



BANG!

Volume 45 Issue No. 5 September 24, 2012 www.fsu.ca/interrobang/



YOYO'S FANSHAWE ★ Directly across from Fanshawe College
GRAND OPENING
Sept. 27-29, for details visit yoyosyogurtcafe.com

1st Self-serve Frozen Yogurt in Canada! Over 50 Toppings | Probiotic | Non-Fat / NO Yo-Fro Options | Yo-Blend Smoothies / Shakes

ENTER IN-STORE TO WIN AN APPLE iPad + GIFT CARDS & SWAG GIVEAWAYS!



★ YoYo's Yogurt Café | 1579 Oxford St. East


@FanshaweIT

Fanshawe's School of Information Technology is now on twitter! /cc @FanshaweCollege

@Maniacup09

Stressing over the fact that I'm not at fanshawe and I really wanna be like wow that's unreal. #iloveschool #didireallyjustsaythat?

@Emerginglondon

Hey @westernu and @FanshaweCollege students. Free Membership to Emerging Leaders. Check it out [@western_usc @fanshawesu](http://www.emergingleaders.ca)

@ParkertheKyle

60 year old Marketing prof is a go hard hockey fan #winning #fanshawe

@ALEXANDRAAROSS

Nerd convention at fanshawe. Ive seen way to many viking hats

@ellenjoellis

Greenday bumpin in the hallways #funshawe ?

@VPEntertainment

Hey @DJDoubleDown, Thanks for rocking so hard people hair fell off! Hope you had as much fun with #maythefroshbewithyou as #fanshawe did!

@jessicacepp

DUB STEPPIN #funshawe

@julioalfonsosd

@Comedystuntshow you're show at #fanshawe #college was dope man had me laughing the whole time....

@kearleymusic7

Fanshawe home to the coolest people ever

@nicolejolink

Shirt, notebook, pen, and silly putty? Thanks fanshawe

@HarryConn

Comfiest dude at fanshawe right now #rootssweats #bigolsweater

@katieewatson

lecture halls at fanshawe are nicer than lauriers!!! #justsayin #fanshawe

@kearleymusic7

Fanshawe home to the coolest people ever

@DianaBarkho

Justin Bieber was at fanshawe on Saturday and he ordered pizza from dominos, we have his cell number >:) be jealous all you freak believers

sweet tweets
of the week



CREDIT: FSU STREET TEAM

Monster Truck headlined a concert in Forwell Hall on Friday, September 14 that attracted a large crowd.

10 Things I Know About You...

Ariss curled her way to the top

Jordan Ariss is in her second year of the Office Admin – Executive program at Fanshawe. “I live for curling,” she said. “I’ve been a part of a University National Championships, and have won a College National Championship. I love spending time with family and friends, and my boyfriend, Matt.”

1. Why are you here?

To round off my post-secondary education and hopefully get a job I love, preferably in the education system.

2. What was your life-changing moment?

Tough question! There have been so many moments in my life that I could mention here!

3. What music are you currently listening to?

Nothing at the moment, besides my brother singing.

4. What is the best piece of advice you’ve ever received?

“Good things come to those who work their asses off and never give up.”

5. Who is your role model?

Sandra Schmirler - she passed away in 1998, but was an amazing curler.

6. Where in the world have you
travelled?

Florida, Bahamas, Dominican (best!), Montreal, Spearfish, South Dakota (very, very cool).

7. What was your first job?

Burger King.

8. What would your last meal be?

Thanksgiving dinner.

9. What makes you uneasy?

Heights.

10. What is your passion?

Curling and family.

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

Jordan Ariss is a curler at heart.

SEPTEMBER EVENTS

SUN. SEPT.23RD

APPLE LAND FIELD TRIP
THORNDALE
FROM 1PM-7PM
\$5 STUDENTS | \$8 GUESTS

TUES SEPT.25TH

TUESDAY @ NOON
COMEDIAN PETE HOLMES
FORWELL HALL | FREE

CONDOM CASINO
FORWELL HALL | FREE
8PM-11PM

WED. SEPT.26TH

SEX EXPERT:
DR. ROBIN MILHAUSEN
FORWELL HALL | FREE @ 12PM

FSU POKER NIGHT
FORWELL HALL | 6:30PM-9PM
\$2 IN ADVANCE | \$3 DOOR

SEX TOY BINGO
OUT BACK SHACK
9PM-2AM | FREE

THURS. SEPT.27TH

FSU CLUBS DAY
F HALLWAY
10AM-2PM | FREE

MUSIC NOONER
SUNPARLOUR PLAYERS
FORWELL HALL | FREE @ NOON

PARTI GRAS PUB
FORWELL HALL | 9:30PM
\$3 ADV | \$4 DOOR

FRI. SEPT.28TH

FANSHAWE @ THE KNIGHTS
BUDWEISER GARDENS
\$18 STUDENTS | \$19 GUESTS
@ 7:30PM

NEW MUSIC NIGHT
MOTION GROVE
OUT BACK SHACK
9:30PM | FREE

SAT. SEPT.29TH

NUIT BLANCHE
TORONTO, ON
\$15 STUDENTS | \$17 GUESTS
OPEN TO EVERYONE

TICKETS AVAILABLE AT THE BIZ BOOTH



Sexual violence a scary reality

MELANIE ANDERSON
INTERROBANG

You bought a girl a few drinks at the bar, you're hitting on her, and she's 'flirting' back. She seems to be into you, and is getting pretty drunk, she agrees to go back to your place with you. Is it okay to have sex with her? Louise Pitre, executive director of the Sexual Assault Centre in London (SACL) stressed that it is against the law to have sex without consent: "If someone's drunk, they can't give consent, even if there's a 'yes' there."

Lois Wey, manager of Counselling and Accessibility Services at Fanshawe, said that men especially need to be aware of this. "It's very dangerous for young men to assume (yes) because he didn't hear 'no,' or because he pushed a little further and no one pushed him off ... or that she 'gave into him' ... Continually being aggressive and pushing yourself onto someone, it's not consensual sex."

One in four women who began college or university this September will experience sexual violence by the time they finish school. The risk of sexual assault is four times greater for women aged 16 to 24. Why is sexual assault so common among college-aged women?

Pitre said, "The women are more

vulnerable. They're entering either university or college at a younger age, and there are a number of situations that make them a bit more vulnerable."

Wey agreed that it's the nature of these situations that makes it dangerous. "A lot of students are new to London, and they're new to campus. This is a community of 15,000 students. Many of our students who come here come from towns that are smaller than that. They know the good guys, the bad guys; they know the support systems, where to walk and who to call."

Here, everything is new, and that can sometimes create new dangers. Wey stressed that the beginning of the year is a high-risk time. "People have more money, there are more parties at the beginning of the year, there's less work, and people just aren't really grounded yet as to where they fit in this new community."

According to London police, there were 152 sexual assaults and aggravated sexual assaults that took place in London in 2011. Over 60 of those victims were aged 11 to 20, and 42 were between the ages of 21 and 30. Pitre said it's also important to recognize that statistically, only 10 per cent of these crimes are being reported. "Sexual violence is the crime that is the least reported in our country

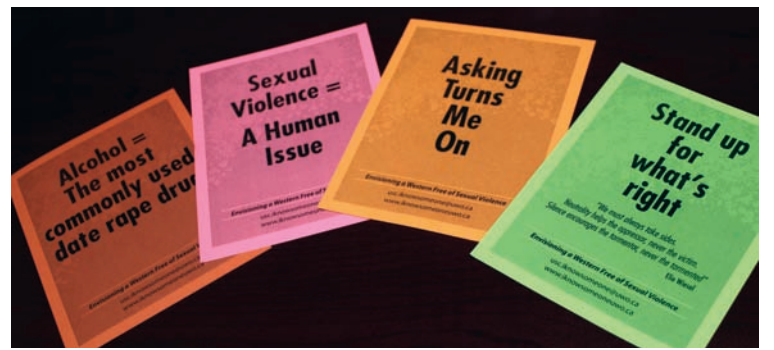
and in our province."

This has become a huge issue, and Wey stressed the importance of reporting these incidences. "They need to make a report for their own well-being, get medical attention if that's needed, get information about their sexual health. And the other reality is that if that student has assaulted someone on campus, they'll do it again, so it helps to protect your peers."

According to SACL, sexual violence can be defined as anything from forced touching, kissing or fondling to forced participation in sexual acts, manipulative sexuality and discrimination based on gender to sexual intimidation, threats and fear.

Approximately 80 per cent of sexual violence incidents are committed by someone the victim knows. The problem is often that we don't suspect it, suggested Wey. "We often think about the bad stranger, the weirdoes out there. The challenge is that sexual assaults are most commonly done by someone the student knows ... a friend of a friend, someone they know in class, someone that looks lovely."

Although often times there may be no warning signs involved, Pitre said there are some things to look out for such as whether you're in a healthy or unhealthy relationship, being controlled, and being



CREDIT: ERIKA FAUST

Pamphlets handed out by the Sexual Assault Centre London tell students what they need to know to stay safe.

respected.

You can also be cautious when starting a new relationship. "Don't become too secluded, too intimate too soon with someone you don't really know yet," Wey said. "Take it slower, get to know the person in a safe environment with other people, and do so with less booze and drugs in your system. You're going to get a much better read, especially with a sober mind."

What can you do to protect yourself?

Lisa Andersen, a special constable with Fanshawe Security, recommended students take the Rape Aggression Defence class offered by Fanshawe. "It's a great class. It teaches females how to prepare for those situations and to be a little bit more alert of their surroundings ... They do learn physical defence

techniques, such as how to get out of a chokehold or how to get out of being pinned against a wall or the ground."

Fanshawe also has a student auxiliary team that provides free safe walk escorts anywhere on campus, 24/7. If an incident does occur, there are many services available in London and on campus. At Fanshawe you can visit Counselling Services in F210. You can call to make an appointment in advance or, if it's urgent, they do offer same-day appointments in the mornings.

For more information on Women's Safety Awareness at Fanshawe, visit fanshawewsa.com.

For more information about the Sexual Assault Centre London, visit sacl.ca.

PROVINCE-WIDE STUDENT ACTIVIST ASSEMBLY

REGISTRATION
NOW OPEN



OCTOBER
12 & 13
TORONTO

ORGANIZED BY
THE CANADIAN
FEDERATION OF
STUDENTS-ONTARIO

Join hundreds of students from across Ontario at the 2012 Activist Assembly. Learn activist skills to help mobilize your campus and communities for progressive change. The Assembly is open to all students and will include skills-based and issues-based workshops with topics including public speaking, crafting a media message, building an inclusive movement, environmental activism, organizing for graduate students, organizing in the queer & trans community and intersectionality of oppression for women to name a few. To register or learn more about workshops and panels please visit www.activistassembly.ca

TO REGISTER OR LEARN MORE, VISIT
WWW.ACTIVISTASSEMBLY.CA
FREE REGISTRATION, GROUP TRAVEL, ACCOMMODATIONS & FOOD

Mentorship program connects students with industry pros

ERIKA FAUST
INTERROBANG

A mentorship program on campus is getting students out of the classroom and into the real world, connecting them with professionals in their industry for some one-on-one conversation and possibly some on-the-job experience.

The Larry Myny Mentorship Program matches Fanshawe students with mentors in their industry – who are often Fanshawe grads themselves. The program is currently looking for students who are at least in their second year, as well as industry professionals, to sign up for the program at mentoringfanshawe.com. Over 400 matches have been made between students and professionals in the six years the program has been running.

Susie Mah, who is in her final semester of Fanshawe's Law Clerk program, was a mentee in the program last year. She said she had a "wonderful" experience. "Being a mature student, I knew I didn't have the time to do co-op. My plan of attack always was to get good marks, win an award, get involved in the school and create a mini resume. I knew I wouldn't have the benefit of having co-op experience before I started looking for work ... This mentorship program was really important because it was another way to get ahead and put something on my resume. I showed that I was really serious about starting my second career and that I knew something about it."

Mah was matched up with Merilee Ollsen, a law clerk at the Bruce H Blake Law Office in St. Thomas. The pair met monthly from September 2011 to April 2012. During the mentorship, Mah got some real-world experience through a mock interview with Ollsen's boss and by job-shadowing Ollsen a number of times.

After a student signs up for the program, Derek Collins-Newman, the program's coordinator, meets separately with the mentor and the mentee to discuss what they're looking to get out of the program. Next, he meets with them together

to create a list of goals and objectives for their time in the program. This document outlines what the student wants to learn and what the mentor wants the student to learn, and will guide the pair's discussions as they meet.

The document is very important, said Collins-Newman. "There are two kinds of mentorships: ones that don't go so well, and ones that do go well. The ones that don't go so well, people sit down at the table and say, 'What do you want to talk about?' And then, of course, they don't learn anything. On the other hand, the way we do it measurably is we sit down and say, 'Here's the next meeting, here's the topic, come ready with questions for that specific topic.'"

The mentors and mentees meet twice a month for one-hour sessions (or set up a schedule that works for them). Collins-Newman checks in with them every so often to ensure they're staying on track. At the end of the program, he meets with them a final time to close the relationship, going through the document to ensure all objectives were met.

Though their mentor/mentee relationship has been officially "closed," Mah and Ollsen found they had so much in common they've become friends outside the program. "The chemistry between Susie and I was just awesome – she's a friend of mine now," said Ollsen. "I'm looking forward to nurturing our relationship."

Ollsen added that she saw lots of benefits in the program for a mentee. "I think it helps them develop some kind of confidence that they've chosen the correct career path for them. I find some young students go from program to program, kind of searching out what they want to be when they grow up. Maybe having a mentor on their side, helping them gain confidence and self-esteem that they've chosen the right career path for themselves (can help), and because that person maybe has worked a little bit in the industry to give them some really good insight as to what to expect in



CREDIT: ANGAD KHALSA

Merilee Ollsen (left) and Susie Mah were matched up in the Larry Myny Mentorship Program. The mentorship led to real-world experience for Mah and a lasting friendship between the two.

the outside world, and not be so scared."

Another benefit is that students who sign up for the program get free tickets to a number of events throughout the year – see the sidebar for details.

To any student that may be considering joining the program, Mah says, "Go ahead! Do it! It shows that you're really committed to your program, that you ... want to get ahead, that you want to turn over every rock to get every advantage."

"People who care will take advantage of it; people who are smart will take advantage of it," she added.

The Larry Myny Mentorship Program debuted as a pilot project called the Fanshawe College

Alumni Association Mentoring Edge in September 2004, officially launching under the Mentoring For Success name in September 2005. In 2011, the program gained the sponsorship of Larry Myny, Vice President and senior investment advisor with CIBC Wood Gundy.

Though mentorships are not guaranteed for all students, Collins-Newman strives to make as many matches as possible. For more information about the program and to sign up, check out mentoringfanshawe.com.

LARRY MYNY MENTORSHIP PROGRAM EVENTS

Speaking engagement with Joe Bowen, voice of the Toronto Maple Leafs

September 26
12 to 1 p.m. - D1060

Official program launch
November 5
7 to 9 p.m. - Alumni Lounge

Mentor networking event
January 16
6 to 8 p.m. - Alumni Lounge

Interviewing for success workshop
February 6
6 to 8 p.m. - Saffron's restaurant

Student2Business Networking Conference
March 6
London Convention Centre

Dining for success workshop
April 3
5:30 to 8 p.m. - Saffron's restaurant

Get busy with Biz Inc.

ERIKA FAUST
INTERROBANG

Starting your own business is a daunting task. No matter how great your idea is, there are so many things to consider, from identifying a target market to figuring out who your competition will be to putting together a business plan.

Biz Inc. is a student business incubator for Fanshawe College and Western University students, and it can help you take your business idea and turn it into a reality.

Whether you want to start your own business or you've already started one and are seeking some advice, Daniel Ninclaus is the man to know on campus. He's the Fanshawe Student Advisor for Biz Inc., and you can find him in his office in SUB 1035.

The help and services Biz Inc. offers is "unique for every project, really," explained John Patton, the project's director. "We try to give the benefit of some experience so that (students) don't have to repeat all the mistakes that we've all

already made. We connect them up with community mentors, with different professionals and professional services and we make sure that they have a ready-made network on the ground here ready to help them make progress."

The project started in May 2011 on Western's campus, and came to Fanshawe in November of that year. It is funded by the Ontario Ministry of Economic Development and Innovation, the London Economic Development Corporation, the Fanshawe Student Union, Fanshawe College and the University Students' Council at The University of Western Ontario.

Biz Inc. is currently working on over 100 projects with students from Fanshawe and Western. While most are tech-based, Patton said he and his team are always open to new ideas, from fashion to food and beyond.

On October 3, Biz Inc. will host Start Me Up, a free event on campus that will feature student speak-

ers, food and a pop-up bar. The event begins at 5:30 p.m. in the Alumni Lounge in the SC building. Anyone is welcome to attend, from Fanshawe students and alumni to staff and faculty to friends. "Learn some information about what Biz Inc. can do for you, hear from some students who have been successful in starting their own business, hear about their stories, what kept them going ... and then some networking at the end," said Samantha Laliberte, who does marketing and communications for Biz Inc.

"We have a growing network of community mentors, and other folks who are curious in watching this project, so some of them will probably show up as well," added Patton. "It'll be a few from banks here, there will be a few people from different small businesses in London that do some of the mentoring for us."

Start Me Up is a great introduction to Biz Inc. for students who may be curious as to what it's all



Inc.

Student
Entrepreneurship
Centre


bizinc@fanshawec.ca


 519 453 3720 x 233

If the office is closed,
please see FSU office – SC 2001 – to make an appointment.

about, said Laliberte. "We encourage them to come to that, hear from their peers, find out what their classmates are up to – there's a lot of stuff going on at the campuses that you wouldn't realize that maybe that person sitting beside you in class actually has their own business. That's what we're really

trying to show, that there are students your age, in the same situation as you, for the most part, that are doing this, and you can do it too. And we're here to help."

Check Biz Inc. out online at biz-inc.ca or on Twitter @BizIncLondon.



CREDIT: CANADIAN BLOOD SERVICES

Canadian Blood Services will be on campus throughout the year to encourage students to give blood.

Help save a life, give blood

STUART GOODEN
INTERROBANG

We've all heard the saying that you never know what you have until it's gone, but how many of us really know what it means? Unfortunately for too many Canadians who need blood in emergency situations, the mantra is painfully true.

Fanshawe College is very fortunate to host a number of Blood Donor clinics on campus throughout the year, and give students the opportunity to literally make a difference in a person's life.

Kristen Ungar is the community development coordinator of the Southern Ontario Canadian Blood Services, and she said that people don't realize how important the issue is. "Every minute of every day, someone in Canada needs blood. Much of the blood that is transfused every year is done under emergency or trauma situations," she explained. "In Canada, hundreds of thousands of people each year receive blood components or blood products following accidents, during surgery or for cancer treatments, burn therapy, hemophilia and other blood-related diseases ... On average, 4.6 units of blood are required per patient."

And if you don't already know, giving blood is as easy as it is important. The entire process takes about an hour and the actual donation only takes minutes. You will be screened before donating for things like recent dental surgery or a cold. All needles are sterile and the blood they take – about a half a litre – is quickly replaced by your body, she said. "Donating blood – for the most part – does not hurt and involves only a small pinch. This is true of the hemoglobin check and the donation itself."

If you're interested in donating blood for the first time, you're greatly appreciated. If you're still anxious about the experience, that's okay too, because there are a number of things you can do to ease the pressure.

First off, you should plan to donate on a day when you are the most relaxed and aren't under a time crunch. Your donation will go much more smoothly if you've eaten, had a good rest and are hydrated. At the clinic, there will

also be staff and volunteers available for support if you need.

Almost everyone at Fanshawe can attend the clinic. You have to be at least 17 years old, weigh at least 110 pounds, be in good health and feel well when you donate, and you must not have donated in the past 56 days.

The incentive to giving blood? It's worth more than any tangible gift: knowing that you are potentially saving a fellow Canadian's life. Ungar reinforced the reality of needy blood receivers, and said she appreciates everyone who comes out. "Many of us will know someone or even need blood ourselves one day. We would all be in big trouble without blood donors."

There are tons of blood donor events on campus throughout the year, but the first Blood Clinic event on September 24 is a bit different. The One Match event will be held in Forwell Hall from 11 a.m. to 2 p.m. It's a quick and convenient way to get your finger pricked, find out your blood type and book an appointment to donate blood.



BLOOD DONOR CLINICS
ON CAMPUS

All take place in the Fanshawe Alumni Lounge from 11 a.m. to 4 p.m.

Thursday, September 27
Wednesday, October 24
Thursday, November 15
Tuesday, November 27
Wednesday, January 30
Thursday, January 31
Wednesday, February 6
Wednesday, February 27
Wednesday, March 13
Thursday, March 28



CREDIT: ERIKA FAUST

Two Project Play attendees got their game on at the September 16 event at Fanshawe. One of the most popular displays at the event was this big screen TV with a wide selection of games, provided by Big Viking, a local gaming company. The event saw over 400 attendees – some who came in costume – celebrating board games, video games, table top games and other fun and geeky pursuits.

Fanshawe gets freaky

MELANIE ANDERSON
INTERROBANG

It's time for Fanshawe students to get freaky, as Tuesday, Wednesday and Thursday of this week are Sexual Awareness Days. Highlights include a talk from sex expert Dr. Robin Milhausen, a sex-themed casino night and the first Sex Toy Bingo night of the school year.

Kick off the week by seeing if you can get lucky at the Condom Casino on September 25. Everyone gets three condoms (for free) to trade in for poker chips. You can test your luck with games such as poker, blackjack and Crown and Anchor. At the end, you trade in your winning chips for raffle tickets. There's \$500 in prizes to be won. Everyone will leave with at least one condom... the big players will leave with more!

