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Read on pages 10-16

❧ Find out why a Fanshawe athlete is running for a cause on page 22 ❧

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FSU Publications Office
theinterrobang.ca**FROM
THE
EDITOR****MELISSA NOVACASKA**

Welcome back Fanshawe staff, faculty, students and community, to another issue of the Interrobang. With school and work back in session and everyone is steadily getting back into a routine, it's nice to not only catch up with friends, work and anything else that may have been put to the side while summer was in full swing, but also finding out what's new and exciting happening in and around the Fanshawe community is something to look into. This is exactly what the Interrobang aims to do for its readers, to provide the latest and greatest news and this issue is no exception.

With a new school year in session, it is important to highlight some information of Fanshawe's sexual awareness fair and anything that may pertain to the subject. This issue includes some sexual awareness features including the history of sex toys, sexual health and wellness information, as well as the concepts of both consent and abstinence. This issue also takes a look at a healing group for survivors and those affected by sexual violence and the College's and Fanshawe Student Union's (FSU) collaborative RED-BED Talks project.

We cover some basic and up to date material on a possible province wide strike between colleges and Ontario Public Service Employees Union (OPSEU) and will keep everyone informed with the most up to

date material as soon as possible.

Also new this year are the large murals of different places around the world climbing the walls across campus. This issue covers the reasoning behind these neat designs, along with other exciting new beginnings.

In terms of accomplishments, Fanshawe welcomes the talented and highly qualified Allison Stephens, to the School of Public Safety as the co-ordinator of the advanced ergonomic studies programs and take a look at an accomplished group of Fanshawe professors, alumni and members, who's film was selected to be shown at this year's Toronto Independent Film Festival (TIFF).

Add some music and film reviews, a one-on-one interview with Canadian country superstar and successful Madeline Merlo, a look at some historical but quirky facts about the city of London and a Fanshawe/Western student running for a cause, this issue is filled with a variety of interesting and neat stories to read through.

With some highlight of this year's Orientation and Fanshawe president, Peter Devlin's president's breakfast, this issue is sure to keep you reading in between classes and work, and up until the next issue is out on newsstands Sept. 18.

Happy reading,
Melissa Novacaska

TOP 10 REASONS TO GET TESTED

REASON #10
Because testing is easy to do

REASON #9
You shared needles for drugs, piercing, or tattoos

REASON #8
Worrying is worse than knowing (...well sometimes)

REASON #7
Because you had a condom break

REASON #6
You are starting a new relationship or ending an old one

REASON #5
You had sex with a random partner

REASON #4
You can't remember what you did the other night

REASON #3
It's been a while since the last time you got tested

REASON #2
You had sex without a condom

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Faculty strike vote and bargaining talks on the rise for Ontario Colleges

JEN DOEDE
INTERROBANG

On Sept. 14, a faculty strike vote will take place to determine whether the faculty from the 24 colleges from across Ontario support the Ontario Public Service Employees Union's (OPSEU) or the College Employer Council's (Council) vision for the future of the college system.

"Now that the college system is turning 50, it's time to sit back and look at what's working and what's not," Darryl Bedford, president of the OPSEU local 110 and member of the 2017 CAAT-A bargaining team said. "We are asking our members to back our vision on Sept. 14."

Bedford said that OPSEU's plan focuses on building a better college system.

Part of OPSEU's plan is for each college to have an academic senate to be responsible for academic decisions.

Bedford explained that an academic senate is not unprecedented, since Sheridan College has one in addition to colleges in other provinces.

Bedford explained that the senate's decisions would be more binding than those of the current college council at Fanshawe.

One issue raised by Bedford was that 81 per cent of teaching at colleges is performed by precarious contract faculty. According

to Bedford, these contract faculty members must constantly re-apply for work every four months, which gives them no job security.

In addition, Bedford explained that precarious contract faculty have little to no time to prepare their course loads.

Bedford also stated that a lot of the language in the collective agreement is out-of-date, using the definition and role of a counselor as an example.

In regards to negotiations, the Council has put forth an offer of settlement.

According to the Council's academic bargaining update, published on Aug. 28, the newest offer of settlement features a number of things including:

- A 7.5 per cent salary increase
- A new maximum salary of \$115,094 that would be in place by Oct. 1, 2020
- Positive changes to pregnancy and parental leave
- Expanded catastrophic drug coverage
- A lump-sum payment of \$500 for full-time faculty and \$250 for partial-load

The Council has extended their offer of settlement to Sept. 29 and the current collective agreement expires on Sept. 30.

Don Sinclair, the chief executive officer for the College Employer Council and member of the bargaining team explained that there



CREDITS: MELISSA NOVACKASKA)

Both bargaining teams will be back at the bargaining table on Sept. 18 after a strike vote on Sept. 14.

are no concessions in the offer of settlement.

"We believe it is a good offer and that it is fair and reasonable," Sinclair said.

According to an academic bargaining update, the college estimates that implementing the union's demands would cost the system over \$400 million.

In addition, the Council has stated in the bargaining update that "collective bargaining addresses terms and conditions of employment – not governance."

Also, the faculty members are

not the exclusive voice to academic decision making as the colleges seek input from students, various stakeholders, program advisory committees, support staff and employers.

According to the Council academic bargaining update, "the strike vote outcome will be decided by a 50 per cent + 1 majority of those who show up and cast their vote."

Both OPSEU and the College Employer Council's bargaining teams will return to the bargaining table on Sept. 18.

Faculty members who would like to learn more about the OPSEU's vision/plan and response to the College Employer Council's offer can go to <https://opseu.org/news/two-visions-system-crisis-caat-negotiations-bulletin-issue-6> to read their newsletter.

Faculty members who would like to learn more about the College Employer Council's offer of settlement and response to the OPSEU's plan can go to <https://thecouncil.on.ca/articles/1597> to read their academic bargaining update.

Wall decals inspire students to study abroad



CREDIT: JEN DOEDE

Sue McKittrick, Janine Shier and Caitlin Smith pose in front of the France mural, one of four murals part of Fanshawe's "Picture Yourself Here" contest. The contest is one way to get student interested in studying abroad.

JEN DOEDE
INTERROBANG

Four murals of picturesque locations from across the globe have adorned campus walls as part of a promotional campaign for Fanshawe students to learn about the plethora of options they have, when

it comes to studying abroad.

Fanshawe College's "Picture Yourself Here" contest encourages students to take a selfie in front of one of the four murals and post the photo to social media with the hashtag #Fanshaweabroad for a chance to win a GoPro, which they can use in their future travels.

According to Caitlin Smith, the

international projects and exchange co-ordinator of the Fanshawe International Centre, the contest will have two winners, with each winner announced at the end of the fall and winter semesters.

According to a 2015 study conducted by the Canadian Bureau for International Education (CBIE), only three per cent of Canadian full-

time university students and one per cent of full-time college students choose to study abroad.

CBIE launched a national campaign called Learning Beyond Borders in 2016 to promote such studies.

According to Smith, the initiative has two primary goals. The first is to increase awareness of opportunities and benefits of studying abroad and the second is to increase institutional support for opportunities to study abroad.

Fanshawe joined the initiative earlier this year and created the "Picture Yourself Here" contest to act as the focal point for their campaign to promote learning abroad.

Janine Shier, the international marketing officer at Fanshawe, Sue McKittrick, the communications recruitment and enrolment co-ordinator at Fanshawe and Smith all came together to brainstorm the idea behind the wall decals and contest.

According to Smith, the team chose murals from France, Ireland, Italy and Japan to reflect the variety of opportunities students have when choosing where to study abroad.

Other promotional materials surrounding the initiative this year will feature photos from students who have previously participated in exchange programs and studying abroad.

Smith explained that when it comes to studying abroad, there are various options students can choose from when it comes to picking where to study and for how long.

In addition to the traditional semester exchange programs, Fanshawe also offers one month summer programs, cultural exchanges, field study opportunities and potential co-op opportunities.

"When you include an international experience [into your college experience] you are learning in a different way at our partner institutions," Smith said. "For example, in France they will study one course all day for two weeks and complete it. You have to completely change how you approach learning and I think that challenges students and also can benefit them in the long run."

Smith explained that students who choose to participate in a college oriented international experience will likely qualify for some financial assistance.

Students can apply for the International Exchange Opportunity Scholarship, which has a value of \$2,500 for one semester abroad.

"[Studying abroad] is your opportunity to do something that will set yourself apart once you are in the job market," Shier said. "Our college system gives students a lot of great experience and [adding] an international experience sets you apart one extra level."

Students who are interested in studying abroad can find out more information at fanshawe.ca/study-abroad or at the Fanshawe College International Centre located in room E2025.

Success on orientation day



CREDIT: MELISSA NOVACASKA AND JEN DOEDE

Excitement was buzzing in the air at Fanshawe's London campus as the dedicated orientation day kicked off the school year.

MELISSA NOVACASKA INTERROBANG

Fanshawe students were treated to a full day of fun with the College's orientation day, in collaboration with a number of groups, including the Fanshawe Student Union (FSU) on Sept. 5.

The school was packed with new and returning students head-

ing back to school, though it would be difficult to not take part in some of the festivities happening around campus.

From the basics of class orientation and picking up textbooks, school supplies and a Fanshawe FANCard, along with figuring out one's way around the campus, students were treated to food vouchers, food trucks, a carnival that included large inflatable bouncy

castles, road hockey, mini put, buskers around campus, music and fun and games everywhere.

This year was the first time the FSU specifically held a one day dedicated welcoming event to the College's first year students, and by the looks of it, it wasn't hard to find people all around the campus having a good time with a smile on their face.

Spreading positive messaging in a big way



CREDIT: MELISSA NOVACASKA

Fanshawe's sexual violence prevention advisor, Leah Marshall, stands beside the large consent messaging sign displayed during Fanshawe's one day orientation event on Sept. 5.

MELISSA NOVACASKA INTERROBANG

Fanshawe's one day dedicated orientation on Sept. 5, was filled with fun and excitement for new and returning students, but it was also a way to share some positive messaging.

Leah Marshall, Fanshawe's sexual violence prevention advisor made it a mission to incorporate and bring light to consent messaging, as well as the sexual violence prevention services and supports available on campus.

Marshall's idea and concept was accomplished through a large consent messaging sign located in the Wellness and Fitness Centre for many students to see.

"We wanted to have an exciting,

fun way for students to engage with consent messaging on the first day as we kind of kick off the school year and so what better way than to blow up the consent messaging and give people the opportunity to use it as a photos prop, to post on social media and just to start conversations about the fact that we want people to make sure that they're getting consent because without consent it's sexual assault," Marshall said.

According to Marshall, who came up with the idea, there was positive feedback among students about the consent messaging sign, with many noticing it, taking photos and asking more about the story behind it, along with the services the College and Marshall offer.

"It's hard to not notice such a large display and I think that was

the purpose of today, just to draw attention to the messaging," Marshall said.

The sign was also a way to draw students' attention to the fact that the College, Marshall and her supports also host prevention initiatives during the school year, to "raise awareness about sexual violence prevention and to help promote a safer, healthier campus for every student".

Marshall was beaming with how well the execution of the sign and its messaging was connecting to students.

"It's a fun, exciting day so we want to promote really healthy messages around sexuality and just really help students make sure that they're going to have a good school year."



CREDIT: MELISSA NOVACASKA AND JEN DOEDE

Fanshawe students enjoyed a full orientation day with a lot of different activities on Sept. 5.

Red Bed Talks event hopes to get students talking about consent

JEN DOEDE
INTERROBANG

The latest addition to this year's sexual awareness fair will be the Red Bed Talks event.

The event will feature a bed with red sheets that will act as a conversation starter, generating discussion surrounding the topic of consent.

According to Leah Marshall, Fanshawe's sexual violence prevention advisor, the sexual awareness fair is an annual event where the College brings in their community and campus partners to provide students with information of what is available both on campus and off campus when it comes to sexual health.

The fair is also an opportunity for students to ask questions regarding consent messaging, safe sexual practices and sexual violence prevention on campus.

"The sexual awareness fair is a safe space to ask questions. When you come to college, you might have a lot of questions you didn't have before you got here," Marshall said. "No matter what kind of sexual practices you are or are not participating in, taking care of your sexual health is an important part of taking care of your overall health and so we want to make sure that students have that information available to them."

A conversation piece that plans to attract the attention of students will be a bed with red sheets.

The premise of the bed is to get students talking about the topic of consent, especially when it comes to the bedroom.

"I thought that the Red Bed Talks event would be a great way to make students feel more comfortable when talking about consent," Kate Morris, the Student Life Co-ordinator for the Fanshawe Student Union (FSU) said.

Morris explained that the bed also doubles as a photo prop and students are encouraged to take photos with some speech bubbles with sayings such as "Let's get consensual" and "Ask me what I want". Students can also use the hashtag #redbedtalks to tag photos from the event and start a conversation on social media regarding consent that can continue throughout the year.

"It is crucial that students get confident and familiar with the difference between consensual and non-consensual sex, as that is the only difference between sex and sexual assault," Morris said.

Morris said she got the idea for the conversation piece from a friend whose school set up a bedroom set in their student centre to start a conversation with students about the topic of consent.

This year's sexual awareness fair will take place in Forwell Hall on Thursday Sept. 14 from 10 a.m. to 2 p.m.

Marshall explained that some of the services that will be present at the fair include the Fowler Kennedy Health Services/Sport Medicine Clinic and security services from campus. In regards to off campus options, some of the services will revolve around the London Abused Women's Centre and Spot of Delight (a safe and inclusive sex shop from downtown London). Repre-



CREDIT: JEN DOEDE

sentatives from the Regional Sexual Assault and Domestic Violence Treatment Program at St. Joe's Hospital will also be on hand.

According to Marshall, the fair will also be handing out free sexual health products such as condoms and dental dams. In addition, the Middlesex-London Health Unit will also be present at the event and the health unit will provide students with information regarding where they can be tested for sexually transmitted infections.

The sexual awareness fair will also have a special Snapchat geofilter just for the event and the student life facilitator will also be serving mocktails.

"It's always good to get students talking about consent right at the beginning of the school year," Morris said. "You have the right to say no just as much as you have the right to say yes."

Kate Morris, the Student Life Co-ordinator for the Fanshawe Student Union (FSU), holding up some of the speech bubbles that will be available to students at the Red Bed Talks event.

