

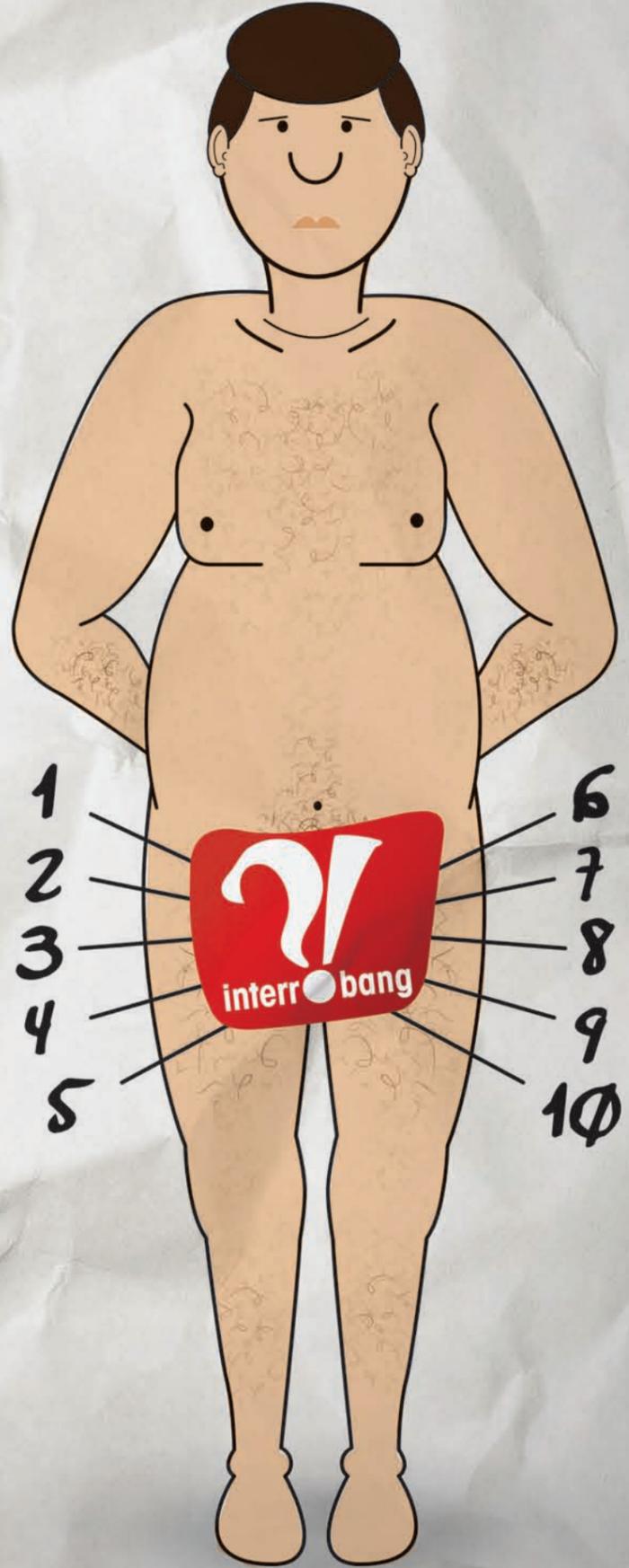
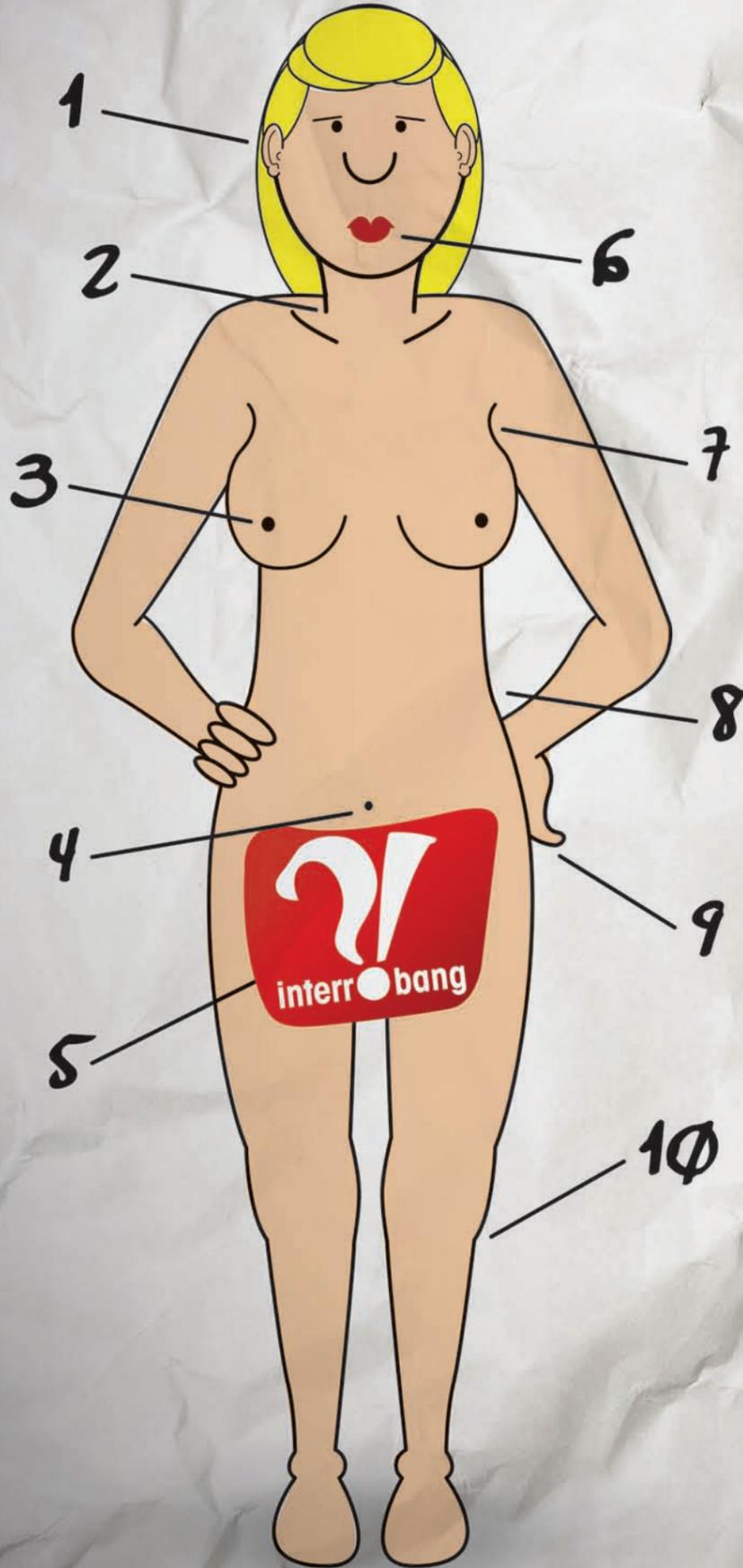


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THE EROGENOUS ZONES WOMEN VS. MEN



Volume 47 Issue No. 4 September 15, 2014 theinterrobang.ca



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Fanshawe poet shortlisted for CBC prize

FRANCIS SIEBERT
INTERROBANG

Laurie Graham says she doesn't remember how she first got into writing.

But at some point in her early 20's, she realized it was something she wanted to pursue.

"I just found myself doing it as a young person," Graham said. "It was an automatic thing."

The new Fanshawe College writing professor is now 37, and her four-part poem sequence *Settler Education* has just been shortlisted for the 2014 CBC Poetry Prize. It's the third time the Alberta native has been listed for a CBC writing prize.

Graham's first success as a writer came when she entered a poetry contest held by the now defunct Edmonton literary magazine *Other Voices* when she was younger.

She won. But she says she didn't really know what she was doing.

"I was writing and not really knowing what I was doing and entered and won and got a little cheque in the mail and my first publication," she said.

Some of her influences at the time included Canadian poet Al Purdy and American poets Emily Dickinson and Allen Ginsberg.

"I read fairly recklessly and widely [at the time]," she said. "I read fiction and poetry at will."

From there, Graham went to study writing at the University of Victoria where she graduated with a bachelor of fine arts. She then went to the University of Guelph for her master of fine arts degree.

Her influences then were writing professors and poets Tim Lilburn, Lorna Crozier and Dionne Brand.

"The three of them were pretty significant teachers when I was in



CREDIT: JASON GRAHAM

Fanshawe prof Laurie Graham's poem *Settler Education* was shortlisted for a CBC Poetry Prize. This is the third time the writer has been listed for a CBC writing prize.

school," she said. "They taught me a lot."

Since then, Graham has taught writing at Humber College in Toronto. She's also published a book of poetry last year called *Rove*. The book was shortlisted for a Gerald Lampert Memorial Award, which is awarded for the best first book of poetry by a Canadian writer.

She started teaching at Fanshawe this September – she's teaching two classes at the downtown campus and one at the main campus.

"It's good to be downtown and close to the market, the Fire Roasted Coffee down there, and all those essential things," she said. "It's been

good. It's been really good."

As for her poem being shortlisted for the CBC Poetry Prize, she says she's happy the judges saw something in her work.

"I'm very proud of Laurie's work," said her partner, Mark Jull. "I think that what she's doing is very important, and I hope that this nomination and hopefully a win will bring some more readers to her work."

Graham says the poem was inspired by the stories of the land of Alberta and Saskatchewan – where her parents are from – and the people that were on it.

"Not the story that you get taught

in school," she said – the stories of the Métis and First Nations rebellions of the 19th century.

"As a white person in public school, you don't get told the stories about the places where you come from," she said. "I needed to write down in some way what these stories were."

Graham is now working on a second poetry book, which will include the shortlisted poem.

"I hope to get that done and have that look like something worth reading," she said.

"That's the most I can really hope for – that I keep writing, keep producing things."

Campus Master Plan needs your help

STEPHANIE LAI
INTERROBANG

Fanshawe College will be hosting a series of group discussions (called World Cafés) about the campus Master Plan and is seeking the help of employees and students.

The Master Plan is the college's "road map" that guides how to use the land Fanshawe has and how to develop buildings.

Harry Bakker, executive director of Facilities Management and Community Safety, is excited to get this rolling.

"The thing now is [that] the collective intelligence is a key piece," he said. "Getting different views and different perspectives [will] help us understand in a different person's lens what we might be missing [in our Master Plan]."

"Some of the key things is either [you] want to place a residence where you want to have a future academic building or put an athletics building," Bakker said. "You want to plan it out, so you put the right pieces of the puzzle in the right places based on what you know the future could be."

Expansion is what Bakker is looking at, and instead of expanding outward, he suggested an alternative.

"We have a couple of buildings that are single storey that really need to be repurposed into multi-storey facilities," he said. "We need to keep a balance of what the learning spaces are and what the social spaces are, whether it's building or green space or landscape or outdoor athletic spaces

and recreational spaces."

"We're concentrating on expanding upward but that doesn't mean we aren't looking at expanding outward where it's strategically feasible."

The purpose of the World Cafés is to facilitate the inclusion of different parties who want their voices heard.

"Usually what happens is common themes distill through [the sessions] that help us with focusing on those answers," said Bakker. "We'll consider how those themes can be fitted into the Plan."

"We won't be able to deal with every mechanical issue or maintenance issue, but it's looking at the broad spectrum and broad perspectives to how we're utilizing things effectively and efficiently."

This is the first time the college has ever conducted World Cafés, and Bakker knows it's worked at other institutions.

"We're looking forward to getting some good feedback and setting some good input," he said. "We'll look to see how we can continue to improve the planning process in the future."

Though the Master Plan might not affect current students, Bakker hopes the future is what motivates people to participate.

"It's not about today but it's about the future," he said. "It gives a bigger opportunity for someone now to help the student [of] tomorrow, making it a learning environment for them."

Refreshments and food will be served at each of the World Café sessions, and participants will be



CREDIT: PROJECTED IMAGES

Repurposing Kingsmill into a Fanshawe building could be one of the many topics discussed at each World Café.

gifted a coupon for a free coffee. Participants will also be entered into a draw for a chance to win one of two iPad Minis.

To learn more or sign up for sessions, visit www.fanshawec.ca/masterplan.

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Sweet Tweets of the Week

Dallas Fahrer

@dallasfahrer
@classified NEVER disappoints great frosh night #FANSHAWE
9:57 PM - 9 Sep 2014

Dylan

@Ddhulster18
Thanks to @classified for putting on amazing concert tonight!! #fanshawe #froshfest
1:17 AM - 10 Sep 2014

Peter Devlin

@PresFanshaweC
Shad from #London is amazing at #Fanshawe!
8:10 PM - 9 Sep 2014

Lupe R.

@LupeXOXO1
@classified I loveee you, you killed it tonight! #fanshawe
11:59 PM - 9 Sep 2014

Ben Lane

@RealKidLaner
Such a killer time at the 2014 Fanshawe frost concert! #fanshawe #frosh #classified #shad
10:04 AM - 10 Sep 2014

E Dot Famouz

@edotfamouz
Classified concert was ham! #fanshawe #froshweek
10:46 PM - 9 Sep 2014

Jo

@ellenjoellis
Best frosh event ever #fanshawe #Classified
10:20 PM - 9 Sep 2014

Giovanni

@johnnypiroli
Classified straight up killed it tn! #froshfest #fanshawe
9:57 PM - 9 Sep 2014

DJ DoubleDown

@DJDoubleDown
@BryTompkins @mshjewell - another mind blowing performance from @shadkmusic in #ldnont - so blessed to be a part of this show #fsu #fanshawe
8:50 PM - 9 Sep 2014

Cole Plumdawg

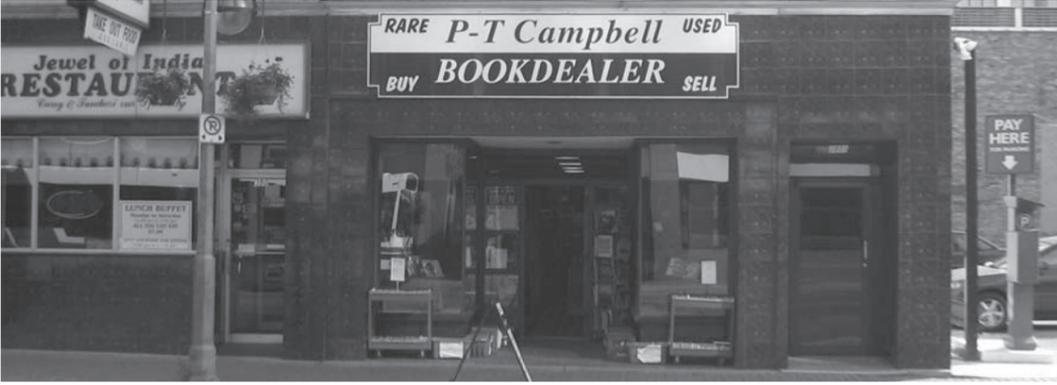
@ColePlummy
Classified live in concert was da bomb! #FroshFest2014 #Fanshawe
10:36 PM - 9 Sep 2014

Matt Stewart

@FSUPresident
2,500 students strong for a tribe called red. #froshfest #fanshawesu
6:46 PM - 9 Sep 2014

Next week's question:
If you could have a poster of anyone up on your wall, who would it be?

#FSUInterrobang



CREDIT: PT CAMPBELL BOOKDEALER

A long-standing bookstore on Richmond Street, PT Campbell BookDealer will be closing its doors September 20.

Prominent downtown bookstore closing

JERROLD RUNDLE
INTERROBANG

Entering the shop feels like a different era, with almost 30,000 books on display. The owners help with any book request, knowing the exact place of the inquiry. It is the quintessential used bookstore.

PT Campbell BookDealer is the business of Paul and April Campbell, who – along with Paul’s mother Ruth – will be closing the doors after 11 years situated at 388 Richmond St.

A combination of growing overhead expenses and a shrinking customer base in the core are the primary reasons Paul attributes to the upcoming change from permanent to pop-up.

It’s not because people aren’t reading, however.

“[Under the old model] on the average week we sell 1,000 books,” said Paul. “People don’t really travel, so if they live in the north end, they tend to shop in their area or certain places... it’s hard to lure them out, but by us moving, it ex-

poses us to them too.”

Which is a good thing, while students make up one of the largest groups of customers (tied with seniors), multiple students interviewed didn’t know about the store, let alone the closing.

“I haven’t heard of them but I’m a big reader,” said Fanshawe student Jolie Grenier, adding she would definitely consider being added to the mailing list being compiled by PT’s for future sales and pop-up locations.

Corporate Communications student Lisa Kelly also didn’t know about the store or its closing but said, “I plan on heading down to it, because I love books.”

Love for the medium is still there, and the main issues seem to be location and communication, both of which will be solved by the change.

“We did a lot of advertising in a short period of time on Facebook and Twitter, and we got quite a bit of attention, particularly from young people, college aged kids,” Paul said when experimenting a

pop-up sale back in the spring. A pop-up that went on to sell over 10,000 books in 10 days.

And that’s the future for PT’s around London: highly curated selections at each sale – including a booth at the Forest City Comicon, held October 19 at Centennial Hall.

Paul said there would be a name change sometime in the future, but that the current Facebook page would be used foreseeably.

For now though, PT Campbell’s is still a physical location with a myriad of books to pour over.

Sales until September 20 are: one book for \$1, three books for \$2, 10 books for \$5, a bag of books for \$10, a small box for \$20 and a large box for \$50, with bags and boxes being provided by the store.

After the sale Paul said he and his wife would be “happy to be taking a vacation.”

You can sign up for the email list in store or check out the Facebook page at tinyurl.com/mwrwa78.



CREDIT: WAVEBREAKMEDIA LTD. VIA THINKSTOCK

Regional HIV/AIDS Connection will be on campus from September 22 to 26 to conduct testing on students who want to participate.

Are you in the know and getting tested?

STEPHANIE LAI
INTERROBANG

Folks from Regional HIV/AIDS Connection (RHAC) will be on campus during the FSU’s Sexual Awareness week, which runs from September 15 to 19, as well as the week following to conduct a testing week to promote the Are You Doin’ It campaign.

Sexual health is near and dear to those involved, and Director of Education Meredith Fraser is glad to be partnering with Fanshawe once again.

“The timing [of Sexual Awareness week] is quite fantastic and it’s a series of events. Since we do work in sexual health, it makes a lot of sense,” she said. “There’s a lot of synergy there.”

The campaign, which is in its fifth year, focuses on awareness building, Fraser said.

“The other goal of the campaign is to actually, through awareness raising, increase the number of HIV tests completed in London and the surrounding counties that RHAC serve.”

Thirty per cent of people living in Ontario have HIV and don’t realize it, she said, and students at Fanshawe are part of that community – so it’s important to reach everyone.

“The only way to know your status is to be tested,” she said. “It’s important to have that information so you can make informed decisions about your sexual health, about your wellness in general.”

Fraser said that getting tested for HIV and STIs should be as regular as going to the dentist.

“It’s part of a health care routine,” she said. “It contributes to a person’s overall health and well-being, [and] general health and well-being of the community. We want people

to engage in sex lives that are meaningful and fulfilling and fun.”

“Having awareness of one’s HIV status and sexual health overall is [an] important contributor to that process.”

Testing week is available for all, and Fraser hopes students feel encouraged to come out as it is anonymous.

“The room that will be used has been scouted out based on its location to give it some privacy,” she said. “The type of testing that they do is anonymous testing. You don’t need a health card, they don’t take your name.”

RHAC maintains relationships with educational institutes like high schools as well as Western University and Fanshawe.

“We always look for opportunities to engage and educate,” she said. “We try and develop formats that make the learning fun that recognize that sexual health and sex are fun and enjoyable things.”

“People do have sex, people enjoy sex [and] people are sexually active,” Fraser continued. “Knowing that, how can share information that supports informed decision-making in a fun and interesting way. This campaign is one way we’re doing that.”

Fraser said that sometimes not knowing about the process could possibly discourage someone from getting tested.

“I would encourage people to get informed, learn the facts, help fight the stigma and know your status. If you’re not sure how to talk about HIV or you’re worried about getting tested, give us a call.”

RHAC can be found at 186 King St. and reached by phone at (519)-434-1601.

London police return with Project L.E.A.R.N.

JANE MINIFIE
INTERROBANG

With the school year now in full swing, students all over London are focusing on their education during the day, and, come evening, social gatherings take place near their respective schools.

Among the bustle of excitement after a long day of learning, however, members of the London Police Service (LPS) can be seen on nearly every block, cruising throughout neighbourhoods of the surrounding campuses of Fanshawe, Western University and the downtown core.

The abundance of police is far from coincidental, as the start of the school year also brings back Project L.E.A.R.N.

Project L.E.A.R.N., or Liquor Enforcement and Reduction of Noise happens each year in London from the end of August to the end of September to make sure that students remember to stay within the lines set out for them while getting together on weekends.

