





In honour of

@interrobang_fsu

Sex issue,

what would your porn name be? Your first pet's name + the street you grew up on = your porn name.

#FalconSexy

Tweet Winner: @samm_lamotte Bones Melrose #FalconSexy #pornstarname

@LoveLikeWhiskey

According to first pets name & the street you grew up on, I am Shandy Dawson #falconsexy pleasure I'm sure

@LondonCatLady

Cody Sleepy Hollow..... Well that sounds stupid #FalconSexy

@Steintime17

My Porn name would be Sassy James, who wouldn't want a piece of that #FalconSexy

@theMattGerman

Giggs Blake #falconsexy

@Yourincheck

Mine would be Mickey Lawson #falconsexy

@davewilliams369

My porn name would be Muffin Elm #FalconSexy

@laur_vere11

Jesse greenwood. Lololol #FalconSexy

@Joey_Lawson

Tigger Sanctuary #FalconSexy

@sarahjei

VIRGIN MARY

@KenLeonowens

Radish Hole Randi @randey15 #falconsexy

Next Week's Question:

How would you use \$1000 to benefit the Fanshawe community?

Tweet your answer to @fanshawesu using #FalconAwesome

before **September 18** to be entered into a draw

for a **\$10 gift card to Oasis/The Out Back Shack.**

sweet tweets of the week



CREDIT: STEPHEN ECHAVIA

Richard Noun, Mike Mueller, Danya Nguyen, Gianfranco Marsicovetere, Jose Quezada enjoy a meal at the International Student BBQ, on September 5.

10 Things I Know About You...

Don't pronounce Karolina's name wrong!

Karolina Kayy is in her first year of Fanshawe's Graphic Design program. "Karolina, pronounced Kare-Oh-Lean-AH!" she said. Her interests include travel, design, photography, witty sayings, inspirational quotes and "being a better per-

son than the one you were yesterday."

1. Why are you here?
To get an education.
2. What was your life-changing moment?
When I was born, probably.
3. What music are you currently

listening to?

Classic rock – always.

4. What is the best piece of advice you've ever received?
It's cliché, but be yourself!

5. Who is your role model?
Don't have one!

6. Where in the world have you travelled?
I've been to Poland, Cuba, United States of America.

7. What was your first job?
Gymnastics coach.

8. What would your last meal be?
Wow, I'm just going to say potatoes and not give it too much thought.

9. What makes you uneasy?
Anything to do with being high, so heights.

10. What is your passion?
Making the world a beautiful place through photography, design, art and kindness.

Do you want Fanshawe to know 10 Things About You? Just head on over to fsu.ca/interrobang and click on the 10 Things I Know About You link at the top.



CREDIT: SUBMITTED

Karolina Kayy making the world a better place.

SEPTEMBER EVENTS

MON. SEPT. 16TH

Imaginus Poster Sale
FORWELL HALL
@ 10 AM - 6 PM

Girls Night Out
Michelle Shaughnessy, in the OBS
@ 8 PM

TUES. SEPT. 17TH

Imaginus Poster Sale
FORWELL HALL
@ 10 AM - 6 PM

CONDOM CASINO
FORWELL HALL @ 8 PM
Over \$400 in prizes.

WED. SEPT. 18TH

HEATHER JARVIS
FORWELL HALL | @ NOON

POKER TOURNAMENT
FORWELL HALL | @ 6:30 PM

SEX TOY BINGO
OBS | @ 9 PM

FIRST RUN FILM

THURS. SEPT. 19TH

THE TLC SHOW
FORWELL HALL | @ NOON

TONY LEE XXX HYPNOTIST
FORWELL HALL | @ 9 PM
\$8 ADVANCE / \$10 AT THE DOOR

FRI. SEPT. 20TH

NEW MUSIC NIGHT
OBS | 9:30 PM

FANSHAWE @ THE KNIGHTS
LONDON VS. PLYMOUTH

SAC ELECTION
NOMINATIONS CLOSE AT 4 PM

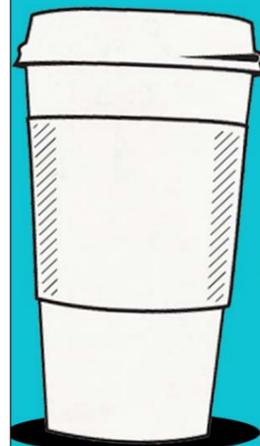
SAT. SEPT. 21ST

CANADA'S WONDERLAND
\$42 STUDENTS | \$48 GUESTS
Price includes transportation.
Sign up in advance at the Biz Booth.

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

KIOSK QUIZ

WHERE IS THE DOCTOR'S OFFICE ON CAMPUS?



Drop by the Welcome Kiosk with your answer. Five winners will be selected from correct entries and we'll notify winners by email.

The Welcome Kiosk (between the Bookstore and the Library) is open all year between 8am and 4pm, Monday to Friday

ENTER TO WIN A FREE COFFEE & DONUT!
PRIZES SPONSORED BY CHARTWELLS

Get in the game with Project Play

ERIKA FAUST
INTERROBANG

On September 22, J Gym and SC Building are going to become a whole lot more playful.

London-based Project Play, now in its second year, is a celebration of all things fun – board games; video games and card games to cosplay and anime; building blocks and pretty much everything in between.

Greg Picken, who co-founded Project Play with Mathew Hoy, described the event as two things in one. “On the front end, it’s a great opportunity to check out new ways to play ... On the back end, the whole event is built as a fundraiser. Every dollar that we raise through Project Play goes back into the community in the form of gaming bundles that are donated to local organizations.”

The first Project Play in 2012 featured tabletop tournaments, video game demos, vendors and the Sony game truck. “We’re bringing back a lot of what people loved from last year,” Picken said, mentioning a *League of Legends* tournament, board game tables and a cosplay contest. “This year we’re looking to make the event bigger and better.”

Something Picken is especially excited about is that Mega Bloks has come on board as a supporter of Project Play for this year. “I was joking with the gal from Mega Bloks that one of my dreams in life would be to have a swimming pool full of blocks to play with. She thought that sounded like a great idea, so they have hooked us up [with 300 pounds of Bloks]. We’re going to have a couple of different areas where people can play with the blocks.”

When the boxes of Bloks were delivered to Picken’s office at Tech Alliance, people started playing right away. “No matter what age you are, who doesn’t love building blocks?”

There will also be a building competition complete with prizes. “We encourage people to design and create their best creations at home with Mega Bloks, Lego, Tinker Toys – whatever you can build – and bring [them to Project Play],” Picken said. Entries must fit in a 12x12” square on a table.

Last year, Project Play took over the Oasis and Alumni Lounge in SC Building. This year, it will include J Gym. “We’ve got more space to work with, which is really going to let us spread out and bring in more stuff,” Picken said. “We’re inviting a lot more vendors and artists and crafters to be part of the event.” The expanded shopping area will hold quilters, jewellers, vintage game sellers and more.

No matter what you’re into, Picken promises Project Play will be a lot of fun. “Whether it’s stuff you’ve played before, it’s something you love, or it’s something you want to try out for the first time, or you might not even know that you’re gonna love it until you get there and check it out – we’ve got a variety of stuff, and I’m really excited. It keeps growing.”

Last year’s attendees keep coming forward to offer suggestions and ideas. “[We hope] to keep growing and adding new stuff and ultimately, of course, supporting the community. That’s what makes it really great,” Picken said.

Last year, Project Play raised

more than \$5,000 to purchase gaming bundles, which included board games, video games, big-screen TVs, consoles, controllers and more. The bundles were donated to Merrymount Family Support and Crisis Centre, the Women’s Rural Resource Centre of Strathroy and Area and Women’s Community House.

“The one thing we learned last year from talking to the organizations that we supported is they do so many great things in the community on such a limited budget that oftentimes the last thing that they have money to put into is entertainment or gaming,” Picken said. “It really created a great gap for us to fill.”

This year, Project Play is supporting three different local organ-

izations. “We settled on community centres as a bit of a theme this year. We have N’Amerind Friendship Centre, Glen Cairn Community Resource Centre, and the Northwest London Resource Centre, which are all doing great things to support different communities in London. They are certainly appreciative that we can help them out and provide them with some cool new gaming resources.”

Check out Project Play on September 22 in the Student Centre and J Gym from 10 a.m. to 5 p.m. Tickets for Project Play are \$10 for adults and free for children 10 and under. For more information about Project Play and the charities it supports, or to purchase tickets head to projectplay.ca.



CREDIT: ERIKA FAUST

Project Play 2012 saw more than 400 attendees get their game on with video games, board games, demonstrations, a cosplay competition and more.

VIDEO GAMES | BOARD GAMES | D&D | ANIME | COSPLAY | TOURNAMENTS

GAME PLAY GIVE

PROJECTPLAY

\$5
TICKETS
for Fanshawe Students

\$ 10 Non - Students - projectplay.ca

@PROJECTPLAYLDN /PROJECTPLAYLONDON

SPONSORED BY: MEGA BLOKS

HOSTED BY: FANSHAWE COLLEGE FSU

COME OUT TO HELP SUPPORT LOCAL CHARITIES BY PLAYING ALL TYPES OF GAMES AND HAVING FUN DOING IT.

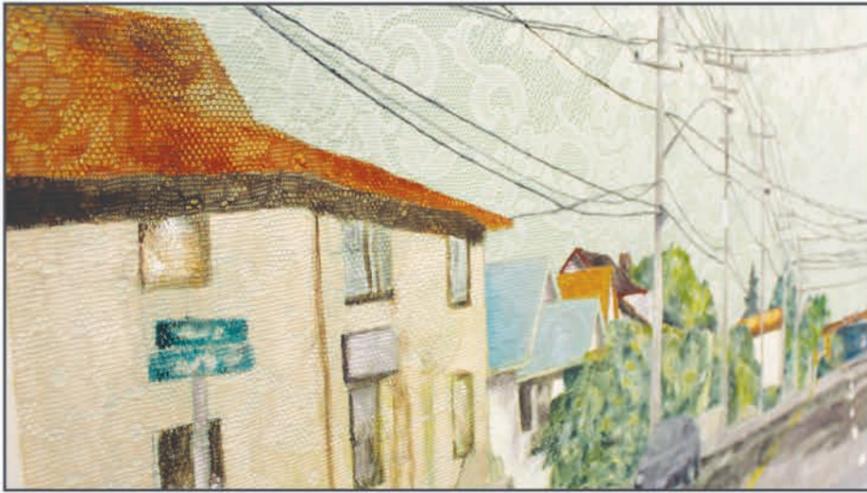
BLOCK ZONE & COMPETITION
SPONSORED BY MEGA BLOKS

LEAGUE OF LEGENDS TOURNAMENT

COSPLAY CONTEST

AND MORE!

SUNDAY SEPT 22
FSU Student Centre & Fanshawe College J-Gym 3
10AM - 5PM



Fine Art alumna Jen Hamilton returns to Fanshawe College for an exhibition in the gallery.

She's been given the opportunity to show her work at the college, and talk to Fine Art students.

Hamilton is now based in London, and is a painter and printmaker.

The exhibit will run until September 20 at the Siskind Gallery, H1015.

Photos by Stephanie Lai

On-campus vandalism affects more than you know

STEPHANIE LAI
INTERROBANG

If you look around campus grounds, you may notice the nicely manicured gardens, trees and shrubberies, and just about all else that encompasses Fanshawe's landscape.

It's maintained by students, and it's continually vandalized.

"We've had some incidents over the past few years where vandals snap off trees, pull up plants and generally destroy the landscape," said Michael Pascoe, professor and coordinator of Fanshawe's Horticulture Technician program. "The entire campus is maintained by students in the Horticulture program."

A student was caught years ago, and Pascoe used the following analogy to explain how such actions affects his students.

"What if I walked into the classroom and you were working on a drawing, and I ripped it up and left? What would you think? How would you react?"

Perhaps students are unaware that their peers take care of the college grounds.

"It's irrelevant that the Horticulture program maintains it," said Pascoe. "It hits home for my students when they've planted a tree and they see it destroyed. It's very disheartening for them."

"Why would anyone destroy a tree?" Pascoe asked.

"I think they perceive it to be a victimless crime," said Special Constable Brent Arseneault. "Like who cares, it's a flower."

He estimates that there are more



Second-year Horticulture Technician student Eric Abram inspects a broken plant label.

than 300 occurrences of vandalism on campus in the academic year.

But it may not necessarily be Fanshawe students. "If you have a friend come over, they don't really care what happens because it doesn't affect them – it's not their house," he said. "Fanshawe is our house, and if you start inviting people into our house, they have to understand [that]."

Vandalism doesn't affect grades directly, but "it affects the morale of the program," said Pascoe.

Second year Horticulture Technician student Eric Abram deemed it "demoralizing."

"We put a lot of effort [into] maintaining the college grounds," he said. "I think there's a lot of psychological benefit to having a lot of nice green space on campus."

"When that sort of thing is damaged, then it hurts everything."

Popular targets are plant tags, but what students and faculty may not realize is what they're for. "Fanshawe has status as a botani-

cal garden," said Abram. "The tags have to be maintained and accurate in order to maintain that status as a research and an educational facility."

"[When] those things get [vandalized], that causes a huge problem for our students," said Pascoe. "When the students go out to study a plant, [because there's no label] they're not sure. They're disadvantaged on a test because they're not able to review the material."

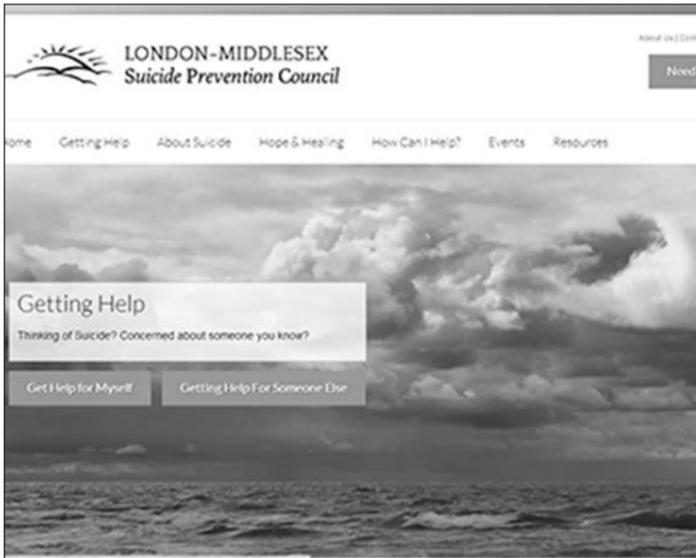
"Everything that we do is part of

our practical evaluation. Everything that we do is marked," said Abram.

Arseneault encouraged students to report vandalism when it happens. "The emotional cost is the highest [cost] and the reason being, you're directly impacting another student."

For Abram, he sees the campus as a shared space. "It's in everybody's interest for them to not just enjoy it, but take a little responsibility for how it's treated."

CREDIT: STEPHANIE LAI



New local website offers support for suicide survivors

ERIKA FAUST
INTERROBANG

On September 10, London-Middlesex Suicide Prevention Council launched its new website, lmspc.ca, to offer help to people who are dealing with thoughts of suicide or coping after a loss.

Launched with a grant from the Ontario Trillium Foundation, lmspc.ca is the only website in London-Middlesex dedicated to increasing suicide awareness and education. The website points users to resources for help when dealing with suicidal thoughts, and offers insight into what happens after a suicide attempt, including leaving the emergency room, talking to family and friends, and the journey to recovery.

Suicide is a difficult subject to talk about, and according to lmspc.ca, "risk of suicide death is highest in regions where stigma is most prevalent. The stigma and taboo surrounding suicide not only prevent help-seeking behaviours, but also precipitate suicide deaths." The LMSPC hopes that the site will break some of that stigma and bring the issue out into the open.

The website also offers information on how people can help to create a suicide-aware community. One way to do this is by completing

the LMSPC's safeTALK, a three-hour training session that teaches people to identify individuals who have thoughts of suicide and connect them with community resources. Since it began in September of last year, nearly 800 people have been trained in safeTALK. Upcoming training sessions are being held on September 26 and 28 – see the website for details and to sign up.

"We hope that, in some small way, [the website] brings hope and healing," said Bonnie Williams, chair of the Suicide Prevention Council. Suicide is a community issue, and "we are all part of the solution."

The website launched on the same day as the LMSPC's eighth annual Lifting the Silence walk in Victoria Park. Brent Shea, Deputy Chief, Operations for London Police Service, said the two events were "important events for educating our community."

"I've witnessed that depression does not discriminate," he said, citing the thousands of tragedies he has seen in London over the last few years. "[This is] a very, very real issue for our community."

For more information and to connect with community resources, go to lmspc.ca.

Gamers to unite downtown for Blitz

STEPHANIE LAI
INTERROBANG

On September 21, join dozens of gamers at Chaucer's Pub downtown for a board game tournament, competing in the Great Canadian Board Game Blitz.

Attendees will be rolling dice, drawing cards and placing tiles during the eight-hour marathon.

Competitors can count on playing games such as *Settlers of Catan* and *Ticket to Ride*.

"It's certainly competitive, but it's also a welcoming environment and a lot of fun," said event organizer Chris McInnis. "Players love the challenge of not only learning a game in an hour, but also trying to actually win it."

The Blitz has been in London before, and McInnis hopes to set a

record this year for the competition. "The biggest Blitz to date was 48 players. We're shooting for 64," he said.

Admission is \$10, and McInnis hopes to raise over \$500. All proceeds will go to Project Play, a local event that raises money for gaming bundles to give to community centres.

"Everyone should have a chance to play games and just have fun."

The Blitz takes place on September 21 at Chaucer's Pub at 122 Carling St. Contact McInnis at 519-701-1271 or uber@ubercoolstuff.com for more information and visit gcbgb.ca for more information about the Blitz.

Find out more on Project Play at projectplay.ca.

This one's for the ladies

STEPHANIE LAI
INTERROBANG

Did we get your attention?

It may take forever to find that perfect LBD, and when you do, you may not have an occasion to wear it.

Fret not, ladies.

September 21 marks the seventh annual Little Black Dress event, hosted by organizer Melissa Whittle and local salon and spa Nova Vita.

"It started as a joint effort ... as a fundraiser and a fashion show, and lo and behold it caught some air," said Whittle. "People started showing up and [we got] more and more supporters. It's just excellent."

The fashion show features little black dresses, and audiences can expect some musical entertainment as well. "Forty women are going to come up on stage and sing songs reminiscent of the '20s," said Whittle.

The event is more than a reason to whip out the LBD, however.

For Rhonda Bernardi, co-creator of the event and Nova Vita owner, it was a way to get the community

involved. "We wanted to do something with the community," she said. "All of our clients are [the] models, so it gets more of the community involved. They get as excited as we do."

"[It's] an effort to create an event that gave back to the community that was fun and cost-efficient," Whittle said.

The event is supporting two charities this year – Wellspring Cancer Support Network and Tara "Boom" Houston Children's Foundation (known as Taraboom).

"A lot of people don't know about Wellspring and it's in our community," said Bernardi.

"It's a great place to make people with cancer feel comfortable. They have all sorts of programs to help people while they're battling [cancer]."

Taraboom is a foundation created by two parents who lost a daughter to a terminal brainstem glioma. The Foundation supports families whose children have been diagnosed with life-threatening illnesses.

"We figured it was a good pairing," said Whittle, "where we give

the money back to someone who knows how to distribute it. And the money stays directly in the community, and it's important to those who need it."

The Little Black Dress Event has garnered hundreds of attendees each year.

"This year, we're expecting anywhere between 800 and 1,000," said Whittle. "It gets a lot of attention. People have a lot of fun."

Though this year's event will not feature Falcon talent on the catwalk, in years past, Fanshawe students have donated designs.

"Everybody's got a little black dress," said Whittle. "Everybody's always looking for a reason to buy the perfect black dress, or to wear [the dress] that they shop forever for."

"We just want to have a great event, and pour money back."

The event starts at 7 p.m. on September 21 at the London Music Hall (185 Queens Ave.). Tickets can be purchased online or at littleblackdressevent.ca or at Nova Vita (740 Richmond St.). Tickets will also be available at the door for \$50.

A fitting fundraiser for a fashion show

ERIKA FAUST
INTERROBANG

Everyone has that one item of clothing that just doesn't fit right. It hangs in your closet, taunting you, but every time you try it on, it sags and bags and is generally unflattering.

Third-year Fashion Design students want to get that item out of your closet and into your regular rotation of outfits, and they're hoping to raise some money for their annual fashion show while they're at it.

Cassie Smith, Ashley Gennuso and Monica Nealis are the creators of Fashion Fits, an on-campus alteration service in H3006 that offers reasonable prices, skilled work, a loyalty card (buy five pant hems, get one free) and even a delivery service to Fanshawe offices.

The business was started as a project for the students' Business of Fashion class, and it officially opened in February. Since then, it has grown to include the entire class of third-year Fashion Design students.

All proceeds from Fashion Fits benefit the students' fashion show, Unbound, in April 2014. This annual event is put on by third-year Fashion Design students with a ton of help from student volunteers in the first or second years of the program.

"Fashion Fits has played an integral part in our fundraising efforts, as well as providing us with practical work experience for after graduation," said Nealis. The team has raised more than \$1,000 since February, and they're hoping to raise even more this school year. The entire class of Fashion Design students tries to raise between \$5,000 and \$7,000 for the show altogether.

It costs \$75,000 to run the Unbound show from start to finish each year. That amount covers rent-

ing Museum London for the day, hiring professional models, catering, and all the other costs associated with putting on an amazing show.

The money also pays for the Unbound magazine, a lookbook of the students' pieces, which is printed with Canada's Flare magazine. Students raise as much of that \$75,000 as possible, and the rest comes from sponsorships.

"Starting this endeavour has been

beneficial to the Fashion Design program as well as the Fanshawe community," said Nealis. "We truly appreciate their continued support and look forward to providing solutions for their alteration needs."

Fashion Fits is open for drop-in hours Mondays and Fridays from 10 a.m. to 12 p.m. in H3006. Make an appointment by emailing fashionfits.unbound@gmail.com. Check out Fashion Fits on Facebook at facebook.com/fashionfits2014.

Fashion Fits

FASHION DESIGN'S ALTERATION SHOP

Visit us in H 3006 Mon. 10 am to 12 pm & Fri. 10 am to 12 pm for an appointment.

fashionfits.unbound@gmail.com

Price List

PANTS

Plain Hem	\$7
Blind/Knit Hem	\$9
With lining add	\$4
Specialty Hem	\$12
Replace Zipper	\$12
Waist (in or out)	\$10

SHIRTS/DRESSES

Hem	\$9
With lining add	\$4
Replace Zipper	\$10
Strap Shortening	\$12
Waist (in or out)	\$15

JACKET/COAT

Replace Zipper	\$20
Lining Repair	\$10
Sleeve (in or out)	\$20
Button Attachment	\$1 per button

FITTING GARMENTS & MENDING QUOTED ON REQUEST



He said, she said, nobody said

STEPHANIE LAI
INTERROBANG

She may not mutter the word “No,” but her unresponsiveness or lack of reciprocation says it all.

On September 16, a campaign developed by Campus Security Services called Silence Isn’t Consent began, raising awareness and educating students.

The campaign is spearheaded by Security and runs in conjunction with the FSU’s Sexual Awareness Week.

“We’re bringing an awareness piece to the students about sexual assault on [and off] campus,” said Special Constable Brent Arseneault for Community and Crime Prevention Programs.

The campaign will involve a table display, a video about the subject matter, and a pledge for students to sign.

Arseneault said he hopes the campaign will help students understand that they are in control and are in the driver’s seat. “A person’s always responsible for (his/her) actions,” he said. “If we can make people aware of the situation before it evolves into something more, that’s what our target is.”

What doesn’t correlate with consent?

“If a person’s not within their mental faculty, that does not become consent,” said Arseneault. “If a girl is passed out or that drunk she doesn’t say no, that doesn’t mean yes.”

The campaign isn’t aimed just at women, though male sexual assault is not as often reported. “It does happen to men, it does happen to same-sex couples,” said Arseneault.

“For guys, it’s a different culture. I don’t know if it’s because society’s created [this idea] that as a man, you’re tough and you’re not supposed to [get assaulted].”

Senior manager of Counselling and Accessibility Lois Wey doesn’t think seeking help is gender-specific.

