should have been offered with a dual-clutch gearbox to make the car quicker still, but this auto is among the best in the business.

Under its sculpted hood, the auto MX-5 has the same engine as the manual version, which means you get a 2.0-litre, four-cylinder motor that produces 155 horsepower and 148 pounds per foot of torque.

Since the automatic equipped car (1,078 kilograms) is only 20 kilograms heavier than the manual, the performance numbers are going to be very similar (0 to 100 kilometres per hour in 6.5 seconds), and the auto actually feels quicker; on most days, it will be.

This car has a delightful motor that just loves to rev, so you're likely to be going much faster in this car than in most cars. Plus, due to its size and weight, the speed feels amplified; so 100 kilometres per hour feels like you're doing at least 150 kilometres per hour.

You can fling this from corner to corner, and it just grips and goes. If you do get the tail out, it is easy to catch, as long as you're not hopelessly untalented behind the steering wheel.

The only thing I'd ask for are mightier brakes; they are fine for normal use, but lack the punch I desire for performance driving.

Despite my spirited driving, I still averaged 7.1 litres per 100 kilometres with the auto MX-5, the exact number I achieved last year with the manual version.

As with any new MX-5, you get a stunningly styled two-seat roadster, with an interior that offers more space than it looks and a usable trunk. The fully manual roof is easy to operate, and can be raised or lowered from the driver's seat.

Interested? Thought you might be, which now leads us to the price. The 2016 MX-5 starts at \$33,825. The automatic is a no cost option, but you do end up losing a limited slips differential, Bilstein shock absorbers, a strut tower brace and an induction sound enhancer, all things I can personally live without.

Just because you have to pick an automatic over a manual gearbox, doesn't mean the MX-5 is less fun. In fact, since you can comfortably use it even more, it might just be the better choice.

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CREDIT: DOUGLAS COLLEGE

Five new assistant coaches were added to this season's varsity teams, bringing their skills and experience along with them. The teams will hopefully benefit from the new faces joining varsity sports.

Falcons hopeful to see an immediate benefit to this season, with addition of five new assistant coaches

MELISSA NOVACASKA
INTERROBANG

Fanshawe Falcons are ready to welcome five new assistant coaches to its varsity staffing team for the 2016 to 2017.

The new assistant coaches include Nicole Carriere for women's basketball, John Caulfield for men's basketball, Denise Fortin with women's soccer, Mathieu Poulin for Men's Volleyball and Sean Tilden with cross country.

"Adding these five new assistants is really going to increase the level of coaching that we have for our teams," Nathan McFadden, manager of athletics said. "A couple of them bring significant experience with them, in their background, both as players and coaches, so we are really excited to be able to add that level of experience to our already experienced head coaching staff," he said.

Each coach has a one year contract that is renewable, though McFadden said it's harder for the school to keep the coaches, than the coaches leaving the school.

McFadden said the department is always open to adding the "best people" to each team, whether that be a player or a coach. "We're constantly looking to increase the level of experience and expertise that you have on your coaching ranks, and as a program overall, so it's something that is an annual thing for us," he said. "We're really excited to add the caliber that we're bringing in [for this year's teams]."

McFadden believes the five teams will see an "immediate benefit from the level of experience that [the coaches] bring."

When looking to add new coaches to the Falcons, McFadden said he

wants someone who has won in the past, but right after that, is someone that has the experience and understands what the collegiate level is all about, and that academics come first.

The first things students come to Fanshawe for is a degree or certificate, MacFadden said.

"It's important that they leave here with that and not just have an experience playing in athletics," McFadden said. "We want to make sure that they're getting their academics taken care of in a successful manner and we do that, and we want to make sure that that continues."

McFadden said a coach who can help students balance academics, life and sports is an important quality he looks for when wanting to add a new coach to a team. It works even better if the coaches themselves were once college or university athletes, since the connection to their new team will be even stronger.

"That aspect of understanding that they [coaches] bring of what it takes to not only win, but also the academic life balance that has to come into play for all of our student athletes is something that they're able to share, because they've gone through it and had those time management issues," McFadden said.

Overall, McFadden is positive about the coaching selections.

"I think it's going to be a really, really, strong year for those teams [who added new coaches]," he said. "We're really excited to get everything going and look forward to seeing all the students at our games."

Here's a quick look at how the new assistant coaches stack up:

Nicole Carriere, has been the associate coach for the women's basketball team for the past three seasons. According to McFadden,

she's "really well versed in the technical side of the game."

Carriere helped the women gain a 39 to 15 record in league play, and last year the team won bronze at the Ontario Colleges Athletic Association (OCAA). Carriere herself was a Fanshawe athlete, playing basketball and soccer. She has won five OCAA medals and one Canadian Collegiate Athletic Association (CCAA).

John Caulfield, was a student-athlete in the CCAA where he was a point guard for Mount St. Vincent University in Halifax and won his team's conference championship for the five seasons he was playing, according to an Au. 30th press release. He has coached at the high school level, and brought the team to the Provincial Championship, in his second year.

Denise Fortin is probably the biggest addition to the teams this year, McFadden said. "Her level of playing experience both as a student athlete, National Collegiate Athletic Association (NCAA) and [her] ability at the coaching level is really going to compliment our new head coach Mike Marcoccia. So we're really excited to add someone of her caliber to the program," he said.

Fortin was captain of Team Ontario in her division from 1998 to 2001 and she has been with the National Training Program of Ontario according to the release. Fortin went to Tusculum College in Tennessee for four years and was named the team's captain, the youngest in team history. She was MVP in her junior and senior years, and two-time ESPN First Team Academic All-American. Fortin was inducted into the Tusculum College Women's Soccer Hall of Fame and was recently named the co-captain of the semi-professional FC London

team, according to the release.

Mathieu Poulin was Fanshawe's Male Athlete of the year just three years ago. He was the OCAA West Scoring Champion, an OCAA First Team All-Star and an OCAA Championship All-Star, the release said. "He brings a ton of playing experience and high level playing experience to our program and will be a great addition to [the team]," McFadden said. Poulin led the Falcons to the OCAA bronze medal,

the third medal in the team's history at that point. He previously played four years at Western University.

Sean Tilden was associate coach of the cross country team last season. He ran for Fanshawe in 2007 to 2008 and his team won the Provincial Championship and bronze at the Nationals, according to the release. Tilden was an OCAA All-Academic, CCAA National Scholar and CCAA Academic All-Canadian.

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