The Project was established eight years ago and has been controversial since its launch.

Last year alone, more than 2,000 provincial offence notices were given out along with 77 criminal charges, both increases from the

year previous.

Although only have the notices and 22 per cent of the charges were given out to students, there were many who claim that they were being targeted by police even when they were doing nothing obviously wrong.

Brady Bartlett, a resident of the neighbourhood surrounding Fanshawe and a student at the college is leaning onto the side of disliking the Project, although he can agree that it forces students to be more cautious when going out to enjoy a weekend out with friends.

“Obviously the cops will still be around without Project L.E.A.R.N.,” he said. “They just wouldn’t be as abundant around the Fleming area.”

The London Police have released several statements saying that they aren’t out to ruin fun, only to make sure it doesn’t get out of hand.

“There will be a balanced approach with enforcement of by-laws and warnings, where appropriate, relating to parties, parking, open fires, noise, litter and public urination,” said the LPS in a release dated August 29.

To many students, they are seen as nothing more than a nuisance, including Emilie Erweid who said

that, “people will party whether they’re there or not. I’m sure they could be doing something else instead of looking for trouble.”

With Western’s homecoming weekend fast approaching, the police presence will continue to remain strong in all student neighbourhoods and students are advised to remain cautious when attending social events to avoid making a mistake that could be potentially life altering and irreversible.

LPS continued to say, “The members of the [LPS], Western’s University Students’ Council and Fanshawe Student Union are encouraging that while fun is being had, that it is done responsibly.”

“The issues that are experienced throughout the Project are not necessarily experienced yearlong,” said Const. Ken Steeves, media relations officer for the LPS, told Interrobang last year. “We allocate our resources at this time of year for the project. It isn’t something we can necessarily conduct as an everyday project because we’re taking resources from other areas to form this project.”

At the end of this month, the police presence will return to a basis of coming when called once more and the newest Project data will be released.

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CONSPIRING **THEORIES** IN LONDON

FRANCIS SIEBERT
INTERROBANG

A small town where nothing ever happens, and people have nothing to do.

Conspiracy rumours of strange happenings that are just that – rumours.

Except this time.

Such is the premise of the upcoming feature film *Theories* by a group of London and Fanshawe College filmmakers.

The film is about a group of people that investigates a strange happening in a town called Union. They aren't expecting much – nothing ever comes out of their conspiracy-hunting adventures – but this time, one of the group members goes missing and everything turns into a nightmare.

What it is the group is investigating or what happens exactly, the filmmakers are not saying.

"That's part of the film," said Dayna Pearce, a Fanshawe Advanced Filmmaking student and one of *Theories*' writers and producers.

All they're saying is that the film involves hallucinations of aliens, government agents and men in biohazard suits, among other characters related to conspiracy theories.

There's also a cult.

Writers and producers Mike Tyrrell and Christian Mitchell were working for a designated driver service when they got the idea for the film.

"There's not a lot to do late at night," Mitchell said.

And so they were listening to *Coast to Coast AM*, a late-night radio show dealing with conspiracy theories and the paranormal.

The duo had been looking for story ideas and thought doing a film about conspiracy theories and the paranormal would allow them to write a story involving a mystery and special effects.

They started developing the idea back in February and completed the script in June. Since then, the group's been revising the script and casting actors.

They plan to start filming in and around London in September.

"I think that London is just as viable a place to make a movie as any," she said. "We hope that London can be a place where feature films can be made."

But there is one problem – filming is expensive.

In order to help fund the project, the group has launched an Indigogo campaign, a crowd-funding service where people



CREDIT: CHRISTIAN MITCHELL

James Roberts plays Tom and Kelsea Meredith plays Shelly in the upcoming film *Theories* by a group of London and Fanshawe filmmakers.

can donate money in return for perks. Some of the perks include guest appearances in the film, T-shirts, signed scripts and executive producer credits. They're asking for \$6,000.

"Because we're trying to bring in local artists, we figured, 'Why not try and bring in the public as well to be part of it?'"

Pearce said.

Theories' producers and writers are all from London, as is most of the cast, said Pearce.

The group is also collaborating with local musicians instead of licensing music.

"We really wanted to be able to involve as many people as possible," he said. "There's some

really great artists in London that are trying to break into their industry, and we love to feature them in the film."

The group says it hopes the film turns out well and that it gets distribution.

"And we hope to have a great time doing it," Pearce said.

INTERESTING CONSPIRACY THEORIES

JFK ASSASSINATION

The "official" story

American President John F. Kennedy was shot and killed by a sniper on November 22, 1964 while travelling in an open-top limousine in a motorcade in Dallas, Texas. Lee Harvey Oswald, acting alone, killed the president.

The truth

Oswald wasn't the shooter. Or if he was, he wasn't acting alone. Either the CIA, the KGB or Havana ordered the president to be killed. Some say it might've been Kennedy's own vice president, Lyndon B. Johnson, who ordered the killing. After all, he did become president after Kennedy was killed. But we'll never know for sure, because Jack Ruby, a nightclub owner, killed Oswald two days after Oswald killed Kennedy, covering the truth.



CREDIT: MARY MOORMAN

PAUL MCCARTNEY IS DEAD

The "official" story

Paul McCartney is getting old, but he's not dead.

The truth

McCartney died in a car accident in November 1966 after leaving the recording studio following a fight with the rest of the Beatles. The band replaced him with a look-alike. There are hundreds of clues. One famous example is the cover of *Abbey Road*: George Harrison, in denim, represents a gravedigger; Ringo Starr, in black, the undertaker; and John Lennon, in white, the clergy. "McCartney" is barefoot and out of step with the others, because he represents the corpse. He's also holding a cigarette in his right hand – the real McCartney was left-handed.



CREDIT: IAIN MACMILLAN

9/11

The "official" story

Four Boeing planes were hijacked by al-Qaida on the morning of September 11, 2001. Two of the planes were flown into the North and South towers of the World Trade Center. Another crashed into the Pentagon, and the fourth one, aimed at Washington, D.C., crashed in a field in Pennsylvania.

The truth

Either the government knew about the attacks beforehand and let them happen, or the government was the mastermind behind the attacks, not al-Qaida. One clue is that NORAD took a lot of time to scramble jets to stop the attacks. And once they were in the sky, they failed to do anything, despite being equipped with the technology to track commercial planes.



CREDIT: ROBERT (THEMACHINESTOPS VIA FLICKR)

ROSWELL UFO INCIDENT

The "official" story

An American military balloon equipped with microphones to detect Soviet atomic bomb tests crashed on a ranch near the town of Roswell, New Mexico in the summer of 1947.

The truth

The whole balloon story was a cover-up. It was a spaceship that crashed near Roswell that summer. The government even recovered dead alien bodies. Some say they recovered live ones, too. The Air Force even admitted so, initially saying they had recovered a "flying saucer" at the site before changing it to a weather balloon and now some sort of nuclear detector device. Hundreds of witnesses have since come out, saying they'd seen alien bodies and materials made of "nothing made on this earth" at the ranch.



CREDIT: DREW PEACOCK

AREA 51

The "official" story

There was no official story. Until last summer, when the CIA said there was something called the Nevada Test and Training Range and Groom Lake in the Nevada desert, where it developed the U-2 spy plane.

The truth

Area 51 is where they brought the Roswell aliens and the spaceship's debris. In fact, that's where everything alien-related in the United States is. They're reverse engineering flying saucers, studying alien bodies and developing time travel and weather control technology there. Area 51 also serves as an embassy to aliens: the American government holds conferences with aliens there. That's where E.T. was heading when he and his fellow aliens stopped in California.



CREDIT: NASA

LOST COSMONAUTS

The "official" story

The Soviet Union sent the first human into outer space – Yuri Gagarin – in April 1961.

The truth

Gagarin wasn't the first human the Kremlin sent into space: he was the first person return from human spaceflight alive. Kind of. The Soviets sent at least three other men in space before Gagarin. Two of them died, so the Soviets covered up the story. The Soviets launched a third man, Vladimir Ilyushin, into space two days before Gagarin. Ilyushin survived the spaceflight but landed in communist China, where he was held for a year. Ashamed, the Soviets also covered up that story.



CREDIT: SYDVENSKAN

THE MOON LANDING

The "official" story

American astronauts Neil Armstrong and Buzz Aldrin walked on the moon in July 1969, winning the Space Race against the Soviets.

The truth

The moon landing was staged. After the Soviets beat the Americans to human spaceflight and unmanned moon landing, Washington felt they had to put man on the moon first. After the government watched Stanley Kubrick's *2001: A Space Odyssey*, it decided he should direct the moon landing film. It was either shot at Area 51 or in Hollywood. One clue can be seen in the picture where Aldrin is planting the flag: it's waving, which is impossible, because there is no wind in space.



CREDIT: NASA

REPTILIAN ELITE

The "official" story

Politicians, CEOs, musicians, actors and so on are humans and have no intentions of taking over the world.

The truth

They're not humans – they're shape-shifting reptiles, and they've already taken over the world. Rob Ford? Reptile. Kanye West? Reptile. Queen Elizabeth? Reptile. Bill Clinton? Reptile – he didn't inhale, because reptiles don't inhale. There are videos on YouTube in which you see their eyes shifting from human to reptilian.



CREDIT: FRANK C. MÜLLER

MALAYSIA AIRLINES FLIGHTS 370 AND 17

The "official" stories

Malaysia Airlines Flight 370 left Malaysia in March en route for China but disappeared along the way. Flight 17 left the Netherlands for Malaysia in July, but pro-Russian rebels in Ukraine shot down the plane as it flew over the country.

The truth

Washington hijacked Flight 370 in March. The Americans then deliberately flew the plane – as Flight 17 – over Ukraine and had it shot down, blaming the pro-Russian rebels for the incident. The goal was to start World War III with Russia.



CREDIT: LAURENT ERRERA (VIA FLICKR)

THE CIA CREATED AIDS

The "official" story

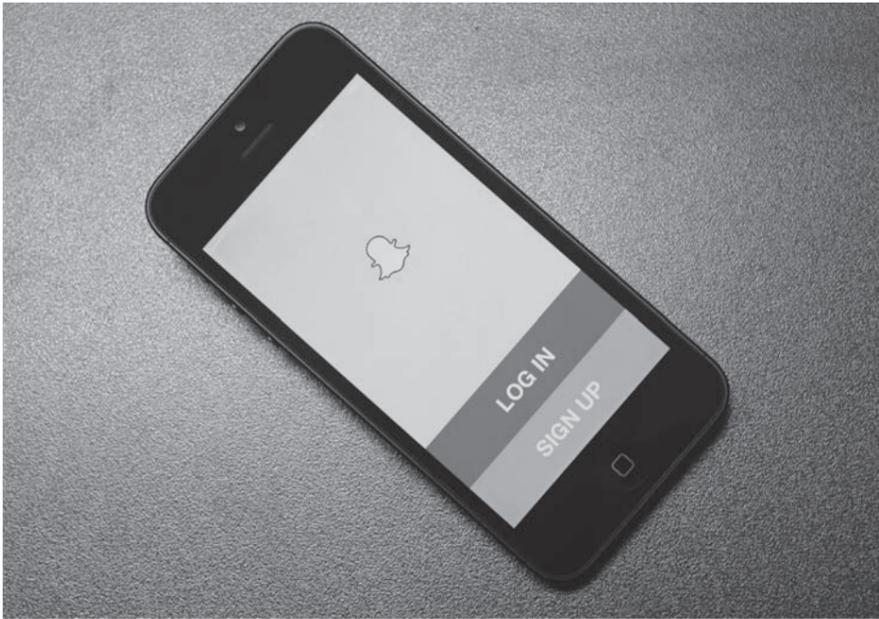
HIV/AIDS is a disease believed to have originated in the late-19th century or early 20th century in Africa.

The truth

The CIA invented HIV/AIDS in military labs in the 1970s as a way to get rid of African Americans and homosexuals. The virus was injected in gay men in a "hepatitis-B experiment" in San Francisco, Los Angeles and New York in 1978. Former President of South Africa Thabo Mbeki says so as does Kenyan Nobel Peace Prize winning ecologist Wangari Maathai.



CREDIT: C. GOLDSMITH



CREDIT: STEPHANIE LAI

Smartphone apps like the notorious Snapchat are avenues for nude photos to be exchanged.

Nude photo scandal: Revealing information

 NATALIE SERAFINI
 THE OTHER PRESS

NEW WESTMINSTER — Confession: I've sent nude photos.

They were a handful of pictures of my breasts – all slightly out of focus but clear in their revealing nature, which I sent to my then-boyfriend. While I own up to the fact that I made that choice, it's also a choice I'm not happy with having made: the context behind my choosing to hit send on a series of blurry Snapchats was convoluted, and left me feeling anxious as I watched that perky, bouncing ghost icon.

He never took screenshots as far as I know, but of course I'll likely never know (since Snapchat is renowned for not being particularly dependable or safe). I regret what I did, and know that I could conceivably be punished for my choices; but particularly following the recent series of leaked celebrity photos, I wonder why we're collectively punishing and shaming people for a violation of their bodies and privacy.

Technology's pervasive presence in every nook and cranny means that the decision to share something privately has become a public matter. Well, the public has weighed in, and apparently the victims of the mass nude photo leak are to blame: these women created the content – although it was their personal property, created for personal-use or to share with trusted partners – and it's their fault someone violated their property, privacy, and bodies.

I don't think I – or any other person who takes nude photos – deserve punishment for trusting someone I thought I cared about. I don't think I should be shamed for sending two-second Snapchats to my then-boyfriend. I wasn't asking for anything.

As Luke O'Neil wrote for Esquire.com, "[M]ost of the people who consume these [leaked photos] and trade them back and forth like young men might have done with prized baseball cards in a previous generation would scoff at the suggestion that there's any analogy to be made here to rape. Much like we've seen in nearly every other realm, how-

ever, our ethics here have not caught up to the technology. Very few of us would hide in the bushes outside of a woman's home in order to catch a glimpse of her getting changed, but how is that any different from this?"

Well, some of our ethics have caught up with the technology: as Farhad Manjoo tweeted, "I've never heard anyone respond to financial hacking by saying, Just don't use online banking. That's what you get for using credit cards."

The more we dust off that old accusation that "You were asking for it," the less apt it becomes. This victim-blaming is an out-dated accusation, though we continue to apply it to different situations of violation: women who take nude photos, women who drink "too much," women who wear short skirts, women who go out alone at night, and women who leave their door unlocked. Lena Dunham tweeted, "Seriously, do not forget that the person who stole these pictures and leaked them is not a hacker: they're a sex offender."

We take these women's leaked bodies for inspection, ogling, and ridicule. We belittle their forethought and intelligence when they get "caught" taking nude pictures (as if they're the criminals), yet say astoundingly little of the people who hacked their property. We feel entitled to these women's bodies, and to judge them unmercifully – however unfair that judgment.

The reason we say these women were asking for it is because we want to feel safe and complacent in the thought that we know better, that we're immune. In reality, you don't know when you're vulnerable – that's what makes you vulnerable. An unknown person could hack into your laptop camera without your knowing, and a peeping tom could spy on you through your window.

We persist in excusing criminals in the same ways—slut- and victim-shaming is astoundingly commonplace in our discussions of violation. Our world is changing, making the private public and facilitating judgment from the peanut gallery, but it doesn't justify shrugging and laughing in the face of crimes.

Hello gorgeous.

Adoptees and foster children: The hidden community

 MARK NICHOLAS JONES
 INTERROBANG

I was adopted at eight weeks old by two loving parents. Adoption rarely crossed my mind at a young age, and I thought myself the same as any other kid. It wasn't until I reached university that I started to become aware of the profound affect being adopted has had on my identity and the relationships I have tried to form.

It's important to mention that not every adoptee feels the same about their adoption experience – some may feel disconnected, while others are grateful and still others are indifferent. Everyone experiences their separation in a different way and some may choose not think about it. For me, adoption has affected my life and I hope that those of you with similar experiences would take a moment to think about the impact it's had on yours.

There is evidence to suggest that separation from one's family at any age, even that of an infant has always known that they were adopted, can dramatically affect one's identity. While this article does focus on adoption, I believe these shared experiences of separation that come from both adoption and the foster care system are worth building a community around which society has yet to fully recognize.

I believe this lack of recognition comes from adoption being a taboo subject, where the idea of being adopted may be explicitly or implicitly ignored by society, the family or the adoptees themselves. It's as if people don't really see adoption. Their eyes seem to glaze over the history of the child from the moment of birth to the adoption into their new family. The reality is that even as infants, adoptees are capable of experiencing the very deep and real separation that comes from losing their biological family, particularly their biological mother.

In *Developmental Challenges for Adoptees Across the Life Cycle*, Michael F. McGinn argued that even infants placed directly into adoptive families experience loss that imprints itself on the unconscious mind. This is something Nancy Verrier calls in her book *The Primal Wound* the idea that adoptees retain memories of the loss of their biological mother that will impact their life well into adulthood.

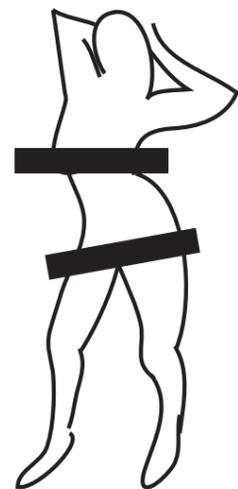
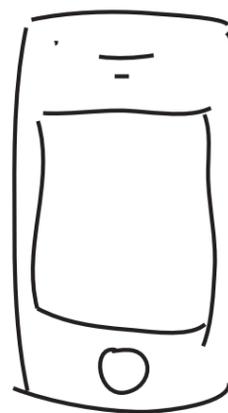
Adoptees are not the same as biological children and they are not able to replace them. Adoptees are every bit a part of their family as biological children are, but believing they are the same involves ignoring a crucial part of their history.

In *Being Adopted: The Lifelong Search for Self*, David M. Brodzinsky argued that adoptees not only grieve for parents they never knew, but also for the loss of a part of themselves, that is, their origin and history.

"[The] idea that children adopted in the first days of life who never knew their birth parents are still capable of grieving for them has been difficult for many people to accept."

I believe these shared experiences with adoption and the foster care system are worth building a community around in London. If you are over 18 and would like to be apart of this community, different ways of connecting have been set up through Facebook ([facebook.com/groups/adopteelondon](https://www.facebook.com/groups/adopteelondon)), Twitter (@adoptfosternet) and by emailing adoptfosternet@gmail.com.

For those of you between 13 and 18, you can join the Adoptive Youth Network, which meets on the third Tuesday night of every month. You can contact Cindy Stewart at cindy5stewart75@yahoo.ca for more information.


 NOT THE ONLY APPLE
 RELEASE THIS WEEK

Ave


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ARTiculation: Fine vs. practical



ARTiculation
AMY VAN ES

I've noticed at the ripe age of 24 that things aren't quite how they used to be. I remember being released from high school art class with the complete certainty that if it wasn't spent painting, my life would be wasted.

Things were so black and white. Paint or die.

But as I began to talk to people and experience things, I noticed the grey creeping in; the edges blurring. And before I knew it, the line between fine art and applicable art (practical design) was as indistinguishable as Will Ferrell and that drummer from Red Hot Chili Peppers. I've thought about this a lot – art and design, not celebrity doppelgängers – and I can't quite tell where, exactly, one ends and the next begins.

In my very first column last year, I wrote about the purpose of art. Essentially, I concluded that we should make art to both document what it's like to live in our era, and to make a statement about how we feel about it.

Art should be made to comment on the society, which it's a product of. It's meant to intrigue, inform and propel viewers to further think about things they otherwise may not. And now that I'm deep into my graphic design program and have chosen to focus on information design in my career, I'm realizing that what I'm going to do is not a whole lot different from that.

Information design is the organization and visualization of data. A designer will take a set of raw data and organize it so the information is clear and concise, then illustrate it

in a creative way to attract an audience to the information.

On a more complex scale, research companies like the Jet Propulsion Laboratory at the California Institute of Technology are using information design to visualize very difficult concepts to understand, like one that chronicles the Mars rover's collected data.

It's become a very powerful tool for the public to access information that they likely wouldn't otherwise seek out on their own. What better way is there to inform people about what's going on in the world than to take the concepts that are twisted and knotted in their minds, and tidy them up?

The most important thing is not necessarily that we push our own agenda on the population, but that we give them the facts in a neat little package so that they digest them and draw their own conclusions, whether they agree with you or not. The ability to think critically is a sorely untapped resource.

Both fine art and practical design have profound uses. Both propose ideas to the audience in a creative and expressive manner. The difference is found in scope of audience. While design seeks to reach a broad audience and make ideas as easy to understand as possible, fine art tends to present its ideas more abstractly, and to its own circle of loyal followers.