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Ergonomics expert Allison Stephens comes to Fanshawe to teach the next generation of ergonomists



CREDIT: JEN DOEDE

Allison Stephens, the new co-ordinator for the advanced ergonomic studies program in Fanshawe's School of Public Safety is excited to return to Canada and work with the Fanshawe community.

JEN DOEDE INTERROBANG

Renowned ergonomist Allison Stephens accepted the position as co-ordinator for the advanced ergonomic studies program in Fanshawe College's School of Public Safety.

Ergonomics is the scientific study focusing on the level of efficiency and comfort that exists between individuals and their workplaces.

Mark Hunter, the chair of Fanshawe's School of Public Safety, explained that the advanced ergonomic studies program at the College is the first of its kind in Canada.

The program, which launched in 2016, consists of a 15-week academic semester followed by an 8-week field placement.

According to Stephens, the field placement will give students the opportunity to learn about the different aspects of ergonomics, while being overseen by a professional ergonomist.

"Allison Stephens is nationally and internationally recognized as a

leader in the field of ergonomics. Our students are going to immensely benefit from having her as a professor and a co-ordinator in our advanced ergonomic studies program," Hunter said.

Stephens stated that she is very excited to come back to Canada and empower students with the skill set they need to become future ergonomists.

"I'm really excited to be part of this community. I think that Fanshawe has grown as much as I have grown while I've been away and it's exciting to come back and see the transformation of the campus," Stephens said.

Stephens has recently retired after working for 31 years at the Ford Motor Company in Dearborn Michigan. Stephens explained that she started her career at the St. Thomas Assembly, which was one of Ford's automotive manufacturing locations.

At the assembly line, Stephens was part of the health and safety team and was responsible for conducting accident investigations.

Stephens explained that in order to prevent the same injury from happening again at the workplace, the team would make modifications to work stations. For example, instead of having employees pick up heavy parts from the floor, causing back injuries, a lift table or raiser would be added to elevate the parts.

Due to Stephens and her ergonomics team's work at Ford, the location saw an almost 80 percent reduction in injury rates over the five years she'd been employed.

Ford Motor Company took notice of Stephens' achievements and offered her the opportunity to bring the ergonomics program to the North American headquarters in 1991.

Stephens accepted the offer and started working in Dearborn, MI.

There, she travelled to plants all over North America to instruct facilities on how to set up an ergonomics team and how to effectively investigate accidents.

Eventually, Stephens was transferred from the health and safety department to the engineering department.

Part of the engineering team's responsibilities was to design the equipment and work space based on accident prevention information.

Eventually, the assembly line started implementing virtual technology into the engineering program and as a result, designs were created in computer-aided design programs (CADs) using 3D modeling techniques.

With the influx of virtual technology innovating the engineering

sector of the Ford Motor Company, Stephens got into an area called digital human modeling.

The team would use an AutoCAD to create a human model that could be inserted into the prospective designs. This simulation could replicate the actions of employees and reveal any flaws.

Stephens would also do a biomechanical analysis to determine if an action would be too strenuous for an operator.

"I built a virtual lab for Ford Motor Company and we worked with our engineering community to make all work stations go through a virtual assessment using motion capture and digital human modeling," Stephens said. "It worked so well we actually reduced the number of prototype vehicles that we had to build, which saved us millions of dollars. We were also able to deliver our plans faster to market."

Stephens also had the opportunity to travel to countries such as China to educate engineers on ergonomics, in addition to receiving numerous awards such as the Henry Ford Technical Award.

According to a Fanshawe Corporate Communications news release, Stephens has been published more than 20 times for her work in the field of ergonomics.

Stephens began her new adventure at Fanshawe on September 1 and has positive thoughts to say about it.

"I'm really excited to be here and have Fanshawe as the next think pod to where we are going to go in the field of ergonomics," Stephens said.

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Carlie Forsythe

Student Representative to
The Board of Governors

Fanshawe members' film to make its debut at TIFF



CREDIT: MELISSA NOVACASKA (GROUP SHOT) PROVIDED BY MEG HOWALD (MOVIE POSTER)

The *Gold Fish Bowl* is a film created by Fanshawe faculty and members including Ed Matthews, Meg Howald, Richard Moule and Darr Sands. The film was selected to be screened at the Toronto Independent Film Festival on Sept. 8.

MELISSA NOVACASKA INTERROBANG

Fanshawe professor Meg Howald, will see her first full feature length film debut at the Toronto Independent Film Festival (TIFF) on Sept. 8.

The film titled *The Gold Fish Bowl* was written, directed and produced by Howald and based off of a true life encounter she heard of. *The Gold Fish Bowl* is centered on a woman named Mara Winters, who at one point attacks and tries to kill her abusive husband.

The film, which was shot in London starting in mid-2016, takes the

viewer into a world that explores why this attack happens and Winters finding help and light to her once troubled life.

There's a strong focus on freedom and the idea that Winters may be living in her own world (the fish bowl), she's learning to live a much more positive life as the film moves along.

Howald, a novelist who teaches business communications and is part of the creative writing program and the School of Language and Liberal Studies at Fanshawe.

She worked on the film with a number of Fanshawe members, alumni and the London community, including Ed Matthews also in the writing communications department

at Fanshawe, Richard Moule who teaches both writing and communications as well as music history at Fanshawe and Darr Sands, a recent graduate, both from Fanshawe where he studied general arts and science, along with advance filmmaking, and at Western where he took film studies.

Both Matthews and Moule worked as co-sound designers, supervisors and composers of the film, while Sands was an assistant editor for it.

There's a central theme of sympathy throughout the film, with Moule saying the feeling a viewer may have for one character might change during the film.

"This is a movie about grey areas, and I think that's what makes the movie so evocative. It is very mysterious in terms of even the way roles shift," Moule said. [Sympathy] and ambiguity I think helps lead the viewer on, keeps the viewer interested in exploring the nature of the characters."

Along with the four members, the team also worked with a few other members, but overall it's a small team, which worked quite well.

The four of them spoke highly of one another and the work they did to create powerful and interesting film. They've even continued to work together after creating *The Gold Fish Bowl*, by producing and adapting other films as well.

According to Howald, her "wonderful" team plans to stick together and hopefully get some funding so they can continue creating more in the future.

Though there were some ups and downs while putting the film together, as well as a funny moment when a nearby neighbor didn't realize filming was taking place and called the police for the "disturbance".

Howald also hopes to have the film featured in the upcoming Sundance Film Festival in Park City, Utah.

The fact that it got chosen for TIFF was exciting for the team because it allows not only for a public screening of the film, but it also allows Howald and her team to get well deserved exposure and credibility.

The team is thankful the film was selected for TIFF, and were quick to point out that if an individual has a passion, they should go for it and not give up, because you never know what can happen.

Howald expressed her thoughts when she heard about the film being selected for TIFF.

"I cried and then I didn't believe it was my film and I thought do I tell anybody and just get it over with... I have to tell everybody," Howald said. "I'm looking forward to [TIFF], I'm very excited for all these people who worked so hard and they shine in it, they really do."

The Gold Fish Bowl will be screened on Sept. 8 at 9 p.m. at the Carlton Cinema in downtown Toronto.

For more information about the film or the crew, please visit meg-howaldfilm.com/the-gold-fish-bowl/.



Fanshawe offering new healing program for sexual violence survivors



CREDIT: LEAH MARSHALL

Fanshawe's Passport to Wellness program is offering a new service for sexual violence survivors and their support team. The Healing Forward, Self-care for Survivors of Sexual Violence sessions begin on Sept. 13.

MELISSA NOVACASKA INTERROBANG

Fanshawe welcomes a new initiative aimed to help students who may have experienced sexual violence along with their support group.

This new initiative, titled Healing Forward, Self-care for Survivors of Sexual Violence [and their supporter], is part of Fanshawe's Counselling and Accessibility Services' Passport to Wellness program and was created for a number of reasons.

"This came about, because we know [that] here, at Fanshawe, not only are we working on prevention initiatives and helping to make campus a safer space, but we need to provide services and support to those on our campus that have already experience sexual violence in their lives," Fanshawe's sexual violence prevention advisor, Leah Marshall said. "Part of what our plan looks like moving forward in terms of providing services to survivors is providing a space where survivors or victims on campus can come to connect with other survivors."

According to Marshall, there tends to be a common thread among those who've experienced sexual violence that they are alone.

"We're trying to break those barriers down and create a space where

people can connect with others and learn self-care skills and tools, as well as get information about the impact of trauma and having an understanding of that healing looks different for each person, and so developing an individualized self-care kit for yourself to care for yourself throughout the school year," Marshall said.

According to Marshall, although the Passport to Wellness program has been around the College before, run by a number of people in the Counselling and Accessibility Services department, the Healing Forward program came about this year as simply an idea that would be "beneficial" for sexual violence survivors and supporters around campus.

Marshall said the number of students experiencing sexual violence is quite high across Canada, but the program will hopefully open up a "different way to provide a space for students to seek support and service".

The program is centered to help survivors and their support group connect with others, understand and learn in an open environment without any judgment, nor feeling like they are the only ones dealing with sexual violence.

"Healing is individual to each person, we're all unique and our experiences all look different and so we're always looking for different

ways to connect with people on our campus that may need support and so this is a way, just another avenue to offer that support," Marshall said.

Though there are individual support sessions through the sexual violence prevention advisor position as well as the prevention initiatives and educational initiatives throughout the school year, Marshall said this new program is "adding on another piece, another space on campus where survivors can come and talk about mindfulness and creativity and play, sleep hygiene, connection with other survivors, self-compassion, just help create their own individualized self-care tool kit that can help support them throughout the year".

Marshall said the hour long sessions will include different topics each time, and will run once each month starting for the first semester, and could potentially extend to the second semester if all things go well.

The first session will begin on Sept. 13 from 6 p.m. to 7 p.m.

To learn more information about the program and what it has offer please visit fanshawe.ca and search Counselling and Accessibility Services, Passport to Wellness, or counselling@fanshawec.ca

To get in touch with Leah Marshall, please contact at lkmarshall@fanshawec.ca

Booksellers' research highlights London's cultural history



CREDIT: BILIOASIS/JASON DICKSON AND VANESSA BROWN/THOMAS JAMES SAYERS

Authors Jason Dickson and Vanessa Brown's book, *London: 150 Cultural Moments*, can be found at their downtown London bookstore, Brown and Dickson.

THOMAS SAYERS
INTERROBANG

Antique booksellers Jason Dickson and Vanessa Brown have finally written a book that their grandmother can get through.

London: 150 Cultural Moments is a lovingly-crafted look into London's often hidden-away arts and culture scene through the years.

Their book launched earlier this summer, but has been in the works for some time.

The two shared local stories and trivia throughout their friendship and marriage, bonding over the surprisingly wild history of the arts and history in London, Ontario.

"Eventually it became obvious that a book like this needed to exist, that nobody had written it yet and that we should just do it," Dickson said.

This isn't your average local history book. It's filled with tales of drunken mayors of the 1800s, Marc Emery's foray into the bookselling business and that one time that Walt Whitman visited London and the role residents played in creating his cult following.

In short, it's all the cool stuff that you'd want to read about in a history book about your hometown.

"We feel that local storytelling is a part of local identity. We felt internally that these were the stories that Londoners really wanted to hear. We find that people really get turned on by art, music, theatre, film and architecture: these are the things that people stay up until three in the morning talking about," Dickson said.

The book is casual in its anecdotal storytelling, but approaches the

topic seriously.

These are the kinds of stories that your drunken uncle would tell you at an awkward family reunion, but backed up with the research and fact checking that one would expect in a history book.

Brown mentioned how some of the most interesting stories they found were gathered from catalogues in the London Room and other local archives.

Without the hard work put in by the historians, archivists and documentarians of the past, there wouldn't have been much of a story to tell.

"Nobody wants to say their art or work is really great. You have these influential members of the art community who we might look up to, but to them, they're just people. Most people don't go around documenting their day-to-day life, especially with arts events. But it's so important and significant," Brown said.

It's not a huge commitment to sit down with *London 150*, the stories are about a page each, sometimes two. The quick reading and digesting makes for a wide variety of topics, from activism and feminist movements to 1800s drag theatre in the span of a few pages.

It's this casual tone and length that the two worked the most on and what got their grandmother to pick it up.

"My other books are art and poetry, they're art. But Grandma loved these stories, Grandma went to school with Jack Fallon, the fiddler who played on the Beatles record. These stories really spoke to her, and I think that's a real achievement," Dickson said.

It's absolutely fascinating to read

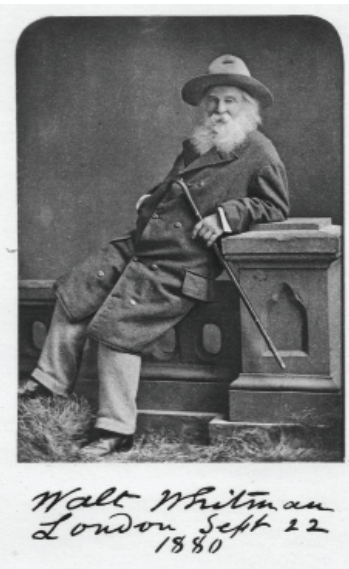
about all the well-known people who have influenced London in the past and learn about the movers and shakers in the London arts scene.

However, it's not just about the very old, local events and personalities are included as well.

"We included stories like Grickle Grass and the Not Bad For London art show because we wanted to show continuity and encourage the future. We're hoping that there are younger people who read this book and decide to stick it out in London," Brown said.

London: 150 Cultural Moments is a history book filled with stories written to be passed along in casual conversation. The book is a true work of passion and love for a city with a history of strong counterculture, art and a yearning to be on the same level as the other London.

It may not be a London that some recognize, but there's no more streamlined and captivating way to learn about London's storied past than through these pages.



CREDIT: COURTESY OF JASON DICKSON AND VANESSA BROWN

Walt Whitman was a prolific poet and essayist with a cult following that has roots in London. He's one of many famous writers covered in *London: 150 Cultural Moments*.



CREDIT: JENNIFER DOEDE

Fanshawe staff and faculty gathered at president Devlin's third annual President Breakfast on Aug. 31 to hear about exciting new things happening at the college this year.