On September 26, learn everything you need to know from a renowned sex expert. If you've

heard or seen *Sex with Sue*, you will love Dr. Robin Milhausen, who is Sue Johanson's protégé. "We're going to be covering everything from STIs and contraception to sexual pleasure and orgasm," said Milhausen. All of your sex questions will be answered as Milhausen promised to make time for a Q and A session after her interactive talk.

Milhausen's sex talk is just foreplay for what's ahead. September 26 is time for one of Fanshawe's wildest and most popular events: Sex Toy Bingo. It happens every month, but the first game of the year always starts with a bang. There are plenty of sexy and fun prizes to be won – perfect for spicing up any relationship. There's always a lineup, so be sure to arrive early (around 7 p.m.)

On September 27, watch out for Condom Man, who will be walking around campus promoting safe sex and handing out free condoms.

Sexual Awareness Days are sponsored by the Middlesex-London Health Unit, who will have a booth set up in Forwell Hall from Tuesday to Thursday promoting safe sex by handing out pamphlets and free condoms.

SEX WEEK EVENTS

Tuesday, September 25
Condom Casino
8 to 11 p.m. - Forwell Hall
Who Can Come: Everyone

Wednesday, September 26
Test your Sex IQ with "Sexpert" Dr. Robin Milhausen
12 to 1 p.m. - Forwell Hall
Who Can Come: Everyone

Wednesday, September 26
Sex Toy Bingo
9 p.m. to 2 a.m. - Out Back Shack
Who Can Come: All ages with valid Fanshawe student card/19-plus without

Your great idea could score you cash

MELANIE ANDERSON
INTERROBANG

If you have an idea for a new project or company but lack the financial support, you're not alone – according to a survey, you're among the two-thirds of Canadians who would like to start something on their own but can't begin the project because of a lack of funding. Start Something with Alesse is a contest designed to encourage young entrepreneurs to pursue their ideas by providing funding and guidance. Now in its third year, the contest is giving away two \$5,000 prizes to help two individuals make their idea a reality.

The contest conducted a survey of Canadians aged 18 to 34 and discovered that 86 per cent of young adults define personal success as doing something they are

passionate about. Almost three-quarters (72 per cent) of these young adults want to be their own boss as opposed to working for someone else.

The competition aims to encourage young Canadians to expand their unique values and interests into larger projects to evoke social change. Start Something with Alesse encourages any new project idea, such as a new charity, company or social and cultural event. Past submissions include projects such as The Community Soccer Project; Love Floats: Random Acts of Kindness; and Reusable Evening Gowns.

Last year's winners created projects that reflected their education and personal passions. Alyssa Reid's project addressed the global issue of obesity and malnutrition

through Planet Pounds. "For those who are interested in losing weight, you raise funds through sponsorship, and these funds are pledged to a charity fighting world malnutrition," was the description on the website.

Jesse Robson was able to extend her project Centre for the Arts Exchange, which brings seniors of all ages and abilities together to engage in physical, creative and social activities. "I encourage other young Canadians with a dream to submit their idea for something they want to start in order to help make their dream a reality," she said.

Entries will be accepted until October 31. For more details, check out startsomethingwithalesse.ca.

SAC | STUDENT ADMINISTRATIVE COUNCIL

BUILDING TECHNOLOGY



REHAN ANKLESARIA
 Age: 19 years
 Born: Ontario, Canada
 Graduated From: Sir Wilfrid Laurier Secondary school, London, Ontario

Completed the General Arts and Science Program and it is my 2nd year here at Fanshawe College.

I am in Architecture Technology Program.

Experience/ Participation in following committees:

- Healthy Committee- 2009 & 3020
- Spirit Committee- 2010
- Multicultural Committee- 2010
- Prom Committee- 2010
- SAA (Sports Athletes Association)- 2010
- Master of Ceremonies for the Pep Rally's- 2010

School Sports

- Cross Country (Three years, 2008-2010)
- Track and Field (Two years, 2008-2009)
- Curling (2010 and 2011)

Post-Secondary Certificate

- Fanshawe College Leadership Certificate
- Secondary School Awards:
- Thames Valley Education Foundation Award in Grade 12
- Wally Munn Memorial Award in Grade 12
- Rams Remember Award in Grade 12
- Awarded for outstanding commitment to Academic Success in Grade 9 and 11

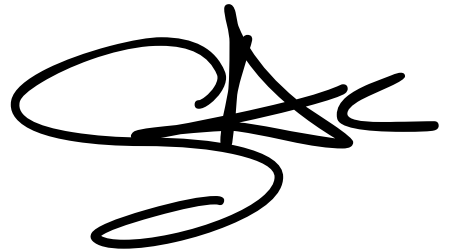
Why should you vote for me?

Vote for me because I will report to all meeting proceedings as a class representative and bring forth your concerns at meetings. If you have any concerns about Fanshawe College or about any problems in your program feel free to talk to me and I promise to do my best to solve your concerns, by bringing them forth to the Prime Minister.



MARJORIE RIDLEY
 Hello! My name is Marjorie Ridley, and I am running to represent the School of Building Technology on the Student Administration Council. This is

my first year at Fanshawe College, and I would love to be involved with the Fanshawe Student Union, to voice any opinions and concerns from the students. Throughout high school I was part of Student Council, helping to plan many major events including orientation, fundraisers, semi-formal and prom, as well as a large portion of the advertising. I'm outgoing, have a good sense of creative and a bit nerdy... If I am elected, you can approach me at any time with any questions, concerns or messages to the council. I would love to help YOU!



Positions still open
 School of Information Technology

Contact
 FSU President, Zack Dodge
 fsupres@fanshawec.ca
 for more information.

TOURISM & HOSPITAITY



JENNY RAWLINS
 Hi there. My name is Jenny Rawlins and I'm campaigning to be Fanshawe's new Tourism and Hospitality division rep. Before I get into all the reasons of why

you should elect me, I figured you might want to know some stuff about me. First of all, I'm a first year student at Fanshawe, in the Culinary Apprenticeship program, or (CLM7). I went to "Sir Frederick Banting Secondary School" and I've lived in London all my life (woo). If you've ever seen me in the halls, the first thing you'll notice is my height. 5'2 and a half, to be exact. As far as hobbies go, I was on my high school Rugby team for two years. I also play acoustic guitar and I sing. The main reason I'm running to be the division rep is simple. I want to get involved. All through high school, I didn't do much. I wasn't in many clubs, not on many sports teams and I wasn't on student council. I regret that. I told myself that college is going to be different and I'm determined to make sure it is. I'm here to listen to you guys. The students. I want you to feel like you can come up and talk to me if you're having issues and I'll do my very best to help you out. After all, we are all in the same boat and my main goal is just to make it better for everyone. Thank you for your consideration.

HUMAN SERVICES



JESSICA BROOK
 Hello, my name is Jessica Brook and I'm running for Human Services division representative. I am very outgoing and love to laugh. You will find me at every school function and probably around residence too. I love to get to know people, I am not shy. I curl and play piano, and I'm always open to trying new things. I love to watch football, especially the New York Giants! I am currently taking Early Childhood Education first year. I'm from a little town called Harrow Ontario. Which is basically as south as you can get in our province. I do have my opinions on certain topics, and you will find that I'm a very sarcastic person. But when I put my mind to something, I will fight as hard as I can in order to achieve that goal. If you have any concerns feel free to come to me. And don't forget, duck the rest. Vote for Jess!

EXECUTIVE COUNCIL

VP ATHLETICS



MATTHEW STEWART
 Matthew Stewart is currently enrolled in his second year of the Graphic Design program at Fanshawe. He is an Australian student that came out to Canada to play volleyball for the college. Matthew lives and breathes Fanshawe as he not only attends school and plays volleyball for the school but he also works extensively with the athletics department. From his origins in Australia, Matthew's life has revolved around sport, with his uncle playing in the Australian soccer team, his brother playing in the junior world cup and he, himself has played representative games for Australia in volleyball. Matthew has brought a wealth of different ideas from a different country and also his sporting knowledge gives him a great advantage at promoting and helping the general public of Fanshawe College enjoy the facilities and events that are held on a weekly basis by the FSU and athletics department. He was awarded a leadership award by the athletics department for his efforts and leadership that was shown throughout the year. Matthew has extensive knowledge of the working in and around the athletics department and as a varsity athlete also understands the benefits of fitness and would love to share this knowledge by heading the role of Vice president of Athletics and residence life.



SARAH WADE
 Hey Fanshawe!
 My name is Sarah Wade and I am very excited to be running for the VP of Athletics and Residence Life position for 2012-2013. I am from a small northern Ontario town called Kapuskasing. I choose to attend Fanshawe College for their excellent hands on learning programs, beautiful campus, and great location in southern Ontario. I am proud to say that I am currently enrolled in my third year at Fanshawe College. I have just begun the Business Marketing program offered here and I am looking forward to this year. I have always had a passion for music; I am a singer songwriter as well as a guitar player. My influences range from Alanis Morissette to The Red Hot Chilli Peppers. Some random facts about me are that I am bilingual in French and English, I have a typed out Bucket List, and I am afraid of crossing roads. One of my greatest accomplishments was organizing and performing for a Hope for Haiti Relief concert at my high school. I have always enjoyed leading an active lifestyle whether it is through adventuring in the great outdoors, hitting up the gym, or playing sports. Therefore, hearing about this FSU position caught my attention. I have only heard great things about Fanshawe College's varsity sport teams throughout my years here. I am very interested in learning more about Fanshawe's Athletic Department and becoming more involved with the college.
 Your hopeful VP of Athletics and Residence Life, Sarah Wade



JULIE ZOMAYA
 "It's okay to be afraid, but don't let the fear keep you from doing what you're meant to do (The Cutting Edge 3)." This is what life is about; seeking the opportunity to show others what you stand for by making a positive difference, and taking it.
 I'm a first year student, enrolled in the Law Clerk program. Being given this opportunity to join the team, even as a shy student with the "freshman year" worries and nervousness, I felt the urge to strive for it.

My peers usually would describe me as someone who is very outgoing, friendly and a natural leader. I have done various leadership-like activities throughout my life. I was a counselor at the YMCA day camp and volunteered for LUSO Community Services. I also went from working as a student secretary, to being the student crossing guard. Even taking part in a program called Girls LEAD at Brescia. Being a professional figure skater and a swimmer, I feel as though I have an advantage to better understand the necessities of the various athletic activities offered here. With regards to the students living in residence, it is also important that they have a chance to give their input on ways we can advance the housing opportunities and make living in residence greater than it already is.
 I appreciate the chance to let students take on a position such as this, to represent and speak for the students of this educational facility and I hope I have expressed the qualities of a potential member of the student union here at Fanshawe

YOUR FSU EMPIRE NEEDS YOU

SAC RECRUITMENT

AND FSU EXECUTIVE ELECTION:

VP OF ATHLETICS AND RESIDENCE LIFE

VOTE Tuesday. Sept. 25th at 9 am to Wednesday. Sept. 26th at 4 pm

Login to **FanshaweOnline** during this time to cast your ballot.

Transgender lifestyle?

KIMBERLEY
POSITIVE SPACE WORKING GROUP

One of the epithets hurled at the LGBT-TQQI community is always that it is a lifestyle choice. Nothing – I mean *nothing* – could be contextually more ridiculous, and in fact, it exposes the speaker as being either non-supportive of humanity in general or specifically prejudiced toward LGBT, for whatever reason. When I am personally confronted with such a statement, I will invariably question the speaker as to his or her meaning. I have yet to have anyone explain it. In fact, they usually run from such a request, hiding behind some doctrine that actually has nothing to do with the subject, or they will try to dismiss my question altogether. For those who know me, this is probably the worst thing they can do.

The irony of this is really quite simple. The LGB lifestyle is exactly the same as the hetero-normative lifestyle. People eat, sleep, work, go to school, socialize with friends, raise families; all quite normal, really. But, of course, the difference is in forming intimate relationships. It is still all about love, the only difference is that the love interest is for one of the same biological sex. Love is still love.

You will note that I specifically left out transgender in the preceding statement. This was quite intentional because there is a huge difference here; also one of the reasons the transgender community was “left behind” by the LGB community in their march for equality. The transgender community just doesn’t fit the mold for hetero-normative anything, let alone homosexuality. However, that is discussion for a future article.

The point here is that people are people, regardless of their gender or sexuality. Their dreams and aspirations are no different. Equally, the detractors of the LGBT communities are strongly committed to their own core values and belief systems. They are entitled to these, of course. However, that entitlement does not extend to forcing those

values on a much larger society; one that generally is actually quite tolerant if not accepting.

For the Lesbian, Gay and Bi-sexual communities, they can live relatively normal lives without facing adversity every moment of the day. I make this as a generalization because there are certainly very poignant exceptions – particularly in the workplace.

However, for the transgender community, this is not the case. There actually is a lifestyle choice. This is a position I hold as a basic truth that does not sit well with many in our community simply by the very concept. The explanation is quite simple. The choice is to live openly as a transgender or not. For one who has not transitioned, making that choice to live openly is to invite discrimination every minute of every day. For one who has passably transitioned, they can choose to live “stealth” and make any disclosures as they deem necessary.

It is imperative to understand that transition is a process of change from one gender (birth identified) to the opposite gender. It is not a surgical procedure. This is a time of flux for the person where physical appearances (unless you are very lucky) can be incongruous to the casual observer. It is a time of both presentation and physical change.

For an individual who chooses to not transition, this now becomes a choice of lifestyle and has double the problems attached. First, they must endure the prejudices of the hetero-normative population because their status is not known and, secondly, they face the same prejudices from the trans-radicals and often the same, from many within the LGB community. Double the pleasure and double the fun... not! It is this situation that creates a contextual lifestyle choice.

So what, exactly, are the impacts of making this choice?

As I stated earlier, the emotional adversity of living in both the hetero-normative world as well as the transgender community can be very draining from the position of prejudice.

While the need to transition is never diminished the reasons for making this choice to live a dual existence has its own demands. The first and the most important consideration is financial independence. Transition is not cheap and that is over and above the daily living expenses that everyone has to endure. Sadly, most employers will not hire openly transgender people. Here are some education and employment statistics from the Trans Pulse Survey E-Bulletin July 2010 to prove the point.

- 36 per cent of Ontario’s transgender population has completed college or university. A further 28 per cent have some college or university education. This represents a total of 64 per cent of the transgender population having post-secondary education.

- 50 per cent of Ontario’s transgender population earns less than \$15,000 per annum.

- 37 per cent were employed full time, 20 per cent were unemployed.

- Also worthy of note is that of all employed transgender people, 45 per cent had to present in their birth gender to be (or remain) employed.

The next argument to be made is one of societal acceptance and safety. It is not lost upon the transgender population that there is a target on everyone’s forehead. People shun what they don’t understand. This lack of understanding often manifests itself in fear, resulting in open hostility, whether it is verbalized, implied through body language or in physical violence. Granted, the incidences of violence is generally attributed to a very small portion of our society, it is none the less very real and no less damaging than the emotional wreckage caused through verbal and covert abuse.

Physical Violence

Male to Female Transgender: 15 per cent

Male to Female Transgender: 26 per cent

Sexual Harassment

Male to Female Transgender: 15 per cent

Male to Female Transgender: 48 per cent

Physical Threats

Male to Female Transgender: 38 per cent

Male to Female Transgender: 33 per cent

Verbal harassment

Male to Female Transgender: 59 per cent

Male to Female Transgender: 69 per cent

Sexual Harassment

Male to Female Transgender: 85 per cent

Male to Female Transgender: 86 per cent

Sexual Assault

Male to Female Transgender: 3 per cent

Male to Female Transgender: 24 per cent

(Source: *Trans Pulse Project; Phase II, Presented to WPATH International Conference 2012* by Dr. Greta Bauer Phd. UWO)

Sadly, “family and friends” are often a part of the above statistics. Included in “friends” are co-workers and persons in authority within the workplace. The discrimination is often a deterrent to coming out.

In conclusion, it can hardly be argued that if there is a “Transgender Lifestyle,” it is one of fear. One needs only to ask who has the greater fear: society or the transgender population within society. The conclusions are obvious both statistically and from personal experiences of this writer.

Kimberley is a Fanshawe College alumnus, a community advisor to the Fanshawe College Positive Space Program, and she operates the transgenderlondon.com website. She is involved with a number of LGBT community organizations within the London region.



FSU Publications Office
SC1012

www.fsu.ca/interrobang/

Publications Manager John Said
jsaid@fanshawec.ca • 519.453.3720 ext. 224

Editor Erika Faust
efaust@fanshawec.ca • 519.453.3720 ext. 247

Staff Reporter Melanie Anderson
m_anderson6@fanshawec.ca • 519.453.3720 ext. 291

Creative Director Darby Mousseau
dmousseau@fanshawec.ca • 519.453.3720 ext. 229

Advertising Mark Ritchie
m_ritchie3@fanshawec.ca • 519.453.3720 ext. 230

Web Facilitator Allen Gaynor
agaynor@fanshawec.ca • 519.453.3720 ext. 250

Letters to the Editor
fsuletters@fanshawec.ca

Graphic Design Contributors:
Hannah Marshall, Bernie Quiring, Kayla Watson

Photographers:
Hayley Mallett, Angad Singh Khalsa

Illustrator:
Alyse Gillings

Contributors:
Agnes Chick, Victor De Jong, Nauman Farooq, Bobby Foley, Brooke Foster, Moira-Christelle Ghazal, Stuart Gooden, Allen Gaynor, Victor Kaisar, Mischa Kavin, Suzie Mah, Hayley Mallett, Taylor Marshall, Alison McGee, Rick Melo, Jeffrey Reed, Lindsay Roche, Ryan Springett, Marty Thompson, Michael Veenema, Joshua Waller

Comics:
Dustin Adrian, Laura Billson, Robert Catherwood, Chris Mischak, Danielle Schneckeburger and Andres Silva



Cover Credit:
ALYSE GILLINGS

Editorial opinions or comments expressed in this newspaper reflect the views of the writer and are not those of the **Interrobang** or the Fanshawe Student Union. All photographs are copyright 2011 by Fanshawe Student Union. All rights reserved. The **Interrobang** is published weekly by the Fanshawe Student Union at 1001 Fanshawe College Blvd., Room SC1012, London, Ontario, N5Y 5R6 and distributed through the Fanshawe College community. Letters to the editor are welcome. All letters are subject to editing and should be emailed. All letters must be accompanied by contact information. Letters can also be submitted online at www.fsu.ca/interrobang/ by following the **Interrobang** links.



Sexual violence is a community issue

CANDICE LAWRENCE
M.ED., R.S.W., COUNSELLOR

"The revolution starts in our homes, relationships and sexual practices. If we are going to take on the many forms of violence happening out in the community, then we need to look at our own relationships and the ones happening around us. In order to make real change we need to recognize and challenge the unhealthy and violent behaviours we witness and even participate in. Never let the hand you hold, hold you down." ~Author Unknown (Source: sacl.ca/youth/sexualviolence.htm)

"Sexual violence is a community issue." Take a few minutes to think about this statement. Is it true? How many of you know someone – a friend, roommate, classmate, family member or neighbour – who has survived sexual or domestic violence at some point in their lives? Perhaps it happened to you. Sexual violence refers to any unwanted act of a sexual nature, including sexual assault, incest, child sexual abuse, marital or acquaintance/date rape and sexual harassment.

This is beyond being a "women's issue," and desperately needs to be approached at a community level, starting with each and every one of us, within our circles of social and familial connections and within our intimate relationships. If you are a man, you may have a sister, mother, daughter, girlfriend or co-worker who has experienced sexual violence in their lives. These experiences can have a lasting impact on those who survived this abuse, and everyone connected to them.

One in seven boys under the age of 18 will be sexually assaulted. While violence can happen to them at the hands of women, most often it is by other men. In recent years, many of us have had to re-examine the myth that this only happens to women. Sheldon Kennedy, Theoren Fleury, the Pennsylvania State University child sexual abuse scandal and the Boy Scouts sexual abuse admissions immediately come to mind.

In 2006, Statistics Canada reported that

four out of five female undergraduates on Canadian campuses were victims of violence in a dating relationship. A national survey of campuses reported that 20.2 per cent of female students experienced unwanted sexual intercourse because they were overwhelmed by pressure, 6.6 per cent because they were threatened or physically forced, and 13.6 per cent reported that, while intoxicated, they experienced an attempt at unwanted intercourse (1998, Fact Sheet, Canadian Federation of Students). Alarmingly, 11 per cent of men reported sexually victimizing a woman dating partner in the previous 12 months (Woman Abuse on Campus: Results from the Canadian National Survey, 1998).

More than 80 per cent of sexual assaults that occur on university and college campuses are committed by someone the victim knows, and 50 per cent occur on dates. Many of these assaults happen during the first eight weeks of classes (University of Alberta - Sexual Assault and the Law in Canada). Over half (70 per cent) of these assaults happen in residences; students there are often young, away from home, without supervision for the first time, exposed to alcohol, and becoming acquainted with many new people. According to one residence manager, approximately 68 per cent of new, first year students in Fanshawe residences are under 19 years of age during this first semester.

Check out the following websites for more information about sexual violence, what to do if a friend discloses a sexual assault, myths and realities, a bystander pledge, and healthy consent in dating relationships: iknowsoneoneuwo.ca and sacl.ca/youth.

It's time we talked about this issue and began to move into action to make our communities a safer place for all. While away at college, remember this IS your community for the time you are here.

Remember: no one should ever have to deal with this alone.

WHERE TO GET HELP

Immediate:

Call 911. The London Police work closely with our Campus Security to support victims of sexual violence.

Campus Security: If you live in residence, you can reach Campus Security's Emergency Phone directly from your room, by calling extension 4242.

If you are in distress, or have been assaulted and need immediate medical assistance:

The Urgent Care Centre at St. Joseph's Hospital
268 Grosvenor St., 519-646-6000
Every day from 8 a.m. to 4 p.m.