In the midst of my major Banksy-escape phase, I thought anyone who became a designer or commissioned artist was "selling out," working for The Man and yadda yadda. But now, as someone who has intentionally shifted their focus from fine art as a medium to information design, I realize that this is the way I can most effectively excite the population into understanding a little more about the world around them.



CREDIT: ALLANSWART VIA THINKSTOCK

After Eliot Rodger's rampage this summer, social media lit up with tweets and messages featuring hashtag #YesAllWomen. The men added to it with their own #NotAllMen.

No, #NotAllMen

MOHAMED SHERIFFDEEN
THE PEAK

VANCOUVER — Oftentimes, the best course of action when faced with a topic that explodes in social or traditional media circles is to step back and examine it from afar. This has become difficult in the era of the "hot take," where the desire for instant gratification and analysis informs nearly every aspect of life, particularly media cycles. As such, the initial opinion formed – however incorrect – forms a lasting impression, which becomes nearly impossible to avoid.

Given that preamble, you may believe that Eliot Rodger's murderous rampage in Isla Vista was borne from a systematic, even institutionalized, male hatred of women. Never mind the fact that most of Rodger's victims were members of his own gender; the image seared into our collective conscious is that of a highly disturbed individual espousing a deep-seated hatred of women, ensconced in his privileged mentality and repeated sexual rejection.

But to assess Rodger's ramblings as an astute dissection of human nature and pan-male behaviour is to afford it way too much credit – this is an oversimplification as damaging to gender discussions as Rodger's own arguments.

Rodger was not a scholar of gender theory; nor was he a worldly, educated person immersed in a wide range of cultural viewpoints. He was a freewheeling sociopath, whose central thesis was qualitatively obtuse and inconsistent with his actions. But that same thesis grated on the edges of a bundle of raw nerves, and was seized upon to build a strawman argument while the families of his victims wept on the six o'clock news.

It was easy, especially at first, to get caught up in the stunning tide of the #YesAllWomen discussion. As a heterosexual male, I have no idea what it is like to be a woman. I have no idea of what it is like to be gratuitously objectified or made to feel uncomfortable or cornered in society's fringes. I cannot truly empathize because I cannot truly relate, and I do not want to sympathize because that approach is, to me, belittling and patronizing.

However, I believe that it is important to be inclusive in terms of discussion, as communication and education are powerful tools. Opening one's mind to learn and appreciate and understand is a constructive pathway that facilitates resolution. But what has become apparent is that most women – at least those who advocate feminist theory – are unwilling to be inclusive.

No, I do not think that "all feminists hate men," an oft-repeated yet utterly idiotic argument seized upon by many Men's Rights Activists. But I do think that too many feminists are unwilling to engage men in their discussions.

Perhaps the most egregiously false assumption made by numerous feminists is that "sexism" – a loaded gun catch-all accusation – flows unidirectionally from men towards women. This assumption undermines the efforts of women's rights groups, and acts de-constructively to reinforce barriers within a gendered society; it is a flashpoint us-or-them argument that debilitates open discussion and is, frankly, pretty smug.

#YesAllWomen was borne from the same well-intentioned wellspring as #NotAllMen, before the latter was hijacked by MRA zealots. No, Not All Men are psychopathic deviants who enact sexual violence on women. No, Not All Men have their heads buried in the sand over the progression of gender norms. No, Not All Men harbour a hatred of women that leads them to murder.

Not All Men are Elliot Rodger, just as Not All Men are Ted Bundy or Jeffrey Dahmer.

It is clearly illustrated by the stories of women whose tales of abuse and violence and fear were shared through the Yes All Women hashtag that, while Not All Men are psychopaths hiding under a cloak of benign behaviour, some are. But to automatically qualify all men as a "potential threat" is patently ridiculous.

If this were reversed, then Yes All Men should feel terrified of leaving their wives or girlfriends home with their children, because they might drown them in bathtub à la Andrea Yates. It is a leap of logic so strenuous that you would need serious stretching in advance to prevent blowing a hamstring.

According to the blog *Finally, A Feminism 101*, men are incapable of being discriminated against. Similarly, feminist ideas of sexism and patriarchy repeatedly refute the idea of reverse sexism, i.e. sexism directed towards men. In this view, men cannot experience sexism because, ancestrally and historically, we have enjoyed nothing but power.

This is ridiculous. In essence, feminists have labeled being born a heterosexual cis-male a crime – a crime of existence. I cannot choose who I am, nor what I am, any more so than I can choose what freedoms and benefits my ancestors enjoyed. I cannot speak for them, and I am not responsible for their decisions or reasoning. I am me, in the present day, and I want to talk.

The gross assumption that all men are predators and therefore cannot play a part in the revolution is absurd. The civil rights movement was abetted by whites who championed those causes. The same can be said, in part, of the gay rights movement.

Yes, all women struggle with a patriarchal society that establishes certain behaviours as norms. But the term "women" is generally inclusive of all women, irrespective of sexual preference or race or upbringing. This broad scope facilitates inclusion. The same broad scope when turned towards men, however, only facilitates conflict.

As Courtney Enlow of Pajiba.com tweeted in response to a #YesAllPeople counter-trend, "We don't have to try so hard to make ourselves male-friendly or male-inclusive. It's OK for us to focus on the us part of equality." Hers is a lovely sentiment. But how can we be expected, as cis-males blinded by our apparent privilege, to become better educated or aid in change when we are greeted with a "No Boys Allowed" sign on the clubhouse door?

This is not about agitation, or labelling feminists sexist. It is about the process of reconciliation and healing. All too often, there is a strict yes or no mentality when it comes to diplomacy, which only sends us deeper down the rabbit hole. Feminists: Stop. Engage. You just might be surprised.



CREDIT: CNW GROUP/CRTC

Canadians pay more to watch television than most countries, will "Let's Talk TV" help?

Let's (finally) Talk TV: Getting the channels you actually want

VICTOR DE JONG
INTERROBANG

Everyone with cable or satellite television has suffered from the same dilemma at one point or another – how to get the channels you want without paying for ones you don't want. Until now, the easiest way was to simply steal the channels by rigging your connection, but it looks like the Canadian Radio-television and Telecommunications Commission may be trying to provide a legal alternative.

The CRTC is an organization that is responsible for regulating all of that. In light of the average cost of basic TV and the myriad of consumer complaints, the CRTC is attempting to step in on behalf of Canadians.

They've kicked off a set of hearings entitled "Let's Talk TV" at which cable/satellite/internet providers are making their cases for the future of television that they envision. "Pick and pay" is the hot topic so far at the hearings that are slated to run through September 19 and it involves building a bundle out of individual channels chosen by the consumer.

The idea is being bandied about, with some providers like Bell showing support, but others like Rogers stating that it would simply lead to higher costs for individual channels and no actual reduction in price compared with the current system.

A major obstacle to lowering the cost of basic cable or satellite is the current way in which media conglomerates purchase their material. When Rogers bought the broadcasting rights for the NHL in late 2013, the price paid was drastically higher than any competitor could afford. Rogers was willing to pay an astronomical amount for exclusive NHL broadcasting rights because they plan to

fleece the consumer for every penny. Whether it's through sub-licensing games to Bell or CBC stations, or just through their own cable subscriptions, Rogers expects that their monopoly will make them their money back.

The current system for purchasing a television package is a lot like purchasing car insurance – deliberately confusing. Bundled channels enjoy undeserved popularity because they're purchased simply as an add-on to the channel the consumer actually wanted.

Our current system is the worst of both worlds. On one hand, it's too monopolized for independent channels to have a chance at survival. On the other hand, it allows channels that generate no original content whatsoever to thrive because of bundling.

Despite being the worst of both worlds, it's probably not going to get any better. While you may eventually be able to buy individual channels, Rogers' dire prediction that your overall cable bill won't go down is probably bang on. An independent evaluation of Canadians' access to the Internet, television, and cellphone service puts us in pretty uncomfortable company.

In sum, we Canadians pay more for sub-standard services than most countries we generally compare ourselves to.

The fact that the CRTC allowed things to reach this point will make it all-but-impossible for them to rectify matters. The unfortunate reality is that the only body with the power to change any of this missed the boat by failing to react to the changing media landscape as it evolved. And Canadians can expect to spend the next decade paying for it, literally.



The band, hailing from the United Kingdom, will be in London September 18.

CREDIT: ARCHITECTS

Architects live at London Music Hall



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. If you've ever found yourself remarking about the ridiculous web of music genres and categories that have sprung up over the last couple of decades, you might find the volume of metal categories and definitions to be a bit dizzying.

The latest corollary to the great genre debate that has sprung up for music fans over the years is the re-cataloguing that can occur in shops when artists are reclassified due to genre trends changing over time. Just think about the last time you were in a record store and couldn't find that new country album you wanted because the artist

is classified as pop, or that fusion jazz single you searched for that got mixed in with regular jazz. We've all been there, but none have been so frustrated as fans of metal and its varying and overwhelming subsets.

None of this is to say that Architects – hailing from Brighton, UK and so often denoted here in Canada as Architects UK, it's worth pointing out – are a metal band, but it's easy to see why people around the world might think so. If you give their latest album *Lost Forever // Lost Together* more than just a fleeting glimpse, you might find that they have more in common with your other favourite Warped Tour alumni than you think.

The band will be on tour across Canada this week, accompanied by Stray From The Path, Being As An Ocean and My Ticket Home as they headline in concert September 18 at the London Music Hall.

Released here in Canada in

March by New Damage Records, *Lost Forever // Lost Together* is a powerfully heavy record, a technically and sonically impressive work that displays imagination and restraint – that makes *Lost Forever // Lost Together* most resemble a metal record. Before recording, the group took great care to prepare for the project physically as well as creatively, even working on vocal preproduction up to a month in advance of rolling the tapes.

"We'd never done anything like that before," said Carter in a press release. "I'd always gone into recording just kind of feeding off the thrill of not really knowing what I was doing, but this time around we decided it was important to spend a lot of time on phrasing and getting things right."

For all the energy apparent in the music – opening singles "Gravedigger" and "Naysayer" provide an explosive beginning to the album –

the band have balanced substance and texture, and crisp production throughout by Fredrik Nordström and Henrik Udd ensure that every note of every movement is present in the fold, which will certainly appeal to fans of rock and pop that appreciate big hooks and compelling melodies.

However, the real appeal to see them live is in their fiery delivery – Architects prove on record to be masters of the transition, evident as the crushing "Broken Cross" leads into "The Devil Is Near" without missing a beat, the latter featuring a breathtaking string arrangement outro that makes "Dead Man Talking" all the more devastating, like a heaving fall into a hole.

And if that wasn't reason enough to take in the show, an entourage of American bands we wouldn't regularly see in London will accompany Architects. Stray From The Path and My Ticket Home are still strongly

supporting albums released last fall, while Being As An Ocean released their latest *How We Both Wondrously Perish* back in May by Invogue Records. The bands have all had a busy summer, and this gig is going to be one to remember.

For more on Architects or their album *Lost Forever // Lost Together*, visit architectsofficial.com or follow along on Twitter @architectsuk. The show this week at London Music Hall is slated to begin at 7 p.m. Tickets are \$17 available through ticketfly.com.

And for more of the latest music news and concert previews, follow this column on Twitter @fsu_bobbyisms. What are you listening to lately? Send me a tweet and recommend something new, I'll give you a shout-out in print. Until next week, I'm out of words.



CREDIT: FRANCIS SIEBERT

Fanshawe College's School of Tourism and Hospitality did the amyotrophic lateral sclerosis (ALS) ice bucket challenge on September 4 for chef Tony Botelho, who is in the late stages of the disease. The school nominated Fanshawe's Lawrence Kinlin School of Business.

KIOSK QUIZ

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Ultimune: A revolution in skincare



BEAUTY BOY
JOSHUA R. WALLER
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Ever feel like your skincare regime just isn't working anymore or isn't performing like it used to? Does your skin look dull, dehydrated and is constantly breaking out (either in acne or dry patches)?

Shiseido has launched not only a brand new product but also created a new step in skincare – the booster step.

With over 20 years of research, the Japanese company created a product that will completely change your skin for the good – Ultimune Power Infusing Concentrate.

Ultimune was launched exclusively in Canada back in June, making it one of the biggest launches for Shiseido as most products are launched first in the Asian markets.

The primary research behind Ultimune was the Langerhans cells and how their function in the skin could be improved. After a lengthy period in research, Shiseido found

the answer and used key ingredients in Ultimune to be able to boost a person's Langerhans cells functions in the skin. Once their function is improved, the skin's immunity against internal and external aggressors is heightened drastically.

Ultimune uses ingredients such as aqua and Bulgarian rose water, but it also incorporates many natural ingredients such as Ginkgo Biloba leaf extract and wild thyme, which both can survive in extreme climates. These ingredients help smooth your skin's texture immediately, will create a youthful glow in one week and will also help refine your skin's contour within four weeks!

Unlike serums, Ultimune doesn't target a specific concern but improves the overall health of the skin. If you find you have many breakouts, Ultimune will help increase the recovery rate and decrease the amount of breakouts. If you have sensitive skin, it will help desensitize and improve your skin's immunity.

So when do you apply Ultimune? Since it is a brand new product category, you apply it day and night



CREDIT: SPABUSINESS.COM

Shiseido's Ultimune Power Infusing Concentrate boosts skin's immunity against internal and external aggressors.

after your softener and before your serum. Its ultra light texture (that was tested 400 times to make sure it was perfect) absorbs quickly into the skin so you don't have to worry about your products feeling heavy. Not only is it going to improve your skin, it will also boost the rest of the skincare products that you are currently using, no matter what brand they are.



CREDIT: SARAH WATTS

DJs from A Tribe Called Red, a group which mixes traditional pow-wow chants with substep, kicked off FSU's Frosh Fest concert on September 9.

Sexy health benefits

KAREN NIXON-CARROLL
INTERROBANG

that are right for you.

Everybody's doing it – or rather they should be. I'm talking about exercise and taking care of yourself.

Since this issue is about sexual awareness, I thought I would point out how health and sex go hand-in-hand.

1. Let's start with the obvious: body image. If you are going to get intimate with someone, it's hard not to think about how you look or how you feel you look. Tip: Get regular exercise that includes lifting weights to firm and tone and eat a healthy diet right in vegetables, fruit and lean proteins so you will feel good anytime.

2. Be mentally aware and prepared. Allow yourself to relax and enjoy wonderful experiences instead of getting into situations that are uncomfortable or that you won't remember the next day. Tip: try doing activities like yoga one to two times per week to help you relax and get in tune with your body. Simple meditation can help you gather your thoughts and make sound decisions

3. Harness hormones and energy. When you exercise, endorphins kick in and give you that feeling of happiness and seemingly give you an energy boost. If you don't exercise regularly or eat well, your hormones can be out of whack, leaving you with negative feelings or feeling physically unwell. Tip: stay away from high fat, high sodium and high sugar foods like deep fried fare, packaged processed food and candy. Take a walk after a meal or before getting intimate.

Not only does being healthy affect your intimate experiences; those experiences can have very positive effects on your health. A 30-minute session can burn 200 calories or more and is beneficial to your heart health by elevating the heart rate slightly and allowing it to come back to resting afterwards.

It is completely up to you to do what you are comfortable with. Bottom line: your body is capable of incredible things, so unleash all its potential.



CREDIT: 4COLORREBELLION.COM

Being ripped to shreds isn't the most concerning thing in *Another World*, but still pretty concerning.

Chahi-fied: Eric Chahi in the spotlight



GAMING THE SYSTEM
ESHAAN GUPTA
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Remember *From Dust*? The quirky little sandbox game that promised big on delivering revolution to the genre of god games, by letting you be a god with the game's fancy real-time procedural generation engine.

Whether the game did indeed deliver on its lofty promises is up for debate (with a healthy dose of DRM-screwup and botched PC release controversy on part by publisher Ubisoft, as always). One interesting point the game carried with it was its mark as the return of game designer Eric Chahi.

While his name may not quite be as big as John Carmack or Gabe Newell, Chahi's role in the industry has been highly influential, that influence achieved with two remarkable games – *Another World* (otherwise known as *Out of this World* to North Americans) and *Heart of Darkness*.

Out of this World was a side scroller unlike anything else seen

in 1991. It gave the player the feeling of playing an animated film, rather than a typical side scroller, with player actions advancing plot rather than simply finishing levels for points.

The plot is simple; a young scientist is accidentally transported to another dimension, where he must survive the trials of hostile wildlife, dangerous paths and a sinister ruling alien race.

Playing *Out of this World* in 2014 still feels remarkably fresh; the game has the intuition and feel of a modern out-of-the-box indie game with its rotoscope, animated style reminiscent of the first *Prince of Persia*.

There is a lack of HUD or any sort of gameplay user interface. Interactive cutscenes that feel cohesive within the game rather than "bordered" as a movie event, and a trial-and-error style of gameplay that requires the player to fully interact with the world's logic, *Out of this World* can be frustrating, but ultimately will suck you into its sci-fi setting with ease.

The game has since been ported to modern Windows PCs, and even mobile platforms (although it's still

best played on a larger screen), so it's imperative you play this highly influential platformer in some form.

Lesser-known but still quite important was his second lead-designed game from 1998, *Heart of Darkness*, for the PS1 and PC.

Building upon the rich, fluid animation style of *Out of this World* with a more cartoony look, *Heart of Darkness* follows a young boy looking for his dog in a hostile jungle packed with dangerous, venomous creatures, and a volcano cult leader.

Probably the most memorable aspect of the game, largely thanks to its detailed animation, were the gruesome deaths the 10-year-old protagonist, Andy, could potentially encounter. Although bloodless to earn an "E" ESRB rating, watching a kid getting violently mauled by shadowy beasts can be quite horrifying, but serves out the purpose of adding a sense of dangerous consequence for slacking.

With the release of *Heart of Darkness*, Chahi quit the industry to travel the world and explore hobbies (no, really!) until his fateful return in 2006 to begin development on *From Dust*. What's next for this oddball French designer?

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CREDIT: SARAH WATTS

Headlining act, Classified, finished off the night at FSU's Frosh Fest on September 9, performing "Inner Ninja" and other hits.

Gimmick-o-rama: Tricks that tried pulling audiences in



REEL LIFE
ESHAAN GUPTA
e_gupta@fanshawec.ca

The first sign of dwindling ticket sales sends executives in a "What do we do?!" frenzy to bring the audiences back in theaters. Often deciding that mere quality in a film isn't the deciding factor in bringing back watchers, producers have resorted to some rather strange gimmicks to attract the public.

Widescreen

We live in a widescreen world. Every display monitor and TV produced in this day and age has a 16x9 aspect ratio (that horribly stretches any non-widescreen video because people can't be bothered to change the settings). However, the advent of widescreen adoption in the '50s was to bring back those who shied away to the allure of television. Various methods, from running film sideways to two simultaneous projectors doubling the width of the image, were experiments in the hunt for a high fidelity, wide image, giving us cinematic masterpieces like *Ben Hur*. We're all definitely thankful for the staying power of this one.

3D

3D definitely existed for a larger part of film history, but the definite "Golden Age" was once again during the '50s, becoming another child of the television boom. A few gimmick films were released by big players like Disney and Warner Bros. (and also resulted in the infamous *Mystery Science Theater 3000* victim, *Robot Monster*), but the trend largely died out by the

'60s, sporadically making appearances in the '70s and '80s (the third sequel was always 3D) and, of course, in recent years (and seems to be overstaying its welcome).

Smell-o-vision

Smell-o-vision wasn't always lame scratch-n-sniff cards you carried to the theater with you (*Spy Kids 4D*, dimension 4 being... smell?). Again, in the '50s, Smell-o-vision was a device installed in theaters that was programmed to release any one of 30 stored odours during appropriate parts of the movie. So really, still a lame gag, but a lot more sophisticated than people would assume.

The antics of William Castle

There wasn't any filmmaker with a love of vaudevillian showmanship quite like William Castle. His frequent collaborations with Vincent Price (making the latter a household name) were only the icing on the cake. Price gave his campy, low-budget horror flicks an extra dimension of reality with the use of in-theater pieces. For *The Tingler*, a film about a parasite that lived in the human spine and fed off people's fear reaction, special buzzers were installed in theater seats to give audience members a jolt, as if the creature were really loose in the room. Flying plastic skeletons spooked audience of *The House on Haunted Hill*. Sadly, fourth-wall breaking gimmicks like these have been largely delegated to Disney World movie screenings these days, which is quite a shame, although flooding the theater with carbon dioxide to simulate the atmosphere of the planet Pandora probably wouldn't have helped *Avatar*.



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Zachary Benayon

Student Representative to the Board of Governors

Autumn of the geek on the small screen



G33K LYFE
ANDREW VIDLER

The fall TV series season is rapidly approaching us; a time for networks to experiment with a wide variety of pilots and new series that are unlikely to last throughout the winter. This year, however, networks are looking toward a different sort of source material to gather viewers, following the Hollywood example and looking toward comic books, using TV to bring – or bring back – some of geek culture's most iconic characters.