“It’s difficult for both genders to come forward,” she said. “We serve lots of males and females for a variety of reasons. People have different experiences and perceptions of counselling, and that may influence their willingness to come forward.”

Counselling and Accessibility Services offers free and confidential help for students from professional counsellors.

“The healing process will be facilitated by their professional counselor,” said Wey. “[Our counsellors] have worked with victims of sexual assault, they’ve worked with trauma. [They will] discuss and consult about the incident, the impact on their physical and emotional self and impact of their academics.”

Informing students is the campaign’s ultimate goal, according to Arseneault. “If we deter one person from actually committing the act, we’ve done our job,” he said. “It might mean that a female might drink less, so she’s not at that state where she becomes vulnerable to the situation.”

Wey encourages students to protect each other. “If you go out as a group, you’re watching out for each other,” she said. “The issue is that we take care of each other, and that’s the purpose of this. That we as a Fanshawe College community increase the awareness in students so that we’re taking care of other people in our community.”

One more word of advice.

“Contacting security services is the first approach,” Arseneault said. “If you feel like you’re a victim of sexual assault or assault of any sort, report it.”

Silence Isn’t Consent will run on campus from September 16 to 27. For more information on the campaign, go to www.fanshawec.ca/silence.

Call Campus Security at 519-452-4242 for on-campus emergencies, and Counselling and Accessibility Services at 519-452-4282.

THE FACTS AND STATS OF SEXUAL ASSAULT

- 60 per cent of Canadian college-aged males indicated they would commit sexual assault if they were certain they would not get caught

- Four out of five female undergrads surveyed at Canadian universities said they had been victims of violence during a dating relationship

- One study indicated that 83 per cent of women with disabilities will be sexually assaulted during their lifetime

- Of women with disabilities, over 63 per cent were sexually assaulted by someone in the medical system

- It is estimated that one in 10 adult men have been sexually assaulted, the majority of perpetrators being heterosexual men

- Eight out of 10 female students said they had been sexually harassed at school

- Nearly half (49 per cent) of women who are sexually assaulted were in broad daylight

- 93 per cent of sexual assault survivors do not report to the police

More information can be found on www.fanshawec.ca/silence.

SILENCE ISN’T CONSENT TABLE DISPLAY DATES:

- September 17: Falcon House Residence lobby from 9 a.m. to 2 p.m.
- September 18: Oasis from 9 a.m. to 2 p.m.
- September 19: F Hallway in front of the bookstore from 9 a.m. to 2 p.m.
- September 20: F Hallway in front of the bookstore from 9 a.m. to 2 p.m.



Getting tested for an STI is as simple as a finger prick.

CREDIT: S.F. EXAMINER FILE PHOTOS

If you’re doin’ it, do it right!

ERIKA FAUST
INTERROBANG

Getting tested for STIs might just be the least sexy thing about having sex. You’re poked, you’re prodded and you might have to pee into a tiny cup – not most people’s idea of a raunchy good time.

But think about it this way: getting tested and knowing your sexual health status is a vital part of your health care routine.

“When we’re growing up and our baby teeth fall out and we get our adult teeth, we start going to the dentist because we need to maintain that part of our bodies,” said Kevin Murphy of the Regional HIV/AIDS Connection (RHAC). “When we hit puberty and we start having sex, it’s similar – we need to make sure we’re keeping up with the maintenance of that part of our bodies as well.”

To smash the stigma around getting tested and encourage more people to start doin’ it, RHAC is running its fourth annual Are You Doin’ It? campaign in partnership with the Middlesex-London Health Unit, London InterCommunity Health Centre’s Options Clinic, Youth Opportunities Unlimited, Fanshawe College and Western University. Testing Week runs from September 23 to 27.

“The campaign is all about increasing the awareness for testing initiatives for HIV and STIs,” said Dr. Carlen Costa, Regional Coordinator of HIV/AIDS Services at RHAC. “It’s about getting our numbers out there, getting people to know their status, and erasing the stigma that’s associated with HIV and STIs ... It’s all about empowering people to know their status.”

Costa said the campaign especially targets young people, as they

tend to be highly sexually active. “It’s about being responsible for your sexual health and being accountable for not only yourself, but the partners you engage with.”

Approximately 30 per cent of people living in Ontario have HIV and don’t even know it. In 2010, Southwest Ontario saw a 10 per cent increase in the number of HIV diagnoses – one of the largest increases in the province. RHAC is encouraging people who are sexually active to know their status by getting tested annually – or more often, depending on how many sexual partners or possible exposures to HIV and other STIs that they may have.

Are You Doin’ It? shows people just how easy it is to get tested, said Murphy, subcommittee lead for the campaign promotions. “We’re trying to normalize the experience a little bit so people make it a regular part of their health care routine.” Some STIs never show symptoms, so it’s possible to be infected and not even know it. “Testing is the only way to know your HIV status for sure ... The earlier you know, the easier treatment can be.”

One quick way to find out your HIV status is to do a rapid point-of-care test. The Options Clinic at 659 Dundas St. is the only place in London that offers this type of test, said Murphy.

The test is “comparable to a pinprick, similar to what people with diabetes use to test their insulin levels,” explained Murphy. The test analyzes the blood for HIV antibodies and gives results in about five minutes. If HIV antibodies are present, it means you’ve been exposed to HIV, and the next step is a confirmatory test.

Testing is always anonymous.

“Some people are a little bit worried about that,” Murphy said. “You don’t have to bring a health card – you don’t even have to give your real name, it’s just a number.”

The Options Clinic and the Middlesex-London Health Unit both offer pre- and post-test counselling. “It’s about discussing your options for treatment and connecting with a healthcare provider,” Murphy said. “Even if you get a negative test, it’s important to talk about that result and affirm what you’ve been doing to be safe or be aware of your risk.”

RHAC will be on campus throughout Sexual Health Awareness Week: on September 17 for Condom Casino in Forwell Hall at 8 p.m.; on September 18 for Sex Toy Bingo at The Out Back Shack at 9 p.m.; and on September 19 for Tony Lee XXX Hypnotist in Forwell Hall at 9 p.m. Dr. Carlen Costa will also be in Forwell Hall at noon on September 19 for a TLC (Toys, Lube and Condoms) sex education show, which includes trivia, games and prizes.

Getting tested isn’t only important during Sexual Health Awareness Week – it’s a year-round matter. Rapid point-of-care testing is available at the Options Clinic at the London InterCommunity Health Centre (659 Dundas St.) – make an appointment by calling 519-673-4427. Get tested for HIV and STIs at the Middlesex-London Health Unit (50 King St) – drop in Mondays and Wednesdays between 5 and 7 p.m., or Fridays between 8:30 and 10 a.m.

Check out testingweek.ca for more information about Are You Doin’ It? and to find the closest testing site. Learn more about RHAC at hivaidconnection.ca.

GET CONNECTED

www.fsu.ca

Changing the world, one condom at a time

CONNOR DUNSTER
INTERROBANG

You go out with your friends, get all dressed up and you're looking good. You're busting a move on the dance floor when you catch a cutie looking in your direction. After a couple of minutes (and maybe a few drinks), you get the courage to head over and talk to her. Everything is going smoothly, and then the cutie asks if you want to head back to her place. After an awkward cab ride, you're in the bedroom (or the bathroom, or the kitchen), getting hot and heavy and thinking, "This is going great!"... until she asks the unsexiest question on the planet: "Do you have protection?"

The condom carries a lot of responsibility on its shoulders. It is one of the simplest and most effective ways to prevent against unwanted pregnancy and STIs. It's also small, durable, cheap, and it can be transported easily and discreetly. But if condoms are so great, why aren't people using them?

The Bill and Melinda Gates Foundation has started a challenge that will give a \$100,000 grant to organizations that come up with ideas to change condom design and change the perceptions of condoms, making them more accessible and popular to use. The Foundation issued the challenge to help curb unwanted pregnancies and the spread of sexually transmitted infections around the world.

The Foundation is looking for the next-generation condom that "significantly preserves or enhances pleasure" – this could include creating a new design or even new materials to increase condom use around the world.

"The problem is many men don't like wearing condoms, despite the threat to themselves

and their partners," said Louis McNarr, media representative for the Bill and Melinda Gates Foundation. "They feel it doesn't provide the same amount of pleasure or sensation when they use them. Men would seem to rather risk pregnancy and STIs for that extra pleasure than use condoms and have a safe experience."

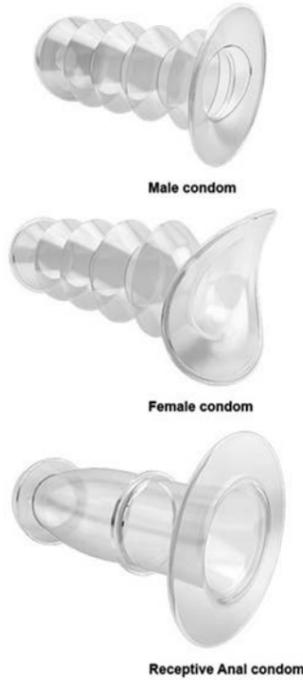
The Foundation is set on changing the world's views on condoms and is ready to make the condom the desirable choice across the globe. Male condoms are cheap, easy to manufacture and distribute, and available globally.

A flood of entries have already been submitted to the challenge, focusing on providing better sensation, increasing regular use, simplifying application, and designing more appealing packaging for customers.

The Origami Condom has already garnered praise and received a grant from the Foundation. This condom doesn't look like a typical condom; it instead folds and unfolds like a piece of paper. It provides a more pleasurable experience and easier application – it slides on, as opposed to rolling like a traditional condom – making it less likely to ruin the mood.

For your idea to be considered for a grant, you must have a proposal with testable hypothesis, include an associated plan for how the idea would be tested or validated, and interpretable data in Phase I in order to be considered for Phase II funding, in which the Foundation will give you up to a \$1 million to develop your condom.

Bill Gates himself has criticized the condom, saying it has gone through little innovation or improvement in its long history. The condom has been around for



CREDIT: ORIGAMICONDOMS.COM

The Origami Condom has received praise and been given a grant from the Bill and Melinda Gates Foundation.

about 400 years with the ancient Egyptians being the first to use condoms made out of animal intestines. The condom was made out of rubber in the 1850s, then latex when it was available in the 1920s.

The material to make condoms may have changed throughout the years, but the basic shape has remained the same. "It is time now for condoms to change; that's why we are so excited that people are taking the challenge and so many new and fresh ideas are coming in to make sex not only a better experience, but a safer one," McNarr said.

For more information on the Condom Challenge, go to www.grandchallenges.org.

Rape issues around the world

CONNOR DUNSTER
INTERROBANG

Picture this scenario: You're a woman and just need to run out quickly to do some errands, but this quick trip is not going to be that easy. Every second you're out, you need to stay constantly aware and be on guard.

"Why?" you ask. "I'm in a public area and it's the middle of the day – what could happen to me?" Well, here in Canada, women might be able to step out of their homes and feel safe, but women in other parts of the world do not know this luxury.

A May 2013 study out of Beijing interviewed more than 10,000 men and 2,000 women from six countries: Bangladesh, Cambodia, China, Indonesia, Papua New Guinea and Sri Lanka. This study, released by the United Nations on Gender-Based Violence and Research, found one in two men reported using physical or sexual violence against an intimate partner, one in four reported having raped a woman and one in 25 admitted to having participated in gang rape.

New Delhi is home to about 16 million people and has the highest number of sex crimes among India's megacities. A survey by United Nations Women found 95 per cent of females in New Delhi said they felt unsafe in public places.

Official figures show that 228,650 violent crimes recorded last year were against women. Delhi has been dubbed the rape capital of India, with an incident occurring on average every 18 hours and some other form of sexual attack every 14 hours.

On December 16, 2012, a 23-year-old student and her male friend in New Delhi were taking a bus back home from the movies when she was beaten with an iron rod then gang-raped by seven men, including the bus driver. She was pronounced dead later in the hospital. Four months later, a five-year-old girl in New Delhi was raped, assaulted, and then confined in a room for two days.

Both these cases brought international attention to India and pushed authorities to create stricter laws. The national outcry caused widespread unrest with thousands of protesters marching around government buildings and riots demanding officials step in and

crack down harder on criminals for prosecution and prevention on sexual assault. These protests inspired women from Egypt, Somalia and Mumbai to march against sexual assault and also meet with leaders to end this rape culture for good.

Who is too blame, though? Some say it is the police, who have been reportedly ignoring women's cries for help and telling them they deserve to be raped if they dress provocatively. One of New Delhi's police chiefs put the blame on the 23-year-old rape victim, saying she shouldn't have been out after dark. Others just think it is deep-rooted into the culture and this kind of behaviour is acceptable.

Indian Prime Minister Manmohan Singh called for changes in attitudes toward women in India, where there has been a fierce debate since the New Delhi gang rape about the mistreatment of women.

"We have to move the focus off the victim," Singh was quoted by CNN in January. "The safety and security of women is of the highest concern to our government."

Women often do not report sexualized violence because they know that, at least in India, only three of every 100 men accused of rape will ever spend a day in jail.

Rape is not a problem that affects only women: it affects families, communities and entire cultures.

"The gruesome assault on these girls reminds us once again of the need to work collectively to root out this sort of depravity from our society," said Singh. "I urge Indian society to look within and work to root out the evil of rape and other such crimes from our midst."

Culture is hard to change, but it is not impossible. Change might take a few generations, but it can happen. A culture where all countries treat women as equals is not an impossible goal to reach.

Experts say working with young citizens is the best way to turn around this problem. Teaching children how to treat women as equals will not only create a safer society, but a happier society, which will pay off and be prosperous in their future.

London Transit Commission aims to upgrade its system

COREY CALLAGHAN
INTERROBANG

London's busses are going to get a whole lot faster.

London's population has grown by more than 65,000 people in the last 22 years, but London Transit was not able to grow, even with the demand for more public transportation, and busses are now filled to capacity.

To fix this issue, the London Transit Commission is close to finalizing a plan to expand the system to a Bus Rapid Transit System (BRT). When the system is built, the roads will have lanes that only busses can travel in, with no access given to cars, trucks or bikes, which avoids the busses being stuck on the congested roads. With busses getting their own lanes, it's estimated that bus traffic will be able to move up to four times faster.

The BRT has one route, which travels East-West and another route travelling North-South throughout the city, stopping at key points, such as Fanshawe College. This will take pressure off the more resi-

dential routes, and the BRT will have connections to those routes so passengers have a fast, reliable trip home.

Larry Ducharme, general manager of the London Transit Commission, said they are "nursing" the system until the BRT is officially open. He said that they have a master plan and are now seeking investors and the government to help make this happen. "We would like to see one-third investment from the federal, provincial, and municipal governments."

Ducharme also said that London's youth play a very big role in this outcome. "It was the Fanshawe Student Union president who met with the Western University and Transit officials to make the bus passes possible," Ducharme said. He said 35 per cent of the youth in the city say they don't have a driver's licence, and so they rely on public transportation to get around.

Fanshawe students are encouraged to share their thoughts and



Larry Ducharme, general manager London Transit Commission.

opinions on the London Transit Commission. "Young people are very key. Lend us your ear, [your] voice," Ducharme said. "We are not standing still. We are listening."

The London Transit Commission is in a "very good position" with the wheels moving forward on the BRT plan. The cost of the project is an estimated \$330 million. If everything runs smoothly, the BRT should be an integral part of the London 2030 Transportation Master Plan.

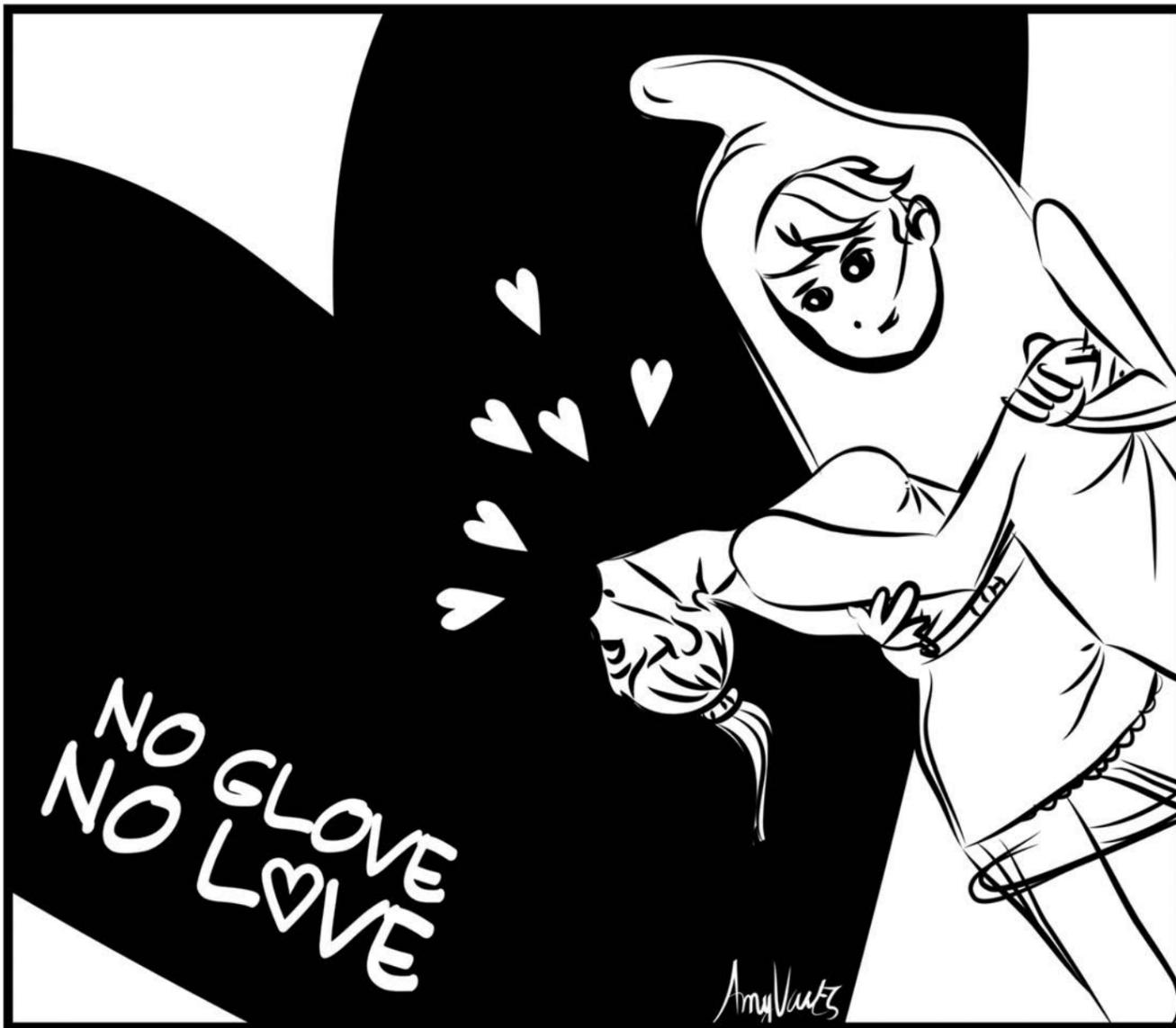
For more information on the LTC, go to ltconline.ca.

CORRECTION

A story on page 29 of Volume 46, Issue 2 dated August 26, 2013 of Interrobang entitled "Key changes for men's volleyball" incorrectly stated that former players identified coaching as a reason for past seasons' failures. This statement was inaccurate, and the online version of the story has been amended to reflect the truth. We regret the error.

CORRECTION

A photo caption on page 15 of Volume 46, Issue 3 dated September 9, 2013 of Interrobang mistakenly identified the photographer as Stephen Gosenchi. That photo was taken by Stephen Echavia. We regret the error.



Civil rights on the other side of the planet, Part 2



NOTES FROM DAY SEVEN
 MICHAEL VEENEMA
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Last week I wrote about Martin Luther King Jr., the U.S. civil rights leader of the 1960s. Fifty years ago this summer he delivered the famous “I have a dream” speech, and died from an assassin’s bullet not long after. I noted that King’s speech was loaded with Christian and biblical themes. The same can be said for the civil rights thought of many who have advocated for rights in the Western world. This includes William Wilberforce, the English anti-slavery crusader, and Bishop Desmond Tutu, the anti-apartheid activist of South Africa who is still living.

I ended last week’s article with the mention of Ai Weiwei, a Chinese artist. His work has been on exhibit at the Art Gallery of Ontario (AGO) this past summer. If you don’t see it, there are plenty of images and text about him online.

I mentioned Ai Weiwei because his art is a vehicle for his own civil and human rights activism. Ai Weiwei does not come out of the Christian tradition as so many rights advocates in the West have. So, a question that comes up is, can there be a relation between human rights movements that do not appear to owe much to Christian foundations and those that do?

There is no question about the profound human rights perspectives that Ai Weiwei puts forward in his work. The first piece in the AGO exhibit is called *Snake Ceiling*. It is made of hundreds of backpacks attached together to form an enormous snake. The inspiration for this piece comes in part from backpacks left behind in the rubble of an earthquake in China – an earthquake that

killed thousands of schoolchildren. Ai Weiwei objects to what he sees as the Chinese government not being sufficiently concerned to remember the dead, and not drawing attention to a possible cause of so many dying: poor construction.

Ai Weiwei had to do a lot of his own investigating to find the names and statistics of the dead children. He has posted them on a large wall exhibit. You can stand in front of it overwhelmed by the enormity of the list – and struck by the human loss as an audio recording of each name is heard, one by one.

Another related piece, *Steel Rebar*, consists of 40 tons of concrete reinforcing bar recovered from the earthquake site. Each piece has been straightened. The pieces have been cut and stacked not only to remember the dead and the earthquake destruction, but also to symbolize the divisions that exist in Chinese society today.

While people all over the world celebrate Ai Weiwei, the Chinese government treats him as a dangerous man. It does not permit him to travel outside the country. Since he has focused on using his art to draw attention to the value of each person, he is under surveillance. According to the essay produced for the AGO exhibit, he’s been beaten by Chinese authorities.

Would Ai Weiwei, who appears to come from a secular and atheist background, find himself with much to say to Rev. King? Clearly, they share a deep concern for the rights of all persons. Each would say that all persons are valued. No doubt, King would express great appreciation for the way Ai Weiwei confronts people with deep questions about human identity and value.

At the same time, perhaps Ai Weiwei would find himself drawn to the Christian tradition and its awareness of God, God as the Creator and therefore the foundation of human rights and individual value. God, whose glory becomes visible when all per-



CREDIT: NYOGALLERISTNY.FILES.WORDPRESS.COM

Ai Weiwei uses his art to champion human rights issues in China. For his efforts, Weiwei is treated as a dangerous man by the Chinese government and is not permitted to leave the country.

sons are treated with fairness and compassion. God, who invites all people beyond a grim recognition that there is much work to be done with respect to human rights; who invites us even beyond a release from this work if it should ever end; who invites us to joy.

Love. Respect for all. Compassion. Justice. Joy. These are what God has created us to experience. I think King understood this. I think his black church audiences and white supporters fed on it. And though King was persecuted and assassinated, I guess that he saw God’s glory and tasted his joy.



Abolishing the Canadian Senate is an issue the NDP may raise during the next federal election.

A look forward: Early policies for the federal election

VICTOR DE JONG
 INTERROBANG

As the 2015 federal election looms, Stephen Harper’s chief competitors are sharpening their proverbial swords for battle. They’re rolling out press conferences for the purpose of revealing their brightest and best policies that they hope will create enough public sentiment to put them in a position of contention against incumbent Prime Minister Stephen Harper.

NDP leader Thomas Mulcair is making the abolishment of the senate his one trick pony for the upcoming election on the heels of Liberal Party leader Justin Trudeau’s comments about marijuana legalization. In light of the past and present (and, no doubt, future) scandals stemming from falsified expense claims, improper audits and RCMP investigations, the NDP leader thinks the time is ripe to do away with the Senate for good. Mulcair is touring the country to forward his cause while doing his best to emphasize what a decisive move it would be compared to the Conservative’s inquiries into fixed terms and/or elected senators.

There aren’t many issues that provide traction with the Canadian populace, so each candidate is desperately looking for an original one to claim as their own. The real decisions that affect the Canadian economy and unemployment, insurance, and mortgage rates are far beyond the comprehension of most Canadians, so politicians embrace simple and attractive policies that seem impossible to oppose.

