

HELL



Question of the week

How do you feel about pornography & if you had a porn star name what would it be?

sex week edition

Ashley Burleigh

—“I think porn is nasty, I would not have a porn star name.”



Brittany McPherson

—“Porn is great for some people! My porn star name would be Bambi”



Dee Asante

—“I like porn, you learn a lot. My name would be Lucy!”



Jamie Tully

—“Everyone’s watched it before, if they said no they’re lying. My porn star name would be Roxy Phelatio.”



Matt Homeniuk

—“Porn’s great, you got to have some! My porn star name would be The Situation.”



Samuel Hamilton

—“I love porn, my name would be Big Steel!”



Megan Zieglen at the Out Back Shack during the Super Pub.

CREDIT: ANDRE BAKER

10 Things I Know About You...

Balakrishnan here to study?

Karthik Balakrishnan is in his first year of the international business management program. He says of himself: “Like a mercury, very volatile! Will rise up when I’m under fire!!”

- 1. Why are you here?**
To study (that’s what I said to my parents).
- 2. What was your life changing moment?**
The last eight months in Canada

- 3. What music are you currently listening to?**
AR Rehman. (Heard of him? The Slumdog Millionaire MD).
- 4. What is the best piece of advice you’ve ever received?**
Be happy.
- 5. Who is your role model?**
Gandhi and Che Guevara.
- 6. Where in the world have you**

- traveled?**
All of south India, UK and now Canada.
- 7. What was your first job?**
Network analyst.
- 8. What would your last meal be?**
Chicken bryani. In case you aren’t aware of it, Google it.
- 9. What makes you uneasy?**
Talking to insensitive people.
- 10. What is your passion?**
My life, travelling, food and the Internet!
Do you want Fanshawe to know 10 Things About you? Just head on over to fsu.ca and click on the Ten Things I Know About You link at the top.



Karthik Balakrishnan suggests you Google chicken bryani.

CREDIT: SUBMITTED

sept. events

sexual awareness week

monday 27

8 Ball Tournament

Gamesroom - 5pm

winner plays Gerry Watson noon on Wed.



tuesday 28

Nooner – Forwell Hall

Talk Sex with Sue Johanson



wednesday 29

SEX-toy Bingo - OBS

FSU Poker Night

First Run Film Rainbow Cinemas

\$3.50 students. \$5.00 guests.

Wall Street Money Never Sleeps



Fanshawe @ the Grand

Anything goes- 8pm \$18 students. \$26 guests.

thursday 30

Nooner - Forwell Hall

Music

Jungle Love Pub

Forwell Hall - 9:30pm

friday 1 october

New Music Night

OBS - 9:30pm

Fanshawe @ The Knights

Knights vs Otters

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Personality profiling can help predict cheating: study

ALEXANDRA POSADZKI
CUP ONTARIO BUREAU CHIEF

TORONTO (CUP) — Chad* said he started cheating on tests because he was too lazy to put in the hours studying and wasn't interested in the course material.

"I didn't feel guilty because I felt that they were testing me on my memory, not on my understanding," said Chad, a third-year student at George Brown College in Toronto. "I don't have a really good memory. So I decided I was going to get back at them by cheating."

Chad confessed to helping other people cheat as well, by photographing exams and sending them out to friends.

"It's pretty widespread in college," said Chad. "I'm still currently cheating."

A September 7 study, conducted by the American Psychological Association, examined students like Chad and found that lack of remorse, a trait often associated with psychopathy, is common amongst scholastic cheaters.

High school and university students who admitted to cheating on tests or plagiarizing papers scored higher on personality tests of the "Dark Triad:" psychopathy, machiavellianism and narcissism.

Machiavellianism includes such qualities as manipulativeness, cynicism and amorality, while narcissism encompasses traits like self-centredness and a sense of entitlement.

Psychopathy, a personality disorder associated with the inability to feel guilt or empathy, was most strongly linked to cheating.

"We're talking about mild-level psychopaths here. They're not the same ones who have spent their whole lives in prison, maiming and killing people," said Delroy Paulhus, a psychology professor at the University of British Columbia and one of the study's authors.

"But nonetheless, they show the same personality pattern."

Traditionally, it was believed that students who were unprepared were most likely to cheat. While the study found this to be true to some extent, personality profiling proved to be a much stronger predictor.

The research found two major motivators to cheat: Cheating students felt that they were entitled to good grades and they also didn't think that cheating was morally wrong.

Many students who cheated had very ambitious grade goals and felt that cheating was an appropriate means of attaining them.

"If you put people in very competitive, challenging situations, then the psychopaths in that group will resort to under-handed methods. So it's partly the context and partly the personality," said Paulhus.

Students are also more likely to cheat if they don't think that they will get caught or if they are simply not afraid of punishment.

Sarah*, a first-year student at the University of Toronto, echoed this sentiment. In Grade 12, Sarah and several of her classmates text messaged answers to each other on biology exams because they felt that the teacher wasn't paying close enough attention.

"First of all, it was so easy. Second of all, I didn't think she would do anything if I got caught. Third, she was a really boring teacher, so I never really paid attention in class and then I wasn't motivated to study. So I just

never really knew the material very well," said Sarah.

Although Sarah regrets that she didn't learn anything in the course, she doesn't feel guilty for having cheated.

"I used to cheat on boyfriends all the time, and I never cared," said Sarah. "Now I do, but back then I didn't. When you don't get caught for something it's like it never happened."

She did feel guilty, however, for handing in somebody else's sonnet once, and receiving a high grade.

"I feel morally guilty for that one, because it was someone's actual work that I handed in, and they didn't know that I handed it in," said Sarah.

Advancements in technology have made it easier for students to cheat, according to Paulhus. With a quick text message or a Google search, students can obtain answers to an exam question or even entire essays.

But technological advancements can be used to detect cheating as well. A database such as Turnitin.com can help a professor identify whether parts of a paper were plagiarized from books, online sources or past essays.

Paulhus also referred to a program that allows professors to compare students' exams in order to gauge whether two students' answers are just a little too similar.

There are preventative measures that professors can take against cheating, as well. Paulhus recommends using different forms of the same test, banning cellphones and electronics, assigning seats and assigning essays about personal experiences that make it difficult for plagiarism to occur.

Taking such measures is the only way to limit cheating, said Paulhus, because it's difficult to intervene with people who display psychopathic traits.

"You can't really change them. There's no point to trying to talk them out of it. So you're going to have to change the context to avoid the fact that you're going to have such people in your classes," he said.

"Some students cheat out of desperation, because they don't have the ability or they're not prepared ... reducing the competitiveness of the academic atmosphere would help a little bit to remove the desperation of those students."

**Note: Names have been changed to protect privacy*



L.O.O.K. out world!

ROSE CORA PERRY
INTERROBANG

Whether you subscribe to the 2012 Mayan prophecies, look to the current economic crisis, or consider our seriously detrimental reliance on that icky black substance that comes from the decomposition of ancient critters, I think it's fairly evident that if we hope to maintain a sustainable existence where we're living in harmony and not discord, with the rest of nature, adaptation (not to go too Darwinian, on you) is NECESSARY.

A step in the right direction is Locally Organized Organic Knowledge, an event created by Jamie Hume and Fanshawe's own arts student Jessica Conlon.

L.O.O.K. is the latest in local initiatives championing dual goals of community-integration and environmentally-sound living. This upcoming October 2 between the hours of 10 a.m. and 6 p.m., L.O.O.K. in conjunction with the Old East Village Community Association, Waste-Free World, the Thames Region Ecological Association and the Western Fair Farmers' Market, will be sponsor-

ing the Forest City's premier Waste-Free Eco-fest and Unity Round Table in Queen's Park (925 Dundas St., Western Fairgrounds, London).

Described by Hume as an opportunity to "commune with nature through various arts," L.O.O.K.'s fest will feature everything from visual arts and crafts, to dramatic performances, puppetry, spoken word and, of course, local music including guest performances by Rusty Water and the Broken Troubadours, More More, Easy P & Buddah Bounce, Justin Maki, Sara Westbrook and Tiffany Blom, among others.

Local organic farmers and prepared food vendors, charities, food banks, environmental organizations and agencies related to the health and education of the environment and sustainability, along with merchants, "whose products and business practices demonstrate that they are making a significant effort in this area," have also been invited to participate.

With no printed tickets, the onus on vendors to leave their stations garbage-free, and even a performance stage specially engineered to

be powered entirely by bicycle, L.O.O.K. rightly deserves to designate their fete as the "first of its kind." Free to both audiences and vendors alike (minus a refundable liability deposit), and open to all age groups, other unique components include a farmers' market scavenger hunt, a raffle comprised of prizes crafted from recycled materials and an opportunity for artists of all media to "serenade" Queens Park's old growth forest.

L.O.O.K.'s purpose goes well beyond the realm of the personal (or municipal) to the political however: feedback obtained through the Unity Round Table discussions hosted at the event will be compiled, and recommendations from you and your fellow Forest City residents will be forwarded to the appropriate local, provincial or federal political representatives to give an added voice to OUR community.

In the words of Hume, L.O.O.K.'s event "is about honouring [the environment] we are in a relationship with from the beginning to the end of our lives;" after all, as she points out, "we breathe together."

hi-times

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Before applying for a job one needs to assess their skills.

Skills assessment



CAREER CORNER
Susan Coyne
Career Services
Consultant
Fanshawe Career Services

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

Before an employer calls you for an interview, they want to know what you, over anyone else, can do for them. So, make sure your covering letter and resume clearly identify your unique combination of skills and abilities as they relate to the position you are applying for. You should be able to describe your skills under a number of headings.

The Conference Board of Canada has developed the following list of "Employability Skills" for Canadians based on dialogue with employers regarding their needs and expectations.

Academic Skills provide the basic foundation to get, keep and progress in a job and achieve the best results.

- Communication, understanding, speaking and writing effectively in the languages in which the business is conducted.

- Thinking critically and acting logically to evaluate situations, solve problems and make decisions.

- Using technology, instruments, tools and information systems effectively.

- Learning, a commitment to life long learning.

Personal Management Skills are a combination of skills, attitudes and behaviours.

- Positive attitude and behaviours, self-esteem and confidence as well as honesty, integrity and personal ethics. Initiative, energy and the persistence to get the job done.

- Responsibility, setting goals and priorities in work and in your personal life. Planning and managing time, money and other resources to achieve goals. Accountability for your actions.

- Adaptability, possessing a positive attitude towards change. Identifying and suggesting new ideas to get the job done.

Teamwork Skills are those needed to work with others on a job and to achieve the best results.

- Working with others, understanding and contributing to the organization's goals. Planning and making decisions with others and supporting the outcomes. Exercising the ability to "give and take" to achieve group results or when appropriate leading the group to high performance.

Need assistance identifying your "Employability Skills" or writing your resume or cover letter? Why not drop by the Career Services office located in Room D1063 for a

copy of one of our job search booklets that contain helpful hints on creating your resume and conducting a positive job search. The Career Services staff are available to assist you on an individual basis. Visit the office in D1063 to arrange an appointment with the consultant responsible for your program or call 519-452-4294. For Fanshawe student job listings visit www.fanshaweonline.ca or www.fanshawec.ca/careerservices.

360° News: national and international briefs

National News:

– Canada was shamed in front of 150 world leaders as United Nations adviser Jeffrey Sachs chastised the country and the United States for not doing enough to eradicate poverty. The world leaders are to adopt a 31-page statement regarding their commitment to antipoverty targets, but there is a concern that because there's no way to hold countries accountable, they will not meet their required goals.

– As another Toronto International Film Festival comes to a close, *The King's Speech* came out as the Cadillac People's Choice Award winner. Stars Colin Firth and Geoffrey Rush are both predicted to receive best acting nods in next year's Oscars, and the film is expected to receive a nomination for best picture. The 11-day festival saw Toronto overrun with big-name celebrities from Helen Mirren and Ben Affleck, to Canadians Ryan Reynolds and Ryan Gosling.

– New Westminster will be the first municipality in Canada to apologize for decades of discrimination towards Chinese-Canadians. In 1908, New Westminster passed a by-law that prevented Chinese, Japanese, Indian or other individuals of Asian ethnicity from voting in municipal elections.

International News:

– In the Catholic Church's latest attempt to alleviate its sex abuse scandals, Pope Benedict apologized to five British victims on September 18. According to the Vatican, Benedict expressed "his deep sorrow and shame over what the victims and their families suffered" in a half-hour meeting at the ambassador's residence in Wimbledon. On the same day, thousands of people marched in central London to protest the Pope's stance against homosexuality, abortion and using condoms to fight AIDS. Protestors carried banners that said "The Pope is wrong — put a condom on" and "Pope protects pedophile priests," reported the Toronto Star.

– Bed bugs have invaded the Big Apple. The entire United States has experienced an increase in these little critters, but New York was reported by CBS as being the most infested city. Nearly 13,000 bed bug-related calls to the city's helpline have been made over the past 12 months. The bugs recently forced Nike to shut down its downtown location, along with Victoria's Secret, Hollister and Abercrombie & Fitch. Bedbugs can hide in mattresses and clothes.

Files compiled by Jessica Ireland and Erika Faust

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5 QUESTIONS

ANDREW PAYNE — VP FINANCE

JESSICA IRELAND INTERROBANG



1. IF YOU COULD SWITCH PLACES WITH ANYONE IN THE WORLD, WHO WOULD IT BE AND WHY?

“(Kiteboarder) Youri Zoon — he’s a team rider for Slingshot Kites. Well-respected, extremely talented. He has access to the latest gear and travels all over the world kiting.”



2. WHAT IS YOUR BEST MEMORY AT FANSHAWE SO FAR?

“The night we had our year-end bash when illScarlett played — April 2010. I was getting towards the end of being VP entertainment and had one of my last studio times in MIA. Everyone was friendly and everyone was around.”



3. WHAT’S YOUR PERFECT DAY LIKE?

“I wake up, see the sunshine. Morning wakeboard session on flat water. Breakfast in the boat, egg sandwich on a bagel. I’d want to come in and talk gear with my friends for hours — until lunch. There’d have to be cold cut sandwiches and juice and then a lounging period. A nap (would be involved) involved on a comfortable lawn chair in the shade with music and no bugs. Then I wake up and the wind has picked up just like that, and there’s a kiteboarding session that lasts past dinner. A gorgeous sunset. Dinner is hot dogs and s’mores, cocktails and brews and then there’s a huge jam session around the campfire.”



4. WHAT’S ONE THING WE SHOULD KNOW ABOUT YOU AND ONE THING WE SHOULDN’T KNOW?

“I am a music geek, I suppose. I have music playing all.the.time. I eat pasta from the pot. Proper eating etiquette sometimes does not apply to me.5.



5. WHAT’S SOMETHING WEIRD THAT’S HAPPENED TO YOU SINCE YOU JOINED THE FSU?

“People recognizing me. They know me from my picture on the wall (by the Oasis). I’m always off-guard, people are like, “You!” and I feel like, “Oh, who? Me?” And getting my own business card.”

Rocking it at SXSW



FSU VP ENTERTAINMENT
 Joe Ayotte
 fsuentertain@fanshawec.ca

iTunes, YouTube and Twitter - the holy trinity of entertainment. If these three were to rip themselves from their technical shackles and materialize in the real world, I'm pretty sure this thing would have a southern drawl.

South By Southwest (SXSW) is the music/movie/new media mecca of North America. Taking over the streets and venues of Austin, Texas every spring, SXSW is one of the United States' largest music festivals.

Don't let the term "music festival" fool you - it's not a field strewn with mud-slinging hippies - it's at the top of the list of must-attend events for anyone in the music, film and web industries. Over the course of 10 days, SXSW is host to 2,000 musical acts, 250 films and over 13,000 industry representatives.

Since the first festival in 1987, SXSW has transformed from a crowd of 700 to almost 40,000 registrations for the music, movie and interactive conferences. The rising interest in the festival/conferences is easily explained when you look at their track record of premiering some of the best new artists, movies and Internet technologies of the last few years. These conferences have each had something to brag about recently.

The interactive portion of the SXSW takes place at the beginning of the 10-day festival. A massive gathering of the leaders in web technologies, SXSW Interactive was the

launch pad for social-media juggernaut Twitter in 2007. Austin sees massive increases in mobile network usage during the festival, due in part to the attendee's use of Twitter and other social apps on their smartphones.

SXSW Interactive gave attendees a say in what keynote speakers they'd like to see next year by voting on the SXSW website. Those speakers will join the ranks of Robert Rodriguez, Mark Zuckerberg, Neil Young and Johnny Cash as industry leaders that have spoken at SXSW.

The SXSW Film Conference and Festival runs through most of the 10-day festival and screens over 250 films. Recent years' standouts included *Kick-Ass*, *The White Stripes* documentary *Under Great White Northern Lights*, and Academy Award winner *The Hurt Locker*.

The music segment of the festival typically wraps it up. Over 2,000 acts were on the bill during the four days of music - more than three times the amount of Canada's biggest music festival/conference, North by Northeast. Austin finishes it off with their annual Austin Music Awards.

And yes, NXNE is our take on SXSW. Mind you, NXNE (hosted in Toronto) is a bit easier to get to ... and afford. A SXSW "Gold Badge," which gets you all 10 days of music, movies and interactive, runs for \$650! Add the \$600+ flight and you're pushing \$1,300. Wow. Maybe NXNE isn't so bad. At \$350 plus the \$20 bus ride to Toronto, you might just see me there next year.

But really, 2,000 bands?! That's a hell of a lot more variety than we're going to get at Call the Office ... in the next four years!

Rude rules the day



B.A.L.L.S.
 TIM HANDELMAN

This week's article was going to be much more eloquent and included a garbage can, a chicken and an elected city councilor/junk removal man. Unfortunately I have had a bad day so I feel compelled to write on a number of issues I am finding here at Fanshawe. The optimum theme would have to be: RUDE!

There seems to be a growing sense of entitlement. For example many Fanshawe folk are not saying "thank you" when you hold a door open for them. I went around the halls today, probably with a scowl, looking for a fight, and put myself into positions where I could test this theory. I held the door open for 25 people, 15 said thank you. Of course this phenomenon breeches the walls of our school, but one would think that this home-away-from-home would be impetus enough to break the mould of discourteousness and allow us to cohabitate in a more courteous manner. Nope! I got up the nerve to ask three people why they didn't say thank you. I got one "I did," and two "Sorry, I was zoning out." There were also a number of people who did not hold the door open for me.

A "growing sense of entitlement" seems to be as catchy and cliché these days as "out of the box," "the whole nine yards" or "out like a light" (which doesn't make sense, 'cause lights are generally thought of as "bright," not "out.") I suppose it means that people feel the world owes them something, they

take the things they have for granted, and they expect to get things without giving first. So they may mumble, "Sorry man, I was zoning out," but they really mean, "F&*# you!"

I wonder if these are the same people that leave their empty pizza boxes and sub wrappers on the tables in D block instead of throwing them out. Or the same ones that piss all over the toilet seats in bathroom stalls, or stick gum under chairs, or toss butts on the ground, or block the hallways without thinking about those that need to get by, or start texting someone in the middle of a conversation, or stuff garbage in hard to get at places in some sort of perverted attempt to hide it, or those baggy pants, crooked hat pseudo-Hollywood gangster puckering clods that wander the halls looking for guys like me to diss, cranking angry music while surrounded by a dim entourage of faded gangster groupies looking sidelong as students try to walk past them without matching the beat of the music.

My Take:

Perhaps, for some of us, our insecurities personify themselves in ways contrary to acceptable societal norms (whatever that means). Perhaps some of us must don a façade to cope with this world that we have invented. I suppose all of us do at one time or another. In the end, we can only be as courteous as our conscience permits. Most people are inclined to be kind.

Conclusion:

Some of us are indeed as bright as a light. Comments? Look for the group B.A.L.L.S. on Facebook.



INTERROBANG

Fanshawe's Student Voice

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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.

