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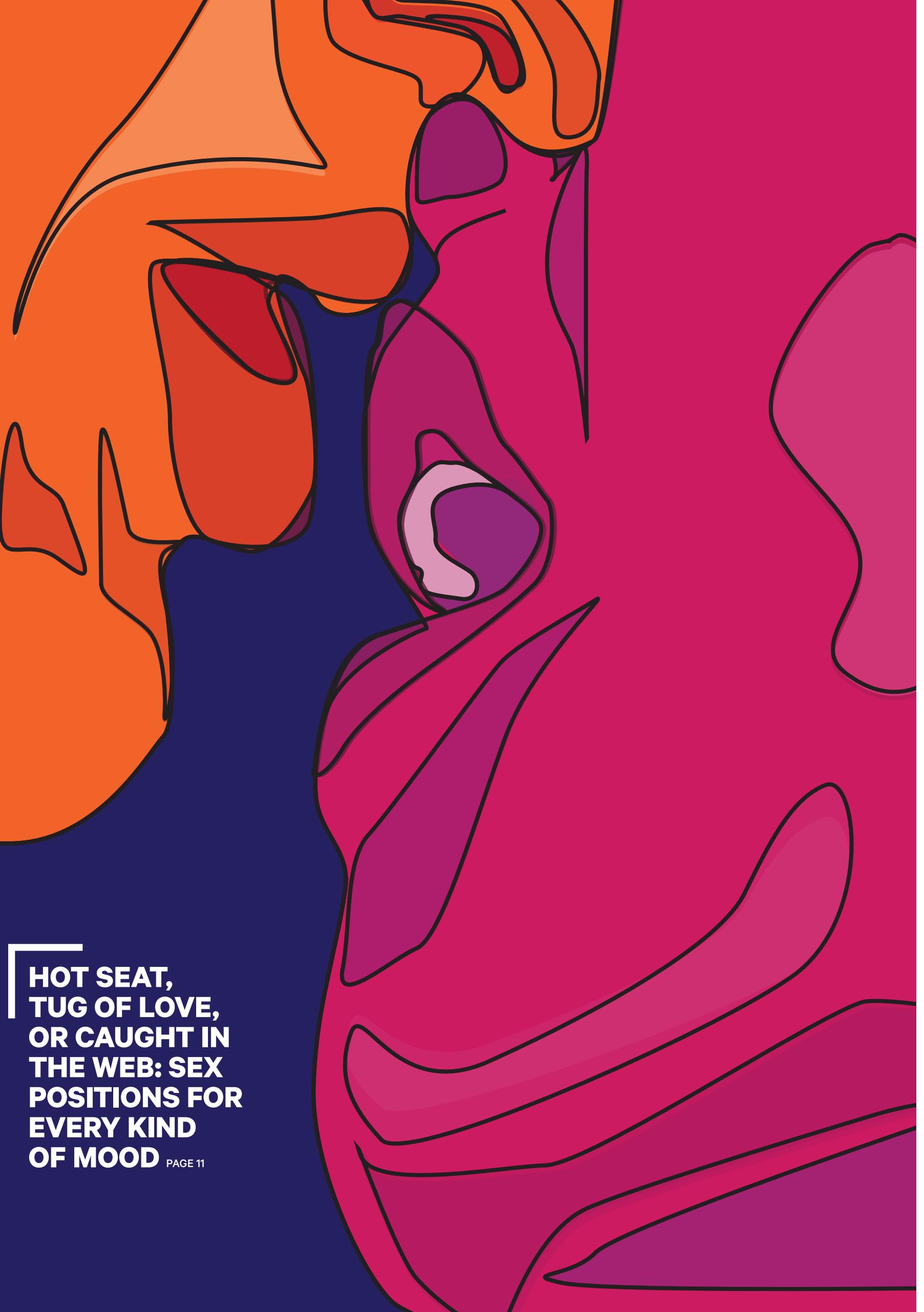
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INTERROBANG



**HOT SEAT,
TUG OF LOVE,
OR CAUGHT IN
THE WEB: SEX
POSITIONS FOR
EVERY KIND
OF MOOD** PAGE 11

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Greetings, readers from the Fanshawe community and beyond. Welcome to a brand new issue of Interrobang.

Throughout the year Interrobang publishes several themed issues. What you hold in your hot mitts today is our annual Sex Issue, which includes features written and designed by our student staff. Please enjoy a lesson on fetishes with sexologist Carlen Costa, a guide to sex positions for couples of all orientations, as well as an overview of sex toys that doesn't in the slightest bit beat around the bush.

And because knowledge is power, we've also included guides on birth control and STIs, along with lists of local relationship and sexual health resources, along with London's trans healthcare resources and where to find LGBTQ2+ support.

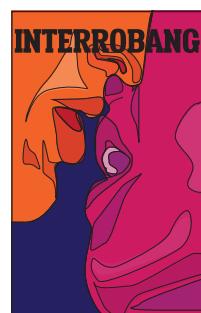
Our news section includes coverage on the new South London Campus, an exciting internship program for international graduates, and one student's mission to help relieve the fallout of Hurricane Dorian in the Bahamas. There's also a piece on what some Fanshawe students have on their minds as the federal election campaign officially launches.