Arrow

(CW, premieres October 7)

One of two returning series on this list, CW's *Arrow*, starring Steven Amell as Oliver Queen, is easily the most successful television superhero property airing today, and is arguably providing the groundwork for the DC universe based that are going to be following in the next few seasons.

After a second season that was bigger, more dramatic and rife with more DC comic references and characters than before, season three has a lot to live up to as it looks to explore deeper into established lore (with a certain, immortal villain making an appearance) build on its own original characters, and going further into the question of just what was Oliver doing for the five years that he was missing anyways?

The Flash

(CW, premieres October 7)

A kind-of-but-not-really spinoff of *Arrow*, CW has locked down yet another one of DC's most recognizable heroes to bring to the small screen, and if the recent pilot is any-



CREDIT: SNEAKPEEK.CA

Another of DC's most recognizable superheroes makes his debut on the small screen. The Flash premieres on the CW network on October 7.

thing to go by, it will be done in the same gritty, high quality style of its predecessor.

After making his unofficial debut in the midst of *Arrow*'s season two, Barry Allen (*Glee*'s Grant Gustin), will return to Central City, be hit by science lightning, and convert into the fastest man alive. Using his cover as a forensics assistant, the geeky looking character isn't your traditional "hero" type, but will (presumably) use his trademark mix of brains and speed in order to overcome whatever it is that producers can throw at him in his opening year.

Gotham

(FOX, premieres September 22)

Even if you've never cracked a comic book or seen one of the movies, you've heard of Batman, the secret identity of Bruce Wayne, who protects Gotham City from some of the medium's most creative villains.

Many aspects of Wayne's life have been explored throughout the many decades of his existence, but the network is taking a different approach, abandoning the focus on Bruce Wayne and instead focusing on the development of one of his staunchest allies, future Police Commissioner Jim Gordon (played here by *The O.C.*'s Ben McKenzie). The series will kick off on the night that Thomas and Martha Wayne were gunned down,

setting into motion the journey of one of the darkest heroes in comics. In addition to Gordon and Wayne, expect exploration in the origins of Catwoman, The Penguin and other iconic villains.

Agents of S.H.I.E.L.D.

(ABC, premieres September 23)

The second returning program on the list, and representing Marvel's extension of their big-screen universe into television, *Agents of S.H.I.E.L.D.* was a pleasant surprise during its debut season, managing to translate the quality that we have come to expect from Marvel Studios into a smaller, but somehow no less epic scale.

Led by everyone's favourite non-superhero agent Phil Coulson (Clark Gregg), the program focuses on the human element of the Marvel universe in a way that the films have not managed to do while focusing on the likes of Thor and Iron Man, looking at how the world has changed since the introduction to the world of super powered beings. Starting slow before building toward an explosive climax, the first season laid the foundation for a program that will explore aspects of the Marvel Universe that don't have the power needed to drive a franchise of their own.

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From under the counter: *Fancy Peaks*

PRESTON LOBZUN
INTERROBANG

Though now three years old, the album *Fancy Peaks* has not fallen into the realm of obscurity for London's small but dedicated hard-core punk scene. These polished recordings engineered by Misfortune guitarist and current S.M frontman Sam McDougall were re-released last year as a throwback to the days of yore when London's unified punk scene was one of Canada's finest and most well-defined.

Though still intensely active, many of the show-goers have moved on to form other projects outside of the punk realm or relocated to larger cities across the country. Peaks' ferocious and short-length recordings stand as a gem and as a painting of what the Forest City underground has to offer listeners and from the stories I've been told, the band also held nothing back when it came time to perform.

Musically, Peaks is a straight up hard-core punk band. No breakdowns, no macho tough guy shit and no mercy to those who take issue with short songs and dissonant chord structures. With songs like "Appletini" lasting a mere seven seconds, some listeners may be left scratching their heads, wondering why the song couldn't continue at least for another minute or why the band decided to name a song after an alcoholic drink.

There's usually no method to the madness in this case and I'm glad there isn't because the last thing talented musicians need is to overthink what they're doing. It's habitual for some to layer their music and create something that is dynamic but I think it's important to listen to music that doesn't need to be analyzed too heavily.

There's nothing wrong with that – of course, music is a dynamic thing but far too often musicians will become obsessed with it. They forget that the roots of music come from simplistic song structures, and most of all, soul. You wouldn't necessarily listen to this and think that this is "soulful," but I would argue that it is in its own way. Much as pain and happiness can be expressed, anger is just another emotion that exists in its own right.

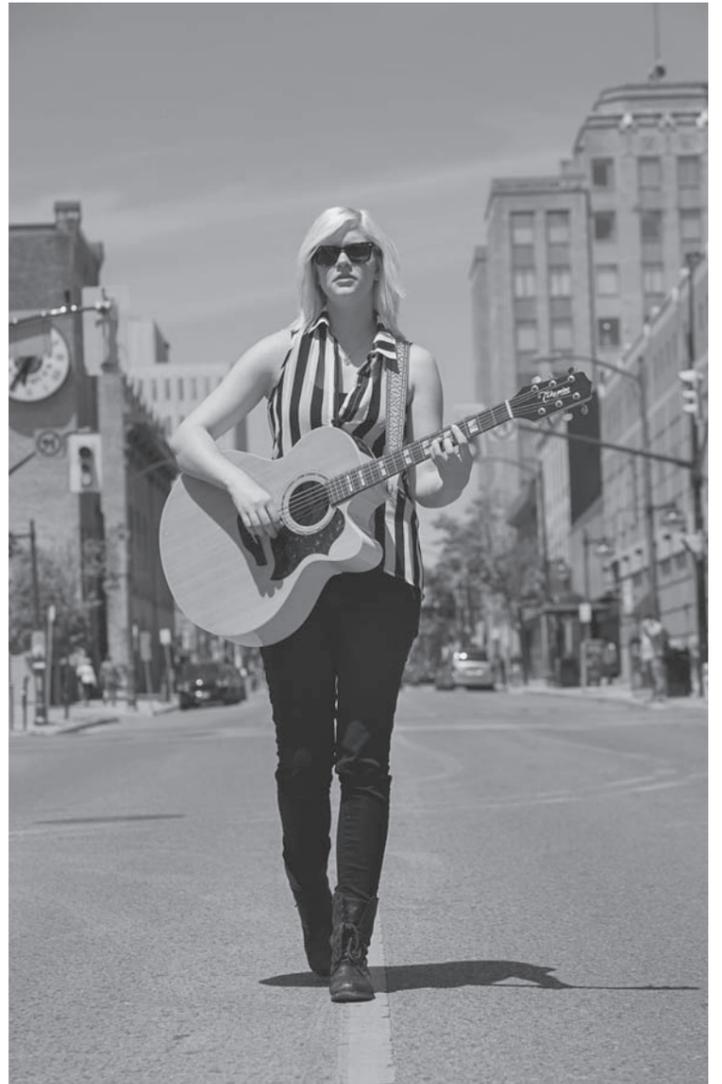
To correctly portray anger or frustration is done the same way as portraying other emotions, naturally. You can't fake an emotion to people and it's clear that Peaks did not do that. Peaks did what it did and exited when the band felt it was necessary to do so.

In these recordings, the drums pound out upbeat punk rhythms along the crunchy bass lines, which help carry the tracks' low end. The vocals sit relatively well in the mix, not coming too far forward like a lot of punk recordings do and are complimented by great sounding

guitars. They're not the cleanest thing in the world, but they're certainly cleaner than a lot of punk music is, and sometimes I kind of like that. In order to portray the aforementioned emotions, I think a good recording is necessary. It doesn't need to be high quality and crisp, but it needs to fit what the music is and these do just that. The mix is heavy on the low end and hits you like a sack of potatoes, if you happen to know what that even feels like for some reason.

For fans of old school hard-core punk, Peaks is certainly up your alley. It doesn't waste time in trying to convey unnecessarily complex musical ideas or bore you with flat recordings and subpar songs. It's short, aggressive and locks you in for a brief moment of time to remind you that this kind of music still exists, and it's still going strong. Unfortunately Peaks is no longer around, breaking up some years ago and fizzling into a brief but good memory for some. You can catch the songs on Peaks' bandcamp account at peaks777.bandcamp.com and download for free/pay-what-you-can if you choose.

Hopefully we can see more bands like this popping up in the future. Bands that are explosive, short lived and full of emotion, whatever that emotion is, and as some in London will say, may they soon rest in Peaks.



CREDIT: STUDIO KUEFNER

Kira Longueuy is an up and coming singer-songwriter in Fanshawe's Music Industry Arts program.

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#FSUInterrobang

What's your Fanshawe story? Kira Longueuy—Music Industry Arts

CODY HOWE
INTERROBANG

Honest lyrics with a catchy melody are an idea that seems to clash with the radio stations in this 130 beats per minute generation.

Twenty-one-year-old self-taught singer-songwriter Kira Longueuy is confidently venturing from venue to venue, breathing life back into that once mainstream logic. With an indie rock sound influenced by popular acts like Dave Grohl and Dallas Green, Longueuy has found a steady following with support that believes in both her music and message.

"My inspiration comes from the people I grew up around," she said. "My dad and his friends sitting around a campfire on the weekend playing the songs they loved and then going back to the jobs they didn't necessarily like on Monday hitting repeat. I have always been told if you do something you love, you will never work a day in your life."

Longueuy also credits her knowledge to Fanshawe College and the Music Industry Arts program.

Over the past 30 years, the music industry has gone from making a living off one skill to learning all skills or making no living at all. The two-year diploma has been praised for readying students for every aspect of the industry including: management, live sound, production, engineering, entertainment law, theory and business.

"I always knew I had a passion for song-writing, but before this program I was severely limited to resources and knowledge that would help me turn that passion

into a lifestyle," Longueuy said. "After only one year of Music Industry Arts, I have learned not only how to promote my music but I have learned how to protect myself in an industry where stealing is common practice."

What makes her stand out from other artists is her love for community involvement, helping coordinate charity and awareness events around London since early 2014. She has formed networks with venue owners through this opportunity and has gotten experience not only playing with artists but also helping their passions come to life.

"The amount of contacts I have made from volunteering my time around London is honestly breathtaking. And the Music Industry Arts program here at Fanshawe has allowed me to pave so many paths through school, while being flexible enough to go out into the community," said Longueuy.

A program that can hybridize both education and experience is something that should not be overlooked by future students. Longueuy has had a busy summer, releasing her first single "It's Alright" and playing gigs at the Blackshire pub, Home County Music and Arts Festival, East Village Coffee House and Fire Roasted Coffee House.

She was also a London Covers finalist, performing in the top five for a panel of judges, at the London Music Hall. You can also check her out on Facebook at facebook.com/kiralongueuy for updates on shows, releases and everything else music related.



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BOOZE CAN BE BAD NEWS

GABBY SCHEYEN | INTERROBANG

For some students, drinking to excess is a “rite of passage” they associate with college. It’s an image we’ve all seen over and over: a group of friends, drinks in hand, having a wild night – it looks like so much fun. Alcohol can be fun when it’s consumed responsibly. It’s up to you to keep informed about the short- and long-term effects of a night of partying.



SHORT-TERM EFFECTS



LONG-TERM EFFECTS

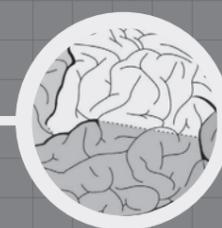


- Headaches
- Impaired judgment
- Unconsciousness
- Blackouts (memory lapses where the drinker cannot remember events that occurred while under the influence)

- Coma
- Slurred Speech
- Drowsiness
- Distorted vision
- Decreased perception and coordination
- Distorted hearing

HEAD

BRAIN & HEAD



- Nerve damage
- Vitamin B1 deficiency, which can lead to a disorder characterized by amnesia, apathy and disorientation
- Permanent damage to the brain
- Cancer of the mouth and throat



LUNGS

- Breathing difficulties

HEART

- High blood pressure, stroke, and other heart-related diseases
- Increased family problems, broken relationships



STOMACH

- Vomiting
- Upset stomach
- Diarrhea

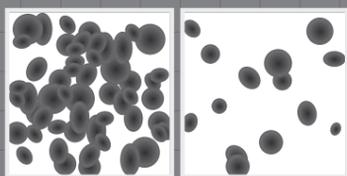
BODY



- Injuries such as car crash, falls, burns and drowning
- Injuries such as firearm injuries, sexual assault and domestic violence
- Increased on-the-job injuries and loss of productivity

BLOOD

- Anemia (Loss of red blood cells)



STOMACH & LIVER

- Alcohol poisoning
- Ulcers
- Gastritis (inflammation of stomach walls)
- Malnutrition
- Liver disease

THE GOODS



- Sexual dysfunction

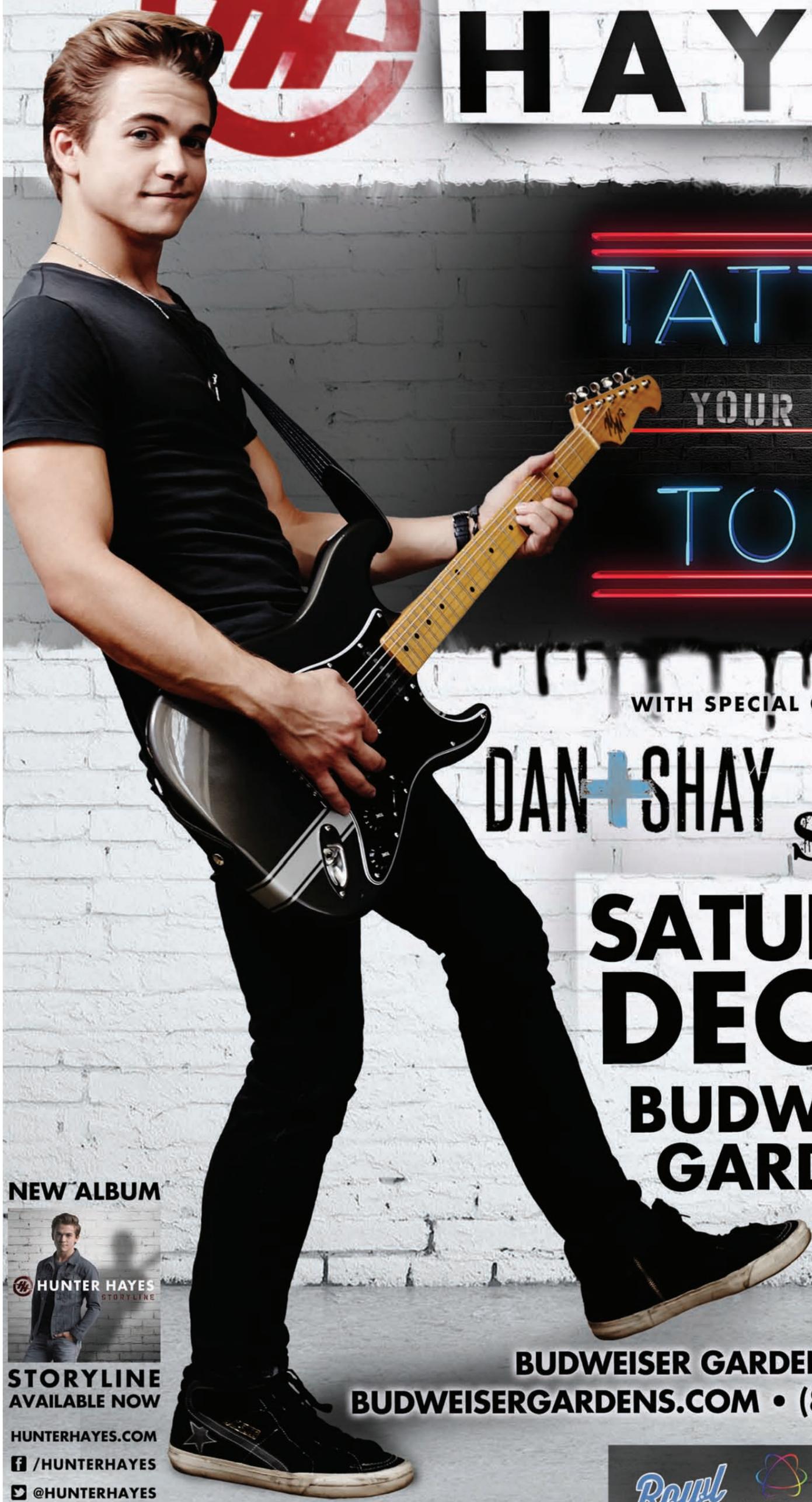
STATS & FACTS

- **In 2011**, 78 per cent of Canadians aged 15 and older had consumed alcohol (*Health Canada*)
- **At ages 15 to 19**, 52 per cent of males and 35 per cent of females reported consuming five or more alcoholic drinks on a single occasion in the previous year (*Statistics Canada*)
- **In 2008**, an estimated 24.1 per cent of males and 9.6 per cent of females reported heavy drinking – consuming five or more drinks on one occasion, 12 or more times over the past year (*Statistics Canada*)

- **From 2000 to 2007**, 47 per cent of all drivers 19 years of age or younger that died in traffic fatalities tested positive for alcohol and/or drugs (*Canadian Centre on Substance Abuse*)
- **In 2009**, 16- to 25-year-olds constituted 13.7 per cent of the population but made up more than 30 per cent of the alcohol-related traffic deaths (*Mothers Against Drunk Driving*)
- **Motor vehicle crashes** are the leading cause of death among 15 to 25 year olds, and alcohol is a factor in half of those crashes (*MADD*)



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If you tap it... You better wrap it!

ALLY JOL | INTERROBANG

Sexually transmitted infections (STI) are more than just an embarrassment. If left untreated they can escalate to cause permanent damage leading to infertility and even death.

A recent study by the Center of Disease Control (CDC) found that 15 to 24-year-olds represent almost half of all new STI infectants in North America. So it is always important to know if you have come in contact with one.

According to the CDC, the most common STIs among college students are chlamydia, HPV and genital herpes, and over 45 per cent of college froshies have neglected to have safe sex while binge drinking.

The trouble happens when people feel perfectly fine and show no signs of having an STI and since they do not know, they don't get treated and then spread the infection unknowingly. This is why whenever are hooking up with someone you should always wear protection. Just because everything looks fine, doesn't mean that it is. Nothing is ever as it seems.

Telling Your Partners

The thought of discussing your health issue with lovers can be nerve racking, but it is a conversation that needs to be had. Confessing to a partner about an STI allows them to make an informed decision on their health to get checked out and treated. If not, the infection could lead to life threatening illnesses and, in some cases, that carelessness may be considered a criminal offense.

It is hard to confront someone about something so personal and traumatizing, so Powell explained how the health clinic could help with this process.

"If someone has an STI that is reportable, it is important that partners are notified. You would need to notify any partners that you have had in the last three months," she said. "If someone is not able to do this for various reasons, a nurse at the clinic can help contact their previous partners. The nurse will not give your name but will just explain that they are a contact of someone with an STI and they need to come in for testing and treatment."

Treatment

An STI doesn't just go away. Without treatment, the infection stays in the body and could cause permanent health problems and spread to others, which is why doctors recommend to those who are sexually active or have been sexually active to regularly get checked for STIs.

"Testing can be as simple as peeing in a cup," said Powell. "People can have blood drawn and we can test for hepatitis B, hepatitis C, HIV and syphilis. We do a visual inspection of lumps or bumps to diagnose herpes and warts and we usually recommend that people get all the testing done but a person can decide what testing they would like."

10 Reasons to Get Tested

You should be tested any time that you are at risk. This means you might want to consider being tested if you have found yourself in one of these following instances:



"Any doctor can test for STIs. If you don't have a doctor or you don't want to see your doctor, you are welcome to come to the clinic," said Powell. "The clinics are first come, first served. You cannot make an appointment. No health card is required. Most of our testing and treatment is free."

So even if you have never been tested before, it is the perfect time to start. The London Middle Sex Health Unit clinics run Monday and Wednesday evenings from 4:30 p.m. to 7 p.m. and Friday mornings from 8:30 a.m. to 10:30 a.m. Stay safe!

BE SMART; STAY SAFE CONTRACEPTIVES

Andrew Vidler | Interrobang

Sex is enjoyable, no two ways about it. If Hollywood is anything to go by, those who do it do it a lot, and those that haven't done it at all, are on a constant quest to finally "get some."

However, as with anything fun, there are a number of risks involved, namely sexually transmitted infections (STIs) and unplanned pregnancies.

Thankfully, there are a number of products and methods that are devoted to maximizing safety without minimizing the pleasure that makes sex so enjoyable in the first place.

ABSTINENCE

The only 100 per cent guaranteed method of avoiding pregnancy and STIs is simply not doing it. If you are not ready for it, and your significant other is, make it clear to them they will respect your choice or you should find someone who will.

