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INTERROBANG

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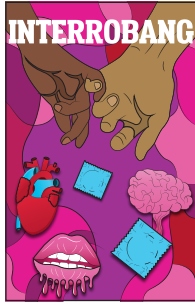
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FROM THE EDITOR

Hannah Theodore (she/her)

Dear readers,
It's time once again for our annual Sex Issue. This issue is always such a blast to plan and put together. We put a lot of thought into how to make this issue both fun and educational, exploring all the nitty-gritty, taboo topics related to the topic of sex, while also not shying away from tough conversations about relationships, love and consent.

Our featured articles tackle all of this, from the impact of porn on young minds (both good and bad), to the realities of building a long-term relationship with a partner from a different cultural background than your own. Reporter Alex Allan explores the struggle of learning to trust after being cheated on and how that lack of trust can affect your sex life.

Also in this issue, reporter Zoë King offers her thoughts on why you should embrace your "Single Era," while reporter Mauricio Prado speaks with couples who met their significant others on dating apps.

In the news, former Fanshawe Student Union (FSU) President Katyayini Thakur has made history as the first former international student to be hired as a full-time faculty member at Fanshawe. Read more inside about her reaction to the new appointment and what she has planned for this September.

Our cover, designed by Briana Brissett, depicts the various ways that sex affects our bodies and minds. We hope this issue inspires discussion and encourages you to resist the stigma surrounding sex and sexuality.

Sincerely,

Letters to the Editor: fsuleters@fanshawec.ca

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Former FSU President makes history at Fanshawe College



Hannah Theodore (she/her)
INTERROBANG

Former Fanshawe Student Union (FSU) President, Katyayini Thakur has been appointed as a full-time faculty member in the School of Transportation Technology & Apprenticeship (STTA). This makes Thakur the first former international student in Fanshawe history to be hired as a full-time faculty member at the college.

“It’s one of my dreams come true and it’s a terrific opportunity,” Thakur said. “And I’m so glad to be doing this for numerous reasons.”

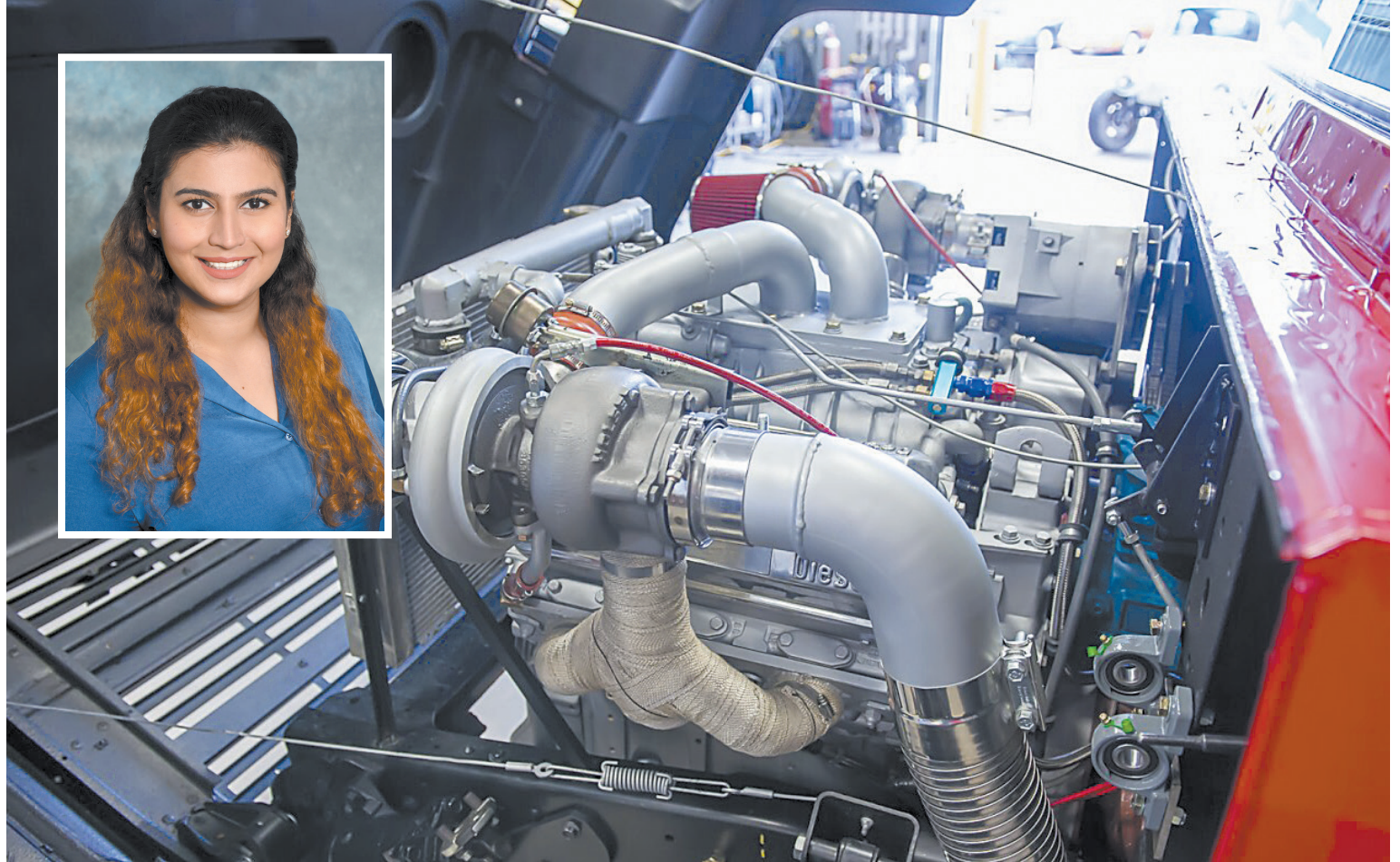
Thakur served as president for the FSU during the 2020/21 academic year and said she remembers her time with the student union fondly.

“I absolutely loved working in the FSU,” she said. “I mean, it was such a unique experience and I wish I could do it another year. But you know, unfortunately you’re not allowed to. Everything was wonderful.”

Thakur’s time as president was heavily marred by the COVID-19 pandemic, but Thakur credits that time as essential for helping her better understand the needs of students.

She said she is taking that experience with her into her new role as a professor in the Automotive Service Management program and also as she looks to develop an Equity, Diversity and Inclusion curriculum for the Green Vehicle Technology program set to launch in 2024.

“Helping them just understand the various equity deserving



CREDIT: FANSHAWE COLLEGE

Katyayini Thakur (pictured) has been hired as a full-time faculty member in the School of Transportation Technology & Apprenticeship (STTA).

communities and educating our students on Indigenous people and the LGBTQ+ [community], and then women and other racialized communities. And I think that’s very, very important for us to be doing as we’re evolving in the automotive sector.”

Thakur is a trained physician originally from India who came to

Fanshawe in 2019 to study Health Systems Management. She is multilingual and speaks English, Mandarin Chinese, Hindi and Punjabi. For the past year, she has been teaching part-time in the Automotive Service Management program as well as the Health Care Administration Management program at the London South Campus.

Thakur acknowledged the weight of her appointment, adding that not only is she the first former international student to be hired as a full-time faculty member, but also the first woman in the School of Transportation Technology.

“It’s been only men,” she said. “It’s a male dominated world too, as you can imagine. Associate Dean [Carl

Mendonca] had this vision where he wants a more equitable kind of environment with different experiences to be shared with our students. So that’s how I got involved.”

As the school year kicks off, Thakur said she is excited to get started.

“I’m very excited, very thrilled, honoured.”

Wages increase for academic employees



Mauricio Prado (he/him)
INTERROBANG

On Aug. 14, an agreement was reached between the Ontario Public Service Employees Union (OPSEU) and the College Employer Council (CEC) to boost benefits and salaries for full-time and partial load academic employees. On Aug. 25, an agreement was also reached to increase wages and benefits for full-time Support Staff. All staff will receive an additional 6.5 per cent increase on top of the 3 per cent increase they received under Bill 124, now totaling 9.5 per cent overall throughout the course of the collective agreement. Bill 124 was a law that restricted public sector employee’s yearly compensation increases to one per cent for three years.

OPSEU Vice-President Professor Ravi Ramkissoonsingh said academic workers at Ontario colleges are the latest group to land salary increases after Bill 124 was declared unconstitutional at the end of November of last year.

“We went through several rounds of our collective bargaining,” Ramkissoonsingh said.

Ramkissoonsingh said that with the legislation struck down, they

could return to the table and try to mediate a new wage scale with the CEC. He expressed his happiness that partial-load employees would be receiving the same wage increase as full-time employees.

“Partial-load employees represent 42 per cent of our faculty. They make significantly less money than full-time faculty do,” Ramkissoonsingh said. “With this agreement, they will get the same wage increases of 9.5 per cent over three years as full-time faculty employees.”

He said that with this agreement, they were also able to increase the health plan paramedical coverage from \$3,000 to \$4,750 annually. He added that this increase would be implemented on Oct. 1.

“The overall round of bargaining lasted more than two years, which is unusually long for bargaining,” Ramkissoonsingh said. “We still have to sign the collective agreement, which we hope to do soon, within the next couple of weeks.” Ramkissoonsingh said the union is happy but not fully satisfied with the outcome, stating that they are still behind where they should be regarding salaries.

Notably, part-time faculty members (who work six hours per week or less) and sessional faculty members (who work 13 or more hours per week for a period of less than



CREDIT: MAURICIO PRADO

Academic full-time Support Staff have achieved an agreement to boost benefits and salaries.

12 months) are not included as part of this agreement and will not see any change to their wages.

“We are closer than before but not quite where we want to be. We were supposed to be at the middle point between university salaries and high school salaries in the province,” Ramkissoonsingh said. “We are still several thousand dollars behind.”

He stated they will go back into bargaining again next year in 2024. Ramkissoonsingh added 9.5 per cent is a nice increase, but it does not compensate for inflation.

“The [College Employer Council] wanted to protect their money, and they were not willing to meet all of our demands,” Ramkissoonsingh said. “With the mediator’s

help, we had to find an agreement that both sides could agree upon and live with.”

Ramkissoonsingh said that trying to get more than what they got would have been “very challenging, unreachable and unrealistic.” He added that the overall feedback has been positive, and the academic employees feel more recognized.

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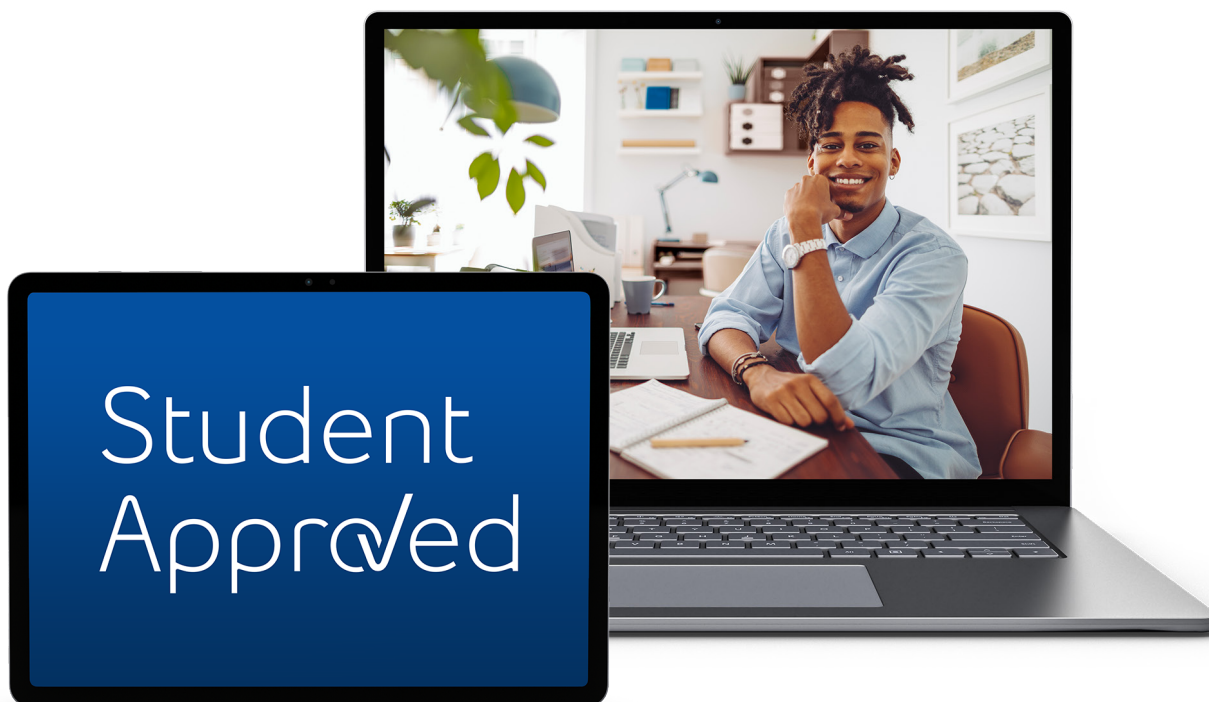
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Have a say in your neighbourhood



Gracia Espinosa (she/her)
INTERROBANG

Until Sept. 29, Londoners can submit their ideas for Neighbourhood Decision Making 2023. Neighbourhood Decision Making is a City program that offers community members of all ages and demographics the opportunity to decide how to spend a portion of the municipal budget in their neighbourhoods. The city grants a total of \$250,000 per year, divided into \$50,000 per city area: north, west, northwest, northeast and southwest. Individual projects can receive up to \$30,000 in funding. Approximately 5,000 people participated last year.