Fanshawe community gather for third annual president's breakfast

MELISSA NOVACASKA
INTERROBANG

Fanshawe staff and faculty came together for president Devlin's thirds annual President's Breakfast on Aug. 31.

The breakfast, gave a chance for Fanshawe members to reconnect and meet new staff, listen to Devlin explain accomplishments from the previous year and what new and exciting things are happening this year.

From new courses, to awards and partners and exciting Fanshawe 50th anniversary celebrations, the breakfast was a chance for Devlin to express his positivity for the new year, and share his gratitude of the previous.

Some faculty members were awarded the President's Distinguished Achievement Awards for their hard work and dedication.

Guests were also treated to a Q&A style with Steve Paikin, anchor to TVOS current affairs program, *The Agenda* and author of *Bill Davis: Nation Builder, and Not So Bland After All*.

Attendees were also asked to bring in a donation of non-perishable food, while at the breakfast, which would be given to Fanshawe's Sharing Shop station and at local food banks in counties the College serves.

The breakfast was a positive way to start the year, and make the 50th something to remember.

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Understanding Consent During Frosh Week



CREDIT: ONTARIO.CA

The Honourable Indira Naidoo-Harris, Minister for the Status of Women gives her thoughts about the beginning of the school year and consent.

INDIRA NAIDOO-HARRIS MINISTER OF THE STATUS OF WOMEN

It's Frosh Week for thousands of Ontario students. That means summer drop offs, the excitement of new friends and experiences and also the tug of trepidation that comes with letting go for both parents and students.

My daughter is among those students, and my son is a returning student. So I know first-hand just how exciting and challenging this time can be.

As Ontario's Minister of the Status of Women, I work tirelessly every day to ensure the security and empowerment of women and girls. But I know that the reality is sexual assault rates are five times higher for women under the age of 35, and that one in three women will experience sexual assault in their lifetime. This must stop. That's a message both young men and young women need to hear loudly and clearly.

As a government, we're working hard to make sure that our students feel safe and supported in their new communities and campuses.

This year, under Ontario's Sexual Violence and Harassment Plan Act, all campuses must have a sexual assault policy in place for the general student population and for survivors of sexual violence. It's an added protection and support for our young people.

For the third year, the messages #WhoWillYouHelp and #ItsNeverOkay are back on campus and on social media as part of our public education campaign It's Never Okay: An Action Plan to Stop Sexual Violence and Harassment in Ontario. Last year we strengthened the message, with a campaign called #ConsentIsEverything.

This outreach is important and it continues to change behaviour on

campus and teach bystanders to act when they witness sexual violence and harassment. The messages have been shared around the world.

Universities across the province are reaching out for posters and social media for the Frosh season. They want students to understand what it means to obtain consent. This year's information campaign makes it clear: consent is an informed yes. It's not silence. It can't be guessed or implied, and it's not coerced. If someone is incapacitated, there's no consent. Consent is everything.

As a government, and as a province, we are challenging rape culture, supporting survivors of sexual violence and empowering students to raise awareness, educate and intervene when safe to do so. We are working hard to keep Ontarians safe.

In addition, high-quality public educational resources are available from violence against women partners under Draw-the-Line / Traçons-les- limites – a campaign that challenges common myths about sexual violence and equips bystanders with the skills to intervene safely and effectively.

Finally, as parents, we have a role to play too. It's important to have conversations with our sons and daughters - to encourage them to think about and understand consent, and to not stand by when they see sexual violence and harassment happening. It's the right thing to do.

So this Fall as students head off to campuses around Ontario, take a moment to think about how we can all work together to keep our young people happy, safe and successful. I'd like to wish every student in Ontario a fun Frosh week and a great year!

*-Hon. Indira Naidoo-Harris,
Minister for the Status of Women,
Queen's Park*

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From Hysteria to Pleasure: The History of Vibrators

George Maragos | Interrobang

The first sex toys were not used for sex, they were phallic ornaments thought to ward off evil spirits and help gardens grow. According to an article titled, "The sex toys dating back 28,000 years: Ancient phalluses made from stone and dried camel dung started trend for sex aids, from dailymail.co.uk, sex toys were first made of bone, stone, mud or dung. Nowadays phallic shaped toys are used for sexual pleasure purposes and are more than penis shaped appendages. There are a variety of different types and designs of sex toys including lubes, oils, edible undies, dolls, bondage costumes, cock rings, anal beads, and whips, just to name a few. The word dildo came from the Latin word "dilatare", from the Latin meaning to dilate or open up. The classic rubber dildos didn't come around until the mid-1800s. The first vibrator came to France in the 18th century called the trémousoir and was a hand-held wind up vibrator that operated much in the same way a hand crank egg beater does. In 1869 American physician George Taylor, created a steam powered vibrator called the "manipulator". Also the Veedee Mechanical Vibrator.

In 1880 the electromechanical vibrator hit the scene, an invention depicted in the movie titled Hysteria (Greek for uterus) named after the condition it claimed to treat. In the movie, the inventor Dr. Granville begins

working under Dr. Dalrymple who explained that warm baths, cold baths, water jets, mesmerisation, hypnosis and horseback riding have all been used in the past as treatment methods for hysteria. Victorian era doctors questioned the existence of the female libido and would recommend the use of sex toys to alleviate stress. The cause of hysteria was supposedly a woman's uterus wandering around in her body and was viewed, resulting from a lack of sex. Hysteria symptoms included anxiety, sleeplessness, irritability and erotic fantasies. The symptoms were so vague and broad that virtually every woman could be seen to have hysteria. According to the lehmill-er.com article "The History of Motorized Sex Toys", treatment for hysteria was a pelvic massage ending in hysterical paroxysm (orgasm). The alternative at the time was institutionalization or a surgical hysterectomy. "By fierce external stimulation we're able to induce the pain-pleasure reaction thereby inducing a hysterical paroxysm coxing the uterus back into its normal position," Dr. Dalrymple said, in the movie Hysteria. The first electronic vibrator was developed to decrease the length of visits to the doctor's office. In the film, Dr. Granville had an unsuccessful treatment (the patient didn't orgasm) and was subsequently fired. Later that

day, while playing with an electric feather duster he noticed it made his hand feel warm and tingly. He tweaked the machine into the first electromechanical vibrator, was given his job back and went on to treat more patients in an even shorter time. However by the end of the film, Dr. Granville reveals that hysteria was a bogus condition.

The personal vibrator gained popularity once electricity became widely available.

Interestingly enough, the vibrator became the fifth device approved for use in the home after the sewing machine, fan, tea kettle and toaster. They were even in the modern home before the vacuum or television.

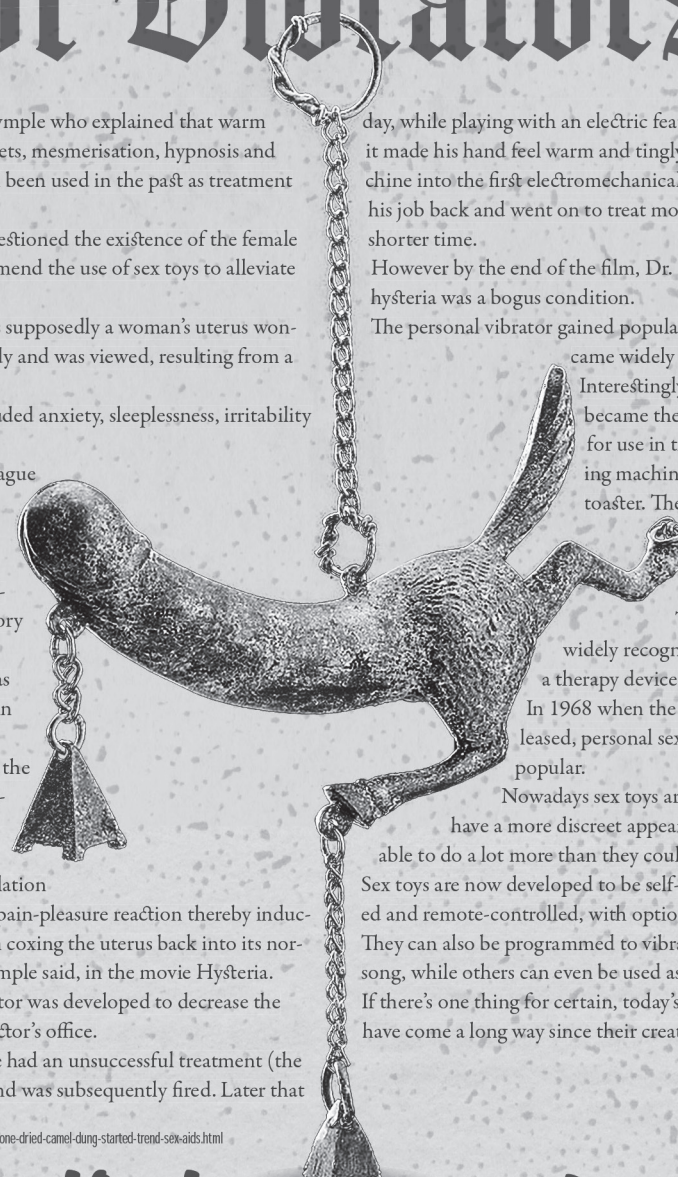
The vibrator, the most widely recognizable sex toy, began as a therapy device.

In 1968 when the Magic Wand was released, personal sex toys quickly became popular.

Nowadays sex toys are more accepted and have a more discreet appearance, as well as being able to do a lot more than they could in the past.

Sex toys are now developed to be self-lubricating, gold-plated and remote-controlled, with options to add attachments. They can also be programmed to vibrate to your favourite song, while others can even be used as an alarm clock.

If there's one thing for certain, today's vibrators and sex toys have come a long way since their creation.



CREDIT: <http://www.dailymail.co.uk/sciencetech/article-2908415/The-sex-toys-dating-28-000-years-Ancient-phalluses-stone-dried-camel-dung-started-trend-sex-aids.html>

Become a more embodied person: Less in head, more in body with Tantric sex

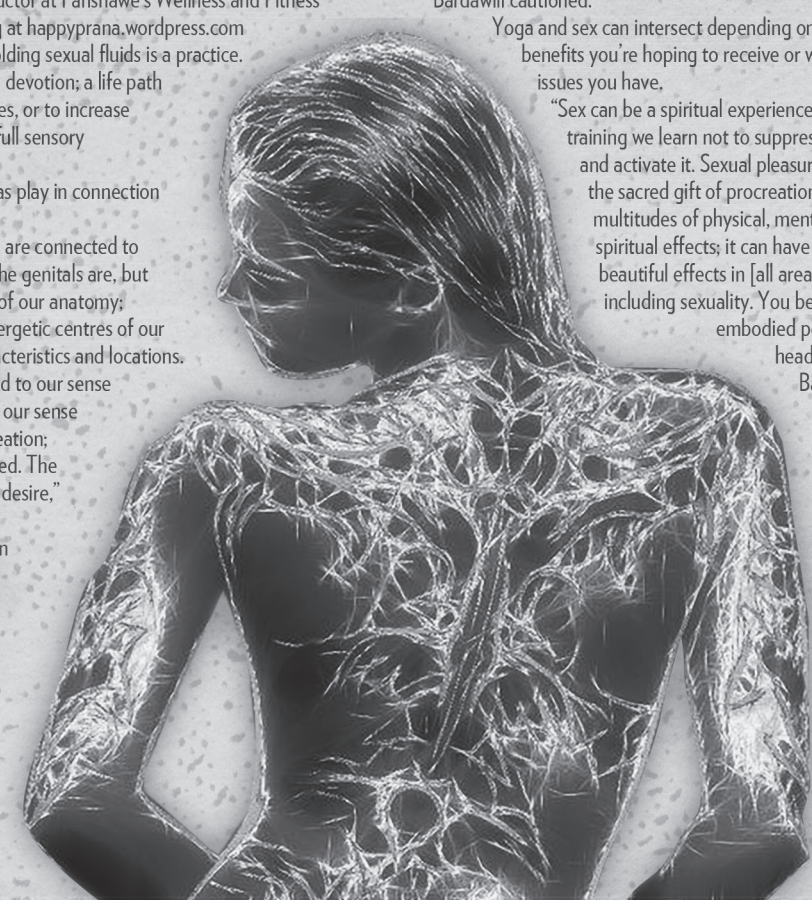
Disclaimer The views and opinions expressed by the author are entirely their own and do not reflect the definitions and positions widely excepted by experts in the subject.

If sex was compared to food, one night stands and "quickies" would be the equivalent to fast food compared to the five star four course meal that is sexual continence. Sex, like anything else, gets better the more time and effort put into it. Tantric sex, comes from the practice of Tantra meaning weaving or expansion of energy. This form of sex is said to form powerful mind-body connections that leads to intense orgasms. It comes from the belief that withholding fluid during sex increased pleasure and would grant longer life. Karezza, according to reuniting.info, is another name for the technique of retention that leads to the biological transmutation of sexual fluids sublimated within a person, if coupled with proper yoga techniques. According to the late psychologist Sigmund Freud, the sexual energy in the body is called libido. It is this energy that's evoked and channeled into vivacity through the practice of Tantra. According to yogaesoteric.net, continence (coitus reservatus) is when sexual fluid are retained within the body. In laymen's terms it's intercourse without orgasm and it purportedly has enumerable benefits. For women, no squirt orgasms deliver energy downward, triggering uterus spasms that send waves of pleasure throughout the body and for men, it allows them to stay in their pleasure plateau and last longer. People could possibly even attain enlightenment through participating in this passionate pleasure practice. According to Swami Muktibodhananda, commentator of Hatha Yoga Pradipika and Swara Yoga: The Tantric Science to Brain Breathing, a sexual life has three purposes: reproduction, pleasure, and enlightenment. If orgasm can be controlled, then body and mind can be controlled. Practicing continence is mindful sex and cannot be achieved when the most predominate thought is orgasm. People must resist the temptation to immediately climax, rather, it's about the bonding and the connection between both partners. There are different methods used by couples to help them focus on this bond. Placing your head on your partner's chest and listening to their heart beat, couples can sync their breathing to experience a deeper bond. Longingly look into each other's eyes. Touch and explore sensitive areas around erogenous zones. Orgasm is not ignored, instead it becomes the byproduct of the intense sensation that comes from being bonded. To begin, there should be a minimum of ten minutes of foreplay, followed by slow penetration concentrating on the erotic pleasure. Once it becomes too much, simply stop. Strongly squeeze the muscles of the groin, contracting to hold back release. Resume intercourse gradually or remain still if more time is needed to regain control.