Cost: \$0

Prevents: STIs, pregnancy, feelings of regret when you're not ready

DENTAL DAM

A sanitary latex barrier, these protect a woman during oral-vaginal sex and oral-anal sex. You can also use everyday kitchen wrap or a slit-open condom.

Cost: Purchased in store for \$2 to \$5 each

Where to get it: Drugstore, most adult shops

Prevents: STIs like herpes and HPV, does not prevent pregnancy

MALE CONDOMS

The most commonly known and used contraceptive, condoms come in a variety of colours, flavours and textures. They not only prevent STIs and pregnancy, but they can enhance the sensation for both the male and female partners. They are suitable for protection during all varieties of intercourse.

Cost: Generally between \$10 and \$15 for a box; free at the Fowler Kennedy Medical Clinic for Fanshawe students

Where to get it: Any pharmacy, supermarket or adult shop, as well as many corner stores

Prevents: Pregnancy (when worn properly) and STIs (Except HPV or herpes)

CONTRACEPTIVE PATCH

A patch worn on the female's skin that released estrogen and progestin into her bloodstream to prevent her ovaries from releasing an egg. It also thickens her cervical mucus, making it harder for sperm to penetrate. Each patch is worn for a week at a time, and patches are worn three out of every four weeks. It's removed on the fourth week of the month to allow for a natural period. It can be worn on your butt, stomach, back or upper arms, but not your breasts, and the location should be changed up a little each week.

Cost: Approximately \$32 a month

Where to get it: Prescription required

Prevents: Pregnancy but not STIs

IUD (INTRAUTERINE DEVICE)

There are two types of this T-shaped device: ParaGuard and Mirena. ParaGuard is wrapped in copper, which acts as spermicide and should not be used by anyone with an allergy to copper. Mirena releases synthetic progesterone in small amounts to decrease the bleeding and cramp pains some women with an IUD experience during their period. The IUD is inserted by a physician after an evaluation. It runs the risk of possibly falling out for women who have not had children.

COST: \$200 to \$400, plus the cost of the doctor inserting it and check-ups, but it is effective for several years

WHERE CAN YOU GET IT: Must have consultation with a physician

PREVENTS: Pregnancy but not STIs

VAGINAL RING

A soft flexible ring that is inserted into the vagina. Similar to the contraceptive patch, it is worn for three weeks per month and then removed to allow for a period.

Cost: About \$30 to \$35 a month

Where to get it: Prescription required

Prevents: Pregnancy but not STIs

THE PILL

The woman takes the pill once per day at approximately the same time. It is available in many different brands, all with various side effects. Prescriptions are available from a family doctor or through the London Health Unit.

Cost: Varies between brands, but will generally cost \$7 to \$15 per pack at the London Health Unit

Where to get it: Through your family doctor or the London Health Unit

Prevents: Pregnancy but not STIs, advisable to use with condom or dental dam.

PLAN B (MORNING-AFTER PILL)

Two pills that are taken orally in the event of unprotected sex, breaking condoms or any other incident that may cause pregnancy. The pill should be taken the day after, but it is still effective within 72 hours of intercourse.

Cost: \$40 per dose, covered under many

Where to get it: Most drug stores, no prescription required.

Prevents: Pregnancy, but not STIs. If you had sex without a condom, get checked for STIs in addition to acquiring Plan B

**Most methods of contraception can be covered by your FSU Health Plan, but inquire first.*

Stroke, Slurp AND Suck

YOUR WAY TO

Pleasure

DIVE INTO THE WORLD OF ORAL SEX...FACE-FIRST

ERIKA FAUST | INTERROBANG

Dr. Jessica O'Reilly, a Toronto-based sexologist with a Ph.D. in human sexuality, hosts all kinds of workshops on everything from communication to secrets of successful couples to great sex. She had plenty of juicy oral sex tips to share – after all, she did write an entire book on the subject: *Hot Sex Tips, Tricks, and Licks: Sizzling Touch and Tongue Techniques for Amazing Orgasms*.

Her book offers around 100 tips and techniques, but “there are no ‘must-dos,’” she said. “There is no sexual bucket list – every person is different.” *Hot Sex Tips, Tricks, and Licks* offers ideas to inspire people, but “you’re not going to love every single one of them. You have to read it and make them your own and see what works for you.”

If you want to give good oral sex, it really boils down to four things: communication, enthusiasm, lube and variety. “Variety is so important, especially if you’re in a relationship, because our brains go into autopilot if we become accustomed to patterns and predictability,” O'Reilly said. Change up your moves to awaken your partner's prefrontal cortex so he or she is paying attention instead of predicting what will come next.

If you're going down on a penis, O'Reilly recommended using lots and lots of lube – try chocolate- or fruit-flavoured lube to sweeten the experience – and your hands. “Attach your hands to your mouth so that it feels like you're going deeper; use your breath to really trick the penis into thinking that your hands are a part of your mouth,” she said.

“On the way down, make sure your hands are really, really warm and really, really wet. Breathe heavily as you approach the head of his penis so that it feels like your hands are a part of your mouth.”

For a vulva, start on the outside. “The clitoral complex is not just that little bump at the top where the labia meet. The clitoral complex has 18 parts, and the big, huge clitoris underlies the vulva. It's really cool!” O'Reilly said. “That's why most women orgasm from rubbing and grinding, not from having things poked inside them. Work on the outside.”

She calls her best move ‘the pussy pocket.’ “Your palm goes on her Venus mound (the pubic bone) and your fingers fold over to cover her vulva, and you just rub or pulse or undulate your fingers, and then you can slide your mouth in there at the same time.”

Before you dive in, though, you've got to practice. “If it's your first time doing these moves, I really suggest you do it on an inanimate object first, because then you're not too hung up on technique or worrying about performance pressure; you're focused on getting used to it,” O'Reilly said. She suggested using your hand to practice for a vulva and a carrot for a penis.

Once you get started on the real thing, “Physically, your muscle memory will kick in if you've done something dozens or hundreds of times,” she said.

If you're exploring a new partner, or if you're trying to spice things up with a longer-term lover, “Use dirty talk to find out what your partner wants,” suggested O'Reilly. “Make it a part of your dirty talk routine, like,

‘Do you like that?’ or ‘Right there?’ Put your partner's hand on your head and let them show you where to lick or suck or kiss.”

When someone's going down on you, focus on what feels good – this may take some solo practice. “Whatever turns you on will bring out the genuine side of your sexual response that turns on your partner,” said O'Reilly. If you're familiar with your own body, you'll be able to properly direct your partner to ensure maximum fun.

Just like with penetrative sex, there are health risks to consider. The Middlesex London Health Unit cautions that, though it is considered a “low risk” sexual activity, it is possible to spread Gonorrhea, Chlamydia, Herpes, Syphilis and HIV through oral sex. Your risk of spreading or contracting a disease is increased if you have small cuts or sores in your mouth (such as from dental work or from vigorous flossing or brushing), if the woman receiving oral sex is on her period, or by holding a bodily fluid (such as vaginal fluid, menstrual blood or semen) in your mouth for a long time.

To protect yourself and your partner, use protection when performing oral sex. Use a flavoured condom on a penis, and use a dental dam or kitchen wrap on a vagina or on the anus. For more information, check out healthunit.com/oral-sex.

For more information on Dr. O'Reilly, go to SexWithDrJess.com.

WHAT YOU NEED TO KNOW ABOUT SEXUALLY TRANSMITTED INFECTIONS

Getting educated about sexually transmitted diseases isn't the sexiest article to read in this issue, but hey, getting them isn't sexy either.

STUART GOODEN | INTERROBANG

We all know about the importance of proper protection, but against what? There are a lot of sexually transmitted infections (STIs) out there, so knowing which ones are which is important. Wouldn't it be awesome if you could get information on everything you need to know about STIs in one convenient place?

CHLAMYDIA

(picture from std.gov.org)

Chlamydia is one of the most common STIs, especially among young adults. It is a bacterial infection caused by unprotected sex with someone who is infected. About half of all cases never show any symptoms. Using a condom is effective against infections.

Symptoms: Many people with chlamydia don't know they have it because symptoms either never show up or take a long time before they do.

Women may experience increased vaginal discharge, itching, lower abdominal pain, bleeding between periods and bleeding during or after intercourse.

For men, symptoms include a watery discharge from the penis, as well as burning or itching, the urge to pee a lot and pain in the testicles. Both sexes may feel a burning sensation during urination.

Treatment: Chlamydia is treated with antibiotics prescribed by your doctor, usually for seven to 10 days. During that time, you should not have any sex, including oral sex. After you finish treatment, a test is done to determine if the infection is gone. If the infection is not treated, it can cause infertility for both sexes.

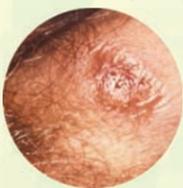
SYPHILIS

(picture from avert.org)

Syphilis is caused by bacteria that enter the bloodstream through the mouth, eyes, vagina, anus or broken skin. Condoms do provide some protection but aren't 100 per cent effective.

Symptoms: Usually take 10 days to three months to show up. Some people with syphilis don't have any obvious signs of the infection. Symptoms show up in three stages. During the primary stage, a painless sore called a chancre (pronounced “shan-ker”) will appear on the penis, anus, cervix, vagina or lips. The chancre is easy to miss because it heals in one to five weeks. In the secondary stage, a rash may appear all over your body. Eventually, it will go away, but you still have the infection, and you'll still be contagious. The disease will then move to what is called the latent stage, where syphilis will spread all over the body to the brain, eyes, heart and central nervous system.

Treatment: The good thing about syphilis is that it can be cured with antibiotics, but the treatment won't cure any damage already done to your organs.



HERPES

(picture from avert.org)

There are two types of the herpes virus: type one causes cold sores, and type two causes sores on the genitals. You can get herpes from kissing, oral sex and unprotected sex. Condoms do not give complete protection from genital herpes.

Symptoms: Men and women can show a number of symptoms that show up three to 12 days after becoming infected. Some people may see small blisters in the genital area that burst and leave painful sores. These can last two to four weeks and eventually heal. Itching or tingling sensations around the genital or anal area are also symptoms of infection.

Treatment: There is no known cure for herpes. Once you have it, you have it for life. A doctor can give you prescription drugs that can help heal the sores, limit outbreaks and reduce the chance of giving it to others.

GONORRHEA

(picture from avert.org)

Gonorrhea is caused by having unprotected sex with someone who is infected, even if they have no symptoms. Condoms are effective in preventing transmission.

Symptoms: About half of the people who have gonorrhea don't show any symptoms. Women may experience increased vaginal discharge, pain or bleeding when having sex, lower abdominal pain and bleeding between periods. Men may see a white or yellow discharge from the penis, a burning or itching sensation from the penis and the need to pee a lot. Both sexes may experience pain during urination.

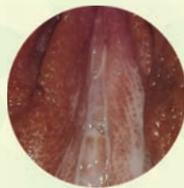
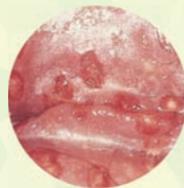
Treatment: Oral or injected antibiotics are usually prescribed if you have gonorrhea. If the disease isn't treated, it can cause infertility and it can spread throughout your body and cause arthritis in your joints. Women may also develop Pelvic Inflammatory Disease (PID).

HUMAN

PAPILLOMAVIRUS (HPV)

(picture from connectwithwellness.wordpress.com)

Human papillomavirus is a common STI. There are over 100 different types of HPV, and at least 40 are spread through sexual contact. HPV is the virus that causes genital warts. HPV can be spread through any sexual contact, including vaginal, oral and anal sex. In women, HPV infection can cause problems that may lead to cervical cancer and cancers in the vagina, vulva, anus, mouth and throat. In men, HPV infection could possibly lead to cancer in the penis, anus, mouth and throat. It is possible to protect yourself from up to four types of HPV by



getting a vaccine; doctors recommend it for girls (from age 11 or 12 through age 26) and for guys (from age 11 or 12 through age 21). Condoms do not provide complete protection against HPV.

Symptoms: Many people with HPV don't know they have it because it often does not show any symptoms. Not everyone with HPV develops genital warts. You can't tell whether or not someone is infected just by looking at them.

Treatment: Some low-risk types of HPV (types 6 and 11) may cause genital warts, and at least 15 high-risk types of the virus (such as types 16 and 18) may cause cancer. There are treatments for the warts caused by the virus, but nothing can cure someone who has the virus.

HIV & AIDS

(picture from sayestoknowing.ca)

Human Immunodeficiency Virus (HIV) weakens the immune system. Eventually the virus can lead to Acquired Immunodeficiency Syndrome (AIDS), which can be fatal. HIV attacks the type of cell in the immune system that fights infections.

The disease is transmitted through bodily fluids, such as blood, semen and vaginal fluids. It cannot be transmitted through saliva, air or food, however. Pregnant mothers with HIV can pass the infection on to their babies.

Symptoms: Many people who have HIV don't know it. Symptoms may not show up for as many as 10 years. Until then, people with the disease can appear perfectly healthy. When somebody is diagnosed with AIDS, symptoms such as intense fevers, severe weakness or fatigue, unexplainable weight loss, a frequent cough and white spots in the mouth or throat are present. AIDS can also lead to rare diseases or cancer.

Treatment: Despite years of research, there is currently no known cure for HIV. Doctors can prescribe immune system-boosting pills to relieve symptoms.

Next time you're thinking about getting some, keep in mind that not all sex is good sex. Proper protection is always a smart choice to make to avoid STIs.

This article was written with information from intheknowpeel.ca, kidshealth.org and hpvinfo.ca.





SUCH SEX, MUCH LOVE, VERY MUSIC

Everyone likes music and a lot of people like to get it on. Why not combine the two? The Internet has opened the doors for suggestions and below you will find some of the most common ones that I came across.

Bump n' Grind - R. Kelly

This one made a lot of top 10 lists. R. Kelly is among one of the most notable neo-soul/R&B artists of the past couple decades and it's unsurprising that his smooth voice and groovy productions would make for a good time. So long as you don't play Trapped in the Closet as it has been scientifically proven to kill the mood in a matter of seconds.

Why Don't We Do It in the Road? - Beatles

Paul McCartney wrote this song after seeing two monkeys banging in the street while on retreat in Rishikesh, India. But we're all primates so the song can work for us hominids too.

Armor Fati - Washed Out

Chillwave artists do just what their name suggests. Choose this song if you want to feel like you and your partner are floating in some dream world or if you want to get into that '80s throwback mood. Either way, you'll probably need at least one neon light in your room.

Tainted Love - Soft Cell

A classic tune and another great selection if you're into that '80s chill vibe. You may be familiar with Marilyn Manson's goth-y cover of it that gets played on the radio sometimes more than his original music but the Soft Cell version retains its age well.

Pushin' Inside You - Sons of Funk

I came across this number after reading the song title and thought, "Holy shit this is going to be good." My ears were not disappointed and the album cover profusely bleeds cheesy '90s R&B goodness. As most sex song lists are filled with R&B tracks, it is evident by this point that almost any song in the genre will probably do for sexy time music.

Poor Slow Sugar On Me - Def Leppard

Somewhere in the dive bars of London, On. the Def Leppard fans are waiting. For their time, Def Leppard was, along with their glam rock contemporaries, one of the sexiest bands out there. They snarled their way through the mainstream fad of loud guitars, reverb drenched drums, long curly hair and flashy outfits with songs that lacked any sort of subtlety in meaning.

Light My Fire - The Doors

On the topic of rock music, we can't avoid the captivating performances of Jim Morrison who propelled The Doors to stardom with his poetic and smooth vocal delivery. The Lizard King was powerless, however, without the instrumental backing of Ray Manzarek, John Densmore, and Robby Krieger, the group produced this edgy (at the time...) rock tune for fans to be floored by.

Sail - Anohni

Once again, the Internet speaks a great deal about this song. I'm not sure what the lure is exactly but it could be anything from the slow paced groove, the overlaying classical strings, or the melodic yet somewhat aggressive vocal performance.

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Kinks: What they are and what they aren't

Preston Lobzun | **Interrobang**

The word "kink" is in most people's verbal dictionaries. Kinks are usually described as a turn on that isn't necessarily a fetish but some kinks do borderline on that form of attraction.

Do you have a kink? If so, it is not something to be afraid of but it is completely understandable if you are as our society generally frowns upon more sexually vibrant lifestyles. Even more so, describing the topic of kinks and fetishes makes people feel borderline uncomfortable if they have never been exposed to different sexual lifestyles.

Distinguishing between a kink and a fetish is important. While neither I would argue is morally unjust, they have different implications. A kink can be a definitive line that buffers between enhancing one's sexual experience and replacing it with a fetish. The line gets blurry however when the concept of "normal" sex gets put into play.

On the topic of fetishes, what do those entail? Usually, fetishes are described as being attracted to a specific object or situation. This could be a wide range of things and pretty much any situation you can imagine has some sort of name for it.

Without diving into the details of each fetish, it becomes apparent after reading about them that these are not isolated feelings rather practices engaged by consenting partners. Consenting is a very important factor for people who engage in these practices and the BDSM community has a motto of "Safe, Sane, and Consensual" when they discuss the topic.

For many couples or groups that participate in what are known as "scenes" or "sessions," they will use a safe word or some sort of indication to allow their partner to communicate effectively without being put in an uncomfortable position.

Despite the adherence to consent, there are some fetishes and attractions that obviously push those boundaries and managing them becomes a challenge for the individual.

On August 11, the website Medium.com posted an article by Luke Malone about an anonymous 16-year-old paedophile who was concerned that he would harm somebody later in life. It's an article that is very hard to read but gives an educated look into what creates sex offenders and how we can possibly prevent those measures earlier on.

It's important to recognize that because being attracted to something is so broad, it is going to encompass more grotesque attractions like paedophilia but that does not make up the majority of people who enjoy kinks and alternative sexual lifestyles.

As a part of our ever-growing understanding of sexual practices and our inner desires, it is important to recognize lifestyles that differ from ours.

As stated above, not all fetishes or kinks are despicable acts of non-consensual violence. They make up a part of our human condition and for some who live within a sex-based sub-culture, they are an essential part of that person's life choices and represent the ability to be truly autonomous and unique individuals.

ENDING PORN STIGMAS FROM WITHIN

A look at Toronto's feminist porn movement

Andrew Vidler | **Interrobang**

Crude, unnecessary, exploitive, sad. Artistic, relevant, liberating, beautiful.

All of these words and more have been used over the years to describe the multitude of genres and subgenres that make up the pornographic industry. There are many different groups of people who speak out against adult entertainment. Religious and social organizations, and parental groups and gender rights activists have all weighed in with a series of opinions as to why they are against it.

For the people on the other side of the fence, however, filmed sex acts are nothing to be bothered about, after all they are two consenting adults who are likely earning a paycheck from allowing themselves to be filmed for other consenting adults to view for their own personal reasons. Issues of underage consumption and the effect that porn may have on people's perceptions of sex are all commonly raised concerns, but the industry has existed since the dawn of the camera (and arguably long before) and is not going anywhere anytime soon.

In the past year, one particular issue has become more visible than ever before. One that is arguably more dangerous than any risk to the viewer, the effect that it can have on those actually performing the acts, and the way that society perceives them. The differing fortunes of exposed adult film performers Miriam Weeks (a.k.a. Belle Knox, the Duke University porn star made famous in February), and University of Wisconsin student Alyssa Funke (who committed suicide in May) have thrown into light the negative stigma that still surround these performers, and the potentially damaging effects it can have on them.

While the fortunes of these two girls turned out wildly differently, they shared one important commonality, they

both became involved in the porn industry for the money, a sentiment shared by Toronto based performer Lydia Grace. "I got started because I thought it would be quick and easy money, it wasn't something I thought I'd be doing a year later."

Grace has been a webcam performer for just over a year and contrary to what people would think, has found the entire experience to be extremely fulfilling and a bit of an adventure. "I've been able to interact with a lot of interesting people," she said about what is keeping her in the industry. "It didn't take me too long to discover that not everybody on the other side of the camera wants to simply see you naked."

Concerning the attitudes toward adult performers, Lydia considers herself to be among the lucky ones. "It's there, but I've had very little of it affect me personally, I've managed to surround myself with people who are very open minded, and some of my friends are doing similar work."

The negative interactions have been few and far between and in regards to the few who have been rude to her she hasn't let it bug her. "They're not important, and they don't actually know much about me so I don't think it's a huge deal. Everyone is really considerate and kind. They rarely bring it up anymore, which has saved me at a few family gatherings."

"No they don't know," she laughed. "I'm not exactly keeping it a secret though, probably only my grandmother would be upset if she found out, but she's totally computer illiterate so I think I'm safe on that one."

Having recently begun to dabble in Toronto's adult film scene, Lydia and the people she works with have been looking at alternative methods to the more traditional pornographic fare, or as she puts it, "some beefy dude drilling a tiny, unhappy looking girl making really fake sounds."

Dubbing it "feminist porn," the company she works for films porn that avoids the clichés and negative connotations that are associated with the industry.