Trudeau adopted the wedge issue of legalizing marijuana to gain support from the demographic that has historically been the least likely to vote, banking on the idea that an attractive enough platform could bring them out in droves. In fact according to Elections Canada, only 38.8 per cent of eligible 18- to 24-year-olds cast a ballot in the 2011 federal election compared to 75.1 per cent of eligible 65- to 74-year-olds. The fact that the voter turnout rate steadily increases with age (until it peaks in the 65 to 74 bracket) is not surprising if you think about it. The older the voter is, the more likely it becomes that they have a vested interest in the outcome of an election and that they’re aware of it.

The risky aspect of wedge politics is that by appealing to a specific demographic, politicians risk alienating other demographics. Mulcair’s policy risks alienating a population that isn’t particularly interested or informed on the nuances of how the Canadian Senate works, while conversely Trudeau risks losing ground with older demographics more interested in cutting government spending and improving the Canadian Pension Plan.

The crucial point to remember is that these are early policies meant to test the waters of public opinion. If either Trudeau or Mulcair feel that their wedge issue may backfire, they’ll hastily find another cause to champion. One of the criticisms leveled at Trudeau at this point in his campaign is that he lacks substance but the reality is he’d probably have it no other way. If any leader were to broadcast their official platform this far in advance of the election, it would be torn to shreds by the opposition before a single vote had been cast.

The ABCs of sexuality

ROSWELL GREENIAUS
INTERROBANG

There are many interesting things one can find on a daily midnight stroll around the campus: striking stars, stragglers to a party that hasn't happened, and confused students who are new to London and its bus schedules. What caught my eye and halted my steps for the fourth or fifth time that night was a particularly colourful flag hanging on the window of a townhouse, inside which I saw maybe three or four people.

I was filled with a driving urge to get their attention somehow, a pebble upon their window maybe, just so I could flash them a thumbs-up of approval or something; I wanted them to know that I approved of the people who approved of that esteemed rainbow fabric. But then the gravity of my night – a somber walk I began, intending to sort out what I believe and don't believe – sunk in, and I began thinking, "Should I really be celebrating what that flag represents?"

And what exactly does it represent? To Fanshawe's Spectrum club, a group of students who consider themselves LGBT and/or anything beyond and between, the flag is "a symbol within the queer community that unifies many people during their coming out process," according to an email I received from Spectrum President Deanna Booton and member Kate. A lighthouse of sorts, the flag is known to guide questioning individuals "during a critical time in [the] self-realization process."

A little about myself before I have my spin on the flag: I don't subscribe to any of the labels commonly attributed to that banner, perhaps not for the same reason you may not. In my head, the need of sex is equivalent

to the need of food; the choices within both appetites, therefore, are mundane and borderline trifling. (One can also infer what I wish to eat varies from time to time – seek the double entendre if you please.) With that said, I'd hardly call myself a bigot, and am accepting of what makes our species so varied.

Therefore, when I began to mull over the concept of *pride* during that midnight stroll, I was conflicted.

One half of me insisted that such conviction – firm enough to manifest a sprawling flag for all passerby to see – is not only admirable, but necessary. In a society that fecklessly tosses titles around, self-labeling, the Spectrum members remarked, "can be a source of empowerment for many."

The other half of me, however, suggested that supporting such a movement was counterproductive to itself: "I want equality!" the flag declares, and then, with an unaware, ironic tone, "...so let me segregate and demarcate myself to ensure you know I'm different!"

Now, I have absolutely no ill sentiments towards those who title themselves with sexual and/or gender identifiers, but, after ponderous consideration, I can't say I support the identifiers themselves, nor the flag that precedes them. But I'm not alone.

Even Deanna and Kate had their quips with the eminent rainbow: "The rainbow flag – as clothing, pins or other physical manifestations – no longer or never truly defined [us] as a diverse group of people."

That is to say, no one really likes the way the flag divides its members from "the rest of society." I think one should be proud of their sexual orientation or sense of self as much as

one is proud of being a Homo sapien sapien (which, I would think, takes form as a tepid mumble in the enthusiasm department). Rather, I'm not saying that sexuality or gender or anything beyond and between should be stifled – prudery or the stuffiness of conservatism isn't mine to endorse. I simply don't think sexuality should be trumpeted any more than the colour of my complexion.

What we need to recognize is the innate, human intent to classify and categorize all; we demand to know everything about everyone, and we want to know it within the second. We accomplish this, or so the ignorant and bigoted think, through the use of snappy, convenient labels: gay, straight; man, woman; black, white. The truth, a moderately objective individual would realize, is that there is no truth – there are several truths. We are astronomically diverse as a species, perhaps infinitely wandering the corridors of our selfness, never really finding a room in which to settle. We are usually above or below the titles that precede us; rarely do these classifiers actually fit.

And by willingly corralling ourselves into bottlenecked flasks, these human genres, we allow ourselves to be victims: targets of hate crimes, the fodder of cannonball generalizations, clear-cut caricatures whose sole purpose is to vegetate. Or sometimes undeserving heroes: Forgotten celebrity faces rebooted across a billion tabloids simply because, yes, he likes penis, not vagina.

The overarching problem of these boxes with which we imprison ourselves is that we divide. We create a sense of alienness, of an "other." I'm all for celebrating differences, but once your favourite Disney star is shot down from the heavens of idyllic childhood

memories with nothing but a social network harpoon simply because she doesn't like what some other girls like, I think the weight we place on sexuality has reached a certain level of incredulity.

Spectrum club president Deanna Booton duly stressed the difference between choosing to identify with a label, and being victim to one imposed. As long as people *choose* the title, instead of being pressured into one, "it shouldn't matter with what they identify."

One thing is clear: We need to disarm sexuality and gender. We need to stop seeing it as a weapon that either protects us or assaults others, as a social bomb whose eventual explosion either clears a path for or destroys careers and relationships. I think sexuality should be deprived of both shame and pride. It should be something mildly interesting, something unique about a person, our personal little quirks mentioned over a cup of coffee – not part of a circus act meant to distinguish a group of individuals or resuscitate fading names. I think what we should be truly proud of is not our differences, which pave the way for cursory categorization, but the fact that we are accepting of them.

Human beings are not elements on a periodic table, colours in a crayon box, nor foggy, nameless jars on dusty shelves. Don't label them. Human beings shouldn't be reduced to alphabet soup just so you or I can address them in five seconds or less.

Not just a pretty picture



ARTiculation
AMY VAN ES

"What do you think an artist is? An imbecile who only has eyes if he is a painter, or ears if he is a musician, or a lyre in every chamber of his heart if he is a poet, or even if he is a boxer, just his muscles? Far from it: at the same time he is also a political being, constantly aware of the heartbreaking, passionate or delightful things that happen in the world, shaping himself completely in their image. How could it be possible to feel no interest in other people, and with a cool indifference to detach yourself from the very life which they bring to you so abundantly? No, painting is not done to decorate apartments. It is an instrument of war." Pablo Picasso

Art's most appropriate use, in my opinion, is to poke holes in the canvas we've painted our modern world on. Kind of like an *I Spy* book: Can you find something that doesn't make sense? Surely it isn't a difficult task right now with wars raging on, kids playing with iPads instead of one another, and garbage piling up in places we don't know exist. This propels us to reminisce of a simpler time, but it's important to note that even the artists living in those times we so cherish felt impassioned by the injustice in their society.

Even the brief history of modern art (roughly the last 150 years) shows evidence of a cohesive effort to both reveal to its audience the inadequacies of the world that surrounds them, and to imagine their ideal solutions.

In the late 1800s, those we now call the Impressionists sat in a cafe discussing what post-revolutionary France is like. In the streets, there was an air of excitement and anticipation about the future, but the painters saw that art was not reflecting the sentiment. Then, art was censored by an organization (Académie des Beaux-Arts) that only



CREDIT: THOMASHAWK.COM/2010/04/BANKSY-HITS-SAN-FRANCISCO.HTML

Banksy's street art showcases his feelings on capitalism.

showed paintings that illustrated the affluent lifestyle. But the Impressionists wanted to portray life in the new France, so they began painting scenes of people having picnics in the park, nature, and imagery of beauty that reflected common life in the city.

A modern example of documenting the authentic civilian life is English graffiti artist Banksy. He is a prolific modern artist who produces images of a satirical nature that poke and prod at the public from the walls they're painted on. Displeased with the domination of capitalism creeping into the arts scene, he uses street art (which is free to view) paintings to display how ridiculous our current way of life is, and bring these feelings to the surface in others. Artists sense the dissidence in their fellow civilians and provide a platform for their social commentary to be observed.

The other role artists have is to envision the world according to their ideals and present it to their audience. Once an injustice is recognized comes the task of changing. We need to determine what would serve us best.

The artist, understanding how elements creatively work together, can use her skills to form innovative scenarios.

A small but significant example is muralists/street artists. In the busyness of urban life, many people feel the need to retreat. Muralists create small oases from the muted greys and browns of the concrete jungle by painting colourful, lively scenes on the sides of buildings, or even on a wall in your home.

On a much larger scale, Jacques Fresco's Venus Project re-imagines the structure of the city itself. A designer, Fresco believes that cities should be a more elegant collaboration between the natural and man-made world, functioning for the well-being of all its inhabitants. Among many other media, his team uses digitally created images to illustrate his concepts.

Those who choose to live their lives expressing creativity in physical form – that is, art – should take it upon themselves to lift their pens and brushes in the name of critical thinking, and strum and sway to the rhythm of progress.



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CREDIT: RYAN RITCHIE

The Motorleague pulls into London for a show at The APK on September 22 in support of new album *Acknowledge, Acknowledge*.

The Motorleague performing live in London

BOBBY FOLEY
INTERROBANG

To state that Canada as a nation has a fairly internal music industry is a bit obvious; it's little secret that for years, top-tier Canadian artists have had trouble making the same kind of splash internationally as they do domestically.

However when you pay closer attention, it's possible to notice music communities that are even more tightly knit than our own.

Hailing from Moncton, The Motorleague is a prime example of an East Coast rock outfit that is able to generate some momentum yet stay nestled within a musical microclimate created by our vast geography.

"I think it's completely fair to say that our band is pretty well unknown in most of Canada, except for the four Atlantic provinces," frontman Don Levandier agreed, speaking by phone from Kingston before a recent performance. "But to be fair, the Atlantic provinces are also pretty unknown to the rest of Canada."

The Motorleague – Levandier on guitar and vocals, Nathan Jones on guitar, Sean Chaisson on bass and Francis Landry on drums – have just embarked on a tour across Ontario this month to warm up for a massive Canadian/American tour in October and November. They are appearing at the APK on September 22 with locals Tandem Eagle and Traumahawk.

"We've been working hard on the East Coast, and now it's time to see what the rest of Canada is like. We're pretty stoked to get out and do Ontario properly this time."

As bands from Ontario can struggle to cross the expanse of land and scattered music markets westward to B.C., so too do bands from the Maritime provinces struggle facing the distance between Fredericton and Quebec City. Consequently, it can be easy for bands not to visit all the usual mar-

kets that we in Ontario take for granted.

And while the band is going to be busy, they're in the mood to celebrate their latest album *Acknowledge, Acknowledge*, released in June this year. Focused and pensive, the album displays intrigue and depth deftly captured by producer Steve Rizun in Toronto, a strong effort that Levandier said tested the group as performers both individually and collectively.

"There's no question, working with Steve was a real eye-opener to the fact that we weren't great musicians," Levandier began humbly. "I think every band goes through that. You get in the studio and realize, 'Man, we're not the band we thought we were.' We thought we were this road-hard band that toured and did so much but then you get in there and start to realize all the stuff you can't do."

"That was a three-year record to make," he continued. "We went through every hell imaginable – we wrote a van off making that record, we went through a lot of bullshit to get it finished, it almost tanked our band a couple times. We had fun making it, but it was a really long process, so when it finally came out it was like a huge weight was lifted."

Not one to complain, Levandier put things into perspective: "It's not really fair for me to complain about it, because I've got friends from Newfoundland, and it's about a billion times harder if you're from Newfoundland."

For more on The Motorleague and their recent album *Acknowledge, Acknowledge*, visit them online at themotorleague.ca or follow along on Twitter @themotorleague. They perform at The APK in London on September 22 with Tandem Eagle, Traumahawk and BurnRed. Tickets are \$5, doors open at 8 p.m., and the show is 19-plus.

You can't take London out of the girl, Fisher to headline show at Fanshawe



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Like so many art forms, music seems to inspire people in occasionally nonlinear ways. Such is the case for London country chanteuse Genevieve Fisher, who took three trips to Nashville to develop her uniquely London voice and couldn't picture herself anywhere else.

No stranger to Fanshawe College, Fisher performed on campus early in 2011 as she celebrated the release of her EP *Without Borders*. In the time since, she has gone on to release a Top 50 single and become a leading voice in Canadian country radio, as well as release of her debut full-length album *Bad Enough* this spring.

Fisher returns to Fanshawe this Friday to perform at New Music Night at 9:30 p.m. in Forwell Hall. The show also features local act Black N' Bluegrass. Tickets are \$2 for students and \$5 for guests, available at the door only.

"I think my songwriting is what started opening doors for me," Fisher began, reflecting on the journey that led her to perform at the new artist showcase during the Canadian Country Music Awards last year. She was 16 when she decided to pursue country music and first looked into management, kicking off the time that would lead to recording *Without Borders* in Nashville in 2010.

"That album wasn't as personal to me, just because I was only singing two of my own songs," Fisher explained. "It was a good step for me, being able to bring albums to shows and have something I could sell to fans. That was a good starting point."

The real turning point in her career, however, was the beginning of her collaboration with Nashville-based artist Jenn Schott,



CREDIT: GENEVIEVE FISHER

Genevieve Fisher will be performing in Forwell Hall in the Student Union Building at Fanshawe College on Friday September 20.

who made the trip to London in the summer of 2011. The pair wrote four songs together, one of which was "July," a summer love song that managed to crack the Top 50 national country charts and stay there for close to three months in 2012, as the two met again and wrote the remainder of what would become *Bad Enough*.

Including recording her albums, she would make three trips to Nashville and end up developing a voice and songwriting style that draws from her home and life here in London.

"Because I grew up here in London, it really has defined me," Fisher said. "It would be really hard for me to leave – I am a hometown girl, London has helped me become who I am. But it's been difficult to enjoy country music here, if you know what I mean."

"I recently wrote a new song with Jenn Schott over Skype, because we weren't able to get together this summer," she began.

"She was in Nashville. I asked her, 'Would it be okay if I threw in the name of a road that's here in London?' I've made a lot of memories with people and I like adding those personal touches to my songs. I don't think I'm overly personal, but making that connection helps me grow as a writer."

Fisher also performed at Western Fair on September 12, opening the stage for Doc Walker in a show sponsored by Today's Country BX93 in London.

For more on Fisher or her album *Bad Enough*, visit her online at geneviefisher.ca or follow along on Twitter @genevieve_f. Don't miss her on September 20 in Forwell Hall.

And for more of the latest music news, views and album streams, consider following this column on Twitter @fsu_bobbyisms. Stay tuned to fsu.ca for the latest events on campus, I'm out of words.



CREDIT: STEPHEN ECHAVI

Pat Maloney draws a crowd at the Out Back Shack during Friday's New Music Night.

Dress to impress and get noticed at night

A guy's guide to dressing well

ANDREW VIDLER
INTERROBANG

The majority of young males out for a night downtown have an eye on finding themselves a good-looking girl for the night... or longer.

However, a common sight when walking into any locations in downtown London is a lot of dudes and a comparatively small number of females. When encountering this dilemma, one needs a method to stand out and be noticed, and a simple method is staring them in the face.

Look around a club and you will observe a sea of guys in brand-name t-shirts and a pair of jeans, and putting a bit more effort into your appearance can go a long way to getting noticed by the girls who, as every guy knows, put hours into getting ready for any event.

Dan Hasson, owner of Dan Hasson Clothier (320 Dundas St.), has been in the business of making men of all ages look their best for 38 years, and has been in the industry throughout multiple trends in men's fashion. Considering the generations he has witnessed, he said he feels that the current generation of young men are among the least put-together he's seen. "It always surprises me when I'm out for dinner and I see a young lady who has clearly made a great effort toward her appearance, sit down with a man who is in a t-shirt and jeans."

Having grown up in a time when a well-made suit and tie was considered the standard for male dress,

both in business and during a night out, Hasson is devoted to helping men maintain a high standard of Canadian-made fashion that won't cost you an arm and a leg.

"I can guarantee that my shop is the place for the finest Canadian-made suit under \$500," Hasson stated proudly, "but I know that such a price point can be a little intimidating on a student budget."

A general student night out usually doesn't require something as formal as a full suit, as clubs tend to be hot, crowded, and carry the risk of drinks being spilled, and a pub is often too informal a setting to require such attire. There are ways, though, which can enable men to stand out among the sea of t-shirt and jeans that are often found in popular student establishments such as Jack's and Carey's.

Top

When asked about the most important item a male student can have in his wardrobe, Hasson's answer was immediate: a dark jacket or blazer. "Any male who wants a simple method of dressing well for any occasion should have a black or navy blue jacket," he said. Such an item can be used for almost any occasion where looking good for a date is called for, from dates to nightclubs. "When paired with a properly fitting dress shirt and a tie, a nice jacket can instantly class up any outfit that you're already wearing," said Hasson. "It is an incredibly simple way to enable yourself to stand out from a typical nightclub crowd."

Bottom

When it comes to pants, Hasson recommended two pieces when attempting to bridge the line between casual and formal: a pair of dark jeans and a pair of black dress pants. Whether you're going to a nice restaurant or out to a bar, keeping the lower half dressed in dark colours enables men to easily match nearly any shirts, ties or jackets. "I know that young men enjoy wearing jeans for comfort's sake," Hasson explained, "but from what I've observed, the jeans that young men are buying are too cheaply made." While these types of jeans are perfect for general day-to-day wear, Hasson recommended that all young men invest in a \$100 pair of jeans, as they will stay looking new for years with proper care.

Shoes

Hasson advised basic, simple, and black when it comes to dress shoes – something that can be used for any occasion. A pair of dress shoes can cost anywhere between \$50 and \$200, leaving plenty of choices for all budgets.

It is sometimes hard to feel noticed in the overcrowded social scenarios that are so common when going out for a night with friends, especially when it comes to a crowded nightclub. However, with a little bit of effort, a little consideration and a bit of confidence, it's not difficult to dress in a way that will set you apart from all the other guys, and make you the classiest man in the room.



CREDIT: INNEWMUSICWETRUST.COM.BR, HAI HA NGUYEN

The dark, romantic side of Lana Del Rey



THE SHOPPING BAG
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Lana Del Rey, the songstress of songs such as "Video Games," "Blue Jeans" and "Born to Die," is also a fashion icon who is known to update classic styles and evolving her style.

Del Rey's style evolved from "gangster Nancy Sinatra" to a dark, romantic flair that is reflected in her lyrics and somber voice; drawn from personal experiences, whole-hearted love and heartbreak become illustrated in her style in her music videos.

This look was inspired by the image of Del Rey with a fiery red rose in her lips, but her image seems to be pulled in by darkness. Perhaps she is trying to paint a picture of the dark side of romance in contrast to the perception of a pure and innocent love. Del Rey often wears innocent white dresses in her music videos, which are often overflowing with abstract imagery and a dark ambience.

The red, cream and black palette of the picture inspired the key colours of this week's look, while the dramatic fiery rose was the inspiration for the jewellery. An airy cotton babydoll dress with a slight flare makes for a great starting point for this look.

A simple silhouette allows more room for dramatic and detailed pieces. The black floral- and lace-inspired statement necklace has a delicate gold trim, incorporating Del Rey's love of gold jewellery, makes an immediate impact on the look. To complement the necklace, the slightly rounded black vintage earrings are a perfect reflection of her love of Old Hollywood. The rose ring mimics the rose in Del

Rey's lips, in black to mirror the darkness in the picture. Fiery red ballerina flats and a black clutch with gold detailing gives the outfit a gorgeous pop of colour.

1. Cotton Dress: This dress has a babydoll silhouette, but any silhouette in a light material and cream colour will work for this look. It gives the ensemble a dressy yet carefree feel. (Dresses in similar styles and colours can be found at Forever 21, \$30 to \$40)

2. Black Lace- and Floral-Inspired Necklace: The bold necklace is classic, modern and embodies Del Rey's artistic flare. (Aldo Accessories, \$25)

3. Earrings and Ring: The vintage-inspired earrings and black rose ring adds the touch of detail that brings everything together. (Aldo Accessories, Earrings: \$12, Ring: \$10)

4. Red Ballerina Flats and Black Clutch: The red ballerina flats introduce fiery red to the colour palette of the look while the clutch is a functional and classy addition for a night out. (Aldo Accessories, Flats: \$40, Clutch: \$30)

This dark and romantic Del Rey look can be perfect outfit for a night out for dinner or dancing at an upscale supper club. It is also a perfect example of how a simple item like a cream dress can be updated with glamorous accessories. When styled with a few details and inspiration in mind, you can recreate an iconic Lana Del Rey look!

Hai Ha Nguyen loves to discover the new trends in street fashion, accessories and styling. Follow her on Instagram at instagram.com/misshaihanguyen for the trendiest pieces this season! If you have a suggestion or feedback for her column, send her an email at hhnguyen.77@gmail.com.

The college closet



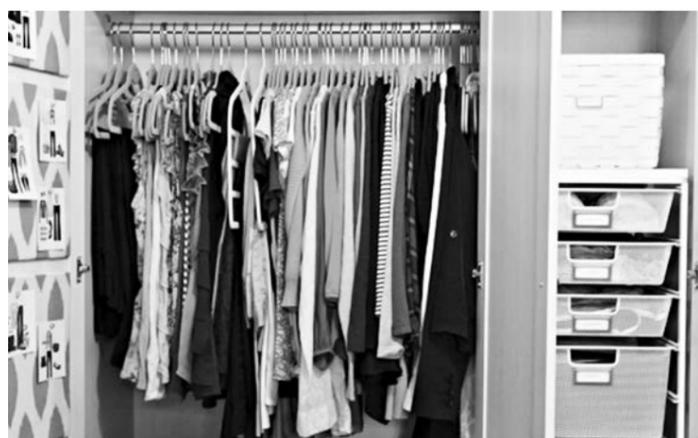
TURN BORING SPACES BEAUTIFUL
BRITTANY ROACH

For many young women out there, one of the most important elements in our bedrooms is our closet. Our closets hold all of our prized possessions... well, for most of us, anyway! Unfortunately, being a student means we are not going to have the walk-in closet that every -young woman dreams of!

The college closet is usually a pretty small space, which can easily lead to a cluttered mess! We all know having a cluttered and unorganized closet can lead to a bad start every morning while trying to figure out an outfit for the day.

While I can't magically make your closet bigger, I can present some really helpful tips to maximize your closet space and help you turn your daily outfit selection into a wonderful and stress-free time!

First thing's first: hanging and organizing your clothes. The easiest way to be able to find what you need is to hang your clothes in a certain order. Start by clustering all different styles of shirts together. Start from one end of your closet and hang all your tank tops, then short sleeves to long sleeves, cardi-



CREDIT: IHEARTORGANIZING.BLOGSPOT.CA

An organized closet is a key to a great start to the morning.

gans to blazers and then your sweaters. With this order, you will easily find what you are looking for. If you run out of space, the solution is simple: add an extra rod under your other clothes to give yourself more space.

Next are your scarves and belts. These are always tricky items to keep organized in your closet. The simplest way to keep these items all neat and tidy is to purchase hangers that are specifically meant for these items. These hangers are designed to keep your scarves and belts organized without taking up too much space!

The next most important item in your closet is your shoes. If you are like me, you may find that you have one too many pairs of shoes,

and storing them in their boxes doesn't always work! Investing in a multi-level shoe rack is the one way to fit all shoes in your closet while still being organized!

Last but certainly not least, your purses. I have seen too many people pile their purses on the top shelf of their closet, creating a huge, messy mountain. I find the easiest way to keep them organized is to store them in totes. Using colourful, patterned fabric totes is a great to keep your closet organized while still looking trendy.