Abstaining from orgasm goes against natural instincts. However, there are techniques that make the assertion that people can supersede their compulsion to climax through tenacity and regulate orgasm. People practice continence by holding contractions. Considered to be the origin of spiritual powers in the body, the Root Chakra, located in the perineum, is activated by a contraction called The Root Lock, in which the muscles between the genitals and anus are contracted and released similar to when holding back urine. Practicing fragmentary urination by contracting the urinary muscles momentarily breaking the stream, can improve the capability to withhold. The Root Lock is a part of three locks, or contractions that make up the Great Lock. The benefits of the Great Lock are activation of the pineal gland, multiple orgasms, eliminating feebleness after intercourse, and regulation of the entire endocrine system: hormones, metabolism, and sexual functioning. Nicole Bardawill a yoga instructor at Fanshawe's Wellness and Fitness Centre and who writes a blog at happyprana.wordpress.com described the reasons withholding sexual fluids is a practice. "One reason may be spiritual devotion; a life path dedicated to spiritual purposes, or to increase pleasure within the act for a full sensory experience," said Bardawill. She detailed what role chakras play in connection to sexuality. "The Root and Sacral Chakra are connected to sexuality. The root is where the genitals are, but chakras aren't physical parts of our anatomy; they're spiritual. They are energetic centres of our body that have specific characteristics and locations. The Root Chakra is connected to our sense of belonging on the earth, to our sense of family, survival, and procreation; having our base needs satisfied. The primal force for creation and desire," Bardawill said. The Stomach Lock focuses on sending energy through the second chakra, the Sacral Chakra, with an exhaled breathing, leaning forward, torso hanging over knees with the abdomen sucked back towards the spine and into the ribs, finally inhale while standing raising both

hands over head. "The Sacral Chakra is located in the lower area of the abdomen above the genitalia below the belly button. It is the center of creativity, self-identity, self-confidence, and governs the role of sex in our identity," Bardawill said. To engage the Throat Lock, exhale pressing the chin down to the base of the throat, followed by looking up and inhaling to release the hold. "The Throat Chakra is about communication; listening, speaking, and non-verbal, how people express themselves," Bardawill said. After each of the three individual locks are mastered, combine them to make the Great Lock. Held in order from chin, abdomen, and root, and release in reverse order. "The three locks can be performed separately or in conjunction, all together, and in different combinations; [each of] which can have different effects. It's more of an advanced yoga technique. People shouldn't go out and try these techniques without proper guidance," Bardawill cautioned.

Yoga and sex can intersect depending on what kind of benefits you're hoping to receive or what kind of issues you have. "Sex can be a spiritual experience. In Hatha Yoga training we learn not to suppress it, but awaken and activate it. Sexual pleasure is a part of the sacred gift of procreation. Yoga offers multitudes of physical, mental, emotional, spiritual effects; it can have amazing beautiful effects in [all areas of] our lives, including sexuality. You become a more embodied person; less in head more in body," Bardawill said.



George Maragos | Interrobang

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JOIN OUR TEAM

STI AND STD RATES ARE RISING. ARE YOUR PRECAUTION METHODS INCREASING TOO?

Sex is known to have many positive impacts on your health such as improved immune functioning, lower blood pressure, a good pain reliever, reduced stress and improved sleep. However, without proper precaution measures, sexually transmitted diseases (STDs) and sexually transmitted infections (STIs) can negatively affect your body's health and cause long-lasting and sometimes devastating effects. According to the Public Health Agency of Canada, reported rates of chlamydia, gonorrhea and syphilis have been increasing since the 1990s. The most fool-proof way to prevent infection is not to have sex, however having open conversations with your partner and using condoms is the next best way to prevent infections from spreading. The Interrobang listed some common types of infections and how to get treated if you do suspect you are infected. Fanshawe's Health Unit is on hand at the sexual awareness fair (September 14 from 10am - 2pm) for information and will offer testing at a later date as wle on campus.

Chlamydia

According to a Public Health Agency of Canada article, "Sexually Transmitted Infections—A Continued Public Health Concern", chlamydia is the most commonly reported bacterial STI in Canada that is often asymptomatic which leads to a lot of people unknowingly spreading the disease. Symptoms: Chlamydia often has no noticeable symptoms. If and when symptoms do arise, it is usually several weeks after a person is infected. Symptoms include abnormal vaginal or penile discharge, burning sensation while urinating, rectal pain, bleeding and discharge. Treatment: Chlamydia is curable usually with oral antibiotics and can clear up within one to two weeks. You should then get tested three months later in order to confirm the infection has been cured.

If left untreated: For women, chlamydia can spread to the uterus and fallopian tubes which can cause pelvic inflammatory disease which can eventually lead to the inability to get pregnant. It is likely for men to suffer health problems due to chlamydia; however, it is possible for the infection to spread up the epididymis.

Gonorrhea

According to the Public Health Agency of Canada's "Sexually Transmitted Infections—A Continued Public Health Concern" article, gonorrhea is the second most commonly reported STI in Canada that can lead to serious complications if left untreated. It is most common among women between the ages of 15 and 19. Symptoms: For both men and women some may not experience any symptoms at all. However, symptoms can include a burning sensation when urinating, increased vaginal discharge or green/white/yellow penile discharge. Men can experience painful or swollen testicles and females can experience vaginal bleeding between periods. Treatment: Gonorrhea is curable, however it is now becoming resistant to certain antibiotics and drugs. Therefore, if you do not notice improvement within a few days you should go back to your health provider.

If left untreated: Women can develop pelvic inflammatory disease that can lead to formation of scar tissue that blocks the fallopian tubes, infertility and long-term abdominal pain. Men can develop a condition in the epididymis that can lead to sterility.

Syphilis

According to an article "What is Syphilis" by WebMD, syphilis is a highly contagious infection that can be spread through sexual activity and contact with bodily sores. Symptoms: In the primary stage, people will see sores usually in the area that the infection was contracted. Sores are usually firm, round and painless which can lead to them going unnoticed. In the secondary stage, people experience rashes and sores in areas of the mouth, vagina or anus. In the latent stage people may not experience any symptoms. Treatment: Syphilis can be cured with antibiotics prescribed by a health provider, however it cannot reverse the damage already caused by the infection.

If left untreated: If the infection progresses into the tertiary stage, it can damage many of the body's organ system which can eventually lead to death.

HIV/AIDS

According to the Public Health Agency of Canada's "Sexually Transmitted Infections—A Continued Public Health Concern", article, the human immunodeficiency virus (HIV) attacks the immune system so that the body is more susceptible to contracting other infections and chronic diseases. Symptoms: In stage one (two to four weeks after being infected) flu-like symptoms can occur, stage two is often asymptomatic (symptoms are hard to spot, though the disease may be present) and stage three (AIDS) a person is likely to contract increasing numbers of severe illnesses due to the body's suppressed immune system. Treatment: There is no cure for HIV, however if identified early it can be treated with proper medical care and prescribed drugs that help to keep a person healthy and reduce the risk of infecting others. If left treated: HIV will progress to AIDs which has an approximately three year survival rate. However, if you catch it early, a person with HIV can live just as long as a person with out it.

Urinary tract infection (UTI)

According to an article by WebMD "Your guide to UTIs", UTIs are most common in women and occur when bacteria enter the urinary tract and cause an infection. For this reason, it is important for women to wipe from front to back and urinate after sex. Symptoms: Pain or burning sensation when urinating, urgency to urinate frequently, cloudy/bad smelling/bloody urine, abdominal pain, fever, nausea and vomiting. Treatment: UTIs are curable and antibiotics are prescribed by a healthcare provider. If left untreated: UTIs can cause permanent scarring of the urinary tract and infection can spread to the bloodstream.

Yeast infection

According to an article by WebMD "Vaginal Yeast Infections-Topic Overview", yeast infections occur when the vagina's yeast count increases which can cause itching, soreness and irritation. Symptoms: Itching and soreness of the vagina, pain or burning sensation when urinating or having sex, and white "cottage cheese" like discharge from the vagina. Treatment: Yeast infections are curable and antifungal medicine in the form of tablets, suppositories or creams are prescribed by a healthcare provider. If left untreated: Yeast infections generally resolve on their own, however taking prescribed medication is recommended to speed up the process and reduce irritation.

JESSICA EDEN | INTERROBANG

CLEANING AND GROOMING YOUR GARDEN

JESSICA EDEN | INTERROBANG

How much money and time do you invest into styling and cleaning your head of hair? Now compare that to how much time you spend on your health down below. Just because you may be the only one that sees your nether regions, doesn't mean you shouldn't hold its cleanliness to the highest standard. It is imperative to take care of this area to avoid things such as yeast infections, and jock itch, among others things. The Interrobang compiled some tips on how to keep your garden flourishing and healthy all year round.

TRIMMING THE HEDGE

When it comes to how you trim your hedge, it depends on your personal preference. While some may like their bush to be full, some prefer no leaves at all. Some like to add ornaments while others like to have a specific shape. Some options you could experiment with include the landing strip which is a thin strip of rectangular shaped growth down the middle, a heart shape, the Bermuda Triangle that looks like an upside down triangle and finally a gem application. Whether you wax, shave or just trim, make sure to incorporate a scrub into your shower routine to reduce the chances of ingrown hairs.

LIMIT PESTICIDE USE

It is important to keep your greenery as natural as possible by limiting the use of scented products which may cause itching and irritation and upset your body's natural potential of hydrogen (pH). It should also be noted that the disadvantages of vaginal douching outweigh the "benefits". The vagina is built to clean itself and so flushing products up it, disturbs the natural flora which can cause infections and also spread infections further up the reproductive tract.

USE HEALTHY FERTILIZERS

Making sure your garden is taken care of the way it should be requires the use of natural fertilizers. Similarly, it is recommended to use mild or unscented soap. There are also pH balanced soap that matches the pH of vaginas in brands such as Summer's Eve and Vagisil.

ALLOW SPACE TO BREATHE

Just like you wouldn't plant two trees right on top of each other, you also shouldn't wear restrictive clothing that prohibits air and blood flow. It is also important to keep the temperature similar to what is needed for your body. Excess heat is a great place for bacteria to fester and where jock itch for males can become an issue.

KNOW YOUR GREENERY

Just like tending to a garden, you have to know each plant and the conditions and needs of each as many can be delicate and picky. Similarly, it is important for people with a vagina as genitalia to wipe from front to back to avoid bacteria accumulation. For people with a penis as genitalia it is important if not circumcised, to pull back the foreskin when cleaning in order to remove built up smegma, however, smegma, which is a mixture of skin cells, skin oils and moisture can occur with either genitalia. It is also important for males to dry themselves after urinating.

FREQUENTLY WATER YOUR GARDEN

What should be self-explanatory, but some people neglect, is taking a shower or bath each day. If there's anything you shouldn't forget about when it comes to your hygiene it's the importance of daily washing. Bacteria and odour buildup throughout the day is natural, but not washing at all can cause infections.

HEALTHY SOIL (GOOD ENVIRONMENT)

Just like a plant needs the right environment to grow, your garden needs a healthy and clean place to thrive. Things such as regularly washing and replacing your towels, washcloths and underwear are helpful to keep your area clean and healthy. It is important to only wear a piece of underwear once each day and wear cotton underwear as much as possible or at least at night. Cotton fabric allows your skin to breathe and doesn't cause sweating. Also, changing liners and feminine hygiene products regularly throughout the day will help to keep you clean and fresh.

WHAT EXACTLY IS MENSTRUATION?

For

classic cycle of four weeks, occurs around 14 days after the first day of your last period. In addition a woman may feel nausea and have light menstrual spotting. The pain usually only lasts six to eight hours, but occasionally can be 24 to 48 hours. It is rarely serious.

What is abnormal for a woman's menstrual cycle?

Amenorrhea
The lack of a menstrual period. There are two ways to indicate amenorrhea:
1. No period by the age of 15
2. Woman and girls who haven't had a period for 90 days or more

Some of the causes include:

- Pregnancy
 - Extreme weight loss
 - Stress
 - Excessive exercising
 - Eating disorders
 - Breastfeeding
 - A serious medical condition that needs to be treated
- The lack of a regular menstrual cycle means there is a hormone imbalance in the body. Missing estrogen can have an impact on the body and could indicate that there are serious problems with the reproductive organs.

Vicarious Menstruation

A very rare medical condition where a woman may periodically harmlessly bleed from her mouth, ears, lungs, nose, eyes, bladder and/or skin instead of from the uterus when her normal period should be or is occurring. No concrete reason as to why this happens, just that it does. Without confirmation from a doctor, some of the symptoms could be a sign of a serious illness and should be checked out by a doctor anyways.

Abnormal Uterine Bleeding

Vaginal bleeding that is different from menstrual. Some symptoms include:

- Bleeding between periods
 - Period lasts longer than eight days
 - Had regular periods that suddenly turn irregular
 - Bleeding heavier for more days than normal
 - Spotting anytime in the menstrual cycle
 - Bleeding large clots and amounts of blood that soak through a tampon or pad every one to two hours
- Some of the causes may not be serious, but others could be so it is always safer to see a doctor if any of the listed symptoms occur.

Toxic shock syndrome (TSS)

A rare, but sometimes deadly disease that should be treated as soon as possible. TSS is a bacteria which can produce toxins. When the body cannot fight against the toxins the symptoms of TSS will appear. A woman can get TSS from a tampon. Make sure to use the right tampon for the appropriate amount of blood flow to decrease the risk of getting TSS.