"I know feminism and porn don't usually go hand-in-hand, due to the way that women are portrayed in it. [We're] offering films that focus on the female being pleased just

as much as the man, so it comes across as a far more natural approach." Not content with just changing the way it is shot, but the performers in these films are also different than what is usually seen. "We cast any sort of people in our films, we look for different body shapes, people of colour, LGBT or just unique, average-looking men and women. It allows us to better represent who people really are, and hopefully make porn more appealing to those who are uncomfortable with what they have seen before."

The movement has been generally well received by the feminist community in the city, for the most part. "Obviously some of your more, let's say radical feminists are still against porn in any way, but otherwise Toronto is really the home of the movement, hosting a yearly conference and award ceremony for the people involved in the genre." It's also a growing one, as some of the filmmakers she has worked with have been brought on board to some of the more mainstream local companies, in an effort to bring the feminist approach to a wider audience.

While Grace has found her entry into to adult film world to be fairly easy and welcoming, she still urges caution for anyone, male or female, who is considering it as a possible career move. "It's a massive choice, and not one that should be taken lightly, I know it's been going pretty well for me but there are still a ton of risks involved."

She cautions to make sure that it's what you want to do, because once one thing is made, it can't be undone. "For anyone who seriously wants to pursue it, be careful as to what sort of company you are going to be working for, and what their reputation is. Also remember that these sorts of things have to potential to impact something like a future career, depending on your field." Otherwise, she believes that as long as you can surround yourself with supportive people, any backlash will just blow right off.

"Just be nice to [women like Alyssa Funke], anyone who you even think might be involved. It can be a hard business and ultimately we just want to end the stigma around it so it can be more enjoyable for everyone."

SEX: WHEN IT'S NOT ENOUGH

Ally Jol | Interrobang

Otherwise known as “nymphomania” for females and “satyriasis” for males, these names describe a person that is obsessed with sex or has an abnormal sex drive. Their lives are so dominated with sex that their ability to function properly, have relationships and go about their daily activities is seriously affected.

Since 2006, Deb McLachlin a soon-to-be licensed sex therapist, has had a particular interest in treating sexual issues and relationships. McLachlin claimed that sexual addictions, along with any addiction, relates to a degree of preoccupation that is intrusive on a thought level and on a behavioural level that interferes with a person's functioning.

“With an addiction, the dopamine pathway of the brain is the pleasure centre,” she said. “So whether you're using alcohol or heroin you build up an apprehension or craving that gets sort of enshrined into your brain functioning. So you have to have it.”

“With sex addiction, they possibly say it's the worst of the addiction because there is such an attraction component in the craving.”

“In the 1980's and so they talked about serial monogamy and we laughed! Meaning that you would have one long term relationship, then another one and another one and another one,” said McLachlin. “We thought, ‘It's never going to happen,’ but it has happened. We're there.”

CAUSES

It only makes sense to be addicted to sex... right? It feels good and makes you feel good after (if done properly) just like drugs and alcohol make people feel good. However, this is rarely the cause to how people develop the addiction.

1. **Abuse:** “There might be anger. Abuse fast tracks to sex addiction and part of it is inappropriate boundaries. Say someone is having sex from the age of 13 or younger, they tend not to want to preserve themselves or hesitate about choice of partner. There can be a negative image of ‘I'm discarded’ [or] ‘I'm not valued,’ a sort of disconnect from the body. It's an, ‘I don't care,’ kind of view. You used my body so I'm going to use it,” McLachlin said.
2. **Porn:** “It's insidious but it is in a lot of homes. They're trying to present a Barbie to the world for female genitalia, instead of accepting the real diversity of women,” McLachlin said. “Porn use amongst teenage boys is increasing. They don't have a normal smell-the-roses approach to sex and desire. So it has to always be another set of breast, another body... and it really sort of scorches their brain in that way and it gets skewed.”
3. **Injury:** Some sex addicts may be suffering from a brain injury, which stops them from distinguishing right from wrong. “Loss of the frontal lobe, which is inhibition, says ‘No you can't do it.’ It's normal to have violent thoughts... but it's your frontal lobe that says no, you can't drive into that apartment or you may be holding that knife, but no,” said McLachlin. “Why don't we just push the limits and make it coercive and force this person have sex with me and so on you know that really isn't acceptable.” Damage to this part of the brain can lead to instances of paraphilia.

PROBLEMS

Addictions lead to feelings of guilt, shame, despair, failure, rejection, humiliation and causes risky behaviour. Yet, when it comes to compulsive sexual behaviour other issues arise. Though the threat of danger is clear, they may take risks regardless of the potential outcomes – even if this means possible health problems.

1. **STIs:** When someone has sex with multiple people, it increases the chances of one of those sexual partners not wearing a condom.

“In spite of condoms being used, people can pick things up. An example is herpes or other STI's where there can be a silent carrier so a person doesn't know he or she is infected. With herpes, apparently there are dry skin flakes in the area that transmit the virus and apparently good looking skin doesn't assure you of it.” Said McLachlin.

2. **Functioning:** One problem for hypersexual females in particular that interferes with their functioning is what McLachlin called vaginismus.

“With sexual addiction very often are they're out there doing risky stuff they get treated improperly or they get raped and then their functioning starts to change so the vagina doesn't always cooperate,” she said. “Vaginismus in women is when the vagina clamps down and does not allow any entry. Even a finger is painful to put in and that sort of happens involuntarily. The woman could want to use a tampon or put her finger there and she doesn't have much choice.”

A problem more for males is paraphilia, which can be described as the intense sexual arousal to abnormal objects, situations or individuals. A paraphilia, like addictions, can revolve around something physical, such as children, animals, underwear or around a behaviour, such as inflicting pain or exposing oneself.

“Why don't we just push the limits and make it coercive and force this person have sex with me and so on you know that really isn't acceptable. And if they are into using drugs and alcohol with it, their thinking get blurred,” said McLachlin.

3. **Privacy:** “They don't want their kids to know that they're having sex with a lot of people so they often have to be very careful. One person went to a sex party here in London with their partner and on their way out they happened to see his co-worker coming in and that's a difficulty. But others believe that that's permissible and how they want to leave their lives,” McLachlin said.

TREATMENT

The Brain That Changes Itself by Canadian-born writer Norman Doidge reveals a *revolutionary* discovery of neuroplasticity that debunks theories of locationism in the human brain.

“What we taught people was that if you have a minor brain injury, to bad so sad go home and compensate. And now what they're saying is that you reprogram it. Thoughts are synaptic transmissions and what they're saying is that you can change psychiatric difficulties,” McLachlin said.

“I worked a brain injury in 1999 at Parkwood and the big [term] there was ‘compensatory strategies.’ It was erroneous that neurology taught us locationism with speech, language, movement,” McLachlin said as she pointed to different spots all over her head.

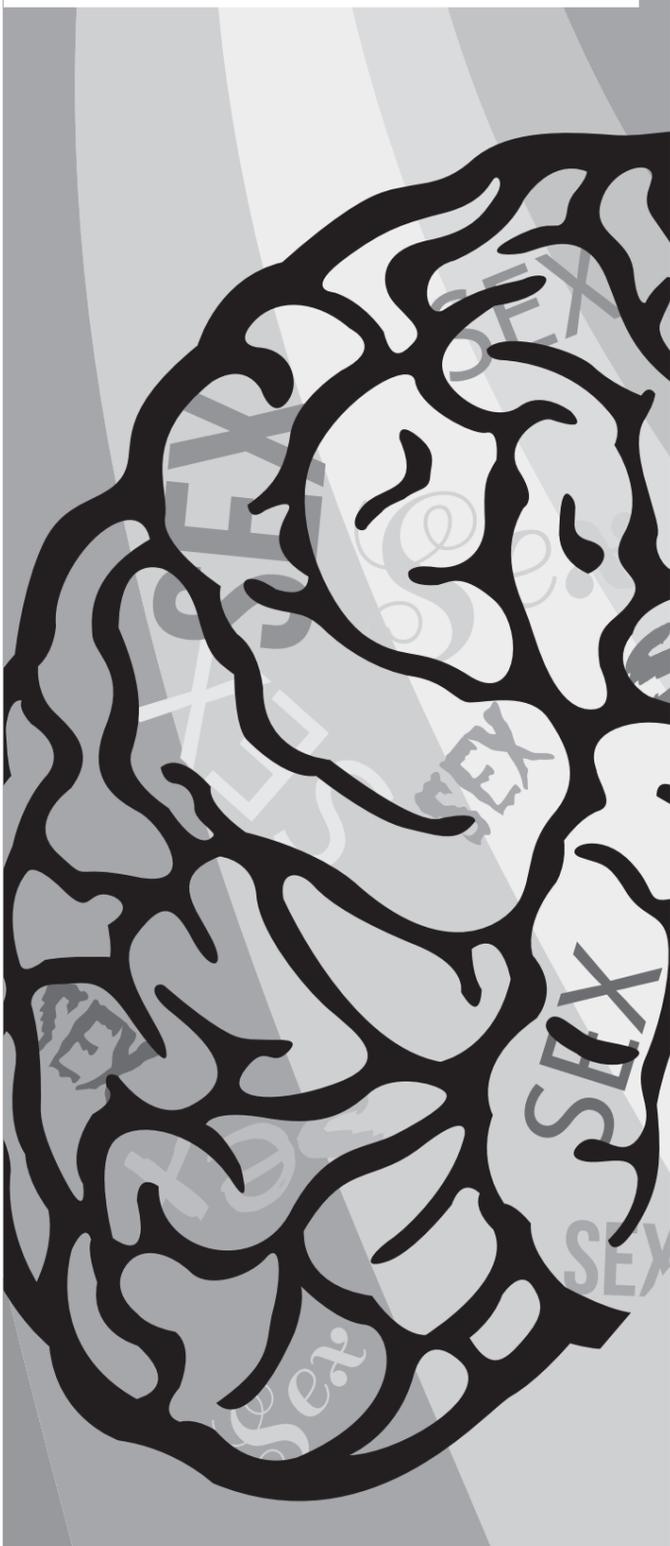
“All that locationism that we were taught in the 1990's and all of these compensatory strategies was all garbage. What they're saying now is that the brain changes. The Russian soldier who had half of his brain blown away in the 1910's should not have been able to talk and eat,” she explained.

Another form of treatment that works wonders for people has been meditation. McLachlin demonstrated how she tells her clients to start by taking a stone and examine every speck, colour and crack for a whole minute focusing on nothing else. Then doing so again for another minute with your eyes closed. This is meant to help focus on things other and rid your mind of the thought of sex (or any other thoughts).

“It is helping you to discipline your thoughts about other intrusive thinking. In fact, this type of exercise would also be good to help prepare yourself for exams,” McLachlin said.

There are multiple support groups for people with hypersexuality. Sex Addicts Anonymous works to share each other's strengths and experiences to help others recover from their sexual dependencies.

If you or someone you may know is a sex addict or has other doubts about your sex life such as lack of sexual desire, erectile difficulties, body image, arousal difficulties, sexual abuse, orgasm difficulties, sexual discomfort or pain, sexual identity and gender questions, McLachlin's office is located at 472 Ridout St. N. and is always encouraging students to come to her with concerns. It is important to address your difficulties and achieve results to better your state of mind because chances are you're not the only one.



ONLINE DATING



The 5 Types of People THAT YOU MEET ONLINE

Connor Dunster | Megan McPhaden | Interrobang

THE FIVE TYPES OF WOMEN YOU MEET ON DATING SITES



Tina Two-Face

- The first picture on her profile really catches your eye and is attractive
- The other pictures on her profile are completely different
- Looks like after she took the first picture, she was hit by a bus
- If you were the only two people in the room, you wouldn't know who she was



Paula Photographer

- The most professional picture you'll ever see – Cindy Crawford is jealous
- Paid a photographer to catch her doing model poses, usually outside with a tree or some shrubs in the background
- Instagram filters all over – you don't know if this girl's skin is diseased or just sepia-toned
- More make-up used than a Toddlers and Tiaras pageant



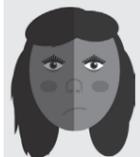
Top-Secret Sarah

- Profile includes sayings such as, "I don't know what to say here" and "I'm just here to check this thing out"
- They are so interesting with their favourite hobbies, which include eating, hanging with friends, movies, music and breathing air
- She's like the men in black – her identity requires government clearance to information
- You need to message her to find out more... like, she's that interesting



Too-Good-to-be-True Tammy

- Goddess-like, one of the most beautiful women you have ever seen
- Every picture more beautiful than the next and she's somehow way more attractive in person, making her the exact opposite of Tina Two-Face
- Too perfect – you start to think this must be a fake profile
- You think she must be crazy to be single or has some weird qualities, like hating puppies or Nutella



Picky Patricia

- Knows what she wants and won't settle
- Has had a few bad experiences on these sites and sets the rules
- Will throw out the lines, "If you're looking for a quick hookup then don't message me," while wearing a stripper outfit and chugging a Smirnoff Ice in her picture
- List of people she won't date is longer than a Black Friday line at Walmart: no vegans, no vegetarians, no dog lovers, no cat lovers, no blue eyes, no blinkers, no cheese lovers, no John Tesh lovers

THE FIVE TYPES OF MEN YOU MEET ON DATING SITES



Jacked Jack

- The guy with the nice body who wants to show it off
- Only posts photos of his body; his face is mysteriously absent
- Overconfident and sends lots of winks ;)
- Ladies; if he looks too good to be true, he probably is



Absent Albert

- Vague description that likely includes some self-deprecating humour
- He wants to look, but he doesn't want to touch
- Stay away from them



Poetic Paul

- A profile that goes on for days
- He introduces himself to you with the message, "I'll be the most intense lover you ever had"
- Poetic, bordering on creepy
- Innocent-looking enough until he starts sending you text messages though you didn't give him your number



Douchey Dave

- Starts his pick-up line with an insult
- Stresses he's doing you a favour
- Thinks this will work on girls... sadly, it does
- WARNING: Watch out for the V-neck



"Normal" Norman

- Seems pretty average
- A picture posing with his chocolate lab, Bandit
- Enjoys country music, BBQing and dirt biking
- Out in the boonies waiting for your pictures to load on his dial-up Internet

THE RISE AND FALL OF POWER: MY ADVENTURE INTO DATING APPS

Connor Dunster | Interrobang



Let's face it – our generation is different from the ones before us. We want things now, but we don't want to work hard, and I'm sure the so-called "Greatest Generation" is rolling in their graves because of it. Being the laziest generation has its perks, like companies developing free applications to make "dating" (or booty calling) a whole lot easier.

According to Justin Mateen, co-founder of the Tinder app, 70 per cent of people using these apps are between the ages of 18 and 24, so it's pretty clear this is a pretty widespread new way to meet people. Who wouldn't rather talk to people through their phone wearing sweatpants and eating Cheetos than go to a club and pay \$7 for some low-grade Jägerbombs?

I decided it was my job to take a look at these dating

apps and expose the dirty truth of dating in the digital world.

Being on three dating apps – Tinder, Swipe and Grindr – at the same time was like having a full-time job. I was constantly switching between the apps, looking for new people and answering my messages, but I was mostly just creeping.

When I first started using these apps, I felt pretty shallow and judgmental, choosing women based on a picture and a short description. I felt so bad I didn't even want to continue my experiment... then two minutes passed and that all changed.

These apps are not like conventional dating sites and apps – they are more like a game with the objective to be as superficial and judgmental as possible. It actually encourages you to base your decisions solely on looks, which you were told your whole life not to do. The feeling of looking at real people and getting to decide their fate made me feel like Emperor Commodus in *Gladiator*: a simple flick of the thumb up or down will let them live or banish them forever.

I was on a massive power high, going through hundreds of women, when it hit me. I was no emperor; these women had the exact same power as I did – they were deciding my fate with the same ease I had to decide theirs. It was a bittersweet moment. I didn't feel so bad judging them anymore, but I had also lost my invincibility. Sure, I wouldn't ever know if these women didn't pick me... but if I never got any replies, wouldn't it be the same thing?

Constantly flipping between apps and talking to people was exhausting, and after two days, I just had to delete my accounts. It was hard to give away my power, but I had to save myself and get some sunlight.

The good thing about these simple picture apps is their barebones simplicity. Online dating follows only two rules: 1. Be attractive and 2. Don't be unattractive. Making a profile on a dating website and describing yourself is probably the most embarrassing 200 characters you'll ever have to bullshit. With these types of apps, it's all based on initial attraction, so it cuts through the crap of creating profiles and gets you talking.

The weirdest thing I found about going on each of these sites (and Plenty of Fish and Zoosk and Match – hey, I wanted to be thorough with my research!) was that I never encountered the same girl twice. I mean, if you're out there looking for someone to date/hook up with, I don't think it's time for brand loyalty. To be successful on these sites – just like in life – you need to diversify, be different and stand out. If that doesn't work, just keep practicing those selfie shots in the mirror until you nail your perfect duckface.



Sex. It seems like everyone is doing it these days. But what about those people who choose to wait to have sex? What's the reason for it, and why is it such an important decision to make?

Kevin Norcross, a Youth Pastor at North Park Community Church, has spoken with many young people who are struggling with the decision to wait to have sex. When asked why it is such an important decision, he responded by quoting Ephesians 5:31: "For this reason, a man will leave his father and mother and be united to his wife and the two will become one flesh."

Norcross uses two pieces of paper to help illustrate the concept. "I take a piece of blue construction paper and a piece of pink construction paper, representing a boy and a girl. I glue the pieces of paper together and let it dry. Scripture teaches that when you have sexual intercourse with someone, you become one flesh with that person. If sex isn't within the boundaries of marriage, then it's ripping apart at that flesh." When the papers representing a man and a woman are torn apart, the figures are destroyed. "It's a very important issue, because when young people have sex outside of marriage and then they separate, it's very damaging to their spirit and their heart, and it's not the way God intended it."

What about people who don't have faith? Why is this still an important decision for them to make? Norcross said that having sex before marriage can bring on a lot of emotional baggage. "It can create a lot of bad habits in one's life. Let's say you're just seeking self-pleasure and not commitment." He noted that the risks associated with intercourse – sexually transmitted infections and unwanted pregnancy – are two other reasons to wait.

But when it comes down to it, the reality is that choosing to wait can be downright difficult. "It's very difficult to wait because God created us to be sexual beings. Especially young people, they're very driven by their sexual desires. We live in a very sexually charged society, and it's difficult for students to focus on God," said Norcross.

The truth is, it's inevitable that temptations are going to arise. However, there are ways that you can deal with the temptation and not fall victim to it. Have someone in your life that you trust – a friend, a family member, a relative – that you talk to if you ever feel tempted or make a mistake. Because the truth is, you are not alone. Chances are that others are going through the same thing as you are.

If you want to avoid temptation, surround yourself with other people. Go out somewhere in public, such as a mall or a friend's house. Walks and having different hobbies can be helpful too.

If you're still struggling with the decision to wait, or if you're confused and unsure of what to do, "pray about it, talk to God about it, and ask for strength," said Norcross.

But if you do slip up, it's not the end of the world. "We're not an environment where we come down on people and point a finger at people for making mistakes, we all make mistakes. If we give those mistakes to God, he can make something great with them."



Liza (name changed to protect privacy)

Why wait? "Waiting is simply a matter of self-respect and confidence – self-respect in that nobody but the one you choose will get to experience your body and confidence in that you know who that person will be when you meet them. That confidence takes time to build."

How tough has it been? "Sometimes it is difficult to wait because you have so much confidence in the man that you want to marry that you will have many temptations to 'make him happy.' However, it is important to follow through on your words, as one's actions reflect one much more than their words. Those temptations are extremely hard to fight ... so it is good not to arouse any temptations before marriage."

What do you do to fight temptation? "When temptation did arise, I would try to regain control of my body and mind as to not stir anything up. It is difficult to do, but I would remind myself that I am strong enough to overcome, and that I can reach my goal. It is like any goal – you have to fight your way to it and that hard work pays off in the end."

Alex Watts

Why wait? "It was pretty easy (to wait), since I had better things to do with my time than to chase girls around. But then I got a girlfriend who was looking for a more 'intimate' experience in the relationship. We didn't have sex, but it set the bar for further down the road. After being exposed to the other side of the sex issue, and honestly enjoying it, I let my guard down and the illusion of nobility was gone. Other opportunities arose, and each time, I held back less and less."

After a time, I succumbed to my hormones and sexually saturated mind and went all the way. It was probably the worst decision I've made so far in my life. If I were able to do it all over again, I would set out to pursue a more virtuous relationship from the beginning. Even preventing myself from making out, which in my opinion is just a prelude to more intimate acts. When I first had sex, it wasn't even all that great, but something was lost. It's hard to explain, but it's almost like something was taken from me. I felt guilty, ashamed and dirty. Not the results I had hoped for."