A small college closet doesn't have to turn your morning routine into a nightmare. Maximizing your closet with these simple tips will help you enjoy choosing your outfit every day!

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CREDIT: WIKIPEDIA

According to Cosmo magazine, this sexy, sexy image of a glazed donut should perk up our male readers.

Cosmo's least-sexy sex tips

CONNOR DUNSTER
INTERROBANG

Cosmo is like the Holy Bible for some women. It has all the commandments and rules to live by for its readers to follow devotedly. Cosmo is the guide for what's new in fashion, make-up, hair and fitness, but the real reason women buy it is the same reason men watch porn: sex moves. Readers buy this magazine because they think this \$5 thing on the grocery store shelf will help them uncover the ancient secret tips and tricks on how to become a sexual goddess.

Most of the tips featured in the magazine are user-submitted, which means any old bum from Timbuktu can submit the craziest thing they can think of as a joke, and someone will take it seriously and actually try it on their poor, unsuspecting partner. I think Cosmo should have a screening process in which users submitting tips must include a video of them doing the act to legitimize it.

God bless these tortured souls who had to go through these "sexy" tips. You are the true heroes in this country.

Cosmo Tip #1

Take his shaft between your open palms and tap it back and forth, almost like you're volleying a tennis ball. The quick movements are a fun way to wake up his nerves.

No, no it's not. You're not going to wake up his nerves as much as you will be getting on his nerves. No man will appreciate you playing with his junk like you're kneading pizza dough. The first clue this is a bad sex tip was it referenced arousing him like *volleying a tennis ball*. Anytime someone compares a sex move to a racket sport, just steer clear.

Cosmo Tip #2

Very softly bite the skin of his scrotum.

Ladies, if you're looking for a quick kick to the head, then by all means, bite away. Nothing will jolt and simultaneously turn a man off more than gnawing on his balls like a beaver with rabies. He's sure to jump up and flail excitedly, which will give you an oh-so-sexy black eye.

Cosmo Tip #3

Gently stick his penis through the hole of a glazed donut.

Gently nibble around the donut, stopping to suck him once in a while. The sugary texture of your tongue will add an interesting new dimension.

Yes, take a minute to laugh, and then think about that seriously. I know people's sex lives might get a little boring after a while, but heading to the bakery is probably not going to be the magic fix you're looking for. Since pioneer George Costanza tried to mix food and sex, many copycats tried to emulate him and all have failed. I think if you can stay hard while having a glazed donut on your dong, you deserve to try this out.

Cosmo Tip #4

Press a fork (firmly, but don't break skin or anything) into different parts of his body – his butt cheeks, his pecs, his thighs – to give him the perfect mix of pain and pleasure.

If you ever find yourself bringing silverware into the bedroom, stop and reevaluate your life. This one must be a joke entry or there was some poor man who recently had a fork jabbed into his ass. You would either have to be very kinky or a cannibal to try this relationship-ending sex tip. Just try to think how this scenario would play out in real life:

Woman: "Hey, baby, I want to try something crazy tonight."

Man: "Ohh yeah, I'm down for anything. What were you thinking?"

Woman: "Well it maybe a little naughty but... will you let me stab you repeatedly with this fork? It'll be super sexy."

Man: "Yeah... just give me a second here, I gotta go to the bathroom." *Jumps out window into the night, never to be seen again*

Cosmo tip #5

Feed each other ice cream in the dark. Not being able to see means more spilling, which means more licking up the mess.

THIS IS HOW YOU GET ANTS! What is with people trying to mix desserts and sex? Can't one be enough? Getting jabbed in the eye with a spoonful of ice cream in the dark sounds like hell enough, but having sticky ice cream all over your nice clean sheets would make me instantly regret this. And licking up the mess? I would pay to see a person's face after they

lick some Rocky Road out of some dude's hairy buttercrack. If you do decide to try this, I suggest laying down some sort of disposable tarp so your bedroom doesn't look like a scene from *CSI* after your experiment.

Cosmo Tip #6

Sprinkle a little pepper under his nose right before he climaxes. Sneezing can feel similar to an orgasm and amplify the feel-good effects.

Hey, do you like all that feeling of releasing an orgasm without that same old predictable notion of it coming from the penis? Well, sneezing just might be for you! Actually, building your man up to climax and grabbing the pepper in time to throw it under his nose seems like something you need to be Jason Bourne to pull off. I can't think of anything unsexier than getting a faceful of snot and proceeding to share a box of tissues with your man. It would be like an R-rated Nyquil commercial. In short, stay away from the pepper, no matter how badly you want to spice up your relationship.

Cosmo Tip #7

Firmly hold the bottom of his shaft in one hand and slowly push it towards the base. (Imagine you're pushing his penis into his body).

Don't imagine, for the love of god, don't even think about it imagining. A man's penis isn't the popper dice from the board game *Trouble*, you have to treat it gently. If you really want to see a man's junk retreat back into his body, push him into a cold lake or dress up like his mother. That'll do the trick.

Cosmo Tip #8

Make two fists around his shaft and twist them in opposite directions as fast as you can.

This, ladies and gentlemen, is called a Rugburn. I got many of these from my older brother and schoolyard bullies, and I can tell you, at no point did I wonder if this would feel good on my junk. Do this if you're angry at your man, if he doesn't wash the dishes, if he leaves his dirty socks everywhere, sure; but don't do this thinking it will bring any pleasure to him whatsoever.

LGBT-friendly bar creates safe and open environment in London

ANDREW VIDLER
INTERROBANG

Any student taking a trip to downtown London for a night of drinking can vouch for one fact: there are a ton of places to drink, dance or socialize in this city. There are so many different options to choose from – everything from casual pubs to loud nightclub – which almost guarantees that any individual will be able to find an establishment that is tuned to their interests.

For any members of the LGBT community in London, however, the majority of local bars may not be able to provide what they are looking for in terms of a night experience, except for one.

Located at 238 Dundas St. in the heart of the downtown community, Lavish is carrying on London's long tradition of openness, positivity and fun in the LGBT community.

After the closing of London's well-known LGBT nightspots Fusion and SEVEN, Lavish was opened in 2008 by Eddy Phimprachanh to provide not only the LGBT community a 100 per cent welcome place to go at night, but to provide a premier night club and lounge experience to the London community as a whole.

"While we are a 'gay-friendly' location, especially in terms of reputation, we don't like to market ourselves as such. This is a place where anybody can come and let their hair down." Phimprachanh has designed the bar to deliver the same sort of nightlife experience

that one would find in Toronto to the people of London, with a spacious dance floor, flashing lights and the music turned up loud, as well as a lounge area for those who are looking to have more of a relaxing evening.

In addition to providing the LGBT community a safe and welcome place to be themselves, Phimprachanh said he feels that his establishment serves a more important purpose: cultivating a positive image of the LGBT community at large within the city. "We have become more and more active within the community and the city; we sponsor the London Pride Parade, a number of LGBT sports teams, we also enter a team in each year's dragon boat race," said Phimprachanh. "Getting our name out there as a representative of LGBT people all over the city in this way is an important method of showing the rest of the city what we as a community has to offer."

"I think it's liberating for someone moving to London to be able to find an LGBT-friendly bar so easily," Phimprachanh explained. "It can definitely be hard for any gay students in a new city to feel comfortable at a bar such as Jacks." For this reason, Lavish often gets together with the LGBT organizations at Western University and the Spectrum club at Fanshawe in order to raise awareness and lend support to their events. These partnerships have helped foster a true sense of community among LGBT people at both of these schools, as well as the city at large.

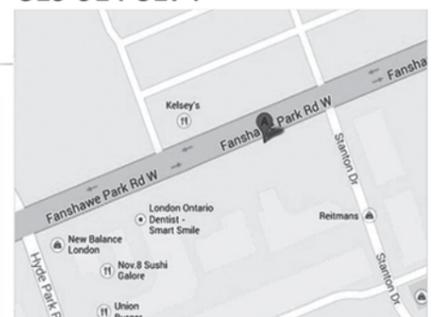


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A big Fall on the small screen: What to watch this autumn



G33K LYFE
ANDREW VIDLER

As autumn approaches, television networks are preparing for the colder season by rolling out a number of new television shows and returning favourites. With so many different series set to air this fall, the discerning television geek may feel at a loss as to which show is worth their time (especially considering we all need to wait until April to catch a new episode of *Game of Thrones*).

The fall season takes on a new significance with two programs, one of which is considered to be one of the finest shows in television history in *Breaking Bad*, and another that has perhaps overstayed its welcome in *Dexter*, coming to an end. Regardless of any public and critical opinions, both of these shows have drawn in huge viewing numbers every Sunday night for the last several years and their respective networks (Showtime and AMC) will be hoping that the loss of their flagship programs does not cause a dramatic drop in viewership.

Luckily for AMC at least, they have another television juggernaut that attracts an ever-increasing number of viewers: the extremely

geek-friendly *The Walking Dead*. By far the most successful comic-based television show in history, the program is set to begin its fourth season on October 13, with the network slowly releasing trailers and teaser images to keep the anticipation at a high. A program that does not shy away from violence, or showing just how far mankind can fall after everything we know is gone, *The Walking Dead* will continue the story of former sheriff Rick Grimes (Andrew Lincoln), Darryl Dixon (Norman Reedus) and the rest of their band of survivors as they attempt to continue their survival behind the walls of a prison after a zombie outbreak. Highlights of the season are sure to be an extended role for Tyrese (Chad Coleman), one of the most popular characters in the comics whose story has taken a different direction on the show, and the still-looming presence of The Governor (David Morrissey), who retreated from the prison at the end of last season, only after massacring most of his former army.

Keeping in vain with the traditionally geeky, there are two other comic-book based programs for people to tune in to this fall. The CW's *Arrow* follows Oliver Queen's continuing vigilante mission to return justice to Star City, helping both the city and those close to him recover from the



CREDIT: AMC.COM

Andrew Lincoln was back to work reprising his role as Rick Grimes on the set of *The Walking Dead* in Atlanta, Georgia. Season four of *The Walking Dead* returns to AMC on October 13.

events of the season one finale. DC Comics fans will be excited at the announcement of many characters taken from the pages of the comics, no more so than the debut of The Flash, hopefully opening a door for his own series.

The biggest question mark this fall by far hangs over *Agents of S.H.I.E.L.D.*, Marvel Comics' attempt to bring their billion-dollar film universe to the small screen. Set in the aftermath of *The Avengers*, the program will follow the S.H.I.E.L.D. as the agents investigate occurrences related to the increase in superhero activity on Earth. With the pilot episode directed by *The Avengers* director

and geek icon Joss Whedon, and the promise of the program tying in to the film universe, things are looking bright for the new program. Another factor is Clark Gregg returning as fan-favourite film character Agent Phil Colson, the man who told Iron Man "I will taze you in the neck and watch *Supernanny* for an hour while you drool onto the carpet" and lived to tell the tale, fans have been scouring the Internet for answers as to how Coulson is walking around after being (seemingly?) killed by Loki in the last film. With the studio keeping it under wraps, fans are going to have to wait until the September 24 premiere on CTV to

find out.

While waiting for these more nerd-friendly programs to begin, the final chapter of television's longest love story will begin on September 23 with the ninth season of *How I Met Your Mother*. With the face of Ted Mosby's (Josh Radnor) future wife finally revealed, the final season will detail a single weekend, as the mother meets the rest of the *HIMYM* gang during the events of Barney's wedding to Robin (Neil Patrick Harris and Cobie Smulders) before her fateful first meeting with Ted.



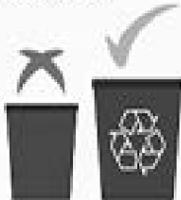
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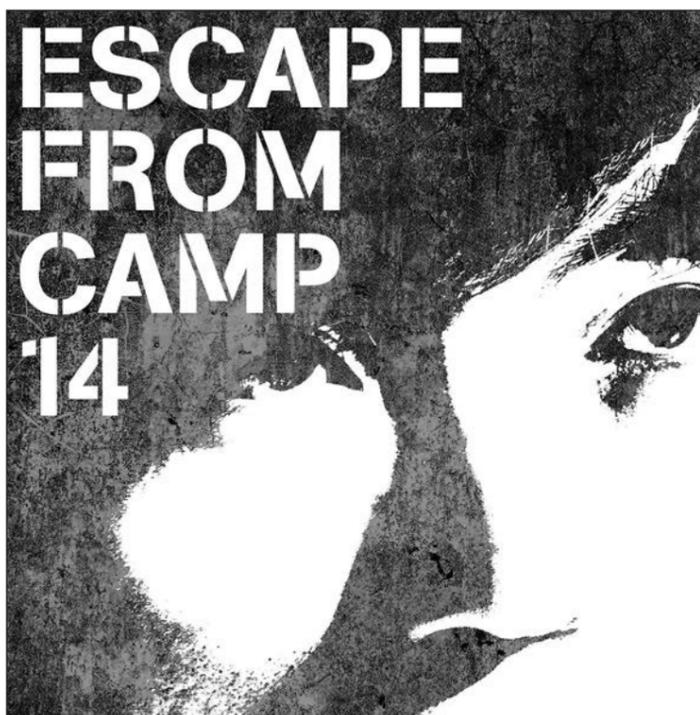



Environmental Awareness Week

September 23-26

Fanshawe College

<p>Environmental Week Fair September 23-26 F Hallway beside the computer store 10am - 2pm Special Appearances by: The City of London on Monday September 23rd, with the 'Download My Waste App' The London Transit Commission on Wednesday September 25th, with bus routes and maps</p>	<p>Put Your Waste In The Right Place Gameshow Monday, September 23 Forwell Hall Noon</p> 	<p>Enviro Trivia with Ola Akinsara Tuesday, September 24 Throughout Fanshawe Noon Participate then come to the Environmental Week Fair (F Hallway) to get a prize!</p>
<p>Free Bike Tune-Up from Outspokin Cycles Wednesday, September 25 Sub Courtyard 10am - 2pm</p> 	<p>Digi-Scavenger Hunt Thursday, September 26 Contest closes at 2pm There are 15 posters highlighting various Sustainability features around campus. Find and take a picture of at least 5 of these posters, post them to the Sustainability at Fanshawe Facebook Page, and then visit the booth (F Hallway) to get a prize!</p>	<p>Capture Nature Contest Thursday, September 26 Contest closes at 2pm Winners announced next week Take a picture of any nature or sustainability related content around campus and submit your photo to the Sustainability at Fanshawe Facebook Page. The best picture will win a grand prize! (Limit of one entry per person)</p>



There's no escaping the Total Control Zone



READING BETWEEN THE LINES
ESHAAN GUPTA
e.gupta@fanshaweonline.ca

North Korea has been in the spotlight more often than we'd like. From its wacky foreign policy and half-hearted threats of nuclear annihilation on their "capitalist" enemies to the darkly humorous overblown cult-of-personality used by its Dear Leaders and the extreme technological isolation of its populous, the totalitarian regime more than earns its moniker, the "Hermit Kingdom." Frequently the target of online mockery and parody for these reasons, many, as a result, overlook or ignore the regime's gross human rights violations at the hands of the state.

Written by Blaine Harden, *Escape from Camp 14* was the subject of a lot of attention, to say the least, as well as a movie adaptation. *Escape from Camp 14* reaffirms North Korea's status as a rogue dictatorship; a sealed-off bubble where the government has free reign on brutally violating its citizens in unspeakable ways through interviews with Shin Ingeun. The only escapee of the regime's infamous Camp 14 (where political prisoners and their families are imprisoned for literal generations), Shin's 2005 defection was the subject of much journalistic and political attention. Shin's scarred, undernourished body told only a fraction of what really went on inside the camps, but this book, a thorough tell-all, will horrify, but most importantly, bring understanding to why the North Korean dictatorship must be dissolved.

Escape from Camp 14 evokes imagery of the Holocaust, and with good reason. North Korean concentration camps imprison entire families, with every subsequent generation (usually born to pre-arranged couples as a "reward," Shin having been a product of this parody of love and marriage) experiencing nothing better or worse, just more of the same brutalization. Very little in the book differs the events and setting of the prison camp from the ones seen in Russian gulags (and with the

USSR once having been North Korea's primary source of financial support, it's hardly surprising). Betrayal is a common theme in this book, with the camp's occupants conditioned to distrust and report each other as second nature.

While largely about the cruelty Shin experienced in his internment, the book also has its few moments of relative optimism, kindness and consideration displayed by those untouched mentally by the camp's incessant brainwashing. Trust and caring towards him displayed by complete strangers, rather than his family members, ultimately became the key to his escape.

It wouldn't take a scholar to realize the grim nature of the subject, and *Escape from Camp 14* follows suit in that tone. The book almost never lets up with the sordid examination of life inside the prison camp. Even Shin's escape attempt from the camp and life since has an incredibly bitter-sweet tone to it, being perpetually haunted by his actions defensible by his instinct to survive, but victim to feelings of guilt. Despite being absorbed in his activism work, Shin's post-escape life is still controlled by his camp-life emotional indoctrination.

Readers will also find illustrations by Shin that demonstrate the mistreatment and torture he experienced along his painful slough through life. The drawings, despite their roughness, more than fill in the blanks of the reader's imagination. Alone in the world, with no family, a complete alien to the customs and attitudes of the outside world, Shin still fights to close these invisible camps, the very same that the North Korea government claims do not exist.

Despite its seemingly political exterior, with the upper Korea's nature as a hot-button issue, the bulk of *Escape from Camp 14* is apolitical in nature. *Camp 14* is by and large a tale of survival, an ice-cold reminder of how truly cruel and kind humans can be in the face of terrifying oppression.

Reading Between The Lines explores books that you may have missed out on that are worth your while. If you have a book to suggest, email Eshaan at e.gupta@fanshaweonline.ca.

Light read, heavy secrets

ESHAAN GUPTA
INTERROBANG

Secrets of the Italian Gardener (2013)



This review contains minor spoilers, nothing that would ruin the book, but you've been warned.

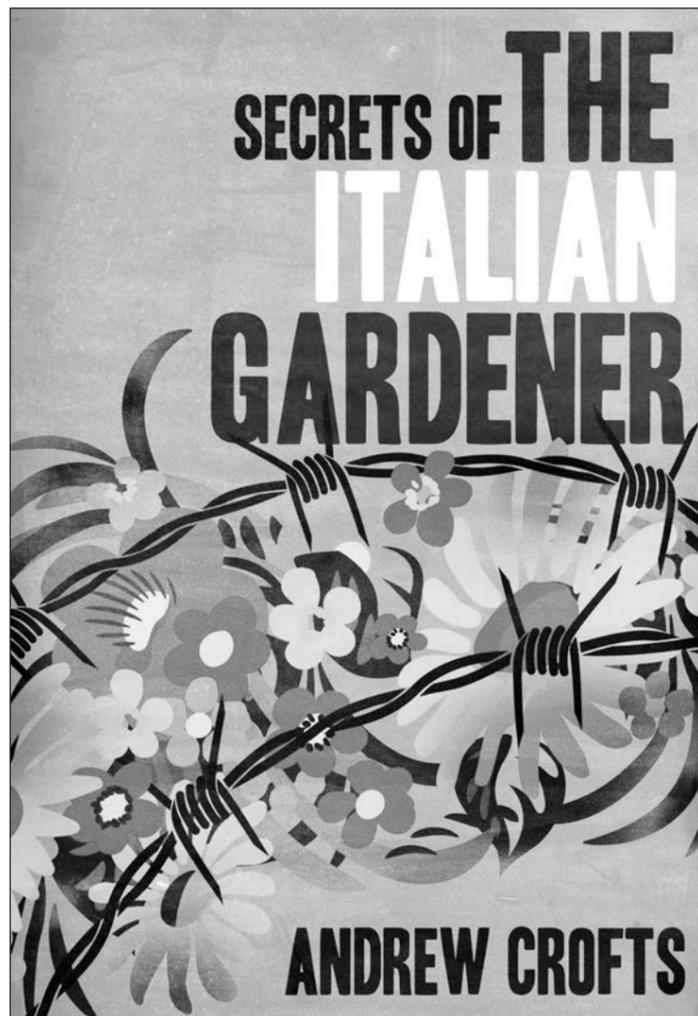
Writing fiction set around a real-life scenario can pose a considerable challenge for any writer. The restrictions introduce a risk of either embellishing the nature of the setting to the point of ludicrousness for the sake of driving the story, or, conversely, simply not taking advantage of it at all.

Real-life ghostwriter Andrew Crofts (who has tackled some serious and heavy subjects from unsolved murders to child brides in the Middle East) takes on this genre of historical fiction with *Secrets of the Italian Gardener*, setting it around the Arab Spring movement. The political movement, which sought to fight against what was perceived as government tyranny and corruption, began in 2010 with a wave of protests and self-immolation in Tunisia, sending ripples of change around East Africa and the Arab world.

Drawing from his experiences from covering these events, Crofts creates a fictional unnamed Middle Eastern nation on the verge of a regime shift. The book's unnamed protagonist, also a ghostwriter, is hired under great secrecy to help the country's perpetually busy dictator, Mo, write an autobiography to correct the so-called falsehoods perpetuated by Western media. It is during this pursuit that the ghostwriter encounters Lou, the titular Italian gardener, a former business associate of Mo, now retired to groundskeeping and dispelling fortune-cookie advice.

To put it out there, *Secrets* doesn't really take advantage of its heated setting as well as you'd hope.

With a book like this, one wonders how well the Arab Spring movement is represented in this book, and the answer is: not at all. There is no real mention of the political upheaval in the surrounding region, which adds a feeling of timelessness to the story (the depiction of modern conveniences aside). If anything, knowing that the book is set around the waves of change only makes it easier to guess the outcome of the tiny fictional nation. Disappointment aside, the book more or less focuses on its characters driving the story, which is where the problems begin.



Considering the location of the book's setting, the story element of Mo as a bloodthirsty tyrant hiding behind a façade of being a benevolent dictator feels rather silly with the seriousness it is given. You won't exactly be shocked that the regime really *did* torture and brutalize dissenters, *gasp*. While the book doesn't exclusively focus on what goes on behind the political curtain, the occasional reference to the ghost's cat-and-mouse game with finding out the true nature of regime does tend to be distracting simply because how predictable it is.

The book also includes, in flashback chapters, the story of the ghostwriter's encounter with his now-wife, his love of gardening, his daughter and the tragedy that befalls her. However, it ends up being undercooked and rushed, without attempting to have the reader truly make a connection with the characters. With that said, the interwoven chapters of his personal life do eventually coalesce with the present-day regime change story to create something meaningful.

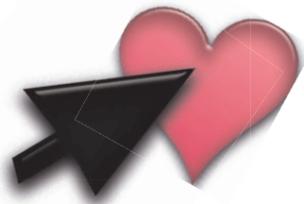
The gardener himself is arguably the most interesting character in the book. We learn about himself, his family, his various Confucian philosophies about gardening, and of course, his titular

secrets, with hidden pasts being an ongoing theme in this book. Even though his background is given the most detail (aside from the ghost, obviously), it still feels somewhat glossed over, and ends up leaving an air of nagging incompleteness rather than mystery.

To chalk up the book's one glaring flaw, the characters aren't fleshed out enough for the reader to really care for them, outside of being players in the overall story. While not every book has to introduce complex characterization to be on top of it all, a book with this premise could very well benefit by telling us why we should care about these characters, or at least tell us more about who they are. The story doesn't exactly suffer, but it doesn't end up being everything it could be either. Perhaps an extra 120 pages of backstory would add some much-needed meat to the barebones characters.

At a relatively light 100 pages, *Secrets of the Italian Gardener* seems to suffer a rather conventional problem of setting up something interesting without trying to push the limit and truly explore it. Nonetheless, its short length and interesting historical fiction setting makes for an entertaining afternoon read.