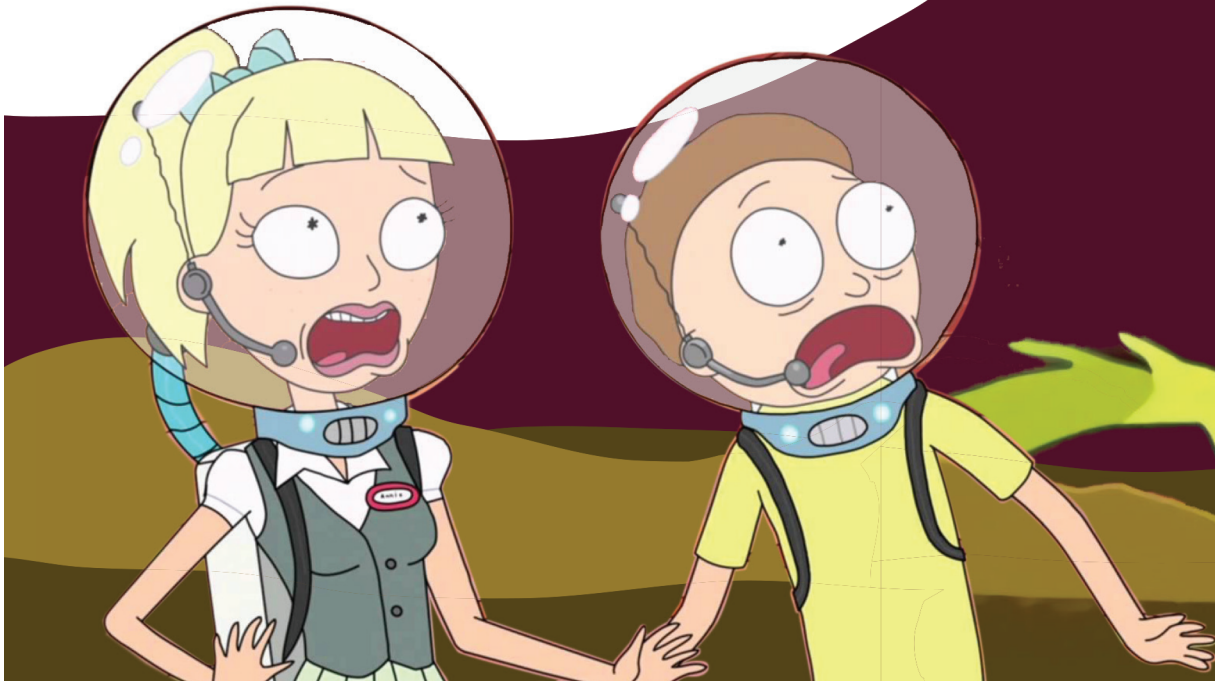
If you suddenly show the following symptoms while wearing a tampon, immediately remove it and contact a doctor.

- Sudden fever over 102 degree F
- Muscle aches
- Vomiting
- Dizziness and/or fainting
- Sore throat
- Diarrhea
- Blood shot eyes

Menstrual information resources:

- Office on Women's Health, U.S. Department of Health and Human Services - womenshealth.gov/a-z-topics/menstruation-and-menstrual-cycle.
- The Society of Obstetricians and Gynaecologists of Canada - sexandu.ca/your-body/your-period.
- Fact Retriever, Interesting facts or the curious mind: 70 Interesting Facts on Menstruation - factretriever.com/menstruation-facts.
- Thought Catalog: 25 Little Known Facts About Your Period - thoughtcatalog.com/lorenzo-jensen-iii/2015/07/25-little-known-facts-about-your-period.
- Very Well: Women's Health Menstruation: Mittelschmerz- The Pain Between Periods - verywell.com/mittelschmerz-the-pain-between-periods-3520917.

SAMANTHA KACZALA | INTERROBANG



FANSHAWE-SUTRA

NEW MOVES FOR THE BEDROOM

* ARE YOU READY FOR THIS JELLY?

Dan Todd | Interrobang

If you're looking for your sex life to be a little more physical, here are a few unconventional positions for you and your partner to try out. Exploring some new moves in the bedroom can be exciting, but be sure to talk to your partner first to make sure you're on the same page.

CRISSCROSS

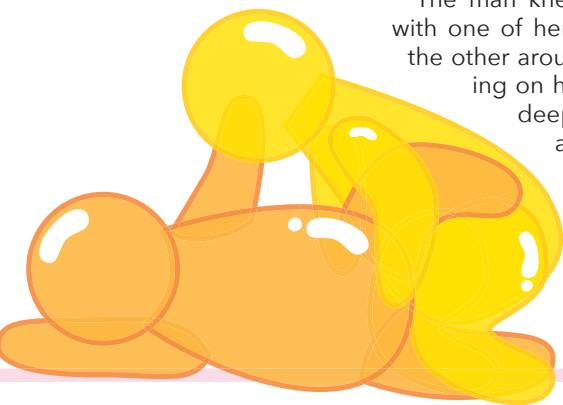
*AKA "THE X"



This involves a woman lying on her back and a man sitting in front of her with their legs crossing over each other to form an X. It's a position that needs to be tried with slow and more intimate movements, and the woman can grab the man by his hands to help him get deeper penetration.

THE PRETZEL

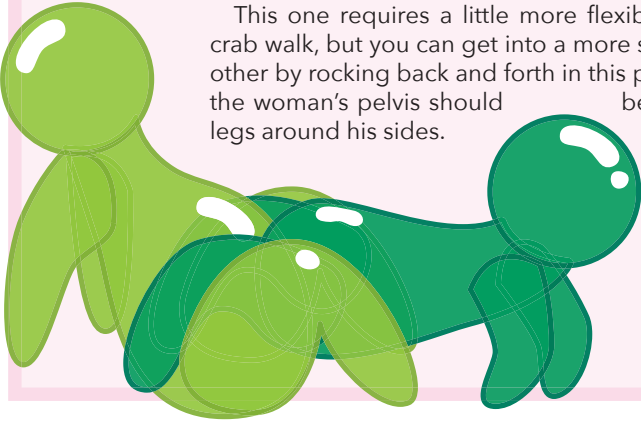
*PROBABLY THE EASIEST ONE ** (Y)



The man kneels in front of the woman with one of her legs underneath him and the other around his waist while she is lying on her side. This also allows for deeper thrusts, but at a different angle, which can provide an entirely different feeling.

THE SPIDER

*LET'S FACE IT, THIS IS SYNCHRONIZED CRABWALKING

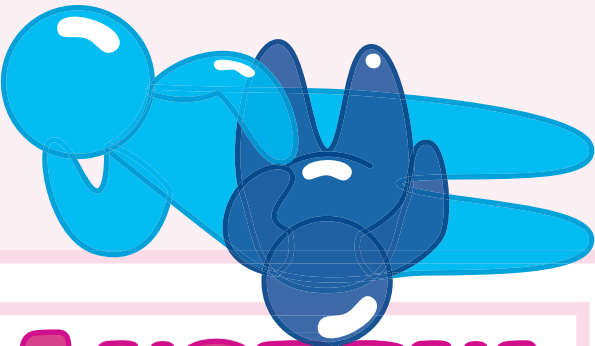


This one requires a little more flexibility. It resembles doing a crab walk, but you can get into a more satisfying rhythm with each other by rocking back and forth in this position. Facing each other, the woman's pelvis should be above the man's, with her legs around his sides.

SPORK

* FOR PEOPLE WHO HATE MOVING

A less strenuous, but still adventurous position; the woman lies flat on her back with the man lying on his side in between her legs. Another angle that allows potentially deeper penetration or at least a different sensation. The man also has more control here, and the woman's hands are free to explore wherever she'd like.



STANDING WHEELBARROW

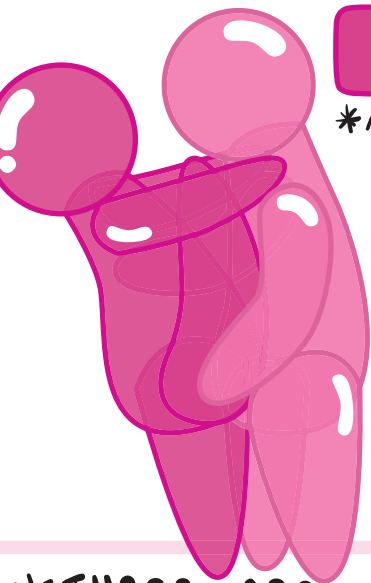
*YOU BETTER HAVE AMAZING BICEPS

If you're looking for more physically demanding position, then this is the one for you. It starts with the woman getting into the downward dog yoga position, then the man picks her up so she can wrap her legs around his waist. This may be difficult to keep up for an extended period of time, so be careful.



LUSTFUL LEG

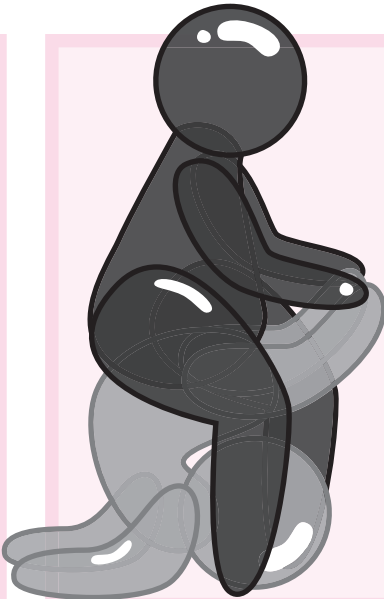
* AWKWARD HUG SEX



Another one that a woman must be incredibly flexible for. With the couple standing shoulder width apart, she has to place her leg up on the bed, while the man bends his knees so she can rest her foot on his shoulder. He then stands up while she stretches her leg as straight out as she can. Gentle thrusts are better in this situation to avoid the woman cramping or potentially pulling a muscle.

BUTTER CHURNER

*FOR WHEN YOU WANT TO BREAK NECKS



Ladies, avoid this one if you have issues with your neck. The woman lies down on her back with her legs raised above her head, while the man squats over her in order to penetrate. This allows for him to go much deeper, and gives the woman a rush of blood to her head for another sensation.

*THESE ARE ARTIST NOTES. I WENT CRAZY DRAWING THIS. YOU'RE WELCOME.
**EDITOR'S NOTE (JOKE)

Sexual related terms:

FANDOM STYLE

When works in the fan-based (fandom) community contain relationships and sexual content, we geeks have the right terms to categorize what you are viewing or reading. Fans use these terms, also known as tags, to categorize our fan written fiction (fanfiction) or fan art. It's how we are able to identify easily what a story is going to be about and know what we want to check out and what we definitely no-way-in-heck are ever going to read. The majority of tags are associated with fanfiction communities. If you're ever going to check out fanwork make sure to check the tags to make sure you are finding something you want to read. Here are the ABCs of some sexual related terms used in fandom communities:

FLUFF:

Typically a short story with little to no plot. Fluff revolves around adorable romantic actions such as cuddling or snuggling. This usually leaves a reader with a warm bubbly feeling.

LIME:

Refers to fanfiction with light or mild sexual content. This usually features little to no actual action "on-screen" and is in most cases rated PG-13.

LEMON:

Fanfiction that contains at least a scene of sexual intercourse or content in detail. Avert thy eyes, kiddies. In most cases, there is an actual plot to the story.

HENTAI:

A Japanese adjective meaning "perverted". Hentai is pornographic anime or graphic novels (manga). In the fandom community the term is mainly used by artists of anime fan made comics. The term can also be used in the context to describe a person's (almost always male) perverted actions and any deviant looking object.

SHIPPING:

Also known as ships, pairings, loveteams (Filipino) or couplings/CP (East Asia). Shipping is when a fan is rooting for two characters to get together romantically. The couple can be canon, confirmed as truth in the work, or be one that the fan would have liked to seen. People who ship are called shippers. Ships are usually denoted with parts of the couple's name fused together such as Natsu and Lucy from the anime Fairy Tail becoming Nalu as their ship name.

SLASH:

A '/' is used to indicate male/male pairings. The tag came from the early Star Trek fandom where shippers of Kirk and Spock would write the couple as "Kirk/Spock". These couples tend to be non-canonical in the original work, however, the increase in homosexual oriented works has increased the amount of canon pairings.

FEMSLASH:

Is the female/female equivalent to slash. The fandom has been small for many years, but has started picking up with the recent increase in female homosexual ships in series like *The 100*.

YAOI OR YURI:

Japanese terms that indicate "boy's love" (yaoi) and "girl's love" (yuri). The terms are used to describe anime or manga that have themes of homosexual love. Fandoms that are based off anime or manga are seen to use these terms in the same way to describe the homosexual sexual orientation of the couple they are writing about.

HET:

Short for heterosexual. Refers to pairings that are male/female.

SLOW BURN:

A story that focuses on a gradual evolution of the relationship from love or lust to sex. Contains a lot of smoldering passions and emotional tension for the steamy romance readers out there.

DUB-CON OR NON-CON:

Means "dubious consent" and "nonconsensual." Generally stories with sexual content where one character's consent is not explicitly stated for various reasons or not stated at all.

SCHMOOP:

Fanfictions that contain especially romantic, loving, sappy fluff such as public displays of affection.

GENDERBENDING:

Changes the gender of one or several canonical characters in a fan work. Some fans genderbend their favorite characters to create a heterosexual couple where there would not originally be one.

HEALING COCK:

Also called Magical Healing Cock. It is a story element in romance fanfiction in which a character that has been traumatized physically, in some cases sexually or psychologically is healed with the power of sex. Considered by some as a sign of a badfic (bad fanfiction). Other fanfiction writers have taken the trope literally and some have expressed the fantasy in the idea by showing the negative realistic outcome of the trope's actions.

F**K OR DIE:

Also known as "sex or death," where the characters have to engage in sex or face the consequences. The participants are coerced or forced by an outside

factor and most stories depict the characters consenting to the act willingly, avoiding topics of rape. Failure to do the deed does not necessarily mean the characters have to actual die and can be interpreted as a different type of death. Post-sex angst or awkwardness is common, but also a majority or the fan-fiction is humorous.

NC-17:

Strongest rating a story can carry indicating graphic or explicit sex and/or violence. You have to be 18 years or older to read.

PWP:

An acronym for "porn without plot" or "Plot? What plot?" Just as it says – a fanfiction focusing solely on the sex.

NSFW:

Is the acronym for "not safe for work". Indicates a fan work that you would not want your boss or co-workers looking over your shoulder and seeing. Generally sexual R-rated material.

UST:

Means "unresolved sexual tension." When it is clear that two characters want each other in a story, but have not acted upon the want. This is why we have shippers. *wink*

RST:

Means "resolved sexual tension." An UST is implied in the beginning of the story or throughout it with the end result being that the characters resolve the sexual tension by the end of the story.

PRON/PRON:

An intentional misspelling of porn that is used with pornographic fanfiction so that it does not get filtered by net programs.