Meanwhile in the opinion section you'll find one student's take on why we always should always make an effort to put ourselves first, in every relationship. Our lifestyles section includes a guide to safe binding, and an argument for why it can be better to visit a brick-and-mortar sex shop over shopping online for adult toys and accessories. Check out our Facebook page to see the full video interview our reporter conducted with an expert from Spot of Delight, located at 426 Richmond St.

Finally, I also recommend our interview with Fanshawe's own Sexual Violence Prevention Advisor, Leah Marshall. Marshall gives us a clear picture of what consent means and looks like. Even if you feel you already know, reinforcing these messages to others and yourself is part of what makes our campus a safer place for everyone.

And so it goes,

Letters to the Editor: fsuletters@fanshawec.ca



Mission Statement: The Interrobang is a student-funded, student-run newspaper at Fanshawe College published by the Fanshawe College Student Union. It serves the student readership by reporting news involving the Fanshawe campus community, surrounding areas and student activities across Canada. The Interrobang strives to be impartial in its reporting and believes in the public's right to know.

Land Acknowledgment: Interrobang acknowledges that our office is situated on the shared traditional lands of the Anishinaabeg, Haudenosaunee, Lenapeewak, and Attawandaron peoples. The First Nations communities of our local area include Chippewas of the Thames First Nation, Oneida Nation of the Thames, and Munsee Delaware Nation. We affirm the importance of our relationship with Indigenous peoples and students at Fanshawe College.

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PARTNERS

Fanshawe's London South Campus celebrates opening

Emily Stewart
INTERROBANG

Fanshawe College's new London South Campus finished off an already positive first year with a community barbecue.

A London Scouts troop served hot dogs, hamburgers, veggie burgers, chips, and juice to guests on Sept. 6. Many students, staff, and other guests took a break between classes to grab lunch and mingle.

The campus, located on 1060 Wellington Rd., is where students in the retirement residence management, business and information systems architecture, agri-business management, and business management programs will call home. Over 250 students will attend in September, with plans to expand to 850 students after finished renovations.

Dr. Nord Mensah, the associate dean of the London South Campus, said students have told him that they're enjoying the campus so far.

"They think the campus is beautiful," he said. "They love the location and the proximity to the mall and other employment opportunities in the area."

Mensah added hosting the community barbecue greets both the students and the rest of the White Oaks neighbourhood.

"I think it's important, one, to welcome the students to the campus. A lot of them are new to Canada so we want to welcome them here," he said. "But also because we want to be good neighbours with the businesses and the community that surround us."

Farul Kalra and Siddharth Kshirsagar, two business management students from India, are enjoying their time at Fanshawe so far. Since they started classes the day before the barbecue, the stu-



CREDIT: EMILY STEWART / (INSET) FANSHAWE'S CORPORATE COMMUNICATIONS DEPARTMENT

Dr. Nord Mensah, the associate dean of Fanshawe College's London South campus, said the students love the new location so far.

dents didn't have too much to say about the course itself, but they're enjoying the College's events and faculty.

"What we've observed is the teachers and overall, the other staff very welcoming and very kind," Kshirsagar said.

Both students aim to land managerial positions in their career after graduating from Fanshawe. Kalra said the business management program will get him to where he wants to be, as he achieves a lifelong dream.

"It was my dream to be in Canada and to study here," he said. "So I'm living my dream now."

Two London city councillors, Ward 12 councillor Elizabeth Peloza and Ward 14 councillor Steve Hillier, attended the barbecue. During their speeches, they welcomed the students to the new campus.

"As a graduate of Fanshawe College myself, I really appreciate [the College]. I know the really good work they do and I'm just very proud to have you here in the neighbourhood," Hillier said. "As a city

councillor, I love seeing this kind of development."

Peloza said that the area surrounding the London South campus is "a great neighbourhood". She spoke highly of nearby places like the London Public Library's Jalna Branch, and White Oaks Park, known for its South London Canada Day festivities.

"We're looking forward to serving you and seeing you grow in your academics sense," Peloza said to the crowd.

ReForest London was also at the

barbecue, with a tree depot for guests to pick up native trees to plant across London. Connor Ferguson, ReForest London's park and residential programs manager, said the College is a "great community partner", which is necessary for the organization to meet its Million Tree Challenge community improvement mandate.

"If they're going to keep expanding, then we'll keep providing what we can to them for all the benefits of trees give to people and to everything else that lives with us," Ferguson said.

Federal government invests \$1.5 million to end, prevent gender-based violence on campus

Angela McInnes
INTERROBANG

The federal government has announced it will invest \$1.5 million towards ending gender-based violence on campus over the next two years.

The announcement was made by Maryam Monsef, Minister for Women and Gender Equality on Aug. 29 at Ryerson University in Toronto, Ont.

She said that 41 per cent of sexual violence cases that are reported to police are from those in post-secondary institutions, and nearly half of self-reported sexual assaults are committed against women between the ages of 15 and 24.