Emergency Departments open 24/7

London Health Sciences Centre
University Hospital, 339 Windermere Rd., 519-663-3197

London Health Sciences Centre,
Victoria Hospital, 800 Commissioners Rd. E.,
519-685-8141

If you have been sexually assaulted, these care centres can also collect evidence should you decide to proceed with a criminal charge.

On campus

Health Services Medical Clinic
London Campus, Room SC1001, 519-452-4230,
Monday to Friday from 7 a.m. to 5 p.m.
The Clinic advises that if you need immediate urgent care, to contact one of the Emergency Services listed above. You may also obtain walk-in service without an appointment from 11 a.m. – 1 p.m., Monday – Friday. The clinic is not open on weekends.

Other supports to call

Sexual Assault Centre London Crisis Line
519-438-2272 (24 hours, English and Spanish)
Provides help for survivors or their support people. This service is for both women and men.
Carrefour des Femmes du Sud-Ouest de l'Ontario
1-877-336-2433 (24 hours)
Provides help to Francophone survivors of sexual assault.

Abused Women's Helpline: 519-642-3000
Assaulted Women's Helpline: 1-866-863-0511
Mental Health Crisis Centre: 519-433-2023
Distress Centre Help Line: 519-667-6711



CREDIT: TENTHOFTHEFRAZER.CA

KD: don't you just love it?

The Kraft Dinner craze

VICTOR KAISAR
INTERROBANG

So I've finally cooked a whole bunch of Kraft Dinner these past few months. Macaroni and cheese – it can't get any better, really. I've heard much about the influence that Kraft Dinner has had on Canadian culture, and now. I've seen it first-hand.

My dad used to tell me stories of when he was a bachelor, living in a single-bedroom apartment in the city of Calcutta, India, where I grew up. To this day, he recalls how he survived off Maggi noodles and Coke. Now, in case you are wondering, Maggi noodles are pretty much the easiest thing for teenagers and bachelors who aren't fond of cooking to actually cook. Kraft Dinner, I've come to understand, is Canada's Maggi noodle. The boxed dinner (renamed "Kraft Macaroni and Cheese" in the United States not long after its debut in 1937) has always retained the original name in Canada as well as a cult-like following.

Considering how Canadians have a huge love for all things Canadian, I've wondered why there exists such a massive fondness for a box of "cheesy sauce and noodles." And then I came across a quote by Canadian Rex Martin who I believe is a pretty important figure in Canada's political scene. His quote went something like this: "Kraft Dinner revolves in that all-but-unobtainable orbit of the Tim Hortons doughnut and the A&W Teen Burger. It is one of that great trinity of quick digestibles that have been enrolled as genuine Canadian cultural icons." That quote got me thinking that if Canadians mention KD in the same sentence as Tim Hortons, then it must be pretty important.

We get Kraft Dinner in India. If I remember correctly, it was sold as "Macaroni and Cheese," exactly the same way they brand it in the United States. Being a largely vegetarian culture in that part of the world, you could expect that something that is 100 per cent vegetarian would sell like hotcakes, and it does. But it doesn't come close to the demand for Maggi noodles and understandably so.

I've just seen the new "KD distraction noodle" commercial on TV, and it got me thinking again. I should really stock up on more Kraft Dinner, despite my love for cooking. For if current Prime Minister Stephen Harper does something similar to what I love doing, then I assume I must be doing something right. "I'll never be able to give my kids a billion-dollar company, but Laureen and I are saving for their education," said the then-aspiring Conservative leader in 2004. "And I have actually cooked them Kraft Dinner – I like to add wieners."

I've probably gone through close to a dozen boxes of Kraft Dinner – all by myself, I might add. And I've loved every minute of it. Right from ripping open the box with a youthful exuberance to carefully measuring out the butter and milk so that I don't ruin the proportions. I'm addicted to the stuff, probably just like you, and there is no turning back. KD for the win.

The world is your gym: Jogging for grades



NOTES FROM DAY SEVEN
MICHAEL VEENEMA
veenema.m@gmail.com

"I've made some of my best decisions while running," so said John, a friend of mine. For him, running solo while most of the rest of us still sleep brought clarity of mind. When he found out that I like to jog, he tried to persuade me to join him. Unfortunately, my jogging routine was nothing compared to his trillion-kilometre crack-of-dawn runs and I had to humbly decline his offer for his own good. There would have been nothing but embarrassment for him if anyone had ever found that I was his running partner. Plus he would have been doing a lot of waiting.

There are of course disadvantages to running, but the only one John ever mentioned had to do with his timing. He ran so early it would often still be dark. No doubt skunks have white stripes for the very purpose of being visible to runners at 5:20 a.m. Nevertheless, John would occasionally stumble upon one. Thus far he had not been sprayed. But the possibility was always there. It has been well documented in action movies that people can outrun fireballs, but skunk spray? I have my doubts.

I started jogging in university. I had never been much of an athlete, so this was a serious challenge for me. Every morning, I'd put on my running outfit and cover a kilometre and half or so. Not that much, I admit, but for me a considerable accomplishment.

Soon I had a running partner, Walter. Walter was a little more ambitious. Six laps every morning. What's that, about two and a

half K? I wasn't used to running at his clip, but somehow I managed. Sort of. Well enough to stagger off the track each morning.

And that's when it all seemed worth it. For the next 30 minutes or so I was high.

Over time, the high hasn't really stayed with me. People ask me, "Don't you feel good after a few laps?" I reply that my body usually starts protesting after about 40 paces and it doesn't stop protesting till I stop jogging.

Still, I do it, and if you are able to run but have never gotten around to it, I recommend it. Besides possibly giving you some temporary clarity of mind and a daily high with no after-effects, there are other advantages. A big one for me has been the elimination of headaches. I used to get them with some frequency. Since I started jogging again a few years ago, they are far less frequent. They are less intense and don't last.

Also, running affects the rest of my day. Somehow, giving my heart and lungs a workout, not to mention giving exercise to a hundred other systems in my body, seems to be just the thing for feeling a little more alert and energetic. Of course, coffee helps too.

Then there's the economic angle. Jogging or running is, in the words of many a graduate of the Richard Ivey School of Business at Western University, "dirt cheap." All you need is a pair of running shoes. Well, in most jurisdictions you also need a little more clothing, but you get the picture. Not a lot of capital outlay required. Besides that, the world is your gym. Sidewalks and trails are free. Oval tracks are there for the taking behind high schools and around soccer fields all across this great land.

And whenever you need to spice up your routine, you can always throw in some



CREDIT: TRAINBODYANDMIND.COM

stretches, push-ups, and bends at no extra charge. As a matter of fact, I've built up a quite impressive (to me) routine of such things and, well, the results speak for themselves, though modesty prevents me from flaunting them.

Some will naturally ask, "Will jogging or running improve my grades?" Believe it: your grades will improve. Studies show it. Actually, I don't know if studies show it, but they should. The physical exercise will affect every physical organ in your body, including the source of improved grades: your brain. Besides, there's feeling of success that comes from doing a run each day. And that can motivate you to find that same feeling of success from staying on top of your assignments.

Running. With any luck, your report card will thank you.

Bravestation as tribal as Nickelback



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. For example, Ben Rispin of Saint Alvia recently fired up a debate on Facebook when he compared Nickelback to Alice In Chains, inciting lament, a little outrage and a lot of YouTube clips. Albeit joking, Rispin isn't wrong – the bands have a lot in common, including their arena rock pedigrees.

While people have mixed opinions and swift reactions to Nickelback, it seems all too often that people forget the grind they endured to earn their place on the radio. Once entirely independent, the band worked hard to surface on the scene years before they released their breakthrough album, *Silver Side Up*, and if any band is able to relate to benefitting from breaking on to radio at an opportune time, surely it is Alice In Chains.

Everyone knows that bands have to work hard to make an impact on listeners, beyond simply having a great song or album to offer. And you can always tell, too, the bands that are willing to go the extra mile,

to sacrifice to see that connection fostered; it's the bands that put in the effort that we're the most appreciative to connect with in return.

Toronto's Bravestation knows a lot about hard work. Brothers Derek and Devin Wilson (guitars and vocals/bass, respectively), Andrew Heppner (keys and electronics) and Jeremy Rossetti (drums) have been working for a long time toward the release of *Giants & Dreamers*, their debut full-length album.

A boldly artistic effort, the album placed its musicians outside of their comfort zones and created a uniquely atmospheric pop sound, so wonderfully reminiscent of retro New Wave that it becomes easy to be so distracted by the whole as to miss the beauty in the details: the timeless quality to the lyrics, the organic percussive textures throughout, the very vision of Swayze dancing away injustice and disharmony.

There is a strong visual element to *Giants & Dreamers*, unmistakable movement in the way they've crafted the album. Themselves inspired, the band produced music videos for two tracks on the album – "Signs of the Civilized" and "Western Thrills" – stepping into important roles to deliver the vision they pursued.



PHOTO COURTESY OF INDOOR RECESS

"For us, music is the main part of the creation process, but as individuals we all really enjoy being creative," explained Derek Wilson, taking time to speak to Interrobang less than an hour before the band opened Imagine Dragons' sold-out show in Toronto last week. Wilson served as director for both of the videos from *Giants & Dreamers*.

"It's amazing when you have a vehicle like music that can get you into other fields," he continued. "It was a cool opportunity for me to figure out, 'How can we visually represent this?' I had never done anything to do with film, but I immersed myself in it. We all just like to be creative, and the music is a great means for that, it's fun."

The band returns to London on September 27 at Call The Office, bringing their signature sound and terrific new album with them. A word of warning to anyone looking them up online, however; according to Wilson, the band describing themselves online as 'tribal' is actually less a mission statement than it is an homage.

"We got a review over in the U.K. from a guy who said we sounded like quirky, tribal pop tunes," Wilson explained, describing how the band added that description to their Twitter info. "We just thought it was different, as opposed to saying, 'We're a New Wave rock band,' which is just so boring. But the next thing

you know, four publications wrote articles saying it and it just sort of took off."

Bravestation plays Call The Office this week with Nightbox and Jinja Safari, the show is 19-plus and admission is \$10. For more on the band and their album, visit them online at bravestation.tumblr.com or follow them on Twitter @bravestation. For more information on the show before September 27, visit calltheoffice.com.

And for more music news, streams and more, consider following this column on Twitter @fsu_bobbyisms. Here's hoping you find some time to dance, I'm out of words.

With tons of extra usage included, you can download more videos.



Get more with the Fibe™ Internet student offer:

- An extra 250 GB of usage per month for more downloads
- The fastest upload speeds for your pics and videos
- Free Wireless Home Network to share with your roommates
- More Wi-Fi with Canada's largest hotspot network
- Choose from three great packages, with no long-term commitment for students

INTERNET PACKAGE	TOTAL MONTHLY USAGE	DOWNLOAD SPEEDS	UPLOAD SPEEDS	MONTHLY PRICE (For 8 Months)
FIBE 5/1	265 GB	Up to 5 Mbps	Up to 1 Mbps	\$35.95
FIBE 15/10	325 GB	Up to 15 Mbps	Up to 10 Mbps	\$44.95
FIBE 25/10	375 GB	Up to 25 Mbps	Up to 10 Mbps	\$49.95

This offer is available through your local sales agent. Please contact:
Vu Direct
1-877-661-6513
sales@bellvudirect.ca



Offer ends September 28, 2012. Available to new residential customers in Ontario where access and technology permits. Subject to change without notice and cannot be combined with any other offer. Taxes, additional fees and restrictions apply. Other conditions apply. E-billing is provided at no cost and paper bill is available for \$2/month. Fibe 5/1 promotional \$35.95 monthly rate: monthly rate is \$40.95 (subject to change), less \$5.00 credit for months 1 to 8. Data usage 265 GB/mo. for months 1 to 8, 15 GB/mo. thereafter; \$2.50/additional GB (max. \$80/mo.). Fibe 15/10 promotional \$44.95 monthly rate: monthly rate is \$53.95 (subject to change), less \$9.00 credit for months 1 to 8. Data usage 325 GB/mo. for months 1 to 8, 75 GB/mo. thereafter; \$2/additional GB (max. \$80/mo.). Fibe 25/10 promotional \$49.95 monthly rate: monthly rate is \$63.95 (subject to change), less \$14.00 credit for months 1 to 8. Data usage 375 GB/mo. for months 1 to 8, 125 GB/mo. thereafter; \$1.50/additional GB (max. \$80/mo.). Modem rental required; one-time modem rental fee waived for new customers. Fibe is a trade-mark of Bell Canada.

Half a Dino set to release an album that's completely fun



MY 15 MINUTES WITH...
TAYLOR MARSHALL

If you have heard of APK Live (340 Wellington St.), then you have no doubt heard of Half a Dino and vice versa. If you haven't, then you should know that APK Live is a venue that features tons of bands and great entertainment, and Half a Dino is a production company that books live music shows at APK Live. Matt Trocchi and the rest of his Half a Dino team have been hard at work with their new album, a compilation of songs from local artists and bands, due out September 27. I got the chance to do an interview with him to talk about how the album came to be and about his love for local talent:

On the new album, you feature 12 local artists. What about these artists caught your eye?

"It's all bands that we have worked with for the last 12 months. We have met them through playing in shows and at Canadian music events. We kind of decided that we

wanted to work with a group of people that was pretty diverse. There were a lot of other bands that we could have included, but we wanted a little bit of everything to put in there. Every band that's on the album we've booked a show with in the last year."

You guys recently held a CD release show here in London. How was the CD received?

"Well that event was kind of like a thank-you to everyone involved with it and to give the people who were involved with it a chance to listen to it before the actual release date. It went over well, though. I think everyone was really proud of the work we put together. September 27 is the actual release date and when we will actually have it available for sale to the public. We put it on Bandcamp on September 17, just to give people a chance to listen to it beforehand so they will get excited for the show."

Are you always looking for local talent to work/play with?

"Yeah, definitely, we always try to get local bands exposed and pair them up with some of the bigger bands coming through. There is always a need for more popular



CREDIT: AMANDA GRANT

(From left) Nathan Lamb, Matt Trocchi, Steve Lourenco and Andrew Dal Cin are Half a Dino, a collective that books shows at APK Live. Half a Dino will release a compilation album of local artists' songs this month.

local bands. There is always room for more and we are always on the lookout."

For more information on Half a Dino and APK Live, visit apklive.com. Also be sure get Half

a Dino's new album in advance at bandcamp.com, or on the actual release date on September 27.

Klarka Weinwurm brings Nova Scotia folk-rock to London

AROJ HUSSAIN
INTERROBANG

"Melodic grit" is how Klarka Weinwurm describes her sound on her latest album, *Continental Drag*. The 11-song EP she released on September 4 is filled with an array of mellow folk-rock melodies and driving guitar riffs, and the young Canadian indie artist is bringing that sound to The Black Shire Pub on September 29.

Her songs are a combination of steady rhythmic beats, guitar and ukulele solos, and a strong but slightly haunting voice can keep you listening all day. The first single off the album, "Pictures," is the perfect example of that combination, and it will make your head bob to each guitar strum. The clever lyrics of "Sasquatch," which she wrote on a train from Jasper, Alberta, are accompanied by a slower, mellower tempo that is no less pleasing to the ear.

Listening to *Continental Drag*, you would never guess Weinwurm started learning guitar at the age of 15 on an old instrument that was missing a few strings. She practiced by listening to Bob Dylan

songs.

"His were pretty simple songs, in terms of the guitar chords, and a good way to start to learn," she said. She also grew up listening to the Beatles and Paul Simon.

A native of Brampton, Ontario, Weinwurm moved to Nova Scotia six years ago, and started to hone her musical skills and style. She credited Jon McKiel, another Nova Scotian artist she has played with before, for helping her discover the kind of music she wanted to make.

"I got a feel for the rock side," she said. It was a big progression from the music she released on her debut EP in 2009, titled *EP*. "Those were simple, basic folk songs. I just wanted to get something out there."

She began recording *Continental Drag* in February 2011, and since she had written the songs over the past three to five years, it took just a month to complete the album. However, it was the financial side of the business that kept the album from being officially released until now.

"It was financially frustrating,"



CREDIT: PIGEONROW.COM

Klarka Weinwurm will be performing at The Black Shire Pub on September 29.

she said. "It was a learning process, to learn the business side of music."

"But I do it because I love doing it, otherwise I wouldn't be doing it

at all ... You have to like what you're making."

Don't miss Weinwurm at The Black Shire Pub (511 Talbot St.) on September 29 as part of her

promotional tour through the Maritimes and Eastern Canada. You can also get her album, *Continental Drag*, on iTunes or in stores.

Nuit Blanche awes, inspires, captivates

MOIRA-CHRISTELLE GHAZAL
INTERROBANG

Scotiabank's Nuit Blanche lives up to its name and promises a sleepless night filled with art exhibits one could only dream of.

Originally started in Paris, France, Nuit Blanche allows the public to witness, and in some cases, be a part of contemporary art in ways that they may otherwise be unable to experience it. It was first brought to Toronto in 2006 and is now in its sixth year.

It is a free event and has over 150 art exhibits ranging from interactive to static to unusual to even exceptional pieces. Art exhibits by local and international artists will

engulf all of downtown Toronto, closing Front Street right up to Bloor Street for the sole purpose of exposing the masses to such an artistic and unique experience.

The event starts at 7 p.m. on September 29 and ends at sunrise, making for an interesting and unique spin to how students can pull an all-nighter. Think fine arts meets contemporary media and get ready to be in awe.

John Young, the Fanshawe Student Union's operations manager, is enthusiastic about organizing this annual trip from London to Toronto to attend this event. "It is important for students to experience different unique art experi-

ences," he said, and this is the perfect opportunity to do so. Nuit Blanche's captivating and unsurpassed mishmash of amateur and professional art should not be taken for granted by students.

Last year, an estimated one million people gathered to bear witness to art pieces in a variety of locations like schools, public parks and even churches.

In Nuit Blanche 2008, Yoko Ono set up her piece titled "Imagine Peace" suspended four stories high in the air, illuminated from below, seemingly isolated, until viewers approached it from a different angle to be met with a majestic row of Wish Trees. White

tags decorated each branch where participants wrote a wish on a piece of paper and attached it, creating a communal expression of different dreams and wishes in the form of what looked like, from afar, beautiful white blossoms, thus bringing to life her late husband John Lennon's quote: "A dream you dream alone is only a dream. A dream you dream together is reality."

Specially created for this sixth annual event, the City of Toronto has produced an exhibition of 14 projects around the area of Toronto's City Hall and Nathan Phillips Square. Cleverly dubbed "The Museum for the End of the

World," this exhibit will capture the audience with questions of disaster and catharsis.

Check out Nuit Blanche with a trip to Toronto organized by the Fanshawe Student Union. Tickets cost \$15 for students (\$17 for non-students) and are sold at the Biz Booth on campus – this includes transportation to and from Toronto. The bus leaves to head back home to London at 2 a.m., so plan ahead to make sure you squeeze in as many exhibits as you can! Visit scotiabanknuitblanche.ca for more information on the event.

Just can't get rid of those zombies?



REEL VIEWS
ALISON MCGEE
a_mcgee3@fanshaweonline.ca

Resident Evil: Retribution (2012)



The supernatural craze has been captivating the North American movie-going public for some time now; everything from vampires to werewolves to aliens have been plaguing screens across the country. Well, get ready for some more zombie outbreak action in yet another installment of the once-popular *Resident Evil* franchise, *Retribution*.

Resident Evil: Retribution picks up right where the previous four films left off: Alice is still fighting the Umbrella Corporation, which is still trying to capture Alice and make more and more clones of her in an attempt to stop the zombie-creating t-Virus that they themselves created. Basically you've got more Alice, more zombies and more ass-kicking.

In *Retribution*, Alice has been kidnapped by the Umbrella Corporation and awakens deep within one of their underground safe havens. Her escape plans take her deeper and deeper underground and in turn reveal more and more titillating details about her mysterious past with the Corporation. Once she is finally able to make her escape and breach the surface, Alice goes back on the hunt to



Milla Jovovich in *Resident Evil: Retribution*.

CREDIT: RAFY

track down those responsible for creating and unleashing the t-Virus in a continued attempt to save humanity. Joined once again by Jill and Rain, though in unexpected forms, and creating new alliances with those looking to take down Umbrella, Alice resumes her never-ending mission.

The cast of *Resident Evil: Retribution* is filled with familiar faces and a few newcomers as well. Stepping once more into her lead role as Alice is Milla Jovovich, who is admittedly a top-class zombie killer. Jovovich proves that she still has what it takes to fight, maim and kill the undead with just as much vigour as she has in the previous four films.