ONLINE DATING



ONLINE DATING DANGERS

THE PEOPLE YOU MEET ONLINE

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 very 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



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
- Think she must be crazy to be single or has some weird qualities, like hating puppies or Nutella



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 favorite 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



Picky Patricia

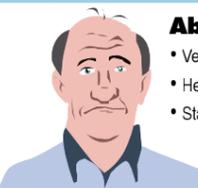
- Knows what she wants and won't settle
- Has had a few bad experiences on these sites and sets the rules
- Will throw out the lines, "If you're looking for a quick hookup then don't message me," while wearing a stripper outfit and chugging a Smirnoff Ice in her picture
- List of people she won't date 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



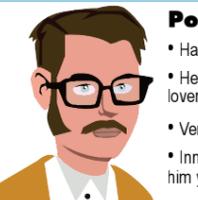
Jacked Jack

- 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

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



Poetic Paul

- Has 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"
- Very poetic, bordering on creepy
- Innocent-looking enough until he starts sending you text messages, and you didn't give him your number



Douche Dave

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



"Normal" Norman

- Seem 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

You're sitting at home alone on a Friday night trolling sites like PlentyOfFish, Christian Mingle, Match.com and eHarmony. You probably have a better chance than the suckers at the bar buying hot girls drinks, only to have them disappear conveniently after the money has been exchanged.

With the right profile picture, you've hooked an unassuming girl with your ageless good looks. From here on out, you can do no wrong – that is, until you meet them in person.

If you do decide to meet up, London Police Services Const. Ken Steeves advises you to

meet in a public place and not at your house or theirs, just in case your date turns out to be less than favourable. Just because someone puts down that they are 18 years old doesn't mean they aren't a 50-year-old man pursuing underage girls. "It's reasonable to expect that the information on a profile is not necessarily true," said Steeves.

As fun as online dating is, certain precautions need to be taken in order to protect yourself from potential harm. PlentyOfFish advises users not to reveal personal information; on their website, they write that if users are smart enough to steal your identity, they are smart enough to create a fake profile.

Ensure that someone knows where you are going if you do decide to meet someone in person, and if you do meet, find a public place such as a coffee shop meet up. Prepare your own method of transportation to and from the date, in case things don't go so well and the guy with the pretty face turns out to be the 60-year-old grandfather of two.

Meeting someone from the Internet is a huge step, even if it doesn't feel like it. Once you meet, this person will know what you look like, and that's not something you can erase with the click of a button.

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

Let's face it, our generation is very 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, with 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 on their phone while 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.

TINDER

This iPhone-exclusive app uses your Facebook to connect you with potential love interests in your network.



You're shown basic profiles (including a picture) of users near you, and you get to choose: swipe right if you're interested and left if you're not. Tinder cuts out the fear of rejection, since the only way you get to talk is by both liking each other's profile, and you'll never know about the people who didn't like you. It's all the fun of dating without all the crippling depression and whiskey.

SWIPE

Swipe is the Android version of Tinder. It has all the same features and even works the same way as



Tinder, swiping left and right to match you up with other people. This app is the perfect solution for Android users except for one huge flaw: the location finder. The location finder's GPS has a bug in it and does not give an accurate reading of where you are, meaning you will not get matches in your area. When I was swiping away, I had options of women that were 300 to 400 miles away – that's right, miles. There's no way I'm about to head up to the boonies to meet a girl for the some Papa Johns and to watch *Uncle Buck* on her futon. This app would be a perfect competitor if it wasn't for the jetlag getting to these people.

GRINDR

Grindr is the one that started it all. It's the most popular dating app, with 4 million users online, and it's what all other apps drew inspiration from. I mean,



Tinder just chose a rhyming name, added an E, and copied their entire business. Grindr was created for an easy way for homosexual male users to find other guys. Grindr has search features to find what you're looking for – from bears to jocks to skinny guys to whatever else you're into – increasing your chance of finding someone just your type. Grindr is available for every mobile device out there. Coming from a straight male's perspective, it was actually a pretty nice app. It's obvious that lot of work was put into the app, and I can see why it's so popular. If you're a guy looking for another guy, this app has definitely the biggest selection out there for you.

A BRA THAT FITS

If your bra is uncomfortable, has a large gap between the cup and your breasts, or creates unflattering bulges under your shirt, you're definitely not alone; a 2008 study published in Chiropractic & Osteopathy found that 80 per cent of women wear ill-fitting bras. Choosing the right bra and support type makes a significance difference to your health and yourself-confidence. Flaunting what you've got in a flattering manner is what a bra is for – not everyone has perky boobs that don't require support.

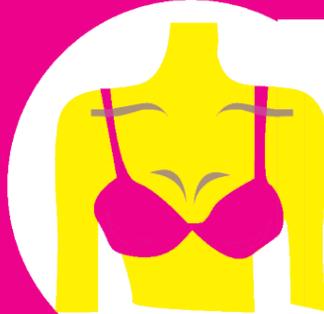
To find out what size you require, you need to get fitted by a professional. During a bra fitting, the saleswoman will measure around your chest at the widest point (most often, this where your nipples are) and under your bust to determine your band and cup size. The fitting takes place over your shirt, so don't worry about a stranger checking out your goods. Once you know your size, try on a whole bunch of bras to determine which style is most comfortable. To reduce the daunting task of bra shopping, make it fun by bringing a friend and picking out the various colours, shapes and supports available.

UNDERWIRE



- This bra has a rigid piece of material – typically plastic or metal – that is sewn into the fabric under the breasts.
- The rigidity offers support under the breasts, shaping and separating them.

PUSH-UP



- If you want to get someone's attention, this is the bra for the job transform that 34A to a 34C.
- It enhances cleavage using cleverly placed padding, such as water, gel or plain old cotton.

ADHESIVE



- These stick to the body and provide very little support.
- These bras are typically worn with backless dresses or shirts with a sheer panel in the back.

SOFT CUP



- These provide no structural support; breasts are held in place by material and left up to their own devices.
- These are helpful to women who've had a mastectomy or whose breasts are very tender.

SPORTS BRA



- Very supportive, typically worn when performing sports.
- They don't present the girls in the greatest light as they pretty much just flatten your boobs to your body.

THE MULTI-USE BRA



- Removable straps allow for variations depending on your needs.
- They typically can be transformed into a strapless, racer-back, halter or t-shirt style.
- Each caters to different needs.

WHY WAIT?



"SEX IS A SIGN OF COMMITMENT AND LOVE, NOT JUST ROMANCE. SEX TOTALLY CHANGES A RELATIONSHIP"

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 is a youth pastor at North Park Community Church. He 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 may not have faith? Why is this still an important decision for them to make? Norcross stated that having sex before marriage can bring on a lot of emotional baggage. "I 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 following are the stories for young people who chose to remain abstinent.

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

"BUT WE'RE ONLY HUMAN, RIGHT?"

basketball or music or surrounding myself with Godly people to remind 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."

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 so as not to 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."

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 com-

"WAITING IS SIMPLY A MATTER OF SELF-RESPECT AND CONFIDENCE"

mitted 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."

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 – who you can talk to if you ever feel tempted or make a mistake. The truth is, you are not alone. Chances are, 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 very 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, to 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."

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DRINKS

SPARKLING PUNCH:

For a light and refreshing non-alcoholic punch, all you need is two lemons, three large oranges, a can of frozen lemonade (use pink lemonade if desired), one litre of club soda, 750 ml of sparkling apple cider, a tablespoon of sugar, and two trays of ice cubes. Mix it all together and you've got yourself some punch!

RED VELVET COOKIE COCKTAIL:

This is a delicious dessert cocktail using cake-flavoured vodka and red velvet cookies. It's a sweet, smooth and mouth-watering treat! Mix one cup of ice cream, a quarter-cup of milk, three tablespoons cake-flavoured vodka and a crumbled red velvet cookie for each serving.

BELLINI COCKTAIL:

Italy is one of most romantic countries in the world, and its citizens sure know how to mix up a drink! Originating in Venice, Bellinis are one of Italy's most popular drinks – and they're so simple! It's just a mixture of Prosecco (Italian sparkling wine) and peach puree.

AGAVE KISS:

A delicious and creamy cocktail that is made with tequila, crème de cacao, Chambord and cream, served and garnished with a chocolate rim and raspberries.

2 oz. Herradura Tequila Silver
1 oz. white crème de cacao
1 oz. double cream
1/2 oz. Chambord

White chocolate flakes for rimming
Fresh raspberries for garnish

Pour the ingredients into a cocktail shaker with ice. Shake for 15 seconds. Pour into a chilled cocktail glass rimmed with white chocolate, add a spear of fresh raspberries, and garnish with a maraschino cherry.

BERRY SWEETHEART MOCKTAIL:

Non-alcoholic but totally delicious, it's a mix of cranberry and apple juices with a little honey for sweetness.

3 oz. red cranberry juice
3 oz. apple juice
1 oz. honey

Maraschino cherry for garnish

Fill a highball glass with ice cubes. Add the juices and honey to a mixing glass. Stir the ingredients with a spoon. Pour the contents of the mixing glass into the highball glass. Garnish with a maraschino cherry.

DINNER

CHICKEN WITH CREAMY MUSHROOMS:

A dinner that fills you up without weighing you down, chicken and mushrooms will give you the energy you need for a romantic night.

SPAGHETTI AND MEATBALLS:

Food shared on a plate can be very romantic, especially if it may lead to a kiss. *Lady and the Tramp*, anyone?

ROASTED RED PEPPER LASAGNA:

Layers of tangy peppers and creamy goat and ricotta cheese put a romantic spin on classic lasagna.

BABY SPINACH SALAD WITH RASPBERRY VINAIGRETTE:

A burst of red and pink colour from the dressing gives this salad a romantic and tangy twist. Top with pomegranate seeds – thought to be a natural aphrodisiac – to give this salad a real bite.

VEGAN FONDUE:

Fondue is the perfect romantic dinner: it allows you to spend time together, cooking the food as you gaze deeply into each other's eyes. Mix up some margarine, soy milk, miso and soy sauce for a delicious fondue dip for everything from fresh veggies to bread and beyond.

DESSERTS

CHOCOLATE FONDUE:

Chocolate is one of the most sensual and romantic foods. It has been said that chocolate releases endorphins in the brain, which makes a person feel happy and loved.

CHOCOLATE-COVERED STRAWBERRIES:

What's sexier than strawberries dipped in chocolate? Strawberries just one of those foods that's always linked with romantic encounters.

MINI RED VELVET CUPCAKES WITH CREAM CHEESE FROSTING:

What's more adorable than cupcakes? Mini cupcakes! Their tiny size makes them easy to feed to your partner.

HOT CHOCOLATE SHOTS:

Served in chocolate-dipped shotglasses, this is one hot way to cool down any chocolate cravings that may come your way.

FRUIT SALAD:

Top off a romantic evening with an even more romantic fruit salad. Using sensual fruits like strawberries, bananas, pears and blueberries will not only give you essential nutrients, but will inspire feelings of lust as well.

MOVIES

THE NOTEBOOK (2004)

This film stars hotties Ryan Gosling and Rachel McAdams as two people who fall in love during the 1940s, only to become separated by their social differences.

Tag Line: Behind every great love is a great love story.

Most Famous Quote: "I've loved another with all my heart and soul and, to me, this has always been enough."

CASABLANCA (1942)

Set in unoccupied Africa during the early days of World War II, Casablanca tells the story of an American expatriate who runs into his former lover, where unforeseen complications begin to arise.

Tag Line: They had a date with fate in Casablanca!

Most Famous Quote: "We'll always have Paris."

GONE WITH THE WIND (1939)

This movie is definitely an American classic – it tells the story of a tumultuous love affair during the Civil War.

Tag Line: The greatest romance of all time!

Most Famous Quote: "Frankly my dear, I don't give a damn."

DIRTY DANCING (1987)

Spending the summer in a holiday camp with her family, Frances "Baby" Houseman (Jennifer Grey) falls in love with the camp's dance instructor Johnny Castle (Patrick Swayze).

Tag Line: First dance. First love. The time of your life.

Most Famous Quote: "Nobody puts Baby in a corner."

THE VOW (2012)

After a car accident leaves a young woman with severe memory loss, her husband goes through great lengths to win her heart all over again.

Tag Line: I hope one day I can love, the way you love me.

Most Famous Quote: "I need to make my wife fall in love with me again."



MUSIC

"ACCIDENTALLY IN LOVE" BY THE COUNTING CROWS

A cute, upbeat song that's great for spinning your partner around the room to, this song will remind you of the ups and downs of any relationship.

"AMAZED" BY LONESTAR

Lonestar gained a huge fan base after releasing one of country's most romantic songs. It's impossible not to fall in love after hearing this song!

"THEN" BY BRAD PAISLEY

This song tells the story of how love develops in a relationship, from first meeting to growing old together. Paisley's powerful voice, backed by piano and strings, is played at plenty of weddings for a reason.

"I'M YOURS" BY JASON MRAZ

You heard this song a million times in 2008, and then another million in 2009; "I'm Yours" holds the record for the longest chart run in Billboard history – but even so, it continues to sound fresh every time you hear it. Forget the love games, this song's all about being true to your heart.

"STOLEN" BY DASHBOARD CONFSSIONAL

Could a love song get any more emotional than the single sentence, "You have stolen my heart"? "Stolen" is a simple, but powerful song about a summer fling that ends the best way possible – it doesn't really end – and it's a ton of fun to sing along with.



FANSHAWEC.CA/CONSENT

She sometimes uses body language – resisting, turning away, going limp, or becoming unresponsive.

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STROKE, slurp, and sock

YOUR WAY TO PLEASURE

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

Dr. Jessica O'Reilly is a Toronto-based sexologist with a Ph.D. in human sexuality. She 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*.

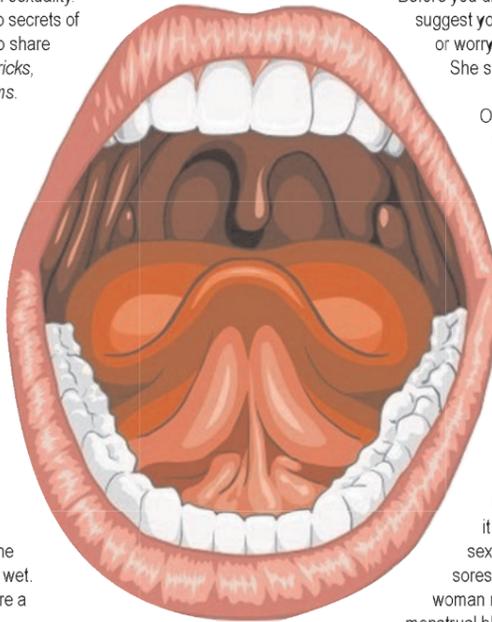
Her book offers around 100 tips and techniques, but “there are no ‘must-dos,’” she said. “There is no sexual bucket list – every person is different.” *Hot Sex Tips, Tricks, and Licks* offers ideas to inspire people, but “you’re not going to love every single one of them. You have to read it and make 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 gotta 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 about Dr. O'Reilly, go to SexWithDrJess.com.

SEXUAL AWARENESS DAYS

Mon. Sept. 16th to Thurs. Sept. 19th
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Girls
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Mon. Sept. 16th

The Out Back Shack, 8 pm, Free Admission



TUES. SEPT. 17TH

Forwell Hall, 8pm, Free Admission

Tons of sexy prizes,
and free condoms



The Out Back Shack,
9 pm doors, No Cover

WED. SEPT. 18TH



Founder of Slutwalk
Heather Jarvis

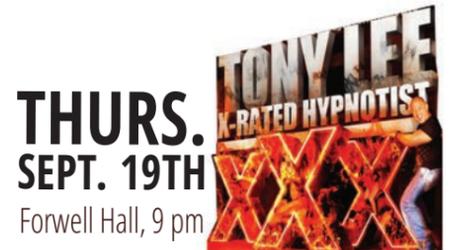
WED. SEPT. 18TH

Forwell Hall, Noon, Free Admission



WIN TOYS, LUBE & CONDOMS!
THURS. SEPT. 19TH

Forwell Hall, Noon, Free Admission



THURS. SEPT. 19TH

Forwell Hall, 9 pm

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BIG FAT PHONY!

HOW TO TELL IF YOUR PARTNER IS FAKING IT



“SEX IS SUPPOSED TO BE ONE OF THOSE THINGS YOU DO BECAUSE IT FEELS GOOD, NOT BECAUSE YOU FEEL PRESSURE TO DO SO. ACCEPT THAT INTERCOURSE ISN'T THE END-ALL, BE-ALL OF SEX.”
-DR. JESS O'REILLY

Every person likes to think they are a golden god when it comes to the bedroom. Everyone has their own special moves and techniques. Confidence is always good between the sheets, but how many of your partners think you're an MVP and how many are just trying out their acting chops?

In a 2010 study from the University of Kansas, 68 per cent of women and 28 per cent of men admitted to faking orgasm.

The researchers asked 281 males and females about their sex habits and found the most common reason people regardless of gender faked orgasms because they felt too much pressure to enjoy sex. "There is immense pressure to have an orgasm for both women and men," explained Toronto-based sexologist Dr. Jessica O'Reilly. "This pressure detracts from the experience of sexual pleasure."

"Sex is often reduced to orgasm alone, and puts performance pressure on both women and men. While I'm an avid fan of performance when it comes to sex, pressure should never be a part of the equation," O'Reilly explained in a blog post entitled "The Female Orgasm." "Our nervous systems don't respond naturally or optimally when we're put under pressure, and this lessens our ability to experience pleasure."

Some common reasons people gave for faking were: to speed up the process, to get it over with, to turn their partner on, to avoid hurting their partner's feelings, to stroke their partner's ego or even to show love. "Some women don't really know what an orgasm looks, feels and sounds like, so they mimic what they have seen in porn," wrote O'Reilly.

The National Survey of Sexual Health and Behavior found that 85 per cent of men believed that their female partners achieved orgasm during their last sex session, but only 64 per cent of women reported they actually did. Some men may be pretty oblivious when women are faking, but in the heat of the moment when our minds are distracted by everything else, how can you tell if your partner's enjoying it?

A true orgasm involves a release of sexual tension controlled by the involuntary nervous system. This causes your heart rate and breathing to speed up. Her muscles (especially her feet) will tense up and her vagina will contract and feel tighter. Orgasms also trigger the release of endorphins (chemicals produced in

the brain) that give a feeling of euphoria, so a woman will look pretty happy and content if it's the real thing.

“UNDERSTAND THAT EVERY ORGASM IS DIFFERENT. JUST BECAUSE SHE ISN'T SCREAMING OR CONVULSING DOESN'T MEAN SHE ISN'T ENJOYING HERSELF. SOME OF THE BEST ORGASMS CAN BE EXPERIENCED IN NEAR-SILENCE.”
 -Dr. Jess O'Reilly

Men are just as guilty when it comes to putting on a show, with one-third of men reporting to faking orgasm with the same reason women do it – to spare their partner's feelings. Men say women take it more personally when they can't orgasm and sometimes that just isn't the issue. There are plenty of reasons why a man may be unable to orgasm: exhaustion, stress or just simply not being in the mood.

"Men feel pressure to orgasm each and every time they have sex, but orgasm and ejaculation are actually separate processes," O'Reilly explained. "Men are often worried that they'll offend their partner if they don't orgasm, but there are a number of reasons men don't orgasm or ejaculate."

A man has to fake it a little differently, with condoms making it a little tougher for their partners to tell if they're faking; the partner may not notice the absence of semen if the condom is quickly disposed of.

One common image of sex we see in the media is the man doing all the work, while the woman quickly comes to an earth-shaking orgasm, though it's not always as easy as it seems in the movies. You want to perform well so your partner will think you're good and come back to you. This pressure to impress and please your partner is extra stress added on when you should just be enjoying yourself and letting go.

O'Reilly said no one should ever feel pressure to give his or her partner an orgasm; people should take time to learn about what their partner enjoys and be open to feedback. Of course, their partners should offer the same openness and honest communication in exchange.



Sex is supposed to be one of those things you do because it feels good, not because you feel pressure to do so. Accept that intercourse isn't the end-all, be-all of sex," said O'Reilly. "If you orgasm sooner than you would like to, it's no big deal. Women are more likely to orgasm through oral or manual stimulation than vaginal penetration, so shrug it off and move on to another activity that she enjoys too."

For more information – and for tips and tricks about what may feel good for you – check out O'Reilly blog at sexwithdrjess.com.

PLAY TIME IN YOUR PANTS

A BEGINNER'S GUIDE TO SEX TOYS



We all enjoy sex – it has been a part of who we are as human beings since the dawn of time. As universally enjoyable as it is, however, sometimes things in the bedroom need a little bit extra help. Love Shop on Southdale Road in London caters to those people of all ages who are looking for that little extra something sexually.

Fanshawe student and Love Shop employee Aisling Mullarkey had plenty of tips for those looking to purchase for the first time.

"The most important thing when using a sex toy for the first time is knowing what it is you want." According to Mullarkey, most first time customers walk into her store and are immediately intimidated by the sheer volume of things they see in front of them.

"Beginners will come into my store and let me know they aren't familiar with anything in the store. I try to ask questions as professionally as I can, so as to try and find out what it is that would best suit them." According to Mullarkey, someone who is new to the use of sexual aides will spend at least an hour wandering around a shop before they are ready to make a decision.

The majority of the customers that come into Love Shop are females, some of whom are single and looking for further satisfaction, while others are in committed relationships and are just looking to spice things up with their partner or on their own.

"When introducing girls to toys, I try to keep it relatively simple, so as to not overwhelm them," said Mullarkey. "To begin with, lots of customers are seeking a similar sensation to what they would get from sex." She said that the most popular "entry level" toys are a traditionally penis shaped dildos or vibrators, which can range anywhere from \$30 to \$100 for the commonly seen variety, and can range from the very small and compact to slightly larger pieces for the more experienced. "The smaller devices

are very popular among girls in their late teens and early 20s, as they can easily be hidden in a drawer or in the bottom of a purse." For girls who are particularly embarrassed about owning a sex toy, they even carry a model that is hidden in a lipstick tube or a makeup brush.

Other popular items for that are popular among beginners include a wide range of lubricants, massage oils and couple-focused items such as edible body paints that are quite popular with younger to middle-aged couples. "The most common goal in someone shopping for a sex toy is trying something new and exciting," said Mullarkey.

For more experienced customers, Love Shop carries a wide variety of more advanced items, and often these customers know exactly what it is they are looking for. "People with more experience will try different lubes, more advanced stimulators such as vibrators that stimulate more areas than one."

These dual stimulating devices (vaginal and clitoral) are very popular among women who are experienced with the use of sexual aides, and while a customer can expect to pay closer to \$150 to \$250 on such a toy, Mullarkey said the extra cost that can be involved pays off in the end. "Sex toys are one of the few devices where a customer truly is getting what they pay for."

The toy industry is not exclusively female, however; outside of the couple-targeted products, there are devices that cater to males as well.

"There isn't as much variety when it comes to male devices, I think because guys are a bit simpler," said Mullarkey, standing in the considerably smaller men's section of Love Shop. The predominant item on the shelf is the traditional "fleshlight" masturbatory aid, a common device that has become a bit of a joke in movies and on television. "There's a weird perception that guys have about using one of these," said Mullarkey. "Most think that it's weird, but it's actually purchased more often to be used on the male by his partner." One of these will cost around \$40 on average.

As every person is different, so is their sexual taste, and there truly is something at these shops for everybody. The sheer number of products that are carried at Love Shop almost guarantees that a customer will find something to suit their desires, however naughty they may be. Love Shop is located at 458 Southdale Rd. in London. You can also check it out online at loveshoponline.ca.

“THERE ISN'T AS MUCH VARIETY WHEN IT COMES TO MALE DEVICES, I THINK BECAUSE GUYS ARE A BIT SIMPLE.”

BREAKING DOWN BDSM

What is the first thing that comes to mind when you hear BDSM? If you are visualizing a woman dressed in leather smacking a whimpering, butt-naked man with a whip, you are on the right track... sort of. BDSM is acronym for Bondage, Discipline and Sadomasochism.

BDSM is an umbrella term used to describe various alternative lifestyle techniques. Broken down into the three categories it encompasses, Bondage involves tying up and restraining a person for sexual or psychological pleasure. Discipline focuses on various psychological control techniques such as restraining and Sadomasochism entails inflicting pain for pleasure. It may sound intimidating, however more inconsequential actions such as spanking the buttocks during sex or using handcuffs – things you may never thought twice about – are indications that you may have a bit of a kinky side.

Don't be confused by the *Fifty Shades of Grey* interpretation of BDSM. It shares similarities of real BDSM community practices, but has one very major flaw, according to BDSM expert Dark Angel (who ask that we not use his real name). "*Fifty Shades of Grey* is borderline abuse; you can argue that the majority of what [main character Ana] does, it's not out of consent. Consent is what separates our lifestyle. You must have consent from both parties when you are playing."