This year, the City is focusing on increasing the number of votes overall and looking at how they can make voting more accessible. Londoners can vote in-person at Neighborhood Resource Centres and community centres throughout the week and will have the opportunity to vote on up to three ideas.

“We’re partnering with community and neighbourhood resource centres and libraries so that people can vote in their home neighbourhood, online, and over the phone,” said Jennifer Martino, Neighbourhood Development and Support Manager for the City of London.

According to Martino, people get very creative and have a range of ideas every year. They submit ideas about improving natural spaces, recreational spaces, the environment, animals, and public art. Martino explained that a good example is the mural in Carling Heights, just off of Oxford St. It’s full of flowers and butterflies and has the name of the neighbourhood in giant letters.



CREDIT: LAURIE BUTTERWORTH

Left to right: Pamela Scharback, Laurie Butterworth, and Alana Hrychik stand in front of the Carling Heights mural.

“The whole idea of this program is that Londoners know their neighbourhood best. So, we want to hear from them, and then we will help them realize that idea. If the people in their neighbourhood agree that that’s what they want to see,” Martino added.

Community members also include students at Fanshawe College.

“They are an essential part of our city, and it’s a huge population.

And when international students are in London, they are a part of neighbourhoods. So, anyone can put in an idea or vote for an idea in a neighbourhood that is meaningful to them,” Martino said.

“We have 20,000 full-time students,” said Fanshawe Student Union (FSU) President Stephin Sathya. “And over at Western, they have 35,000. So, you know, we make up five per cent of the entire London population.”

Sathya reminded students that London has asked them on another occasion for a feedback form regarding biking and how they could improve the bike lanes.

“This is very similar to that. It’s a good opportunity to expose them to the city’s resources and for the City to get some input from the students so they experience many things in the city and their neighbourhood.”

Sathya continued by saying that student input is precious in improving the city because students are here for “at least three years, if not more.”

Ideas will be accepted until Sept. 29. You can register or log in to through the City of London website if you want to present an idea. The voting period will occur from Nov. 13 to Nov. 18.

Fanshawe’s Peter Devlin highlights growth, innovation at annual President’s Breakfast



Gracia Espinosa (she/her)
INTERROBANG

On Aug. 30, Fanshawe held its annual President’s Breakfast. The event is held before the beginning of each school year. Hundreds attended to hear from Peter Devlin, the president of Fanshawe College. In his speech, Devlin highlighted three essential points: Growing and Evolving, the College Community and Innovation.

He also noted the importance of the international community at Fanshawe, stating that over 40,000 students from Ontario and across the globe attended Fanshawe last year.

“I am super proud of that international community; they come from over 100 countries. Fanshawe College has the most outstanding diversity in our international student body than any college in Ontario, if not Canada,” Devlin said.

On the topic of growth, Devlin highlighted the 13 new programs that are launching this academic year, as well as the 31 programs currently in the planning stage. One is the Green Vehicle Technology Program, set to launch in fall 2024. Furthermore, a new portal

page, FanshaweOne (empowered by Workday), will soon replace Datatell and WebAdvisor.

Another large project is the Campus Energy Centre, an integral part of the College’s Greenhouse Gas (GHG) Reduction Roadmap and Action Plan, which will reduce the College’s GHG emissions by 30 per cent and 50 per cent below 2013 levels by 2030 and 2050 respectively in support of Canada’s Climate Action Plan and to reduce the College impact on climate change.

“There are real environmental benefits from the Central Energy Project,” Devlin explained.

In terms of partnership, Devlin highlighted a collaboration with Diane Blake, the founder and lead sponsor of Myseum of Toronto, who recently donated \$5 million to the Centre of Excellence for Extended Reality (XR) in Health Care.

Devlin reminded the audience that Fanshawe College has launched a \$1 million innovation fund whose biggest recipient is Innovation Village. Innovation Village, a massive new building at Fanshawe’s London campus will open officially in January 2024, with a preview tour for employees to be held Dec. 14.

The event ended with the presentation of the President’s Distinguished Achievement Awards. The winners this year were as follows:

- Part-Time Staff:** Sydney Proulx (Customer Service Representative, FanCard Office).
- Part-Timer Teacher Award:** Lauren Ryan (Faculty, Community Pharmacy Assistant and Pharmacy Technician programs).
- Program Award:** IgniteHER (WomXn in Tech, Corporate Training Solutions).
- Administrator Award:** Senada Glavas (Operation Manager, Faculty of Business, Information Technology and Part-Time Studies).
- Staff Award:** Judith Bell (Customer Service Representative, Woodstock/Oxford Regional Campus).
- Teacher Award:** Wendy Sperry (Faculty, Design Foundation, Fashion Marketing and Management programs).
- Team Award:** InSPIRE mentorship Team.

During the awards ceremony, Devlin also stressed the importance of artificial intelligence (AI) and joked that he logged on to ChatGPT and asked what Fanshawe College was. Its answer: “Fanshawe is where innovation meets education.”



CREDIT: GRACIA ESPINOSA

Pictured: Peter Devlin at the annual President’s Breakfast, Aug. 30, 2023.

City of London, Fanshawe College respond to Ontario's housing crisis



Gracia Espinosa (she/her)
INTERROBANG

While food and gasoline prices continue to rise, international students need help paying rent, which is becoming increasingly expensive across the province.

"We're trying to bring more purposeful rentals online, increasing the housing stock so supply and demand pressure can alleviate a little bit," London Mayor Josh Morgan said. "However, building housing stock in this environment is challenging because cities can approve permits but don't do the construction."

At the same time, for those who do work in the development and home building industry, high interest rates, labour shortages, and supply chain issues are all a drag on their ability to bring the permitted approvals to fruition in London.

Morgan has committed to making at least 47,000 units over the next decade.

"When you build a lot of housing, you need supporting infrastructure and all the other things that come with bringing new and more people into a city. That's where the federal and provincial governments come into play with supportive infrastructure programs, which give us all the pieces of the puzzle to get the approvals so that the building and development community and



CREDIT: GRACIA ESPINOSA

The housing crisis affects the post-secondary community and London as a whole, and both the City and its educational institutions have a role to play in fixing that.

the non-profit community can use them to create new units," Morgan explained.

The most controversial solution for the housing crisis is the one proposed by Immigration Minister

Marc Miller. In an interview with the Canadian Press, Miller stated that reducing the number of international students may be necessary. According to Michelle Beaudoin, Vice President of Student Services at Fanshawe College, "There are clear immigration targets, and they're trying at the federal level to get people into the country. We're trying to participate as a college in bringing people to fill labour market needs."

A recent report by The Smart Prosperity Institute suggested that "colleges and universities should work with governments and industry to build more residences, and should also share five-year enrolment plans to help municipalities and the private-sector better plan for growth."

Erica Robertson, General Manager of Campus Living Centres,

confirmed that occupancy at Fanshawe residence this year will be 1,610 students, with around 300 currently waitlisted. Beaudoin stated that, however, that some students get waitlisted for residence because they've applied as back-up option in case their off-campus housing falls through.

The biggest issue for Fanshawe College is understanding what students want and what they would pay for that. That's why they created the housing committee a year and a half ago, where they've been trying to look at some of the shorter-term solutions. For Beaudoin, building a residence from scratch is a slower process.

The Smart Prosperity Report stated the majority of institutions in Ontario built no new residence spaces during the 2014/15 to 2021/22 period.


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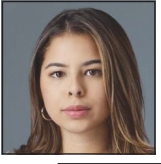
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Embrace your “Single Era”



Zoë Alexandra King
(she/her)
INTERROBANG

From an early age, we are all exposed to relationships, marriages and basically any form of companionship. It can be so easy to fall into the trend of dating because it's what we see all around us. It can be especially challenging when we hit our 20s and 30s, where there's a perception that you need to be married with kids by a certain age. The truth is, many of us probably have an image in our minds about what we want our future to look like, and while that's OK, how are you supposed to build a strong relationship with someone else when you don't fully know who you are?

I'm very grateful to say that I've grown up with love surrounding me. That said, it certainly has had an influence on my craving to be in a relationship at all times. This pattern has resulted in dating people who I didn't have much in common with, toxic relationships and, in hindsight, a blurred vision of what the future really looked like.

Most of us strive for happy and healthy relationships before taking the time to make sure we *ourselves* are happy and healthy. But what does that really mean?

After taking a look at some of the relationships around me, I realized that they weren't quite full of love, but instead were in similar situations to what I was in, in the sense that they were with someone out of a fear of being alone. After knowing that I could never find myself in another situation like that again, I finally took a look inward and started to pour more love into myself.

Don't get me wrong, I'm a massive sucker for the lovey-dovey stuff, especially when it's with the right person, but a change in perspective about being single had a complete 180 effect on my life.

These are a few reasons why I've appreciated my Single Era:

1. Choosing myself: When you're in a relationship, it can be easy to choose your partners' needs and happiness over your own. As someone who has always loved others before loving myself, this was one of the very first steps that I acknowledged in my Single Era. This experience taught me to understand that when in a relationship, yes, your partners' needs are important, but yours are equally as important and it's OK to find the quiet and listen to what you need.

2. Choosing my friends and building a community: As an international student, this was an extremely important factor that I always wanted to prioritize. It can be difficult to come from your home country where you're surrounded by an immense support system, moving abroad and starting from scratch. Finding people who had similar interests and morals to me has always been so important and being single helped me carve out more time for my friendships. When you're in a relationship, your focus naturally is drawn to your significant other, and whilst making time for your friends is by no means impossible, in my experience, saying yes to plans with your friends can be much easier as a single person.

3. Building a foundation: If you're like me and you're still in your early 20s, there's still a lot to figure out. For me, these years are fundamental to sculpting myself into the person I aspire to be in the future. That means taking a look at who I want to be, what I need to do to get there, and making a plan to put it into action. Creating a foundation where I can feel stable on my own two feet is probably one of the biggest lessons that I have learned through my Single Era. Personally, feeling confident enough in myself that I'm OK with or without a significant other is important for my independence as there isn't a reliance on someone else for my happiness. Just as a reminder, having a relationship should be an addition to your happiness, not your only source.

4. Knowing what I want: Being single typically means that you have a lot more time on your own to listen to what you personally crave. It's common that thoughts and opinions of a significant other can weigh into the decisions you make in your life. When you're on your own, you have no one else but you to influence what you want. For the first time in a very long time, being single brought me back to my passions that were once suppressed because of the sway of a significant other.

5. Creating new habits and routines: For me, this was a hard one and it took some time to grow on me. It can be hard to untrain your mind from what it was used to for such a long time when you're in a relationship. However,



CREDIT: BETH EAMES

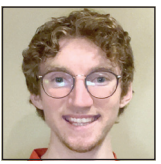
There is a lot that can be learned from being single, and that knowledge can even make your future relationships stronger.