Outdated expression

Dear Editor:

I understand that the world has done a lot of moving forward in the past five years. However, walking around the college for the past week, the amount of times that I have heard someone say, "That's gay" is appalling.

Every time I hear someone say this expression, I am not only repulsed by the inappropriate use of the term "gay," but I am

disappointed that in the 21st century an expression is still being used that makes a section of our society (and student population) feel like second class citizens.

Next time you are having a conversation with your buddy in the hall, why don't you try to use the word you want to use. I believe that word is "stupid." Gay is not a synonym for stupid.

John McKenzie

You're in it for the long haul



FSU PRESIDENT
Joe Scalia
fsupres@fanshawec.ca

Congratulations on making it through week three! This week was the deadline for dropping out, opting out, basically anything that involves getting "out," so from here I'm just going to assume you're in your program for the long run. Things get increasingly more challenging as the weeks press on, so make sure you get the help you need with your work. Some students form study groups and seek help that way. Some seek help from their professors. Others might stop by the Learning Centre in A building. Maybe it isn't school help you need, maybe you need to talk with a professional counsellor instead, about the many common issues students go through. Whatever it is, just make sure you get the help you need. Your success depends on it. Fanshawe has the resources you need but it's up to you to use them.

A lot of people who need help aren't going to ask for it, and most of the time it's because they're shy or unsure of themselves or

maybe too proud. Either way, suck it up! This is your future we're talking about; you don't want to have any regrets or missed opportunities going forward. Make sure to reach out whenever you need it.

Quite honestly, I ask for help often, sometimes on a daily basis. I couldn't do my job as well without the resources that are there for me. I have no reason to be ashamed of it because that's how the world works - we lean on each other. When students ask me about financial aid, I don't just whip up an answer. I have to call the financial aid office to get the facts straight. I might even delegate the work to the vice-president of finance, Andrew Payne, if I'm that busy. I get a lot of students who are sort of shocked by this, asking, "Shouldn't the president know this stuff?" (And by "stuff" I'm including a variety of things, from financial aid info to the hours of the Out Back Shack.)

Well, I don't know everything. Neither do you. That's why we ask for help and use our resources. The biggest lesson I've learned here is that you can't be successful by yourself; it's a team effort. The quarterback can't make all the touchdowns. I rely on a team of good people to help me do my job - there's no reason why you shouldn't be able to reach out for help with your challenges as well.

Canada a fascist state?



TAKE THE POWER BACK
DARIUS MIRSHAHI
darius_mirshahi@hotmail.com

In case you haven't noticed, the country you are living in is sliding down a slippery slope towards fascism.

The Harper government is building new super-prisons and expanding existing ones even though crime rates are substantially down across this country. This government also hasn't hesitated to ship its citizens to other nations to serve jail-time there when requested to do so.

One of the most egregious examples of this is Marc Emery, a famous Canadian weed activist who has been caught up in America's "war on drugs." For simply selling seeds online from his Vancouver-based company, Emery was extradited to the U.S. where they convicted him of drug felonies and locked him up even though he never broke American law on American soil.

How about Omar Khadr, a Canadian-born child who our government has deliberately let rot in Guantanamo Bay for the last seven years? He was captured in Afghanistan at age 15 and accused of helping locals fend off a U.S. attack. He has been abused, denied justice and had his entire youth stolen from him. Now 22 years old, he is the only western citizen still being held at Guantanamo Bay, and the Canadian government has spent over \$1.3 million to keep him there, despite the urgings of Amnesty International, UNICEF, the Canadian Bar Association and the Federal Court to bring him home.

More recently we witnessed the largest mass arrest in Canadian history that saw over 1,100 people have their civil rights violated

and illegally detained or arrested. Before any of the protests even began, several well-known outspoken community organizers woke up to the barrel of a gun in their faces and are now facing conspiracy charges. One of these people is Alex Hundert, a dedicated social justice and indigenous solidarity activist from Waterloo. After several weeks of imprisonment, he was finally released on \$100,000 bail with strict conditions including "no protests," a violation of Charter rights. A few weeks after he was released he was invited by Ryerson University to partake in a panel discussion. After the discussion he was re-arrested outside his home. According to the police he was breaking his conditions not to protest by simply speaking in a university classroom. He is now in jail simply for communicating his ideas and experiences.

It gets worse. A crown attorney in B.C. is attempting to have Betty Krawczyk locked away for 15 to 25 years, or even life. Krawczyk is an elderly woman who has repeatedly used non-violent direct action to stand up to the cutting of sacred old growth forests and the polluting of waterways. The way they are planning to do this is by asking the court to designate her as a chronic offender and to re-sentence her under the rules of "accumulated convictions." The two cases which the crown are using as "precedent" for this unprecedented attack on the right to protest in Canada are cases involving repeated violent pedophiles who raped their own children. That's right, the prosecutor is attempting to equate non-violent environmental activism with rape, and lock up "repeat offenders" for life.

These are just a few of the many horrifying examples of how we are slipping deeper and deeper into a fascist prison society. It is up to us to stop the ongoing expansion of the security apparatus before it is too late.



CREDIT: GETTY

A little hard to get can go along way in separating Mr. Right from Mr. Wrong.

Let's make a date



CALL ME OLD-FASHIONED
BUT...
Rose Cora Perry
www.rosecoraperry.com

There's a difference in the eyes of men between a "bang-able chick" and a "marriage-able woman." The reason I can be so certain of this is because the vast majority of my friends are of the masculine gender (not to mention I have six older brothers), making me privy to conversations from which the average female is excluded.

Continuing on from last week's discussion of personal attire and making "respectable" choices, it only seemed logical to remain within the romantic realm offering up to my fellow ladies once again a few additional tidbits; this time, in terms of attitude, expectations and actions that will serve to transform you into the latter of the two aforementioned types.

Don't get me wrong, I've dated more than my fair share of losers (I'm a musician, and rocker boys ... well, they're bad news), but then I learned "The Rules," and honest to god, no more than a month after this intensive "mind re-tooling" I roped in my very own Mr. Right. How right is he, you ask?

Well, from leaving roses on my doorstep in the middle of the night so that my early morning grogginess (and bitchiness) is combated as I venture on to my day job, to creating roadtrip CDs containing each and every one of my most obscure favourites, to planning a scavenger hunt of gifts for me on my birthday timed precisely so that I'd discover a new treat every hour until he returned home from work, to never missing a day when it comes to calling me beautiful, I think you get the picture.

But I'm not here to gloat about my own love life (and believe you me this is the first time in my entire existence that it has even been remotely "gloatable"). No, I'm here to tell you how you can have the very same kind of relationship.

While the business world dictates that the successful modern woman is aggressive and assertive, essentially mimicking the attributes traditionally associated with professional men, when it comes to dating, a woman who makes the first move is perceived as either a) easy or b) desperate; neither designation accords you long-term potential mate status. Let ME let YOU in on a secret: men LOVE a challenge.

On my and my fellow's first date, I intentionally arrived 15 minutes late. I told him he could only see me again if he were lucky, and I also made certain that I would not be the one texting, calling or emailing him to make plans. When he did call, I didn't always pick up the phone, and if he left a message, I didn't always return it.

Now these actions may scream out to women who are unaware of "The Rules" that I wasn't putting in my fair share, and

consequently, I was going to drive him away because he'd get the wrong impression that I wasn't into him. On the contrary, my dears, it was all a test. If he wanted me for more than just a little hanky-panky, he had to show it, and the only way I (or any woman) could ascertain his true intentions was and continues to be by being able to evaluate the consistency of his efforts.

If you get a man on a routine (i.e.: there's an expectation that he's to call nightly at a given hour, for example), any deviation in his pattern will indicate to you there's a problem in the relationship (barring extraneous circumstances), therefore potentially saving you from seriously devastating heartbreak (which none of us want or deserve).

So why is all of this important? Well, let's face it ladies, we are naturally more emotional creatures, and we get attached to others much more easily. I've known a slew of women who have mistaken their "maternal instincts" (their desire to help others through care and nurturance) with their "huntress instincts" (their sex and romantic drives), leading to unfortunate co-dependent relationships wherein they play the roles of mother, housekeeper and bedmate simultaneously (not cool, any healthy relationship is mutual in ALL areas). On the converse, I've also known many women who have made excuses for lousy specimens of men, insisting their cheating was only a one-time thing, and they are perfectly okay with their mates' addictions to porn and other drugs of choice.

Don't kid yourself - we don't work the same way. Women can't just fuck and be satisfied. The ones that claim they can are lying to you and themselves, and almost invariably suffer from serious distorted perceptions of their own self worth.

The point is, nobody's going to want to buy the cow if you're giving away the milk for free. So, just as I suggested to you last week to class it up clothing-wise if you desire to be treated as a person (not a nice set of jugs), I also suggest you re-tool your dating protocol if you've found yourself dating anyone similar to my exes. The best place to start? Pick yourself up a copy of Ellen Fein and Sherrie Schneider's *The Rules*.

The most important thing to get out of all of this is this: don't sell yourself short. Going to a fast food joint is NOT an acceptable standard for a date, and meeting men at bars or gyms RARELY leads to anything more than you becoming next week's locker room gossip. Be coy. Be mysterious. Leave him wanting more, instead of giving it all upfront (I mean that from an emotional, dating history and physical stance). Think back to the days where marriages actually lasted...the one night stand scene gets old real fast and promoting promiscuity is stupid (not to mention all of the diseases and unnecessary pregnancies it leads to).

From vampire stories to God



LIFE MEETS FAITH
MICHAEL VEENEMA

Anne Rice is probably best known for her vampire novels. Lately though she has written two books about the early years of Jesus. They are called *Christ the Lord: Out of Egypt* and the *Road to Cana*. I would guess they took some courage to write. Many have a stake in how Jesus is portrayed and Rice risked offending some.

For most of those familiar with biblical portraits of Jesus, I would think that the books pay off. This is partly because she relies on the work of scholars such as N. T. Wright who are using the historical research available today to understand Jesus within his context more fully.

About 10 years ago, Rice embraced Roman Catholicism and became a very public Christian. This past summer though she declared she was no longer a Christian. "In

the name of Christ I refuse to be anti-gay, anti-feminist ... anti-secular humanism ... anti-science ... (and) anti-life." These words are part of the statement she posted online.

Strikingly, Rice announces that she is a follower of Christ while stepping away from the organized religion named after him. She has concluded that what Jesus' followers do is out of synch with his own example and teachings.

Rice's move away from organized religion to a focus on the person of Jesus Christ is not new. It is one that many Christians, discouraged with the organized churches available to them, have made over the centuries. Many Christians who self-identify as evangelical claim to be uninterested in religion, in Christianity poorly practiced. They claim the key to living is not the "religion of Christianity" but a personal following of Jesus Christ. The irony, not altogether an unhappy one, is that often they create new churches.

To get back to Rice's critique though, it is quite clear that many Christians are not against gays, birth control, feminism, science and all the rest. One only has to note

that in the Protestantism and Catholicism (the two main Western branches of Christianity) birth control is widely used, women and men often share all roles in the church and many high profile scientists such as Francis Collins (head of the human genome project) are Christians. Christianity is home to gay organizations such as *Gays in Faith Together*.

Rice obviously did not have *all* Christians in mind when she labelled them as she did. Who then was she thinking of? Most likely it was the leadership of the Catholic church which often makes public comment that most would regard as anti-feminist, anti-gay, etc.

My point here is that many, maybe most Christians don't fit the picture of Christians Rice seems to be presenting. Although in Rice's country, the United States, a greater percentage might. And insofar as some do, many readers would applaud her decision to follow Jesus but not Christianity.

Point taken. It is probably a very good thing for Rice to draw attention to the person of Jesus Christ himself – in her recent books and elsewhere.

Taking a look at Jesus "directly" is not difficult to do. There are four accounts of him named after the persons considered to be the authors: Matthew, Mark, Luke and John. They are short booklets and mostly not difficult to read. Conveniently, they have been collected and make up a large part of the "New Testament," itself part of the Christian Bible.

Someone who wants to find out about the Jesus Rice is trying to follow can go "directly" to the sources. One can understand more fully what it is about Jesus that appeals to Rice and why she and many others are disappointed with his followers.

In the end, Rice deplores what she sees as the hypocrisy of Christianity. And perhaps here the focus on Jesus Christ is the best antidote to that hypocrisy. That of the church, of political parties, college instructors, students, celebrities, your hypocrisy and my hypocrisy. "Jesus," as South African Archbishop Desmond Tutu once said, "is for everyone." And that includes every hypocrite wanting to change.

Straight talk on collection agencies



LAW TALK
Community Legal Services & Pro Bono Students Canada (UWO)
519-661-3352

Debt can happen to anyone. Falling on hard times, overspending or simply being dissatisfied with a product are just a few of the reasons debts go unpaid. But whatever the reason, if you owe money, your creditors may choose to use a collection agency.

Collection agencies collect debts on behalf of people or businesses. In Ontario, agencies are governed by the Collection Agencies Act and the Ministry of Consumer Services.

If you find out a collection agency has taken over your file, do not panic. Below are a few things you can do if you find yourself dealing with an agency.

If you believe you owe the debt, the first thing you should do is contact the collection agency and, if possible, pay the debt. If this is not possible, call them to explain why you cannot pay and discuss alternative payment arrangements.

If you reach a payment agreement with an agency, confirm it in writing and enclose a "good faith" payment to the agency. Never pay in cash and make sure you keep records of all transactions in case there are issues in the future. During the payment process, do not contact the original company, as this will create confusion.

Finally, if you are experiencing serious financial problems, you should consider contacting a credit counseling service. These nonprofit organizations can assist you with creditor calls and repayment plans as well as long term financial planning. For a list of credit counselling services across Ontario, please contact the Ontario Association of Credit Counselling Services at www.oaccs.com or call 1-888-746-3328.

If you do not believe you owe the debt, notify the agency and business in writing about why you believe it is a mistake. Follow up with a written letter confirming the account has been cleared.

Do not make payments, offer to make payments or admit to owing money. By law, a collection agent cannot continue to demand payment if a consumer claims he does not owe, unless the agency takes all reasonable steps to ensure the person is a debtor.

The Collection Agencies Act sets out other rules to protect you from abuse by a collection agency. If a collection agency breaches any of the following regulations, contact the head of the agency by phone and in writing. If you are still not satisfied, contact the Ministry of Consumer Services (at

www.ontario.ca - click on Consumer Protection, or call 416-326-8800 or 1-800-889-9768; TTY: 416-229-6086 or 1-877-666-6545). The Ministry can investigate, leading to the possible suspension or revocation of the agency's registration. Breaches of the act can also result in significant fines, imprisonment or both.

The agency must tell you the creditor's name, its name and the amount owing. You do not have to pay any more than what is owed to the creditor, and you do not have to pay the cost of collecting the debt. A collector cannot contact you in a way that costs you money.

A collection agency may contact you by mail or by phone. By mail, the agency must wait six days to contact you again after each letter. By telephone, a collector cannot contact you more than three times in a seven-day period. They can only call from 7 a.m. to 9 p.m. Monday to Saturday, 1 p.m. to 5 p.m. on Sundays and never on statutory holidays.

The collector cannot give false information or use threatening, profane, intimidating or coercive language. Keep a record of the date, time and frequency of calls if you believe you are being harassed.

If a family member or friend has given a guarantee to pay the debt, an agency can only contact them in respect of that guarantee. The agency can also call if they are only seeking your home address or telephone number.

The agency cannot contact your employer, unless the employer has guaranteed to pay the debt, or a court has issued a judgment in favour of the agency. The collector may call once to confirm your employment.

If an agency chooses to take legal action, it must get written permission from the creditor and must notify you beforehand. An agency cannot contact you if you have notified it through registered mail to communicate only through your lawyer. You must provide your lawyer's name, address and phone number.

This column provides legal information only and is produced by the students of Community Legal Services and Pro Bono Students Canada (UWO). The information is accurate as of the date of publication. Laws change frequently so we caution readers from relying on this information if some time has passed since publication. If you need legal advice please contact a lawyer, community legal clinic or the Lawyer Referral Service at 1-900-565-4LRS. You can contact Community Legal Services to book an appointment to discuss your legal issue or mediation services. Fanshawe College students may also book an appointment to attend our outreach clinic at the college. Please call us at 519-661-3352 with any inquiries or to book an appointment.



CREDIT: AARON JACOBS

Without a good night's sleep, you may not retain much of your studying.

Sleep is as important as studying

DON MORGENSON
The Cord

WATERLOO, Ont. (CUP) — "I just pulled an all-nighter and I am not sure all that cramming worked. I just finished the exam and what I thought I had retained simply disappeared," I overheard as I followed two students down the hall.

I was tempted to intervene and provide them with some unsolicited advice, but I resisted as they carried on down the hall. I was going to remind them of some new evidence that links a good night's sleep with memory retention, all of which seriously questions that old and outdated wisdom that suggests studying all night will enhance that next morning's exam performance.

Recent research suggests that when people learn new skills or information, their retrieval performance does not improve until after they have had more than six — and preferably eight — hours of sleep. What students have studied or tried to learn does not get properly encoded in their brain's memory circuits.

This research has identified a critical association between memory banks, retrieval and the first and last stages of a night's sleep. This data has some very important implications for institutions such as universities, academies, medical schools and the military — institutions that attempt to train or educate people after long periods of sleep deprivation.

I have tried to learn new skills under the stress of sleep deprivation before, as a "draftee" during my basic training with the 101st Airborne Division in the U.S. Army. It was futile trying to learn to strip a .30 calibre, water-cooled machine gun while suffering from severe sleep debt after being roused out of bed at 5:00 a.m. I am sure our field first sergeant never once thought that our performance on the firing range might be affected by lack of sleep.

How many current students will try for greater sleep in the midst of October's mid-

terms or the coming final exams in December? Only a very small, but wise, minority will do so.

In experiments in sleep laboratories, individuals who slept for eight solid hours get healthy bouts of two kinds of sleep. The first two hours are spent in deep, slow-wave sleep while the last two hours were spent in REM (rapid eye movement) sleep. Those who received both types of sleep tended to have much better retrieval for materials they had learned the day before.

Even those students tested two to three days to a week after their training could do the visual tasks given to them faster and more accurately.

Recent neuroscience research has provided an explanation for such phenomena. During the first two hours of sleep certain brain chemicals are in steep decline as information flows out the hippocampus and into the cerebral cortex.

During the next four hours, the brain engages itself in an active neurochemical conversation during which the information is distributed, categorized and networked.

During the last two hours of sleep, brain chemistry and activity again change drastically as the cortex goes into an active dreaming state. The memory region is now shut off from the cortex as the brain literally re-enacts the learning and solidifies the new connections in its memory banks or what is referred to as "consolidation."

Making such healthy sleep even more difficult, university students tend to suffer from a form of "sleep bulimia." This involves purging, wherein they try to get by on three to five hours of sleep per day and binge by sleeping around the clock on weekends.

Most of the information learned during a sleep-deprived period, however, will likely be lost; the forgetting curve is remarkably steep.

So experts have concluded that how well students do on an examination depends on how well they slept the night before.



CREDIT: RECHARGELOUNGE.COM

Stressing out can have adverse effects on your immune system if you can't keep it under control.

Stressing out not best for your health

AMANDA DEAKIN
INTERROBANG

Does stress affect our physical health?

Simply put, yes. There is actually a very strong correlation between stress and physical well being, especially when it comes to immune systems.

Those who cannot properly deal with stress have an overall lower life expectancy and are more likely to become ill. Studies have shown that stress can be related to heart attacks, strokes, minor and serious illnesses. Your emotional state is strongly correlated to your immune system, which helps your body fight off infections. When you are overcome with stress, your immune system decreases and you become more susceptible to contracting an illness.

In order to properly manage stress levels, we need to understand what stress is, what causes it and what we can do to reduce it.