"Playing" involves an acted out scene that is designed to satisfy and stimulate you physically, mentally or spiritually. The scene could be anything that has been mutually agreed upon between the two consenting parties. There are so many different types of playing and techniques, it all depends on what the person is into, such as play piercing, which involves temporarily piercing the skin with needles, or using a binding material to restrain the appendages. "Exploring sexual interests is a part of someone's own personal sexual journey, even the spiritual and mental stuff. For me, it does have a sexual component, and I would say a good majority of people agree with me," said Dark Angel.

The BDSM lifestyle is the same as any other hobby. It is an activity that provides gratification and enjoyment to the person, but it doesn't necessarily reflect their identity. Some are open and make it blatantly clear BDSM is a large part of their life, while for others, discretion is key.

"In Canada, being in the BDSM lifestyle is not illegal; however for some careers, such as nursing or teaching, they sign a morality clause and you are expected to be role models. People lose custody of their children over this, and that is why discretion is the key to this lifestyle co-existing with your day-to-day life."



Discretion is so important to this community because the activities that are involved in this lifestyle may not be understood by the average person. The BDSM community refers to others who are not in it as "vanilla." This term is used to describe "conventional" sexual behaviour – one that does not involve any sort of kinky element. When the community meets up at socials, also known as "munches," they typically meet in a vanilla setting. They do not show up wearing BDSM attire – in fact, rules are so strict at munches because finding and keeping venues are so difficult. The London Munch has already lost nine venues due to someone breaking the rules.

"No one spoon-feeds you education in this lifestyle; it's something you need to explore for yourself. Ninety-nine per cent of our community are not activists, and we're not pushing our kink on others," Dark Angel said. "We do our best to discretely put out all the bread crumbs so that you can follow them home." If you don't feel comfortable going to a munch, there are other ways of connecting with people in the fetish and BDSM community. FetLife, a social networking site for the BDSM and kinky community, is a great way to venture into the alternative lifestyle community. But, just as with any other social networking sites, you need to be cautious of whom you share personal information with.

Dark Angel noted several red flags to watch out for:

- People who go out of their way to isolate you
- People who don't want you to hang around with other submissives
- People who try to manipulate you into a quick relationship
- People who tell you rules that you haven't negotiated – for example, 'You have to call me Sir.'
- People who ask to meet you before the munch – you should go to your first munch alone in order to get the full experience of the event
- People who try to become a "protector" – you could wind up being manipulated as opposed to being mentored Dark Angel advised newcomers to attend a munch rather than meet someone from FetLife for coffee.

Those entering the world of BDSM are looking for varying types of relationships. Some want a casual play partner, one with no sexual elements, and others may want a long-term or even multiple-person relationship. It all depends on what you are looking for. Dark Angel said the vast majority of BDSM relationships are monogamous.

The BDSM community accepts so many different sexual orientations and identities – a transgender heterosexual male may take up a relationship with a bisexual married couple. The relationship dynamic in the BDSM community follows a specific mantra: RACK – Risk Aware Consensual Kink. These relationships, Dark Angel said, are different from your conventional vanilla relationship as there is a lot more communication that goes into it; all parties involved must give their consent. If there is no consent, then it does not fall under the BDSM umbrella.

The delicate balance of trust and consent is what separates these relationships. For example, at a play party involving demonstrations of various scenes, a masochist is crying as he is hit. From a vanilla perspective, this person appears as though he is being taken advantage of or hurt. The difference is that the people involved in the play have gone over in great detail on what their limitations are and are in fact willing participants.

Sometimes when things get to intense for those involved some may use "safe words."

A common trio of words used are: RED to stop the activity, YELLOW when things are getting too intense, and GREEN whenever everything is alright. Before entering into a relationship with somebody, especially in the BDSM community, a great deal of communication goes into sorting out wants and needs.

BDSM is a complex world. If you are curious and want to do some self-exploration, www.ehbc.ca/munches lists where and when munches are being held in Ontario. Googling BDSM also goes a long way in breaking down the vast information and may even help you in discovering your kinky side.



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RELATIONSHIP SURVIVAL GUIDE

WHETHER YOU HAVE BEEN IN A RELATIONSHIP FOR A LONG TIME OR ARE LOOKING TO START A NEW ONE, HERE ARE A FEW THINGS TO KEEP IN MIND:

1 START FRESH



When it comes to approaching new relationships, it's important not to come off as too clingy or intense. "Learn about your triggers," said Lynda Martens, a marriage and family therapist based in London. "Small 'echoes' of a past partner's hurtful behaviours may feel larger than they are. Remind yourself that nobody is perfect. Give your new partner time to learn your needs, and communicate (those needs) and see if they can respect them. Tell yourself, 'This is not my old partner. I can ask for what I need and then determine if I am getting it.' If big issues get in the way, use a therapist to help you identify your patterns.

"But before you jump into a new relationship, take the time to figure out what it is that you really want for yourself in any relationship – set the bar high. Shannon Tobin is the author of the book *Transformation*, which is about her "own personal discovery and painful experiences to get to the place of freedom." She said, "When you raise your level of expectations and you know what you want and how you want to be treated, you won't just jump into bed with anybody that shows affection to you. You will get what you expect and you will be treated accordingly."

2 DON'T BE AFRAID TO KISS SOME FROGS



You have to kiss a lot of frogs before you find your prince or princess. If you have never been in a serious relationship before, Martens has advice for you: "Don't assume that you will fall in love with the first person you meet. Your first job is to get to know who you are in a relationship, what do you like or not like in a partner, and take it slow. I meet many unhappy people who moved too quickly to living together and got trapped in a relationship that didn't work so well for them. It takes two years to really get to know someone. Choosing a partner is a huge decision that affects your happiness." You might have to kiss a few frogs at the beginning, but be confident you'll end up with the right frog in the end.

3 LOVE YOURSELF



Before you can love someone, you have to love yourself. You have to know the good and the bad about yourself. "When you know your worst and respect yourself, then you will attract the right people. Raise your level of respect and understand what you're worth," said Tobin. Relationships can be great if you take the time to work on them. No one ever said it was going to be easy, but it can be done.

4 LET'S TALK ABOUT SEX



Sex is a big deal; it's an emotional part of a relationship that can bring you closer together as a couple... or not. "Sex is often a barometer for the level of health in a relationship," Martens said. "It is an important way to stay connected and to give and receive love. It is a choice to let a sexual connection die.

"However, Tobin had a different opinion: "Stand firm on abstaining until you find that person that you want to spend the rest of your life with." Whatever you choose to do, make sure that the choice is your own. Don't let your partner pressure you into it. Only you know if you are ready for sex or not.

5 DON'T COMPROMISE



Tobin said that "one of the things that a lot of women do, especially young girls, is that they so badly want to be in a relationship and they're willing to compromise their values just to please somebody. And their lack of confidence and lack of self-esteem doesn't give them the courage or the permission to be able to stand in their personal power and stop those things that are taking place because they don't know how to." "So, ladies and gentlemen, whatever you do, don't compromise! Stand firm in your values and don't change them for anyone."

6 COMMUNICATION IS KEY



We live in the age of technology. "People are not communicating verbally, they're not communicating face to face, eye to eye, toe to toe," Tobin said. "They're communicating via text messaging, email, Internet, and there's this huge void and a lack of communication that's taking place." When you're not speaking face-to-face, she continued, there's a lot of potential for misunderstood messages.

Don't hide behind your computer or phone, communicate in person! Enjoy getting to know your partner in the flesh, not through technology.

Martens said that the best thing that a couple can do to keep the relationship fresh and exciting is to "keep the lines of communication open, so that you can learn your patterns together and how you affect each other. Remember the things you did in the beginning of the relationship that made your partner fall in love with you? Keep on doing those things. We get lazy with time! Discover new things together; spend time together learning and growing in the same direction."

HOW TO MAINTAIN A HEALTHY AND SUCCESSFUL RELATIONSHIP:



COMMUNICATION AND RESPECT



LISTEN TO EACH OTHER



KNOW YOURSELF AND WHAT YOU NEED



GIVE LOVE EVEN MORE ENTHUSIASTICALLY THAN YOU RECEIVE IT



SET BOUNDARIES FOR YOURSELF



GIVE YOUR PARTNER YOUR WORDS, YOUR TIME, YOUR EFFORTS, AND YOUR PHYSICAL AFFECTION



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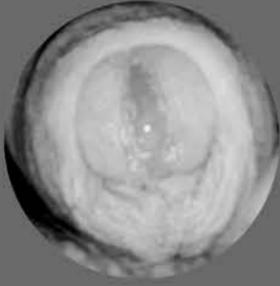
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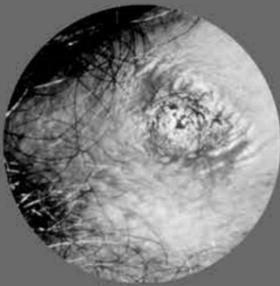
WHAT YOU NEED TO KNOW ABOUT SEXUALLY TRANSMITTED INFECTIONS

GETTING EDUCATED ABOUT SEXUALLY TRANSMITTED DISEASES ISN'T THE SEXIEST ARTICLE TO READ IN THIS ISSUE, BUT HEY, GETTING THEM ISN'T SEXY EITHER.

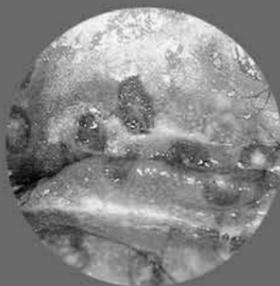
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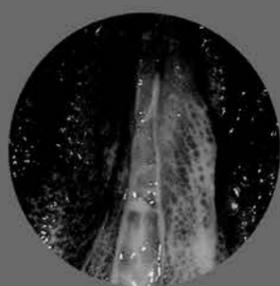
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HUMAN PAPILLOMAVIRUS (HPV)



HIV & AIDS



WE ALL KNOW ABOUT THE IMPORTANCE OF PROPER PROTECTION, BUT AGAINST WHAT? THERE ARE TONS OF SEXUALLY TRANSMITTED INFECTIONS (STIS) OUT THERE, SO KNOWING WHICH ONES ARE WHICH IS PRETTY IMPORTANT. WOULDN'T IT BE AWESOME IF YOU COULD GET INFORMATION ON EVERYTHING YOU NEED TO KNOW ABOUT STIS IN ONE CONVENIENT PLACE? OH LOOK! HERE'S ALL THE INFO YOU NEED!

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, and about half of all cases never show any symptoms. Using a condom is very effective protection 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: 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 very 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 very 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 very 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 sayingstoknowing.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. 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.

These are some of the most common STIs out there today.

Your risk of contracting an STI increases if you:

- Have unprotected sex, including oral, vaginal, or anal
- Your condom tears during intercourse
- Your partner engages in sexual activity with other people

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 in-the-knowpeel.ca, kidshealth.org and hpvinfo.ca.



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BE SMART; STAY SAFE



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 are on a constant quest to final "get some." However, as with anything fun, there are a lot of risks involved, namely sexually transmitted infections (STIs) and unplanned pregnancies. Thankfully, there are a lot of products and methods to maximize safety without minimizing the pleasure that makes sex so enjoyable in the first place.

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

***Follow manufacturer's instructions and read all package inserts for warnings and cautions prior to use.*

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, or the cost of a single condom.

WHERE CAN YOU GET IT: Drugstore, most adult shops

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

CONTRACEPTIVE PATCH



A patch worn on the female's skin that releases estrogen and progesterin 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 CAN YOU 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 for three weeks at a time. Similar to the contraceptive patch, is it worn for three weeks per month and then removed to allow for a period.

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

WHERE CAN YOU GET IT: Prescription required

PREVENTS: Pregnancy but NOT STIs

THE PILL



The pill is taken by the woman once per day at approximately the same time each day. 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 CAN YOU 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 CAN YOU 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.

DEPO PROVERA SHOT (DMPA)



This shot, which must be administered by a physician every three months, injects progesterin into the bloodstream. It prevents ovulation, so no babies! You must schedule appointments so the shot is administered every 12 weeks. It's a good idea to also use a back-up method like a condom.

COST: Around \$45 every three months

WHERE CAN YOU GET IT: Physician, after physical evaluation

PREVENTS: Pregnancy but NOT STIs

MALE CONDOM



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 CAN YOU GET IT: Any pharmacy, supermarket or adult shop, as well as many corner stores

PREVENTS: Pregnancy (when worn properly) and STIs (but NOT HPV or herpes)

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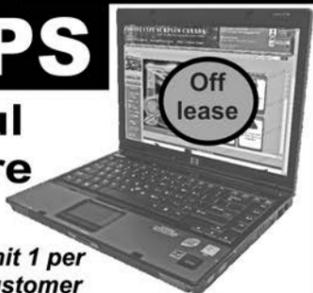
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WHAT HAPPENS TO YOUR BODY DURING PREGNANCY?

“AT FIRST, MY HAIR WAS REALLY COARSE WHEN IT STARTED TO GROW FASTER.”
- LIV

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 HURTS.”
- LIV

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

EYES

- Changes to vision
- 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 very sensitive
- May grow up 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

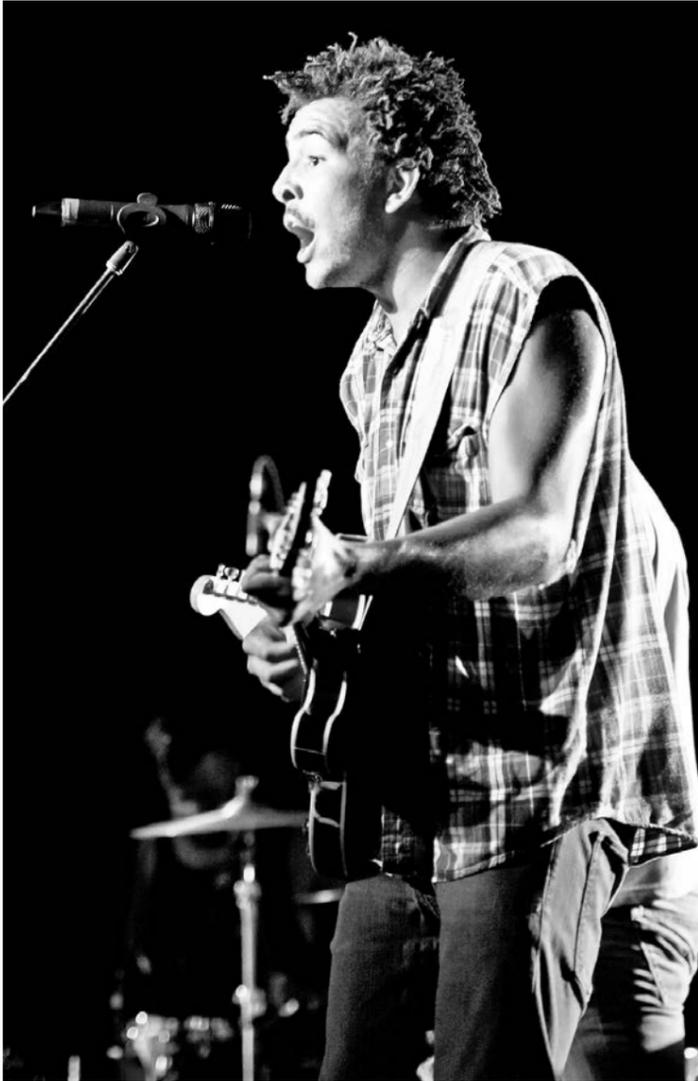
BLADDER: Bring on the Depends. An uncontrollable bladder is one of those wonderful post-baby "gifts." According to the What to Expect When You're Expecting website, it's thought that during pregnancy the baby's head hits the nerves in your bladder, which is what causes them to numb temporarily. On average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

BOOBS: 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 very 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



Fanshawe grads Texas King were the opening act at the Fanshawe Student Union Orientation concert headlined by Mother Mother.

CREDIT: STEPHEN ECHAVIA

So, would you hire yourself?



CAREER CORNER
Susan Coyne
Career Services
Consultant
Fanshawe Career Services

The best career choices are based on an honest appraisal of who you really are. This includes what you know, what you do well, the things you want from life and how you can best match all of this to the current and future needs of an employer.

If you have taken a basic marketing course, you already know that to be a good salesperson that you must understand the four Ps of marketing: **Product, Place, Promotion and Price.** These marketing basics are just as applicable to marketing yourself as they are to marketing a new product or service.

We all know that before an employer calls you for an interview they want to know what you (*the product*) will have over anyone else and can do for them. What are your features? What can you do well and how will hiring you be money wisely spent? And similarly, what are some things that you can't do?

Finding the *place* you want to work also requires some thought. Where do you intend to market yourself? Where will your buyers be? Is there any where you are

unwilling to go?

How will you *promote* yourself? How will you get people interested in knowing what benefits there are to hiring you? How will you introduce yourself to your markets? The first two promotional methods that come to my mind would be your resume and cover letter. There is also your professional portfolio and the networking that you can do. And finally, the most important promotion is the interview.

And then there is *price*. Do you have an idea what jobs are paying in your field? Have you evaluated what starting salary you will need to ensure you can live comfortably, meet your debt obligations and provide you with some money at the end of the day or month?

Understanding some basic self-marketing techniques and conducting a self-inventory will not only help you to navigate through the employment market but also help you to validate your career choices. Keep in mind that all employers want good matches between jobs and applicants so make sure that your covering letter and resume clearly identify your unique combination of skills and abilities and always relate them to the position you are applying for. You should be able to describe your skills under a number of headings including related education/training, related work experience, relat-

ed accomplishments and related praise or recognition received.

I often tell my students to imagine that they are the hiring manager of the company they want to work for and that they have to hire a new employee from the same program they are graduating from. What would they look for in that employee? What type of person would they want to hire? What will that person need to be able to know and do? As the hiring manager, you need to start by making a list of the requirements, skills and personality characteristics you believe are needed in that candidate. Then, finally, after describing that ideal employee, can you honestly say that you would hire yourself?

Need assistance with your job search or writing a resume and covering letter? Drop by the Career Services office in D1063. The Career Services staff are available to assist you on an individual basis. Visit the office in D1063 to arrange an appointment with the consultant responsible for your program or call 519 452-4294. To access job listings for Fanshawe students and graduates, visit www.fanshaweonline.ca or www.fanshawec.ca/careerservices. Follow us on Facebook [facebook.com/FanshaweCS](https://www.facebook.com/FanshaweCS), Twitter [@FanshaweCS](https://twitter.com/FanshaweCS) and Pinterest [pinterest.com/FanshaweCS](https://www.pinterest.com/FanshaweCS).




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Shape up with Fitness 101

NATALIE QUINLAN
INTERROBANG

As the days shorten and the leaves begin to turn their autumn colours, you might begin to notice another change that has nothing to do with the seasons. In fact, this change seems to happen to the majority of students returning to college every year. What is this reoccurring headache? Weight gain due to poor college diets and inactive lifestyles.

But before you head out to purchase a \$200-plus gym membership at a facility a trek away, consider this: there is a facility fully equipped to keep you in shape located right on campus.

Fanshawe's Fitness 101 Community Fitness Centre has you covered from triceps to calves. With a fully equipped facility, swimming pool, personal trainers, and a group exercise schedule packed with exciting classes (including boot camp, TRX Circuit, Zumba and yoga just to name a few), you'll never experience a dull moment.

Found in J Building between the Student Centre and the Student Union Building (SUB), Fitness 101 is the perfect option for students constantly on the go. With student memberships priced at only \$151.88 (including tax) per semester or \$5.50 for a day pass, its services offered fit the bill.

Darrell Evans, a Broadcast Journalism – Television News post-graduate student at Fanshawe agreed that the convenience of the



CREDIT: NATALIE QUINLAN

Member services representative Sarah Bolt assist students interested in Fitness 101 memberships and services.

facility for Fanshawe students is one of its strongest selling points.

"I chose this program specifically because the location of the gym would allow me to go before and after class without having to make a trip to more than one location," Evans said. "I gained some weight over the summer and began to realize that I have to start living a healthier lifestyle if I want to remain [fit] and that starts with working out more often."

Students who purchase a membership will also receive a free fitness consultation from Fitness 101 staff. But if you'd like more one-on-one training with your membership, then their personal training program (starting at \$22/hour) is an additional route you could take.

"The staff at Fitness 101 are all

CSEP-CPT certified," said Sarah Bolt, an employee at Fitness 101. "That means you'll get the certified training you need from a trainer who knows what they're doing."

For those of you feeling the pain from your muscle gain, don't sweat it! Fitness 101's registered massage therapist Lisa Demelo is ready to knead you back to health with sessions starting at only \$35.75.

Fitness 101 is open from Monday to Friday 6 a.m. to 11 p.m., and 8 a.m. to 8 p.m. Saturday and Sunday, and so there's no excuse for missing a gym day. For more information on their prices and services, check out Fitness 101's page at www.fanshawec.ca/fitness or call in with inquiries at 519-452-4477.



CREDIT: CAN STOCK PHOTO

Long distance, wrong distance?



CHAT WITH NAT
NATALIE QUINLAN
chatwithnat.fsu@gmail.com

Dear Nat,

I'm in a long distance relationship and, well, it's hard... like, really hard! I love my boyfriend, but with how far apart we are and how little we see each other, most times I don't even feel like I'm in a relationship. Don't get me wrong, I'm faithful and would never cheat on him, but I'm afraid I can't do this for much longer. I feel like I'm somewhat missing out on my youth being in this relationship and it's making me worry about the future. Am I being selfish? Should I call it quits or hang in there? I really need some advice.

Distant Love

Dear Distant Love,

Have you ever heard the phrase: "Distance makes the heart grow fonder?" Well, sometimes that phrase doesn't relate to all situations. After a while and with too much distance, things can go stale, and that's understandable. On top of that, if you're not seeing each other on a regular basis, it's easy for the foundation of your relationship to crumble since there's no regular maintenance keeping it together – that's also perfectly natural.

Out of respect for yourself and your partner, it'd be best to bring this concern to his attention.

Chances are, he's feeling the same way and is as just as nervous about bringing it up. But I'm here to assure you that there's nothing to be afraid of since the outcome can only result in two ways: 1) Either he hears you out and you both talk about next steps; or 2) He becomes hostile, guarded and defensive, in which case he needs to reevaluate his sense of maturity. Relationships aren't perfect, and these flat moments are (believe it or not) very healthy. A strong relationship is built on solid communication, and openly discussing these issues is always the better route to take versus keeping everything bottled up. Shake that up too much and you'll burst.

What I'm trying to get you to avoid is developing a sense of dry tolerance and total resentment toward the other, where you both lose any chance of being civil if things do go south. Being on good terms now means you have a better chance of staying on good terms later. Whether you decide to take a break or officially break up, at least you'll have that friendly foundation to maturely move forward or take a second crack at it. Whatever the final decision, trust your instincts, they'll point you in the right direction.

If you've got a query for Quinlan, shoot her an email at chatwithnat.fsu@gmail.com. All published questions will be entered into monthly random draws to win a \$10 FSU coupon for Oasis and Out Back Shack.

When franchises die, Part 2



GAMING THE
SYSTEM
ESHAAN GUPTA
e.gupta@fanshaweonline.ca

Last week, I talked about *Road Rash*, *Panzer Dragoon* and *Jet Set Radio*, three franchises that were killed before their time. This week, I continue that list with four more series that are fondly remembered by a select few gamers.

MDK

Debates surrounded the true nature of the series' abbreviated title, with guesses ranging from *Murder Death Kill* (in homage to 1993's *Demolition Man*) to *Mother's Day Kisses*. One topic never put to debate, however, was the excellence of both *MDK* and *MDK 2*'s run-and-gun, sniping action. *MDK* debuted on the PC and PlayStation in 1998, with fast-moving alien-killing action that never suffered slowdown or frame drops thanks to the brilliant technical design by Shiny of *Earthworm Jim* fame. Following the successful release of its predecessor, *MDK 2* dropped in from orbit on the Dreamcast and PC in 2000. This time, the game was crafted as a loving homage to the various monster-zombie-alien pulp magazines of the 1950s. Expanding the range of playable characters from just Kirk the Janitor to Max the Robotic Dog and Professor Hawkins, the game offered a lot of varied bang per buck for each character. Besides an HD re-release on the PC and a Wii port, nothing has followed *MDK 2*.