I've come to appreciate new routines as a single person. Everyone's routines are going to look different, but for me, there were things I wanted to do but didn't while I was in a relationship, and those are the things that I have now incorporated into my routine in my Single Era. For example, I now take morning walks instead of relaxing and spending quality time with a significant other. Of course, creating new habits and routines when you're in a relationship isn't unheard

of, but when you're single, it can be easier because you don't have to consult someone else.

This is only a handful of the many lessons that I've learned about being single and what I hope to take into my next happy and healthy relationship. I'm not telling you that you should be single forever. But I think being single can be such an asset to your next relationship. Wouldn't you want to know that you've actively been working on the kind of person that you aspire to be when you meet the person that lets say will be the love of your life?

The infinite surprises of Bethesda's *Starfield*



Alex Allan
(he/him)
INTERROBANG

Starfield officially launched Sept. 6. *Starfield* was developed by Bethesda Softworks and is the first new universe in over 25 years from the video game company. Bethesda is known for some other top-notch games like *Elder Scrolls V: Skyrim* and *Fallout 4*. *Starfield* is an open world action role-playing game based in space. You get to be an astronaut exploring the galaxy and discovering new worlds.

I was quite unsure how good this game was going to be on its release date as there has been recent a trend of new games not living up to their expectations. *Starfield* actually came out of the gate doing very well. The customization of creating your character was very well done. I mean, you want to have a cool looking character as you take on this incredible journey in the game! You can experience different background stories based on the decisions you make when creating your character. Plus, each character also comes with a different set of traits.

I don't want to give too much away about the game but there is a lot to explore. I won't say how many hours I've played but it's been quite a lot and I feel that I haven't even scraped the surface of the game yet. There are many other characters to check out too. I usually ended up going off onto many other side quests and I've seen that there are many benefits from doing so for your character.

Of course, this game isn't perfect and I have the same complaint that I've seen many other people making: There are *so* many worlds to travel to. When you leave a planet, you have to go and strap yourself back into your ship to head back out into space. The transitions as you leave each planet are cool but then I started to notice something. You cannot get to places without fast-travelling. In some open world games like *Destiny* or even *Fallout*, you can take the long way and walk across the maps with the *option* to fast-travel to your destination.

It just seems strange because it's misleading when you think you can freely roam around in the universe. Cutscenes pop up a lot throughout space flight and it makes it feel like you're not really the one exploring this universe. It's just mainly a buzzkill and it's something that it seems that Bethesda should look at changing around in the future.



CREDIT: MAURICIO FRANCO

Apart from its fast-travel flaw, *Starfield* has been very enjoyable so far.

Overall though, the game has been very good. I'm excited to keep exploring and seeing what else is out there in this endless universe. There's a cool Easter egg I found on Jupiter's icy moon Europa. Look for the outpost, and in the cafeteria there is a vending machine labelled "CAN-UCK!" It's canned

Canadian food! There are cans of CAN-uck! Bacon, CAN-uck! Pilsner, CAN-uck! Pancakes and Maple Syrup, CAN-uck! Poutine and the best one yet, CAN-uck! Double Double coffee. It's quite cool to see some small secrets they're adding to the game and I'm excited to see more.

Grief & Eugenics: An Ableist Horror Story, Part Two



**Adam D. Kearney
(he/they)**
CONTRIBUTION

This article is Part Two in a series of excerpts from Fanshawe grad Adam D. Kearney's essay, Grief & Eugenics: An Ableist Horror Story.

Growing up I struggled a lot with not being “normal” and unable to participate in the same activities as my peers. Sure, finding a participation ribbon on my desk after track and field day was a nice attempt to make me feel part of the class. In reality it was a lesson in the half measures society would rather be seen trying to make an attempt at rather than instead of making the effort to truly be inclusive. After all, while my classmates ran, jumped and shot put their way through the day, I was at home playing *River City Ransom* on Nintendo. If anything, the ribbon acted as a lasting reminder of how I was actually excluded from the event. However, I was taught that I should be thankful for what little I was given and not rock the boat by asking for too much.

Why is it seemingly so hard for society to be more inclusive for folks with disability? Disability isn't anything new, so why is there still such a struggle for awareness, understanding and acceptance? This often looks like accessing systems that were designed and built to purposely exclude people with disability. I can personally speak to the lasting effects of social segregation, othering and bullying as it slowly builds and reinforces tremendous amounts of self-loathing, which is sometimes referred to as Internalized Ableism in the disabled community. This is the feeling that we are less than, not of value, and not worthy of what non-disabled folks take for granted.

This inherent privilege non-disabled folks enjoy is challenged when they are forced into addressing disability. This is because disability is something they think they have not witnessed in their daily life. This is largely because of generations of isolation and institutionalization of people with disability. When the situation does arise and non-disabled folks come face-to-face with disability it comes as a bit of a shock. I say shock, specifically, because if you saw the looks I get when I wheel through a Walmart, there isn't a better word to summarize the expressions I observe when we make eye contact. At its core, I believe what they are actually experiencing is the realization that their privilege of good health is potentially fragile and indeed temporary. That at some point in their life, unless they die first, they will become disabled, either acquired from an injury or just simply from the aging process, and rather than accept this truth they push it away like a toddler with a plate of Brussels sprouts. As though it is a choice. As though they can protect themselves from it. Sometimes people's gut reactions say

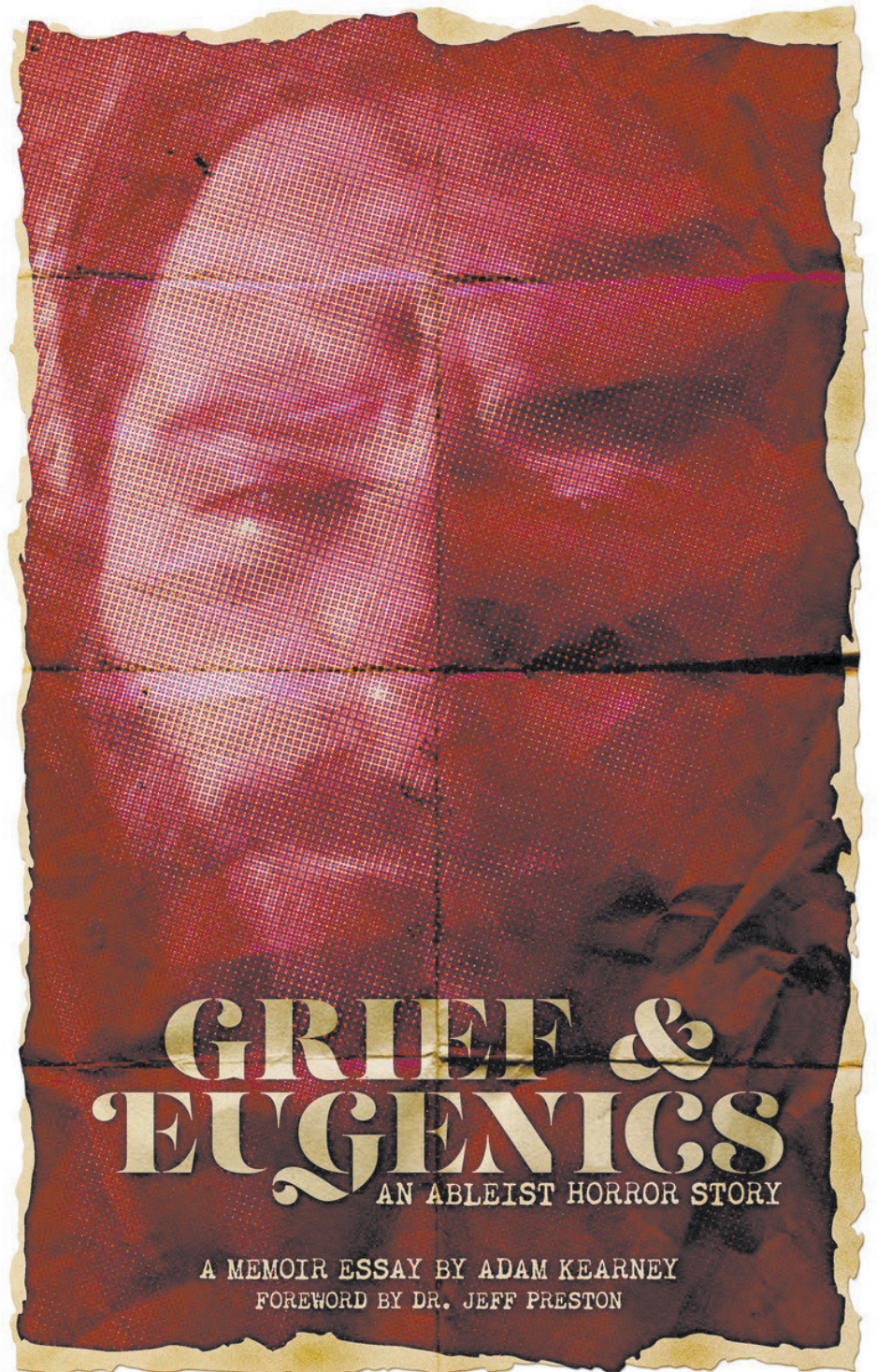
more than words ever can. This fear is nothing new though—it has been documented for millennia.

Years ago I picked up a book called *The Origin of Satan* by Elaine Pagels at a bookshop strictly because I thought it sounded metal and badass. Like a lot of books I have purchased, it sat on my shelf for a while. Honestly, it was well over a decade after I picked it up that I read it because I had found a memoir written by an Italian exorcist in the Catholic church (*An Exorcist Tells His Story* by Fr. Gabriele Amorth). I thought it would be interesting to start with the origins of the devil before moving onto how one evicts them from a meat suit. It turned out to be enlightening to read them from my perspective as both disabled and person in recovery.

The term Satan is derived from the Hebrew verb “to obstruct, oppose,” and it is not until later on in the Bible that we are introduced to the actual personification that we recognize today. It wasn't the Devil that tempted Eve but a talking serpent. The real embodiment of Satan doesn't happen until the back half of the bible (the New Testament), corresponding with a time when the Christians were at war with the Roman and Jewish peoples. This is why even to this day the character of Satan embodies a lot of anti-Semitic stereotypes; he was the personification of evil, and was used as a tool of persecution. Early Catholic scripture would continue to demonize and vilify the things that they feared and didn't understand.

The Bible is filled with stories of Jesus' miraculous laying of hands and praying over people, casting out demons, absolving sins and forgiving transgressions. People with paralysis could walk again, blind/deaf regained senses, lepers were cured and reunited with family and community. What lasting narrative do these stories create being passed down over generations and millennia? I have had more than a handful of awkward situations where people tell me that they will pray for me to “get better.” I feel like it isn't a huge jump that in the minds of many, disability is inherently evil or wrong and must be cured at all cost.

I remember at a rather young age watching TV one Sunday and coming across Peter Popoff. If you are unfamiliar with his antics in the 80s, he was a televangelist, clairvoyant and faith-healer. He was the guy you likely remember laying a hand on a wheelchair user's forehead, praying over them, and then having them jump up and start dancing after being absolved of their sins and having the demon cast out of them. To say I was shocked would be an understatement. The potential of being cured of OI, of no longer breaking bones, needing endless surgeries, and being able to participate in track and field. Finally, I could try to win something better than a participation ribbon. As the TV show continued, it turned out that I didn't even have to go down south to find Prophet Popoff. I could send away for a small vial of miracle water for a nominal fee, of course, that would cast the demons out of me.



CREDIT: COURTESY OF ADAM D. KEARNEY

The depiction of disability in religious texts has lasting impacts on the way society views people with disabilities today.

Obviously, I immediately asked my mom for the money to buy the holy water. She shot me down. I then asked if we could go see him so I could be cured of my evil affliction. That is when my mom had to explain to me how he was a fraud and was lying to people to get money from them. When I asked about all the people dancing in the aisles who were once in wheelchairs like me, she told me they were actors.

This rather quick interaction shattered a lot of illusions in my little mind surrounding faith, religion and an individual's personal intent.

To be continued...

This memoir essay was published as a zine in Jan. 2023. If you enjoy it and feel you would like to support the author, you can find a pay what you can PDF or purchase a physical copy at handcutcompany.com.