The not so great outdoors: WHY PUBLIC SEX IS OVERRATED

Claudia Bergman| Interrobang

Grouped in with the likes of orgies and other popular acts, there's little to no wonder why public sex is deemed a big enough theme to be given a category of its own in the world of pornography.

The impulsiveness, the risk and thrill of being caught along with the rebellious and exhibitionist undertones of the act are a few things that draw the everyday citizen to this daring act.

Nevertheless, like the saying goes, sometimes the grass is greener on the other side.

So, while you're listening to your friend's story about knocking boots in a McDonald's bathroom over the weekend, your inner monologue can now recount some reasons why this risqué activity may not be all it's chalked up to be.

We live in the age of cell phones:

Prior to this time, getting caught by bystanders would result in a look, a possible comment, scoff or even a chuckle, but nowadays everybody has a phone all set and ready to document your outside romp session onto their personal phone.

We live in the age of technology:

Just as quick as someone can snap a picture or video of your rendezvous, with the tap of a few touchscreen buttons this very information can be uploaded onto the internet and completely removing the content can be problematic in itself.

Your clothes will be dirty and body sweaty for the rest of the day.

In the heat of the moment when impulses, urges and hormones are at a high, it's understandable if the minute details of the impromptu activity are overlooked. Beaches, woods, movie theatres, public bathrooms

etc., are all places where clothes ideally should not be on the floor for periods of time. Combine that with sweatiness from your "workout" and you could be a walking mess wearing sticky underwear and pants for the rest of the day.

You could get in trouble with the law.

Although in Ontario having sex in public is not illegal, there is a possibility of the law being involved if you were to get caught. If the act is observed by one other person (other than your partner(s)), there is a risk of being charged with committing an indecent act whose sentences can reach a maximum of 18 months in jail.

The impromptu romp can lead to long term results.

Unless planned beforehand, sometimes the important things like the use of contraceptives are neglected in the heat of the moment. Your partner may not have any form of sexually transmitted disease (STD) or sexually transmitted infection (STI) protection or birth control on hand and running to the local grocery store may kill the buzz. Nothing bad can happen from just one time right? Wrong. All it takes is one session of unprotected sex to conceive or become infected with an STD or STI. What's one day of wearing sticky clothes compared to a lifetime of itchy junk.

Although these points vary in severity, it should be reiterated that the act of public sex is not illegal. If the rush and the excitement outweighs the possible risks in your mind then go do your thing. Studies have shown that outdoor/public sex can heighten sensations and lead to stronger orgasms. The only cautionary word of advice is to carry contraceptives at all times to prevent the risk of contracting something that could have been easily avoided.

ABSTINENCE: A LOOK INTO POSSIBLE REASONS SOME PEOPLE MAY CHOOSE TO WITHSTAND BEING SEXUALLY BEING ACTIVE.

While there seems to be the assumption these days that “everybody’s doing it”, there are still young adults who choose to remain abstinent. Varying reasons can lead to this personal choice, but people can still be left feeling like they are the odd one out or made fun of due to their decision. While a person’s decision to remain abstinent is not better or worse than someone who isn’t, it is important from both perspectives to understand why some people make the decision to either be sexually active or not and to respect it. The Interrobang compiled a list of reasons behind why some people may choose to remain abstinent.

RELIGIOUS/SPIRITUALITY REASONS:

A large contributor to reasons why someone may choose to remain abstinent can be due to religion and or spirituality. Some religions uphold the belief that sex before marriage is a sin and that one should wait until they have entered a marital relationship before engaging in sexual intimacy. Sex is more than a physical act, but also the binding of two people together mentally, emotionally and spiritually and this kind of intimacy should only be shared with their spouse.

PREVENTION OF STIS/STDs AND PREGNANCY:

The 100 per cent foolproof way to protect against sexually transmitted infections and diseases (STIs/STDs) and pregnancy is abstinence. Some people decide it is not worth the risk or want to make sure that their partner is not infected. For some, this reason alone is why they chose to abstain from sex.

NOT FEELING READY:

Whether single or in a relationship, some people do not feel emotionally ready to take such a big step in their life yet. The feeling of uncertainty before having sex can lead to regrets afterwards and so it is important that they are looking forward to it and are mentally and emotionally prepared.

WANTING TO FOCUS ON THE EMOTIONAL ASPECT OF A RELATIONSHIP:

Taking time to get to know your partner before entering a sexual relationship is something that people value. When the physical part of the relationship is heavily focused on, it can sometimes distract a person from the emotional connection with the person and whether they are actually compatible. Waiting can also reduce the worry that the relationship is only based on sex.

DOING IT WITH SOMEONE YOU LOVE/ARE MARRIED TO:

Some people are looking for long-term commitment as opposed to a hook-up or fling and therefore are waiting for someone they love or see a future with. For this reason, people may feel it is a more meaningful connection and builds a stronger emotional bond with their partner. It also means they are more comfortable being intimate with someone they have a history with and revealing their vulnerable side is easier when they fully trust that person.

RESPECTING A PARTNER’S DECISION TO WAIT:

Sometimes it may not be that the person is choosing to be abstinent, but rather is with a partner who wants to wait. Respecting a partner’s boundaries and supporting them in their decision is essential so that a partner doesn’t feel pressured and can have sex when they feel ready.

PUTTING FULL FOCUS ON ASPIRATIONS:

Some people, but not all, may be spending time focusing on their career and aspirations and find that sexual relations may take up a majority of their time and energy. For this reason, this distraction may be too costly to their focus and achieving their goals to their full potential. Taking time to focus on themselves and their success is their priority, for the time being.

JESSICA EDEN | INTERROBANG

Leah Marshall
Fanshawe’s Sexual Violence
Prevention Advisor



CREDIT: Simon Dunford

CONSENT

THE BLACK AND WHITE DEFINITION

Sex can be an amazing activity that brings two (or more) people together mentally, physically and emotionally wherein sensations are at an utmost high.

On the other end of the spectrum, sex can really be just a meaningless, but fun romp and nothing more.

Regardless of tendencies and preferences, there is no right or wrong way to do it, granted there is always one key component present at all times, consent in the form of communication.

“The technical definition [of consent] is willingly giving permission through words or actions for sexual activity to happen. What that basically means is that everyone involved in the situation has to make it known that they want whatever’s happening to happen” Allison Preyde, public education co-ordinator for Anova, formerly known as the Women’s Community House with the Sexual Assault Centre London (SACL), said.

Without this key component, an activity that is supposed to be fun, amazing and wonderful for everyone involved can instead be confusing, traumatic and shameful along with many other things.

Communication is not just limited to verbal cues, but also emotional and physical signals as well.

“Consent is a lot clearer than people think. We can express our consent in a lot of different ways so it’s enthusiastic, sober, it’s voluntary so it’s non-coerced. Consent is also ongoing so just because I say yes to one thing doesn’t mean I am down to do everything and consent has to be given every time” Fanshawe’s sexual violence prevention advisor, Leah Marshall, said.

For students who find themselves uncertain about the circumstances, both Preyde and Marshall stressed the importance of asking the other partner for affirmation and approval to proceed.

“If you wanted to braid your friend’s hair, you wouldn’t just go up to them and start braiding their hair. You’d probably ask if that’s okay because you’re touching their body. That we see as so normal, but the idea of wanting to kiss someone, we think ‘Oh but you can’t ask because that would be weird’. A lot of people think it’s really sweet when you ask” Preyde said.

Marshall shared similar thoughts.

“It doesn’t matter if it’s your partner or someone you’ve consented to having sexual activities with before, you have to check in every time to make sure that’s something that person wants to do. The big piece about consent is if you’re unsure, you just need to make sure that you check in and ask someone,” Marshall said.

Consent itself is not a grey issue nor is there any leeway or exceptions to the definition.

Students who find themselves in new environments like at parties where substances such as drugs and alcohol can impair judgement skills should be aware that the notion of consent does not adapt or customize to different scenarios.

“Sometimes people think ‘Oh what if we’re both drunk?’ and those questions come up quite frequently. So, it’s really important, it doesn’t matter who’s intoxicated or if you’re both intoxicated, no one can give consent if they are intoxicated” Marshall said.

For those who have questions pertaining to consent or have found themselves or someone they know to have experienced scenarios wherein sexual consent was not given and along with everything else in between, a variety of options and resources are available at your convenience.

At Fanshawe College, Leah Marshall provides services to any students on campus that have experienced sexual violence during their time at Fanshawe or prior to. This service is offered for any and all forms and severities of sexual violence and assault and is done so within a confidential environment.

**Monday to Friday 8:30am-4:00pm
519-452-4465**

After Hours: 1-844-666-SVPA (lists/connects to resources available through button selection or connects to Leah Marshall’s direct line to leave a message for next day appointments) For more information, please visit fanshawe.ca and search sexual violence support and education.

lkmarshall@fanshawec.ca

Anova, formerly the Women’s Community House which offers a 24/7 Crisis & Support Line where complete confidentiality is kept and callers can remain anonymous apart from providing a first name (for counselling/conversation purposes which also can be made up) For more information, please contact Anovafuture.org.

24/7: 519-642-3000

The Regional sexual assault and domestic violence treatment centre program at St. Joseph’s Health Care London provides counselling services to any and all gender identifications who have experienced a sexual assault within the past year. This option is available 24/7, not defined by any set number of sessions and covered through OHIP.

**Monday to Friday: 8:00am-4:00pm
519-646-6100 x64224**

After hours: 519-646-6100, press “0” and ask the switchboard to page the nurse on-call for sexual assault and domestic violence. For more information, please visit sjhc.london.on.ca/sexualassault

Claudia Bergman | Interrobang

Successful year for Canadian country music star Madeline Merlo

MELISSA NOVACASKA
INTERROBANG

Canadian singer, songwriter and superstar extraordinaire, Madeline Merlo is having one of the best years of her musical journey so far.

With a her debut album *Free Soul* released in 2016 and having a number of hits singles including “What-cha Wanna Do About It”, “Honey Jack”, “Over and Over” and the powerful ballad “War Paint”, the British Columbia native, who now resides in Toronto is becoming a household name in the Canadian country music scene.

With so much that has happened in the past year and a bit, it’s amazing to see Merlo, take it all in stride.

“It’s been a really amazing year. I’ve had all my music be embraced this year, got to go on tour with Dean Brody which was such a great learning experience and I’ve been really, really fortunate this year to have that,” Merlo said.

Touring has been a big part of Merlo’s life for the last few months, not only being with Dean Brody on his *Beautiful Freakshow* tour, but also at a number of summertime music festivals including Prince Edward Island’s Cavendish Beach Music Festival and Ottawa’s RBC Bluesfest.

With all the touring, Merlo has one constant thrill that still gets her when she’s performing on stage.

“It’s so, so cool to see [fans] sing my songs back to me. I love how nowadays when you have a few songs on the radio, that people are starting to recognize a few more

and then there’s something so special of singing “War Paint” and having people sing it back to you and you can feel like you know that that song means something to them, that’s really, really special,” Merlo said.

Another major highlight this summer for Merlo was when she was on the same bill as the legendary Willie Nelson, which she described as “the most incredible thing”.

In terms of songwriting, Merlo said the ultimate goal is to “write a song that people can interpret their own way,” which is what her chart topping “War Paint” song has done for others.

Based on a friend who went through a difficult time, Merlo wrote the song, but has been approached by fans and how it has affected them and what it means to them.

“This song is so special to me and I’m so happy that it means something to people and it’s as important as it is to them as it is to me,” Merlo said.

Her latest single, “Motel Flamingo” has been rising on the charts as well, with it most recently being in the top 10 on the Canadian country music charts.

Though there is no confirmed date for another album just yet, Merlo is in the midst of figuring out new music for her fans.

“The next album is always in your mind, [but] I definitely want to take a little bit more time on this one and make sure that it’s right, and get down to Nashville and write a lot and make sure that this is the

best I can possibly be and put forth really, really cool new music,” Merlo said.

On top of new music, Merlo will be in Saskatoon, Sask. for this year’s Canadian Country Music Association (CCMA) Awards on Sept. 10, where she will not only get to perform a full length song for the first time, but is nominated for the Female Artist of the Year Award.

“It’s so cool, everybody always says that, but it is just an honour to be nominated and to be thought of as one of the top females in this country. It’s so cool and everyone this year has done such incredible things so it’s great to have my name listed among them,” Merlo said. “I’ve been singing since I was six-years old so this is really, really special to be thought of that way,” Merlo said.

Knowing at a young that she wanted to be a musician, Merlo was inspired by a number of musical influences, including Stevie Wonder, Etta James and Bonnie Raitt, but was also drawn to female country powerhouses like Martin McBride and Shania Twain.

Merlo’s first concert was when she was 10-years old, were she saw Twain perform and was largely inspired by the Canadian musician. Merlo said the fact that Twain is Canadian and did her own thing on such a large platform made an impact on her.

Merlo is set to perform in London at this year’s Western Fair at the Western Fair District on Sept. 13, alongside American act Cam.

Merlo is enthusiastic when men-



CREDIT: LIZ ROSA

Canadian country music artist Madeleine Merlo has had a successful year so far and is set to perform in London at the Western Fair on Sept. 13.

tioning the show is a girl power bill, and though she hasn’t met Cam just yet, Merlo hopes to.

“I’m a huge fan of Cam and she just seems like a ball of sunshine so I would love to meet her. I feel like she would be as sweet as you think she is,” Merlo said.

Whether she meets Cam or not,

Merlo is ready to come back to London and put on a great show.

“I’m super excited, London I know for a fact has wicked country [music] fans. I’ve played there many times and they always show up and cheer really loud so I’m excited to head back there to play,” Merlo said.

Old Dominion band members getting their happy ending(s)

MELISSA NOVACASKA
INTERROBANG

With the success of their 2015 debut studio album *Meat and Candy*, Old Dominion is back with their latest album titled *Happy Endings*.

The sophomore album, released on Aug. 25, features 12 new songs that capture the essence of the country pop/rock band, with lyrics and melodies that strike a chord with

different emotions.

The first single off the album, “No Such Thing as a Broken Heart” has soared to number one on country radio charts, while other songs released just before the album came out have also done well and have been popular with audiences. The album has gone number one as well.

Such songs include “Shoe Shopping”, “Not Everything’s About You” “Written in the Sand” and “Be With Me”.