Perfect Dark

One of the last major releases on the Nintendo 64, Rare's *Perfect Dark* refused to slack despite being on a soon-to-be-axed console. An FPS created with the *Goldeneye* engine (albeit with a wide range of improvements to the graphics, controls and AI), *Perfect Dark* featured its own sci-fi world and badass female protagonist that rivalled Lara Croft. Despite the game being bogged down with framerate issues thanks to its rather shiny visuals, it didn't go easy on delivering content, with a lengthy single-player campaign (with a co-op mode) and several multiplayer modes. Rare began development on a prequel for the GameCube before being bought out by Microsoft, resulting in the game being shifted for the Xbox, and finally, as a launch title for the Xbox 360. *Perfect Dark Zero* was released in 2005 to positive but slightly apprehensive reviews, with criticisms targeted towards the game's rushed feeling. Despite the HD re-release of the original game on the Xbox Live Arcade market sparking hopes for new development, nothing has happened since.

Conker

Rare's *Conker* series began with a rather unremarkable entry on the Gameboy Color with *Twelve Tales: Conker 64*, a rather plain *Zelda*-like adventure game. Although there was a Nintendo 64 game lined up to serve as a sequel, Rare ultimately canned it, fearing it would be lost in a sea of kiddie mascot platform adventure games. From the ashes of the kid *Conker*

was born the adult, alcoholic and foulmouthed *Conker's Bad Fur Day*, one amazing-looking game that truly pushed the aging Nintendo 64's limits. Everyone was blown away by the game's use of real-time shadows, detailed characters and environments, and individually-voiced characters, complete with lip sync. The real star of the show was the gameplay and humour. Rare took its fourth-wall-breaking humour to the nth degree, parodying gaming tropes like context-sensitive buttons, life systems and item pickups that float for no reason, and layered all that with some seriously scatological gross-out humour (there's a giant mound of singing poo in this game). Sadly, the game undersold due to its poor release timing, but with Microsoft's purchase of Rare came a Xbox remake, *Live and Reloaded*. Like the N64 title, *Live and Reloaded* pushed the hardware of its console to the limit (the furry protagonist had actual fur on him), but also added in a cool class-based online multiplayer mode that was one of the top Xbox Live games until the original service was shut down. Sadly, there have been no more *Conker* games since *L&R*, due to creator Chris Seavor's lack of interest.

Dungeon Keeper

Dungeon Keeper 2 came along, and it was okay. The spin-off *Evil Genius* came along (switching a mythical evil lair for a '60s spy villain evil lair), and then nothing. Considering the direction EA games is heading, it's probably for the best.



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CREDIT: STEPHEN ECHAVIA

Vancouver-based band Mother Mother capped the night off during the Fanshawe Student Union's Orientation concert on September 10.



CREDIT: HARMUR ENTERTAINMENT

Raunchy comedy *Bigfoot's Wild Weekend* will cause some viewers to pitch a tent.

Boobs, beer and Bigfoot



Cinema Connoisseur
ALLEN GAYNOR
www.cinemaconn.com

Bigfoot's Wild Weekend (2012)



It's that time of the year when Interrobang releases its annual sex issue (or is that anal sex issue)? The time for the Cinema Connoisseur to share his knowledge of not only celluloid, but sex, or "nookie," as women prefer to call it. As the father of a five-year-old and a two-year-old, I have irrefutable proof that I... I mean, like... I've slept with a lady at least two times. And let me tell you, few things will bring you greater joy. Perhaps one thing that will, though, is when you find out that a great new film is coming to Netflix.

Such was the case a few months back, when this synopsis appeared in an RSS feed that I subscribe to detailing new Netflix releases: "When skeptical tabloid reporter

Harlan James is given the assignment of investigating a string of encounters involving Bigfoot, he soon learns that Bigfoot isn't a scary monster but rather a beer-drinking, panty-stealing party animal!" You had me at Bigfoot.

The film *Bigfoot's Wild Weekend* is a raunchy sex comedy in the same vein as *American Pie*, *Superbad* and *Frost/Nixon*. Except Bigfoot is the central character in this film. Although to be honest, I have not seen *Frost/Nixon*, so that might be the case with that film as well. The film opens up with a scene in which two young lasses begin splashing around in the water while drinking beer, topless. Soon entering into the equations is a third member – a rather large and hairy member – you guessed it, Bigfoot!

This apparently isn't the first time that Bigfoot has made his presence felt in the area, as story after story detailing encounters with the big fellow begin to come out. Soon an awkward young tabloid scribe and a fetching television reporter descend upon the scene and embark on a cat and mouse game with the sasquatch.

While the two media personalities begin to act on their own sexu-

al impulses, Bigfoot continues to live it up, stealing the locals' beer, and spying on topless cavorting women. The women of this town have no hangups about public nudity. It's like they are living in one giant outdoor strip club.

The sexy shenanigans take a backseat when a group of hunters also go on the hunt for Bigfoot. It is up to the two reporters, and the local sheriff to protect the beast.

Bigfoot's Wild Weekend is an absolute triumph. Not only does it deliver Bigfoot, it also delivers big laughs and big scares. It is also nice to see Bigfoot depicted in a different way. Usually he is either a destructive force, or a subdued, gentle soul, as seen in *Harry and The Hendersons*. Thankfully director Jeff Murray has given us another take on what Bigfoot may in fact be – a lustful degenerate who likes cheap beer and even cheaper women. I predict that when the superhero movie craze dies down, that the next big genre to take Hollywood by storm will be films about Bigfoot. Years from now, people will look back at this little film in which Bigfoot ogles women and steals their panties as a landmark film that started a trend.

BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

The game show *Million Second Quiz* will be on 24 hours a day for 12 days, although NBC is showing it only one hour a night. People can watch the rest live on the Internet. Who'd watch a game show on the Internet? People who are tired of looking at videos of kitty cats.

The United Nations unveiled their list of the happiest places on earth. Doesn't the United Nations have stuff to do? Aren't things a little bit tense right now?

The U.N. list of the happiest places on earth does not include Disneyland. Goofy is peeved. He's like, 'I'm going to bomb Syria. Well, maybe. Let's see what Putin says.'



CONAN with Conan O'Brien

Tokyo has been named the host of the 2020 Olympics despite concerns about the radiation leak. That explains the Tokyo Olympics official mascot — a three-headed Hello Kitty.

Las Vegas is about to unveil what will be the world's largest Ferris wheel. They are billing it as a new way to throw up on the streets of Las Vegas.

In Iowa, blind people are now eligible to receive a gun permit. Blind people say it's time they had a chance to express themselves with something other than jazz.

The fiancé of Miley Cyrus is considering breaking it off in part because of her performance at the VMAs. He told Miley, "I'm sorry, but our relationship isn't twerking."



LATE NIGHT with Jimmy Fallon

Serena Williams won her 17th Grand Slam title at the U.S. Open. I haven't seen that many Grand Slams since Chris Christie went out to Denny's with me the other night.

President Obama did six TV interviews today to explain his decision to strike Syria. Yeah, six. Even Ryan Seacrest was like, "That guy's on too many shows."

Officials in Iowa are facing criticism over a new law that lets blind people own guns. The law has actually received support from two major groups: the NRA and deer.

Jamaican sprinter Usain Bolt said that he plans to retire after the 2016 Olympics in Brazil. When asked what he'll do after he retires, Bolt said, "Walk."



THE TONIGHT SHOW with Jay Leno

President Obama is talking tough. He said he will not rest until Syrian President Assad's power has been reduced to the point where he's on *Dancing With the Stars*.

Samsung has unveiled its new smartwatch. It will go on sale later this month in 140 countries. It's a smartphone wristwatch. Experts say this could revolutionize the way senators play poker at Senate hearings.

New York Fashion Week is in full swing. This is a time when today's hottest models show off all the latest eating disorders.

President Obama is in Russia. You know what he's doing there? I think he's seeking asylum.



JIMMY KIMMEL LIVE with Jimmy Kimmel

Dennis Rodman left for North Korea last week. Unfortunately, he came back.

Rodman went to North Korea for a second time to meet with his friend Kim Jong Un. Is it possible that Kim Jong Un thinks that Rodman is President Obama?

According to the new U.N. world happiness report, the United States is the 17th happiest country in the world. The report says the happiest country is Denmark, followed by Norway, Switzerland, Netherlands, and Sweden. Way to go, super white people, I guess.

You'd be happy too if everyone you knew looked like Thor and Famke Janssen.



THE LATE SHOW with David Letterman

Do you have the new iPhone yet, the new iPhone 5? You'd better get the new iPhone 5 because you're not going to see another one for . . . three, four months.

It's Fashion Week here in New York City. This morning, on the subway, I was beaten up by a teen gang of fashionistas.

I saw a supermodel this morning holding a sign. Here's what the sign reads: "Will starve for food." Does that make any sense?

Syria is now saying they will agree to give up their chemical weapons if Miley Cyrus agrees to give up whatever it is she is doing.



NEW ISSUES HIT THE STANDS EVERY MONDAY.
SHARE YOUR THOUGHTS OR SIGN UP TO BE A REGULAR CONTRIBUTOR BY EMAILING EDITOR ERIKA FAUST AT EFAUST@FANSHAWEC.CA

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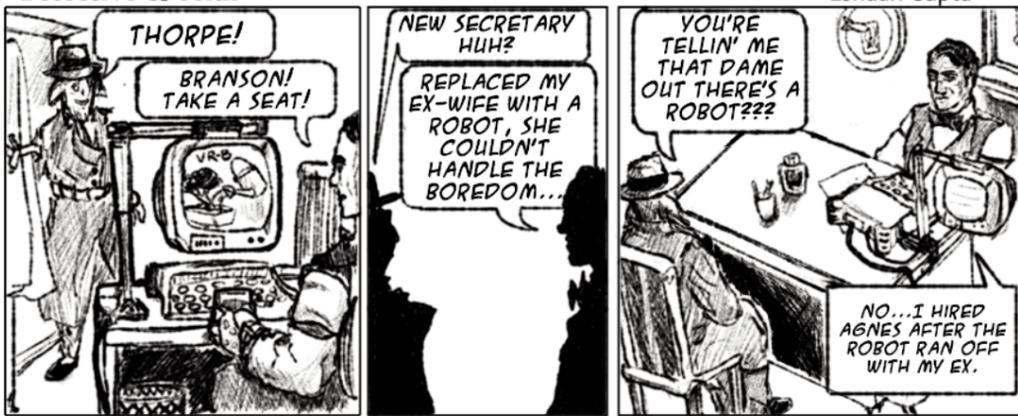
interrobang

HAVE YOU BEEN INTERROBANGED?

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Detective Special

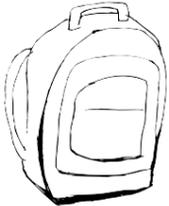
Eshaan Gupta



NOT NEUROTYPICAL

Also known as a bag of holding.

Backpack. A device that holds various items disproportionate to the amount of capacity it seems to have from the outside.



Perhaps in order to accomplish this, it has a portal to another dimension. We don't know.



The backpack has convenient straps to allow for easy carrying.



It's not sexy. But it works.

laura.billson@gmail.com

Mouthless "WAITING..."



CHARLES COLLING 2013

COLLINGMARK@GMAIL.COM

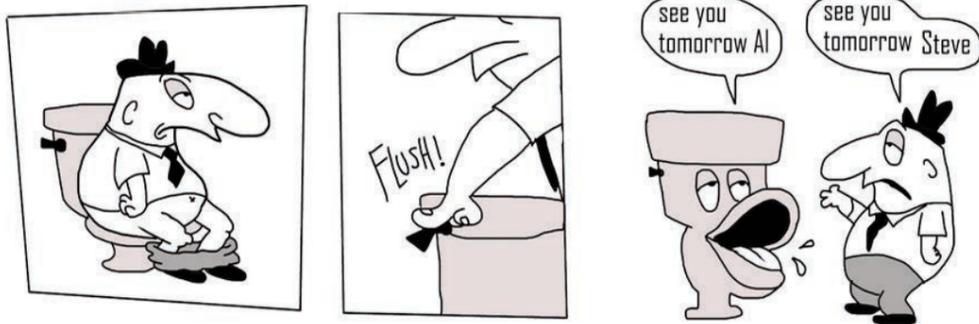
observationalomalies



www.observationalomalies.com

A comic by Christopher Mischczak © 2013

Butt sweat n Tears by Andres Silva



NERDS



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zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Before doing something wicked, check to make sure that you're not being watched. When you're this tempted, the negative consequences seem irrelevant. Try to let the voice of reason reign.

Taurus (April 20 - May 20)

If you find yourself in the company of obnoxious people, in the name of honour and integrity, fold your hands and bite your tongue. Or better yet, retreat in hopes of finding a more pleasant crowd.

Gemini (May 21 - June 20)

When you're around, everyone is soon committed to a point of view. You keep the exchange flowing whether you claim the moral high ground or play devil's advocate. Real fun and real work are being done.

Cancer (June 21 - July 22)

Let others exert and endanger themselves. You're happy to stay at the clubhouse and mount the trophies that they bring. At this leisurely pace, you have plenty of time to ponder the great mysteries of the Universe.

Leo (July 23 - August 22)

As last week's actions proved, the victor still needs a strategy. Open your mind, and loosen your grip. If diplomacy fails, Leo still has enough control to pounce on something that refuses to lie still.

Virgo (August 23 - Sept. 22)

If you stay aloof from all of the action, you may get bored or careless. There's plenty happening that should pique your interest. You're never lonely when all lines of communication are open.

Libra (Sept. 23 - Oct. 22)

Libra excels at word games this week. Whether delivering a comic monologue or sitting at a Scrabble board, the perfect combination always comes to hand. Convince intellectually, and persuade emotionally.

Scorpio (Oct. 23 - Nov. 21)

Some past inequity may be upsetting your present balance. Instead of spilling your feelings out onto the table, handle them in private. Family members will be able to help.

Sagittarius (Nov. 22 - Dec. 21)

Enhance your delight by finding out how things work. Choose direct information over second-hand sources. Sagittarius impresses all the right people. Don't be too surprised when someone offers to buy you dinner.

Capricorn (Dec. 22 - Jan. 19)

You may be spending this week in limbo, waiting for some important result. Relax with a different crowd of people who have no idea about the other part of your life. Remember what makes you happy.

Aquarius (Jan. 20 - Feb. 18)

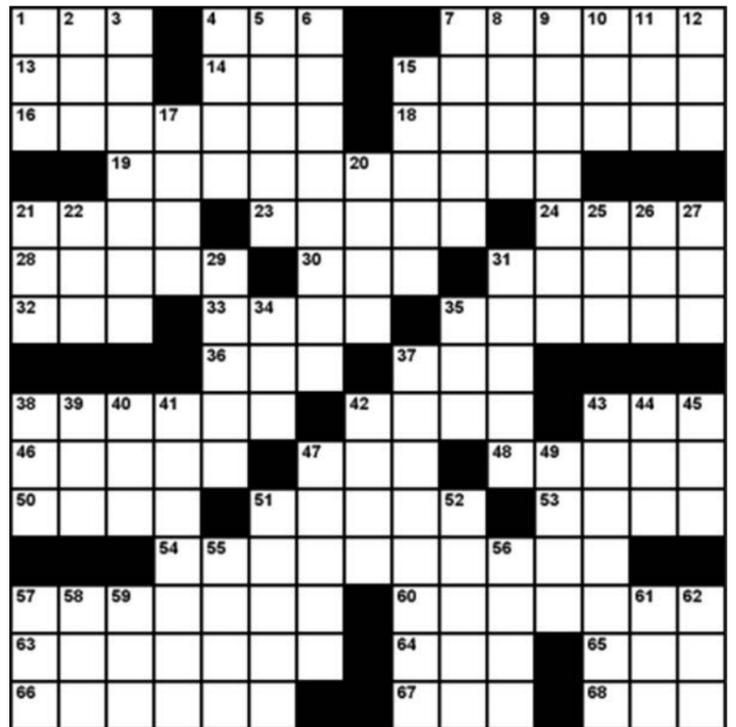
Like so many famous or talented people, you're seen as something more than human. Find ways to remind others that, at heart, you're just an ordinary guy or gal. In the right light, everyone is special.

Pisces (Feb. 18 - March 20)

For now, at least, ambitions exceed abilities. Do one thing, and do it well. You're already recognized as a creature of wisdom, and your actions should prove it beyond all doubt.

Across

- Approved
 - Greek letter
 - Claims of innocence
 - Enemy
 - Society girl (informal)
 - Carry out a sentence of death
 - Ties
 - Turn the other way around
 - Innermost parts
 - Very narrow shoe
 - Runs with short strides
 - Caesar's 44
 - Airship
 - Fuss
 - Indian stringed musical instrument
 - Ventilate
 - Speed contest
 - Feel indignation at
 - Cereal plant
 - Shoshone aboriginal
 - Basic monetary unit of the Czech Republic
 - Poet Khayyam
 - Foot extension
 - Senseless
 - Marvelous (informal)
 - Thick slices
 - Result of an auto accident?
 - Subway system in some cities
 - Part of the eye
 - Meteorologist
 - To arrange in order
 - Looking slyly
 - Accumulated
 - Computers network (abbr.)
 - Small rorqual
 - Small fast sailing ship
 - Calculate a total
 - Female bird
- ## Down
- Away
 - Hawaiian tree
 - Complete loss of hope
 - Location of first garden
 - Doctrine
 - Summary of the contents of a book
 - Figure skaters' manoeuvres
 - Formicophilia is the fetish for having small insects crawl on your genitals.
 - Male bats have the highest rate of homosexuality of any mammal.
 - Studies show that women who went to college are more likely to enjoy oral sex (giving and receiving) than high school dropouts.
 - A man's beard grows fastest when he anticipates sex.
 - In earlier times, masturbation was believed to lead to blindness, madness, sudden death and other unpleasant diseases. Present research, however, shows no connection.
 - A man will ejaculate approximately 18 quarts of semen, containing half a trillion sperm, in his lifetime.
 - The Geisha of Japan would not perform fellatio because it was considered demeaning for the cultured to do so.
 - Sex is biochemically no different from eating large quantities of chocolate.
 - Males, on average, think about sex every seven seconds.
 - The earliest known illustration of a man using a condom during sexual intercourse is painted on the wall of a cave in France. It is dated between 12,000 and 15,000 years old.
 - A medical study conducted in Pennsylvania showed that people who have sex once or twice a week have their immune systems boosted slightly.
 - When a woman has sex, it releases estrogen into her body. Estrogen makes a woman's hair shiny and her skin soft and smooth.



- Popular brand of jeans
- Mountain climbers' tools (2 words)
- Prickly plant
- "__ A Small World"
- Observe
- Greek mythological muse of lyric poetry
- Sport group
- Took the bus
- Arab garment
- Boxer Muhammad
- Sheltered side
- Country hotel
- Large tank
- Lying face downwards
- Slackens a rope
- Highly rated
- CAA suggestion (abbr.)
- Rain protector
- Young goat
- Five minus four
- Operated a machine
- Open from a spiraled state
- Solemn declaration
- Destroy the lustre of
- Japanese sash
- Comes before tee
- Honoured
- Prevaricator
- Alma __: school one attended
- Mountain nymph (Greed mythology)
- Comfort
- Fix
- Bag-like cavity
- Flightless bird
- Rodent
- Used to indicate the maiden name of a married woman
- Alcoholic drink

Solution on page 34

QUIRKY FACTS

1. Ithyphallophobia is a morbid fear of seeing, thinking about or having an erect penis.

2. According to a survey of sex shop owners, cherry is the most popular flavor of edible underwear. Chocolate is the least popular.

3. In the Aztec culture avocados were considered so sexually powerful, virgins were restricted from contact with them.

4. Marilyn Monroe, the most celebrated sex icon of the 20th century, confessed to a friend that despite her three husbands and a parade of lovers, she had never had an orgasm.

5. The average shelf-life of a latex condom is about two years.

Sudoku Puzzle

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

puzzle rating: very 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 34.

Word Search

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

Sexual Positions/Acts

(Words in parentheses not in puzzle)

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

KIOSK QUIZ ANSWER

SEPT. 9 2013



OFFICE OF THE REGISTRAR IS OPEN
 MONDAY, TUESDAY, THURSDAY
 8:30AM - 9PM
 WEDNESDAY 9:30AM - 9PM
 FRIDAY 8:30AM - 4PM
 SATURDAY 9AM - 12:30PM

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CREDIT: GENERAL MOTORS

The Buick Verano is a nice entry-level car that doesn't disappoint for the dollars spent.

The smooth, virtually silent Buick Verano



MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

Remember the last generation Buick Skylark? If you do, General Motors would like for you to forget all about that as you approach the Buick Verano.

This entry-level Buick model is based on the very popular Chevrolet Cruze, but is it just a Cruze wearing some new clothes or is there some new engineering under the skin?

According to Buick, the only things shared between the Verano and the Cruze is the floorpan and the suspension set-up, that's it. The wheelbase between the Verano and the Cruze is exactly the same, and so is the MacPherson strut front suspension, even if the damper rates and springs themselves are different to provide a more cushy, comfortable ride that Buick customers typically like.

Where the two cars really set themselves apart is what Buick calls QuietTuning. Its engineers were given the challenge to make the quietest Buick of all time (yes, of all time). To achieve that goal, Buick engineers started looking at more efficient sound-suppressing materials, which led them to develop a fibre-polymer based material for the wheel well lining. This material feels like hard carpet, and it is fully water resistant. The main advantage is that it absorbs sound created by suspension components and also tire roar.

To further improve noise levels in the cabin, Buick engineers came up with a new material for the job. However, the material they used is not new at all; it is just being used in a new application. What they are using is recycled denim (the stuff

jeans are made off), which is washed, cut and placed in areas like under the rear seats to suppress road noise. It's a clever solution to a common problem.

The Verano is a smart-looking car with a clean exterior design. It carries new Buick styling themes like the waterfall grille and blue bezels around the projector beam headlamps. It is not the kind of car that will draw a crowd based on its looks, but that might be the point of having such a car. It's a clean design with a few design touches thrown in to make it look more up-class.

What I don't like are some of the things I found when I opened the door and jumped inside. For starters, even in the top-of-the-line model, the power driver's seat is not fully power adjustable. The seat cushion slides forward and back and tilts electrically, but the backrest does not. In fact, in order to adjust the back rest angle, you have to fiddle around with a very ill-placed lever. This would become an issue if the car is shared by at least two drivers in the household who happen to be of different sizes. Come on, Buick, give your customers a fully power adjustable seat with memory function, please!

Also, while at it, why not also give the car a reversing camera? It's not available, not even as an option. Considering Buick customers are normally a bit older and looking out the back of this car is a bit challenging due to a small rear window and very thick C-pillars, a reversing camera is a necessity.

Thankfully, the steering wheel tilts and telescopes, even if the lever for this feature almost never wanted to lock back in place smoothly.

What my top-spec model did have was a smart key – touch the door handle to unlock the car, then get in, press the brake pedal and hit

the "Engine Start" button to fire it up. Simple, yes, but locating the start button proved to be a bit challenging. It wasn't where you'd normally expect to find it, and it doesn't stand out, either. It looks like any other button and it's placed on the dashboard above the stereo!

Okay, now finally I can hit the road and see what this car is like to drive. My very first impressions within two minutes of my drive were that it really is very quiet. General Motors seems to have succeeded with their goal to produce the quietest Buick ever. Even with the stereo off, you hardly hear any unpleasant noises on the city streets or out on the highway. Many car companies have been trying to make their new cars more comfortable by reducing interior noise levels, but I have not come across anything that does it quite as well as the Verano. Buick needs to pat themselves on the back for achieving this feat.

They also deserve some credit for its powertrain. Currently the only engine available with the Verano is a 2.4-litre, ECOTEC, double overhead cam, four-cylinder engine that produces 180hp and 171lb/ft of torque. It is mated to a smooth shifting six-speed automatic gearbox, which transfers power to only the front wheels. Unlike Buicks of the past, it does not have a big engine, yet it is still smooth and revs up to speed quite nicely. Trust me, most people would not complain about a lack of grunt. A more powerful 2.0-litre turbo-charged motor is also offered.