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THE IMPACT OF PORN ON THE MIND



KONSTANTINOS DROSSOS (HE/HIM) | INTERROBANG

In 2017, Janet Zacharias presented a study to the House of Commons that outlined the health effects and negative social impact pornography has on young people.

The study touched on how various themed porn can influence minors in accepting and normalizing abnormal sexual acts. In this case, Zacharias argued that 'hardcore porn' exalts and encourages ravenous and aggressive acts to be practiced with a potential partner. The study relayed that down the road, porn addiction can lead to sexual compulsive behavior and other disorders.

While porn can have detrimental effects on sexual behaviour, Dr. William A. Fisher, a professor at the Western University, in both the Department of Psychology and the Department of Obstetrics and Gynecology said that addiction is not one of them. His research has covered a wide spectrum of topics based on health and behaviours, including the impact of pornography.



Fisher said that very little research has been done to see the effects of pornography on mental health, but has looked at the relationship it has with sexual behaviour and couple relationships.

"There is no diagnosis for an addiction. The American Psychiatric Association Diagnostic and Statistical Manual version tried, considered and rejected the idea of point addiction. There certainly are people who have compulsive and intrusive use of pornography, but it's not considered an addiction. There's no particularly clear answer to this.

In his own study, Fisher discovered that there was a connection with couples that showed porn, when used by both partners, had a positive effect on the relationship.

"We've done a considerable amount of research on the impact of pornography on relationships," he said. "Generally, what we find is that the neutral use of pornography, either of partners using it alone or both partners together, tends to be associated with positive effects on relationship satisfaction and sexual satisfaction. I want to very much caution that this relationship is all correlational, we know there is an association between mutual use or mutual solitary use and positive relationship characteristics."

But with some couples it did have some negative effects in terms of both partners' sexual satisfaction, where porn acted as a supplement to appease the sexually dissatisfied partner.

"There is an association between hidden use where one partner uses it and the other partner doesn't use it, and negative relationship satisfaction, but it doesn't mean that it's causal. It may simply be that, 'Gee, I'm not satisfied with my relationship, but I can get some of the sexual satisfaction that I'm missing by looking at pornography.' So, it may be that relationship dissatisfaction causes pornography use rather than the reverse," Fisher said.

Fisher also said that viewing pornography has the same brain pattern as any other casual rewarding experience, as it pertains to a release of dopamine in the brain.

"In relation to any kind of reward, the brain produces dopamine and the impact of pornography and brain chemistry is very similar to the impact of eating that of a bar of chocolate or seeing a picture of a loved one. So, there's no particularly unique impact of learning about exposure to pornography. It seems to be, in many cases, a rewarding experience that produces brain consequences similar to other rewards."

Pornography tends to have a lot of pros and cons with its effects on people's minds and relationships. Its use can vary from people using it to satisfy their sexual needs or even to enhance and further their sexual knowledge. But it doesn't negate the harm it does by glorifying things, like sexual violence, especially to a young demographic that has such easy access to it.



UNFOLDING THE TRUTH ABOUT SEX, COMMUNICATION AND ORGASMS

Mauricio Prado (he/him) | Interrobang

It is no mystery that sex is a vast and complicated topic. It is a topic that is constantly expanding due to constant research. If you have or want to have sex with someone, you probably want to get satisfied and give satisfaction at the same time, right? But what does this mean exactly?



The best way to have satisfying sex is to communicate well and be transparent. You should be preparing yourself emotionally to understand your and your partner's needs should be a high priority. The problem comes when people do not communicate correctly or lie to themselves and their partners.

"The sex education the majority of people have is focused on how not to get pregnant or how not to get an STI. It's not focused on pleasure or how to converse with our partner or partners about what feels good for our body and what we need," said Fanshawe Sexual Violence Prevention Advisor Leah Marshall. "It's essential for us to have these conversations about how you talk to your partner about what you want for your own body. Because even though we may know what feels good for us, our partner can't read our minds."

Sex is not a synonym for orgasms.

It is often misinterpreted that good sex only happens when we reach orgasm, which is not true. Everybody is different, and a couple's physical interaction will be different every time. The end goal of every



sex interaction should not be orgasms but satisfaction.

Marshall said the questions every couple should ask themselves while having sex should be: are we feeling connected? Are we experiencing pleasure? What do we want our bodies to achieve? She said that satisfaction can come in many ways, shapes and forms, and it is not limited to having an orgasm.

"It's important for us to close the orgasm gap by having conversations about how to ask for what we need. But sex can take many different forms, and sex doesn't have to mean the finish line is always orgasm for it to be considered sex," added Marshall. "Taking about the truth of sex and orgasms with your couple doesn't always feel comfortable because we live in a really shameful society. Around sex, there's a lot of stigma."

Couples faking orgasms is nothing new. But recently, there have been many studies that help shed light on exactly how many people fake orgasms and why they do it. Social Psychological and Personality Science collected data from over 600 women, many of whom admitted to forsaking their own erotic pleasure in order to alleviate insecure men. According to The Journal of Sex Research, more women than men reported pretending to orgasm.

Bianca Harris, a Fanshawe College student, said she knows why women fake orgasms. She said that is

usually to protect the male's ego.

"Women feel bad if their guy did not make them cum, so they fake it," said Harris. "Sometimes they fake it to get the sex over and done with."

But pleasure can be felt in a lot of different ways. Marshall stated that pleasure can be felt by having a connection with someone and doing many other things that don't necessarily mean orgasm. The wall society has created that to have pleasure, there needs to be an orgasm in between is creating more pressure on couples trying to enjoy the encounter.

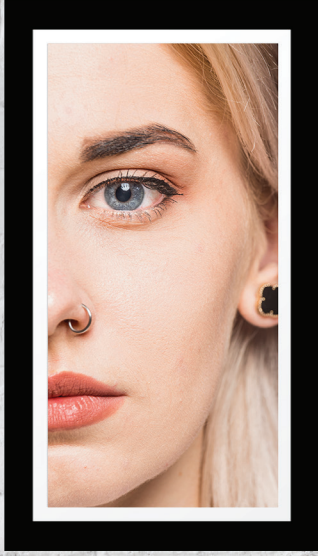
"That's not necessarily true. Sex and pleasure can take many different forms. When we start to look at it that way and give ourselves permission to do what just feels good for us and our bodies and experience pleasure in many different ways, it may also be not so shameful when we're not checking these boxes off," said Marshall.

She stated that people do not talk about pleasure during sex very often.

"In our society, there are a lot of really harmful gender norms," added Harris.

"I don't think we're conversing enough about what pleasure means for people," said Marshall.





THE TRUTH ABOUT DATING OUTSIDE YOUR CULTURE

Zoë Alexandra King (she/her) | Interrobang

In Canada, which is easily one of the most multicultural countries in the world, intercultural dating is bound to occur. Whilst this is not an unknown fact, the question is, how do individuals navigate intercultural dating in a country where it is so prominent?

At a college or university level, it's not uncommon to see young couples who are from different backgrounds and cultures. Dating someone that has a different lifestyle can create a feeling of excitement.

Registered Psychotherapist and Founder of Be Well Therapy Studio, Nicole Lobo, expressed that one of the advantages that comes from intercultural dating is the "idea of learning about a different culture and/or a different religion then you're used to."

Lobo shared that she's in an intercultural relationship herself and that she has the opportunity to celebrate holidays that she might not have before.

Similarly, Registered Psychotherapist, Yasmin Dahleh said that "an intercultural relationship can help people grow and expand their mind in ways that dating someone from your own culture doesn't really do."

Students who live in Canada have the opportunity to widen their dating pool past their own culture. Canadim highlighted that there were 807,750 international students last year that held valid study permits for Canada. A high rate like this gives students a chance to connect with others from all around the world.

Although dating intercultural has its advantages, there are a few hurdles that can come from it.

"You're going to find racism in a lot of people's minds," said Registered Therapist, Jennifer Schofield. "It is across cultures, who have prejudgment and misgivings about someone of a culture different than their own."

The raw truth about intercultural relationships is that not everyone will be accepting of another person's culture which can cause tension. Additionally, Schofield said that some parents don't approve of the relationship and may not even attend the wedding.

However, she added that "it is not uncommon that families come back later on in life when they soften a bit on their position."

Dahleh recognized that another challenge is the possibility of an individual losing themselves in an intercultural relationship by having to "adapt."

"This will happen very often and it's certainly something to be mindful of," Dahleh said. "It's on both partners to be aware of that and consider that. It's the values of respect, openness, open communication and just listening to each other's perspectives."

There is also the question of "The Future." When taking into consideration the future, an intercultural couple has to think about milestones to see what celebrations might look like. Couples dating outside of their culture will recognize that holidays, weddings and other special events won't look like what they are used to. Whether that is completely diving into a new culture altogether or

incorporating each other's traditions/rituals, events in the future won't be the same.

In the same context, Lobo acknowledged that these changes can bring about an expanded worldview, especially in raising children.

Relationship struggles can look different for everyone. However, in an intercultural relationship, patience may be an area that both people in the relationship need to pay attention to.

Registered Social Worker, Eden Martin, advised students to follow a researcher by the name of John Gottman who "has a wonderful website with a lot of tips and strategies."

"Really try to reflect on one's cultural perspective and really examine your own kind of cultural biases," Martin stressed.

These four therapy experts have experiences with clients who have faced struggles dealing with other cultures, been through relationships that were outside of their own culture, or both. That said, there was a mutual understanding on how important it is for students to understand what it truly means to be in an intercultural relationship.

"I'd like to see students have education about boundaries, how to develop the friendship aspect of it first, and how to do each step in it," said Schofield. "There are skills that you can learn like assertiveness and boundaries, and how to communicate when something goes wrong, as well as how to regulate your own emotional reactions."

Schofield also said that she believes that dating in general needs more attention for students, not just dating outside your culture.



THE IMPACT OF SEXUAL RELATIONSHIPS ON MENTAL HEALTH



Alex Allan (he/him) | Interrobang

At a young age, we get educated about puberty and what is expected to come throughout the process when growing up. There are also often discussions around sexually transmitted infections (STIs) and pregnancy. A conversation that rarely comes up though is managing your mental health after a break-up. Speaking from experience, it is not an enjoyable experience to be cheated on by someone you thought cared about you deeply, walking in on them having fun sexually with another partner. It can be tough to heal after a partner breaks your trust within a relationship.

Fanshawe's Sexual Violence Prevention Advisor Leah Marshall said that sexual health education is an important topic to combat gender-based violence, shame, stigma and misinformation that exists in society around sex and our bodies. Teaching everyone about how not to get pregnant or how to not contract STIs is great but there is still a lot of other information being missed about our bodies and sexual health.

"Teaching children about their bodies using anatomical terms and consent is the foundation for later teaching on sex and sexual health," Marshall said.

Consent goes a long way in a relationship but there is much more to it from what is talked about. After being cheated on, I started to second guess myself a lot. I struggled to open up about what I wanted and did not want for myself and my body due to the lack of respect I had for my own well-being. There were a lot of times that I went through that I didn't feel connected to my partner physically or mentally because I was expecting the relationship not to work out due to my past circumstances. Leah said that talking about consent will help have a better ability to have conversations with our partners when we are in relationships at a later age.

"Communication and understanding bodily autonomy are important aspects of healthy relationships," Marshall said.

Talking to my partner and opening up about what I went through in the past helped me feel more comfortable in the relationship. Learning about how you connect with your partner in the relationship can help as well. I enjoy more of a connection mentally rather than physical. Leah also brought up that it's good to learn how to receive a "no" from your partner. It made me realize that I can't always go with the flow within

the relationship and have respect for my body and who I am as a person too.

"Learning how to deal with rejection in a healthy and respectful way is important in dating," Marshall said.

It might be an uncomfortable conversation with your partner about your past. Being vulnerable whether it be from a bad sexual relationship or expressing about being cheated on in the past can help the relationship out in the long run.



LET'S GET PHYSICAL (CONSENSUALLY)

Adam Mantha | Interrobang

Two years of social distancing has left many yearning for social contact and intimate experiences. With in-person classes happening on campus, college and university students are once again able to meet new peers, make new friends, and in some cases, pursue sexual engagements.

Sexual consent, particularly affirmative consent, is of the utmost importance to allow intimate encounters to be healthy, exhilarating, and fulfilling experiences.