Stress is the physiological and psychological response to a stressor, an event that causes stress. When most think of stress, they think of a negative event; however, stress does not only come from something negative. Any event that brings change into our lives causes stress, for example, getting married or having a baby. In most cases, these are positive life changes, but the extent of the change can cause a great deal of stress. Rather than trying to avoid making any major changes in our lives, there are other ways we can manage and better deal with not only major life changes but also those pesky everyday stressors that we all have to face.

There are two main ways of coping with stress: problem-focused coping and emotion-focused coping. Problem-focused coping involves reducing, changing or eliminating the source of stress. Emotion-focused coping is used when you are unable to reduce, change or eliminate the stressor with problem-focused coping. Emotion-focused coping involves changing the way you react and feel about the stress. Just changing the way we respond to stress can greatly improve how much we are affected by stress.

Rather than focusing on the negative aspects of an issue, try to focus on the positive. For example, if you are trying to quit smoking, try not to think about how awful it is not being able to smoke and focus more on how quitting will affect your future health and how much money you will save.

Not all situations causing stress will have such obvious "positive" factors, but if you can't think of one then focus on how being able to stay relaxed will benefit your health. Don't let stress get the best of you.

Try to remember that being stressed out about something is just an emotional reaction; it will not help the situation and it is only causing you to become anxious. If you find it difficult to calm yourself emotionally, then try taking a few minutes to just sit and listen to your favourite song.

Source: Wood, Samuel E., Wood, Ellen G., Wood, Eileen and Desmarias, Serge. *The World of Psychology*. Toronto: Pearson Education Company, 2008. Print.

Helpful social media — Foursquare

BOBBY FOLEY
INTERROBANG

Foursquare (foursquare.com) is a social networking tool and game based on actual geophysical locations. Users check in to different locations — called "venues" — and collect points and badges for exploring the world around them.

Foursquare is available across platforms on cell phones, and was early into the trend of combining real-world usability with the style and play of a mobile game. It promotes an awareness of the space around you, and motivates continued use from individuals.

Foursquare started out in 2009, exclusively available in 100 select cities. As of January 2010, however, Foursquare opened up to locations all around the world. In situations where venues don't have existing entries, users are able to add them directly.

As you "check in" to places you frequent, you are awarded points based on the number of check-ins you amass during a given day, and whether or not you have visited that venue before. Additionally, you will earn badges specific to achievements you unlock while you play, like certain numbers of check-ins per day, or frequenting certain businesses.

Additionally, some businesses and cities have their own exclusive badges, so the idea of exploration is further promoted in order to find them. Many badges can only be achieved by attending certain events, or on specific dates; the Foursquare staff is secretive about how to unlock many badges, and no complete list of badges exists, at least officially (though you can

foursquare



CREDIT: MITCHARNOWITZ.COM

This year, Foursquare became a major player in the social media game.

find a few online).

How it works

Locations are submitted to Foursquare as venues, to which users can check in upon their arrival. There, users can leave tips for others based on their own experiences. Some businesses have gotten on board, offering specials and discounts for users.

Tips are available to add to a to-do list, and as each one is crossed off, a user's name is added to reinforce the tip. Badges are available to be won for crossing items off of your list.

Why it's useful (or not)

Though often times the only way to get specials is to become the "mayor" of a venue (most frequent visitor), having first-person advice about places is appealing. And Foursquare easily networks with your Facebook and Twitter accounts, allowing you to check in and network across the board with your existing contacts.

Foursquare isn't without its flaws, however. The game aspect is

only going to be fun if you make a habit out of constantly visiting new places, otherwise the process can quickly become dull and repetitive.

Additionally, Foursquare has become the centre of safety concerns, as broadcasting your location can compromise your privacy. Since it can sync with your other online services, it's easy to let the whole world know precisely where you are at a given time — which is the point, sure, but there are people that you would rather not have that information, right?

To be safe using Foursquare (or similar geosocial services), it's important never to check in at a location that compromises your privacy or the privacy of your loved ones — like your home, your girl- or boyfriend's apartment or your kid's school. Also, check in to a venue just before you leave it, so that you're still able to reap the benefits of being there without running into anyone you don't want to see.



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Monument to Smile, 2010 - a video projection by Agnès Winter - one of 130 works on display at Nuit Blanche. CREDIT: AGNES WINTER

Toronto adorned for Nuit Blanche

ERIKA FAUST
INTERROBANG

Toronto is known as a cultural destination – from its amazing shopping to the huge museums, there’s always something to do – but on October 2, you can see the city in an entirely new way.

“At its core, Nuit Blanche is a 12-hour event with a mandate to inspire dialogue and engage the public in the significance and impact that contemporary art plays on public space,” said Julian Sleath, programming manager for the event. “Unusual or forbidden spaces become platforms for all-night discovery and rediscovery, and galleries, museums and cultural institutions open their doors for

one night only. All night long.”

Over 130 works of art will be played across the city. Nearly 500 artists, neighbourhoods, schools and art institutions have collaborated to put the projects together. Some of this year’s big names include Daniel Lanois, Kent Monkman and Davide Balula.

“It’s clear that what began as a new concept for a free, all-night ‘contemporary art thing,’ has become one of the most important and anticipated contemporary art events in Canada,” said Sleath.

As this year marks the fifth anniversary of the show’s Toronto debut, organizers have put together supplementary programming, including a lecture series, panelists

and a retrospective exhibit throughout the week to showcase the art of years past. The exhibit explores the last four years through film, photographs and some art installations.

There is no admission fee, and subways run all night so you can peruse the displays at your leisure.

The FSU has a bus attending the event, departing on Saturday afternoon and returning at 2 a.m. Visit the Biz Booth for details.

For more information visit www.scotiabanknuitblanche.ca for details about artists, transportation, accommodations and a guide to plan your perfect Nuit Blanche experience.

The Girls Can Hear Us want you to dance

ISHMAEL N. DARO
THE SHEAF

SASKATOON (CUP) — The Girls Can Hear Us are not shy about partying. Their lyrics don’t allow them such modesty.

“I feel like doing some drugs tonight,” said vocalist Will Steep in one song. “I feel like doing it up tonight. I feel like taking you out and I feel like laying you down, alright?”

Sex and drugs are present, but is it rock ‘n’ roll? Perhaps in attitude, but, musically, TGCHU is a mix of bass-heavy electronica with Steep’s lyrical debauchery layered overtop.

“I actually think promiscuity is a valid and moral lifestyle choice if you do it honestly,” said Steep. “I’m not embarrassed that we’re having too much fun. I’m not embarrassed that I’ve been promiscuous.”

A TGCHU song typically starts with Edmond Huszar producing some catchy beats and sending them over to Steep, who then writes the appropriate party anthem to go with it. In the song *Drugs, Dancin’*, Steep implores us to “break your neck to the beat” while the title of another song is simply *Fuck to This*.

Yet despite the confidence with which the duo presents itself, TGCHU has only been around

since 2009 when Huszar and Steep attended the same school in London, Ont. One fateful bus ride to campus allowed them to strike up a conversation and within weeks they were making music together.

Since then, TGCHU have grown their fan base rather quickly, mostly by giving their tunes away for free. Influential music blogs, like Indie Shuffle and Deathelectro.com, have praised their music and several TGCHU songs have appeared on the Popular page of Hype Machine, an online music aggregator.

“We give away three times as many songs as we try to sell,” said Steep, adding that touring and merchandise make more money than album sales.

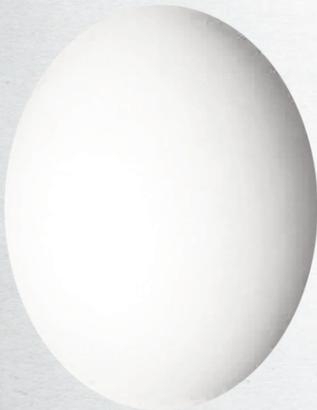
Their debut album *Every Day* came out in April and Steep says the reception has been overwhelmingly positive, far exceeding his hopes.

“The feedback has been phenomenal,” he said. “Given the fact that really all we did was tweet about it and throw it on our Facebook page, it’s been incredible. I figured we’d make a few hundred bucks and we’ve done much better than that.”

TGCHU will be in London at Downtown Kathy Brown’s at 228 Dundas St. on November 26.




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CREDIT: JOSH O'KANE

The beaming members of Karkwa accept their award at the 2010 Polaris Music Prize gala.

Karkwa first francophones to win Polaris

E.D. CAUCHI
CUP PRESIDENT

TORONTO (CUP) — After the longest jury deliberation in the indie music prize's history, Montreal's Karkwa went home with the Polaris star.

The announcement came as a surprise, most of all for the victorious francophone band. The hype leading up to the September 20 gala, now in its fifth year, seemed to all but name second-time nominee Shad the champion, after fellow hip-hop artist K'Naan was snubbed in favour of hardcore punk group Fucked Up in 2009.

Nervous though they were, few predicted the eventual outcome, and most were just happy to be there.

Gabriel Malenfant of the Acadian hip-hop trio Radio Radio explained that being nominated made him "feel tingly inside." Owen Pallett, who was the prize's inaugural winner back in 2006 under the moniker Final Fantasy, agreed that nomination is still "a weird and confusing thing."

An 11-person jury decided who would take home the \$20,000 prize and the title of best Canadian album of the year during the first few hours of the event, which was broadcast live. The night featured, for the second year in a row, performances from all 10 acts that made the shortlist.

Hosted by CBC Radio 3's pint-sized, lame joker Grant Lawrence and MuchMusic's Sarah Taylor, the show kicked off with an 11-piece performance from Broken Social Scene. Brendan Canning jugged and bounced to the *Forgiveness Rock Record* tunes *Meet Me in the Basement* and *Texico Bitches*.

He fared better than the Sadies' Travis Good who tripped, flailing on his back like a dropped tortoise at the end of their performance. Luckily, he'd been so far stage left that most cameras missed it.

"This'll probably be my only opportunity to say thanks, so thanks," announced frontman Dallas Good, admitting what everyone already knew — the Sadies weren't even under consideration.

Vancouver crooner, and Seth Rogen look-a-like, Dan Mangan was unequivocally the highlight performance. He was too lovable, too obvious and too nice a choice for the jurists, a victim of his own charms. But when he climbed atop one of Broken Social Scene's many tables and beckoned hundreds of apathetic hipster musi-

cians and critics to join a chorus of *Robots*, everyone from Owen Pallett to Karkwa sang along. Hearts melted, as did the competitive atmosphere.

"There's something vaguely ridiculous about comparing totally different artists and totally different albums," Caribou's Dan Snaith said before the gala began. The 2008 winner and 2010 nominee was just glad that "a prize like this allows you to focus attention on lots of different kinds of music."

But like any "increasingly prestigious" award, as dubbed by the New Yorker, Polaris is not without its politics and tokenism. So far, it has gone to the avant-garde Owen Pallett, the folksy Patrick Watson, Caribou's synth, hardcore Fucked Up and now, what Karkwa's lead singer Louis-Jean Cormier calls, French "Montreal indie rock."

The decision to award the all-francophone band may not be totally unexpected. The grand jury had three francophones on hand: François Marchand, André Peloquin and Philippe Rezzonico.

What most of the English music scene has been asking since the shortlist came out is, "car, quoi?" Who is this random band that triumphed over two prior winners and industry heavyweights like Broken Social Scene and Tegan and Sara?

For Karkwa, as their album title — *Les chemins de verre* (*The Glass Paths*) — would suggest, it was a lonely path to get to Polaris as the only francophone musicians nominated, not counting Radio Radio's Franco-Acadian Chiac.

After the announcement, Cormier, nearly in tears, took the stage with his bandmates. Earlier in the evening, he said, "I think that the language barrier is still there," and felt certain the only thing his band would win that night was exposure to an anglophone audience.

The band has been together for a dozen years, touring around all the francophone countries. They are now excited about the opportunity to play for their fellow countrymen — but not until they have the opportunity to use part of their \$20,000 to hire a real tour manager and a new van.

Before their win, Cormier said his celebration music, if Karkwa were to triumph, would be Owen Pallett's *Heartland*. Maybe collaboration is in their future?

"We try (to) do so some great poetry, but I don't know if we succeed at that," Cormier chuckled. "I guess it works."

Indeed, it did.

Student film wins \$15,000 at TIFF

ANDREW CHILTON
THE EYEOPENER

TORONTO (CUP) — As the Toronto International Film Festival came to an end, celebrities, paparazzi and crazed fans all packed their bags. But this year's festival will leave a lasting impression on Stephen Dunn.

Dunn, a third-year film student at Ryerson University, was awarded the second place Jury prize and the Fan Favourite Award for his film *Swallowed*. He was recognized at the RBC Emerging Filmmaker's Award Ceremony on September 16 and received a total of \$15,000 with the two awards.

A native of St. John's, N.L., Dunn came to Ryerson in 2008 and was selected as one of 25 international industry professionals for TIFF's Talent Lab Program in fall 2009. After working with mentors of the program including celebrated filmmakers and actors such as Danny Boyle, Miranda July and Jane Campion, Dunn and the other participants were given a camera and a budget of \$500 to create a film surrounding the theme of water.

The result was *Swallowed*, a film that travels deep into a woman's mourning of her husband, who was swallowed by a whale.

"It's a story of the loss she lives with through her entire life and the resilience she obtains in order to move on," Dunn said.

During production in 2009, Dunn worked closely with his mother Linda Dunn and his best friend Mark Bennett. Together they shot the film in his hometown of



CREDIT: GIANLUCA INGLES

Third-year Ryerson film student Stephen Dunn

St. John's with certain scenes created at Ryerson.

Although the prize was a great reward for Dunn, it didn't compare to the experience of making the film.

"Making this film has transformed me in confidence and style. I had to identify with (myself) in order to make this film."

TIFF also helped to expose the film to new audiences around the world through their online showcase of the competition.

"When it was distributed so many people got to see it, which is often hard for a filmmaker because you don't want to have to put your film on YouTube. It was a good opportunity for it to be online as part of such a prestigious competition," he said.

The money will be divided, said Dunn, with parts going to those

who spent the most time on the film and the rest directed towards his future film projects, including the documentary Dunn is currently collaborating on.

As he moves forward in the program and his career he will always have passion for what he does.

"I'm a storyteller. I think film is just the ultimate medium for me because it encompasses sound, performance, image, editing — it's such a collaborative art. It's never just one person. There were so many people who worked on *Swallowed* and other class projects. It's almost like having a community. It's a really cool industry and there's some really great people in it," Dunn said.

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Bruce Peninsula climbing the musical ladder

T.K. DALLMAN
INTERROBANG

“We’re not going to be kicking back, drinking margaritas on the beach, seeing all the money roll in any time soon,” said Matt Cully, guitarist and vocalist of acclaimed Canadian folk group, Bruce Peninsula. Named after the Western Ontario land mass (but residing in Toronto, Ontario), the anomalous group of no less than five members rolled in to London on Friday, September 24 to perform at the Alex P. Keaton.

It was one of the band’s first return visits since the success of their 2009 debut album, *A Mountain Is A Mouth*. It was long-listed for the Polaris Prize that same year and won the praise of dozens of critics. But as Cully will tell you, commendation doesn’t guarantee a living.

“Even bands that ... are much bigger than us that I know, they’re still struggling to figure out how to structure their life around being a musician and a person who has relationships,” he said over the phone from his Toronto home. “[But] it’s one of those things you accept because you are obviously doing it for other reasons as well. It’s something that is always a concern, and it’s a concern for most people, not even just musicians.”

And while Bruce Peninsula have found an audience amongst more devoted indie-folk fans and critics,

their unique style of gospel-infused progressive rock has left some scratching their heads.

The influences came during the writing process of *A Mountain Is A Mouth*, when the band “digested a lot of earlier recordings,” said Cully. “Folk and blues and ... church music, both from African-American tradition and the white sort of hymnal tradition. So, the singing style ... came out of those initial recordings where we would have quite a few people singing together attempting to blend all our disparate styles of voices together ... this sort of loud, full-throated, exuberant style of singing.”

The end result is like no other kind of music, a quasi-anthropological collection of songs, with melodies that could have been lifted from old African spirituals, and a healthy dose of call-and-response, especially on the song *Crabapples*, which showcases the group’s diversity, utilizing only percussion and vocals. Written by Bruce Peninsula’s five core members, *A Mouth Is A Mountain* was also recorded (and is performed) with the help from a six-piece choir section made up of friends and musical collaborators. The members come and go with a revolving door policy, one that became part of a Toronto tradition made famous by indie-rock supergroup Broken Social Scene.

“In Toronto ... bands don’t just come out and then shoot to number



CREDIT: BLOGTO.COM

Toronto band Bruce Peninsula at Lee’s Palace in Toronto. Bruce Peninsula has been around for three years.

one on the charts [so] everyone who is a musician, although they are probably working on their own project, they have time and want to participate in other forms of music making. When an opportunity comes up for collaboration, most people are excited at the idea, rather than protective of their ideas or the image of their band or what’s mine and what’s yours.”

Casey Mecija of Ohbijou and

Katie Stelmanis (who also appeared on Fucked Up’s 2009 Polaris Prize winner, *The Chemistry Of Common Life*) are frequent contributors to Bruce Peninsula, and will likely be featured on their forthcoming album, currently slated for a spring 2011 release. Anticipation is already building.

“It’s almost done. It’s in the mixing stage right now. We’ve written

about 15 songs, so there’s going to be some stuff left over which is exciting for us because for *A Mountain Is A Mouth* we sort of recorded in a space where we had this set of songs and then we recorded them. [But] we’ve been playing new songs live.”

Who knows, next year their unique brand of gospelized-folk might just bring home the Polaris Prize.

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My first *Business Profile* SEX TOY

ERIKA FAUST INTERROBANG



Anyone with the idea that all sex shops are dingy places for lecherous weirdos can toss that stereotype out the window.

The Stag Shop's uncovered windows, pink walls and brightly lit atmosphere make this sex shop a comfortable and relaxed place. The friendly and informed – and most importantly, non-judgmental – staff is always ready to answer questions. “We only carry stuff that our staff would consider using,” said Lesley Allan, a PR rep for the company. “We try to make people feel relaxed and comfortable and have fun!”

The Stag Shop first opened in 1972 in Waterloo, Ontario with the name Stag Novelties and Books. When the small selection grew to include costumes, its popularity exploded. There are now 23 locations across Ontario, with three locations in London.

Today, the store carries a wide variety of videos, toys, lingerie and fetish items that range from mild to wild. They've even got the eco-friendly sex kitten covered, with edible oils and lotions that are tasty to lick and not harmful to the earth. The store also carries crank-powered toys, like the Earth Angel. “It doesn't use batteries,” said Allan – rather, users crank to charge the toy, “kind of like one of those radios or flashlights.”

The Stag Shop's friendly environment is also a great place to buy a starter toy, for those just starting out on more adventurous sexcapades. “Usually people who get their first sex toy are unsure,” said Allan. “You don't want to go big ... you don't want to scare your partners.”

She recommended that ladies start with something small, like a Bullet vibrator. “It can stay on the outside, so you can use it during sex, and it's not really intimating for your partner,” she explained.

Guys can start with a cock-ring, which Allan said will help you stay harder longer. She highly recommended cock-rings with vibrators on them – “It's something for you and your partner.”

Halloween's coming up, and the Stag Shop's got you covered (mostly) there, too. With a lovely collection of costumes from Coquette International, you're bound to find something that'll turn heads at your party. “I'm most excited about the Alice in Wonderland themed (costumes),” said Allan.

Flash your student card at the checkout and receive a 10 per cent discount. With three locations across the city – at 1548 Dundas St. E., 371 Wellington Road South and 666 Wonderland Road North – Stag Shop makes it easy to get sexy.

You can also shop online at www.stagshop.com.

sexy time

with Bobby Foley

Want to be the best your lover has ever had? There's no surefire secret to being great in bed, but great sex has nothing to do with predictability. Instead, great sex has everything to do with enthusiasm, communication and lots of foreplay.