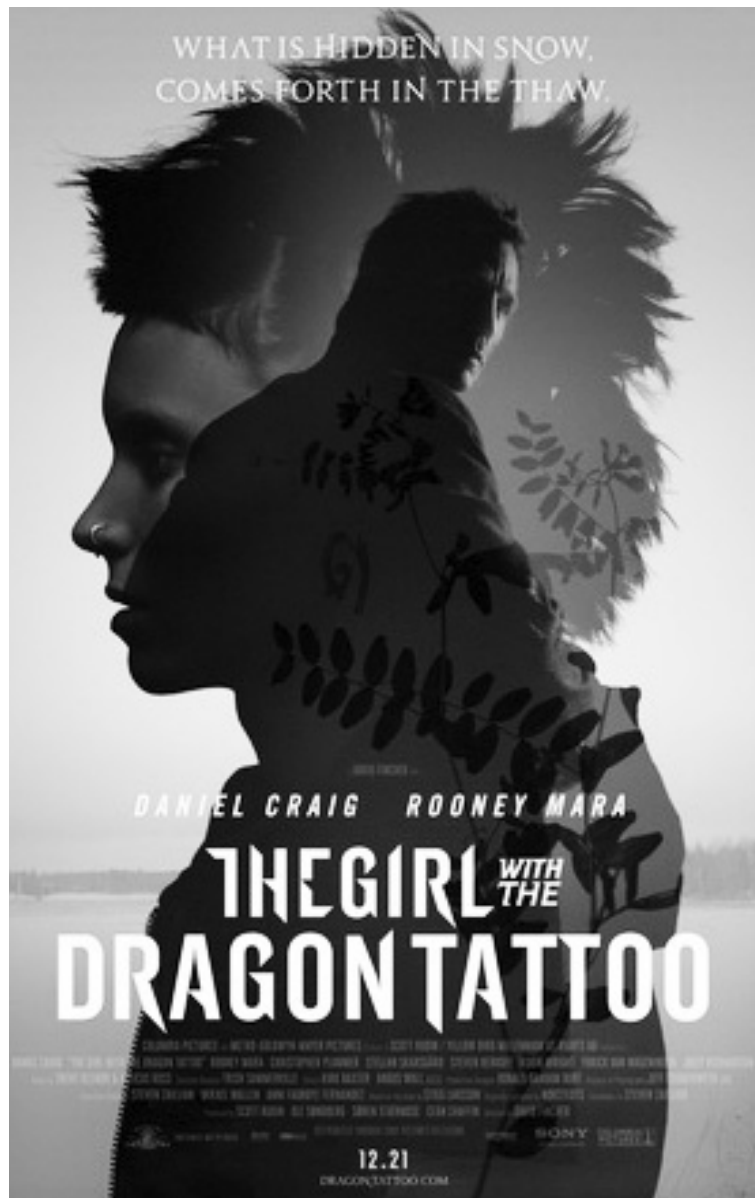
Also reprising her role of zombie-killer is Michelle Rodriguez as Rain, though she is in a somewhat different incarnation this time around. Rodriguez is her typical bad-girl self, even when she is playing good. Reprising her role of Jill is Sienna Guillory, who fans will know from *Apocalypse* and

Afterlife. Once again, Guillory plays a tough girl just trying to kill the zombies.

Joining the franchise in this installment is young Aryana Engineer, whose character Becky has somewhat of a Ripley/Newt relationship going on with Alice. Cute and charming, Engineer proves to lighten up and energize this otherwise tired cast.

The trouble with the *Resident Evil* franchise now is that they keep beating at the same dead horse. No new developments have really occurred in the story thus far and things are more or less where they were when the series began. Zombies are still ravaging the earth and Alice and Umbrella are still locked in a desperate battle with one another.

If you are interested in seeing the same things you've already seen four times, then by all means, rush out to see *Retribution*, but if you're tired of the same old story, then this one is better skipped.



CREDIT: MGM STUDIOS

Why did Hollywood feel the need to remake *The Girl With The Dragon Tattoo* with only slight changes from the original?

Remake mania stifling creativity

Baywatch reunion flick a sexy affair



Cinema Connoisseur
ALLEN GAYNOR
www.cinemaconn.com

Baywatch: Hawaiian Wedding (2003)



Sexual Awareness Days are once again upon us here at Fanshawe. That means that there is going to be a lot of sexual content in this publication – I've heard rumours that the word 'urethra' is actually going to be printed, though I can't confirm that. Now some people might not want to hear about this. Some people stand in the darkness. Afraid to step into the light. But for those who do want to hear about a rather arousing film, I'll be ready, never you fear, to share with you my analysis of the sexiest film ever captured on celluloid that doesn't have to be sold covered in a brown paper bag. I am, of course, referring to *Baywatch: Hawaiian Wedding*.

Baywatch: Hawaiian Wedding is a 2003 film that reunited many of the key players from the monstrosous hit TV show *Baywatch*. David Hasselhoff, Pamela Anderson, Yasmine Bleeth, Gena Lee Nolin, Carmen Electra and the Connoisseur's personal favourite Nicole Eggert all return to don the red speedos that ushered an entire generation of youngsters through



CREDIT: 20TH CENTURY FOX

The cast of *Baywatch: Hawaiian Wedding* poses for a promotional picture.

pubescence.

In one of the darkest moments in television history, Hasselhoff's iconic character Mitch Buchannon died in a boating accident. The world mourned, and if I remember correctly, Elton John re-recorded "Candle in the Wind" in Mitch's honour.

But cheer up, world! It turns out Mitch is alive and well, and had actually just been suffering from amnesia. He's got himself a fiancée, and is headed back to the beach to visit some friends and tie the knot. But Mitch's friends and co-workers are suspicious of his new love's motives. Things go from bad to worse when Mitch's arch-nemesis Mason Sato returns to put the kibosh not only on the wedding, but on Mitch himself.

Another subplot involves the

opening of CJ's Bar & Grill by one of the series' most popular characters, C.J. Parker (Pamela Anderson). When one thinks of sex, one often thinks of Pamela Anderson. Hell, when one has sex, one is often thinking of Pamela Anderson. Canada's greatest export has done it all in show business. From assisting Tim Allen with his tools in *Home Improvement* to assisting ex-husband Tommy Lee with his tool in an infamous sex tape, Pamela has always handled herself with the utmost grace and dignity.

Baywatch: Hawaiian Wedding is a fitting conclusion to one of the most important series in television history. So in honour of Sexual Awareness Days here at Fanshawe, be sure to yank it... off the shelf of your local DVD retailer.



McGee's Movie Moments
ALISON MCGEE
a_mcgee3@fanshaweonline.ca

I remember a time when every new movie that came out in theatres was exactly that: a new movie. Sure, there was a tasteful homage every now and then to one of the classics or perhaps a parody of one of the not-so-classics. Still, each and every movie that came out was unique. It had a new story to tell, and a new way to tell it. Sadly, that seems to no longer be the case.

In the past few years, Hollywood has been inundating the movie-going public with everything from international remakes to TV shows being turned into movies to remakes of American movies, some of which aren't more than a few years old. Someone, at some point, has to question what the purpose of this is. Is this a profit-driven move on the part of the studios, or is it simply that there is no more creativity left in Hollywood?

Let's take for example last year's *The Girl with the Dragon Tattoo*. Originally this film was released in Sweden under its proper title *Män som hatar kvinnor* in 2009, and though it wasn't released through any major theatre chains in Canada (such as Cineplex Odeon), it had a wide release in nearly every independent theatre in North America.

Granted, it wasn't in English, but the subtitles were clear and easy to read. An easily available, easily digestible movie going experience.

So why then did the bigwigs at the studios decide that since the books had achieved massive popularity and the films had proved profitable in Sweden did they decide they needed to create an English-language version for themselves? The thing that I find terribly confusing about the *Dragon Tattoo* remake is that given the fact it was created to be more relatable and homespun for American audiences, why is it still set in Sweden and filled with Swedish actors – with the glaring exception, of course, of the leads? It is simply mind-boggling.

I don't know about the rest of you, but I don't want to pay umpteen dollars for a ticket to a movie that I've already seen. Why would I bother when I could instead stay in the comfort of my own home or, better yet, go out and experience the world, and get even more entertainment value?

I have heard that there have been so many remakes in recent years because the film industry is struggling and they want to go with what they know works. But at some point I think this plan is going to backfire on the studios. At some point, the audience is going to wise up and come to the realization that they are being fed regurgitated flicks.

I know I am anxiously waiting for that day to come...

Shia LaBeouf in the buff

MELANIE ANDERSON
INTERROBANG

Shia LaBeouf has transformed himself from child TV star to major movie star to... porn star? LaBeouf landed a role in director Lars von Trier's upcoming drama *Nymphomaniac*, where he will strip down and perform some "genuine" sex scenes. He even admitted to sending sex tapes of him and his girlfriend (Karolyn Pho) to von Trier to land the role!

For those of you who remember LaBeouf as Louis Stevens from Disney's hit TV show *Even Stevens*, this may be difficult to imagine. But according to Susan Knabe, assistant professor in the Faculty of Media Studies and the Faculty of Women's Studies at Western University, this could be the image he is trying to break. "He comes out of the Disney franchise, so you know there's the kind of innocence and purity that gets associated with Disney... I think that if you want to actually reinvent yourself and cut the ties with the good boy you might have once been, doing a film like this will actually allow you to do that."

He's not the only Disney star who has tried to break the innocent and wholesome stereotype, but

Knabe suggested it's his gender that makes this case particularly interesting. "We can just look at Miley Cyrus, Disney's Hannah Montana – now all of a sudden she's super sexed up. It's less common that we turn to look at male child stars who then end up doing something risqué."

LaBeouf has continuously worked on his "big boy" image since leaving the Disney series in 2003. He's had big roles in films such as *Wall Street: Money Never Sleeps*, *Disturbia* and *Indiana Jones and the Kingdom of the Crystal Skull*, and he really made a name for himself after landing the starring role in the *Transformers* trilogy. His leading roles have given him the opportunity for some steamy scenes with actresses such as Megan Fox, Sarah Roemer and Carey Mulligan, but nothing quite like what we might witness in *Nymphomaniac*.

Von Trier has been known to experiment with "real sex" scenes and erotic images. His company Zentropa was the first mainstream film company to produce hardcore pornographic films. What's interesting is that many of his porn films focus on female desire and female sexuality, which is what



CREDIT: WALT DISNEY STUDIOS AND IMDB PHOTOS

Shia LaBeouf's transformation from silly to sexy.

Nymphomaniac is centred around. The film will be released in "hardcore" and "softcore" versions. The plot focuses on female protagonist Charlotte Gainsbourg as Jo, a self-diagnosed nymphomaniac who recounts her life. "The narrative, it seems, is about her sexual desire and her escapades throughout her life, so I'm guessing probably what will happen is that he (LaBeouf) will be one vignette in her story," Knabe said. Although discovering female sexuality isn't an uncommon narrative, von Trier has promised to do something unique with the storyline. "It's less about whether Shia LaBeouf ... has an

orgasm on screen," Knabe pointed out, "but rather how von Trier is actually helping to reimagine female sexuality in a way that could be more progressive." So this could be more than a media ploy.

LaBeouf does identify himself as a "method" actor, using techniques that have been highly criticized by the public. It was reported that he drank moonshine on the set of *Lawless* and took acid in *The Necessary Death of Charlie Countryman* to help portray his characters more accurately. There is something about "realness" that contributes to the overall effect a film has on its viewers, but where

do you cross the line?

The fact that LaBeouf has a girlfriend has placed his decision under much scrutiny. But, besides the possibility of damaging his relationship, Knabe suggested that LaBeouf could complete these scenes without ruining his reputation. "I think that one of the differences that happens between men and women is that he will not necessarily have to answer to this for the rest of his life, whereas I think if he were a woman who was doing this, that would always be mentioned. I think he can do this and walk away with it."

Get Stuffed a gut-bustin' good time

ERIKA FAUST
INTERROBANG

Joshua Rice has a pretty awesome job: he gets to travel across North America, participate in all kinds of different competitions and stuff his face with some of the most delicious (and outrageous amounts of) food imaginable.

Rice is a host on the OLN show *Get Stuffed*, the creation of Robin Esrock, former journalist and host of *Word Travels*, and executive director Heather Hawthorn-Doyle. "Essentially, the show is a hybrid of food porn and off-the-wall, unique and bizarre international events, from greased pig catching in Montreal to Redneck Games in Atlanta and lumberjack 'King Trapper' games in Manitoba," Rice explained. The four hosts – Rice, Erin Simms, Kaylin Miles and Ryan '6-Pack' Lapadat – face off in these challenges, and the loser must gorge on a 'punishment meal'

at a local restaurant. "These usually consist of a week's worth of grub, or a meal that a ladies' ball hockey team would have trouble conquering," he added.

Before it became his full-time job to race ostriches in Arizona and attend the Montana Testicle Festival, Rice graduated from the two-year Business Marketing program at Fanshawe in 2007. After that, he headed to Western University, majoring in sociology and minoring in psychology, graduating in 2010.

Originally, when Rice heard that the *Get Stuffed* team was hiring, he interviewed to be a production assistant. "They asked me to go home, make a video and submit it. From there, I was asked to audition after my video, along with five others, was chosen out of several hundred submissions."

He said the skills he learned at Fanshawe definitely helped him

land the hosting job. "The skill set that correlates directly with marketing definitely had a strong influence in helping me represent myself when I was initially trying to become part of the *Stuffed* team."

The show premiered in early July, and has been enthralling and grossing out viewers ever since.

As for his favourite challenge so far? "(My) favourite would have to be either the Warrior Dash down south... Or the Redneck Games... Or... you have to see them all to understand why I'm having such a tough time responding to this one," he laughed.

As much as he enjoyed the Warrior Dash challenge, which took place in Mississippi, he added that it was "grueling" – one of the toughest competitions he's had to face, along with Frozen Dead Guy days in Colorado, which "was a bit of a nut-buster, being in the icy

mountains accompanied by the even icier wind chill and frozen events."

But Rice was definitely sure of his favourite food so far. "The Crab Pot in Seattle (was) absolutely bonkers – almost \$100 worth of seafood, three types of crab, shrimp, sausage, corn... Just talking about it has got me all fired up."

The first season has 13 episodes, and prospects for season two are showing "great promise," Rice said. "With wonderful people out there tuning in more and more often, it should be a no-brainer,

especially because the show content is hilarious and an absolute riot!" So far, the creative team has come up with a long list of competitions for season two, including the Beer Pong world championships and a Wife Carrying competition.

Check out *Get Stuffed* on Tuesdays at 9 p.m. EST on OLN. You can also head to oln.ca for a complete episode guide and to watch episodes online. You can also Like the show on Facebook at facebook.com/GetStuffedTV.



CREDIT: ARIANECDESIGN.COM

Fanshawe grad Joshua Rice (far left) chows down on some 'za – one of the many tasty delights he's had to eat for OLN's *Get Stuffed*.

Live, work and succeed
in London & Middlesex County



Learn what London and Middlesex have to offer:

point. click. immigrate.
LONDON & Middlesex County
CANADA

immigration.london.ca

immigration.middlesex.ca





GETTING TO KNOW FANSHAWE STUDENTS (sexually)

Interrobang's Sex Survey attracted close to 100 Fanshawe students! Get to know Fanshawe's student population on a more personal level by reading through our Sex Issue feature.
Let's start by getting to know our demographic:

83%

of sex survey takers are heterosexual followed by a tie between homosexual and bisexual survey takers.

60%

of sex survey takers are 16 to 20 years old with the oldest survey takers being over 35 years old

25%

of sex survey takers are dating someone exclusively. **24%** are in long-term partnerships, are common-law or married. **23%** are not interested in a relationship.

GENDER RATIO

38 Men
1 Male to Female transgendered
59 Women

No female to male transgendered,
gender fluid/non-binary, genderqueer,
intersex or others

STUDENTS SAVE 20% ALL YEAR LONG

Valid student ID required

LONDON LOCATIONS

371 Wellington Rd

666 Wonderland Rd N

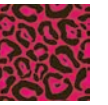
1548 Dundas St E



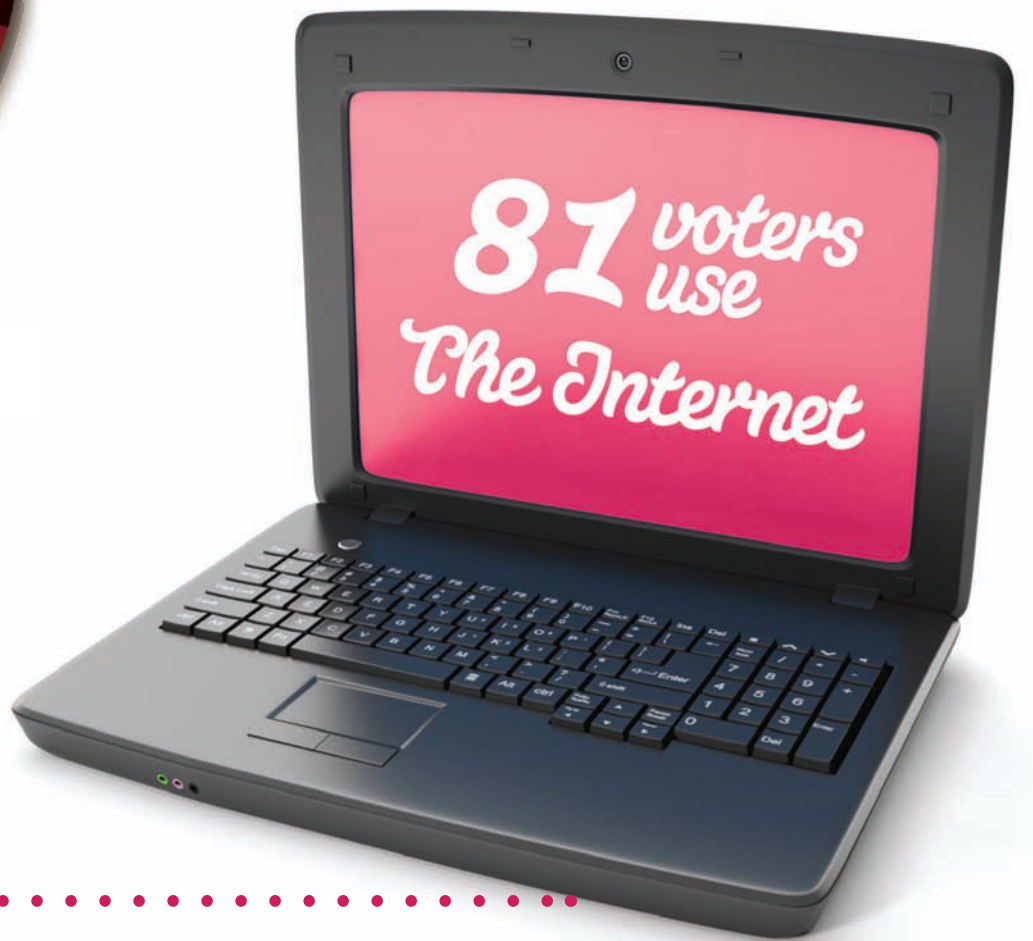
**STAG
SHOP**
The Adult Fun Store

StagShop.com





Where do you get information about sex?



1 week

That is how long voters will wait before getting intimate with someone.

25+
sexual partners

9% of students have had over 25 sexual partners (people they have had oral, vaginal and anal sex with)

10%
do not use birth control

10% of survey takers said they do not use any form of birth control!

The Clinic



Free Condoms



519-663-5446

Birth Control

Birth Control Clinic by appointment only.
Evenings available. Low cost Birth Control.
Please bring your Health Card.

Sexually Transmitted Infections (STI)

Free Testing and Treatment
Mon. & Wed. 5 - 7 pm, Fri. 8:30 - 10:30 am
Drop-in. No Health Card.

Free Needle Exchange

Mon. - Thur. 9 am - 7 pm,
Fri. 8:30 am - 4 pm

ML MIDDLESEX-LONDON
HEALTH UNIT
www.healthunit.com

50 King, St. London (King and Ridout)



GETTING KINKY IN LONDON

BROOKE FOSTER | INTERROBANG

If you're looking for that perfect toy or sexy costume, this brief guide will point you in the right direction. Here's a rundown of some of the sexy shops London has to offer.



Stag Shop

1548 Dundas St., 519-453-7676 | 371 Wellington Rd., 519-668-3334
666 Wonderland Rd. N., 519-471-9625

stagshop.com

If you're looking for tasteful costumes and toys, the Stag Shop is a great place to start.

Love Shop

458 Southdale Rd. E., 519-668-2273

loveshoponline.ca

Similar to the Stag Shop, the Love Shop keeps it classy while offering a wide selection of sex toys and lingerie.

Naughty Shop

1560 Dundas St., 519-455-5454 | 330 Wellington Rd. S., 519-439-4114
100 Wharncliffe Rd. S., 519-439-0505

naughtyshop.ca

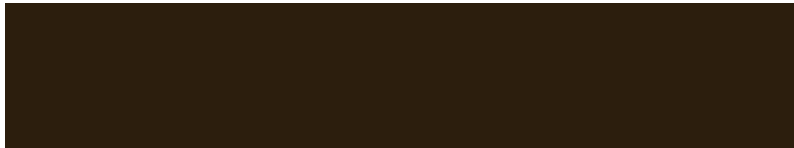
If you're looking for a place to rent sexy DVDs or experience a taste of what the sex industry was like in the '70s and '80s, the Naughty Shop is a great place to check out.

It's Fun Novelties

181 Dundas St., 519-673-6257

itsfun.ca

A local sex shop with an old-school feel. It's Fun is filled with toys for the adventurous individual.



Could you be pregnant?

Worried?

- ✓ Free & Confidential Services
- ✓ Pregnancy Tests
- ✓ Counselling
- ✓ Information on Sexually Transmitted Infections



261 Piccadilly St. (at Richmond)
London, ON
www.notalone.ca

519-432-7098



DOGGY & SPOONING
take the cake!

STUDENTS RANK THEIR FAVE SEX POSITIONS

1. PENETRATING FROM BEHIND (eg. doggy and spoon positions)
2. DON'T KNOW / DON'T HAVE A FAVOURITE
3. RECEIVING PARTNER ON TOP (eg. cowboy/cowgirl, reverse cowboy/cowgirl)
4. PENETRATING PARTNER ON TOP WITH FRONT ENTRY (e.g. missionary and butterfly positions)
5. OTHER
6. SITTING OR KNEELING & STANDING



The sex toy industry lacks the cohesive marketing strategies most industries employ. Perhaps because of the fact that their product is being marketed to the 18-plus crowd, they’re unable to advertise specific products, so sex shops often seem shrouded in mystery.

When you enter a sex shop for the first time, you'll notice a puzzling array of displays, shelves, racks and hooks filled with every size, shape and colour of sex toy imaginable. The selection can be overwhelming, so it's good to have a basic idea of what you're looking for before you start out.

Most sex toys operate on the same principles and are made of the same material. Though you can confirm by checking the packaging, the vast majority of sex toys are made from latex or silicone for an artificial 'skin' texture.