When affirmative consent has not been established, sexual actions involving touching another person constitutes sexual assault. According to a report released by Statistics Canada in 2019, "one in 10 women students experienced a sexual assault in a post secondary setting during the previous year."

Shannon Dea is a feminist philosopher who works on sex and gender issues and who is currently Dean of Arts at the University of Regina. Dea explained how affirmative consent differs from her experience as an undergraduate in the late 80s and early 90s when the standard line related to consent was "no means no," and the general message was, if there are no objections, then there is no problem.

"Affirmative consent raises the bar by saying, 'You can't assume that silence means consent,'" Dea said. "Your partner needs to actually actively provide consent. And, more than this, that consent needs to be ongoing. We are allowed to change our minds. Giving consent at the beginning of sex isn't blanket approval for whatever follows." The difference between the concept of consent and affirmative consent is detailed, but still straight forward and commonsensical. To assist in understanding what affirmative consent is, the F.R.I.E.S. acronym is a helpful mnemonic. The letters stand for five conditions that must be met (all of them) for affirmative consent. The conditions are that consent must be freely given, reversible, informed, enthusiastic, and specific.

Here is an explanation of each of these concepts.

Freely Given

For consent to be freely given, it must not be given as the result of pressure, coercion, or manipulation.

Reversible

Sometimes what we agree to is not, in the moment, what we expect. For consent to be reversible means all participants must honour another participant's right to revoke their consent and bring an end to the sexual act. More on this later.

Informed

For consent to be informed, each person planning to engage in sexual activity with each other must know what they are consenting to. This includes not only the activities to be carried out, but also sharing information about applicable risks such as sexually transmitted infections (STIs) and involvement with other partners.

Enthusiastic

For consent to be enthusiastic, it must not be given with trepidation but rather with eager willingness. There should be nothing but excitement and willingness to participate when consent is given. When the other four characteristics of affirmative consent are understood and valued appropriately, enthusiastic consent is the only kind of consent that can come from a willing partner. Anything less than an eager willingness is strictly not consent.

Specific

For consent to be specific, it must be understood by those involved to apply to specified acts and the current engagement only. Consent to perform one sexual act does not mean consent to perform another act. Nor does consent given in one encounter extend to another encounter.

There are some commonly raised concerns by well-intentioned persons who want to make sure their sexual partner is having as fulfilling an experience as they are. Some questions are:

- When is it OK and on the contrary not OK to broach sex?
- How does inebriation factor into affirmative consent?
- How does a person discern subtle queues that consent should be reaffirmed or has been withdrawn?
- And how does one make affirmative consent sexy?

Let's look at these questions in order.

Dea stated that to broach sex appropriately, one should be aware of power differentials.

"Bosses shouldn't broach sex with their employees, profs shouldn't broach it with their students, and so on...not with minors, obviously, unless you are also a minor...in general, we shouldn't broach sex with co-workers. People have the right to participate in their workplace without being sexualized...and not when the other person is intoxicated."

College and university cultures still lean heavily toward alcohol and drug use which both impair cognitive functioning and in turn, the ability to make sound decisions. When someone is intoxicated to the point where their judgement is compromised, they cannot express "no," or cannot understand the scope of what they are consenting to (i.e., if any of the F.R.I.E.S. conditions are not or cannot be met), then there is no consent. Full stop.

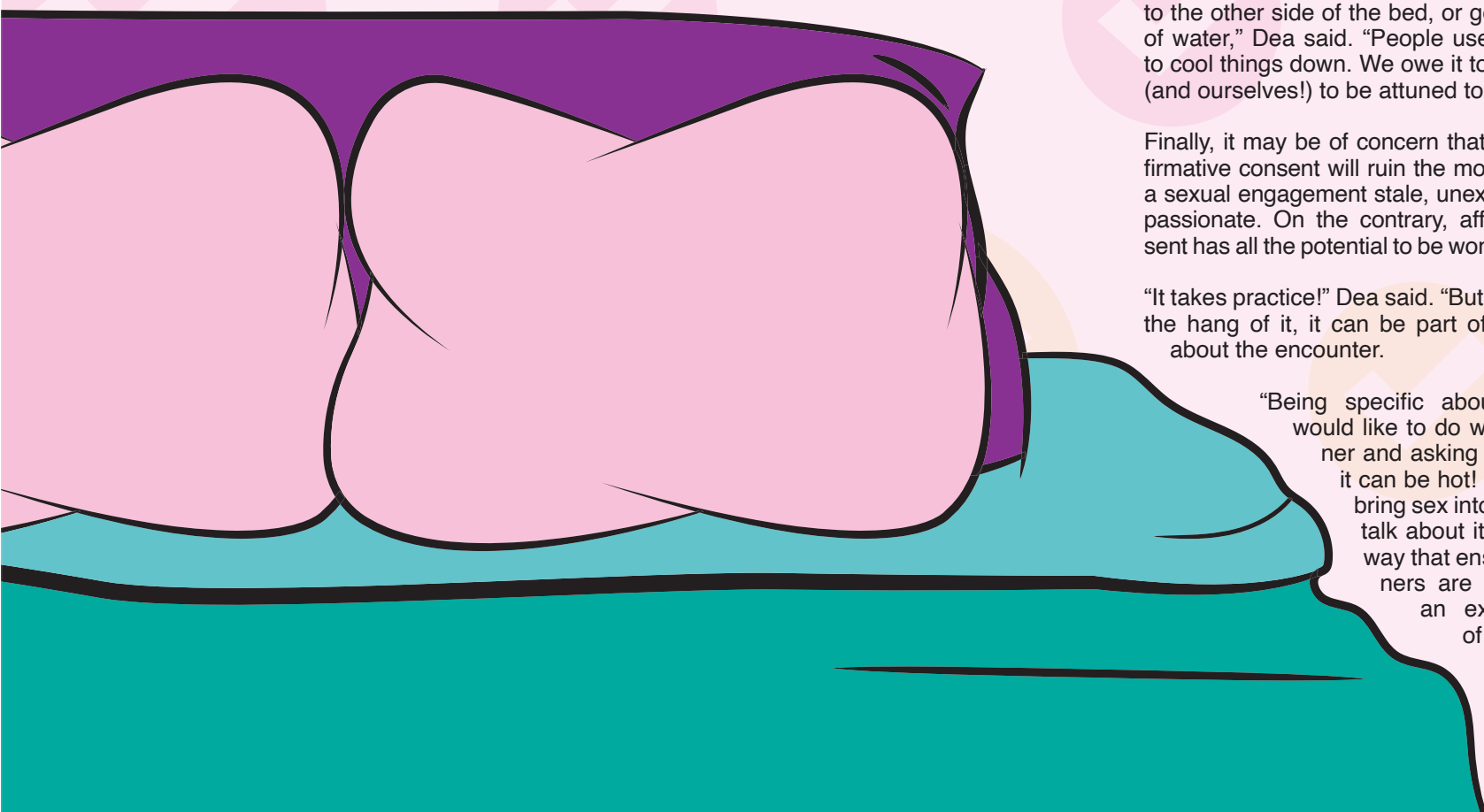
When affirmative consent is given, no well-intentioned participant wants the sexual encounter for which consent has been given to continue if their partner no longer consents.

"No means no, but so does, 'I'm not sure about this,' or pulling your head away or rolling over to the other side of the bed, or getting a glass of water," Dea said. "People use lots of cues to cool things down. We owe it to our partners (and ourselves!) to be attuned to those cues."

Finally, it may be of concern that obtaining affirmative consent will ruin the mood and make a sexual engagement stale, unexciting, or less passionate. On the contrary, affirmative consent has all the potential to be wonderfully sexy.

"It takes practice!" Dea said. "But once you get the hang of it, it can be part of what's sexy about the encounter."

"Being specific about what you would like to do with your partner and asking if they're into it can be hot! Being able to bring sex into the light and talk about it in a detailed way that ensures all partners are into it opens an exciting range of possibilities."





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Grand Theatre's High School Project celebrates 25 years



Zoë Alexandra King (she/her)
INTERROBANG

The Grand Theatre has been holding its annual High School Project (HSP) for 25 years, and what better way to celebrate this milestone than with an iconic musical like *The Phantom of the Opera*?

The musical by Andrew Lloyd Webber will take to the Sprit Stage from Sept. 19 to Oct. 7. *Phantom* famously played on Broadway for 35 years before recently closing in April 16, making it the longest running show in Broadway history. Its closing paved the way for young people across the world to now stage productions of the show, and for Director Andrew Tribe, there is no better place than the Grand.

"The idea that the Grand itself is this old, haunted opera house...there was something fitting about doing the production here," Tribe said. "There's something really beautiful about knowing that the next kind of life of this show is at the Grand."

The HSP offers an opportunity for students to receive education and training in the working environment of a professional theatre,

at no cost to the participants. High school students from the London area are mentored by professional artists and coaches in all departments over several weeks. The students and the youth of the production are the real highlight for Tribe. For Tribe, it all comes down a "moment of discovery or a moment of grace" for the students.

Tribe noted that because of the show's long history and iconic set pieces and staging, many audience members will be coming with an idea in their minds of what they'll be seeing.

"There's a certain grandeur to the show that requires large set pieces and costumes to tell the story and a certain expectation when people come and see it," Tribe said.

Such an exemplary production can be expected to take a lot of time to bring to life. The expectations from those who have seen *Phantom of the Opera* previously, must be at an all-time high. Tribe acknowledged how much effort each department has put into this production, not only the actors that will be seen on stage, but everyone else that had a part to play in making this into a reality.

Cast member Emma Bishop, who plays the lead role of Christine, said that this character is the rising star of the opera in the production.



CREDIT: THE GRAND THEATRE

Beginning Sept. 9, you can catch *The Phantom of the Opera* at The Grand Theatre as part of the theatre's annual High School Project.

"This is only really thanks to the help of this secret voice that she hears coaching her in the night, who is quickly to be revealed as the phantom of the opera," Bishop said.

Bishop said that theatre is the industry she wants to be in for her future and that being cast in this role has immensely helped her to expand on her talent but also described it as a taxing role.

One of the members from the company Tristan Brew, shared that in his opinion, "this is going to probably be one of the best plays that he's seen at The Grand by students."

Brew explained that there are a variety of emotions that can be felt throughout the show through both the music and the acting. Highlighting his favorite music in the

production, "The Music Of The Night," he also said that his favorite part of the show is when everyone comes to the stage and sings "Masquerade/Why So Silent."

For someone who hasn't seen *The Phantom of the Opera*, Tribe described it as "a horror story, but it's also a romance as well."

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The reality of dating apps



Mauricio Prado (he/him)
INTERROBANG

Online dating can be fun, but it can also be soul-crushing. According to Statistics Canada, there were 2.42 million single Canadians in 2022.

Radio and digital account manager Robert Van Ryswyck was lucky enough to meet his fiancée using a dating app but admitted that the benefits of dating apps on relationships can be mixed.

“I jumped into the dating apps world because I was not having any success in real life,” Ryswyck said. “I was tired of waiting for the perfect one to come around and decided to take the situation by my own hands using dating apps.”