The two latter songs have become quite popular since their release right before the full album came out.

“Written in the Sand” is about being in a disconnected and confusing relationship, with the band’s lead vocalist and guitarist Matthew Ramsey previously noting it’s one of his favourite songs from the album.

“Be With Me” is a powerful message for females, since it’s all about empowerment and encouraging women to be who they want to be and do whatever they set their heart and mind to.

The lyrics are catchy and upbeat and nice to hear from a band of five men, some of whom have daughters as well.

“You could be the president, you would get my vote. You could be the captain of whatever floats your boat. You could be the singer girl, you hit every note”, are the opening lyrics to the song, which has an anthem people could use in today’s world.

The video starts off with women and girls explaining what’s the “best thing about being a girl,” and some participates explained their love of being female.

The music video for the song features a number of girls and women of all ages, origins and demographics lip sync to the song, since they think they are audition to be in the video, but are in fact tricked by the band. Ramsey is also featured in the video at certain times and has the chance to surprise the ladies and let them know that they are actually in the music video.

This song in particular has gotten attention from other media outlets, with Ramsey even penning an article for the website *Refinery29* titled “Matthew Ramsey Of Old Domin-



CREDIT: MELISSA NOVACASKA (CONCERT PHOTOS) RCA NASHVILLE (ALBUM COVER)

Country pop/rock group Old Dominion are on a high from touring and releasing their sophomore album *Happy Endings*.

ion On Why Men Should Write About “Girl Power.”” There he explains the concept of the song, how it came to be and how even though it’s not something people may expect from a band of five men to create, it’s something he hopes his daughters see one day and hopefully they’ll remember him as a female empowerment father who would say “Hey girl, it’s your world”.

The entire album is a mix of country, pop/rock bopping tunes some fast paced, others more ballad and slowed down.

“Stars in the City”, features the band Little Big Town on background vocals, and “New York at Night” even features guitarist Brad Tursi taking reigns of lead vocals this time around.

The three other band members, Trevor Rosen (on guitar and keyboard) Whit Sellers (drums), Geoff Sprung (bass) all offer their incredible talents and songwriting abilities to make Old Dominion a remarkable band.

Though they’ve only just re-

leased their sophomore album, the men of Old Dominion are no strangers to the music scene, having written songs for the likes of The Band Perry and Kenny Chesney, among others. They’ve also been touring for some time now, having been an opening act for Chesney for example, and had their own *Meat and Candy* tour that made its way to London this past April.

For *Happy Endings*, the band has been touring across the country promoting it for release week, and even did a number of dive bar style concerts in certain cities to get their new music out to fans.

All this hard and exhausting work is paying off, since they were recently nominated for two Country Music Association (CMA) Awards including New Artist of the Year and Vocal Group of the Year.

Overall, with the positive fan response to their music, the nominations, articles, touring and beyond, it looks like the men of Old Dominion will be getting their “happy ending(s)” after all.



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BENJAMIN and WALKER

PARANORMAL DETECTIVES

@mattrowear1

BWT sweat n tears

BY ANDRES SILVA

NOT NEUROTYPICAL

That which doesn't kill you, sometimes drowns you.

Or not.

WOAH! ISN'T THAT THE GIRL YOU'VE HAD A CRUSH ON FOR A WHILE?

ARE YOU FINALLY GOING TO ASK HER OUT?

SOMETIME NEXT WEEK FOR SURE!

1st YEAR 4th YEAR

By: L. A. Bonté

For more comics visit FilbertCartoons.com

Freshman Fifteen

HEY HOW WAS YOUR SUMMER?

OH! IT WAS A MAGICAL TIME FILLED WITH SUNSHINE AND GUM DROPS!

SO... YOU JUST WORKED THEN?

PRETTY MUCH!

By Alan Duno

Solutions from page 19:

Cryptogram Solution:
"Sometimes I wonder, 'Why is that frisbee getting bigger?' And then it hits me."

interrobang

/fsuinterrobang

@interrobang_fsu

@fsuinterrobang

zodiac stargazer HOROSCOPE

Aries (March 21-April 19)
An emotional encounter with someone you love will give you clarity and peace of mind. Refuse to jump to conclusions. You'll be given false information or misunderstand what's being said. Ask questions, but don't give away personal information that may be used against you. Trust in yourself and your abilities. Personal change will do you good. An important relationship will encourage you to follow your heart and your dreams.

Taurus (April 20-May 20)
Someone will take advantage of you if you are too accommodating. A heart-to-heart talk will help you determine the best way to contribute to a situation that is not your responsibility. Don't let someone's jealousy or criticism stop you from following your dream. Push forward, using past experience to help you succeed. Trust your instincts and do your own thing. Ignore anyone asking you to contribute your time and money to something that won't benefit you.

Gemini (May 21-June 20)
A job opportunity that is posted online should prompt you to update and send out your resume. Problems will surface if you neglect to take care of your responsibilities to a loved one. Check in and make sure older relatives are OK. Don't disregard someone's perception about a situation that is affecting you emotionally. A decision regarding a relationship you are in can be made if you share your true feelings and are honest about your expectations.

Cancer (June 21-July 22)
Hoping and wishing for something without doing something about it will not lead to happiness and satisfaction. Show off how unique you can be on the. Don't feel self-conscious when you should be expressing your thoughts and following through with plans. You don't need to follow the crowd or give your all to help someone else get ahead. Put your needs first. Overspending, indulgence and overreacting will all lead to regret. Pace yourself and do your own thing.

Leo (July 23-Aug. 22)
Plunge into the future with optimism and the intention of turning your ideas and plans into something substantial. Go over your financial affairs before you make a purchase that you cannot afford. Don't be fooled into believing that there are no hidden costs involved in a deal being offered. An opportunity to alter your status or reputation will lead to a long-term commitment. Romance is highlighted.

Virgo (Aug. 23-Sept. 22)
Don't let a debt that doesn't belong to you drag you down. Keep your personal info a secret, and protect your passwords as well as your assets. Honest communication will be necessary to reach a decision regarding what's best for you. Don't take on responsibilities that don't belong to you. Offer emotional support and suggestions — nothing more. Walk away from emotional manipulation.

Libra (Sept. 23-Oct. 22)
Taking a physical or mental stance to protect your rights or the rights of others will put you in a position of leadership. Celebrate your victory with someone you love. An unexpected offer will leave you confused and uncertain. Get the lowdown before you make a commitment. Don't feel obligated to do something that doesn't interest or sit right with you. Do what you enjoy most and spend time with someone you love.

Scorpio (Oct. 23-Nov. 21)
Easy does it. Avoid any sort of emotional situation that has the potential to leave you in an awkward position. Dedicate your time to something that brings you pleasure or will educate you about something you want to pursue. Younger individuals will offer surprising insight into an emotional situation. Accepting whatever change takes place will be in your best interest. Go with the flow when it comes to matters that could affect your ability to earn a living.

Sagittarius (Nov. 22-Dec. 21)
Your imagination coupled with your ability to communicate with finesse will capture the attention of those who are able and willing to help you get things done. Miscommunication will lead to mistakes and in turn a run-in with someone who can stymie your plans. Charm and accuracy will be your ticket to getting things done properly. A change in routine will be beneficial.

Capricorn (Dec. 22-Jan. 19)
Whether it's a short trip or rearranging the furniture at home, it will be rejuvenating and spark interest in something you used to enjoy doing. Trying a different approach in the way you offer your services or skills will grab the attention of a diverse group of people. There is money to be made. Don't feel you have to stick to the norm when changing times suggest otherwise. Emotional manipulation should be a sign to decline an offer and make an exit.

Aquarius (Jan. 20-Feb. 18)
Take on new projects or make time to do something with your partner or people you know could use your help. You'll be inspired to make personal changes that will improve your life emotionally and financially. Someone will be reluctant to share information with you. A disagreement will surface if you press for answers. Observation and relying on your intuition will give you a clear enough picture to make a wise decision. A chance to reunite with someone you've worked with or who has a shared interest or concern will lead to new beginnings.

Pisces (Feb. 19-March 20)
Knowing where your loyalty lies will make a difference to the way others treat you. Only speak for you and you alone. If you infringe on someone else's privacy, you will lose respect and trust. A reserved attitude will make it difficult for others to approach you, giving you greater freedom to pursue what you want. Your intuitive insight will help you make wise choices. Don't feel you have to pay for someone else's mistake. Offer suggestions, not cash.

Crosswords Puzzle

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|---|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 |
| 15 | | | | | | | | | | | | 16 | | |
| 17 | | | | | | | | | | | | 18 | | |
| 19 | | | | | 20 | | | | 21 | | 22 | | | |
| 23 | | | | 24 | | | | | 25 | | | | | |
| | | | 26 | | | | 27 | 28 | | | | | | |
| 29 | 30 | 31 | | | | | 32 | | 33 | | | 34 | 35 | 36 |
| 37 | | | | | | | 38 | | | | 39 | 40 | | |
| 41 | | | | 42 | 43 | | | 44 | 45 | | | | | |
| | | | 46 | 47 | | | | 48 | | 49 | | | | |
| 50 | 51 | | | | | | | 52 | 53 | | | 54 | 55 | 56 |
| 57 | | | | | | | | 58 | | | | 59 | | |
| 60 | | | | | 61 | | 62 | | | | 63 | | | |
| 64 | | | | | 65 | | | | | | | | | |
| 66 | | | | | 67 | | | | | | | | | |

Across

1. Riddle
12. It ends in Nov.
15. Compliment for a charcoal seller?
16. Frigid
17. “I like your thinking”
18. Dadaist Jean
19. Some Spanish zoo exhibits
20. Giggle syllable
21. Penguin variety
23. Newborn statistics (Abbr.)
24. Friend of Homer on “The Simpsons”
25. Energetic sort
26. Calder Cup rink organization (Abbr.)
27. Calorie watcher
29. Snorer’s victim
33. Theatre sign
34. “Give ___ rest”
37. ___ corn
38. Letters on some racks
39. Crumple
41. Kwik-E-Mart owner on “The Simpsons”
42. “Rosemary’s Baby” author Levin
44. One of over 100 on a table
46. QB Steve who won a Payton Award
49. Battery type
50. Standard
52. Celestial prefix
54. ___ Hammarskjöld, former U.N. secretary general
57. Matt with 11 Olympic swimming medals
58. Aye’s opposite
59. Rhyme scheme for Frost’s “Stopping By Woods on a Snowy Evening”
60. Frequent YMCA course
61. Automated Web program
64. Frequent YMCA course
65. Provider of some outdoor entertainment
66. Bard’s contraction
67. Vacationer’s help

Down

1. Already
2. It’s for t he birds
3. Coupes and sedans
4. Fidelity offerings, for short
5. Bill
6. How some cars screech
7. Rear-___ (road mishap)
8. Off course
9. Caesar on TV
10. Portable device for book lovers
11. Off the rack
12. Transportation service for the disabled
13. Curtain material
14. Like about 45% of human blood
22. Opposite of WSW
24. Attractive but annoying date?
26. Latin lover’s word
28. Any of the Canaries
29. “___ pal!”
30. “The Raven” writer’s monogram
31. Hard-hitting musical performances?
32. Actor Morales
35. Wine container
36. Likely
40. Chalice
43. Met by chance
45. Crime scene prints
47. 1975-’76 World Series champs, on scoreboards
48. Bollywood queens
50. “I Hated, Hated, Hated This Movie”author
51. Second-generation Japanese-American
53. Ranee’s wrap
54. Blot with gauze, say
55. Have ___ to pick
56. Cousin of a croc
59. Engaged in an activity
62. 1989 Broadway monodrama
63. Prefix with -graph

Solutions on page 18

Sudoku Puzzle

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

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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.

Word Search

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

Bodies of Water

(Words in parentheses not in puzzle)

| | | |
|------------------|----------------|--------------------|
| Amazon (River) | Caspian (Sea) | Nile (River) |
| Arctic (Ocean) | Dead (Sea) | Pacific (Ocean) |
| Atlantic (Ocean) | Fundy (Bay of) | Red (River or Sea) |
| Baltic (Sea) | Huron (Lake) | Thames (River) |
| Black (Sea) | Indian (Ocean) | Ural (Ocean) |

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 |
| | | | | | 20 | | | | | | | | | | | | 5 | | | | | 18 | | | |

7 9 12 8 17 25 12 8 7 25 W 18 9 11 10 8 5 R 18 2 3

25 7 17 2 22 17 F R 20 5 25 7 14 8 8 4 8 17 17 25 11 4

14 25 4 4 8 5 R ? 22 11 10 17 2 8 11 25 17 2 25 17 7

12 8

Death Note: Adaptation not living up to fan expectations



CREDIT: NETFLIX/WARNER BROS.

The new Death Note adaption on Netflix is not all it's cracked up to be and hasn't received the greatest applause from its viewers.

SAMANTHA KACZALA
INTERROBANG

On Aug. 25, an American live action adaption on the highly acclaimed anime series *Death Note*, was released onto Netflix.

The anime, is based on the manga (comics) with the same name by author Tsugumi Ohba and illustrator Takeshi Obata and has received much praise from both Japanese and American fans. *Death Note* follows the tale of Light Yagami, a high school boy who one day finds a supernatural notebook that has the power to kill whoever's name is written in it.

Along with the Death God, Ryuk, who owned the book, Light using the name Kira, starts to use the notebook's powers to rid the world of "evil" as a self-proclaimed "God" while the detective known as "L" attempts to stop him.

The series centers on the clash between the ideals of "justice" of Light and L, spinning a tale of psychological warfare, drama and horror.

Japan already has several live action films depicting the series, most of which are sequel type films.

Other than the first two Japanese live action adaptations named *Death Note* and *Death Note 2: Last Name*, the Netflix adaption is the first in a while to take the story of the original series and reimagine it.

Now, even if someone hasn't watched the entirety of the anime, nor read the manga, it's clear to see within the first five minutes into the film, that creative licensing was taken a tad too far into the making of this movie.

The premise of the movie is on the right track, a high schooler who thinks he can change the world for the better uses a supernatural notebook to do so.

It should be noted that instead of Tokyo, the series takes place in Seattle.

Light Yagami is called Light Turner in the film and instead of being a highly intelligent student with no life problems, he is an emotionally scarred teen because of the murder of his mother. While the anime series is focused on the genres of psychological drama and horror, the Netflix adaption, however,

overshadows the psychological drama with a slew of action scenes and a plot of romance not present in the anime series.