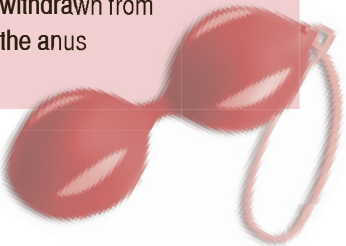
The best thing to do when making your first purchase is start small. There are many shapes and sizes designed to work for people in different ways, and the odds of finding the perfect one for you on the first try is very low. Whether it's a vibrator or a fleshlight, different models provide different sensations (some vibrate, some wiggle!), and your first one will be a great tool for figuring out what's right for you.

The top priority at all times should be to maximize the pleasure for you and your partner and, if you're both willing to experiment, thetypes of toys listed below could be useful for getting things started. Remember, communication during sex is the most important thing; take things slow and you'll learn how to read your partner's body language and give them what they want.

Above all else, when you're using sex toys, keep a good sense of humour. Many young adults feel obligated to put on a show in the bedroom or present themselves in a certain way in order to feel sexy. The most relaxed environment is the one that will lead to a more pleasurable encounter; stress and sex don't go well together unless the latter is to relieve the former. Make sure you and your partner are on the same page, relaxed and ready to have fun. Turn on, tie up, get in, get out and get it on.

SEXY DICTIONARY

Anal Beads: A short string with beads attached-designed to be inserted into and withdrawn from the anus



Sexual Aid/Sex Toy: Anything used for sexual stimulation

Nipple Clamps: Gentle clamps designed to pinch the nipples to provide stimulation

Vibrator: A vibrating device in the shape of a dildo for penetration or a small 'egg' for surface stimulation

Cock Ring: A band made from cloth, rubber, plastic or other material that is wrapped around the base of the penis to maintain a firm erection

Butt Plug: A dildo shaped like a 'spade' specially designed for insertion into the anus; has a flared base

Dildo: A cylindrical object used for sexual stimulation, usually via insertion (Note: A dildo is a penis-shaped and has balls; a dong is shaped like a penis shaft and does not have a base)

Strap-On: A dildo or vibrator worn in a harness by one partner



Masturbator: A device designed to aid in masturbation; the term often refers to 'sleeves' designed for men



A BEGINNER'S GUIDE TO BEDROOM OUTFITS

BROOKE FOSTER AND
ALISON MCGEE | INTERROBANG

With so many options, it can be hard to decide what lingerie and sexy costumes you should buy to impress your partner. Even if you're a seasoned lingerie shopper, it can be difficult to pick out that perfect little something sexy.

This guide will help you get over your fears and step confidently into the world of leather and lace.

Know what you're getting into

Former lingerie saleswoman Jess Snow said, "It's always easier if you can go into a store knowing what you want. It makes the job of helping you a whole lot easier."

THERE ARE THREE KEY GROUPS OF LINGERIE:

Babydolls & Bustiers:

A bit more on the modest side, babydolls and bustiers feature straps, lace and the benefit of full support and more coverage. Most of these items cost around \$50.

Bra and Panty Sets:

A flirty bra and panty set is a great idea if you or your partner isn't into wearing anything super sexy or revealing in bed. Because there's such a wide variety of bras and panties to choose from, the cost can start around \$30 and go up to \$100 for a fancier set.

Costume Lingerie:

Bringing costumes into the bedroom is a fantastic choice for more confident couples. Sexy maids, schoolgirls and dominatrixes all scream sexuality. The average price falls into the \$75 range.

Finding the right size

Before heading off to the closest lingerie shop, it's important to know what size you're looking for – especially if you're buying a sexy gift for someone else.

If you don't know your size, you could always ask a salesperson for a measurement. If you're shopping for someone else, try to avoid outright asking your partner their size, as she might be uncomfortable sharing. Instead, try sneaking a peek at some of the tags on bras and other things she already owns.

"There have been so many guys who try to guess what size their girlfriend is, and then, when they give her something that is nowhere close to her actual size, she freaks out. I've had men come back the next day to return something and tell me they got an earful for not knowing the right size," Snow warned. Don't mess around: figure out the right size.

Show some personality

There's one more thing to remember when going out on the hunt for the perfect sexy outfit: the lingerie you decide to buy is ultimately for both of you, but if you're buying for your partner, make sure it's something that person will be comfortable wearing.

Getting her something a little sexier than usual is perfect, but don't be selfish and go overboard. "If your girlfriend's underwear drawer is full of plain cotton bras and modest panties, it's not a good idea to buy her a leather dominatrix outfit," said Snow. "She has to feel sexy and comfortable in it, otherwise it will suck for both of you. All the sexiness will be gone."

Even if you're buying for yourself, it's probably a good idea to keep your partner's preferences in mind as well. You wouldn't want to buy a skimpy schoolgirl outfit for yourself if your partner isn't overly adventurous.

It's also a good idea to check out what the current styles are. Websites like victoriassecret.com or lasenza.com are a good place to start when looking for up-to-date ideas. Salespeople will also have some great tips when looking for something cute and current.

Now that you have a little extra knowledge, you'll be able to find that perfect little something for that special someone or even for yourself.

Cute bra and panty sets are a fun way to show off a lot of skin.



A costume is a sexy idea for the more adventurous person.



Babydolls are a great way to be sexy with a bit of modesty.





WHAT YOU NEED TO KNOW ABOUT SEXUALLY TRANSMITTED INFECTIONS

STUART GOODEN | INTERROBANG

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

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?

CHLAMYDIA

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 to 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, signs 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

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. At this stage, the infection is 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; however, treatment won't cure any damage already done to your organs.

GENITAL HERPES

There are two types of the herpes virus: type one causes cold sores, and type two causes sores on the genitals. You can get it 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

Also known as "The Clap," 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 in men and women. It can also spread throughout your body and cause arthritis in your joints. Women may also develop Pelvic Inflammatory Disease (PID).

HUMAN PAPILLOMAVIRUS (HPV)

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

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 give the infection to their babies.

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

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

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

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



GETTING SMART ABOUT STAYING SAFE

JESSICA IRELAND | INTERROBANG

Whatever your sexual experiences have been – whether you’re a (self-proclaimed) expert or a beginner – one thing is for sure: you need to know how to be safe, not only for yourself but for your partner. Sex should be fun, not scary, so here are the details on keeping your bits and pieces healthy.

Please remember that while many of these methods prevent pregnancy, they do not prevent STIs, so it’s always a good idea to use a back-up method, especially if you don’t know the sexual background of your partner.

Abstinence

Don't do it! If you're not comfortable, you feel pressured, choose not to – if your partner is a decent person, they'll respect your choice. And if you want the truth, not everyone is doing it.

COST: Free

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

Dental Dam

These protect you during oral-vaginal sex and oral-anal sex. You can also use everyday kitchen wrap or slit-open condoms to create a barrier.

COST: Can be anywhere from \$2 to \$5. You can also make them with products from home

WHERE CAN YOU GET IT: Drugstore or home

PREVENTS: STIs like herpes and HPV

Contraceptive Patch

This patch, when attached to skin, releases estrogen and progestin into the bloodstream. Essentially, it stops pregnancy by stopping the ovaries from releasing an egg, while also thickening the cervical mucus to make it harder for sperm to get through.

It is worn on the skin for seven days, and on the fourth week of the month it is removed to allow for a 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: Around \$32 a month

WHERE CAN YOU GET IT: Prescription required

PREVENTS: Pregnancy but NOT STIs

Male Condoms

They've got a type for everyone, thin, lubricated, ribbed and more – whatever your personal preference. They're also for any type of intercourse, whether it's vaginal, anal or oral.

COST: Depends on your preference, but can be up to \$15 for a pack. They are always free ones at the Fowler Kennedy Medical Clinic in the Student Centre as well

WHERE CAN YOU GET IT: Walmart, Shoppers, most stores carry them and you don't need to get them over-the-counter

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

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. IUD 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

This soft, flexible ring is inserted into the vagina and releases estrogen and progestin for three weeks.

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

WHERE CAN YOU GET IT: Prescription required

PREVENTS: Pregnancy but NOT STIs

The Pill

If you can remember to take the pill every day around the same time (setting an alarm can help!), this might be the method for you. To get a prescription, you need to have an exam at the London Health Unit or your family doctor, and there you can discuss which brand is best for you.

COST: Depends on what type you get, but can range from \$7 to \$15 a pack at the London Health Unit. They come in 28-day packs or 21-day packs (you stop taking the pill for seven days for your period and start a new pack on day 28)

WHERE CAN YOU GET IT: Through your family doctor or the London Health Unit

PREVENTS: Pregnancy but NOT STIs, so use a condom if you're not sure about your partner's sexual history

Plan B (Morning After Pill)

These two pills are taken orally the day after you engage in unprotected sex, if the condom breaks or any other situation where there's a fear of possible pregnancy. Most effective 72 hours after intercourse.

COST: \$40 but is covered under most health plans, public and private (but not covered by your student health plan)

WHERE CAN YOU GET IT: Over the counter - you don't need a prescription

PREVENTS: Pregnancy, but NOT STIs. If you had sex without a condom, it is best to get checked for STIs in addition to acquiring Plan B

Depo Provera Shot (DMPA)

This shot, which must be injected by a physician every three months, injects progestin into the blood stream. It prevents ovulation, which means 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



Have fun but play safe:

GETTING TESTED FOR STIS

STUART GOODEN | INTERROBANG

We all know how scary sexually transmitted infections (STIs) are. If you don't, take a look at my blurb on what's out there in the world of STIs and glance over what some of them look like – yeah, not very sexy.

What is sexy, though, is getting tested to make sure you can keep your ability to have fun for as long as you can. If you think you may have gotten something spooky from a recent affair, don't hesitate to get yourself tested. Here's a breakdown of what to expect when getting tested for STIs.

The Middlesex-London Health Unit is located downtown at 50 King St., where they offer a drop-in STI clinic from 5 to 7 p.m. on Mondays and Wednesdays with registration starting at 4:30, and from 8:30 to 10:30 a.m. on Fridays. The clinic also offers emergency contraception and pregnancy testing. You don't have to book an appointment and you don't even need your health card. The cherry on top is that the service is completely free.

Once you enter the clinic, you are required to take a number and wait until it is called. While you wait, you can read some of the many brochures about STIs and safe sex, and take some condoms from the basket in the waiting room.

When your number is called, you fill out a registration form with your name, phone number and address. You may also obtain a parking token from the receptionist.

After another wait, you'll meet a nurse who will talk to you about your sexual background, including how many sexual partners you are involved with, the last time you had sex and whether you're showing any symptoms of STIs. The nurse will also recommend prevention methods such as the use of condoms.

After the short consultation, you will meet with a doctor. If you are getting general testing, which includes testing for many STIs – such as HIV, Chlamydia, Syphilis and Gonorrhea – then only a blood and urine sample are required and you don't need to remove your clothes. You are only asked to remove

what you're wearing if you have any visible symptoms that the doctor needs to examine.

Once you give your blood and urine sample to the doctor, you're all done. You will be asked to come back in exactly a week from when you are tested to receive a physical copy of your results. If you can't make it, you will either receive a phone call from the clinic if your tests come out positive for an STI, or no phone call at all if your tests are negative. The results are completely confidential, unless your results are positive, in which case the Health Unit will use the information for their records. If you are tested positive, you can get a photocopy of your result, and the clinic will also refer you to a specialist for treatment and counselling if you need it.

For more information on the Middlesex-London Health Unit or the STI clinic, visit healthunit.com or call 519-663-5317.

SEXUAL AWARENESS DAYS

Mon Sept 24th to Wed Sept 26th

fsu
FAIRFAX
STUDENT
UNION
www.fsu.ca



www.fsu.ca
for more info

TUESDAY SEPT 25TH

Forwell Hall, 8pm, free admission

CONDOM CASINO



Tons of sexy prizes,
and free condoms

Wednesday
Sept 26th

SEX EXPERT

AS SEN
ON TV



Dr Robin
Milhausen

Forwell Hall
12 noon
free admission

SEX TOY BINGO

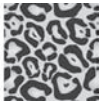


WED SEPT 26TH

Out Back Shack, 9pm doors, No Cover

ML
MIDDLESEX-LONDON
HEALTH
UNIT

Drop by Forwell Hall and visit the
Middlesex Health Unit
Monday – Wednesday



A brief history of PORN

BROOKE FOSTER | INTERROBANG

From Ancient Greek sculptures of threesomes to the ancient Hindu text *Kama Sutra*, it’s easy to see that sex has played a huge role in our culture and relationships. But how does porn fit into that?

Pornography existed long before the Internet, videos or even photography. Sculptures, paintings and written literature were the only forms of adult material until the birth of the daguerreotype in 1839. This early form of photography allowed people to create and distribute erotic material to a wider population. The daguerreotype led to the creation of short silent movie clips, like *Le Coucher de la Mariee* in 1896, and eventually the popularity of the camera.

Erotica has always kept up with technology. In 2006, the top six most popular websites were five pornography sites and Google. Public viewings of porn came along with the introduction of movie theatres, and eventually, the changing of societal norms led to the 1970s “golden age” of x-rated material. Seventies porn was meant to be naughty, fantastical and much more story-based.

London sexologist Dr. Carlen Costa said, “It’s being able to see what you don’t see or experience on a regular basis ... the draw is all about wanting to discover.” She said she believes that erotic material is a way for people to realize their sexual interests and what they’re comfortable doing with their partners.

Some porn critics argue that recent competition between pornographers has led to verbal and physical aggression against women in mainstream adult material. The reason behind the abuse? Aggression in pornography is something slightly new that directors have to offer to their viewers.

Critics say that this on-screen abuse has lead to sexual abuse in the real world. Costa said, “The idea of fantasy can translate so strongly into how people see reality. That translation can be so intense for some people, especially people who don’t get to engage in sexual activity with other people as much as they want to.” She added, “A lot of it is based on a male gaze. It has formulated what people think of as mainstream. Sexuality and sexual pleasure rests in the eyes of men.”

On the other hand, there isn’t actually any strong research that suggests a strong link between x-rated material and criminal sexual behaviour.

“Porn isn’t going away. So how are we going to make it better? How are we going to make it healthy?” Costa said that it’s important to view porn knowing that what you are watching isn’t reality.

Erotic videos are a great way to spice up your sex life, but there’s a problem when those videos start to impact your everyday life.

Costa stressed that the majority of porn has strict regulations that are usually never seen on camera. “A lot of it is actually really highly regulated – STI testing, HIV testing, condom use. This is their job; they need to talk about it.”

The porn industry has had ups and downs since its start, but today, Adult Video News estimates the porn and sex toy industry is worth \$6 billion a year – and that doesn’t even include the staggering number of free and amateur porn websites. As its audience grows and their tastes change and evolve, the ongoing competition between pornography directors will always keep porn exciting and popular.

TYPES OF PORN

Erotic material can be broken down into several different sub-genres. Some of these include the following:

Amateur:
Starting with the invention of the Polaroid cameras in the '60s, amateur porn features unpaid people usually performing from their own home. Reality pornography is similar. In this style, directors aim to create the feel of amateur porn using paid actors.

Fetish:
Porn that is intended to arouse the viewer with objects or specific situations. This can include BDSM, role playing and bondage pornography.

Homosexual:
Includes transsexual, lesbian and gay material. While slightly less popular than heterosexual porn, homosexual porn has a history dating back to Ancient Greece.

Mature:
Generally features performers who are over the age of 40. Mature porn can include older women in fantasy scenarios with younger men.

13%
of survey takers
use online dating
services to find dates!

25%
of survey takers
look for potential dates in class!

Backstage

Masonville Place
519-679-4505

Music Tees
Superhero tees

THE BIG BANG THEORY

WE WILL ROCK YOU

FOREST CITY
SURPLUS
www.fcsurplus.com

AIRSOFT
and
PAINTBALL

More fun than
you can imagine!

Airsoft Guns

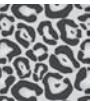
Biggest selection
in S.W. Ontario

from \$9.95

2000 Paintballs
only \$29.95

1712 Dundas St. E at Third

EXPLORE!



A BEGINNER'S GUIDE TO DIRTY TALK AND PHONE SEX

ERIKA FAUST | INTERROBANG

From grunting, groaning and heavy breathing to detailed explanations of what you're going to do to your partner next, dirty talk can be a fun and naughty way to spice things up in the bedroom.

For some people, dirty talk is “the ultimate form of foreplay,” said Dr. Carlen Costa, who is London's only sexologist. She described her job as helping people with their relationships and intimate desires. “It's a chance to slow down ... to feel the tension build between you and your partner, to allow your body to feel those emotions and those words.”

But not everyone likes dirty talk. “I find it embarrassing,” said Carlos, a Fanshawe student who asked that we not publish his real name. “It's not something I'm used to and all I can ever think of are the terribly cliché things that they say in porn.” He said dirty talk makes him feel uncomfortable and awkward.

Costa said people like Carlos may feel uncomfortable with dirty talk because many of the words used – “fuck,” “pussy” and so on – have a stigma attached to them. “We've taken these sexual slangs and translated them into this repressive, negative verbiage,” she explained. She gave the word “cocksucker” as an example: traditionally in heterosexual relationships, the woman goes down on the male, so calling someone a “cocksucker” is meant to demean them by putting them in the woman's place. The way sexual slang has been twisted in negative or derogatory ways has affected the way people understand their own sexuality, Costa explained.

“For (some women), even the word ‘cunt’ can be very empowering. ‘This is *my* cunt. This is *mine*.’ But then that word has been taken and used by men and women as an invasive way to put somebody down,” she said. “A weak man is a pussy, because it has to do with being a female, because women are seen as the weaker sex.” She added that a lot of women shy away from saying things like “My pussy is really wet” because of the negative connotations associated with the word.

“Sex is supposed to be fun,” she laughed. “That's where sexual slangs came from, because people were having fun with what they were doing, and then all these other institutions such as patriarchy have translated these sexual slangs and brought them into a negative sphere.”

GRUNTING, GROANING AND MOANING

Some of the sounds people make during sex are involuntary – these moans and grunts are known as copulatory vocalizations. Jocelyn Wentland, a Ph. D. student in the Human Sexuality Research Laboratory at the University of Ottawa, wrote a blog post about a study that examined the phenomenon.

The study found that 66 per cent of the 71 women surveyed “reported making sounds to speed up their partner's ejaculation due to discomfort/pain, boredom and fatigue,” Wentland wrote in her post. This is an unfortunate finding, because it indicates that women weren't making sounds linked to their own orgasms, she explained.

“My concern is that ... women are really giving the impression that what their partner is doing is great for them (the woman) and it's going to lead them to orgasm, but really is not leading to their orgasm at all,” she said. The noises tell your partner you're enjoying what they're doing, and if you're just making the noises for your partner's benefit, he or she won't be able to tell what's really enjoyable and what doesn't work.

TAKING CHARGE WITH INSTRUCTIONAL SOUNDS

Rather than relying on grunts to get your point across, try taking the talk from “that feels good” to more instructional talk, such as playing a more dominant role and telling your partner exactly what you want them to do.

“I think (instructional sounds are) a good thing to communicate to your partner that you're either liking what they're doing or giving them instruction to (go) softer, lighter, to the right or whatever it is ... versus just the emphatic, ‘I'm enjoying myself’- type sounds,” explained Wentland.

She explained that many sex educators, therapists and coaches will

encourage people to masturbate to learn about their own bodies – what they like and what they don't like. “It's pretty difficult to tell a partner what you like when you don't know what you like yourself,” she continued.

When giving instructions during sex, don't necessarily make it a step-by-step guide. “You have to not sound like an instructional booklet,” Wentland laughed. “I think there's definitely a way that you can make it kind of naughty or kinky or whatever, have fun with it in terms of giving your partner some good feedback about what they're doing and what you like ... That's how the sounds can be used in a good way – to encourage or keep them going.”

It may be time to break out the dirty thesaurus, because nothing ruins a sexy atmosphere like busting out medical terminology – unless you're into that kind of thing.

“There's a big difference between using a proper word, like, ‘Oh, your penis is so hard,’ instead of saying, ‘Oh, your cock is really hard, let's fuck.’ Or, ‘I'm dripping mucus from my vulva,’ (versus) ‘My pussy's wet.’ It's funny because it can be counterproductive to actually being arousing,” Dr. Costa chuckled.

In going beyond just using ‘dirty words,’ it can be a lot of fun to get descriptive, said Cameryn Moore, who has been a phone sex operator for three years. She also performs a stage show, *Phone Whore*, as part of the Fringe Festival. “If you're talking dirty, don't just say nouns and verbs, use adjectives (and metaphors and analogies).” Something like “Your cock is so hard” is fine, but “Your cock feels like it's nailing me to the fucking bed” is better, she said, because it gives more of a visual.

Complete your BComm degree in 12 months...

Bachelor of Commerce degree

for Fanshawe College Graduates in

Business Administration - Marketing

Business Administration - Accounting

Business Administration - Leadership

Business Administration - Human Resources

NIPISSING
UNIVERSITY

SCHOOL OF BUSINESS

Classes at Fanshawe campus in London

Apply now through the Ontario Universities' Application Centre (www.OUAC.on.ca) to start classes in September 2013.

To request an information package, please send an email to:

cpp@nipissingu.ca

or call Mallory Pepin at 1-800-655-5154 press ‘7’



GETTING MORE COMFORTABLE

Using instructional noises takes some of the pressure and awkwardness off of talking dirty, because you can use instructions to tell your partner what to do and make it part of the fun. “Some women have more difficulty communicating that kind of instructional direction to their partners because there’s an expectation that men are good at (sex), they know what they’re doing and maybe men might not be as open to asking for feedback,” said Wentland, adding that some people may also be feeling some embarrassment about not being able to make their partner orgasm. Making it fun and bringing a little bit of domination into it can make it sexy rather than scary.