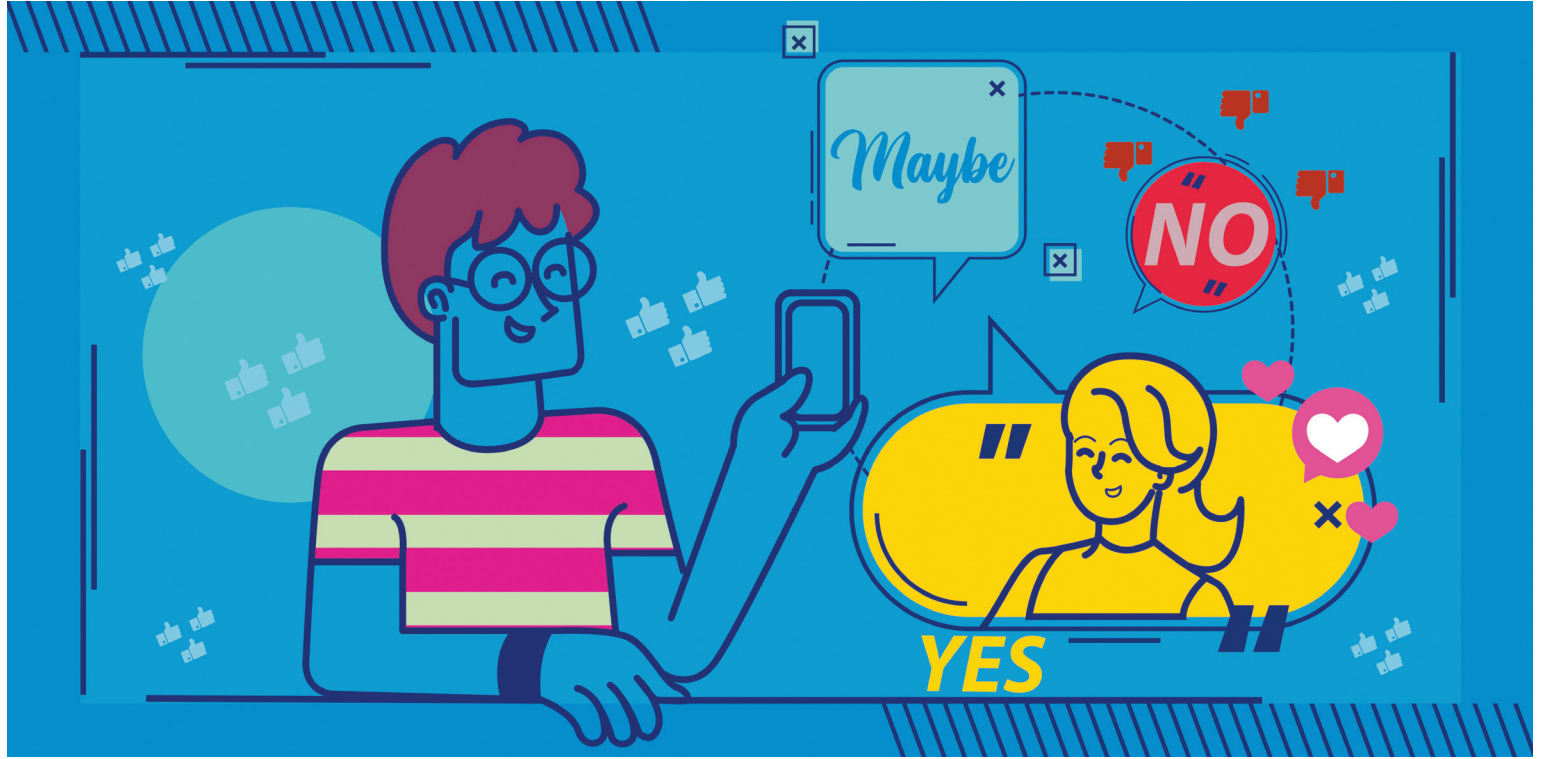
He said he initially started with Tinder and Bumble but had no luck. He added that after those experiences with those two dating apps, his expectations were low.

“I heard from friends that Hinge was a friendly app, so I decided to try it,” Ryswyck said. “I did have a little bit of hope there.”

Ryswyck said the process was slow once he got a match because they spent months talking without seeing each other.

“We lived in different cities, an hour and a half away from each other,” Ryswyck said. “We got out of Hinge quickly and kept talking for several months on Snapchat.”

Ryswyck said one thing that helped the relationship flourish was the communication they had since the beginning.



CREDIT: MAURICIO FRANCO

Online dating can be tough, but sometimes you stumble upon something real.

“I told her my intentions and purpose since the beginning, and she told me hers. That helped the relationship because we both knew we had the same goal,” Ryswyck said.

Ryswyck stated that the outcome of that his relationship may not have turned out the way it did had he met his partner traditionally because he described his fiancée as shy.

Registered Psychotherapist with 20 years of experience in the field, Lisa Shouldice MA, RP, CCP, said that dating apps are an excellent way to express who and what someone needs and wants.

“Dating apps are an excellent way to build confidence. If you are shy and have not had a lot of relationships or sexual experience, it is a beautiful way to play and see how people respond to you,” Shouldice said.

IBISWorld estimates that the Canadian dating services market will be worth \$158.9 million at the end of 2023, with the three provinces with the highest concentrations being Ontario, Quebec, and British Columbia.

Shouldice said dating apps are especially significant in broadening someone’s market and exposure. She added that a good attitude is

helpful because some people say rude, unhelpful things, too.

“Make sure you have a profile that introduces you adequately, beyond pictures,” Shouldice said. “I feel most people meet their partners through dating apps now. I met my wife through a dating app, too!”

Shouldice said that communication is vital in all aspects of life, but more so when people try to get to know each other.

“Say what you are looking for. It is okay to want a serious relationship rather than a casual encounter. Communicate clearly and respectfully,”

Shouldice said. “No genuine bond or serious relationship has ever flourished by lack of communication.”

Ryswyck said it is easy to judge someone just by looking at pictures but to succeed, people need to give people more chances and be more open-minded.

“You have to be open-minded because, on dating apps, you would meet many people from different backgrounds, religions and even cultures,” Ryswyck said. “Even though my fiancée and I practice different religions, we found love in that difference.”



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Forest City Film Festival prepares for annual week-long celebration



Mauricio Prado (he/him)
INTERROBANG

The Forest City Film Festival (FCFF) is preparing for its annual week-long event from Oct. 14 to 22. FCFF Executive Director Dorothy Downs said that this festival celebrates and nurtures the film industry in southwestern Ontario.

“Film is vital for our culture, history and moral compass,” Downs said. “We have fantastic talent in this region and city to show. It is overlooked because we tend to be very humble. What better way to show that talent than with a festival where people can honour, learn and connect with the work being made in this region?”

Downs said they expect around 5,000 attendees for this year’s festival. She added that all films at the festival come from the “hearts of artists.”

“It is a different experience than seeing big blockbusters that studios might regurgitate. Those are not stories from the people’s hearts that the audience can connect emotionally with,” Downs said.

Downs said there is something for everyone as the festival screens feature shorts, documentaries, short documentaries, and short animations. She added that their opening night film this year is *Mr. Dressup: The Magic of Make-Believe*.

“There are about 80 films this year, and we also have a screenwriting competition to reward the best filmmakers of the night,” Downs said.

FCFF Fund Development Manager Jacqueline Demendeev said that film and, especially, film festivals are great places to encounter new ideas, have amazing conversations and get exposure to independent filmmakers.

“The younger generations who are curious about the world and want to know more about human nature, some other part of the planet, or themselves have the beautiful opportunity to explore all of those things through films,” Demendeev said.

Downs said that FCFF has always been about cultivating the talent around filmmaking. She added that they have always supported filmmakers through their filmmaking journey.

“We are bringing important people from the industry to be able to talk to filmmakers who are just getting on their feet. London is a way friendlier place to do this than in Toronto,” Downs said.

Downs stated that this festival has three primary purposes: to generate pride and art in their audiences for the talent that comes from among them, to build the capacity of regional filmmakers and to inspire future filmmakers.

“We are not here just for students or future filmmakers, we are here for anybody who wants to



CREDIT: OMAR ALVADERO

The Forest City Film Festival returns with over 80 films set to screen from Oct. 14-22.

get in the industry, improve their work, make connections, learn, and grow,” Downs said. “Anyone can apply for this festival no matter where they are from.”

Down said Fanshawe students will benefit from attending the festival by seeing something unique and new, with great ideas and understanding the film community.

“You get the experience of hearing the reactions of other people around. Everyone is immersed in this incredible experience of impactful, powerful films,” Downs said.

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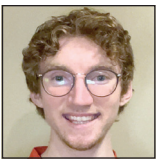
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CREDIT: JACOBVANHOUTEN

Butternut squash paired with apples and warm spices makes for the perfect fall comfort food.

An autumn spiced dish to get you in the fall mood



Alex Allan (he/him)
INTERROBANG

Autumn is right around the corner. The weather may start to get colder but this also comes with new activities to try. Patrick Hersey, a Chef in Fanshawe College's Tourism, Hospitality and Culinary Arts department recommended making a new fall dish that you might have not tried before.

"When I think of fall foods, I immediately think of the bounty of local vegetables that become available, including root vegetables and squash," Hersey said. "One of my favourite fall vegetables is butternut squash—with its naturally sweet flavour and creamy texture. Whether it is roasted, pureed or turned into a soup—this vegetable is incredibly versatile and provides a very satisfying flavour, consistency and warmth on a cool fall day."

Chef Hersey's Autumn Spiced Butternut Squash Soup with Caramel Apple

Ingredients:

- 1 tbsp butter
- ¼ onion, peel and minced
- ½ leek, white part only, coarsely chopped
- 1 small potato, peeled and coarsely chopped
- 1 ½ lbs/650g butternut squash, peeled/seeded, coarsely chopped
- 900 ml chicken or vegetable stock
- 1/8 tsp ground white pepper
- 1/8 tsp cinnamon
- ¼ tsp ground ginger
- 1/8 tsp ground allspice
- Garnish: drizzle each portion with 1 tsp 35 per cent cream or plain yogurt and sprinkle minced chives

Directions:

1. Melt butter in a soup pot over medium heat.
2. Add onion, leek, potato and squash and sweat for 3-4 minutes or until veggies are coated in butter and start to soften/become aromatic.
3. Add stock and season with salt and pepper. All vegetables should be covered. Add more stock if needed.
4. Turn up heat, bring to a boil then reduce heat to a simmer.



CREDIT: FANSHAWE COLLEGE

Fanshawe Chef Patrick Hersey (pictured) shares his favourite fall soup recipe to get you the autumn mood.

5. Add the spices all at the same time, stir and cook until the vegetables are soft and fully cooked (approximately 25 minutes). Once cooked, puree soup in blender in (up to) two batches.
 6. Add pureed soup back to pot and adjust consistency with additional stock if necessary. Check seasoning.
- For the garnish:**
- ½ Granny Smith apple, 1 cm diced with skin on
 - 15g butter
 - 1 tbsp brown sugar
- Directions:**
1. Melt butter in small sauté pan over medium high heat.
 2. Add diced apples and cook for approx. 3-4 minutes or until apples begin to caramelize.
 3. Add brown sugar, reduce heat to medium low and continue to cook for an additional minute to allow brown sugar to caramelize and coat apples. Apples should retain some texture.
 4. Serve soup by placing 1 tbsp of the garnish mixture into the centre of the soup just before serving. Be careful when handling as the caramel will be very hot!

Hersey also recommended serving this dish with some crusty bread. Hopefully this dish gets you ready for this upcoming fall. It might be even something new to try for Thanksgiving for your family and friends.