How tough has it been? "I would definitely choose to wait if I could do it again. It is extremely difficult to wait, however. I feel sex is so pervasive in our society that it blows up the expectations that we have and makes us want to have it even more than what is normal. Sex is so commonplace that it's normal now for younger and younger teens to have sex ... Waiting is the hardest thing to do if you're a hormone-raging teen."

How do you fight temptation? "If there is any temptation (and there will be), I find it best to do something productive, such as cleaning, going for a walk, being in a public setting like a mall or restaurant. Being alone is definitely a danger-zone, so be alone but be alone surrounded by people."

John Katalayi

Why wait? "I choose to wait because I feel like that's something to be proud of. Nowadays it's very unpopular to wait; you actually get more respect for the amount of people you've slept with as a guy. I wait because I want my future wife to be proud, but more importantly I wait because that's what the word of God says we should do, and as a Christian, that's what I go by. I want to seek Him first rather than my selfish desires."

How tough has it been? "It's hard to wait because of peer pressure, and the temptation is crazy. But I busy myself with basketball or music; or, surround myself with Godly people to remind me of why I should wait, and I try to stay away from places that I know are no good. But we're only human, right? So I've failed, but I've gotten back up again."

Steph Abraham (Eckert)

**Note: Steph was married in June; this interview was conducted before her wedding.*

Why wait? "I'm currently engaged to be married, and my fiancé and I have not slept together. We both want to wait and agreed from the beginning that's what we would do. Sex is a sign of commitment and love, not just romance. You cannot possibly be more physically intimate with a person than when you have sex, and this is something we both want protected inside the promise of marriage. Sex totally changes a relationship. Once you have truly given your whole self to someone, that's not something that can be taken back. I want to make sure the only person I give my whole self to is my husband, and even though we are engaged, he isn't my husband yet."

How tough has it been? "It's not easy! I think anyone who says it's easy to wait is lying. Of course we want to have sex, because we love each other and are committed to one another. When you're growing so deeply in your emotional, intellectual and spiritual connections, it creates a tension to grow in a similar way physically. It's the one area being held back."

How do you fight temptation? "For us, temptation has sort of become a choice. If we know we're going to be alone late at night, we'll text a friend to keep us accountable, or we'll make sure we're with people or in public. I will admit to times when we both were weak in this area, but for the most part, you know what situations cause you to feel tempted, and it's just best to avoid those times. I am so excited to marry my best friend, and give my whole self to him for the first time on our wedding night! It is so reassuring that I will be the only person to sleep with my husband. Also, it's such an incredible feeling to have someone look you in the eyes and say, 'You are worth waiting for.'"

WHAT HAPPENS TO YOUR BODY DURING PREGNANCY?

Ever wondered about the changes that happen to a woman's body during and after pregnancy? You may be surprised. Apart from the pleasure side of sex, there is the natural course of reproduction. Women's bodies are built to develop and carry babies to term. As a result of another being growing inside them, their bodies undergo massive changes to accommodate the baby. These are some of the changes that occur inside a woman's body during pregnancy.

HEAD

- Headaches
- Mood swings
- Hair starts to grow faster and thicker
- Forgetfulness
- Insomnia
- Acne

"MY BREASTS GOT LARGER AND REALLY SENSITIVE; EVEN PUTTING A T-SHIRT ON HURT."
- LIV

"THE BIGGEST CHANGES ARE MY LACK OF BLADDER CONTROL AND THE SIZE OF MY BREASTS - THEY ARE OUT OF CONTROL."
- THERESA

EYES

- Vision changes
- Contacts may become irritating to wear

MOUTH & THROAT

- Gum inflammation
- Heartburn and indigestion

NOSE

- Increased congestion of sinuses
- Heightened sense of smell
- Snoring due to congestion
- Worsened allergies

BACK

- Back aches due to a growing belly
- Tingling or numbness

BREASTS

- Breasts become sensitive
- May grow to another cup size
- Areolas begin to darken due to hyperpigmentation caused by hormones

BUTT

- Flatulence due to bloating
- Hemorrhoids due to reduced blood flow

STOMACH

- Stretch marks as skin stretches to make room for a growing baby
- Fetal movements such as the baby kicking
- Belly button - "innies" may become "outies"
- Cravings and aversions to food
- Constipation
- Pelvic ligaments will loosen, causing some women to "waddle" instead of walk
- Linea nigra, a darkened line down the middle of the tummy
- Weight gain varies woman to woman

GENITALS

- Increase in sex drive during second trimester
- Contractions later in third trimester
- Cervical dilation as the body prepares to get ready for childbirth

LEGS

- Varicose veins will appear on your legs due to the effort of your arteries to circulate blood
- Sciatic nerve or sciatica condition - the baby's position in the body may push on the nerve, causing numbness and shooting pains up the body
- Restless Legs Syndrome - twitching or spasms in the legs
- Ankles and feet will start to swell

YOUR BODY POST-PREGNANCY

"MY HIPS NEVER WENT BACK TO BEING THE SAME AS BEFORE MY PREGNANCY."
- LISA

BLADDER: Bring on the Depends. An uncontrollable bladder is one of those wonderful post-baby "gifts." According to the What to Expect When You're Expecting website, it's thought that during pregnancy the baby's head hits the nerves in your bladder, which is what causes them to numb temporarily. On average this may last for a few weeks; if you notice it going on longer, the website advises you to consult your doctor.

BREASTS: Breasts deflate after pregnancy if you don't breastfeed.

HAIR: The luscious hair you once had during pregnancy falls out.

PERIOD: Prepare for the worst present Mother Nature will bestow on you post-pregnancy. The first period after delivering a baby has been described as "horrific." Some women will find that their periods are heavy and potentially clothes ruining.

"YOU CAN LOSE THE WEIGHT, BUT YOUR HIPS SPREAD TO PREPARE FOR LABOUR AND THEY DON'T GO BACK AFTER." - THERESA

Teenage depression may have effect on future love life

ANDREA ROSS
THE GATEWAY

EDMONTON (CUP) — Your moody teenage years could be to blame for having to sleep on the couch last night — new research from the University of Alberta has found negative emotions from young adulthood can affect relationships 25 years down the road.

The study followed almost 350 young Edmontonians as they matured over a span of 25 years and found that anger and depression experienced during the transition to adulthood can manifest into relationships in middle age.

Study author Matthew Johnson said the lingering effects of the tumultuous teenage years surprised researchers.

“What we found was at age 18, those who were more depressed and expressed more anger actually had worse intimate relationships 25 years later in mid-life,” he said.

“There are so many circumstances that happen and life experiences that a person goes through. I really didn’t expect to find a direct link between those aged 18 with depression and anger and the midlife relationship functioning.”

The study analyzed the stress levels of the 163 men and 178 women involved in the study during their transition to adulthood between ages 18 to 25, again at the age of 32, and finally their perceived quality of their intimate relationships at age 43.

Johnson said researchers didn’t study diagnosed clinical depression or anger, instead focusing on only the symptoms of these issues — feeling blue, sad or not being able to control a hot temper.

Because these mental health issues persisted in the group studied despite their transition into middle age, Johnson said the research points to the need for continued mental health care and for couples to communicate about these emotions.

“In a relationship, when problems arise, it’s very easy to attribute the source of those problems to your partner and some sort of deficit you see in your partner and their behaviour, or how they’re thinking about whatever the issue is,” Johnson said.

An Assistant Professor of Human Ecology at the U of A, Johnson’s area of interest is in couple relationships. He co-authored the study with Faculty of Arts researchers Nancy Galambos and Harvey Krahn.

The researchers used a vulnerability-stress adaptation (VSA) model, which helped them understand changes in satisfaction levels in intimate relationships.

Their findings suggest a healthy mental state at a young age increases the chances of maintaining close relationships in middle age.

This research can be used as evidence in supporting early intervention of mental health problems, Johnson said, and provides a foundation for further research into the lingering effects of emotions experienced during adolescence.

“This speaks to the need for addressing those problems early, because they don’t just necessarily go away and even those early experiences will still affect you in the future.”

Because the lingering effects of teenage depression and anger persisted through major life events such as marriage, career changes and birth of children, the recipe for happiness in a relationship could include acknowledging and discussing your partner’s past.

“Some of their difficulties may be related to their individual health from earlier in their life ... traits that you have carried for most of your life and they’re causing you difficulty,” Johnson said.

“Being brave enough and honest enough to seek out the individual help that will then pay off in terms of your relationship.”



CREDIT: KENNETH UZODINMA

He claims she was sending mixed signals by not wanting to make out with him.

Male teen confused by girl who actually came over to just watch a movie

JACEY GIBB
THE PEAK

VANCOUVER — A Coquitlam teen has been left frustrated and confused after his crush agreed to watch a movie at his place, then proceeded to not make out with him.

“It doesn’t make any sense,” Derek Tanner told The Peak, immediately following the occurrence, which took place last Friday night. “I asked if she wanted to come over and watch *The Amazing Spider-Man 2* and she said ‘yes.’ I don’t know how I could have made my intentions any clearer.”

The accused, Brandy Cram, reportedly came over at the time they agreed upon and brought microwave popcorn, which Tanner took as a sign that she was interested in going to second base with him. The teens then proceeded to watch

all 142 minutes of the superhero action-blockbuster, completely uninterrupted by any sort of sexual advance from Cram.

“I even suggested we go to the downstairs TV room so we could be away from the rest of my family,” Tanner explained. Though Cram had never expressed any romantic interest in him prior to the hang-out, Tanner claims he can’t think of any other reason why she would have agreed to come over and enjoy friendly conversation.

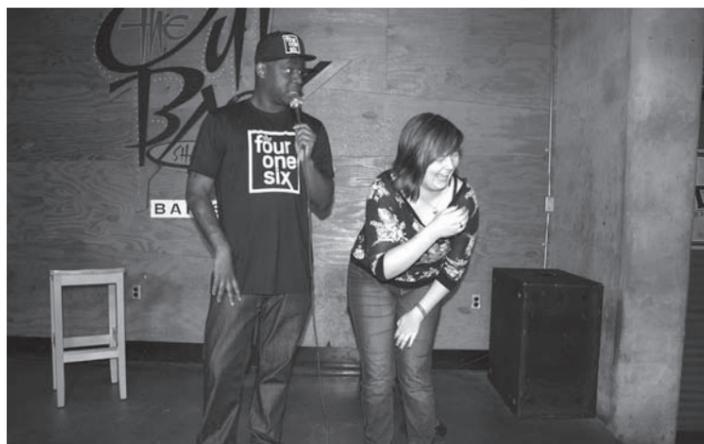
“Do I think she just wanted to watch *The Amazing Spider-Man 2*? Of course not. No one wants to watch *The Amazing Spider-Man 2*.”

This isn’t the first time that Cram, who’s in the same Grade 11 English class as Tanner, has been reported to hang out with guys in a platonic setting and not instigate coitus. Last September, Cram walked home

with a senior from her school and laughed at some of his jokes but then continued to not invite him in afterwards for some quick intercourse. A similar incident also occurred just last month when classmate Brody Steeves invited her to the beach, where they made sand castles, swam in the water, and “didn’t even hook up once.”

At press time, Cram had not confirmed the exact details of either occurrence, but did refer to the two victims of the previous incidents as “a really funny guy” and “super nice,” respectively.

While the investigation in to Tanner’s claims is ongoing, police are urging males of all ages to not get hung up on whether or not a girl is sexually interested in them and are recommending they just enjoy platonic friendship for the rewarding experience it can be.



CREDIT: SARAH WATTS

Students came out to the FSU’s Comedy Night on September 10 to see comedians TRIXX and Chris Robinson tell some jokes.

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ONE STUDENT AT A TIME



Classic romantic ballet recreated in video game form

SHANDI SHIACH
THE GATEWAY

EDMONTON (CUP) — The minds and bodies of University of Alberta have teamed up to create an interactive installation on Microsoft Kinect that challenges users to rewrite the tragic romantic story of Giselle through dance poses.

The game, called iGiselle, is one interdisciplinary facet of a larger project, applying a modern lens to romantic era ballets of the 19th century which typically end in the feminine protagonist's demise.

"For the game, there's really two aspects of it," computer science master's candidate and iGiselle team member Sergio Poo Hernandez said.

"One is what we're calling PACE (Player Appraisal Controlling Emotion), which is the project that I'm working on for my master's thesis, which is how to create narratives interactively (and) adapt the narratives to adapt to players' emotion. Basically, if the author wants the player to experience a certain level of hope or fear at certain points in the story, matching that with the decisions that players are making."

Nora Stovel, a professor of English and Film Studies who instigated the project, is trained as a professional dancer and says her first love is ballet. Her segue into writing about dance and ballet came naturally, and she's planning a monograph called "Women with Wings: The Romantic Ballerina."

But her project really took off after a Faculty Club concert dinner at which she was serendipitously seated with Dr. Vadim Bulitko, a colleague from the Department of Computer Science.

"He was working on video games and the whole idea of narrative branching, interactive narrative, and I thought that was really interesting and I started to think, not for the first time, that it would be inter-



CREDIT: NIKOLADESIGN VIA THINKSTOCK

Video games and classic ballet don't usually go hand-in-hand, but minds at the University of Alberta are making it happen.

esting to be able to change the endings of these ballets," Stovel said.

"They're all tragic. Giselle, for example, (in) *Swan Lake* the ballerina always dies at the end, and I've been tempted to take a sort of feminist approach, ideally allowing the woman – the ballerina – some agency, and that would involve allowing her to stay alive. Vadim was quite interested in that possibility too, in terms of a video game."

As the story of iGiselle unfolds via music, voiceover and images of dancers against changing backgrounds on screen, the Kinect interface requires players to direct each plot turning point by striking dance poses to select their choice.

Poo Hernandez notes the part of the system that adapts the story to match users' play styles is inspired by games like the *Mass Ef-*

fect series, and trying to improve upon them.

iGiselle joins a growing number of innovative video games in an industry that primarily markets to men.

"Ballet, I guess, stereotypically, tends to attract a more female or feminine audience," English and Film Studies PhD candidate and dancer Laura Sydora said. "But we want to be able, too, to sort of appeal across gender divides."

The setting of the game has been adapted into a meta-ballet – students preparing for a production of Giselle.

"I think with all aspects of the game, from the choreography to the narrative to the music, we want the narrative of Giselle to be familiar and also slightly different," Sydora said. "We're sort of contemporizing

it for a more modern-day setting, but we don't want to drastically change the essence of the ballet either."

Stovel hopes to edit a collection of essays under the working title "Creation of iGiselle," by project participants, to complement her monograph, and to host a colloquium in October where students and community members may try out the game as an interactive installation.

There's also talk of maybe releasing iGiselle online, so people can download and play it on their own computer with Kinect game systems.

The project has been supported in part by the University of Alberta Kule Institute for Advanced Study and National Council of Educational Research and Training grants, plus a University of Alberta Killam

Small Operating Grant for Stovel to research her monograph, but also offers opportunities to volunteer.

MFA candidate and team member Emilie St. Hilaire said students answered casting calls for voice acting and dancers, and they're now issuing a call out for general volunteers.

"If people get in touch and want to volunteer, there's so much basic work right now," she said.

"Just working with a team is really interesting. It's a very long-term project – it's going to be probably a year and a half total – so you get to know everyone and kind of go through all of this together. It's pretty cool."

For updates and the full list of project team members, see igiselle.ca.

Getting funny with your honey

SOPHIE ISBISTER
THE OTHER PRESS

NEW WESTMINSTER — As if Canada needed another reason to legalize cannabis for recreational use, a recent study out of the University at Buffalo (UB) at the State University of New York found that married couples who regularly smoke marijuana have fewer instances of partner violence over time than couples who don't.

Kenneth Leonard, PhD, the director of the UB Research Institute on Addictions and the scientist who collected data for the study, is quoted in a news release from the university stating, "Our study examines patterns of marijuana-use and the occurrence of violence within a year period. It does not examine whether using marijuana on a given day reduces the likelihood of violence at that time."

Leonard adds that more research needs to be done in this area to make a link between marijuana-use and same-day incidents of domestic violence. Because of this gap in the data, the study should not be taken as carte blanche to blaze all day, every day (in fact, the couples in the study only smoked weed once a week) – and Leonard also points out that the results may be correlative rather than causal.

"It is possible, for example, that



CREDIT: ED APPLEBY

A new American study found that instances of partner violence is likely to be fewer in couples who regularly smoke marijuana together.

– similar to a drinking partnership – couples who use marijuana together may share similar values and social circles, and it is this similarity that is responsible for reducing the likelihood of conflict," he is quoted in the news release.

It all seems pretty self-evident; weed relaxes you, making it a good way to chill out after a stressful day at work, in moderation. People in harmonious relationships tend to share hobbies, so the fact that the couples in this study are toking together means that the use of a scheduled substance is one thing that they're not arguing about. Compare that with another likely situation: one member of a partner-

ship is completely opposed to drug-use, and so the other member either begrudgingly gives it up, or does it in hiding. Both reactions could easily lead to massive differences.

While alcohol is involved in many situations of partner violence, violence in relationships is a complicated issue and can't be solved by simply saying, "People should smoke weed instead of drinking." But perhaps if weed becomes legal, cheap, and accessible, in a few generations we will see more couples partying in peace with Mary Jane. There's a lot to like about a casual intoxicant that may hold benefits for relationships.

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Falcon Flash Fiction
2014 WRITERS COMPETITION
unpublished. original. fictional

Stories must be unpublished, original and fictional,

Writers are only allowed one submission a month.

and they must be between one sentence and 750 words long.



Submissions for this month's contest must be sent to Stephanie Lai, Editor s_lai6@fanshawec.ca by October 3.

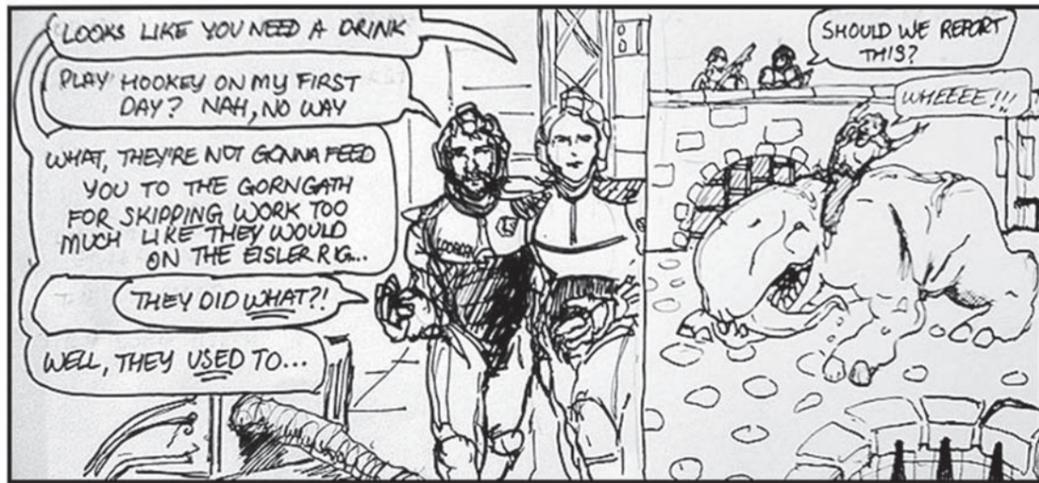


Winning author gets: Their story published in the Interrobang. \$10 gift card for The Out Back Shack or Oasis.

For full competition rules please visit theinterrobang.ca

Miner Issues

ESHAAN GUPTA



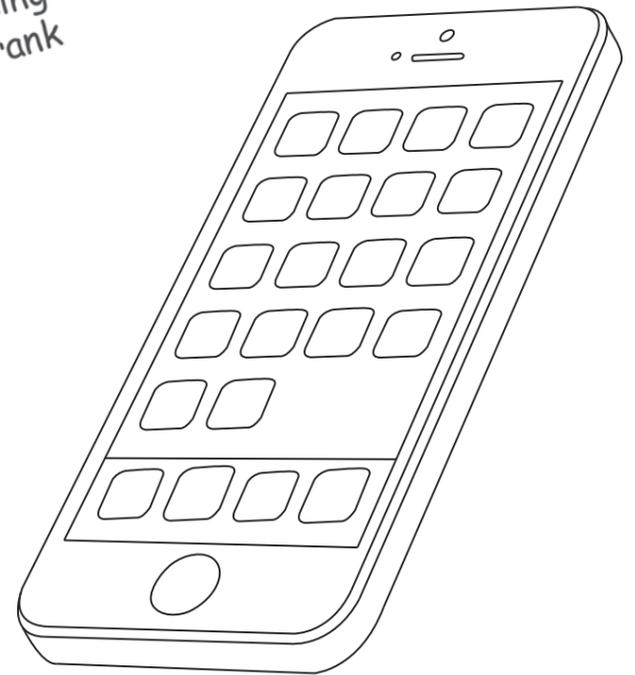
NERDS

USES ALL HIS OSAP TO BUY PS4, 32" HDTV, AND GAMES



TEXT BOOKS MANDATORY!

being frank



from Sht

"Whatever. They'll buy it anyway."