The base powertrain offers decent pace with impressive fuel economy. The Verano is rated at 9.9 litres/100km in the city and 6.2 litres/100km on the highway.

The Verano is perfect for a long, highway cruise, but what about city driving? The ride on uneven

and broken city streets is very good, however parking it can be a challenge because it does have a rather large turning radius (36 feet). What I thought would be a single manoeuvre between cars took extra corrections.

Keeping up on the topic of its handling, the Verano is easily one of the best handling Buicks I have come across. It may not inspire you to take the long, twisty route home, but if you encounter any bends, the car feels competent and the communication through the steering has a positive feel to it. Overall, from a driving point of view, it is

not bad at all.

It should be safe, too, as you get front, side and knee airbags to protect you.

As for space, even though Buick lists this as a five-passenger vehicle, carrying more than four would be unwise. As for luggage space, you get 14 cubic feet, which is decent – I just wish Buick had not fitted old-style C-hinges to open and close the trunk.

All in all, I would say it is quite a decent family car, and it comes in at a price you won't find any other luxury car. Base price for the Verano is \$22,895.

Knight watch: Season preview

VICTOR KAISAR
INTERROBANG

Come September 20, the London Knights will embark on one of the most anticipated seasons in franchise history. It's the one that they've been planning for since the turn of the decade, slowly assembling a top notch side, with the aim of repeating the success of the 2004/05 season where they won the Memorial Cup on home ice.

This season also ends with the Memorial Cup at the Budweiser Gardens between May 16 and 25, but for the majority of the returning players, it won't be their first taste of Memorial Cup action.

It'll be their third.

The Hunter brothers – head coach Dale and general manager Mark – haven't really fallen into a rebuild mode, unlike other franchises. That being said, they've always had a plethora of top prospects to step up when the regular players are away. The reason behind their success is simple: smart, intelligent drafting with the odd calculated risk here and there.

Newly drafted NHL prospects Max Domi and Bo Horvat have two Memorial Cup trips under their belt and they're both only 18 years old. Horvat has a shiny OHL Playoff MVP to add to his cupboard – an award previously won by the likes of Derek Roy, Corey Perry and Taylor Hall to name but a few.

San Jose prospect Chris Tierney returns up front as well along with the meddlesome Ruperts, Matt and Ryan. Both Seth Griffith and Alex Broadhurst could move on to their professional careers, Griffith with the Boston Bruins and Broadhurst with the Chicago Blackhawks, despite both being able to return for one final OHL season, as over-agers. That said, Broadhurst looks the more likely player to don a Knights jersey for another year, having called the Memorial Cup berth "a pretty nice pillow to be able to fall back on, if necessary,"



CREDIT: THECHRONICLEHERALD.CA

Knights Captain Scott Harrington hoists the J. Ross Robertson Cup following the 2012/13 OHL season.

last spring.

On the blueline, the Knights will miss Captain Scott Harrington, who's off to begin his professional career with the Pittsburgh Penguins. Fellow Penguins prospect Olli Määttä will be back as one of the teams import players along with big Russian Nikita Zadorov.

Handyman Tyler Ferry along with Londoner Tommy Hughes also move on, having graduated from the OHL following their overage seasons, but the Knights have tons of depth on defence as well – Santino Centorame is a name that pops up often having played a few games with the Knights in previous seasons. London also has a number of highly rated defensive prospects committed to various NCAA programs

and the U.S. National Team Development Program (NTDP) but if recent history is anything to go by, giving up on an NCAA scholarship to join the Knights isn't very difficult.

The Hunters dove into the NCAA market and signed Montreal Canadiens first-round pick Michael McCarron as well as Christain Dvorak from their respective college programs. McCarron will easily slot in on one of the top lines and he will make his presence felt. Dvorak, on the other hand, will play more of a depth role, but that isn't taking anything away from his potential.

Last season's 'depth players' Remi Elie and Kyle Platzer were both drafted to NHL teams, Elie going in the second round to Dallas, and Platzer going to

Edmonton in the fourth. Expect both to take on a bigger role, along with the team's sole Londoner Brett Welychka, who despite an impressive showing in the OHL finals last year and the Memorial Cup remains one of the most underrated players on the team.

Or, in his own words, "I really like flying under the radar ... I've always done it."

It's in goal that the Knights should not have too many huge issues as both Anthony Stolarz and Jake Patterson are eligible to be back. Liam Herbst is another highly rated goalie prospect but he's on the bounce back from knee surgery, so don't expect him to be rushed into game action anytime soon.

The 2013/14 OHL season is just days away and the other 19 teams

are aware of the threat posed by the "New York Yankees" of the OHL. A number of franchises have gotten better since last season.

This group of Knights will be scrutinized every step of the way. There will be numerous comparisons with the 2005 squad who won it all as well as with the OHL winning sides of the last two seasons. The Knights will also be part of Sportsnet's Quest for the Cup, which will follow the Knights' every step of the way. Distracting? Possibly. But these are very exciting times indeed for the boys in green and gold.

The Knights know they will be at the Memorial Cup, but just like in 2005, they don't want to take the easy "back door" entry to the competition.

They want to earn it.

Girls
Night out with

Michelle Shaughnessy

Mon. Sept. 16th

The Out Back Shack, 8 pm, Free Admission



TUES. SEPT. 17TH

Forwell Hall, 8pm, Free Admission

Tons of sexy prizes,
and free condoms



Founder of Slutwalk
Heather Jarvis

WED. SEPT. 18TH

Forwell Hall, Noon, Free Admission

T L C
Show with
DR CARLEN

WIN TOYS, LUBE & CONDOMS!

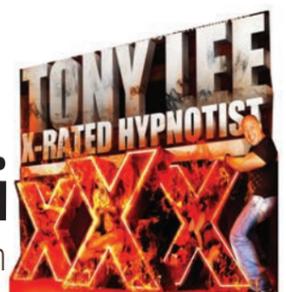
THURS. SEPT. 19TH

Forwell Hall, Noon, Free Admission

**THURS.
SEPT. 19TH**

Forwell Hall, 9 pm

\$8 ADVANCE / \$10 @ THE DOOR



The five most potentially impactful signings



PREMIER LEAGUE PONDERINGS
ANDREW VIDLER

With English clubs having spent a record amount of money over the summer on transferring players during the summers transfer window (more than \$1 billion), this week we take a look at five signings set to make a big impact for their new club.

1. Simon Mignolet

Age: 25
Nationality: Belgian
Signed For: Liverpool
Signed From: Sunderland (England)

Transfer Fee: \$14.7 million

Part of the recent emerging generation of Belgian footballers, Mignolet was signed by Liverpool as a replacement for outgoing veteran Pepe Reina. No stranger to the English Premier League, having spent the last three seasons playing with Sunderland, Mignolet offers a youthful yet commanding presence as the last line of a new-look Liverpool defense. The goalkeeper was praised as one of the key reasons that his former team remains in the Premier League, finishing



CREDIT: TWENTYFOURFOOTBALL.COM

Simon Mignolet was a key signing for Liverpool in the Premier League.

last season in 17th, one place above the relegation zone and standing at 6'4", will offer Liverpool a more commanding presence in the defensive area in their quest to return to the top four. Mignolet did not allow a goal in his first three matches, and Liverpool

supporters are hoping that he can continue his fantastic early season form.

2. Wilfried Bony

Age: 24
Nationality: Ivory Coast
Signed For: Swansea City
Signed From: Vitesse

(Netherlands)

Transfer Fee: \$19.5 million (club record)

Having defied the odds after losing manager Brendan Rodgers to Liverpool and beginning their second premier league season under Michael Laudrup, the first Welsh team in Premier League history is aiming to establish itself higher up the English League table. In order to do so, the club broke their transfer record in signing young Ivorian striker Bony from Dutch club Vitesse. The young striker was rumoured to be the target of some of the world's biggest clubs after topping the scoring charts in Holland last season, with 31 goals in 30 games. With a debut goal in the opening round loss to Manchester United, Bony looks to be more than capable of making a successful switch from Holland to England.

3. Roberto Soldado

Age: 28
Nationality: Spanish
Signed For: Tottenham Hotspur
Signed From: Valencia (Spain)
Transfer Fee: \$42.3 million

Tottenham Hotspur coped with the loss of superstar Gareth Bale by shrugging their shoulders and signing every available and talented player in the world, it was a tough call on which of the very, very good new signings would have the biggest impact. Being the only out and out striker to have signed for 'Spurs' in their summer rebuild, Spanish striker Soldado will be expected to make up the majority of the goals in this new look Tottenham attack. Soldado has scored 81 goals in 141 appearances across all competitions during his three seasons with his previous club, already endearing himself to Tottenham supporters with two penalty shot goals to secure 1-0 victories in two matches. With a truly outrageous amount of money spent by Tottenham (\$177.5 million) on new players, they will be expected to make a serious challenge for the Premier League.

4. Ricky van Wolfswinkel

Age: 24

Nationality: Dutch
Signed For: Norwich City
Signed From: Sporting Lisbon (Portugal)

Transfer Fee: \$13.8 million
One of the highest regarded young strikers in the European game, football journalists and fans alike were surprised when van Wolfswinkel announced in March that he would be making a summer switch from the Portuguese capital to tiny Norwich on the west coast of England. With a strike rate of over a goal a game during his time in Portugal (45 in 87 appearances), the signing of the striker represents a massive statement of intent from a club who are attempting to improve upon their 11th place finish the previous season. This could turn out to be one of the smartest pieces of business done by a team in England this summer.

5. Mesut Ozil

Age: 24
Nationality: German
Signed For: Arsenal
Signed From: Real Madrid (Spain)

Transfer Fee: \$68.4 million (club record)

Having gone over eight years without winning a trophy, and having sold their star players and captains to rivals the last few summers, it was looking to be another frustrating summer for Arsenal manager Arsene Wenger. An undervalued bid for Liverpool superstar Luis Suarez, as well as the failure to convince Gonzalo Higuain to come to the club combined with an opening day loss to Aston Villa, had, for the first time in years, fans booing Wenger. Then as the window came to a close everything changed with the capture of German international Ozil. A world class attacking midfielder in every sense of the word, the 24-year-old last season scored 10 goals and provided his Real Madrid teammates with a team high 23 assists in all competitions, and is widely regarded as one of the finest in his position, he instantly turns Arsenal into a potent threat to any team.

Payne KO'd at TFC



FANSHAWE FC
MARTY THOMPSON
sensandsoccerfan@hotmail.com
twitter: @martythompson_

If the firing of Toronto FC general manager Kevin Payne was a boxing match known as 'The Payne Event,' it was a match experts could see coming since the fighters' career started. Payne was sacked by new President of Maple Leaf Sports and Entertainment (the ownership group behind Toronto FC) Tim Leiweke this past week. Payne lasted less than a year at the helm, leaving TFC hollow after a silent transfer window. Here are some of the things Payne did wrong, and therefore deserves the Payne... pain.

Back in January, Payne hired Ryan Nelsen as TFC's head coach. It all sounded great... except Nelsen had never actually coached before. In fact, he was still playing as a defender for English Premier League side Queens Park Rangers. Payne knew Nelsen from his previous job as President of fellow Major League Soccer side DC United. Nelsen was not there for the draft. He had no say on who was going to be joining his club. That's a major problem and it would only cause a divide within the club (as several journalists who followed the club indicated through their sources). One of the



CREDIT: TORONTO STAR

TFC's former GM Kevin Payne prepares to face the Payne (not pictured: raging fist).

most telling points of the hire was when Payne answered a question from a journalist, asking if he interviewed anyone else for the job. He said no. This arrogance was only the beginning.

Second of all, he handled the fans poorly after making those statements during the AS Roma friendly. I've covered those events in previous articles, but basically Payne shot down supporter concerns over mid-season friendlies. He told fans to "get used to it," as most of them had refused to go on with the club's antics anymore. He was wrong to alienate the most dedicated fanbase. It would be hard to believe he didn't get a licking from the higher-ups after a comment like that.

Of course, that came at a time when fans still believed players had a chance to sign with the club. That didn't happen. This was Payne's biggest fault. Supporters of Toronto FC have always heard from new coaches that it takes several transfer windows to build a winner (transfer windows coming twice a year, giving teams a chance to exchange players).

Well, Payne came up empty handed this transfer window, after the club desperately needed help all over the pitch. The rumours were plentiful, as the club seemed to have given a fair pursuit for talent, but TFC owners were quick to bring down the hammer.

Did Payne deserve it? Possibly not. But fans can find comfort in an ownership group that seems as quick to dish out punishment as much as they are. Besides, MLSE claimed to have over \$20 million ready to spend on players this window. The money stays, 'the Payne' goes.

Payne is gone and so is another era. TFC fans are 'used to it,' though, as they have seen more managers than years the club has existed. 'The Payne Event' left only one battered and bruised, and that's TFC supporters.

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Sign Up for Intramurals Today

at the Athletics Department - J1034

Entry Forms Due:	
Co-Ed Volleyball	Wed. Sept. 18 th
5 on 5 Basketball	Wed. Sept. 18 th
Cricket	Wed. Oct. 2 nd
Co-Ed Indoor Soccer	Wed. Oct. 2 nd

Open recreation every Tues. Thurs. and Sun. 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



Olympian Damian Warner visits Fanshawe

MEGAN MCPHADEN
INTERROBANG

Olympic decathlete Damian Warner was back at his alma mater for the first day of classes. The tall, soft-spoken young man was not what you might expect out of a decathlete, but one thing is for sure: Warner wants to be the best in the world and if his bronze-medal finish at the World Championships is any indication, he is certainly on the path to success.

"It was something that we expected (a podium finish at Worlds) after London finishing fifth, I knew moving forward that I just wanted to be on the podium from here on out. All this year at training camps and competitions we have been just gearing up for Moscow," said Warner.

The decathlete has made tremendous gains, especially at the World Championships, skyrocketing from 18th place in 2011 to third in 2013. Something changed for Warner after 2011; when he saw the athletes carrying their flags, something clicked. "After the competition, I just told my coach that I want to be one of those people that are carrying their country's flag, and you only get that if you are the

top three. That has been a huge goal and it was nice to experience that in Moscow," said Warner.

At only 23 years old, he is in the budding stages of his career, already showing he can keep up with the best of the best, including world record holder Ashton Eaton, who Warner had the privilege of attending training camps with. Warner is currently ranked fourth in the decathlon world rankings, which he is looking to improve on with his last multi-track event the Decastar in France.

Despite the success he has achieved in the span of a few years, his introduction to the decathlon was not one without difficulty.

"About three years ago, after high school, my coaches came to me and brought up the idea. I hated it at first but slowly moved to it and fell in love with it after," said Warner. "I just decided that if I really want to do this, if I'm going to do track and field than I am actually going to try to be the best in the world."

An event that takes such discipline you might expect an athlete to have trained for years with the amount of success he has achieved. Warner didn't even hear about the

decathlon until after high school. In fact, the London native spent most of his time in high school involved in anything but track and field. "I didn't play anything while I was here at Fanshawe besides rec basketball. During all my spares I was always in the gym shooting around or playing pickup games. In high school I played basketball every year and football for a couple years as well." In fact, as he was growing up, Warner said he wanted to be "the next Vince Carter." He may not be the next basketball superstar, but he has burst on the track and field scene and is flourishing under the guidance of his former Montcalm basketball coaches Gar Leyshon and Dennis Nielsen along with Western University track and field coach Vickie Croley.

It's only up from here as Warner has a plan for the future. "Moving forward I want to make sure I'm on the podium every meet, moving towards the Commonwealth games, Pan Ams, Worlds and Rio 2016," Warner said.

Warner's final meet of the year is in Talence, France at the Decastar in mid-September.



CREDIT: JOHN SING

Olympian and former Fanshawe student Damian Warner visited the campus recently for a radio interview.

A familiar face bounces his way back to Fanshawe women's basketball team

COREY CALLAGHAN
INTERROBANG

On August 29, Bill Carriere was named the new head coach for the women's basketball program.

Carriere, coming back to the team after his first stint from 1987 to '94, brings his winning ways to the team, winning four championships with Fanshawe in his seven years of coaching.

Carriere said it's "interesting" coming back to Fanshawe's bench

after being away for nearly two decades. "I didn't want to see the program leave after (former head coach Matt White) resigned."

Nathan McFadden, Fanshawe College's manager of Athletics, said he is "thrilled" to add Carriere as the head coach. "His impeccable coaching resume with numerous championships, combined with his strong character and personal values, make him a great fit for our Athletics program."

Carriere has always been a supporter for Fanshawe's basketball team, even when he's not coaching, including watching his own family play for the team in past years. Earlier this year, Carriere was named to the Ontario Colleges Athletics Association (OCAA) Hall of Fame as a coach. "It was a great honour. Seeing familiar faces there supporting me was a nice feeling," he said.

Carriere said it might be a bit of

a push to bring a championship to Fanshawe this year. "It's going to be a challenge this year to get used to my coaching, and finding those passionate players." He also stated that Algonquin College's team is major competition this year. "We hope to be top four in the West division and making the OCAA championship is a goal."

Carriere's wife, Theresa, is joining the team as an assistant coach, and his daughter, Nicole, will also

be joining the team as an associate coach. This new role that Carriere will be taking on with his wife will be a trial for them, as they want to make sure that they have a good balance with other commitments they have off the court.

Carriere's regular season debut takes place at home in the Glenn Johnson Athletic Centre October 26 at 6 p.m. against the Cambrian Golden Shield.

Fanshawe Athletics breaking new ground

MEGAN MCPHADEN
INTERROBANG

Fanshawe took the lead and became the first college in the Canadian College Athletic Association to change to an electronic health assessment program.

Nathan McFadden, manager of athletics, said he is excited to have put this program in place. "With teams all starting around the same time ... it's just not feasible to get [athletes] through a full physical examination in a short amount of time or our medical team to see all our athletes for physicals. This allows us to attack that problem head on and allows us to get that data ahead of time."

The new system allows athletes to file a detailed record of their health history online, which will be a lot easier for therapists and doctors to access should the athlete get injured on the road. The system, known as the Electronic Pre-

Participation Evaluation, is a more in-depth health history form similar to one a patient would fill out at her doctor's office before being examined.

Rob Werstine, a physiotherapist at the Fowler Kennedy Sports and Medicine Clinic, explained there was a system in place before the program, but it was just more difficult to access. "Fanshawe did have a pre-participation physical system in place prior to this program, only it was a pen and paper." The prior system had one paper copy that was kept in a filing cabinet.

"This new software ... allows us to ask some more in-depth questions to keep a record of the athlete from year to year to allow health care professionals to easily access that [information]."

Another service being added is a full concussion management system that will ensure that athletes' concussions are managed properly

and help them to return to play. This is crucial for today's athletes who may not know they have a concussion or need help in identifying the symptoms. Werstine said this is one of many tools that assist in diagnosing the concussion. "The baseline testing is one of the tools that we use to help decide when an athlete is ready to return to sport but by no means is it the only tool." In addition to assisting in the diagnosis, Werstine said this would be another tool to use in helping an athlete return to play.

The program is a step in the right direction for the Athletics department and will help in improving athlete health and safety in sports. The technology is widely used across North America, including by high-profile organizations like FIFA and post-secondary institutions like Western University.

FANSHAWE COLLEGE ATHLETICS



SOCCER

Tuesday September 17
at Humber
Women's @ 4:30 pm

Wednesday September 18
at Humber
Men's @ 4:30 pm

CAMPUS REC

Men's Extramural Hockey Tryouts
Sat. Oct. 5 @ 2 pm-5 pm, Western Fair SC
Sun. Oct. 6 @ 1 pm-4 pm, Western Fair SC

OPEN REC

Beginning Tuesday, September 17
Every Tuesday, Thursday, and
Sunday night from 10 pm till 12 am

CROSS COUNTRY

Saturday, September 21
Fanshawe Cross Country Invitational
Women Start @ 12 pm,
Men Start @ 1 pm

GOLF

Saturday, September 21
Fanshawe Golf Tournament
at Forest City National



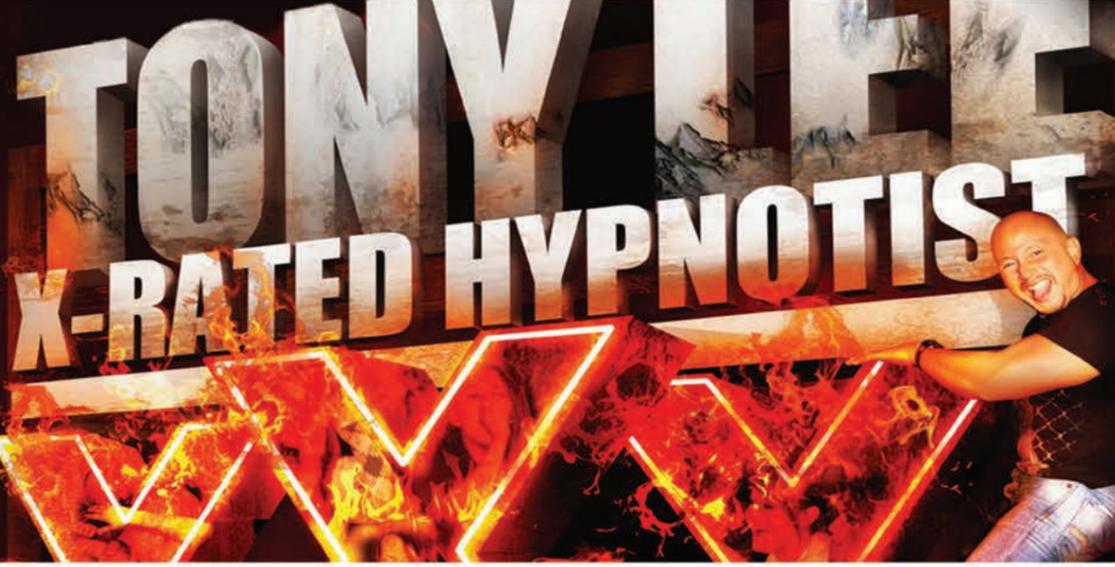
Fanshawe College Athletics
www.fanshawec.ca/athletics | J 1034 | 519-452-4202

**THURSDAY
SEPT 19**

**FORWELL HALL
9PM DOORS**

**\$8 ADV
\$10 DOOR**

TICKETS AVAILABLE
AT THE BIZ BOOTH



**NIGHT
Poker** **TOURNAMENT**
SEPTEMBER 18
FORWELL HALL AT 6:30

An image showing several playing cards (Queen of Clubs, King of Spades, Ace of Spades, Jack of Clubs, Jack of Spades) and stacks of colorful poker chips (red, green, blue, white) on a green felt background.

UP TO \$100 IN PRIZES
\$2. REGISTER IN ADVANCE AT THE BIZ BOOTH

**FANSHAWE AT THE
KNIGHTS**

A close-up image of a hockey stick with a white tape on the blade, set against a light, textured background.

A circular graphic containing a QR code and social media icons for Twitter and Facebook, with the URL www.fsu.ca/events below it.

FRIDAY SEPTEMBER 20
7:30 PM GAME BUDWEISER GARDENS
\$18 STUDENTS, \$20 GUESTS
TICKETS AVAILABLE AT THE BIZ BOOTH

LONDON KNIGHTS VS **PLYMOUTH WHALERS**

FIRST RUN FILMS presents **INSIDIOUS 2**

A movie poster for 'Insidious 2' featuring a close-up of a woman's face with a dark, shadowy figure behind her.

INSIDIOUS 2

\$4 STUDENTS
CITI PLAZA, DOWNTOWN
TICKETS IN ADVANCE @ BIZ BOOTH

\$6 GUESTS
RAINBOW CINEMA

WEDNESDAY SEPT 18TH

NEW MUSIC NIGHT

COUNTRY NIGHT FEATURING LONDON'S
GENEVIEVE FISHER
AND BLACK N' BLUEGRASS
SEPT. FRI. 20TH

\$2 STUDENTS | \$ 5 GUESTS

Students can win one of 2 Pairs of tickets to see
The Dixie Chicks at Budweiser Gardens
Nov. 10th 2013 - 8:00pm
Given away as a door prize
TICKETS AVAILABLE AT THE BIZ BOOTH

A portrait of Genevieve Fisher, a young woman with long, wavy brown hair, wearing a white lace top, looking directly at the camera against a rustic wooden background.