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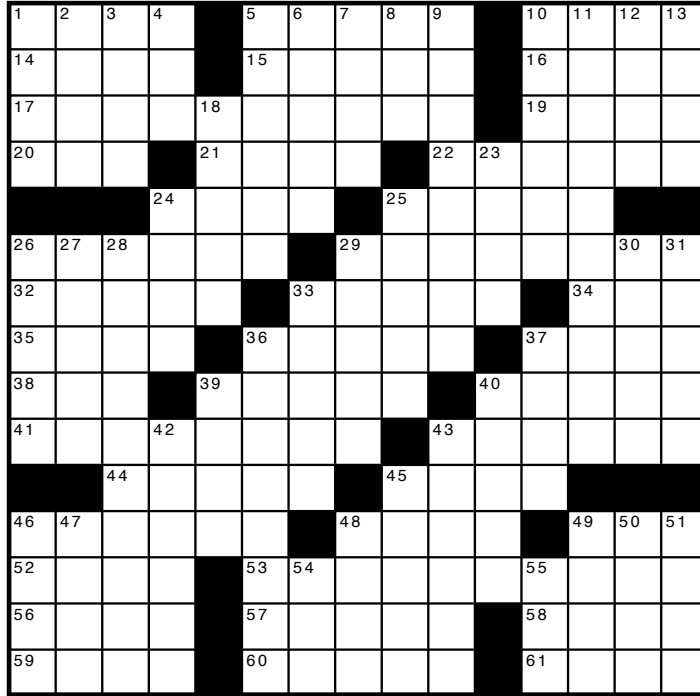
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CROSSWORD

"A Little Slice of Life" by Terry Gergely

ACROSS

- 1. Assert
- 5. Drum
- 10. Comedy sketch
- 14. Ustinov's "Quo Vadis" role
- 15. "All systems go!"
- 16. "Othello" evildoer
- 17. Without a second to spare (after "in the")
- 19. Mature
- 20. Chicken-king connection
- 21. Hammer part
- 22. Iraqi currency
- 24. Diner sign
- 25. Grab the check
- 26. Not healthy
- 29. Marginal artists?
- 32. Dots in the ocean
- 33. Afternoon TV serials
- 34. Corp. top dog
- 35. General ___ chicken (Chinese menu choice)
- 36. Magician's props
- 37. "Man, that was close"
- 38. Vienna's local, abbr.
- 39. Studies intently, with "over"
- 40. Rodeo riders slipknot
- 41. Become prominent again
- 43. Swallowed noisily
- 44. G - A - B - C - D - E - F# - G, for example
- 45. Pubs
- 46. Did not overturn, legally
- 48. Double play makes two
- 49. ___ Paulo, Brazil
- 52. Sticks in one's ___ (irks)
- 53. Keep the dealer honest option
- 56. Mechanic's soap
- 57. Merge into one
- 58. Close-by
- 59. Prayer closer
- 60. Question requiring some thought
- 61. Diva's piece



DOWN

- 1. Karenina of fiction
- 2. Bridal wear
- 3. "Free Willy" whale
- 4. Asian frying pan
- 5. End zone sack
- 6. Classroom scribblings
- 7. Related
- 8. Ewe's mate
- 9. They can make pupils grow larger
- 10. Indicate a turn
- 11. Black belt's blow
- 12. Composer Stravinsky
- 13. Pulls a trailer
- 18. Milky gems
- 23. Roadside bombs, in mil. jargon
- 24. Barely gets by
- 25. Warty hoppers
- 26. Ravi Shankar's instrument
- 27. Campaign subject
- 28. Narrow escape
- 29. Organ transplant receiver
- 30. Witherspoon of the widescreen
- 31. Seeded
- 33. Beetle Bailey's NCO, briefly
- 36. Big soccer tournament
- 37. DC office holders
- 39. Bell knell
- 40. Part of LPN
- 42. "The Children Act" author Ian
- 43. Get together, as a crowd
- 45. Town near Helena
- 46. Bruins of the PAC 10
- 47. British baby buggy
- 48. Mayberry lush
- 49. Crystal ball gazer
- 50. Palm fruit
- 51. Gumbo veggie
- 54. Family card game
- 55. Genetic inits.

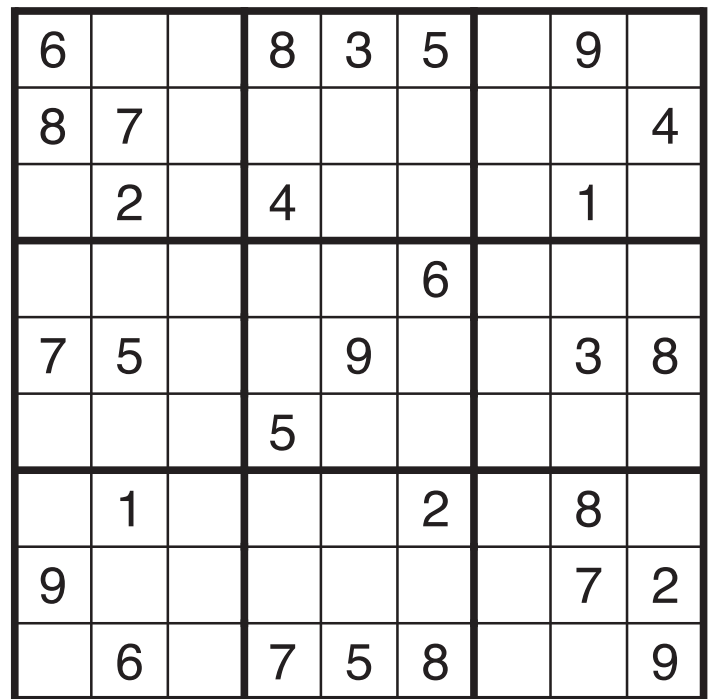
WORD SEARCH



KITCHEN ITEMS

- Dishwasher
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- Glasses
- Stove
- Coffee Maker
- Mop
- Deep Fryer
- Waffle Iron
- Toaster
- Brush
- Plates
- Sponge
- Kettle
- Radio
- Oven
- Fridge
- Sink
- Cutlery

SUDOKU



Puzzle rating: Hard

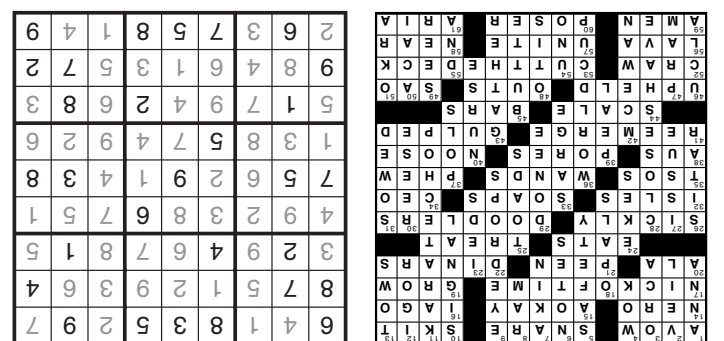
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box.

CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				1													16							3	

“
 16 1 3 7 16 1 4 22 19 7 22 9
 7 9 4 22 19 7 22 9
 — 4 2 1 21 1 16 19
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PUZZLE SOLUTIONS



"Sex is emotion in motion." — Mae West

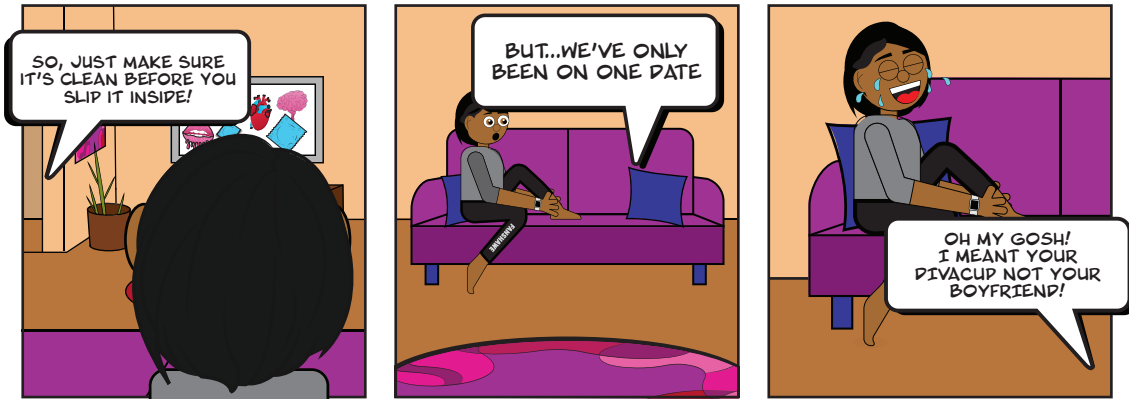
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Dorm Room Conversations

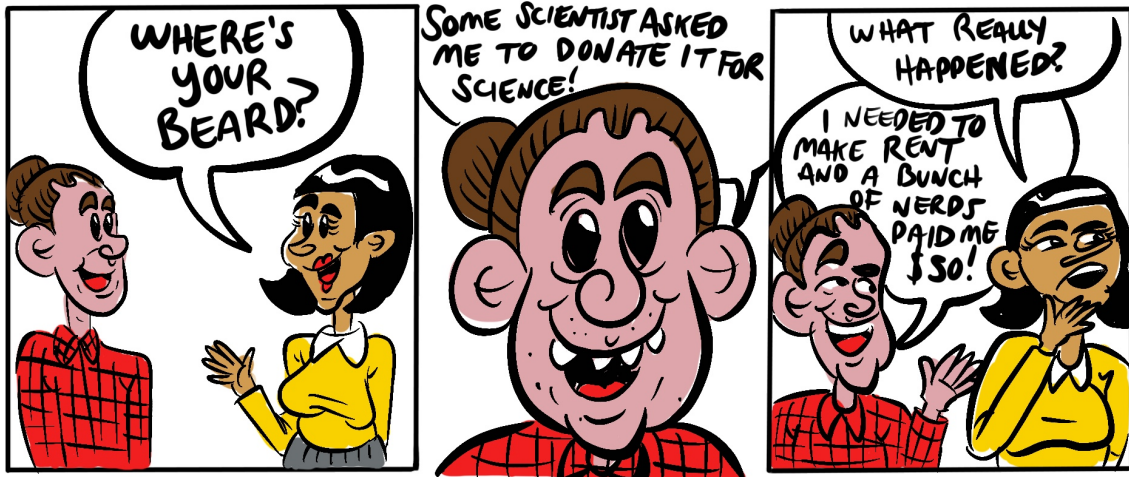
Created by Briana Brissett



By Christopher Miszczak © 2023



Freshman Fifteen



By Alan Dungo

Horoscopes

Aries

Refrain from acting in haste and indulgent behaviour. Choose projects that depend on motivation, discipline, and hard work. Challenge yourself intellectually. Pick up skills, knowledge, and insight by doing something you enjoy. You'll receive mixed messages. Leave nothing to chance, question what others say, and verify the information received. A wrong move will put your reputation at stake. Having fun will come at a price. Consider the risk and cost before you get involved in something or with someone. Excessive behaviour will leave you at a loss and all alone to fix the ramifications.

Taurus

An intellectual treasure hunt will broaden your spectrum regarding your pursuits. A change of pace and direction will stimulate your mind and encourage what offers purpose, meaning, and a chance to make a difference. Don't jump at a proposal until you have sufficient time to consider it. Pay more attention to the information you share with others. A refined attitude and listening are in your best interest instead of talking. You'll get a different perspective on life if you use your imagination and connections to make things happen. Don't make a premature move. Before you discard one thing, be sure you have something else in place.

Gemini

Have a plan before starting something new. Preparation and attention to detail will spare you from the trouble that surfaces because you trust someone you shouldn't. Refuse to let hype entice you. You'll get the most accomplished if you stick close to home or make changes at home to accommodate something you want to pursue. Personal growth and love are attainable if you focus on what's important. You'll face roadblocks if you let your emotions influence decisions. Start a new health routine. A diet change coupled with a physical activity you enjoy will boost your morale.

Cancer

Trust your instincts and navigate through every situation you encounter using imagination, knowledge, and discipline. Make sure change begins with you if you want to get the desired results. Learn from the mistakes others make. Taking a step in an exciting direction that makes you feel good will lead to interesting connections or a reunion with someone you remember fondly. A passionate approach to your pursuits will make life exciting and give you hope for a better future. Stand by your beliefs and follow through with your plans. Emotions will cloud your vision. Slow down and rethink your next move.

Leo

Do your due diligence before entering unfamiliar territory. Protect your assets, reputation, and secrets from anyone trying to pry into your affairs. Say no to temptation. Don't let drama take over. Set boundaries and express reason and willingness to compromise if necessary, and you'll avoid getting involved in something you can't afford financially or physically. Keep life simple and doable. Refuse to let someone else handle your money or personal matters. Go the distance, research, and look for alternative ways to make your skills work for you. Spend time with people who support your efforts. Romance is favoured.

Virgo

A get-together will reunite you with a person or plan you still want to pursue. Engage in conversations openly, and you'll gather information encouraging you to follow through with your plans. Pay attention to where each dollar goes and create a plan to help you build equity. Don't miss an opportunity. Spend time with people who feed your imagination and it will help you revamp your lifestyle to suit your current needs. Embrace positive change. Keep finances and medical issues to yourself and you'll avoid an awkward situation. A physical change will have repercussions.

Libra

Put your energy where it counts and positive change will transpire. Invest in something that will lower your living expenses and say no to anyone trying to use emotional manipulation to part you from your hard-earned cash. A networking event will be interesting and helpful. Use your charm, listen attentively, and arrange to follow through at a future date. Put a positive spin on how you approach a job by adding your personal touch. The outcome may not be as expected, but it will change how you proceed with your plans. Make personal improvement and romance a priority and you'll attract positive input.