NOT NEUROTYPICAL

Fly the geek flag



observationalomalies



Butt sweat n Tears

by Andres Silva



THE CERTIFIED HUMAN

DAVE THE ALIEN



zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Strong opinions knock you over before you can come back with a suitable response. A strain of logic that makes perfect sense to you is incomprehensible to someone else. Don't allow self-doubt to creep in.

Taurus (April 20 - May 20)

All secrets are on the table. Privileged members of partnerships or groups are sharing and inclusive. The watery energy of the Pisces flows across the Taurus Earth, massaging it rather than sweeping it away.

Gemini (May 21 - June 20)

Are you still trying to please everyone? The Stars have sent you an especially tough crowd this time around. If you must persist, be sure to wear your armour.

Cancer (June 21 - July 22)

Every good thing in the world seems to be happening for your benefit. Spend quality time with your lover or productive hours with your team. Greatness and glory come from all quarters.

Leo (July 23 - August 22)

Your instincts are a refuge when nothing else is making sense. Be on the lookout for predators in any context. Leaders may be surprised by how few people decide to follow them.

Virgo (August 23 - Sept. 22)

Cut to the heart of all this confusion. Others may resent your superiority, but their complaints are worthless if you get the job done. Keep your records to yourself, just in case someone attacks you on a technicality.

Libra (Sept. 23 - Oct. 22)

It's too easy to blame the whole thing on someone who's only slightly wrong. Keep a tight check on your temper, or you'll be spending countless hours making up for it.

Scorpio (Oct. 23 - Nov. 21)

Scorpio's garden blossoms according to its own law. Time is on your side. Practical jokes and performance art capture your audience and hold it rapt. All will be revealed when you're good and ready.

Sagittarius (Nov. 22 - Dec. 21)

Support a cause that associates or employees have already taken on. You'd rather sign the check than do the work. Motivated individuals may be annoyed, but that's their problem. You know your limits.

Capricorn (Dec. 22 - Jan. 19)

Capricorn moves easily in all directions. You're confident and articulate. Sound and colour are important, whether you create them or simply appreciate their effects in your world.

Aquarius (Jan. 20 - Feb. 18)

If it all seems too much, you have the option of reducing your load. Changing a habit can be refreshing. You might end up kicking yourself when you see how much time you could have saved by doing this earlier.

Pisces (Feb. 18 - March 20)

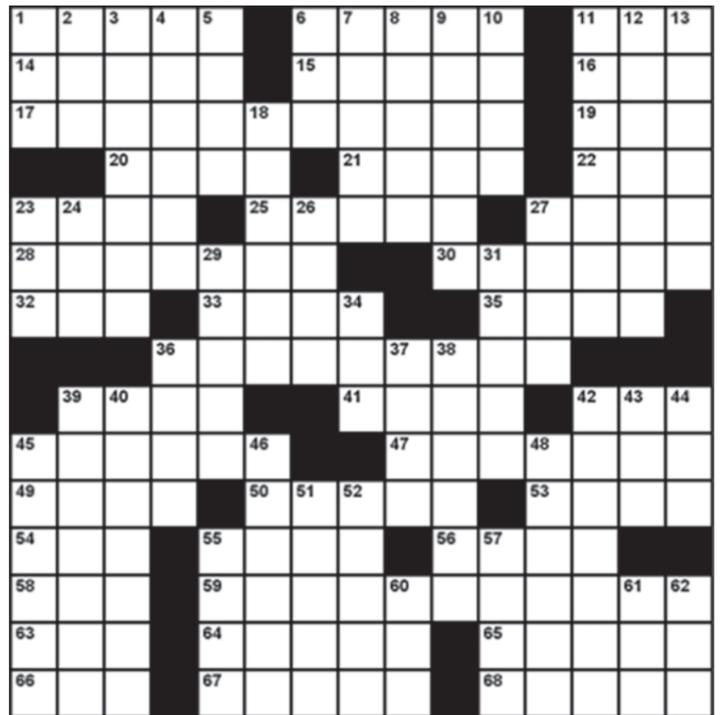
The usual trickle swells to a flood. Everyone agrees with you, even if they can't imagine why. Radically cure the person or situation that has hungered for your healing touch.

Across

- Native New Zealander
- Deadly
- Tit for ___
- Dog-___
- Alpha's opposite
- Balloon contents
- Recording tachometers
- To and ___
- ___ hoop
- "Have a ___"
- Bird ___
- Language spoken in Ghana
- Goes up
- Chick's sound
- Bordering
- Bloodsucking fly
- Finish
- Advertising sign gas
- British drinks
- Account of events
- Glance at quickly
- Coffin cloth
- Tiny
- Cuts off the beard
- Type of trees
- Australasian parrot
- Ballerinas' skirts
- All ___
- Overwhelming feeling of admiration
- Italian river
- Campus building
- Deception
- Sutlers
- "___ the fields we go"
- Acclaim
- Andrea ___
- "___ Doubtfire"
- Commemorative marker
- Organization (abbr.)

Down

- Encountered
- Battery size
- Group of fruit trees
- Replaced a picture on the wall
- "American ___"



- In favor of
- Accumulate
- Crow's home
- Horrified
- Bringing up the rear
- Crisp fabric
- Vacuum
- Group of traveling singers
- Collect
- "___ Maria"
- Barbie's beau
- Borodin's "Prince ___"
- Hammer part
- Absurd
- Lifted, so to speak
- 40 winks
- Blue shade
- Forbidden (var.)
- SW Nigerian town
- More pompous
- Life-time jobs
- Those who catch the big ones
- Always, in verse
- Cousin of -trix
- Go this way and that
- Absolute
- Members of the violin family
- Father's brother
- Add up
- Ancient greetings
- "Betsy's Wedding" star
- Utility truck (informal)
- "Flying Down to ___"
- Amniotic ___

Solution on page 27

Word Search

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

Sexual positions/acts

(Words in parentheses not in puzzle)

- | | | |
|--------------|-------------------|------------|
| Anal | Fisting | Shocker |
| Ankles Up | Missionary | Sixty-nine |
| Crisscross | Oral | Spider |
| Doggie Style | (Reverse) Cowgirl | Spooning |
| Fingering | Rimjob | Squat |

A pharmacy for the community of Fanshawe located on the main floor of the Student Centre around the corner from the Fowler Kennedy Sport Medicine Clinic.

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 Mon - Thurs 9 am - 5 pm, Fri 9 am - 4 pm

All drug plans are accepted, including the student health plan.

QUIRKY FACTS

- The distinctive smell in the air after it has been raining is caused by bacteria called 'actinomyces'.
- Typing 'illuminati' backwards into the address bar, followed by '.com', will take you to U.S. gov-

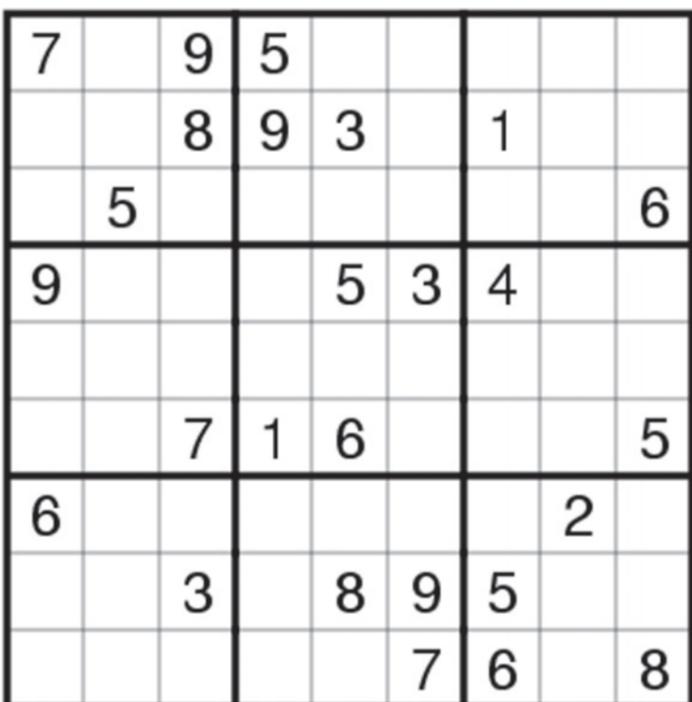
ernment's National Security Agency website.

- Didaskaleinophobia is the fear of going to school.
- Scientists trained a group of fish to walk on land and, over a period of eight months, their body shape adapted to the terrestrial lifestyle.
- Sharks have been around longer than trees.
- Prairie dogs affectionately greet each other with a 'kiss'.
- A movie theatre in China mistakenly used a gay fan-made Photoshop picture as the official poster

for Thor 2.

- In 2012, a man wore 70 clothing items through a Chinese airport to avoid paying extra baggage charges.
- A raw oyster is likely still alive when you eat it.
- The colour orange was named after the fruit and not the other way around.
- Yoda in *Star Wars* and Miss Piggy in *The Muppets* were voiced by the same person.
- A man named John Harrison has a job tasting ice cream. He has tasted samples of over 200 million gallons of ice cream and his taste buds are insured for \$1 million.
- 'Nibblings' is the plural, gender-neutral term for nieces and nephews.
- In 2013, a homeless man from Oregon robbed a bank for \$1, then casually sat down and waited for police to arrest him so he could receive healthcare in prison.
- The smell of Crayola crayons is so familiar that it is one of the 20 most recognizable scents to American adults.
- In 1992, an Australian gambling syndicate purchased the majority of combinations in a Virginia lottery. They won, turning their \$5m investment into \$27m winnings.
- Dr. Seuss invented the word 'nerd'.
- A woman in Kansas who sat on the toilet for two years had to be rescued after she became physically stuck to it.
- In 2005, a fortune cookie company correctly foretold lottery numbers, resulting in 110 winners and an investigation.
- Women have a better sense of smell than men.
- In every episode of the cartoon *Adventure Time*, there's a small hidden snail waving at you.

Sudoku Puzzle



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 can be found on page 27.



CREDIT: FRANK GUNN/THE CANADIAN PRESS

Ryan Nelsen on the day he was hired in January of 2013. He lasted 64 games at the helm of Toronto FC, tied for the franchise record.

Toronto FC's need for consistency grows



FANSHAWE FC
MARTY THOMPSON
sensandsoccerfan
@hotmail.com
@martythompson

When Toronto FC fired head coach Ryan Nelsen back in August, it marked another era in the team's troubled history.

Greg Vanney, who was sworn in as their ninth head coach in eight seasons, took the reins of a club that was in free-fall. Vanney didn't do much to prevent that in his first two games, losing to Philadelphia in back-to-back games.

The jury is still out on Vanney, as the team remains in the same place it was when Nelsen was let go.

When the news broke on August 31, #ThatsSoTFC was trending in the sports Twittersphere. The TFC's track record with coaches has been a long one (or short, depending on how you see it), with many coaches coming and going without much thought.

Ironically, Ryan Nelsen would have been the longest-serving coach in TFC history if he managed another match (he and Aron Winter are tied with 64 games each), showing how much of an influence he had on this team. In fact, the team acquired 19 of the 27 players on TFC's roster while Nelsen was at the helm. He hardly had a chance to work with this club before he was canned.

In the last game Nelsen ever managed for TFC, he played a 4-2-3-1. In every game before then (from what anyone could tell), he listed a

4-4-2 – the default formation for the past couple decades.

At times, it seemed as if he was throwing the boys out to play, but near the end, he was mixing things up as the diversity of his player pool strengthened. That 4-2-3-1 game ended in a 3-0 loss to New England, but it just showed how unwilling the club was to try new things and let it flow.

Ryan Nelsen was having the best season of any TFC manager up until the day he was fired. They were in a position to make the playoffs – something no Reds manager has been able to do.

The club had lost two and tied one in its three games leading up to the firing. Not a bad stretch by any means, and even though it was the club's worst run of matches all season, it doesn't come anywhere close to what some former Reds managers have been fired for in years past.

Sometimes the best thing to do is nothing at all.

Overall, Toronto FC just needs some stability for once in its life. While managers plant their seed and await the fruits of their labour, ownership plucks the fruit far before it is ripe.



CREDIT: JOEL LUXFORD

Falcons pitcher Brett Sabourin throws the opening pitch for the team's inaugural game on September 6.

Take me out to the ball game

JOEL LUXFORD
INTERROBANG

On a beautiful September afternoon at 1:14 p.m., Fanshawe Falcons history was made. The varsity men's baseball team started their inaugural season with a resounding success by defeating the Seneca Sting 9-2 and 10-0 respectively. Fanshawe catcher Sean Refflinghaus showed off his defensive prowess by throwing out numerous would-be base stealers before capping off the second game by driving in the winning run.

The season opener was a significant event for fans and players alike. For Falcons shortstop Paul Lytwynec, a second-year student in the Police Foundations program, the opportunity to play competitive college baseball again was beyond surreal.

"I thought my college baseball career was over, but when I heard they were going to have a team, it was so exciting," he said.

Lytwynec also had nothing but great things to say about the Fanshawe athletic department. "The Fanshawe athletic department is amazing. They have given us everything we've asked for. It makes our jobs easy as players when all we have to do is go out and play and know all the other stuff behind the scenes is taken care of."

Thanks to the athletic department, the experience of attending a Falcons baseball game was full of excitement and flare. From the in-game announcer quoting Oprah to the always-entertaining mascot race, there was never a dull moment.

Even the intermission between games offered the opportunity for fans aged 12 and under to run the bases.

Grant Kerrigan, brother of Fanshawe catcher and second baseman Ian Kerrigan, had a message for all those Falcons fans contemplating a visit to the old ball game.

"It's a great time. Let's get these bleachers full!" said Kerrigan.

Just like the first game, the remaining Falcons home games are played at the historical Labatt Memorial Park on Wilson Avenue just

off of Riverside Drive. The park has been hosting games since 1877 and has an undeniable aura that beckons back to old-time baseball.

As expected, the Falcons team goal is to win the OCAA Championship scheduled for October 17 and 18 in Durham.

"There's not one guy in here who doesn't think that's [a championship] possible," said Lytwynec. With a few more performances like the season opener, that goal may just become a reality. With six teams in their division and Fanshawe sitting near the top of the standings after opening weekend, the Falcons appear poised to make a championship run in their first season.

The Falcon's next home game will be a doubleheader against the defending 2013 OCAA Men's Baseball Champion St. Clair Saints on September 27 at Labatt Park.

Tickets are free for children under six and Fanshawe students with their student card. So grab a glove and a friend and come on out to root, root, root for the home team at the old ball game.



CREDIT: SARAH WATTS

A Tribe Called Red kicked off FSU's Frosh Fest concert but added their own First Nations flare.

Driving a DIY kit car

NAUMAN FAROOQ
INTERROBANG

Most people would be content with going in to a showroom and picking out a car that meets their needs.

With the variety available in the market these days, you'd think that all the bases are covered, but for some, a car built in a mega factory by a large manufacturer is just not appealing enough.

If you are a bit handy with tools, you can look towards buying – and then building – a kit car. The kit car industry might not be common, but it is massive and offers vehicles of all types and sizes. But even if you buy all the necessary bits and pieces for your kit, putting them all together is not an easy job, especially since the finished product has to satisfy the Ministry of Transportation in order for it to get registered.

That is where Ed Konda can come in to help. He is the owner of Ontario Kit Car Consultants, and for a fee, he can help complete your project car or build you one from scratch.

Retired from his day job as an aeronautics engineer, Konda had always loved tinkering with cars, so now he builds kit cars. This hobby has become more than a full-time job, as Konda mentioned that some days he can be found working on cars for 10 hours straight.

His expertise and reputation has certainly helped him stay busy, and kit car companies often call him up for advice and love seeing how he put one of their cars together.

One such company is Factory Five Racing (FFR) from Massachusetts, United States. This company

currently makes kits for six different models, ranging from the popular AC Cobra replica to what you're looking at on this page, the GTM supercar. This mid-engined coupe takes obvious design inspiration from the Ford GT40 racers from the 1960's but takes the design towards a more modern direction.

While there are roughly 100 kit car assemblers in Canada, Konda is the only one who makes the GTM probably because it is one of the toughest kits to put together. He has built four GTM supercars so far, each eating up roughly 700 hours of his life.

Looking at two finished examples of the FFR GTM at Konda's location in Severn Bridge, Ontario – it certainly appeared like time well spent. The GTM is a visual delight, carrying all the signature supercar traits of a low and wide body that sits mere inches off the ground.

It has the performance to back those looks also. Being a kit car, you can slot in just about any drivetrain – with some modifications – but the red example I drove had the most ideal powerplant: a 6.7L V8 crate motor from General Motors, which then got tuned by Katch Racing, so now it produces 550 hp and 540 lb-ft of torque. When you factor in its curb weight of just 1,180 kg (that's less than what a Nissan cube weighs), you can get some idea that this will be a quick car. While no exact performance numbers are available, it is fair to say it can sprint from zero to 100 km/h in under four seconds and top out at just over 300 km/h – not bad at all for a car built in a shed.



CREDIT: NITZAN RAZ

Kit cars are getting some recognition, and thanks to Ed Konda (plus a huge wad of cash), you can have one too.

The thing I loved the most was its engine, which thanks to not having any traction or stability control nannies, offered a response that was sharper than a surgeon's scalpel. Even if you twitched your pinky toe, the car would erupt forward like it was shot from a cannon, and the accompanying sound would have you giggling like a teenage girl at a One Direction concert.

Handling all that power to the rear wheels is a six-speed manual taken from a Porsche 911 GT2, because it is the best gearbox for the job. The shifts do take a little getting used to, but it is a satisfying unit to use nonetheless.

What surprised me most was how well it rode. Even on broken tarmac, there were no nasty shakes or rattles, and the handling is quite neutral and forgiving. The steering was quite direct and offered good weight also. The only thing I would change are the brakes. While it had discs all around, there was no ABS or servo assistance, so you have to be firm with them. When you're in a car as fast as this, you need the best brakes money can buy.

I would also work on making the interior nicer. While better than most kit cars I have come across, I would prefer a seat with an adjustable backrest, and would do my best to cover any visible wires.

Ergonomics is not its strong point either, as there are no cubbyholes or pockets to put your stuff in, and neither does the car have any trunk.

By now, you are either tempted to get your hands on one or completely put off by it. If you have the case of the former, you can buy the kit yourself in Canada for \$22,990. That kit won't have all the things

you need and neither will it have any powertrain.

Konda said that if you do all the work yourself, you'll have a running car by the time you invest \$80,000 into it. If you get him to build it for you, you'll be in at roughly \$110,000 depending on the engine you pick.

Remember, it will take Konda the best part of four months to build you one, however, if you want one now, the car you see here is for sale for just \$65,000. If I had that kind of cash lying around, I just might be tempted to bring it home.

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

M	A	O	R	I	F	A	T	A	L	T	A	T
F	A	R	E	D	O	M	E	G	A	A	I	R
T	A	C	H	O	G	R	A	P	H	S	F	R
H	U	L	A	S	E	A	T	F	L	U		
A	K	A	N	R	I	S	E	S	P	E	E	P
V	E	R	G	I	N	G	T	S	E	T	S	E
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O	E	R	E	C	L	A	T	D	O	R	I	A
M	R	S	S	T	E	L	E	A	S	S	O	C

JUMP IN THE SAC

Join Student Council

Here's What

Be part of SAC
(Student Administrative Council):

- ▶ Hold Class Rep Meetings
- ▶ Attend SAC Meetings
- ▶ Be the major policy making body of the FSU
- ▶ Represent the FSU on Internal & External committees

Here's How

If you're a full time student, you're eligible to run!

Fill out a nomination package & submit to the Student Union Office (SC 2001) before the deadline.
Pick up your nomination package at www.fsu.ca/elections

Here's When

Nominations Open: Mon. Aug. 25th, 2014 @ 9 AM

Nominations Close: Fri. Sept. 19th, 2014 @ 4 PM

Voting: Tues. Oct. 7th, 2014 @ 9 AM - Wed. Oct. 8th, 2014 @ 4 PM

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at the Athletics Department - J1034

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- Indoor Soccer – Due Wed. Sept. 17
- Co-Ed Volleyball – Due Wed. Sept. 17
- Men's and Women's Ice Hockey – Due Mon. Sept. 29
- 5 on 5 Basketball – Due Wed. Oct. 1
- Cricket – Due Wed. Oct. 1

Option every Sun. Mon. Wed. and Thurs. from 10 pm - Midnight.
Free for Fanshawe Students with Student Card

Please contact Jackie Corby in the Athletics department (jcorby@fanshawec.ca)

For more information, please see www.fanshawec.ca/athletics

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2

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GUESTS \$77

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NO COVER

tues. sept. 23rd

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