The importance of foreplay can't be understated; largely mental, foreplay is about setting a mood, about turning your lover on, so it begins hours before. It's less in the things you say and more in how you say them. It's in the way you look at your lover and the messages or pictures you can send by phone. In short, it's all about communication.

There is nothing hotter than an enthusiastic and vocal lover who praises you and guides you to getting him or her off, so provide encouragement in the form of setting an example. And never, ever fake an orgasm – you're only perpetuating bad sex.

Keeping the above in mind, try a few of these tips below with your lover. Remember, a willingness to learn and explore will go a long way to making you unforgettable... and irresistible.

have a night of mutual masturbation

This can be particularly hot because you're taking a private, personal act and sharing it with your lover. Get really close and teach each other how you like to be touched and exactly what feels good to you, and watch for opportunities to “lend a hand” as you go.

try using erotic film as research together

Though it's easy to find a ready supply of porn, the real value is in adult instructional DVDs. You could stand to learn new techniques or variations on your favourites, and you'll learn first hand what gets your lover really hot. Then, why not try it out?

play with toys and sexual enhancements

Toys come in all shapes and sizes, and are made in many different ways for use by men and women. Men and women both have numerous sensitive areas, that affect different people in different ways,

and it doesn't take a genius to figure that if you hit more than one (or two or three) at a time, the overall effect can be explosive.

do your anatomy homework

Sure, men and women each have a few obvious erogenous zones, but do your homework and find a few more. As a tip, explore each other with your hands first and figure out the subtleties of your lover's body so that you can take it up a notch when the lights go out.

compliment each other's bodies

It's no mystery that many women are hesitant to be seen naked, and go to a lot of effort to take good care of their bodies. But men are often just as self-conscious – about size, shape, skill and more. Pay a compliment and let your lover know you appreciate the view.

everybody loves oral sex

When you commit to going down on your lover, forget everything you know from before and just explore with your hands and mouth. Recent studies indicate that women love oral sex just as much as men do, so take your time.

don't just thrust away

You'll get more out of intercourse with a little control; rotating your hips and twisting your body slightly while in the moment can really turn up the intensity. So whether she's bent over in front of you, or he's lying underneath you, slow down, explore the space and savour the moment.

keep kissing during sex

Kissing is possibly the most powerful aphrodisiac there is – a good kiss can catch anyone off guard and instantly set the mood. It makes good sense to keep that particular fire going during sex, even if all you can reach are each other's backs, or legs, or... whatever.

make her come at least once before intercourse

Though couples should be mutually giving, this is one area where it's good to be a little lopsided. Have you ever heard a woman complain about having too many orgasms? So take good care of her: in addition to ensuring she has a great time, you're ensuring she is lubricated and ready for intercourse... and she'll take good care of you, too.

SHOW HEATS UP THE CITY

ERIKA FAUST INTERROBANG

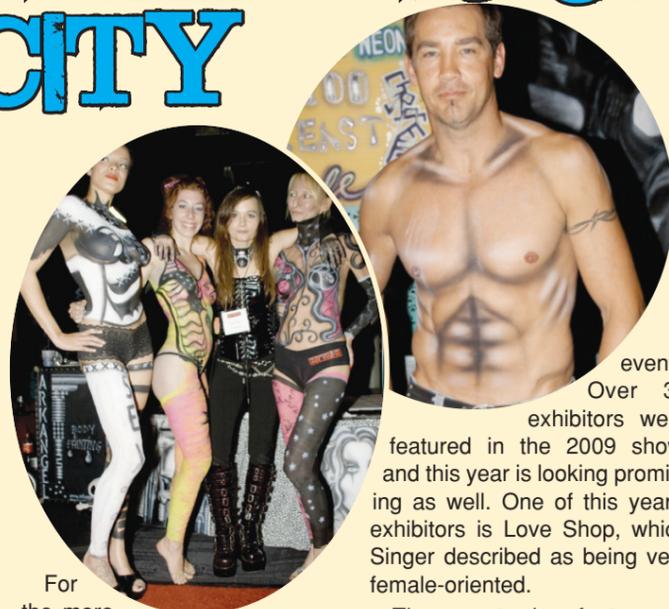
London will be getting a bit sexier from October 1 to 3.

That's when the Everything To Do With Sex Show hits the Progress Building at the Western Fair.

The show began 11 years ago in Toronto, and had its first show in London in 2008. “We try to make it bigger every year,” said Mikey Singer, show manager. The exhibition now travels across Canada, and will make stops in Hamilton, Halifax, Quebec City and Montreal.

Singer stresses the show is not sleazy; it's about sex education that goes deeper than what you learned in school. “It's a fun show, it's not a porno show ... Our show provides an open forum to ask questions and get knowledgeable answers.”

Among the speakers at the show is London's own Kelly Garland, former owner of the Libido sex shop on Talbot Street. She has been a sex educator for over 10 years, and will be giving talks about anal sex and the G-Spot. Other speakers will talk about oral sex, lap dancing for beginners, arousal and orgasm. The forums are meant to cover questions “you just can't ask anyone else,” said Singer.



For the more adventurous, the show includes a Dungeon stage with its own series of talks, including discussions about bondage, sensory deprivation and the unique subculture of the BDSM community.

The show also features plenty of entertainment, including burlesque performer Roxi Dlite, “The Drinkin', Smokin', Strippin' Machine,” according to her Twitter bio (@Roxi_Dlite).

“We provide education and entertainment, as well as a forum for people to shop for everything that their heart desires,” Singer said. “Everything that makes you look and feel better, you'll find at our

event.” Over 30 exhibitors were featured in the 2009 show, and this year is looking promising as well. One of this year's exhibitors is Love Shop, which Singer described as being very female-oriented.

The event also features a fashion show with three Canadian designers: Coquette International lingerie and costumes, Betty Beben clubwear and Sinate Creations will show “wraps that can change into a million different dresses,” said Singer. “It's worth it to come to the show just for that!”

There's no nudity, but the show is 19+. Tickets are \$15 at the door. Advance tickets are available online for \$13.75, and a weekend pass sells for \$21.25.

For more information, visit london.everythingtodowithsex.com

PHOTO CREDIT: ARMANDO CHIN

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HIV: misconceptions and realities

JESSICA IRELAND INTERROBANG

This week is one devoted to sexual awareness, and it's also one devoted to taking care of your sexual health. Now before you turn the page, hear us out. Did you know that 30 per cent of Canadians who are HIV-positive don't know their status? Or that HIV affects everyone, not just certain groups? Women especially should read on.

AIDS Committee of London has launched their "Are You Doin' It?" campaign to get the word out about HIV testing.

As part of the campaign, ACOL's males having sex with males HIV educator Paul Sutton helped us debunk some of the misconceptions surrounding HIV to make you better informed about your health.

Getting tested in the new foreplay

Use a condom is what you're usually told, right? Well, it does cover some bases but "it doesn't give folks enough information for risk assessment," said Sutton. There needs to be recognition of the fact that sometimes using a condom isn't necessarily appealing – we've all been there.

Being sexually safe doesn't just apply to those with multiple partners. It also applies to those starting new relationships. Figuring out when the right time to eliminate condoms is something to be considered. "It's easy for people to think the new relationship trumps everything in the past," explained Sutton. Your partner has a sexual past too and if you're both unaware of each other's, that needs to be examined.

Use a barrier first until you know that information for sure, advised Sutton. "Even if you're in a long-term relationship, you should get tested," he said. In fact, by not using a barrier, you're actually engaging in really risky behaviour – even with your long-term partner.

And while getting tested can seem like the least sexy thing to do together, think about the possible consequences of staying unaware – not attractive at all when you think about it. Having an open conversation with your partner about sexual health isn't about not trusting one another, it's about respect for both your and your partner's wellbeing. Plus, what's hotter than learning you're both disease-free? You can get busy all you want without that nagging feeling of the unknown.

Moving past stigmas

HIV/AIDS are not "gay diseases." While it's doubtful that 100 per cent of North Americans truly believe that, HIV/AIDS hasn't exactly "migrated into sexual dialogues amongst heterosexuals," said Sutton.

"HIV is more important to think about than pregnancy. We still have that idea that pregnancy is the issue, and the pill and IUDs can make people feel safe."

Part of the reason these stigmas exist is because we don't exactly live in a "pro-sex" society. Remember sexual education classes in grade school? They don't really prepare you for real-life situations, like having more than one partner or falling in love.

"We ill-prepare people to empower themselves with their sexuality," he said.

There's also the anti-drug culture. This generation of young adults grew up during a war on drugs movement, and there was no information on safe drug use. Also, society has never thought well, historically, about some of the groups often linked with HIV such as homosexuals, drug users and highly sexual individuals.

But the reality is that everyone is at risk for HIV.

ACOL has found more and more infections are occurring with monogamous couples. Gay men still have the highest percentage of infections, but their number has stabilized.

It's actually women whose numbers are increasing. Forty-one per cent of ACOL's client base of individuals living with HIV are women which is up from 28 per cent from 2001.

Getting tested & your options

Yes, it's a scary thing to do. "But it's not something we should feel ashamed about admitting," said Sutton. You and your friends may talk about sex all the time, but are you really talking about sex? It helps to open the dialogue to sexual health in addition to sex.

Not sure what steps to take to get tested? The London-Middlesex Health Unit has an STI clinic every Monday 5 p.m. to 7 p.m., Wednesday 5 p.m. to 7 p.m. and Friday 8:30 a.m. to 10:30 a.m. (get there earlier than the times listed). Want rapid results? Visit the Options Clinic at 659 Dundas Street.

The Options Clinic has anonymous HIV testing and you can call to make an appointment. At your appointment, you can explain your concern if you want, and you will be tested by finger prick. It doesn't hurt at all (this writer was tested for the article and felt nothing), and you get the results in minutes.

What's important to consider when you get tested is the time period from when you had sex. It's best to go three months from the incident because sometimes HIV won't show up in your system until then. Also, consider getting tested annually if you're in a long-term relationship or every three months if you are sexually active with different partners.

Remember, 30 per cent of Canadians who are HIV-positive don't know their status mainly because HIV usually has no symptoms. Find your status out!

For more information on the campaign or to see a rapid results test, visit <http://testingweek.ca>. To learn about the different risk levels with sex, which can increase your chances of getting HIV, visit <http://aidslondon.com>.

Bow-chicka-wow-wow not just for boys

ERIKA FAUST INTERROBANG

Porn has always been thought of as a male-

dominated arena. With the rise of the Internet, however, porn is more easily accessible than ever, opening it up to a whole new audience.

Last year, a British parenting site called Netmums surveyed 4,200 women about their porn usage. They found that over three-quarters of women admitted to using porn – a 10 per cent increase from 2008.

This doesn't necessarily mean that the number of women watching porn is rising, according to Dr. Jessica O'Reilly, a Toronto-based sexologist. "It's not as much that (women have) become more interested; it's that they've been able to express that interest," she said.

The survey also found that women turn to the Internet more often than any other medium – 61 per cent, as opposed to 18 per cent who watch porn flicks and a mere five per cent who look at magazines.

Part of this increase is due to the rising amount of porn made for women, by women. According to



nothing out there for them. I also sensed that men wanted to share the experience of watching a sexy movie with their woman and again, there was little they felt comfortable bringing home to her."

Devon Timbrell, who works at the Stag Shop on Dundas St., said she has seen first-hand that more women are buying porn. "Women's tastes are as varied as men's are, so they will purchase all different genres (of porn). As women are becoming more comfortable with their sexuality they are becoming more comfortable vocalizing what types of porn or sex toys they would enjoy instead of purchasing what their partners may want."

Above all, female porn use is widespread, common and normal – no matter what kind of porn you're watching, said O'Reilly. "It's normal to be turned on by things you wouldn't want in real life – it's fantasy. It just means that you're able to differentiate between fantasy and reality."

Dr. O'Reilly, these films generally portray female bodies more realistically than male-oriented porn, and more commonly reflect women's interests. They show a "respect for, in many cases, an anti-oppression framework," she explained.

Candida Royalle, a porn actress in the 1970s, became one of the first porn directors to create porn for women. When viewing porn films through a critical eye, she found that it had the potential to be informative and inspiring – though in its current state, it did not show what women wanted.

"I could tell women were becoming more curious and felt permission to explore their sexuality due to the woman's movement of the late '60s, early '70s," wrote Royalle on her website. "With the advent of home video they had a safe place to look, but there was

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Being transgender

JESSICA IRELAND INTERROBANG

Last week, 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.

Kimberley is a closeted male to female transgender. She has not undergone transition so to anyone walking by her, she looks like a man. But she is very much a woman inside, something she realized at three years old. "I knew things weren't right," she said. As a child in the '50s, she had to "learn to be male."

"I did all the boy things. I had to, whether I wanted to or not," she said.

This double life carried through the '60s into adulthood. "Like most people in my situation, I took on a macho career very young, figuring that'll 'cure' me. That didn't work," she said.

She stayed hidden, "buried," as much as she could, but it came at a cost.

"I suffered for it, we all do."

She married, had children and carried on a "normal" life. Then, about seven years ago, made the difficult decision to come out to her wife who "was shocked to say the least," but Kimberley maintains her wife always knew there was something different about her husband.

That reveal put a strain on their marriage that still exists today, despite the fact that the couple just celebrated their thirty-fifth wedding anniversary.

Kimberley's journey has been a long one that involved many moments of "hitting the wall" as she calls it, or going through moments of massive stress – one such moment culminating into a suicide attempt in 2002.

Eventually, she inquired into the mental health community

and got the help she needed. It also helped that she met someone, Donna, a vice-president at an American investment bank, who was going through the same thing.

She started a TransgenderLondon.com as a means to help people not just in the community, but around the world. In one instance, a woman in the American army was dealing with hitting her own walls. Kimberley was able to work with others on the site to get the woman safe and out of the army in a process that took about five months. Today she is doing extremely well, said Kimberley. "She's one of our many success stories."

Kimberley 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."

"Part of coming to self-acceptance is you have to get over it. We grew up with shame, fear and guilt."

She acknowledged the confusion young adults might be facing in addition to identifying their gender; there are questions of sexual preference and possibly the involvement of religious conflicts. There's also the lack of mainstream conversation on transgender individuals. While it appears to be accepted by the mainstream with popular celebrities like David Bowie embracing cross-dressing, reality is different.

"Facing the workplace: am I employable? Can I be myself and still be employable? The answer is often no," said Kimberley.

For those starting on their journey, Kimberley offers 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 about what you're going through as possible, she said. Find a professional counselor. In London, there are three psychiatrists who deal with transgenders, said Kimberley. "You need someone who deals with a humanist, existential approach." Finally, if you are in distress, then reaching out to someone is paramount.

In terms of logistics, health care is also an important factor to consider. While finding accessible healthcare 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 youth to take care of their 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."



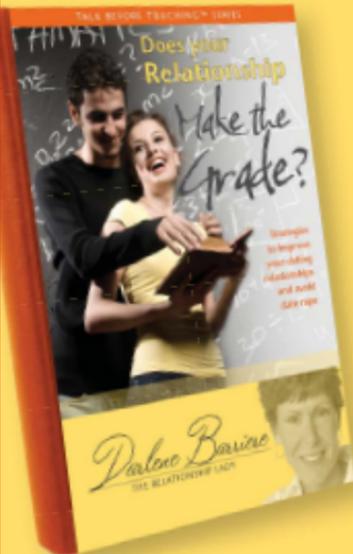
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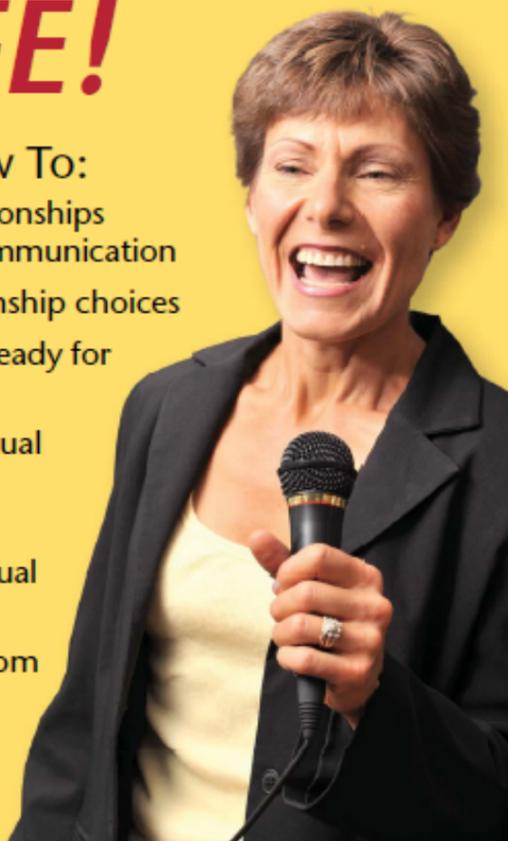
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MUSIC TO SET THE MOOD

BOBBY FOLEY INTERROBANG

Though it's never really been my M.O. to offer advice — particularly about sex — I do have a couple of suggestions you could employ to enhance the mood the next time things start to heat up.

Atmosphere is an important part of sex; where you are and what you're doing can have a profound impact on the sexual tension of a given situation. Think of the last time you lounged in a hot tub with your lover or started to get a little heated while riding a ferris wheel.

When it comes to setting a sexy atmosphere, you're bound only by your imagination. All it really takes is a look and a little privacy (though exactly how little is up to you) to ignite sex the likes of which you'll happily brag about to your friends.

Music can make or break an atmosphere, so why not consider these records to aid in the chemistry you're after? Let's face it — great sex is better than getting wasted and lighting couches on fire, any night of the week.

CITY AND COLOUR

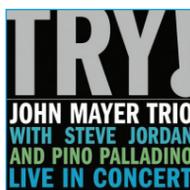


For the intimate
City And Colour. Bring Me Your Love (2008)

College living can be overwhelming, right? On top of classes and homework, you might have to share a place with a couple of people, so getting a space and privacy can be a rare thing.

Dallas Green understands. *With Bring Me Your Love*, he created a beautiful record that celebrates life and the intricacies of love, obviously inspired by his own budding relationship with TV personality Leah Miller.

From the opening seconds of *Forgive Me*, the delicate lyrics and acoustic guitar will slow time down for you and your lover. By the time you get to soaring tunes like *Constant Knot* and *The Girl*, you'll have forgotten about everything else in the world.



For the playful
John Mayer Trio. Try! (Live, 2005)

Dave Chappelle was right — people are weirdly affected by the sound of an electric guitar. There's something oddly sexy about a man burning out guitar solos; just ask any girl who's ever moaned for a guitarist on stage.

Deciding to put pop music on the back burner, John Mayer formed a sizzling blues trio in 2005 and went on a short tour, from which we got *Try!*, a sensational live concert record. On it, Johnny displays a guitar prowess of which very few knew he was even capable.

The funk and punch of the opener, *Who Did You Think I Was?* will start things off, burning through three upbeat tracks including Hendrix's *Wait Until Tomorrow* before slowing way down with *Out Of My Mind*. Put on the record and a come-hither gaze, and let your bodies do the rest.



For the passionate
Jamie Lidell. Compass (2010)

For more primal, fingernails-in-your-skin sex, Jamie Lidell's *Compass* is just what the doctor ordered. Known for his energetic soul music and vocal techniques, with vocals reminiscent of Motown and occasional beatboxing, Lidell was approached by Beck for production.

The result is an eccentric record just oozing sex appeal, fusing intoxicating R&B with electric jazz into a blend of neo-soul music — if Justin Timberlake brought sexy back in 2006, Jamie Lidell has oiled you up in it and massaged it in.

The opening track, *Completely Exposed* will have you tearing each other's clothes off, while the singles *I Wanna Be Your Telephone* and *The Ring* set the pace for some amazing loving. By the time you make it to *You See My Light*, the closing tune, you'll likely both have collapsed into each other's arms, heaving for breath.