However, don’t just bust it out in the middle of having sex with no buildup or discussion beforehand, she chuckled. “I think you could set up a situation, if it’s a role-play or power dynamics ... if you did some kind of an ‘I’m the boss tonight, and you’re going to do exactly what I tell you to do’ (thing).” Guide your partner through it: “Now you’re going to take off my panties, now you’re going to kiss my breast.” It can be done in a fun, sexy way that can take the pressure off both partners.

When you’re starting out, your partner may speak quietly because they’re embarrassed, so get them to repeat themselves, said Moore. She also suggested taking on a bit of a dominating tone with questions like, “What did you say? What do you want me to do?” “Ask the leading questions in a way that’s like, ‘I didn’t hear you, you’re going to have to speak up a little’ ... Whatever you think you want them to say, you can offer it in a way that really sets it up so that all they have to do is repeat it back to you.”

Start with simple sentences. These phrases can progress, allowing you and your partner to get more comfortable, Costa said. “A great way to get over your fear ... is simply just to practice during sex. Start off by just making any kind of noises: moaning, groaning, audible breathing, describing what you’re feeling – ‘Ooh, that feels really good,’ that type of thing – and then naturally it will slowly start to progress, because you’ll throw out a word here or there with an ass slap, and eventually you’ll reach a level that you feel comfortable with.” The process must be slow, she said, unless you know your partner will be comfortable getting right into it.

Above everything else, “The best thing to do is just to keep it authentic,” said Costa. “Sometimes the sexiest stuff is the stuff you don’t even realize you’re saying because you’re in the moment, you’re feeling the moment and you’re experiencing the moment.”

SETTING BOUNDARIES

“It can be difficult to negotiate how to dirty talk,” said Costa. In the heat of the moment, you might forget your audience, potentially to the detriment of the mood. “What might be healthy to you might be received very differently by your partner.”

Essentially, dirty talk is all about negotiation, she explained. “It’s all about setting the boundaries of comfort between you and your partner and expanding upon it however you both see fit and healthy for yourselves.”

Even when boundaries have been set, there’s always the possibility that someone could say something out of line. “That’s part of the negotiating and the communication. If someone says something to you that really does become offensive, that’s when you have the right in your sexual sphere (to say something),” said Costa.

Depending on the situation, you may need to stop the activity and talk about what was said, or you may be able to diffuse the situation with a joke and make light of what happened, Costa said. “If you’re engaging with somebody and you’re feeling safe up until that point, I’m sure that person wasn’t saying it to offend you – it’s all about their own exploration as well.” Dirty talk shouldn’t just be about one partner’s needs, it’s about both people learning what’s okay and what’s not okay, for themselves and for each other.

With phone sex and dirty talk, a lot of fantasies can be uncovered, and you’ve got to be prepared for that, said Moore. “You’ve got to be cautious and gentle with each other when you’re talking about fantasies. A lot of times they’re things you didn’t expect, or maybe you haven’t talked about it a whole lot, so you don’t know what’s out there. The more you get to be in a trusting relationship with someone, the deeper you can end up going, and sometimes people aren’t prepared for that.” Cultivate in yourself a real attitude about non-judgment about what comes up, like she has to do in her job, she said.

PHONING IT IN

From Skype sex to getting freaky over the FaceTime app, technology and social media have opened up a whole new world to get dirty in. “It’s no longer limited to being a face-to-face conversation or a face-to-face interaction,” said Costa. “We can talk dirty with our words and our mouths with each other, we can send sexy emails, we can sext, we can send provocative letters, erotic literature is always quite interesting and such a pleasure to read, and then there’s stuff like phone sex. Phone sex has been around since the beginning of phones.”

There are huge differences between regular dirty talk and phone sex, said Moore. “It’s different because you can have dirty talk and not actually be describing a scene at all. With phone sex, you’re generally going to be describing some action,” she explained. “In dirty talk, you’re right there doing the action.”

In phone sex, though there may be masturbation on one or both ends, there’s no physical contact between the participants. If you want something to happen, you have to describe it, said Moore. When it comes to phone sex, it’s all about setting a scene and including plenty of sexy details and descriptions, especially in role-play or fantasy.

“There’s a lot more that’s possible with phone sex,” she said. “You can change your hairstyle, you can change the size of your tits, you can set this 500 years in the past, you can sprout six tentacles ... you can do stuff that is not physically possible or not legally possible or not financially possible – you can do all kinds of impossible things with phone sex. There’s a lot more latitude for imaginative play, but you have to be specific. You have to be very descriptive and evocative about it.” That’s why phone sex is great for fantasy talk, she said. “You’re not right there in their face. You don’t have to look at them in the eyes if it’s embarrassing for you.”

With phone sex, you’re only limited by your imagination, she said. “It’s amazing what people get up to in their own heads.”

WHY DIRTY TALK WORKS

Whether you’re interested in whispering sweet, nasty nothings in your lover’s ear or getting playful on the phone, having fun with dirty talk can be a great boost for your sex life, Costa said. “Since the brain is ultimately responsible for sexual arousal and orgasm, use of language to stimulate the brain can be surprisingly a direct route to arousal. That’s why dirty talk actually works – especially during foreplay or as a precursor to any type of sexual act, because it’s directly going to your brain. It’s directly affecting your arousal, it’s directly allowing you to fantasize and express desire. And it’s making your hormones and your body feel all tingly inside.”

“The right words said at the right time can make your experience go from great sex to unforgettable sex,” said Costa. “Dirty talk can be directive, it can be emotionally charging, it can be mentally fulfilling, it can add to the experience, but it can also take away from the experience if it is negotiated upon in a healthy way prior to your (sexual) engagement.”

LONDON'S BEST TOTAL BODY WORKOUT!

Discover the benefits of Michael Bernardo's Cardio Kickboxing Program for Women

- ★ Great for toning & strengthening
- ★ Increase energy & mood levels
- ★ Burn up to 800 calories per class
- ★ Over 30 classes per week
- ★ No experience necessary

1ST CLASS FREE

for all Fanshawe students

LONDON'S TRUSTED LEADER IN MARTIAL ARTS FOR OVER 27 YEARS!

519.659.2504
(3 blocks from college)

www.bernardokarate.com

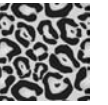
BERNARDO
KARATE & CARDIO KICKBOXING

FOR MORE INFORMATION:

Jocelyn Wentland:
sexresearchandthecity.com

Dr. Carlen Costa:
facebook.com/SexyLivingWithCarlen

Cameryn Moore:
camerynmoore.com



Being transgender

JESSICA IRELAND & ERIKA FAUST | INTERROBANG

In 2010, the Interrobang received a letter from Kimberley, a transgender individual reaching out to those in the Fanshawe community who need support and opening the dialogue of what it means to be transgender. Since then, Kimberley has been featured a number of times in the newspaper, writing her own articles and in articles written by newspaper staff, promoting awareness and ensuring transgender students, staff and community members know they are not alone.

Kimberley is a closeted male to female transgender. She has not undergone transition, so to anyone walking by her, she looks like any other man. But she is very much a woman inside, something she realized at three years old. “Not unlike a lot of trans people, I knew very early that things weren’t right. A three-year-old has no context of sex and gender, but I definitely knew things didn’t fit, didn’t work right.”

But, as a child in the 1950s, she had to “learn to be male.” This meant she did all the “boy” things, “whether I wanted to or not,” she said.

Her true feelings stayed buried, eventually boiling over in her late teens when she “hit the wall” – her term for times of massive stress, anxiety and depression – for the first time. That was the first real crisis, but she managed to get through it. “It takes time, but it does eventually wane,” she said.

Kimberley said she thought she could “cure” her feelings by taking up a trade to prove how “male” she could be. “I was successful at it. It’s not what I wanted, but it’s what I did.” She met a girl, fell in love and got married. She and her wife had two children, and Kimberley tried to stay “normal,” keeping her secret from her family.

The concept of being trans was still suppressed, but it continually raised its head, and there’s not much you can do about that, she said. “It’s not easy to get through,” but she managed it until her late 20s when she hit the wall again. She fought through until about 10 years later when it happened again. “Each time gets worse,” she said: the excess hormones plus the guilt, shame and fear make the stress compound with time.

During her third period of hitting the wall, Kimberley’s wife figured out that she wasn’t quite “normal”; Kimberley’s wife assumed she was a cross dresser. Kimberley went along with it; it was the mid ’80s, when there was still a lot of prejudice and a serious lack of knowledge about being transgender. “We were lumped into the same basket with the gay population,” Kimberley said. “Even today, it’s still a battle that’s being fought that we have to convince various groups of society that that’s not the truth at all – they’re totally different realms.”

With the emergence of the Internet in the ’90s, “a whole new world opened up,” said Kimberley. “All of a sudden, people within the trans community began finding one another and, as a result, we found a voice.”

But in 2002, Kimberley finally broke. “When I say I broke, I mean I broke. I walked out on a job, a career; I effectively blacklisted myself in doing so.” For lack of better terms, she called it a mental breakdown caused by a culmination of debilitating anxiety and depression. There was a suicide attempt, but she had excellent psychiatric help from her family physician, who is a trans advocate. “I was very, very lucky. People who don’t have that kind of support fall through the cracks and they become either a statistic or a failure, one way or the other. I consider myself one of the very, very fortunate ones.”

She also found support in her online group, connecting with another trans woman, Donna, who had gone through similar experience. Her story paralleled everything Kimberley was hearing from her therapist, and it was Donna who accelerated Kimberley’s process of coming out.

The first person she came out to was her wife, about nine years ago. “That did not go well. It was not handled very well,” Kimberley remembered. “It’s a very difficult thing to do – how do you tell someone that you love that you’ve been deceiving them and lying to them for 30 years or more?” Her wife has made huge steps in the last year, and though acceptance is unlikely to happen, Kimberley said her life is much easier. There is a large strain on the marriage, but Kimberley and her wife are still together.

The second person she came out to was her daughter, who is probably her “biggest flag-waver,” Kimberley said with a proud smile. Though her daughter had to go through a grieving process, she has come to grips with it and continues to be a huge supporter.

Kimberley made it clear that she is not an activist, though she is an advocate “for sure.” There are enough people willing to go out there, stamp their feet and get in people’s faces, she said, but that’s not her style. She works behind the scenes, promoting diversity within various institutions. “I think we get a lot more accomplished that way.”

In part, it was these feelings that motivated her to set up the now-defunct Steel Butterflies group here in London along with three friends from another transgender support group: a human rights lawyer, an epidemiology researcher at Western University and an ex-law enforcement officer. “Our focus was not so much to put the issues out in the front, but to work behind the scenes and promote them within the

institutions that we have, build bridges with various elements in the community, provide good resources for people within the community,” she said. “It all adds up over time.”

Her new group, the London Transgender Coffee Social Club, meets on the last Monday of each month at the East Village Coffee House (785 Dundas St.). While they do provide a support system for their members who need it, they’re more of a social group than anything else.

Kimberley is also an active member of the Positive Space Ally Training program at Fanshawe. Positive Space is a collective of faculty members and support staff who put on workshops to train members of the campus community to be LGBT allies. “The whole purpose of the group is to try to raise the awareness and provide some cohesion among students and staff and try to find common ground and provide better services for the students,” she said. “We’re hoping to get this thing flying and raise the awareness and eliminate some of the problems that students have with diversity.”

“We can’t change people’s minds – only they can do that – but we can give them the facts to work with and they can make those choices to accept or reject them.”

As part of a “repayment” to Donna for her help, Kimberley started the Transgender London website to pay it forward and help others in the community, and people around the world have accessed the site. In one instance, a woman in the American army was dealing with hitting her own walls. The woman was suicidal, but Kimberley was there to talk to and support her every step of the way. Six months and a lot of letters later (including one to the U.S. Secretary of Defense), “finally, we got her out.” Today she is doing extremely well, said Kimberley. “She’s one of our many success stories.”

Kimberley said she hopes to help others through their own journeys.

“Walking the halls (of Fanshawe), you don’t see many people,” she said. “But I know they’re there, no question. I want to put out a feeler, reach out. Help someone avoid some of the pitfalls I’ve had to go through for the past 60 years.”

One of the main hurdles she hopes she can help with is reaching self-acceptance. “There’s no denial, you learn to accept it and live with it,” she said. “Part of coming to self-acceptance is you have to get over it. We grew up with shame, fear and guilt.”

For those starting on their journey, Kimberley offered some words of wisdom.

First, find some peer counseling – not necessarily someone of the same age but someone who has gone through it and has reached a good place. Also, learn as much as possible about what you’re going through, she said.

Find a professional counsellor. In London, there are a number of psychiatrists who deal with transgendered individuals, and you can find them listed on the Transgender London website. If you are in distress, immediately reaching out to someone is paramount.

While finding accessible health care can be difficult, it’s still important to never pursue hormonal therapy without it. “Do not seek hormonal therapy over the Internet,” said Kimberley. “It could be life-threatening.” In addition, she advised to take care of your sexual health.

But overall, reach out to those in the community and outside of it. “If I can’t help, I can put them on the right path,” said Kimberley.

“You’ll lose friends over (this) – that’s fine. You’ll find new ones. Keep yourself safe and don’t take unnecessary risks.”



Experience, explore and participate in over 100
FREE arts, heritage and multi-cultural activities!

Presented by London Life



September 29 & 30, 2012



September 28, 29 & 30, 2012

LondonHeritage.ca
519-930-2140

LondonArts.ca
519-439-0013



ARE YOU BORED WITH YOUR BOYFRIEND?

SEX IN A RELATIONSHIP

VICTOR DE JONG | INTERROBANG

It's the end of a long day and you both fall into bed, clothes abandoned in the middle of the floor, and seconds later you're in dreamland. If this sounds familiar, you might be in a long-term relationship.

Something every couple struggles with is how to maintain an active healthy sex life over weeks, months and years. Dr. Jack Ferrari is a psychologist and counsellor in practice here in London with 35 years of experience in his field. "When people are unhappy and don't feel emotionally connected, the sex life does suffer."

Although this seems like an indicator of a failed or failing relationship, Ferrari warned, "People do catastrophize when the honeymoon is over." Every relationship starts with the participants being enamoured with each other, but regardless of how well matched two people are, life problems will inevitably add stress. When the stressful moments do come, it's crucial to maintain effective communication throughout the ordeal or risk feelings of isolation and resentment.

"People don't have the same interest in each other and don't want to be intimate at the end of a stressful day"

– Dr. Jack Ferrari

Dr. Carlen Costa is London's only sexologist and she said she believes that "emotional health comes from having a solid support system – whether that be one person, or many – and your ability to be able to clearly express those emotions and cognitively process them. Sex only complicates things when we complicate them."

According to Ferrari, "It's not the process of communication per se so much as perhaps the content: what needs to be talked about." It's not enough to just be talking about the things going on in your lives; equally important is the ability to speak candidly about your relationship as an entity with a life of its own.

BORED WITH YOUR BOYFRIEND + TO WAIT OR NOT TO WAIT



A major obstacle in the path of a long relationship is the disposable attitude towards everything in our lives. In previous years, a car was expected to last 15 years, a kitchen table lasted a lifetime and so did relationships. Fast forward to now, when it's unusual to even have the same cellphone for two years. "People certainly are less likely to put up with a bad relationship for longer," said Ferrari, and this creates an inherent tension in every relationship because there's the knowledge that, if this relationship should fail, it wouldn't be a daunting task to find another partner.

Costa made the point that "when you have a dependent partner, the odds of engaging are in your favour. Having a consistent partner who is also experiencing their own sexual arousal cycle makes it more convenient and easier to access... literally."

"Sex is about individuality. It's about pleasure. It's about release. It's about connection. Our sex lives are just as diverse as we are people. Both require physical, mental and emotional preparation in order to execute in a healthy way."

– Dr. Carlen Costa

Despite this, and many other benefits, Ferrari noted, "People who have been through bad relationships and have breakups are less likely to put up with too much in the next one," because rather than address the problems, they'd sooner replace the person. "Part of it is the disposable society and part of it is changed societal expectations and changed attitudes toward authority – you don't stay married because people say you have to." These attitudes have a negative effect on everyone's emotional health because, rather than face the problem and experience the personal growth that stems from conflict, we choose to ignore unpleasant realities and stunt our emotional growth.

Ferrari spoke of a scientific theory that states the differences between male and female sexual desire could lie in their differing roles in the reproductive process. While men are essentially free to come and go as they please, a woman always has the potential to become pregnant and be stuck with the responsibility of carrying a child. "I think we still have to say that men tend to be a little more promiscuous, equating sexual discharge with the enjoyable feelings in a relationship, while women want more long-term, less tangible indications of emotional intimacy." It's this dystopia of expectations that leads to a lot of the tension in relationships that involve sexual intercourse before marriage.

Ferrari gave the parting advice that "there may be differences to what is ideal and you have to work that out as a shared collaborative problem or issue ... try different things, try to remember what happened when you first felt those stirrings of romantic love." Even if the honeymoon period is over, relationships tend to be cyclical: a period of unhappiness can be followed by a renewal of feelings. If you have both have an honest desire to better your relationship, honest communication can only serve to strengthen that bond.

TO WAIT OR NOT TO WAIT, THAT IS THE QUESTION

STUART GOODEN | INTERROBANG

There's no denying that as young adults, sex is something that most of us think about. When guys get together for a Saturday night out on Richmond Row, it's pretty easy to tell when they're looking for "someone" and "something." For girls, maybe it's not so easy. But everybody fantasizes about sex at some point during a hectic school week. Actually, according to a study by Terri Fisher, professor of Psychology at Ohio State University at Mansfield, students between the ages of 18 and 25 on average think about sex about 34 times a week for men, and about 19 times a week for women. (You can read more about this study at tinyurl.com/thinkaboutsex-study2011.)

But there are those who still choose to keep their V-card in their back pocket and wait for the right place and the right time for that special someone.

Dr. Jack Ferrari is a psychologist in London who specializes in couples, family and relationship therapy. He said that usually someone's decision to save him/herself for marriage is because of religious beliefs, but for some, personal reasons are enough. "It's the same with becoming a vegetarian or a vegan," he said. "People will just come to a position personally without an external moral code or scripture that says, 'This is right for me, this seems to be the way I want to do it.'" You remember the saying "too much of a good thing is a bad thing"? Like excessive eating and drinking, Ferrari said that looking to have too much sex at a young age can spoil its novelty, and "just because things are made available, it doesn't mean we should indulge at a whim. We should recognize how to do it responsibly."

Sarah Voorberg, 21, has made the choice to save her virginity until marriage. She is a devout Christian and credits the decision to her religion, but also to personal reasons. "While my religion and upbringing have certainly influenced what I value and believe, I've made the decision to remain abstinent until marriage for myself," she said. "I believe it is the right decision for me and I in no way regret it."

For many young adults today, sexual activity is an easy way to fulfill the urge, but Voorberg cherishes her celibacy. "Sex is about more than just fooling around or having fun with someone physically," she said. "It's about giving something to the other person and becoming connected in a very intimate, personal way. For myself, I

would rather hold on to my virginity and give it to someone who I know has committed themselves to me rather than just to someone who will forget about me tomorrow. In short, I would rather realize on my wedding day that I could've had sex sooner than regret losing my virginity." While Voorberg admitted that staying abstinent can be tough at times, she added, "There are many other things you can do to be physically intimate with your partner, so I've never felt that that was lacking in my relationship."

Collette (last name withheld to protect privacy), 20, on the other hand, didn't keep her intentions to remain a virgin before marriage. Her decision to remain abstinent was because of religious reasons, but when she met her boyfriend at the end of high school, her mindset changed. "I think part of the reason I didn't end up following that path is because I didn't choose it for myself," she said. "I wasn't thinking about the reasons why I wanted that, so I came to a point where I was like, 'Do I actually want this or am I just following what I've been told?'"

Collette said she believes that many people who choose to save their virginity until marriage "don't necessarily choose for themselves," but rather follow tradition. She is, however, opposed to the idea of arbitrarily hooking up with someone without any emotional attachment. "You need to be in a relationship where you feel completely confident that it is you and that other person giving to each other equally. I don't think that casual sex is the best thing for people."

15% OFF

Our Professional Inkjet refill service. Just show your Fanshawe ID

See the Student Handbook for our Laser Tone \$5.00 off Coupon. Discount valid only at the location listed above.



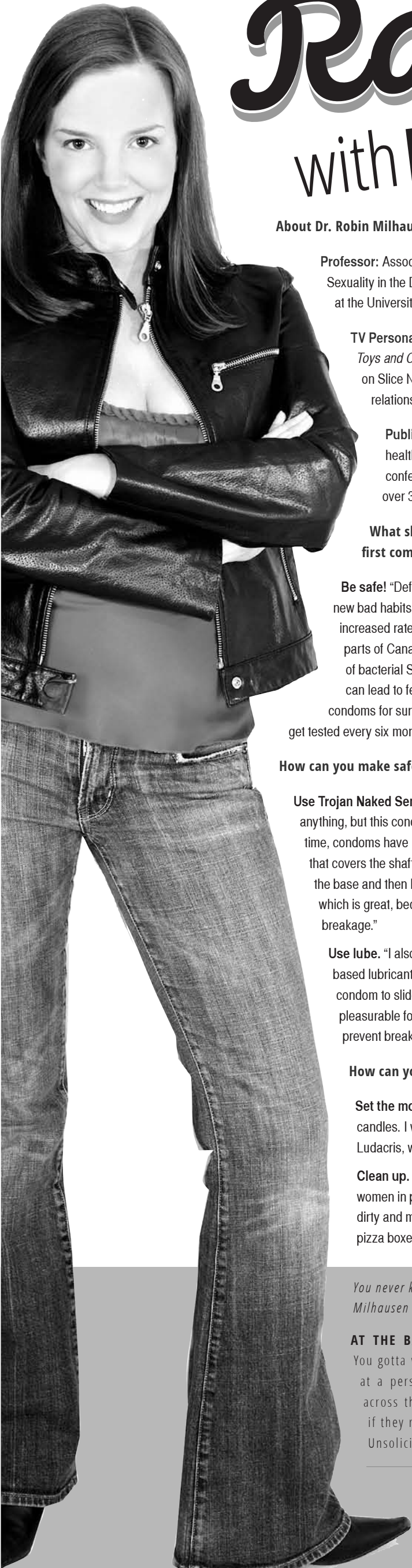
Argyle Ink – 1815 Dundas St. E. (Para-Point Strip Mall) Beside Sutherland's Furniture 519-951-7403



MELANIE ANDERSON | INTERROBANG

Getting Raunchy

with Dr. Robin



About Dr. Robin Milhausen:

Professor: Associate Professor of Family Relations and Human Sexuality in the Department of Family Relations and Applied Nutrition at the University of Guelph.