There can be credit given to the action scenes. They are well played out and do create a thriller and suspenseful movie.

A fan may even see it as a refreshing aspect to the film that the series didn't play with. The plot of romance, however, was unnecessary and even denotes the character of Light.

In the anime, Light is portrayed as a cold, manipulative, diabolical, egomaniacal, competitive man, who is willing to do what it takes to reach his goals. There is no Light though in the Netflix adaption.

In fact, Mia, who is based off Misa Amane from the anime, gets the upper hand over Light several times.

His love for her overshadows his genius intelligence and it's only near the end where fans can see Light's wits shine above Mia's own lust for power.

The biggest change in characterization though and the most disappointing part of the film was L. L is a famous detective and is Light's nemesis.

Sadly, there is little depiction of L's genius detective skills shown in the film.

What fans see instead is a character more easily moved by his emotions than most might be used to seeing.

This makes him give off an air of mental instability, almost to the point of being reminiscent to a child throwing a tantrum, from a character revered for his rational deductive reasoning.

What we have here is creative licensing which is great, but when a film is created with the intention to emulate an already existing piece, there typically is a fine line between creative reimagining, versus staying true to the original concept.

When most fans hear of adaptations to their favourite series, they want to be able to recognize what they love about it in the adaption. The concept and idea that makes the series what it is.

The *Death Note* on Netflix, unfortunately, has not lived up to the concept of *Death Note*.



CREDIT: CLAUDIA BERGMAN

Whether you're new to the wellness and fitness world, or starting at a new facility, it's always a idea good to take a tour, understand the basics of your new venue and see everything it has to offer.

Getting acquainted with a new wellness and fitness centre

KAREN NIXON-CARROLL
INTERROBANG

Everyone who walks into a fitness centre for the first time has experienced fear, intimidation, anxiety, frustrations, etc. Even the so-called "tough guys" have moments where they are a bit lost. I want to guide you to never feeling like this again, or at least only for those first few moments you step foot in your new gym and never again after that.

This will absolutely apply at the Fanshawe Student Wellness and Fitness Centre, but I hope you can transfer these tips and have a great experience no matter where you choose to take care of your body.

A tour is a great way to get started, but it is only a snap shot of the information.

Sometimes certain information is highlighted more than something else, depending on the tour guide or depending on the attendees.

The guide may pick out things they think you would be more interested in and skim over things they believe you might not care for.

Ask questions on your tour like, where do I find this? When does this occur? Who takes care of that? What is available to me? What comes with an extra cost? Do I need to sign up for this? If your tour guide can't answer these questions, ask them who can.

Now that you've had a tour and you're all set to start working out, it's time to book an orientation with a fitness staff. Most centres offer this, unless they are strictly for personal training.

At Fanshawe's Student Wellness and Fitness Centre, we offer two types of orientations. New member orientation (new to fit-

ness or new to working out in a fitness centre) included with membership, and an equipment orientation (for the user that needs a quick tutorial on our equipment or specific equipment they have not used before), also included with membership.

During the orientation, we show you how to use the equipment, educate you on warm up, cardiovascular training, resistance training, core training, cool down and flexibility training.

We also tell you your weight, height and body fat/muscle composition.

We show you where to find equipment that might be tucked away or that you have to sign out with a student card. We also talk about centre etiquette and teach you how to get the most out of your member experience.

It doesn't stop there. The Student Wellness and Fitness Centre also offers an Individual Program Design (IPD).

This is likely very different from most fitness centres', but still worth asking to see if your gym offers a one-time personalized program at no extra cost for you to work toward your initial goals.

In the IPD, we discuss a more focused goal such as strength/muscle building, weight loss/management or athletic/functional fitness.

We find that most people are looking for one of these three types of training and we have designed workouts for each. Each workout can be tweaked to the user's fitness level and needs.

Like most wellness and fitness centres, personal training is a great option, but this of course comes with a fee. However, asking what packages or promotions are being offered is key.

Typically a fitness assessment

is included, but some gyms may charge separately for this.

Side note: If your trainer does not conduct a physical assessment the first time you meet, then you should question how they were able to prescribe your unique workout.

An assessment isn't always needed before the orientation or IPD, because they are set up for generalized goals.

If you have unique needs and know this when you first come to the gym, then your best bet is to set up a free consultation with a trainer and talk about the best options for you.

This typically happens when someone has a physical or cognitive condition, is in need of rehabilitation or has a very specific goal in mind.

The last part of navigation is all about the other programs and services offered.

Don't be afraid to ask an instructor what their class is about or how can it be modified to suit your needs.

There may also be other areas similar to the Student Wellness and Fitness Centre like the rock wall, squash courts, and wellness services available to you.

Ask your membership staff how to get registered, what you need to bring and what are the operating hours.

Wherever you go, don't allow yourself to get upset because you don't know much about the facility, equipment and any fitness related topics. Also, don't get embarrassed about asking for help. A good gym will have trained, non-judgmental and educated staff that are willing to help you have the best experience possible.

Karen Nixon-Carroll is the Program Manager at Fanshawe's Fitness Centre.

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2017 MINI Cooper S 5 Door Seven Edition: Size is no match for this mighty model



CREDIT: NAUMAN FAROOQ

The MINI Cooper S 5 Door Seven Edition is the latest model to hit the market. Though it may seem like a tiny car, this vehicle is quite spacious and a smooth ride to drive.

NAUMAN FAROOQ
INTERROBANG

When the Mini was first introduced by the British Motor Corporation (BMC), in 1959, it was offered under two brands, Morris and Austin. The former was named the model Mini, the latter called it the Seven.

Since the year 2000, Mini is no longer the name of the model, in fact, it has become a brand, with the name spelled in all caps to look like MINI.

Nearly 60 years on (58, to be exact), the Seven name is back on a MINI, but only as a special edition.

So, what's so special about this special edition?

In a way, not much, because it's not like it has any extra performance, or features that you can't find in any other Cooper S 5 Door model (the Seven Edition is also available on the 3 door model).

What this \$2,400 option, which is on top of the base price (\$27,790) of a Cooper S 5 Door, gives you, is an attractive package that has a two tone paint (with a silver roof and mirror caps), some hood stripes, a piano black with malt brown interior trim, some snazzy cloth and leather combo seats with a pattern that'll take you back to the 1960s and a special paint called Lapisluxury Blue.

If you had tried to add similar features to any other Mini Cooper S model, it would amount to a lot more than \$2,400, making the Seven Edition a bargain.

As mentioned earlier, this special edition doesn't have any more performance than the regular Cooper S, but the Austin Seven was never about extra performance, so this new version doesn't need to either.

Besides, performance numbers

might not look attractive to muscle car fans, but this car is delightfully peppy.

Under the hood of all Cooper S models is a turbocharged 2.0 litres, four-cylinder motor that produces 189 horsepower and 207 pounds per foot of torque. This motor sends power to just the front wheels, via a six speed gearbox (manual or automatic, you get to choose).

While the manual is likely to be more fun for purists, the automatic (such as my tester) is quicker, allowing you to sprint from 0 to 100 kilometers per hour in 6.8 seconds.

While I like this automatic gearbox, I wish this \$1,400 option came with steering wheel mounted pedal shifters. You can still select to choose your own gears with the automatic, but the function is on the gear lever itself.

Put this car in sport mode and it'll surprise you how quick it is. It also sounds wonderful, proving that four-cylinder turbo motors can sound wonderful. Take note, Honda.

Show this car some twisty roads and it'll plant a smile on your face.

The MINI Cooper S might not be the fastest front wheel drive car on the planet, but its handling poise and ride quality has no equal.

Add to that, the practicality of the 5 Door model and things just keep getting better.

While many people say, that under BMW ownership, the MINI brand is getting diluted with bigger and bigger models and perhaps the only model that is anywhere near the original is the 3 Door model, but trust me on this, the 5 Door model is the best of the bunch.

Why is this the case?

The 5 Door model is only 155 millimetres longer than the 3 Door model, yet offers the practicality of having rear doors. Since MINI

had to fit two doors on each side of the car, in a space that is only fractionally longer than a space for one door, each door is shorter, which actually makes it easier to get in and out of it in a parking lot, when the other car is parked right next to you.

While cabin space doesn't look like a lot, it is surprisingly roomy, even adults can easily sit in the back seat.

As for the trunk, it is more than big enough for most people's needs.

With the rear seats up, you get 278 litres of cargo room while folding the seats down the space goes up to 941 litres. This much space could possibly be used as a small delivery truck.

As with any BMW/MINI product, options will quickly jack up the price.

As mentioned before, the Cooper S 5 Door starts from \$27,790. With all the options and packages on my tester, the price on my tester was listed at \$38,740 + freight and pre-delivery inspection (PDI) at \$2,245, dealer fees and HST.

For most people, that is a lot for a subcompact car. On the plus side, since I was able to average 8.0 litres/100 kilometres in my city and highway combined fuel economy test, at least this car is not expensive to run, I know of no other car that is this much fun to drive, and yet this economical.

The MINI Cooper is not for everyone and the masses just don't see the value in it. For those that do understand the brand and its products, these new models are exactly what they're looking for.

I loved my time with this Cooper S 5 Door Seven Edition, so much so, that if I had to drive it as my only car for the next 365 days, I'd be happy to.

Fanshawe athletes represent their sport on an international level

MELISSA NOVACASKA
INTERROBANG

Two Fanshawe Falcons represented Team Canada in the 2017 International University Sports Federation (FISU) Summer Universiade Taipei Games in August, according to a Fanshawe athletics press release.

The 29th Summer Universiade games were played in Taipei City, Chinese Taipei and ran from Aug.19 to Aug. 30.

Both Sebastian Lethbridge, from the men's volleyball team and Matt Catalano from the men's soccer team are London natives and made the U Sports roster.

According to the release, the men's volleyball team lost 3-1 in their final game against the Chinese Taipei, to finish the tournament in 11th place, while the men's soccer team lost 4-3 against Brazil, placing in 10th place overall.

Though both teams may not have finished at the top, Leth-

bridge had positives to share.

"I am super honoured to have played here on an international stage wearing the maple leaf. Being able to compete against athletes of such a high caliber has been a great learning experience and a dream come true," Lethbridge said in the press release.

Catalano shared similar thoughts about his time during the tournament.

Getting the opportunity to put on a Canadian jersey and represent your country against some of the top athletes from around the world is an indescribable feeling. Fanshawe has been a huge part in making this all possible. My coach Rob Pereira has been nothing but supportive during this whole process and was the one who referred me to the Team Canada coach. This is something you always dream about and now that I actually have the opportunity to represent Canada, it's one of the best feelings in the world," Catalano said in the release.



CREDIT: ALL PHOTOS COURTESY OF FANSHAWE

Two Fanshawe student athletes resented Team Canada's volleyball and soccer teams during the International University Sports Federation (FISU) Universiade Games in Taipei City from Aug.19 to Aug.30.

Fanshawe all-around athlete running for a cause



CREDIT: FANSHAWE ATHLETICS (HEADSHOT)

Fanshawe athlete, Danielle Austin, plans to run 63 km from Grand Bend to London in June 2018, to raise funds and awareness for Crohn's and Colitis disease.

JEN DOEDE
INTERROBANG

On June 1, 2018, nursing student Danielle Austin will participate in a 63 kilometre run to help raise awareness and funds for research on Crohn's and Colitis disease.

The run, titled Kicking Some Guts One Step at a Time, will begin at Grand Bend and finish in London. Individuals interested in running a kilometre or two alongside Austin are encouraged

to contact her. Crohn's and Colitis Canada will provide a baton for runners participating in a partial component of the otherwise daunting run.

In November of 2015, Austin was surprised to learn she was diagnosed with severe Crohn's disease after displaying a few symptoms.

According to the Crohn's and Colitis Canada website, Crohn's disease is a lifelong illness that causes inflammation to parts of the digestive tract.

Symptoms include cramping,

nausea, abdominal pain, vomiting, diarrhea, lack of energy and weight loss. Currently, there is no cure for the disease.

"The first year [of being diagnosed with Crohn's disease] was a struggle," Austin said. "I would become short of breath very easily. After running one length of the soccer field I would have to get subbed off. I would also fall down because I was too weak because of the Humira I was on."

Austin has been in remission for one year this September.

Austin will also be starting her

third year of the Fanshawe/Western collaborative nursing program this September.

She said she aspires to become a nurse in the gastroenterology field to give back and help people who have gone through similar experiences.

Austin explained that she applied for the Jeffrey Reed Courage Award last spring and was selected as the runner-up. The award is given to a student athlete in the Southwestern Ontario region who demonstrates courage on and off the playing field.

She attended the award banquet and listened to Jeffrey's story, which inspired her to create her own initiative to raise funds for Crohn's and Colitis Canada by doing something that she loves to do, running.

When training for the run, Austin explained that she has a couple of practice partners that she runs with.

In addition, Austin will participate in 15 km run on Sept. 9 and plans to run a half marathon during the month of October and a full marathon sometime before her run next spring.

"I am running for the Crohn's and Colitis patients who are not in remission or who are not healthy enough to run," Austin said.

Austin grew up playing sports such as soccer, hockey, volleyball, basketball, badminton and track and field all throughout high school.

She decided to try out for the women's varsity soccer team during her first year at Fanshawe and made the team. She is also the

recipient of the 2014-2015 Fanshawe Rookie of the Year award for outdoor women's soccer.

Alexandria Peat, a recent Fanshawe graduate from the dental assisting program, will also be running the full distance of the marathon alongside her friend.

"When I found out that Danielle struggled last year with just being able to do basic things like attend class and play soccer, something that I take for granted, it encouraged me to support those who are unable to do those things," Peat said.

Austin's fundraising goal is to raise \$2,000 for Crohn's and Colitis Canada in order to facilitate their research and develop a cure.

Individuals interested in donating to Austin's cause can visit her personal page on the Crohn's and Colitis Canada website at <http://bit.ly/2w3Wjxb>.



CREDIT: PROVIDED BY DANIELLE AUSTIN (PLAYING SOCCER)

Danielle Austin (right) battling for control of the soccer ball against her twin sister Kaitlyn Austin (left) in the midst of a soccer match.



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