Scorpio

Communication and developing a long-term plan are essential for greater security and a meaningful lifestyle. Engineering a way forward using your connections, insight, and skills will put you in a controversial position that requires honesty to maintain control. Emotions will surface due to conflicts between work and home. Review every angle and make compromises where necessary. Patience is required to avoid an escalating situation. Take a moment to gather your thoughts and to show kindness to others, and you'll make a difference that resonates with those who matter most to you.

Sagittarius

What you accomplish will make a difference in how others perceive you. Take care of challenging situations with truth and fair play. Uphold your reputation and maintain your dignity by always doing and being your best. Refuse to let the changes others make get in your way. Stick to your plan, show passion in everything you do, and maintain truth and honesty regardless of what others say. Listen to complaints but don't compromise yourself or your reputation to accommodate someone who offers questionable information. Embrace what you enjoy doing most and share something special with someone you love.

Capricorn

Don't get angry, get moving. Take matters into your hands, offer cost-efficient common-sense solutions, and create alternative opportunities. Put your energy and muscle behind your words and you'll convince even your greatest critic to support your actions and contribute to your cause. A partnership looks inviting. Follow your intuition over and above what others tell you. The changes you make at home, or lifestyle will help free up additional disposal cash. An argument will develop if you aren't willing to compromise. Consider the fallout before you let your ego carry you into battle.

Aquarius

Observe what's happening around you. Facts will keep you out of trouble and encourage you to follow a path that is right for you. Let others do as they please, and you'll take the same liberty regardless of the emotional pressure someone applies. Put your time and effort into updating documents. Staying on top of such matters will put your mind at ease and deter others from taking advantage of you. Emotional discussions will mislead you. Listen carefully, decipher what you hear, and ask direct questions. Communication regarding shared expenses and who is responsible for what will help you build a solid foundation to make your dreams.

Pisces

Make partnerships a priority. Discuss your thoughts, likes, and dislikes to alleviate problems moving forward. Whether you are dealing with a work or personal relationship, honesty is the best policy. How you handle money, medical issues, and secrets will make a difference. Documentation will alleviate mistakes. Keep your notes up to date for reference and peace of mind. Express your feelings and determine where you stand. Once you know what's possible, everything will fall into place. Put more effort into personal goals, self-improvement, and how you treat loved ones, and it will positively impact how your plans unfold.

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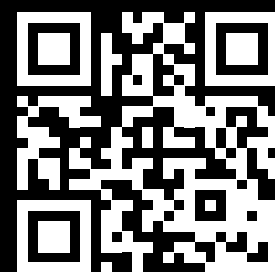
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Insider report on Fuel tryouts



Alex Allan (he/him)
INTERROBANG

Fuel Esports try-outs are now active for the 2023/24 academic year. More try-outs are soon to ramp up over the first few weeks of September but here's what we know about a few of the teams already.

Counter Strike: Global Offensive (CS:GO)

Former captain of CS:GO, Oogaslada decided to step down to focus on school and a different CS:GO league team this academic year. Jayvee "Nylander" Macapugay, second-year student in business finance will be stepping up to manage this year's CS:GO team. Macapugay said that the returning players from last year's team will be Cheap, TylerS, Cairo and Nylander himself. They are hoping to find a strong fifth player for their Varsity team but also a substitute to be alongside them.

"I had nine new students sign up and six made it out to tryouts on Aug. 19," Macapugay said. "We ran a handful of games on the FaceIT servers and overall it was a really good turnout."

There have been two notable newcomers Macapugay said have stood out from try-outs. A previous *Valorant* Rising player Dawner and a new first-year student that goes by Stuszy. Macapugay said that he will host another try-out around the first few weeks of September for any first year students that missed summer try-outs.

Two players that Macapugay also wanted to mention were 2Heavy and Orochimaru. 2Heavy previously lived in Brazil while Orochimaru is from India. He said that both players have adapted well with North American call-outs in CS:GO and the maps they played on.

"Funny story is that 2Heavy accidentally queued us into a South American FaceIT game, but he did lead the way on how to approach a Brazilian defense and how to pace against in offense," Macapugay said.

Macapugay used to coach basketball and football back in high school. He said that it has been a while since he has been able to sit back and see the passion and effort coming from students trying out. The CS:GO team won in the National Association of Collegiate Esports (NACE) Open Plus division in the 2023 winter semester. Macapugay said that he hopes to keep this momentum going for this upcoming academic year.

"I believe it's going to come down to understanding our roles, continuing to use the fundamentals of map control, and keeping communication high at all times," Macapugay said. "We've looked our best when everyone is on the same page and follows the calls to the very end."

Rainbow Six Siege (R6)

R6 captain James "Purzaa" Perez from the graphic design program believes their team has been making improvements over the summer. The team did some training in a summer league but they are testing out new players to join the Varsity team this academic year.

"New Academy team will be revamped with some new talent for this coming fall," Perez said. "I believe there definitely will be potential for that team to bring home a trophy with the right chemistry between the players."

Try-outs will be starting on Sept. 6. He's hoping more students will sign up for try-outs and he will be looking to join a couple new leagues for this academic year.

Call of Duty (CoD)

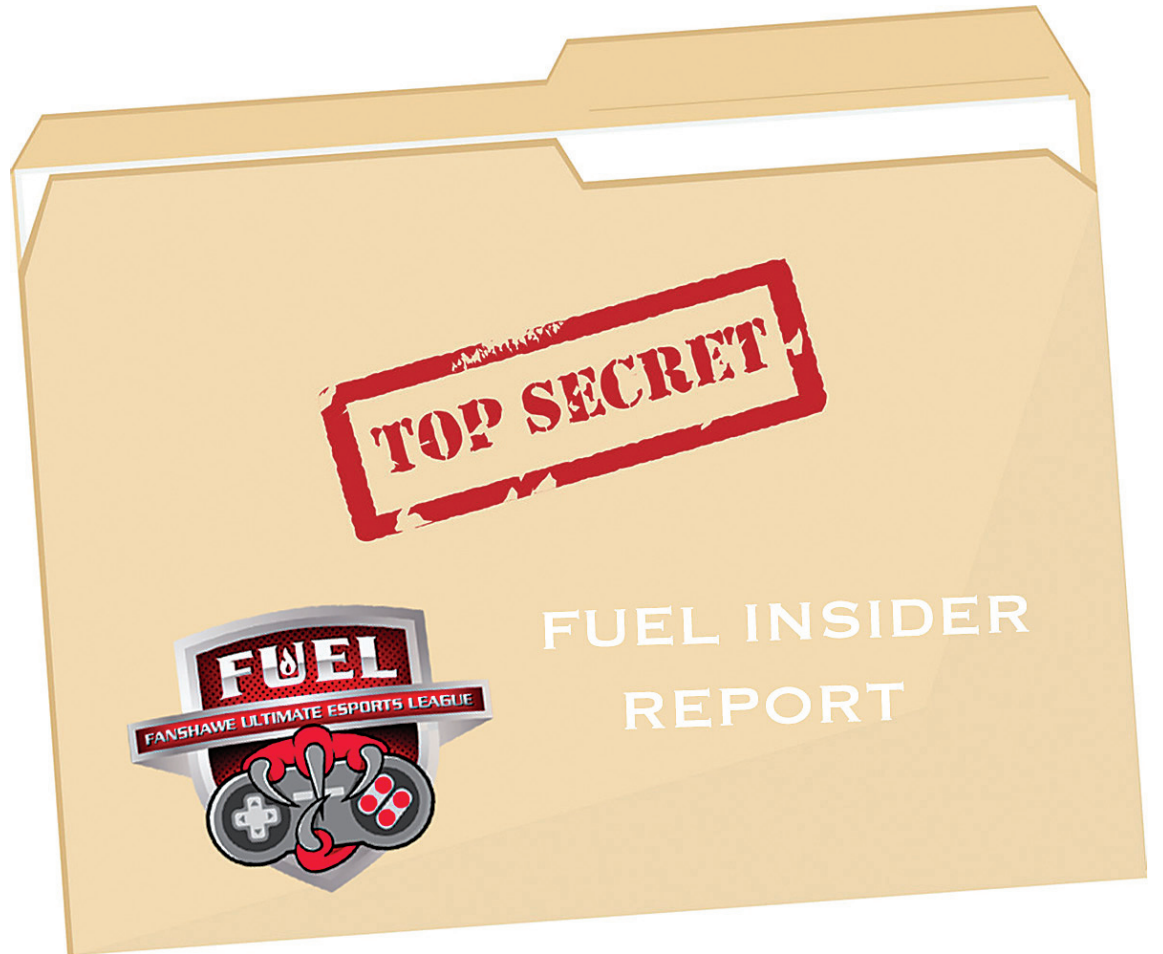
Jacob "Bonk" Deneau, captain and manager from Fanshawe's business marketing program has been busy already with try-outs. Around eight players came out to try-outs. Deneau said that reviews will be the next step for each player to see who will be making the Varsity roster or Academy.

"It's exciting to have so much competition in tryouts," Deneau said. "With the players we have now, no matter who makes Varsity or Academy, both teams will be strong."

Deneau is looking to have more video on demand (VOD) reviews this next season. VODs are quite known in every area of Esports. Teams from any game will watch back recorded gameplay and break it down with either their captain, manager or coach. Deneau believes this is a big piece they were missing last academic year and could potentially help fix any small mistakes they made.

Two Fuel members that are coming back this year will be Bosfrost and Fein. Last year, Bosfrost and Fein both moved up from the Academy team to the Varsity team. Deneau said finding new players they can work and train with on the off-season was a main task for him. Fuel will see two new players coming to the CoD teams. KMC from St. Clair and Sus who is coming from the University of Windsor. Deneau said both these players are incredibly skilled and know what they are doing out there.

He said that KMC is really good on the assault rifle in the game and to keep an eye out for what KMC



CREDIT: ALEX ALLAN

A quick insider update on how some try-outs have been going for Fuel teams for this upcoming school year.

has to offer in matches. Deneau used to play with Sus back on a Challengers team in *Call of Duty Modern Warfare 2*.

"One thing I can tell you about Sus is that when he's moving.... he's *moving* out there," Deneau said. "His potential is through the

roof and I can't be more excited."

More Fuel insider reports are still to come as more teams start their try-out process. It's not too late to try out for some Esports teams at Fanshawe as well. Make sure to join the Fuel Discord server to get the latest announcements.

Here's all the upcoming try-out dates for Fuel Esports teams:

- *Apex*: Sept. 11 at 7 p.m.
- *Overwatch*: Sept. 2 at 8 p.m.
- *League of Legends*: TBD
- *Rocket League*: Sept. 5, 7, 11 and 13 at 7 p.m.

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Cereal and Cartoons

Thursday, Sept. 14th
8am to 11am

Wear your PJ's!

Alumni Lounge
Student Centre

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MOVIES

MOVIE: JOHN WICK 4

DATE: THURS, SEPT 14TH

TIME: 8PM - 10PM

ROOM D1060

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FUEL FANSHAWE STUDENT UNION www.fsu.ca

CHESS TOURNAMENT

GAME NIGHT

Monday, September 18th
Alumni Lounge

6pm Friendlies | 7pm Tournament Start

FREE EVENT
Connect with us @fsu.ca/discord

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TOP 3 PRIZING



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SEX TOY BINGO

with CRYSTAL QUARTZ

OVER \$300 IN PRIZES

THE OUT BACK SHACK & ONLINE
Doors open @ 7pm
SIGN UP IN ADVANCE AT fsu.ca/bingo

SEPT 20TH 8PM

FREE (NO COVER) @FANSHAWESU

BROUGHT TO YOU BY THE FSU



PROFESSIONAL WRESTLING THE SMASH UNION

LIVE WRESTLING

THURSDAY, SEPTEMBER 21ST

OASIS | Doors 7pm | Bell 8pm

FREE, LICENSED EVENT

FEATURING FANSHAWE COLLEGE MICK MCGUIRE

ALL AGES WITH FANSHAWE ID. 19+ WITH GOVERNMENT ID

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?

SUBMIT YOUR STORY ON THIS TOPIC:
How do you manage stress?

You could be featured in our upcoming Mental Health Issue!

SUBMISSION DEADLINE IS
SEPT. 29

SAY IT WITH A **BANG?**

theinterrobang.ca/submit-letter

fsuinterrobang interrobang_fsu

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