TV Personality: Hosted the Life Network's top-rated show *Sex, Toys and Chocolate*. She was the sex education correspondent on Slice Network's daytime talk show *Three Takes* and also relationship expert on the hit show *Re-Vamped*.

Public Speaker: Her research on sexuality, gender and health has been presented at national and international conferences from Paris to Hong Kong. She has published over 30 academic articles in peer-reviewed journals.

What should new students know about sex when first coming to college?

Be safe! "Definitely don't fall into any old bad habits or create new bad habits, such as not wearing a condom. We're seeing increased rates of chlamydia among young people in various parts of Canada, and Ontario in particular. I would say be aware of bacterial STIs because they often don't have symptoms and can lead to fertility problems later on if not treated ... So wear condoms for sure, and if you're sexually active with multiple partners, get tested every six months."

How can you make safe sex more pleasurable?

Use Trojan Naked Sensation Condoms. "I'm not on their payroll or anything, but this condom is revolutionizing condoms. For the longest time, condoms have had the exact same design, the sort of straight sheet that covers the shaft of the penis. But these condoms are tight around the base and then loose all the way up the sides; this prevents friction, which is great, because it adds more pleasure, and it also prevents breakage."

Use lube. "I also suggest that people put a few drops of water-based lubricant inside the condom ... because this also helps the condom to slide a little bit on the head of the penis which is more pleasurable for the man, but also helps to reduce friction and prevent breakage."

How can you have a sexy night in a college dorm room?

Set the mood. "Well, I don't think you're allowed to have candles. I would say pick the right music – for me that's Ludacris, who knows what somebody else's might be."

Clean up. "Some of my research on sexual arousal shows that women in particular have a hard time getting turned on in a dirty and messy place, and sometimes these dorm rooms have pizza boxes and dirty socks and dirty underwear everywhere."

If you're trying to attract a woman, in particular, she's likely to not be very relaxed or comfortable in a place that's messy."

Kick your roommate out! "Make sure you have privacy. Another difficult thing for most men and women is that they have a hard time getting turned on if they think they are going to be interrupted, if they're worried about someone walking in, so set the stage for privacy."

A lot of students come to school and leave their partner back home. What are some tips for keeping things exciting long distance?

It's not easy. "That's a common problem, and often the first six months are the very hardest. Often relationships don't survive through the first six months or a year – there are a lot of breakups on Thanksgiving weekend when people go home and discuss it and decide that things aren't working."

Use technology. "I would say use Skype or other methods of technology so you can actually see each other and connect. You can use technology such as texting to let somebody know you're thinking about them when they're not around."

How can you spice things up in a long-term relationship?

"That is one of the things I'm most interested in now and almost all my research at Guelph currently focuses on that topic, in part because I've been with my partner for 12 years, so at that point you really need to start wondering, what can we do to keep this exciting?"

Communicate. "Being open to communicating about what interests you. The book *Fifty Shades of Grey* has started a lot of conversations between women and couples about different sexual acts and behaviours. Keep the lines of communication open, and if there's something that you've kind of been thinking about, you should raise it and encourage your partner to do the same. Because I think we would all rather our partners be honest with us about what they are looking for sexually than to have them start to look for that outside the relationship and be unfaithful, which can lead to more heartbreak."

Get creative. "You've gotta be more creative. In the early stages of the relationship, it's called the 'passionate love stage.' People are very interested in being with each other all the time. There's a lot of sexual attraction – you want to throw a person up against a wall and rip off their clothes ... Somewhere between six and 30 months, that switches to a 'companionate love stage', where it's characterized more by trust and intimacy and respect and caring, but that whole passion fire's burning bright is less common. If you want to keep the spark alive, it takes more effort and more creativity."

How do you feel about sexting?

Be careful. "It depends on your partner. If yours partner's really dirty and raunchy, then you should be really explicit in your texts. The key message is to always be aware that whatever you text can be shown to other people, can be forwarded to other people. So it's a double-edged sword; it can be very exciting and help you stay connected with your partner, but on the other hand, you want to make sure you have a lot of trust before you go down that road."

You never know when you might meet the person of your dreams. Whether you're on campus or at the bar, sexpert Dr. Robin Milhausen has some tips on how to land the hottie across the hall or stick around for date number two.

AT THE BAR Turn On: Eye contact. You gotta watch the cues, gotta look at a person who's appealing from across the crowded room and see if they return your gaze. Turn Off: Unsolicited groping.

ON A FIRST DATE Turn On: Asking a lot of questions and really communicating that you're interested in hearing the answers. Turn Off: Talking all about yourself or your ex-relationship.

AFTER SEX Turn On: Do what I call the "Post-Game Wrap Up." Comment with your partner about what you liked best about that encounter. It's a good time to give positive feedback. You don't need to give negative feedback like, "Oh, that really sucked when you made that sound or called me your girlfriend's name." Turn Off: Leaving right away unless that's something you've negotiated. Making someone sleep in the "wet spot" if you haven't used a condom.

DURING THE DEED Turn On: Communicating to your partner with words or gestures that there's no place you'd rather be. Enthusiasm in the bedroom is huge, and oftentimes more arousing than skill. Turn Off: Wearing socks.

Cover letter tip #1: Don't say "dude" Resumes and cover letters



THE REAL WORLD
Jeffrey Reed
jreed@fanshawec.ca

A cover letter, resume and interview: for many students in search of the Holy Grail of jobs, they are often thought of as a trio of necessary evils. In fact, many students simply throw a Hail Mary pass when seeking employment, rather than fearlessly tackling this trio.

I'm guessing that since the first day of classes, your professors have trumpeted the importance of getting your cover letters and resumes in order, as well as the importance of preparing for job interviews. Rather than offer a complete list of dos and don'ts for finding that perfect job, allow me to offer some stories from my experiences with career advancement – consider them part of that good, bad and ugly I wrote about in an earlier column.

As a self-employed freelance communications professional, I have years of experience in both seeking jobs and in hiring employees. Here are a few tales from the truth-is-stranger-than-fiction department.

Shortly upon my graduation from Fanshawe College in the early 1980s, I spotted an advertisement in The London Free Press for an executive assistant in the sports management field. This was during an era when most want ads appeared in our daily newspaper, rather than online. I polished my resume and my faux leather shoes (complete with tassels), penned what I thought was a clever cover letter, put on a skinny leather tie (cut me some slack, this was the early '80s) and marched confidently into that executive's office, ready to take on the world.

What I wasn't prepared for was that prospective employer's com-

bative attitude. As I sat down to chat, I was met with a spiel something like this: "Why are you here wasting my time? People are applying for jobs with an extraordinary amount of experience that you don't have. (She waived a pile of resumes in my face). I don't have a job for you, sorry." And that was the end of that job interview.

The lesson learned from this experience: expect the unexpected when entering the job market. A well-written, concise cover letter can help you get a job interview. A solid, well-written resume outlining valuable education and job skills will help your chances of gaining employment. And a confident, professional persona will see you do well during the interview process. But, to quote Forrest Gump, "Life is like a box of chocolates. You never know what you're gonna get."

Last month, my own editorial assistant took a four-month leave of absence, so I advertised for a temporary replacement and received numerous applications via email. As I am with my own students here at Fanshawe College, I was awestruck by many of their qualifications and job experience. However, the e-mail introductions and cover letters were another story. I actually had one applicant address me as "Dude." I'm not operating a surf board shop, so I passed on that one.

I'm sure my own students are sick of me saying each class, "If you are a strong writer, you will always have a job," but it's true. For many, writing is a lost art – like cover letters and resumes, a necessary evil. A well-written cover letter will open the door to a myriad of opportunities. It's the written equivalent of a strong handshake and smile. First impressions are imperative in today's job market.

No matter how well prepared you are for a job interview, timing



CREDIT: GOSSIP.COM

Unless you're applying for a job to work for Jeff Lebowski, don't start your cover letter with "Hey, Dude."

and a little luck also go a long way in the hiring process. Not too long ago, I sat down with an employer who wished to hire a contract worker for a position starting in less than one week. After a brief information session, I was handed a contract and hired on the spot. Although I entered the meeting confident (not cocky), I was still surprised at how quickly I was offered the job. Perhaps it was because I had long ago discarded that skinny leather tie and ugly faux leather shoes.

There's nothing ugly about being prepared for a job interview. The most important elements to finding a job that's right up your alley are being prepared for the expected and unexpected; creating a thorough, well-structured resume; writing a concise, professional cover letter; and walking into a job interview with a smile, firm handshake and confident attitude.

Just make sure you don't address your prospective employer as "dude."

Award-winning journalist Jeffrey Reed is a Fanshawe College professor with the Corporate Communication and Public Relations post-graduate program and an instructor with Fanshawe's Continuing Education department. E-mail him at jreed@fanshawec.ca.



CAREER CORNER
Susan Coyne
Career Services
Consultant
Fanshawe Career Services

A well-written resume and cover letter are often critical to a candidate's success in today's employment market. So, to ensure that the advice given to students and graduates is as current as possible, a resume and cover letter questionnaire was sent in July 2011 to approximately 300 employers. Employers were asked to respond to a variety of questions geared specifically to the content of resumes and covering letters. Responses were received from 95 employers and they represent a broad range of business and industry.

RESUMES

Should resumes be two pages in length?

Eighty per cent of employers prefer a two-page resume. Many employers commented that resumes longer than two pages may not be read. For each job you apply to, make sure you tailor your resume to that job by including your relevant education, skills and work experience.

Should resumes follow a chronological format?

Nearly all (98 per cent) preferred a reverse chronological format. List your most recent education and experience first as the most recent information tends to be the most relevant and it also makes your resume easier to follow. Be sure to include the specific time frame for each experience, don't just list "2010 – 2011," include the months, e.g. "May 2010 – June 2011."

Should resumes include career objectives?

Eighty per cent of the respondents indicated a preference for career objectives in some manner. Often the career objective is the first thing an employer reads, so make sure it relates to the position applied to. State what skills you bring to the job and what you can do for the employer, not just what you want in a position with them.

Should skills be included?

Most employers (94 per cent) responded in favour of candidates identifying skills on their resume. Many stressed the importance of listing skills that are known to be a requirement for the position applied to. List specific examples of where and how you acquired your skills. Remember transferable skills are often subjective, so back them up in terms of work, school or volunteer experience. Include a 'Summary' or 'Highlights' section on the top of your resume to provide the reader with a snapshot of your related skills, education and achievements. For each position you apply to, make sure you review your skills list and refine it to match the requirements for each job.

Should resumes include interests, extracurricular activities or community involvement?

Seventy-seven per cent responded in favour of including interests and activities, with many comments indicating the need to be brief. This section often provides information not apparent from your work history and amplifies character traits such as initiative,

team and leadership skills and may demonstrate to an employer how committed you are to achieving goals. Volunteer positions and career-related interests or activities seem to be of most interest to employers.

Should resumes include references?

Sixty per cent of employers advised NOT to include references when applying for a job. Fewer and fewer employers are checking references prior to an interview. Generally, references are pursued only if a candidate shows promise during the interview and if the employer is considering an offer of employment. As a courtesy to the employer, simply state that "references are available upon request."

If you are invited to an interview, you are expected to provide complete reference information (names, company information and current phone numbers) and make sure to advise your references that they will be contacted. Work- or school-related references are preferred, so reconsider listing your next-door neighbour or other personal references.

General comments on resumes:

Quite clearly the message from employers is that they expect job seekers to itemize their relevant skills and abilities and to target their resumes specifically for each job applied to. Many employers emphasized that candidates need to pay attention to detail as too many resumes are received with spelling/grammatical errors or incorrect information on them. Remember, your resume should be neat, clear, concise and easy to read in 30 seconds. Proofread carefully as your resume and cover letter are examples of your written communication skills.

COVER LETTERS

Is a cover letter important in the application process?

Seventy-seven per cent of employers responded in favour of candidates including a cover letter. This is an opportunity to provide additional information on why you are right for the position and how your experience and education relates to the job you are seeking.

General comments on the cover letter:

Cover letters should be one page in length and clearly identify what position you are seeking. Employers are looking for candidates who give a little extra effort, so personally address your cover letter and explain how your skills and experience meet the requirements of the position. A good cover letter should demonstrate your professionalism and provide insight into your language and writing skills. Employers also look for correct spelling and grammar, so pay attention to detail and proofread carefully. And remember, one typo is one too many.

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 is 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. For Fanshawe student job listings, visit www.fanshawec.ca/careerservices.

Long-lasting makeup for a sexy night out



BEAUTY BOY
JOSHUA R. WALLER
joshua.r.waller@gmail.com

One of the reasons some women don't like to be too adventurous with their makeup when they are going out is because they are afraid of it turning into a disaster halfway through their night. If dark, smokey eyes, eyelashes and deep lip colours aren't applied properly, they will tend to smudge easily and be noticeably disastrous. However, there is no need to worry as there are tons of tips and techniques you can follow to make sure your evening look stays perfect for your sexy evening out.

The best way to ensure your beautiful complexion lasts through the night is by using a face primer. There are so many face primers in the market now it is hard to choose which one is best. Try to avoid any primers with a whole bunch of fancy colours, glitter, etc. because they tend to get clumpy and ruin the application of your foundation.

Smashbox Photo Finish Primer and Laura Mercier's Foundation primer are the best, but if funds are an issue, using a good moisturizer will work as a replacement. Lastly, make sure you set your foundation with a loose powder (avoid compact powders as they contain gums and binders that make makeup look caked on).

As for the eyes, there are a few options you can use, either alone or together. Eye primers are of course the best way to keep the eyeshadow from flaking. Lise Watier's and Cover FX's eye primers seem to work the best as they have no colour and can make any eyeshadow look flawless. If you don't have a primer, you can also use a waterproof cream shadow as a base for your powder eyeshadows so that you don't sweat them off by dancing... or whatever else you are doing on your sexy night out. Lastly, make sure you use a waterproof mascara and eyeliner so you don't have to worry about them smudging.

To create your perfect, long-lasting lip, start with a lip stain (Revlon Just Bitten works really well) and

then line and fill your lips with a matching lip liner. The lip liner will help prevent the lipstick from bleeding and will make it last longer so you need fewer touch-ups. Then apply a long-lasting lipstick (all brands will now claim they are long-lasting), some of the best being Smashbox's Be Legendary and Lancôme's Rouge in Love. Avoid putting on too much lip gloss as this will make the lipstick slippery and will have a greater tendency to smudge.

After you finish applying all your makeup, I would recommend powdering your face one last time to get rid of any shine. Now to hold your whole look together, mist your face with a makeup fixant (these are a bit harder to find) by brands such as Clarins and Lise Watier.

If you follow all or some of these tips, you can wear a beautiful evening makeup look for your sexy night out, without having to worry about it becoming a disaster. Sweat, tears and spilt beverages do not stand a chance against your long-lasting makeup.



BEST IN LATE NIGHT COMIC RELIEF

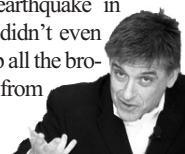
THE LATE LATE SHOW with Craig Ferguson

Prince was on *The View* this morning. The musician Prince, not the royal prince. You could tell because he was fully clothed.

Today an Italian magazine published 26 pages of Kate Middleton topless. I hope Elton John doesn't write a song about it.

This week was the 40th anniversary of *The Price Is Right*. The big anniversary special was on Tuesday and Bob says he wasn't asked to be part of it. Apparently, *The Price Is Right* said to its fans, "Come on down — but not you, Bob Barker. You stay right there."

There was an earthquake in Beverly Hills. We didn't even have time to pick up all the broken pieces of Cher from the last one.



CONAN with Conan O'Brien

Arnold Schwarzenegger has written a new book about his affair with his Hispanic housekeeper, and the book is actually called *Total Recall*. In response, she's written a book about their affair called *Alien vs. Predator*.

Mitt Romney is trailing in the polls. After being accused of being too vague, Romney's campaign team says they will start being more specific. When asked when, they said, "Soon-ish."

Tom Cruise is being accused of having the Church of Scientology audition women to be his wife. I don't know what the problem is. At least someone in this economy is actually still hiring.



LATE NIGHT with Jimmy Fallon

The CEO of IKEA announced that he will retire next year after 34 years with the company. Of course, it was awkward when IKEA just gave him pieces of a gold watch with instructions on how to put it together.

I read that the Apple executive who designed the iPhone just bought a new \$17 million mansion in California. And if there's any justice at all, he'll find out the new house isn't compatible with any of the furniture from his last house.

Mitt Romney took some time off from campaigning to watch his grandson's soccer game. Though it got awkward when one team pulled their goalie and Romney was like, "Look at that — another job lost under President Obama."



JIMMY KIMMEL LIVE with Jimmy Kimmel

Today is the one-year anniversary of the Occupy Wall Street protests. Remember those? They stomped out greed forever.

Mitt Romney was meeting with the Hispanic Chamber of Commerce. He's looking for a housekeeper for his place in La Jolla.

Mitt Romney was on *Live With Kelly and Michael*. At one point Mitt was asked what he wears to bed. He said as little as possible. It's the same philosophy that Mitt has in regard to paying taxes.

Mitt also admitted on the show that his guilty pleasures are peanut butter and jelly sandwiches and chocolate milk. Even his guilty pleasures are boring.



Graphical Deviants

By: Chris Mischak © 2012



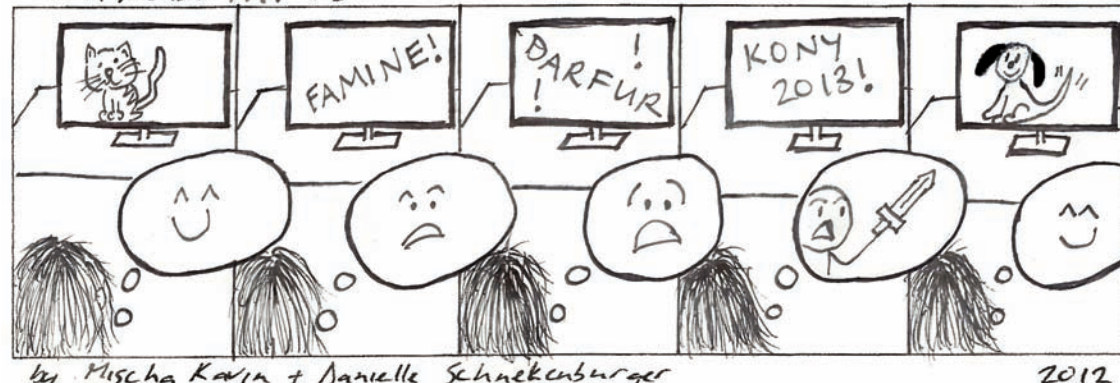
Butt sweat n Tears by Andres Silva



NERDS



THUNDERPANTS



BUS STOP



zodiacstargazerHOROSCOPE

Aries (March 21 - April 19)
Aries enters a period of self-examination. Feelings and reactions in one part of your life don't necessarily apply to another. Beware of going overboard on comfort foods.

Taurus (April 20 - May 20)
The follower turns into the leader. The only voices that you heed are those of ambition and adventure. The only companions that you need are those who will gladly tag along.

Gemini (May 21 - June 20)
Gemini is ready for a different scheme. Eagerness shades to impatience. You want to convert all of this talk into action, but others are still having their conversation.

Cancer (June 21 - July 22)
Everyone is welcome. Other Signs may complain, but Cancer is overjoyed at a fresh start. Your instincts are reliable. Boundaries are observed but not enforced. The honour system is in effect.

Leo (July 23 - August 22)
If you're relying on the force of your personality, think again. Turn down your volume and open your ears. Things are not what they seem. Your unconscious mind is tuned in to what's happening.

Virgo (August 23 - Sept. 22)
Praise and acclaim come from both outside and inside your support group. All at once, you're doing everything right. Water moves Earth with irresistible force. Good advice finally pays off.

Libra (Sept. 23 - Oct. 22)
Libra strives for universal agreement, but these days the universe has other ideas. Avert your eyes from someone else's disaster. In the end, you can only look out for your own interests.

Scorpio (Oct. 23 - Nov. 21)
Assume that you'll win, and maybe everyone will be convinced by your certainty. Broaden your ambitions while keeping emotionally in touch. Your vigor sustains you through anything that happens.