Come to think of it, perhaps you shouldn't use this record if you have any heart conditions. Be safe.

Starting a dialogue on sexual assault

JESSICA IRELAND INTERROBANG

One in four women will be sexually assaulted in her lifetime; less than one per cent of women ever come forward about their attack; and in 84 per cent of sexual assault cases, the victim knew her attacker.

That's some scary information about something that seems to stay in the shadows of talked-about topics.

"People need the hard, cold statistics to see how serious it is," explained Candice Lawrence, a counsellor with Fanshawe College's Counselling and Accessibility Services.

After Lawrence and other counsellors read a short but impactful letter to the editor in the *Interrobang* early this year from a girl whose last name was not printed, their eyes were opened to the issue. The letter stated sexual assault needed to be openly talked about, and they realized something needed to be done.

The fact that the girl did not choose to disclose her last name piqued Lawrence's intuition. She explained that a girl who chooses to remain somewhat anonymous likely experienced an attack herself.

Thus, the small letter started big talks amongst Counselling Services, the college, the Fanshawe Student Union, the security department, the Sexual Assault Centre in London and Fanshawe media programs. The result has been a public education initiative concerning sexual violence as "over time (sexual assault education) fell by the wayside," said Lawrence.

The aim was to get as many factions from Fanshawe involved with the message that sexual assault needs to be acknowledged and prevented. This included speaking to residence advisors, who have the most direct contact with students in residence, as well as international students who bring different cultural viewpoints, said Lawrence. One result of discussions was that a public educator from the Sexual Assault Centre came to the college to do training at the residences.

The public awareness the campaign focuses on is not just about "telling women how to stay safe," said Lawrence. It's also about "educating men and women on what the issue is about, looking at sex a different way," and the situations that can lead to assaults, "when alcohol gets going, boundaries get confused."



Assumptions and misconceptions tend to make the issue of sexual assault one where men feel vilified.

"A lot of guys feel like, 'Great, we're the evil people.' But that's not what it's about," said Lawrence.

Through more education, the campaign hopes men recognize the situations that perpetuate stereotypes towards women and avoid them — such as a high status male making derogatory comments and is joined by his friends who want to be considered "cool."

There's also the issue of communication between the sexes, especially during situations that move into grey areas. For example, girl and a guy are drinking and are clearly interested in each other. They may agree that they will kiss, but if at some point in the process — if things get more heated — and the woman wishes to stop or says no, the guy needs to recognize and respect that, explained Lawrence.

Additionally, the campaign is looking to break old ideas, such as a woman wearing provocative clothing is "fair game," said Lawrence. "I know it's 2010, but that's still in the culture."

She added that students' peers hold the key to changing minds, if they were open up conversation on these issues.

"Other students have a great

amount of power in challenging the stereotypes of men and women.

With this being Sexual Awareness Week, there will be a variety of options for students to get engaged in the topic of sexual assault:

- There will be wallet-sized safety card foldouts available at Counselling Services in F210. Personal/door alarms will be available free from Campus Security at E1004 or by calling (519) 452-4400.

- Those interested in taking a self-defense course can contact Const. Nikki Vanleeuwen at Campus Security at (519) 452-4244.

- On October 1, students are welcome to attend a talk by Darlene Barriere as she discusses building respectful relationships and staying safe from sexual assault. 12 p.m. to 2 p.m. in M2017.

"Students see everything," said Vanleeuwen. "It's about starting conversations and third party people coming forward. If you see something going on ... come forward and talk to us."

Lawrence said the same for Counselling Services.

"If we can prevent one person from being assaulted through this program or encourage one person who has been assaulted to come to counselling, we can provide a lot of connections," she said.

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If you've ever taken a pole dancing class, you have a new appreciation for what professional dancers do. It's no longer something erotic – if it ever was to you – and now resembles something of an Olympic sport, I kid you not.

Aradia Fitness, on King Street, offers the only pole dancing lessons in the city and these are not some basic club-grinding-against-the-pole moves.

Sure there's the usual swivel here, and dip there, but it's a real workout.

When I went there to research this article, I figured my formal dance background would make swirling around a breeze.

Then I discovered my fear of the pole. This is not the fireman's pole you fearlessly swung down as a child – you have to think about where to put your ankles, hands, knees and other limbs.

First, the class starts with a warm-up where flexibility helps. And have you ever tried a sexy push-up? It exists, it's fun and it actually works.

Then you take your spot at your pole. That's when the fear sets in. Watching instructor

and studio owner, Andrea Tierney, make it look too easy instills a bit of false confidence. So when it was time for the class to try it ourselves, it was less slinky smooth and more hard grip, violent swing and awkward slide down in pretzel shape.

But it was fun! As challenging as the first class was, there was still progress made and through it all, you're in this lovely and warmly lit room, everyone's giggling over their own attempts, and you can feel your muscles getting sore.

To conquer the pole, or at least try to get around it without gripping it like a madwoman, it takes practice and also confidence. Don't take yourself so seriously and just think of it like choreography – you're learning the steps. And unless you're seriously considering a career in it, it's not imperative that everything's perfect. Have fun with it! These classes are about more than just hard muscles.

"People who come here are looking for fitness for their insides," said Donetta Webster of Aradia Fitness. "They want to feel better about themselves, feel confident in themselves as a woman."

"It's tapping into something you don't get in a gym."

The studio is women-only, featuring classes designed with women's bodies in mind. They also offer teaser classes, which Webster recommends for anyone who wants to try it out but is hesitant.

"It's a great way ... to come out and not feel the pressure of fitness," she said.

For those not interested in the pole dancing aspect of the classes, there's also PoleFit, which uses the pole for strength exercises. If you want to

increase your cardio workouts, Cardio Erotica may be for you as it combines sexy dance moves, floor-work and a little pole action.

For a full list of all the classes, visit <http://aradifitness.com> and scroll to the London studio. They've got everything from belly dancing to hula hooping so there's something for everyone's tastes.



★★★★★ ADVENTURES IN ★★★★★ POLE DANCING

JESSICA IRELAND INTERROBANG



Now that you're settled in to your schedules, you're gaining some equilibrium. It's hard work — between classes, homework, part-time jobs and more, you're getting pulled in a lot of directions. So get out and have some fun, but be safe.

Let's be completely honest here, sexual experimentation is all a normal part of the college experience. Sexual opportunities are going to present themselves (often at times you would least expect), and for that reason, your sexual health has never been more important. It's up to you to be safe and careful in what you do, so always, always use a condom — especially when you don't know your own or your partner's sexual history.

You're an adult, and chances are you're not a virgin. Chances are, you've taken sex education in school by this point, and are pretty smart. You don't need to be told that sexually transmitted infections are bad, and hazardous to your health in later life, and some have very few visible symptoms. Who knows? You could have one even now, reading this article.

You may also already know that though condoms are a smart idea, they aren't always enough to protect against STIs — you should get tested to ensure your safety before getting into a new sexual relationship, and again a few months later. What you may not know, though, is how to get tested here in London, and what to expect when you do.

The Middlesex-London Health Unit is located downtown at 50 King St., where King meets Ridout St. N. The STI clinic is located on the first floor, near the entrance, and operates on a drop-in basis. No health card is necessary, testing and treatment for STIs is free of charge.

The clinic is open from 5:00 p.m. to 7:00 p.m. on Mondays and Wednesdays, and from 8:30 a.m. to 10:30 a.m. on Fridays. Show up a bit early, though — for example, if you were to arrive at 4:30 p.m. on a Wednesday, you could enter and begin the process, likely leaving much sooner than otherwise.

Upon entering you're required to take a number, and soon you'll be registered at the desk. Before long, a nurse will call you in for a confidential interview about your medical and sexual history (both recent and long-term) and lead you with instruction to a private restroom to provide a urine sample.

The clinic tests both urine and blood for a number of STIs, including chlamydia, gonorrhoea, trichomonas, hepatitis, syphilis, and HIV. Some of these are easily tested with the urine sample you provide, but for the rest they need a blood sample. Unless you indicate that you are interested in a physical examination (perhaps due to a concern of genital bumps or herpes), no one will ask you to remove your clothes.

So after another short wait, you're led into the exam room and met by a doctor who takes your blood. While doing so, the doctor provides information on the testing process and reminds you that the results will be back in about a week. This is largely due to the blood test — the urine test comes back much faster — but as this is the test that screens for the more serious STIs, it's not an unreasonable period.

The doctor will also remind you that the STI clinic will only contact you by phone at the number you provide if they have need to see you again. If your tests come back clean, they won't contact with you at all, so feel free to assume that you have nothing to worry about if you haven't heard from them within ten days. Follow up with them yourself if you have any concerns.

The clinic also offers emergency contraception and pregnancy tests if needed, and has a lot of printed information to further educate you on your sexual health and wellbeing. Most importantly, don't be afraid to be honest and ask all of the questions that you have; everyone working at the clinic is very patient and informative.

For more information on the Middlesex-London Health Unit or the STI clinic, visit their website (healthunit.com) or call 519-663-5317. Information is readily available online at sexualityandu.ca.



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The least sexy article you'll read today.

Erika Faust
Interobang

**You knew it was coming:
 it's time for the dreaded STI article.**

You're beat over the head with it in virtually every article about sex: use protection or face the consequences. "Consequences" is kind of a vague term, though, especially when paired with cutesy cartoons of viruses that look like Tamagotchi pets.

There's nothing cute about sexually transmitted infections. That's why I turned off Google Safe-Search, gritted my teeth and struggled to keep my breakfast down, just so I could warn you about the puss-filled, oozy reality of STIs.



Genital Herpes

There are two types of the herpes virus: type one usually causes cold sores, while type two causes sores on the genitals. However, it is possible to have type one herpes on the genitals, or type two herpes in the mouth – especially if you engage in oral sex. Since you can catch herpes by coming in direct contact with a sore, condoms are not entirely effective against the disease, as some of the infected areas may not be covered.

Symptoms: Symptoms generally appear three to 12 days after being infected.

Herpes manifests itself differently from person to person. Generally, herpes will first show up as small blisters, which eventually form small, painful ulcers that dry out, leaving a scab. The ulcers

can last two to four weeks, and eventually heal. Men and women infected with herpes may see sores on their genitals, anus, buttocks, thighs and mouth.

Treatment:

Herpes is called "the gift that keeps giving" for a reason – there is no cure that will eliminate herpes completely. Herpes manifests itself most painfully during the first episode, after which the virus remains dormant, only to flare up again later. Some medications can shorten each episode and decrease the pain, but the medication must be taken as soon as the symptoms appear.



Syphilis

Syphilis is a bacterial infection that develops in three stages. If left untreated, syphilis can be fatal. Syphilis is transmitted through direct contact with a sore during vaginal, anal or oral intercourse. Condoms provide excellent protection against syphilis, but are not 100 per cent effective.

Symptoms:

Syphilis sores can appear 10 days to three months after exposure. The average is three weeks.

During the first stage of the disease, a firm red sore appears on the vagina, anus, penis or mouth. Some people may have multiple sores or swollen glands during this stage. Syphilis is

highly contagious during this stage, but you may not know you are infected with it, as the sores may appear in a hard-to-see spot. Sores disappear after a few weeks, but this does not mean the syphilis is gone. If left untreated, the disease will worsen.

The second stage of the disease causes a rash, usually on the soles of the feet and the palms of the hands. It can also cause flu-like symptoms, including a fever and achiness. Many people in the secondary stage of syphilis exhibit no symptoms. The disease is still contagious during this stage. Without treatment, syphilis progresses to the latent stage. This is a period when there are no signs of the disease, but the person is still infected. This stage can last for years.

During late-stage (tertiary) syphilis, the disease spreads all over the body and can affect the brain, eyes, heart, spinal cord and bones. In late-stage syphilis, infected people may have difficulty walking, numbness and gradual blindness. The damage caused by syphilis cannot be treated. It is possible to die from syphilis.

Treatment:

In its early stages, syphilis is easily treated with antibiotics. A person who has been infected for a long time will need a longer treatment period. Treatment in late-stage syphilis can prevent further damage to the body.



Gonorrhea

Also known as "The Clap", gonorrhea is definitely no cause for applause. It can cause an infection of the cervix in women, and an infection of the throat, urethra and anus of either sex. Condom use is very effective in preventing a gonorrhea infection.

Symptoms:

Symptoms appear three to five days after infection, though in many cases, gonorrhea has no symptoms.

Women may experience a change in vaginal discharge, lower abdominal pain, bleeding between periods and bleeding after sex. Men may experience penile discharge and sore, swollen testicles. Some people may experience a burning sensation during urination.

If left untreated, gonorrhea can cause severe problems, including sterility.

Treatment:

Gonorrhea is treated with antibiotics taken by mouth or injection.



Chlamydia

Chlamydia is a bacterial infection that spreads through sexual intercourse or oral-genital contact. Touching an infected person's bodily fluids and then touching a mucous membrane (such as your eye) can lead to an infection. Condom use is highly effective in preventing Chlamydia transmission.

Symptoms:

Symptoms may take up to three weeks to appear, though there are no symptoms in about half of all cases of Chlamydia.

Women with Chlamydia may experience a change in vaginal discharge, lower abdominal pain, fever and chills, painful sexual intercourse or bleeding between periods or after sex.

Men may experience penile discharge, an itchy feeling inside the penis or sore, swollen testicles. Both sexes may experience a burning sensation during urination.

If left untreated, Chlamydia can cause severe problems, including infertility in women or an infection in men's testicles.

Treatment:

Chlamydia is treated with oral antibiotics that take seven to 10 days to clear the infection.



Trichomonas

Trichomonas is a common parasite that can cause an infection of the genitals in both men and women. It is not exclusively transmitted sexually, and it can survive for hours on moist environments like bathing suits, towels and skin. Condoms are an effective way to prevent coming in contact with the trichomonas parasite.

Symptoms:

Symptoms usually appear five to 28 days after exposure.

In women, trichomonas can cause inflammation of the mucous membrane or lining of the vagina (vaginitis), strong-smelling yellowish green discharge, redness and itching around the vulva, difficulty urinating and painful sexual intercourse.

Men can carry the parasites without showing symptoms. Some symptoms in men include frothy penile discharge, redness and swelling around the tip of the penis and difficulty urinating.

Treatment:

Trichomonas is completely curable and has no serious long-term effects. Doctors generally prescribe antibiotics and abstinence from sex until symptoms disappear.

AIDS

Human Immunodeficiency Virus, more commonly known as HIV, attacks and weakens the immune system. This makes an infected person vulnerable to all kinds of infection and disease. In rare case, people can carry HIV for years without getting sick. The vast majority of people infected with HIV will eventually develop a disease called Acquired Immunodeficiency Syndrome – AIDS.

HIV is transmitted through blood, sperm, vaginal and anal secretions, and can be transmitted through oral, vaginal or anal sex. HIV cannot be transmitted through saliva, tears, water, air, food or everyday activities. Condom use is very effective in protecting against an HIV infection.

Symptoms:

Symptoms, if any, will appear from one to three months after being infected. The infection is contagious during this stage.

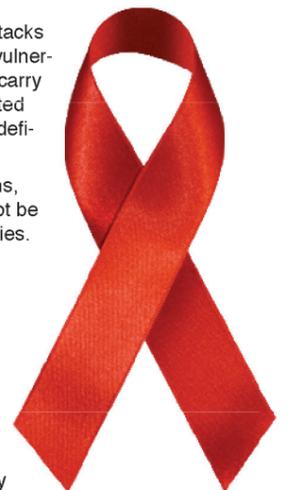
Some symptoms can include a month-long fever, swollen lymph nodes, fatigue or restlessness, muscle or joint pain, difficulty or pain in swallowing, skin rashes, fungal infections of the mucous membranes or white patches in the mouth (called "thrush").

AIDS can develop years after an HIV infection. Since AIDS severely weakens the immune system, it can lead to rare diseases or cancer.

Treatment:

While there is no cure for HIV, there are treatments available, including pills taken many times a day to boost the immune system. Some people can live a long time with the disease by taking these pills. Researchers are currently working on a vaccine to protect people against HIV.

Next time you're in the mood for some lovin', please remember the images of some of the most common STIs. If it doesn't completely ruin the mood, it will at least remind you to wear a condom.



Play safe, everyone!

(With information from www.youngandhealthy.ca and www.kidshealth.org)

Getting Smart About Staying Safe

What you need to know about safe sex

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 be reminded 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.

Male Condoms

They've got a type for everyone, thin, lubricated, ribbed and more – whatever your personal preference. They're also for anyone having intercourse, whether it's vaginal, anal and can be used during oral, if that makes you feel more comfortable.

Cost: Depends on your preference, but can about to \$15 for a 24-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)

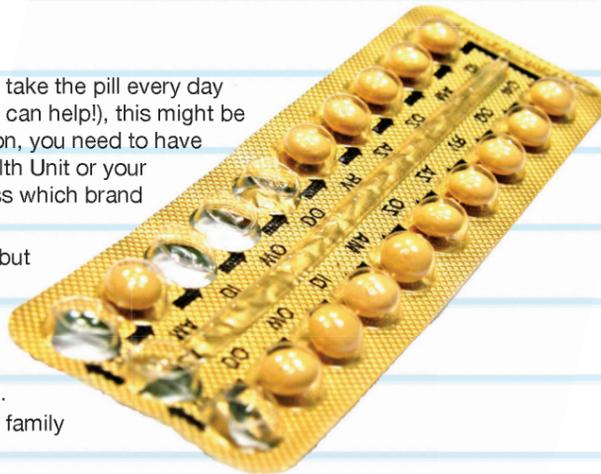
The Pill

If you're the type that 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 Middlesex-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 \$7.00 to \$15.00 a pack at the MLHU. 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 MLHU.

Prevents: Pregnancy but NOT STIs.



Dental Dams

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

Cost: Can be anywhere from \$2.00 to \$5.00. You can also make them with products from home.

Where can you get it: Drugstore or home.

Prevents: STIs like herpes and HPV.

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, IUDs run 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.

Plan B (Morning After Pill)

These two pills are taken orally the night 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.

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.



Contraceptive Patch

This patch, when attached to skin, releases estrogen and progesterin 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.

Vaginal Ring

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

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

Where can you get it: Prescription required.

Prevents: Pregnancy but NOT STIs.

Depo Provera Shot (DMPA)

This shot, which must be injected by a physician every three months, injects progesterin 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.

*Please note that most methods of contraception can be covered by your FSU Health and Dental Plan, but inquire first.

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

TOP 20 FAVOURITE SEX TIPS EVER

1. RANDY RUB-A-DUB-DUB

Before you make love, take a bath together. Prepare the bathroom beautifully beforehand with fluffy towels and candles. Then put two drops of patchouli oil, three drops of sandalwood oil, and three drops of lavender oil into your bathwater. Patchouli and sandalwood are two scents that aromatherapists believe awaken sensuality, while the lavender is thought to induce relaxation. The combination of scents and warm-water sensations will completely prime your bodies -- and minds -- for a truly sensual and erotic experience.

2. ABCS OF PLEASURE

Try using your tongue to spell out the ABCs on your partner's genitals. Think it'll be too sporadic to really turn her on? Not true! And it's a fun way to get her geared up. Learn her favourite letters and put them in tantalizing order.

3. UNHAND YOUR MAN

Give your man a massage without using your hands. Before you begin, slowly undress your partner, but make sure that he stays warm. (If the room isn't toasty enough, cover him with towels or sheets.) Then, keeping your hands at your side or behind your back, stroke his body (all except for his penis) with your face, hair, and other body parts. Once he's totally relaxed, make your way southward and he'll happily rise to the occasion.

4. HEAVENLY HEARTBEAT

To feel more connected in bed, tune into each other's heart rate. Lay your hand on your partner's chest, and have her do the same. You might be surprised how easily you can become synchronized. Since heart rate speeds up during orgasm, if you stay hand-to-heart connected while you do it, you'll feel how wild you're driving each other.

5. THE MIRACLE INCH

When going down on your man, you likely already know all of the hot spots. But there might be one you're overlooking. Whether you're giving him a blowjob or rim job, there's still plenty to explore down south. The "miracle inch" is a stretch of skin between the anus and balls. It's a sensitive spot that can be licked or gently stroked -- sure to send shivers down his spine.

6. POP HIS CORK

Try the oral-sex technique that I call The Screw. As you're moving up his shaft with your mouth, turn your head a bit from side to side, letting your tongue follow a corkscrew pattern. When you get to the frenulum -- that part of the shaft just beneath the head -- be sure to lick it for a few seconds before moving all the way up to the top. Then repeat, moving down his shaft. What will drive him wild about this is that you aren't just going up and down -- you're also going sideways. It's 3-D!

7. LET GO -- LOUDLY!

When you're sexually excited, really express yourself. Let yourself go in whatever way feels most comfortable. Scream your head off, laugh, shout his name -- whatever you have the urge to do. If you're embarrassed, just know that you're doing your partner a favor.

The more you express your pleasure, the more you make your partner feel good too. Bonus: Your orgasms will be even more powerful if you really let'er rip vocally.

8. SUCK IT UP

When going down on your girl, you already know to give some gentle attention to the clitoris' many nerve endings. But don't be afraid to get a little rough with it! Spread her lips apart and gently suck on it. It's guaranteed to send her overboard. But be careful with how much force you use and keep teeth out of the equation. That'll drive her crazy in the least sexy way possible.

9. EYES WIDE OPEN

Don't close your eyes during sex. This is a great way to explore more of the emotional side of intercourse. Start by kissing with your eyes open and looking at each other during foreplay. Gradually build up until you can sustain eye contact throughout both of your climaxes. You'll experience your orgasm in a totally different way. It's a revelation.

10. HOT DOG!

Before giving him oral sex, position yourself so you're sitting to the side, almost perpendicular to his penis. Cup your hand around his member, creating a "bun" around his "hot dog." Then kiss the part of his penis that's exposed while breathing hard. Your hand will trap your exhalations and make his member feel superhot. With your other hand, work his testicles. He'll think he has died and gone to heaven.

11. TANTALIZING TURN-AROUND

For ladies getting it on with their men, being on top is always fun -- but don't forget a simple but sexy way to switch it up: reverse cowgirl! Face his legs instead of his face when you're on top. (Hold on to his feet for balance.) He'll get a great view of your backside -- a surefire turn-on. And if his erection points out instead of up, this position will feel especially incredible to him.

12. THE KISS CONNECTION

Share a passionate 10-second kiss every single day. A lot of couples keep having sex but stop really kissing. And that's a shame, because it's such a wonderful, intimate act. So just go up and lay one on your part-

ner. Instantly, you'll feel passionate instead of platonic. What a rush!

13. BARE BOOGIE

You don't have to have a model-perfect body to have maximum fun in the bedroom. Look at yourself naked in a full-length mirror for five minutes a day and focus on what you love about your body. If this feels awkward, turn on some music and dance naked with your mirror image. By getting used to your unique shape, you'll gain confidence that will naturally spill over into your sex life and make you twice as enticing to your partner.

14. SULTRY SLO-MO

To surprise him and build anticipation, try doing the same things you always do in the bedroom, but slow down to one-fourth of your normal speed. You and your partner will have time to really bond, and since you'll be feeling sensation over a longer period of time, both your orgasms will likely be out of this world.

15. DON'T WAIT TO EXHALE

You can actually use your breath to control your orgasm. With each exhalation, imagine that you're pushing the satisfying sensations throughout your body -- instead of just letting them build up below the waist. When you finally let go, you'll feel the orgasm from head to toe.

16. FINGER-FOOD FOREPLAY

Have a romantic dinner without utensils so you can feed each other. There's something sensual about placing food in your partner's mouth. It's such fun -- especially when you serve stuff that's not supposed to be eaten with your hands, like salads or pasta. After a meal like this, serve yourself for dessert.

17. BACK DOOR LOVER

A taboo zone for many, but a secret fantasy for some. Don't be afraid to open to your partner if

you want to try this area out next time you're getting dirty. You don't have to go all the way with anal sex, but even just gently stimulating it can be pleasurable for you or your partner. Just be safe, use a barrier if that makes you more comfortable and plenty of lube to ensure comfort.

18. GRAB AND GO

If you're turned on at an inopportune time, act on your feelings. Although it feels a little bit naughty, a quickie will help you stay faithful. People often have affairs solely for the illicit rush from doing something "bad." Quickies allow you to experience all of the having-an-affair thrill with none of the cheating.

19. FANTASY LAND

Communication is always important in a relationship and so is switching it up! If you and your partner want to try new things, but aren't sure where to start, why not open up to each other on some of your dirty fantasies? Maybe it's roleplay or a new position you've been nervous to bring up. Listen and share with open minds and you're sure to heat up the bedroom in no time.

20. Pillow Power

Great sex is all about angles -- the angle of his erection and her pelvis determine exactly what hot spots will be hit. That's why pillows can be passion's best friends. Try one under his butt while you're on top or supporting your tailbone your favourite position. Or use a few to prop yourself up during oral. And don't be afraid to experiment with odd-size cushions, too. You'll be surprised how many new sensations you both experience just by adding a pillow.

**With resources from: Nitya Lacroix, The Art of Tantric Sex (DK Publishing, 1997); Susan Block, Ph.D., The 10 Commandments of Pleasure (St. Martin's Press, 1997); Barbara Keesling, Discover Your Sensual Potential (HarperCollins, 1999); Ellen Kreidman, The 10 Second Kiss (Renaissance, 1998); Paul Joannides, The Guide to Getting It On (Goofy Foot Press, 1999).*



THE GRADUATE



CREDIT: MOVIEPOSTER.COM

Cougar banging flick disappoints



Cinema Connoisseur
Allen Gaynor
www.cinemaconn.com

The Graduate (1967)

The Graduate is considered to be an all-time classic. It has been called "culturally, historically, or aesthetically significant" by the U.S. National Film Registry. The American Film Institute listed it as the seventh greatest film of all-time. For decades, critics have fawned over the tale of Benjamin Braddock and his forbidden encounters with Mrs. Robinson.

Well, once again, everybody but me is wrong.

Since it is Sex Week here at Fanshawe, I thought it would be a good time for me to view *The Graduate* for the first time ever, since sex plays such an integral part in the story.

Fresh out of college, 20-year-old Benjamin Braddock (Dustin Hoffman) is faced with many fears and countless questions about what he is going to do next. The last thing anybody thought he would do next is start an illicit affair with the wife of his father's business partner, Mrs. Robinson (Anne Bancroft).

At first the shy and awkward Benjamin spurns the cougar's advances, but perhaps out of boredom, Benjamin gives in and they begin their affair. Things get even more complicated, however, when Mrs. Robinson's daughter Elaine comes back home from college for a visit.

Benjamin initially has no interest in the younger Robinson, and tries to ensure she has no interest in him by taking her on a date to a strip club. But in true paint-by-numbers Hollywood storytelling, they end up falling in love after one date.

Once again, complications arise when Elaine gets wind of her mother and Benjamin's bedroom shenanigans. She returns to college, so Benjamin decides to rent a room near campus to follow her before eventually trying to win her back. So Benjamin Braddock is not only a homewrecker, he is also a stalker. With all due respect to Darth Vader, this fellow has got to be the most loathsome cinematic villain of all time.

Dustin Hoffman was adequate in the film, which is pretty much the level he is always at, except of course for his superior work in 2004's *Meet The Fockers*. Although he is playing a 20 year old in the film, he looks to be not a day under 40. I wonder if he looked like he was 30 when he was 10.

While Hoffman was merely okay, two of the supporting actors fared much better. Benjamin's father was played by William Daniels, who voiced KITT in the original "Knight Rider" series and played Mr. Feeney in the 1990s sitcom "Boy Meets World." Another classic sitcom star, Norman Fell also was a rare bright spot in the film. Fell played landlord Mr. Roper in the classic series "Three's Company," and stars in this film as, well, Benjamin's landlord. Nobody plays a landlord like Norman Fell.

I won't give away the ending, since you may want to watch the movie, although I certainly do not recommend doing so. I will say, however, that it would have been nice to see the young awkward fellow and the cougar end up together, maybe get married, maybe even have a kid. That would have been a great surprise ending, but alas that is not what happens.

It's quite ironic that a film called *The Graduate* would end up being a failure on so many levels. So here's to you, Mrs. Robinson. Jesus may love you more than you will ever know, but this reviewer doesn't think much of you or your film (woah, woah, woah).

Easily an A in high school films



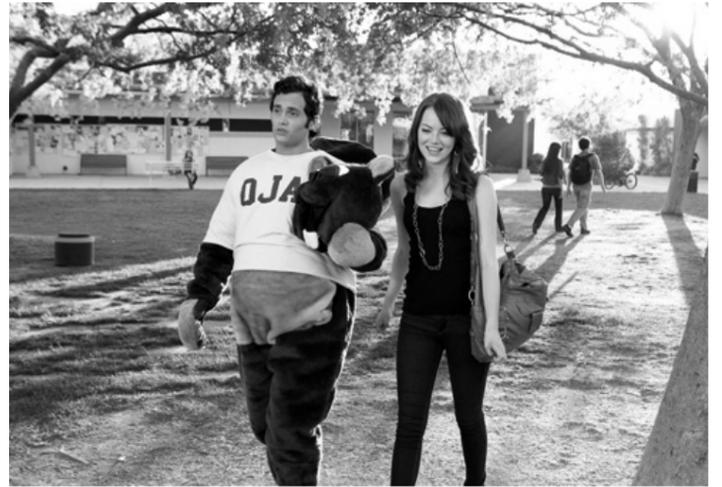
REEL VIEWS
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Easy A (2010)



A is for "adulterer," or in the case of *Easy A* "a comically misguided attempt at popularity." That is the central idea of Will Gluck's 2010 teen comedy, which is loosely based around the concepts of the book *The Scarlet Letter*. This movie has it all in the way of high school movie: uncool girls finally getting noticed, teens awkwardly dealing with their sexuality, and of course a phenomenal amount of angst. This should come as no surprise for viewers, though, as *Easy A* is the sophomore directing effort for Gluck, whose first film, *Fired Up!* was a huge hit with the teenage crowd.

Easy A tells the story of high-schooler Olive and her undeserved infamy. It begins when Olive innocently lies to her best friend Rhiannon about losing her V-card to a college guy and is overheard by one of the school's uber-religious right wing girls. The story spreads quickly through the school whereupon reaching Brandon, who is not yet open about his homosexuality. He urges Olive to have fake sex with him at a party to give him the reputation of a straight guy, thus making high school just a little more bearable. Olive's life quickly becomes more complicated as all the outcasts of the school



CREDIT: ADAM TAYLOR

Penn Badgley as Todd and Emma Stone as Olive Penderghast in Screen Gems' *Easy A*.

want to pay her for her unique services, and the cool guys think she is an actual prostitute. Along the way friendships are ruined, a marriage disintegrates and loyalties are called into serious question. However, being that *Easy A* is a teen movie, it is also full of humour, redemption, success and getting the guy in the end. Quite near perfection for a teen movie.

The cast of *Easy A* is well rounded with Emma Stone taking the lead as Olive, her first starring role after playing strong support in the hit films *Superbad* and *Zombieland*. Stone hits her comedic stride in this movie, as she pulls off the intelligent yet sarcastic teenager with no trouble. Playing her very liberal parents are Patricia Clarkson and Stanley Tucci, who it seems cannot fail on screen. Every line of his will keep you in stitches. Dan Byrd plays

Brandon, contrasted by Penn Badgley as "Woodchuck" Todd, the boy who actually wants to date Olive. Alyson Michaylka appears as Rhiannon, who goes from being Olive's best friend to one of her numerous enemies. Amanda Bynes and Cam Gigandet play Marianne and Micah, the school's religious power couple, and Thomas Hayden Church is the teacher everyone wishes they could have had in high school, the ultra cool Mr. Griffith.

Easy A has certain merits that other teen movies lack. It shows serious and lasting consequences of destructive teen behaviour, and it has intelligent humour that is far above so many other films of its kind. But *Easy A* is still a teen movie, full of homages to the late John Hughes, and if teen movies are your film of choice then this is a definite must-see.

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CREDIT: I.THISLONDON.CO.UK

A set of hot pants can show off those long gorgeous legs.

Sexy done right, whatever that means to you



AIMEE BROTHMAN
FASHION WRITER

Festival, the city was buzzing a little extra and everyone put on their best.

Starting the night at a more upscale venue, there was no lack of subjects to assess as Madonna's DJ was guest spinning and brought out the crowds. No lack of sexiness here: cutout dresses still made the cut, the lingerie-inspired trend from last season was still very evident and bodysuits in lace, silk or mesh were a fairly common sight. Almost all outfits had a common hemline, which was, in a word, short. Dresses, skirts and shorts were definitely in the micro category and I even spied a few bum cheeks. (How cheeky!) All the legs were complimented with high, high, high heels in all kinds of sexy, from nude patent to zipper-adorned leather.

We took full advantage of the extra late club curfews put in place for the film festival and on the way to the second venue of the night I got the chance to scope the streets as well. Going from the original entertainment district to a more hipster area was incredibly evident in the ensembles that were rapidly changing as we headed west. Sparkly dresses turned into high waisted denim mom shorts and 6" platforms were transformed into oxfords. Despite the vast difference in outfit choices, all these girls still looked sexy in their party clothes. Yes, there are drastically different styles of dress, but all of the girls who scored top sexy marks rated by girls and guys alike seemed to be happy, and most importantly, confident.

If sexy to you is a skimpy dress, slink into it and boldly saunter through the night. Hot pants make you hot? Lift your hemline and let your legs get all the attention! Whatever you're comfortable in will make you feel sexy, and when you feel sexy, you look sexy. Now let that leopard bra peek out a little or swipe on some red lipstick. Now you're a true vixen, darling.

Dedicated to my research, I booked Saturday night off from my job as a cocktail waitress in a bar and ventured into the night to see what the pretty young things of Toronto were wearing out on the sexiest night of the week. As this past weekend was the finale of the Toronto International Film

When asked to write an article pertaining to sexual awareness week, images of Dita Von Teese in her sexy burlesque get-ups and Vegas showgirls in all their glittering glory invaded my mind. What's sexier than a woman aggressively owning her sexuality? Wondering what did it for others, I decided to do some research and ask a few friends of all different backgrounds what came to mind for them. "I like slutty. I like seeing lots of skin," was the blunt answer from my longtime friend and neighbour we'll call Dave. This threw me off a bit. I knew guys liked seeing some cleavage or a long pair of legs in short shorts, but all at once? Isn't it a turnoff when the first adjective that comes to mind when evaluating a girl's outfit is "slutty?" Dave's response to this was a simple: "Nope. No such thing as too much skin. But I wouldn't want my girlfriend dressing like that." This made a bit more sense to me; it's nice to look at but not something you want in real life (much like those architecturally impossible-looking heel-less wedges from last season ... so not practical, but soooo pretty!) Other than the overexposed look, other responses ranged from a tuxedo (or masculine) look done right coming from a cocktail waitress at a strip club to classy sexy, like a pencil skirt with a high slit from a young, cool hairdresser.



CREDIT: STYLE.COM

Daphne Guinness, a style icon, journalist and collector of haute couture attends a memorial service for designer Alexander McQueen on September 20.

McQueen mourned



ALYSSA PAGEOT
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Friends, family, coworkers and admirers all gathered at the St. Paul's Cathedral at 11 a.m. on September 20 to celebrate the life of a dreamer. It's been over a year since Alexander "Lee" McQueen took his life, and the fashion industry is still paying its respects and condolences.

Right in the heart of London, England, nearing the end of International Fashion Week, a magnificent celebration took place that summoned a ton of famous fashion icons and celebrities. You can see how loved someone was by the amount of people that turn up to their funeral, especially when they die young; a friend of mine died a few summers ago and the funeral service was overflowing with people whose lives she had touched. It brings a smile to my face and a sense of comfort in my heart to know that a year later, McQueen is still being remembered and honoured and is far from being forgotten. Fashion week wasn't quite the same without him – everyone is stuck wondering, if he had been with us still, what miraculous creations he might have dreamed up. It was always what I looked forward to the most.

The ceremony took place in a church that actually seemed like a location McQueen would have chosen for a fashion show. On the

chilly morning it gave off a gothic feel and everyone came dressed fabulously – most were head to toe in McQueen. Sarah Jessica Parker was there wearing a stunning white gown with a long black trench, her hair in an elegant and appropriate up-do. Naomi Campbell came looking fabulous in feathers, as well as Kate Moss looking sombre but beautiful.

Stella McCartney came, as well as Vogue's editor-in-chief, Anna Wintour, who spoke beautiful words describing McQueen as "a complex and gifted young man ... who as a child loved nothing more than to sit on the roof of his tower block and watch the birds circling overhead." Addresses were also given by Suzy Menkes, a British fashion reporter who had attended every single one of McQueen's shows; Shaun Leane, a jeweller who collaborated with McQueen creating some of his most stunning pieces created; and Philip Treacy, a

famous hat designer.

The music, however, was the most beautiful and breathtaking part of the service. I would have given anything to have been there – I cannot imagine the feeling, it gives me shivers just thinking about it. Michael Nyman performed *The Heart Asks Pleasure First*, a piece he created for Jane Campion's *The Piano*. A talented woman I adore and admire performed as well: Björk gave an exhilarating performance of *Gloomy Sunday*, famed for its interpretation by Billie Holiday. She wore McQueen's famous pierced wooden wings and a skirt of trailing ostrich plumes, and was one of the best dressed there.

The ceremony finished with a lone bagpiper followed by a marching band of pipers in mourning kilts and the McQueen tartan sashes, as the impressive audience leaked out into the bittersweet sunny London streets.

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CREDIT: LIFESTYLESFASHION.COM

Do you follow the rules of wearing sweats?

The style rules of sweatpants



CHRISTINA KUBIW
KALASHNIK
FASHION WRITER

Once upon a time, someone told me that when you enter college or university there's a way to distinguish between first years and everyone else; the trick is to check out what they're wearing. They say first years always try to dress up and look their best, while everyone else dresses for comfort and practicality.

Being a first year, I have certainly noticed the majority of students my age do dress for looks and to attract their desired mate. However, here's the thing: first years are far too worried about partying and looking good. Eventually, they become overwhelmed with school work and when they do, guess what? They stop looking as good and turn to comfortable sweatpants. And so, I have compiled a simple set of rules to follow for when you eventually turn to the elasticized leisurewear.

1. Never wear all one bright colour – There will always be those girls who buy sweatsuits from Victoria's Secret or Juicy Couture in hot pink or lime green and think they're cute. Here's the thing: wearing both pieces of that sweat suit at the same time isn't so cute. It looks slightly juvenile, and it also gives off the feeling that you're asking for attention. So if you are going to wear both pieces of a sweat suit make sure they aren't too bright. Aim for a colour such as black or charcoal grey - even dark teal is a great alternative. You'll be surprised as to how much better these colours look. The only attention they'll be drawing is the right kind.

2. Bigger isn't always better and neither is tighter. When wearing sweatpants and sweatshirts, you have to make sure they aren't too baggy - it looks frumpy if they are. However, the counterpoint is not too wear anything that's too tight. You need to find a balance within comfortable and fashionable. Wearing one fitted piece and one

looser piece is always a good rule to follow. This way you aren't drowning in fabric and you're able to maintain some comfort. This rule has a lot of leeway, however, it's a matter of using your best judgment when getting dressed and taking that final look in the mirror.