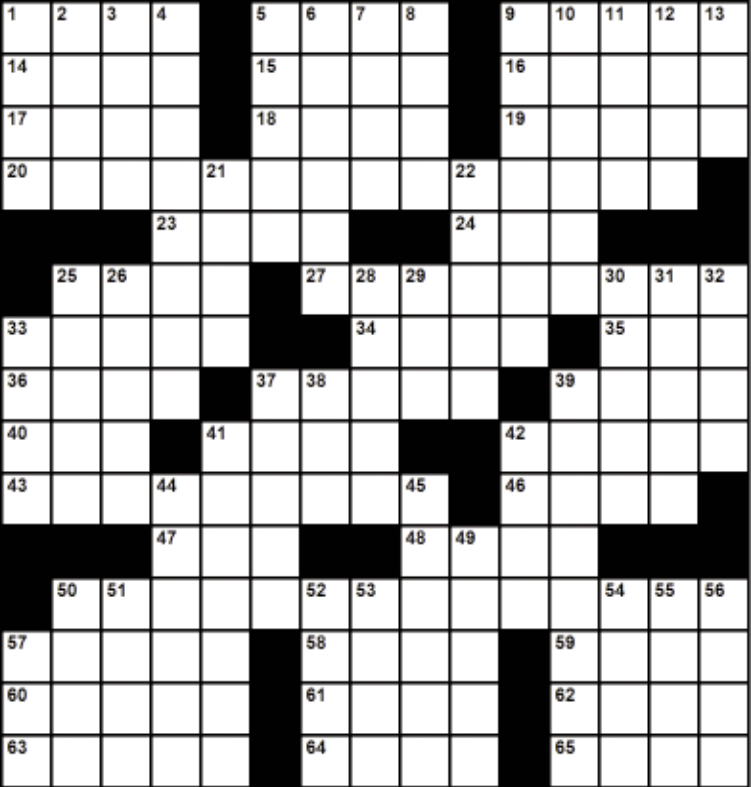
Sagittarius (Nov. 22 - Dec. 21)
Good taste is more than a matter of appetite. Dig deep in case the very best is at the very bottom of the pile. Your explorations may not result in success, but you'll feel better for trying.

Capricorn (Dec. 22 - Jan. 19)
Hesitation is a waste of the perfect opportunity. Run in a straight line without looking to either side. You might be simplifying the picture, but that's the only way to get things done right now.

Aquarius (Jan. 20 - Feb. 18)
You're dealing with a thin, flickering attention span. If you have internal discomfort, treat yourself better immediately. If you'd rather be elsewhere, just make your excuses and go there.

Pisces (Feb. 18 - March 20)
Great things happen around water. Whether you're out sailing or just toasting life with your sports bottle, that favourite element is a source of cosmic refreshment. Here's looking at you, Pisces!

- Across**
- 1. "S.O.S.!"
 - 5. "Cast Away" setting
 - 9. Color of honey
 - 14. Missing from the Marines, say
 - 15. Appear
 - 16. Discover
 - 17. Stiff hair
 - 18. Head of the priestly tribe of Israel
 - 19. Alloy of copper and zinc
 - 20. Queen Victoria's fourth daughter
 - 23. Space agency
 - 24. Clock standard (abbr.)
 - 25. Ladies' undergarment
 - 27. Not retail
 - 33. By oneself
 - 34. Location of the first garden
 - 35. Negative vote
 - 36. Masculine side
 - 37. Fast runners
 - 39. Conceal
 - 40. Barely get, with "out"
 - 41. Bombard
 - 42. English river
 - 43. Publish in installments
 - 46. Brought into play
 - 47. Sis's counterpart
 - 48. Contact, e.g.
 - 50. Second-largest body of water in the Northwest Territories
 - 57. Bizarre
 - 58. Run with long strides
 - 59. 2008 computer animated family comedy film
 - 60. Beast of Borden
 - 61. Its capital was Moscow (abbr.)
 - 62. Pesky insects
 - 63. "Don't get any funny ___!"
 - 64. Convene
 - 65. Farm animal
- Down**
- 1. Door fastener
 - 2. Pitcher
 - 3. Basic monetary unit of Lesotho
 - 4. Arranging ahead of time
 - 7. Male bats have the highest rate of homosexuality of any mammal.
 - 8. Studies show that women who went to college are more likely to enjoy oral sex (giving and receiving) than high school dropouts.
 - 9. A man's beard grows fastest when he anticipates sex.
 - 10. In earlier times, masturbation was believed to lead to blindness, madness, sudden death and other unpleasant diseases. Present research, however, shows no connection.
 - 11. A man will ejaculate approximately 18 quarts of semen, containing half a trillion sperm, in his lifetime.
 - 12. The Geisha of Japan would not perform fellatio because it was considered demeaning for the cultured to do so.
 - 13. Sex is biochemically no different from eating large quantities of chocolate.
 - 14. Males, on average, think about sex every seven seconds.
 - 15. 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.
 - 16. A medical study conducted in Pennsylvania showed that people who have sex once or twice a week have their immune systems boosted slightly.
 - 17. Sex is an incredibly healthy activity. It can cure headaches by unlocking tensed bloodvessels in a person's brain. It can clear up a stuffy nose, asthma and hay fever because having sex is actually an antihistamine.
 - 18. When a woman has sex, it releases estrogen into her body. Estrogen makes a woman's hair shiny and her skin soft and smooth.



- 5. Small specks on a globe
- 6. Go up and down
- 7. Chief monetary units of Bulgaria
- 8. Disney's "___" and the Detectives"
- 9. Egg white
- 10. Has coming
- 11. Bleats
- 12. European language
- 13. "ER" extras
- 21. Superman's outerwear
- 22. Longing looks
- 25. Quench
- 26. St. Anthony, notably
- 28. Avis rival
- 29. Lyric poem
- 30. Cartoon art
- 31. Put on, as cargo
- 32. Views
- 33. "The ___ have it"
- 37. Serf
- 38. "Aladdin" prince
- 39. Annoying
- 41. Santa Claus, Macy's, Rose Bowl, e.g.
- 42. Month
- 44. Spain and Portugal
- 45. Go by, as time
- 49. Flip
- 50. Neuter
- 51. Acclivity
- 52. Urban blight
- 53. ___ one's mind
- 54. Money-exchange business
- 55. Industrial city in N.W city
- 56. Formerly
- 57. Chinese dynasties

Solution on page 30

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.
- 6. Formicophilia is the fetish for having small insects crawl on your genitals.

Sudoku Puzzle

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

puzzle rating: medium

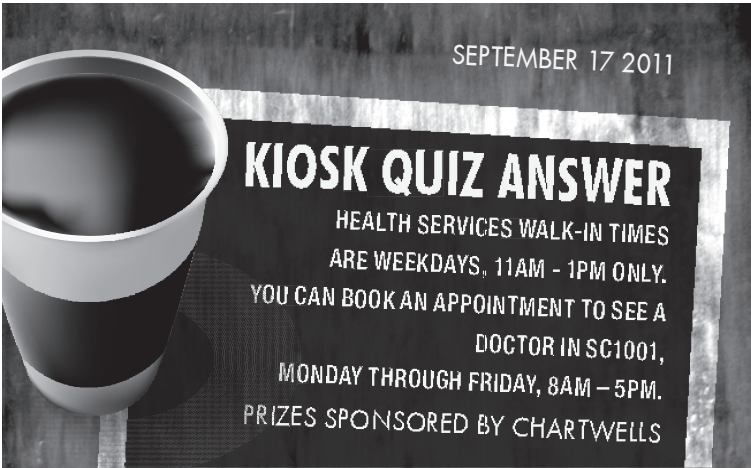
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 30.

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 |



Match fixing in Canada



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

The Canadian Soccer League is a minor league. It's Canada's only 'professional' league, even though it's mostly semi-pro. Clubs are nearly family businesses (including our own London City) and are rarely given any time in the media, until now. Recently, CBC and Metro ran an interesting piece into match fixing in the small-time league. One would ask, why fix the results to bet on such a small league? The answer is, as it always is, money.

The match reporter Ben Rycroft focused his work on a game that featured the Trois-Rivieres Attak and Toronto Croatia in 2009. A bribe of \$20,000 was given to four players on the team, yet possibly hundreds of thousands of dollars could have been wagered on that game on major gambling websites, almost all of which have CSL games as wageable ventures.

The CSL has a lot of problems that are almost always visible. The clubs are run by volunteers, owners are sometimes non-existent and the players are constantly being turned over. Some up-and-coming Canadian stars are playing in this league, yet this isn't a very good atmosphere for these players to play in, including here in London.

In fact, transcripts from an interview Rycroft did with an anonymous player who had supposedly been approached with a bribe to throw the game show the player was also approached during a



CREDIT: JONATHON BRODIE

A Toronto Croatia player collides with a London City player in City's home opener this season.

game in London. London City has been marked by a few questionable events this season. Players have been in the door almost as fast as they're out, the manager left halfway through the season (after going to Europe and then telling the club he wasn't coming back) and the new owner based in Hamilton hasn't been around the club or games.

All the while the financing of the clubs has gone into question as well. It was leaked in a wiretap that the men who worked the match fixing in the CSL in 2009 were looking to buy a team. London City is the newest team to be given to new owners.

The problem with the CSL is that no one cares, really. Canadian soccer has blossomed in the past decade or so, but very little to almost none of that growth is being

felt by the many small clubs that dot the landscape. Obviously Major League Soccer teams are doing well, but those are only three major markets. This brings me to my next point: the players are suffering the most in this situation. With such little structure and action like this regularly occurring, how is Canada supposed to develop talent outside of the three academy systems? After all, only three proper player academies cannot properly serve the 30 million people in this country and the thousands of soccer players that take the sport seriously.

Hopefully this can be a start to creating a proper league that can produce proper players. The transparency this report brings could very easily clean up the league and the game in this country.



CREDIT: MYCYCLINGBIKE.COM

Hitting the gym too hard can lead to exhaustion.

Three stages of workout stress



FUN AND FITNESS
RICK MELO
melo_rick@hotmail.com

General adaptation syndrome is a nice way of describing how your body responds to the stress of a training exercise. As you stress your body, it goes through three different stages: the alarm stage, the resistance stage and the exhaustion stage.

When a new stress is placed on your body, such as that from starting a training regimen for the first time, your body will naturally go through an alarm stage. You'll experience high levels of soreness accompanied by decreased levels of performance. If you're thinking to yourself, "I know what he is talking about – it's that brand-new pain that hurts like a bitch a day or two after I work out," then you're absolutely right. It is unfortunately also one of the biggest reasons why newcomers completely abandon training in the early going that we see far too often.

However, for those of you who stick to it and fight through the initial soreness, congratulations, you are now entering the resistance stage! This is where your body adapts neuromuscularly and biochemically to the stress it has been put under and becomes better prepared to deal with that particular stress. If another lightbulb went off in your head again and you're thinking, "Is he talking about when my body isn't nearly as sore two weeks after starting my training

program?" then you're right again. I find this to be one of the most neglected bits that trainers fail to educate their clients about. They don't take the time to explain this resistance phase and newcomers develop these concerns that the initial soreness from hell will be a continuous plague over their bodies. I don't think anyone would want to train hard if that were the case. None of us would be able to get out of our beds without agonizing pain for as long as we hit the gym! So if you only take one thing away from this article, make sure it's this piece of underrated but very important information about the body's resistance capability.

Lastly, if you expose yourself to TOO much stress for TOO long a period, your body will enter the exhaustion stage. Your adaptations that you worked so hard for will begin to plateau and actually reverse. This can result from either a lack of training variety or too much training stress. If you're thinking about those idiots that spend over two hours a day, six to seven days a week hitting the weights like it's their job, then you now have a mental picture of what NOT to do.

Like anything else in life, we typically go through stages or steps in order to achieve a certain goal. Physical activity, exercise and training are no exceptions to the rule. So remember, you will be ALARMED, but be consistent and your body will RESIST. And whatever you do, do not over-train or you will EXHAUST yourself – sometimes less is more.



PHOTO COURTESY JOE BOWEN

Joe Bowen will be on campus on September 26 at 12 p.m. for a free event in the Alumni Lecture Theatre (D1060).

Joe Bowen 'BeLeafs' in mentors

MELANIE ANDERSON
INTERROBANG

Holy Mackinaw! Joe Bowen, the voice of the Toronto Maple Leafs, will be at Fanshawe on September 26 to give a talk entitled The Importance of Mentors. Bowen has broadcasted over 2,000 Leafs games in over 30 years.

According to his Sportsnet bio, his career highlights other than the Leafs games include blow-by-

blow of Muhammad Ali's last fight, three Toronto Rock World Championship Games and the Trevor Berbick vs. Larry Holmes World Title Fight. On a personal note, Bowen is the father of four boys and currently lives in Unionville.

He has supported several charities by being the emcee at hundreds of banquets and golf tournaments. He was the emcee at all of

the Meet the Leafs luncheons, Have a Heart Dinners and Maple Leaf Casino nights.

This talk supports the Larry Myny Mentorship Program at Fanshawe, which helps to match students with mentors in the community who relate to their field of study. The event is free (seating is limited) and will take place from 12 to 1 p.m. in the Alumni Lecture Theatre (D1060).

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

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

Trout vs. Harper



THE PAYOFF PITCH
RYAN SPRINGETT
springett_1993@hotmail.com
twitter: @Ryan_Springett

Two of the most exciting players to watch in the MLB are Bryce Harper, a 19-year-old from Las Vegas and Mike Trout, a 21-year-old from Vineland, New Jersey. These are my top two candidates for the 2012 National and American rookie of the year, but who is number one in the MLB?

The argument:

Mike Trout, the centre fielder for the Los Angeles Angels, had some experience last year playing in 39 games towards the end of the season. This year, Trout has dominated the American League in batting average (.329), runs (116), stolen bases (45) and on base percentage (.957). More impressive is that Trout began the 2012 season with the Salt Lake Bees of the Class AAA Pacific Coast League before getting the call to join the Angels on April 28.

Like Trout, Washington Nationals outfielder Bryce Harper got his opportunity by being called up from the minors on April 27. All eyes were on the youngster. Why? He is the most touted prospect in MLB history since Stephen Strasburg, a starting pitcher with the Nationals. Only 19 years of age and he fits right in with the rest of his team. How many 19-year-olds can say that? His numbers are not overpowering, considering he has only played 123 games this year, but his 19 homers, 50 RBIs and .263 bat-



Bryce Harper (left) and Mike Trout at the 2012 All-Star Game in Kansas City

CREDIT: BLOWOUTCARDS.COM

ting average is outstanding for any player in the MLB, not just a teenager.

Who's better?

Trout has my vote. Trout has been a leader in the stats column and will receive some votes for American League most valuable player and should run away with the rookie of the year award. While Harper's Nationals will be in the playoffs, Trout's Angels have been a disappointment as they were expected to challenge for a playoff spot, but Trout has been the team's saving grace, helping the team recover from an atrocious start.

Who has the most potential?

Harper – he's a professional on

and off the field, talented, a utility player who I think can play any position. An All-Star at the age of 19, Harper will see a lot more All-Star games by the end of his baseball career.

This is really a toss-up, because you never really know for sure what the future holds, for all we know an injury could significantly affect these two young prospects from reaching their full potential.

All in all, both players will be nominees for the rookie of the year in their respected league; we should enjoy the show that these two young prospects put on for us over the next decade, I know I will.

London is the early favourite



AROUND THE OHL
RYAN SPRINGETT
springett_1993@hotmail.com
twitter: @Ryan_Springett

With the NHL currently on lock-out, the fate of the season is up in the air. But, we know the London Knights are set for the Ontario Hockey League season to be played at Budweiser Gardens. The expectations for the OHL champs are high as they should be.

Last year the London Knights overachieved; the fact that they walked away with the best record in the OHL and were ultimately one goal away from winning the Memorial Cup is more than I could have ever predicted, especially with a coaching change midway through the season. I labeled them as being one year away from regaining the title as Memorial Cup champs or the number-one team in the Canadian Hockey League. Going into this year's season, I stand by that comment by saying that this is their year.

Their defence will be the best the franchise has ever seen, better than their "untouchable" 2005 roster. Olli Maatta, Scott Harrington, Tommy Hughes, Kevin Raine and Tyler Ferry will all be returning. Nikita Zadorov from Russia and Paxton Leroux out of Peterborough will add a big presence to the blue line. I'm a firm believer that defence wins championships, and that's where this team thrives.

With two strong goaltenders, who will see the ice more this season: Kevin Bailie or Jake Patterson? Bailie would be my number-one pick to start the season, because he spent last year playing for the Oshawa Generals, a team that wasn't solid defensively. He is used to seeing a lot of pucks throughout the game and it will be interesting to see how he plays



with a strong defence in front of him. Patterson, on the other hand, split the season with the Knights and the London Nationals (Jr.); he was solid with the Knights, but he posted mediocre numbers with the Nationals, going 0-3, with a 6.50 goals against average and a .804 save percentage allowing 18 goals in four games. Throughout his six games with the Knights, he went 2-2, allowing seven goals against with a 1.85 goals against average and a 0.929 save percentage. Not too bad, but my money is on Bailie to be the regular starter for London.

How is London going to do when it comes to getting the puck into the net? Well, they are going to have to look at the kids of yesterday to lead this season; Max Domi, Bo Horvat, Josh Anderson and Chris Tierney. A couple of fresh faces on the offence will make the third and fourth line very interesting to watch – we'll see if they can handle this hockey crazy city. When it comes to grit on the team, there isn't much, just those Rupert twins.

Concluding, I would like to make note that the last NHL lock-out (2005) was very generous to the London Knights: OHL Championship, Memorial Cup and set multiple records. Hockey fans don't look forward to the lockout, although history says the London Knights do.

Luxurious 2013 Lexus ES350 not fun to drive



MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

If you're in the market for a car that has all the luxuries and comfort of a full-size sedan, but at about half the price (and a bit smaller in size), then the new Lexus ES350 is the car for you.

This new-for-2013 model has all the features you could possibly wish for, including exquisite leather seats – the front seats are not only heated, but ventilated too. Then you have power-operated everything, even the steering column which tilts and telescopes (optional). There is also an option to get the navigation system, which then comes with a reversing camera (which is actually part of the Premium Package). You also get a panoramic sunroof (on the top-spec Technology Package model), to enjoy what's left of our sunshine this time of the year.

The good news doesn't end there. This car has a smooth-as-silk six-speed automatic gearbox, which sends the power to the front wheels. The power is also quite impressive. A new 3.5-litre V6 engine is fitted that produces 268

hp, which is quite enough, actually. So make no mistake, this car can carry its weight and yours along quite easily.

So, all looks good – you should rush out and buy one... if you have about \$50,000 to spend on a car. But that's not the end of the story.

You see, while this car is very impressive with its features, the joy of driving is missing. In my view, this car is a bit too soft. There is no feeling of you being connected to the road.

While some of my older friends would love how quiet it is on the highway (if you turn off the stereo and climate control at 115 km/h, you hear nothing but some faint sound of the wind – you don't even hear the engine at all), I rather prefer getting the sensation that I am moving. This car made me feel as if my entire body was under anesthetic, but that might be exactly what some people might be looking for.

I don't like the handling, either. The soft nature of the car spoils the fun. This car rolls through corners, and on every off-ramp, I had to make far too many steering corrections to keep it on my intended line. If you want a car to take through some back roads just for the fun of it, this one won't do.

So, the car is not fun to drive, but that's okay, not everyone

wants a fun to drive car. Lexus does know its customer base well and has thus engineered a car to keep its existing clientele, but perhaps it won't win over many new ones with this new sixth generation ES model.

To please their current customers, it has features like the key-less entry and ignition, which means the key can stay in your pocket, and as you walk up to the car, it unlocks; step inside, put your foot on the brake, press the Engine Start button and it fires up. Surely these kinds of features will appeal to drivers who like being pampered.

They will also love its new interior, which does have a much classier look than the model it replaces.

It will also appeal to those who like buying hybrids, because for the first time, the ES model will be offered as a hybrid: the ES300h.

If all this sounds good to you, you can go to your local Lexus dealer now and get your hands on the new ES. Prices for the ES350 start at \$39,500, while pricing for the hybrid ES300h starts at \$43,900.

Personally, I'd rather spend this sort of money on the IS series from Lexus, which offers similar luxuries with some driving appeal.

FANSHAWE COLLEGE ATHLETICS

SOCCER

Wednesday September 26
vs Lambton
Women's @ 5:30pm

Thursday September 27
vs Lambton
Men's @ 5:30pm

VOLLEYBALL

September 29 - 30
10th Annual Overkill Invitational
@ Fanshawe College

CAMPUS REC

Wednesday September 26
Women's Ice hockey tryouts

OPEN REC

Begins Tuesday September 25
Every Tuesday, Thursday, and
Sunday night from 10pm till 12am

Fanshawe College Athletics
www.fanshawec.ca/athletics | j1034 | 519-452-4202

party gras

FORWELL HALL

930PM DOORS

\$3ADV
\$4DOOR

FREE BEADS AT THE DOOR!
TICKETS AVAILABLE AT THE BIZ BOOTH

DJ JYU | THURS. SEPT. 27TH

SEXUAL AWARENESS DAYS

TUES SEPT 25TH

Forwell Hall - 8pm - free admission

CONDOM CASINO

Tons of sexy prizes, and free condoms

Wednesday Sept 26th

Dr Robin Milhausen

SEX EXPERT

Forwell Hall
free admission 12 noon

SEX TOY BINGO

WED SEPT 26TH

Out Back Shack, 9pm doors, No Cover

NUIT BLANCHE

NUIT BLANCHE

SATURDAY SEPTEMBER 29TH

STUDENTS \$15
GUESTS \$17

PRICE INCLUDES TRANSPORTATION

TUESDAYS AT NOON

PETE HOLMES
SEPT. 25TH
FORWELL HALL, 12NOON, FREE LAUGHS

THURSDAYS AT NOON

SUNPARLOUR PLAYERS
SEPT. 27TH
FORWELL HALL, 12NOON, FREE MUSIC

POKER NIGHT

UP TO \$100 IN PRIZES TO BE WON

WEDNESDAY SEPTEMBER 26

FORWELL HALL AT 6:30PM

FANSHAWE STUDENTS ONLY

\$2 ADVANCE @ THE BIZ BOOTH

HOUSE AT THE END OF THE STREET

WED. SEPT. 26TH

\$3.50 STUDENTS | \$5 GUESTS

AT RAINBOW CINEMAS (IN CITI PLAZA)

TICKETS AND INFORMATION AVAILABLE AT THE BIZ BOOTH

FRIDAY SEPTEMBER 28th

Motion Grove

Playing with
Out Back Shack 9:30pm Doors

Chasing Darwin & Gypsy Ghosts
No Cover