3. Make it your own – Make sure when you get dressed you give your look a splash of personality. Fashion would be nothing without a personal touch, and believe it or not, sweatpants are not excluded from this rule. If you're wearing harem-style sweats and a loose tank top, throw on some cute bracelets, rings or a necklace. It's about taking something simple and comfortable and then dressing it up to suit what you're doing and who you are. So next time you're considering changing into something less casual to go out, try dressing up your outfit instead of changing it.

4. Middriffs are meant for the beach – I'm not too sure when it became popular to show off your stomach in sweats, but it's not something that should be done. If you're reaching for something and your shirt goes up, make sure to pull it down after. No one needs to see which belly-button ring you've got in today. This rule is also closely related to the "wear a shirt under the zip-up rule." The number of times girls wear no shirt under their zip-up hoodies has increased. It looks a little promiscuous, an image no girl should ever try to convey. Therefore, when you get dressed in the morning make sure you really are *getting dressed*.

5. Although they're on your feet, shoes top off the look – Shoes are always a tough thing to pair with sweatpants therefore this rule is flexible. Remember, shoes really do add the finishing touch to any outfit. So when you're slipping on your stilettos, tying on your runners or shimmying up your Uggs, remember people really will pay attention to how your shoes complete the look. Make sure your shoes go with the look; they should compliment - not clash or overwhelm. Remember, just 'cause the shoe fits doesn't mean it's a nice one.



CREDIT: ES.IOFFER.COM

An array of colours and prints for briefs and boxer-briefs.

Underneath it all



ZOOT
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Buried deep and often forgotten. Usually overlooked and taken for granted; men's underwear is very necessary to any male's wardrobe. This is something most men don't take into consideration. It is not only for support and practical reasons, underwear has a lot to do with sex appeal, style and how comfortable one is with himself. By popular demand of the ladies (and some men) around the school, I have chosen to write about the different styles of underwear, the mood they set and what girls (and some guys) want to see.

The quality of the underwear is most important, even over style. Underwear are not like jeans in the sense that the more ripped jeans are, the more stylish they look. If you are having an intimate night with your partner and your underwear is torn and tattered, the mood is completely ruined. The sex appeal hits a solid zero and it is now time for you to go on a shop-

ping trip. The designer brands such as Dolce and Gabbana and Calvin Klein usually supply the best quality, but if you are looking for a cheaper alternative, brands such as Fruit of the Loom (from Walmart) can be just as durable.

The second most important aspect when buying underwear is the style. In today's retail world, there are a vast amount of styles including briefs, boxers, boxer-briefs, bikini, thong and of course, going commando (however, this shall be saved for another article). Each of these styles truly defines a male's character.

Boxers are for those who play it safe and aren't concerned with sex appeal. After talking to a bunch of people, the general consensus was that boxers are one of the least attractive styles because they just hang off the body and appear more like shorts. The sex appeal is really reduced when the boxers are pulled high up while the pants are basically around the ankles - this usually ends up looking trashy.

Briefs and boxer-briefs are for those who like support but want to shape their lower body. Although briefs are often referred to as "tighty whities," there is now such a large variety of colours and

prints, that this term is not as accurate as it once was. Also, according to the ladies and men I asked, they found these two styles are the most attractive and present the most sex appeal. They love it especially when the band of the boxer-brief is pulled less than an inch above the waist line.

Last but not least, we have the bikini and male thong. These are definitely the most gutsy and revealing styles, worn by men who aren't afraid to wear the most uncomfortable underwear and are completely comfortable with their sexuality. These styles can present sex appeal to certain individuals or small groups, but for the most part, it is not classified as the trendiest for the majority of today's society.

It may seem quite pointless to put effort into buying an article of clothing that is seen by very few people, but the truth is, every bit counts. Your partner is not going to want to see you in tattered, poorly fitting underwear. Try something new; go to a retailer such as American Apparel, H&M or Urban Behaviour and pick out a different style of underwear (maybe not a thong for starters) and see if your partner notices.

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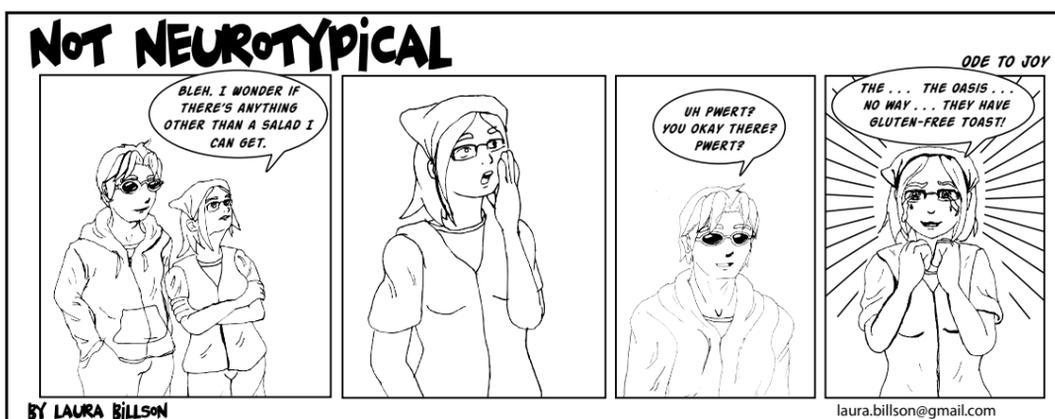
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Aries (March 21 - April 19)

How it looks and feels is more important than what it does. Let your senses guide you, even if it's through a major decision. You have an outsider's perspective with an insider's skill set.

Taurus (April 20 - May 20)

Yours may be the lone voice raised in protest. You bring gifts that many others find pleasing. If no one else cares to make an exchange, learn to be happy with what you have.

Gemini (May 21 - June 20)

There's still much to do. Gemini is a dynamo of opinion and motivation. If someone disagrees with your method, let the person introduce a better one.

Cancer (June 21 - July 22)

The gift of time or status makes up for other inconveniences. Gain instant wisdom from your new perspective. Someone is here to prevent you from doing anything rash.

Leo (July 23 - August 22)

Your personal standards are higher than what you expect of others. These days you surpass every challenge that you set for yourself. This week you turn into a superhuman while staying honest.

Virgo (August 23 - Sept. 22)

Winning and losing are both part of the same endless rhythm. Be loyal to the greater principles that never change through all of the ups and downs. Study what you hope to control one day.

Libra (Sept. 23 - Oct. 22)

An official handshake is underlined with a friendly backslap. Now that you're part of the club, dispense with all of the formalities. Everyone here knows what you can do.

Scorpio (Oct. 23 - Nov. 21)

Authority figures are impatient or vindictive. A situation that once had nothing to do with you is now your problem. Save your difficult question for the person who will give you a serious answer.

Sagittarius (Nov. 22 - Dec. 21)

Smile, Sag. Sagittarius is an expert, a daredevil and the leader of the pack. You couldn't have a bad time even if you tried.

Capricorn (Dec. 22 - Jan. 19)

You hate the idea of overtime, but certain things simply must be done. By fixing one glitch, you make ripples throughout the whole system. While efficiency is necessary, perfection is impossible.

Aquarius (Jan. 20 - Feb. 18)

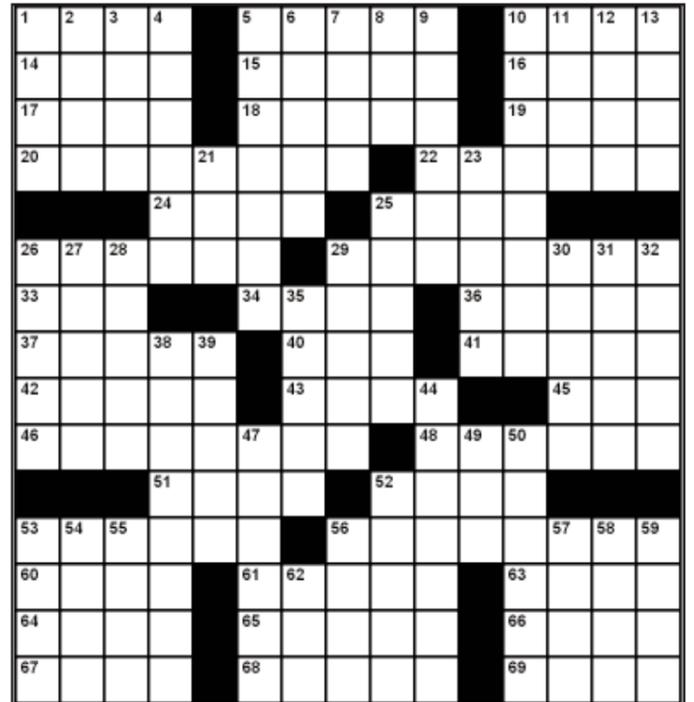
Mixed emotions reflect badly on the mixer. Your current smooth ride threatens to overwhelm you with too much of a good thing. Clearly, this experience is an opportunity to learn.

Pisces (Feb. 18 - March 20)

Seek external discipline when your mind wanders. Pisces may confuse help with meaningless distraction. When you like something too much, you'll never be objective about it.

- Across**
- Commotion
 - Japanese city
 - Man who lives off the earnings of a prostitute
 - Sgt Snorkel's (Beetle Bailey) four-legged friend
 - Lowest point
 - Adam's son
 - Hammer's partner
 - Useful (archaic)
 - Stand up
 - Declare one's intention of inflicting harm upon another
 - Japanese entertaining girl
 - Unmarried young lady
 - Throw lightly
 - air color
 - The part of a logarithm after the decimal point
 - Tear
 - Midday
 - Food consumer
 - Inactive
 - Telecommunication device for the hard of hearing
 - Make bad-tempered complaints
 - Concur
 - Frog
 - "___ had it!"
 - Open two-seater car
 - Head of a county council
 - Celestial body
 - Rodents
 - Metrical foot
 - Greek mythological son of Zeus
 - Home of the Bruins (abbr.)
 - Raised mass of compacted material
 - Alone
 - Scorch
 - As late as
 - Approve
 - Clark ___ (Superman)

- Studies show that women who went to college are more likely to enjoy oral sex (giving and receiving) than high school dropouts.
- A man's beard grows fastest when he anticipates sex.
- In earlier times, masturbation was believed to lead to blindness, madness, sudden death and other unpleasant diseases. Present research, however, shows no connection.
- A man will ejaculate approximately 18 quarts of semen, containing half a trillion sperm, in his lifetime.
- The Geisha of Japan would not perform fellatio because it was considered demeaning for the cultured to do so.
- Sex is biochemically no different from eating large quantities of chocolate.
- Humans and dolphins are the only species that have sex for pleasure.
- Males, on average, think about sex every seven seconds.
- The earliest known illustration of a man using a condom during sexual intercourse is painted on the wall of a cave in France. It is dated between 12,000 and 15,000 years old.
- A medical study conducted in Pennsylvania showed that people who have sex once or twice a week have their immune systems boosted slightly.
- During the 1920s, it was believed that jazz music caused one to permanently lose his sexual inhibitions. It was often banned in many cities.
- All Humans Are 99.9 per cent genetically identical and 98.4 per cent of human genes are the same as the genes of a chimpanzee.
- The female bedbug has no sexual opening. To get around this, the male uses his curved penis to drill a vagina into the female.



- Tie in tennis
- One of Columbus' ships
- Letter style
- Colorado's neighbour
- Mix
- Sombre
- Espen ___: Only Norwegian to have played in the NHL All-Star game
- Richard ___: American novelist known for his exploration of mid-20th century life
- Scandinavian mythological supreme god
- Open ___ 9'
- Western U.S. state
- Resident of the French capital
- Wading bird
- Netting
- Earnest appeal
- Assist
- Painter Richard
- An early work of Hasdic philosophy
- Thistle
- Jargon (informal)
- Musical production
- Engine
- Sedate
- Work as a waitress
- Masculine name
- Semi-aquatic fish-eating mammal
- American warbler with red markings
- Irritable
- Become gradually smaller in size
- Jewish scriptures
- Deed
- Motive
- Crazed
- Web-footed bird
- Has a pain
- Tribe
- Ballet skirt
- Scandinavian mythological mischievous god
- ___ -Ude: capital city of the Buryat Republic, Russia
- Leguminous plant
- Five minus four

Solution on page 26

QUIRKY FACTS

- Ithyphallophobia is a morbid fear of seeing, thinking about or having an erect penis.
- According to a survey of sex shop owners, cherry is the most popular flavor of edible underwear. Chocolate is the least popular.
- In the Aztec culture avocados were considered so sexually powerful, virgins were restricted from contact with them.
- 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.
- The average shelf-life of a latex condom is about two years.
- Formicophilia is the fetish for having small insects crawl on your genitals.
- Male bats have the highest rate of homosexuality of any mammal.

Sudoku Puzzle

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

puzzle rating: hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 26.

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 |



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 Friday 8:30am - 4pm; Saturday 9am - 12:30pm

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BEST IN LATE NIGHT COMIC RELIEF

THE TONIGHT SHOW with Jay Leno

In her fight against childhood obesity, first lady Michelle Obama is urging communities to make fresh produce more available to young people, even in liquor stores. If your kid is hanging out at the liquor store, obesity is the least of your problems.

An openly gay Saudi Arabian diplomat is seeking asylum here in the U.S. His reason: he's an openly gay diplomat from Saudi Arabia.

More high schools are cutting out gym classes to make room for increased requirements in math and science. So now, when our kids get fat and fall down, they'll at least know the science behind it.

I saw the new movie *Devil*. Or, as Christine O'Donnell calls it, "Roots."



JIMMY KIMMEL LIVE with Jimmy Kimmel

Justin Bieber was spotted at a Hooters restaurant in Canada. I don't think 16-year-olds should be hanging out at Hooters. They should be dabbling in witchcraft, like Christine O'Donnell.

An arrest warrant was issued for Lindsay Lohan after she failed a court-ordered drug test. Maybe that's what she meant when she said she wanted to be "more positive."

After pleading guilty to cocaine possession, Paris Hilton was ordered to pay a \$2,000 fine, which is what one of her shoes costs.

The tea party supported a woman named Christine O'Donnell who, in the 1990s, mounted a campaign to stop kids from masturbating. It didn't work.



LATE NIGHT with Jimmy Fallon

Joaquin Phoenix's two-year stint of acting crazy and weird was all a performance for a new movie that he has coming out. When he heard that, Mel Gibson was like, "Me too?"

A Frenchman named Philippe Croizon with no arms or legs swam across the English Channel in less than 14 hours. In related news, I watched four hours of the Home Shopping Network because I couldn't find the remote and the TV was over five feet away.

There are rumours going around that Facebook is building a cell phone. It's pretty good, except you can only use it to call people you barely remember from high school.



THE LATE LATE SHOW with Craig Ferguson

A man in Texas has created deep-fried beer. In my younger days, we had a word for a man like this: genius.

Kids don't want to learn anything from movies — except that vampires have feelings, too.

Christine O'Donnell said that Hollywood needs to re-evaluate what they're doing because movies these days are all filled with gay sex and extramarital affairs. I thought, "Have fun in Congress then."

The premiere of "Hawaii Five-0" was watched by 13.8 million people. For an idea of how many people that is, take the amount of people watching this show and add 13.8 million.



THE LATE SHOW with David Letterman

World leaders at the U.N. agreed on one thing: Superman has got to do more.

Iranian President Ahmadinejad is in New York. You know he hates Jews and gay people. Boy, is he in the wrong place.

Mayor Bloomberg has only bought two pairs of shoes in 10 years. He spends all his money on lifts.

Christine O'Donnell says that she once had a date on a Satanic altar. Well, who hasn't?

Bristol Palin performed a cha-cha on "Dancing With the Stars." She received a score of 18 out of 30 points. Which is about the same as her mom did in the debates.



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THE AMAZING PACE - Race through downtown London solving clues and overcoming both physical and mental challenges. Be the first team to reach the final checkpoint and win! Support The Lung Association. Contact Lindsay Pierce for more information 519-453-9086, lpierce@on.lung.ca or www.theamazingpace.ca

TALK BEFORE TOUCHING: A Sexual Assault Awareness Program Hosted by: Darlene Barriere, The Relationship Lady, Friday, October 1 from 12 noon – 2 p.m., RM M2017. You'll learn how to: build respectful relationships through effective communication, make healthy relationship choices, determine if you're ready for intimacy, avoid date rape / sexual assault, protect yourself from being accused of sexual assault,

safeguard yourself from date rape drugs and much more! Books will be available for purchase at the event! Protect yourself from sexual assault...or being accused of sexual assault! Don't miss this FREE event.

FANSHAWE COLLEGE 2010 UNITED WAY CAMPAIGN Back by popular demand, staff and students at the London Campus will officially kick-off the London Campus Campaign with a chili competition on Thursday, October 14, 2010. Join celebrity judges Mike Callaghan (2009 and 2010 National Chili Champion); Janice Zolf ('A' News); Fanshawe President, Howard Rundle; Fanshawe Student Union President, Joe Scalia and Andrew Leckie, CEO, United Way of London & Middlesex. For \$3 per student and \$5 for non-students, you will have the opportunity to taste some of the best chili in the region! We will be serving chili in the James A. Colvin Atrium (formerly 'B' cafeteria), Forwell Hall and 'H' Cafeteria from 11:00 a.m. to 2:00 p.m. Come and

join us! Competition is "heating up" for bragging rights for the 'best darn chili on campus!

TB SKIN TESTING CLINIC: The TB Skin testing clinic is available for Fanshawe students and will be offered by the Fowler-Kennedy Clinic from Sept. 13th – Oct. 11th (Mon Tues & Wed) from 10 a.m.-12 noon in Rm SC 1014. Students should bring a valid health card and \$15 cash only. Must wait 20 min in waiting area after injection and must return 48-72 hrs later to have test read. Please note no TB tests on Wed Sept 29.

ASSET SURPLUS SALE: Fanshawe College Purchasing & AP Department is hosting an Asset Surplus Sale Friday, October 1, 2010 from 11:30am – 2:00pm. PC's, Computer Monitors, Laptops, Printers, Televisions, Camera Lenses, Filing Cabinets, Chairs, Electronics, Tables, and more. Free keyboards, mice and binders to students! To be held in Room C1010 (Outside Access only - across alley near D1018

Parking. Follow Signs). Cash and carry only. All items sold as is. All sales final. No returns or refunds.

GETTING PHYSICAL ON CIGARETTES - QUIT SMOKING PROGRAM - We are currently recruiting female participants who wish to start this program in September 2010 or January 2011. All participants will engage in a free 14-week exercise program at a supervised private facility on the UWO campus (ehpl.uwo.ca). In addition, participants will be given a free

10-week nicotine replacement therapy step down system (NicoDerm patch). This trial is fully funded by the Canadian Cancer Society Research Institute. If you are interested in attending an information session, or if you have any questions, please contact Lyndsay Fitzgeorge (phone: 519.661.3211 or email: gettingphysicaloncigarettes@gmail.com). More info on this program can be found at: <http://www.ehpl.uwo.ca/projects.html#Lyndsay1>. We look forward to hearing from you!

F	U	S		K	Y	O	T	O		P	I	M	P	
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9	3	2	6	5	7	8	4	1
4	5	6	8	1	3	2	9	7
7	2	8	9	6	5	1	3	4
6	9	4	3	2	1	7	5	8
3	1	5	7	8	4	6	2	9

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CREDIT: ANTHONY CHANG

Mother Mother's Molly Guldemond on vocals during the band's recent stop at Fanshawe for a packed house in Forwell Hall.

nuit blanche

10.02.2010

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CrossFit no regular workout



FUN AND FITNESS
RICK MELO
melo_rick@hotmail.com

CrossFit has really taken the fitness world by storm in recent years. Regardless of whether or not you are a fitness guru, you've probably heard about this particular exercise discipline at one time or another. Heck, maybe you've been "CrossFitting" yourself for several years now and you should be writing this article for me! Either way I'm going to briefly discuss CrossFit and how you can get involved.

What is CrossFit?

CrossFit is a strength and conditioning fitness regimen. It combines elements of weight lifting, running and gymnastics. The focus of CrossFit is to increase one's fitness across several domains which include strength, speed, power, flexibility, stamina, agility, balance, coordination and accuracy.

Why has it become so popular in recent years?

One of the main reasons is because of the fact that it's an exercise discipline aimed at total physical fitness. Most individuals specialize in one area. For example, bodybuilders concentrate solely on resistance training. Cross country

runners focus their training on running and stamina. People are becoming more aware that in order to live a long and healthy life, you need to consider all areas of physical fitness. CrossFit has aimed to provide a solution to this. The fact that crossfit provides so much variety has also made it an attractive option for those looking for something new and exciting.

Sounds great, but is crossfit offered in London?

You bet! As a matter of fact, CrossFit London is located at 525 First St. It is about a five-minute walk from the front entrance of the college.

CrossFit sounds extremely advanced; will I even be capable of doing it?

Crossfit London's main focus is on small group training. Average group sizes are about eight to 10 people who share the same trainer and experience each session. The objective is for the groups to grow together and potentially strive for one to two years of progression. Some class groups will be more established than others and individuals will be placed accordingly. At times, the staff will even pair up a highly skilled individual with a beginner to engage in a scaled down version of the advanced routine. This provides newcomers with extra motivation and some insight of great things to come.

CrossFit sounds phenomenal! How do I get started and how much?

Upon signing up, you will enter a "pre-training" minimum of three sessions which will allow the staff to gauge which physical level you should be placed in. This prerequisite is for your own safety, and to ensure you are getting the best personalized CrossFit experience. You can also inquire about one on one training sessions if you are interested. CrossFit London strives to help you achieve total body fitness without giving you a financial burden. Take it from a guy like myself who has worked in the fitness industry for a decade - their pricing is extremely competitive with other fitness centres and you won't be getting the "standard program design" that many personal trainers have been accustomed to give to clients.

Is there anything else I should know about CrossFit?

Trying to describe the numerous benefits of CrossFit in a short article will not do it justice. I suggest taking the short walk over to CrossFit London and talking to Dave and his friendly staff regarding any questions you may have. They may even show you a glimpse of a CrossFit session in action!

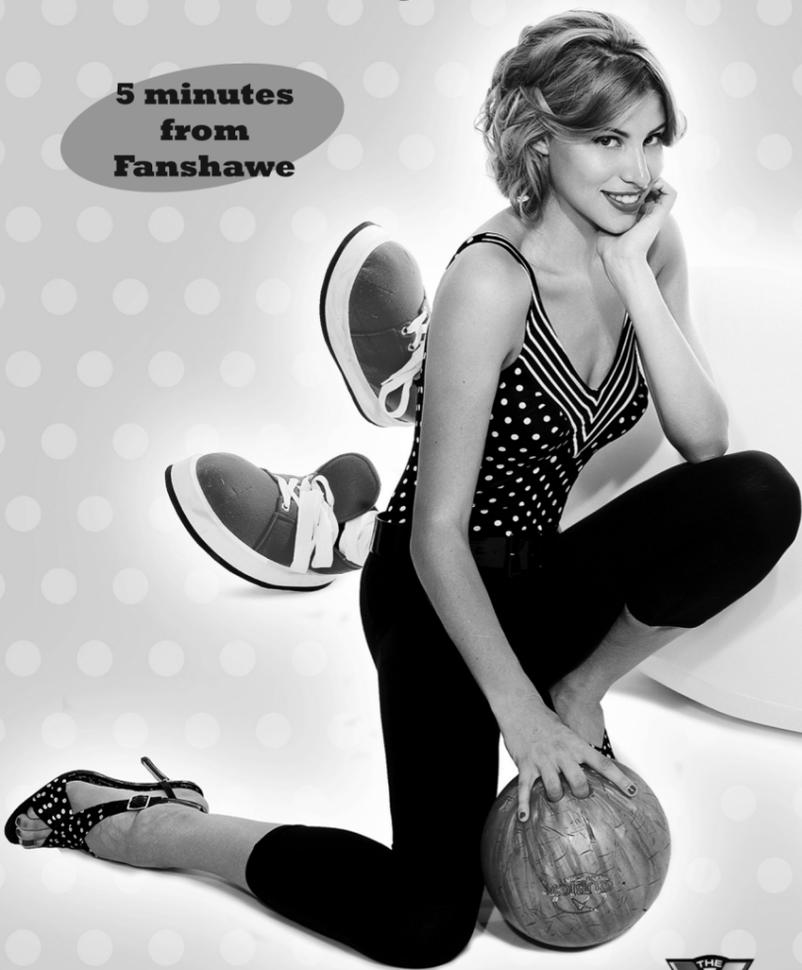


CREDIT: ANTHONY CHANG

Fanshawe's Kofi Boateng fends off an opponent during the Falcons game versus Humber. The Falcons came up short in the game, dropping the game 1-0. The Falcons followed up that game with a 0-0 tie at Redeemer. The Falcons record stands at 1-1-1.

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CREDIT: ANTHONY CHANG

Fanshawe's Alex McAvoy lines up a putt during the 7th Annual Fanshawe College Golf Tournament at the River Road Golf & Country Club. McAvoy finished first with an 87, two shots better than a pair of women from Georgian College.

Falcons fly high to start golf and x-country seasons

ANDREW EVANS
INTERROBANG

This past weekend marked the season openers in competition for both the men's and women's varsity cross country and golf teams. The Fanshawe Falcons varsity cross-country teams traveled to Cornwall, Ontario on September 18, and started right where they left off from last season by winning both the men's and women's overall titles to start the season.

On the women's side, it was Liliane Sparkes and Erika Houde-Pearce supplying the one-two punch for the Falcons by taking the top two positions with times of 20:38 and 20:47 respectively in the women's 5km event. Melissa Linker and Tineke deJong rounded out the top 10 for the Falcons, finishing with respective times of 22:19 and 23:15.

For the Fanshawe men, it was Clint Smith taking the overall men's title with an impressive time of 28:51 in the men's 8km. Also on the men's side, it was Fanshawe's Sean Coleshill, Daniel Bright and Biemnet Yemane, all finishing

within 10 seconds of each other to take the 6th, 7th and 8th spots with times inside of 31 minutes. Rounding out the top 10 in the men's field was Fanshawe's Josh Lumani with a time of 31:15.

In Fanshawe varsity golf action, it was a successful start for both the men's and women's teams, with both teams finishing in the top three in the overall team standings to begin the season.

For the men, it was Fanshawe's Mike Waite shooting an impressive 70 to take the men's individual title to begin. Also for Fanshawe, last season's Ontario Colleges Athletic Association silver medalist Taylor Booth got off to another strong start by shooting 71 to finish one shot off the lead.

For the Fanshawe women, it was Alex McAvoy shooting a score of 87 to capture first overall in the women's individual category. The Fanshawe golf teams will look to continue their early season success this week with tournaments in Lindsay and Oshawa, before rounding out their regular season next week in Niagara, Ontario.



CREDIT: AUDREY DE JONG

The Fanshawe women's cross country team is off to a fast start this season, placing four women in the top 10 in their first competition to claim first overall at St. Lawrence College. The men were equally impressive with five in the top 10 and claiming top spot as well.

Cole's man-crush act wearing thin



THE HEEL TURN
SCOTT STRINGLE
stringle78@gmail.com

WWE Night of Champions Results:

Dolph Ziggler defeated Kofi Kingston to retain the Intercontinental belt.

Big Show defeated CM Punk
Drew McIntyre & Cody Rhodes outfought four other tag teams for the Tag Team title.

Michelle McCool won the Lumberjill match to become Unified Divas Champion.

Daniel Bryan took the United States Championship away from The Miz.

World Heavyweight champ Kane beat the Undertaker in a No Holds Barred match.

In the main event, Randy Orton moved past John Cena, Edge, Chris Jericho, Sheamus, and Wade Barrett to be awarded the WWE Championship.

On RAW the following night, Randy Orton came out to celebrate his title win, only to have the moment ruined by Sheamus. The Celtic Warrior marched to the ring and demanded that Orton hand the belt over immediately, as it "belonged" to Sheamus. The only thing that the Viper handed over though, was a devastating RKO to the former champ. With Sheamus lying motionless, Orton charged at him to deliver a vicious punt to the skull, but Sheamus rolled out of the ring just in time to avoid having his brains scrambled. A match was then made by the General



CREDIT: SEXYWRESTLINGBABES.NET

Mickie James could soon be a TNA Knockout.

Manager to have Orton defend the title in a couple of weeks against Sheamus in a Hell in a Cell match.

The Miz also did some complaining, stating that he had a pre-existing injury, and did not actually tap out to Daniel Bryan. He later sat at the announcers table with Michael Cole and Jerry Lawler, and Cole asked The Miz to autograph his copy of WWE Magazine, which The Miz is on the cover of this month. It's embarrassing to witness how much attention Michael Cole seems to pay to The Miz. Bryan came out for his match against Edge, and he had The Ride Of The Valkyries as his new entrance music, which The Miz and Cole seemed to think was Star Trek or Star Wars music. Leave it to these guys to insult what is probably the most epic piece of classical music ever!

After watching the announcing team of Cole and Lawler, I have to say that 10 years ago I never thought Lawler would ever be the

babyface announcer. Michael Cole's nasty comments do make for some laughs, but in my opinion the whole deal with him getting emails from the General Manager is kind of annoying the more it happens. Makes me wonder though, exactly who the GM will end up being? Vince? Triple H? I hope we'll find out soon.

In TNA news, I've heard through the grapevine that Christina Von Eerie could soon be a TNA Knockout. She's an extreme punk rock hellcat and you should check out some of her matches on YouTube if you don't know who she is already. Plus some really big news about Mickie James possibly signing with TNA, which would be a huge coup for them. This isn't written in stone yet, but if TNA can capitalize on WWE's mistake of firing one of the only Divas who could actually work, then she would be a welcome addition to the Knockouts roster.

FREDDIE'S CORNER

INTRAMURAL DEADLINES AND OPEN GYM ACTIVITIES

UPCOMING HOME GAMES FOR FANSHAWE FALCONS:

Women's Soccer – Fanshawe vs Sheridan
4:30 pm on Tuesday, October 5

Men's Soccer – Fanshawe vs Sheridan
4:30 pm on Wednesday, October 6

Men's Basketball Exhibition
Fanshawe vs Laurier 7:00 pm on Wednesday, October 6

Women's Volleyball – Mon. Oct.4th

Men's Volleyball – Mon. Oct.4th

Men's Ice Hockey – Wed. Oct.6th

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EXTRAMURALS

Co-ed Dodgeball @ Humber – Fri. Nov.5th

Co-ed Indoor Soccer @ Humber – Fri. Nov.12th

Men's Ice Hockey @ Sheridan – Thurs. Nov.11th

Co-ed Beach Volleyball @ George Brown – Thurs. Nov.18th

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BMW Cabriolet rules its class



MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

Earlier this year, I tested the Lexus IS350C hardtop convertible and found it to be better than I was expecting. Surprised? I sure was. After all, most Toyota/Lexus products are about as entertaining as an algebra class.

The IS350C turned out to be so good that I started imagining that if I had the money to buy a car like that, I might just consider it.

I wondered what else in this class might be of interest to me. There is the Audi A5 Cabriolet and the new Mercedes-Benz E-class Cabriolet, both of which are very nice, but these two offer soft-tops rather than a folding metal roof. That would be fine if I lived in Miami or Dubai, but not in Canada, where it tends to snow a lot.

The only car that can hold its own against the impressive new Lexus is the BMW 3-series Cabriolet, which has gone through some cosmetic changes for 2011. You can spot the subtle changes if you look hard. There are new headlights and tail lights, plus some new bumpers. I won't say the look has improved, but since it doesn't look worse than before, I'd say job one done well.

The changes to the interior are very subtle as well. It has the new i-Drive system, which is nice because it makes understanding this gadget a lot easier. Apart from that, the only change I noticed was the placement of the seatbelts, which used to be in the car's body, but are now attached to the seats. I like the newer seatbelts because they fit you more snugly.

The changes are not just cosmetic, because you do also get a new engine. It is the same size as the old motor (three litres) and has the same amount of power (300 hp, 300 lb/ft of torque), but rather than having two turbos, the 335i now has a single turbo. But its not any regular turbo, it is a twin-scroll turbo, and this is the first ever production application of such a turbo with a straight six-cylinder engine.

So why go through the trouble of developing a new engine when it doesn't give you any more power? The answer is fuel economy. The old 335i used to average about 13.5-litres/100 km, the new one managed 11.6-litres/100 km. It might look like a small improvement, but over the length of your ownership, it might save you a small fortune.

The Cabriolet model still is only available in rear-wheel drive format, which is what an enthusiast wants. Power is fed to its wheels via either a six-speed manual gearbox or a six-speed



CREDIT: NAUMAN FAROOQ
The interior of the BMW Cabriolet.

automatic with beautifully manufactured pedal shifters. For 2011 there is a new model also available called the 335is. This version gets 20 hp more than the regular 335i and is also available with a seven-speed dual-clutch gearbox.

My test car, however, was the regular 335i Cabriolet with the automatic transmission. This is one of the best automatic gearboxes on offer and its shift times are very quick for an auto. So if you want to have some fun, this car delivers.

If you like lightning fast getaways, you'd be happy to know that the 335i can sprint from 0 to 100 km/h in 5.7 seconds, which is quick enough to dispose of most cars on the road. Plus, it just sounds so awesome when you punch it towards red-line through a tunnel.

Performance and gadgets are one thing, but the most important thing about a convertible is how it copes on the roads when you drop the top.

The simple answer: very well. First, this folding hardtop takes just over 20 seconds to either put up or down, which is convenient. Then there is the chassis stiffness, which is probably one of the best in the industry. The most impressive thing is its aerodynamics.

The IS350C is not much fun on the highway with the roof down – it's best to use that in the city only. The 335i Cabriolet was comfortable with the roof down even at high speeds. If you're looking for a convertible that is comfortable

the highway with the roof down, this 335i is very good indeed.

But what if you encounter some twisty roads, how does it handle? One of the most impressive features of the IS350C was its handling. Sorry to say, the Lexus loses out here also. The IS350C is a fine handling machine, but it lacks the steering feel and the chassis set-up of the BMW. You know what the 335i is? It's just better, in just about every single way: it looks better, has much more room in the trunk, more room for backseat passengers, has a better ride, better handling and much more.

Any complaints? Well the only one I can think of is that it is a victim of its own success. This is a popular car in this segment and thus you see plenty of these out on the roads, so it's not what you'd call a rare sight. The IS350C is just that, and there is a certain amount of pleasure one can get out of driving something not many people have.

On most of the technical stuff, the 335i Cabriolet is still the best convertible on roads today. I just wish it were a rarer sight. Prices for the 335i Cabriolet start at \$68,900.



CREDIT: GREGORY SHAMUS

Joe Flacco will have to improve if Baltimore is going to beat Pittsburgh.

Slugfest in Steeltown



NFL CZAR
JUSTIN VANDERZWAN

It was a tough choice for week four, but in the end I couldn't resist the urge to go with a pivotal AFC North battle. The

Baltimore Ravens will take their stagnant offence with them to Steeltown, to take on the Big-Ben-less Pittsburgh Steelers. This will be the last game the Steelers will be without their All-Pro quarterback, but will he be in game shape when he returns?

The Steelers have been winning with amazing defensive play, and with or without Roethlisberger, the defence will be good. They will have their work cut out for them, as the Ravens are not as bad as they looked back in week two in Cincinnati. And with either Charlie Batch or Byron Leftwich at QB, the Steelers may be in big trouble.

While it is still fairly early in the season, this game will be huge down the stretch. If the Steelers can come out of Roethlisberger's suspension with at least three wins, it will be a huge boost for when he returns. The Ravens have struggled with inconsistency on

offence, but that has been the case for about 15 years now. Just ask Ray Lewis.

Key Match-ups

1. Ed Reed vs. Hines Ward: If Ed Reed is healthy for this game; this will be a critical matchup. These two have a long history of smacking each other around on the field, and I expect this match-up to be no different.

2. Joe Flacco vs. Inconsistency: Flacco established himself as a great up-and-coming quarterback a season ago. This year, he has been very inconsistent. The Ravens have done a lot to help him out, bringing in Anquan Boldin and T.J. Housmanzadeh at the wide receiver position. Now, Flacco must step up and play to his full potential.

3. Michael Vick vs. Kevin Kolb: Completely unrelated to the game of the week, but this could be the controversy of the year. Vick has looked very good in his early-season action, and it has lots of football fans wanting more. The Eagles appear to be confident in Kolb to be their starter down the road, but if he slips up, will Vick be right back in? Their best choice would be to play Vick until the trade deadline, and hope they can swing a deal with a desperate team in search of a quarterback. Hey Buffalo ... that's you.

The Rundown

Now, back to the Ravens-Steelers. The Steelers' D has kept them in the games this year, allowing the offence to merely score 10-20 points and get a win. While I expect much of the same in this one, I think Flacco and the Ravens offence will step it up. Ravens take it 20-10.

For next week, a return to Monday Night Football, as Brett Favre leads his Vikings out of their bye week and into New Meadowlands Stadium for a matchup with his former green teammates, the New York Jets.

For more from the NFL Czar, check out his blog at jvzsblog.blogspot.com



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750ML CAN

**WHY NOT PICKUP
A HANDFUL TODAY FROM**

The Beer Store

ON campus

students enjoying campus life



CREDIT: ANDRE BAKER

From right, Alex Gruboski, Jessy Gauthier, Jared Stapleton, Andrew McDonald and Jen Leclair grab a cold one at the Out Back Shack.

CREDIT: ANDRE BAKER



Jordan Mazzuea, front, and Aiden Smith take advantage of the computers in the library.



Paramedic students set up a bake sale in front of the bookstore.

CREDIT: ANDRE BAKER



CREDIT: ANDRE BAKER

Chelsea Edwards catches up on some schoolwork while waiting for the bus.

CREDIT: ANDRE BAKER



Mike Smith, left, and George Willits convene in the study lab to get some work done.

Forwell Hall was packed in for Mother Mother during New Music Friday.



CREDIT: ANTHONY CHANG

SEXUAL AWARENESS WEEK



SEPT 27 - OCT 1 SEX WEEK

TUES SEPT 28 - TALK SEX WITH SUE
NOON, FORWELL, \$3 ADV / \$5 DOOR

TUES SEPT 28 - FREE MOVIE
"YOUNG PEOPLE F@#KING",
D1060 8PM, FREE CONDOMS, SEXY PRIZES.
**SORRY, NO FOOD OR DRINK.

WED SEPT 29 - SEXUAL TRIVIA GAMESHOW!
NOON, FORWELL HALL.

WED SEPT 29 - SEX TOY BINGO W/ BEEF!
OUT BACK SHACK, 9PM, NO COVER

FRIDAY OCT 1ST
DATE RAPE ASSAULT AWARENESS PROGRAM
W/ DARLENE BARRIERE
12 - 1PM, M2017

jungle love pub

Thurs, Sept. 30th

WITH DJ RICK O'SHEA

OBS 9:30pm

\$3 advance \$4 door
tickets available at the biz booth

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8 BALL POOL TOURNAMENT

Monday Sept. 27th

5:00 PM

GAMESROOM (SUB Building)

ONLY \$2 to enter

Sign up in advance at the Biz Booth

Coffee house

Coffee and Dessert Specials

Tuesday Oct. 5th
8pm, Oasis, No Cover

Featuring musical performances by...

- Peter Katz
- Rob Szabo
- Trish Robb

for more information visit www.fsu.ca

DEAL OR NO DEAL

INTERACTIVE NOONER

WED. OCT. 6

Forwell Hall at NOON

FREE to sign up on the spot

\$3 adv
\$4 door

9:30 p.m.
Out Back Shack

Friday October 1st

with special guests
Magnolius, Provision & Smash Brovas

tickets available at the Biz Booth