"We know that gender-based violence is complex," Monsef said in the announcement. "We know that it is preventable. We know that supporting family and survivors has to be at the heart of everything we do."

In 2015, the federal government launched a five-year \$5.5 million commitment to develop a framework to address and prevent gender-based violence at post-secondary institutions across the country.

As part of that framework, a report cultivated by government representatives and experts from Possibility Seeds Consulting, a Canadian firm for policy development to advance gender equality, was launched in January 2019.

The report, entitled *Courage to Act: Developing a National Framework to Prevent and Address Gender-based Violence at Post-Secondary Institutions*, identifies recommendations, promising practices and gaps in preventing and addressing gender-based violence on Canadian campuses.

According to a Government of Canada press release, the \$1.5 million will address gaps in resources in post-secondary institutions, as identified in the report. The funding will also support a web portal that will make the tools that are de-

veloped accessible and adaptable to campuses across the country.

Michele Beaudoin, vice-president of Student Services at Fanshawe College, said that the information provided in the portal will help colleges learn from each other as they navigate complex cases.

"By providing us with well-researched information, and a central place to draw from this, we will all benefit from the collective knowledge and practice," Beaudoin said in an email. "The idea of a national community of practice is reassuring, because we all rely on each other to ensure we provide the best advice, care and solutions for victims of sexual violence."

Beaudoin said that Fanshawe holds at least two sexual violence prevention and education events every month on campus, and delivers training in sexual violence prevention to key groups on campus including varsity coaches, Student Services, academic advisors, career services, the Fanshawe Student Union (FSU), and



CREDIT: MADI WONG, THE EYEOPENER (CUP)

Minister for Women and Gender Equality Maryam Monsef announced the federal government will invest in preventing and eliminating gender-based violence on campus.

peer support program students.

For support, Fanshawe has a dedicated Sexual Violence Prevention Advisor who assists survivors with disclosure, reporting and referrals to services or agencies.

In October 2018, the College conducted a full review of the Sexual Violence Policy and Code of Conduct as well. As a result, a

Student of Concern Committee was formed to address issues before they become a risk to the Fanshawe community. The committee meets weekly, and has representation from counseling, security, the registrar's office, residence, international office, Student Success, Sexual Violence and Prevention, and managers from departments or schools.

Party for Humanity building a stronger community

Emily Stewart
INTERROBANG

Habitat for Humanity Heartland Ontario wants Londoners to rock out for a good cause.

The organization will host their second annual Finch Auto Group Party for Humanity fundraiser, featuring eight musicians performing classic rock music. Party for Humanity will be at the London Music Hall on Sept. 26.

Allison Kampman, the community partnership coordinator for Habitat for Humanity Heartland Ontario, sent an email to Interrobang announcing the event and its details.

Kampman said there a panel of judges for the event picked the eight finalists based on their entries for a YouTube music video contest. One of the musicians will receive the Judge's Choice Award, with Music Industry Arts (MIA) coordinator Dan Brodbeck as one of the judges. There will be a People's Choice Award sponsored by Lewkowitz Financial.

Brian Elliot, the CEO of Habitat for Humanity Heartland Ontario, said the event returns after its first run in 2018 was a smash hit.

"We had over 400 people in attendance," he said. "We knew we had to run it again."

Elliot said that along with the concert, where two winning musicians are picked, there will also be a silent auction and 50/50 draw at the event. All proceeds from Party for Humanity go towards a future home for a single mom named Lindsie and her family. Interrobang was asked to refer to Lindsie by her first name only.

The fundraiser is just one way Habitat for Humanity ensures that affordable homes are built for



CREDIT: JOHN SING, PROVIDED BY JIM LESLIE

Students from Fanshawe College's general carpenter apprenticeship program have helped Habitat for Humanity Heartland Ontario build 16 homes.

low-income families.

"Affordable housing is absolutely in a crisis state in Canada and London is no different," Elliot said. "The amount of people on waiting lists, waiting for affordable housing is shocking, and so anytime our community can rally behind helping people get that hand up, our community just gets stronger."

He added Fanshawe students have participated with a variety of tasks to help build the houses from the design, laying the foundation, and adding HVAC, plumbing, and electricity.

"The students at Fanshawe just seem to get why it's important to be involved in the community and just through the hands-on learning aspect that we can provide, we're helping students do things that can improve their resumes," Elliot said. "So it's a fantastic partnership and it'd be great to see a whole bunch of Fanshawe people in attendance partying with us and celebrating that partnership."

Jim Leslie, the College's general carpenter apprenticeship coordinator, said students from the apprenticeship program have assisted with

16 Habitat for Humanity builds since 2010. For the last two builds, Leslie said the students made the frames for the walls on-campus, which were then taken to the building site.

"We're not necessarily always on site, but we try to help accommodate where we can," he said.

Leslie added the partnership is a "win-win for both" the College and the organization. He added there are enthusiastic students year after year working on the builds.

"They'd much rather be out on the site building something than in a

classroom, so it's a nice change for them that way, and I think they take pride that they're doing something good," he said. "They're helping out Habitat for Humanity and it's sort of a community involvement, but also a little volunteering. I think they're pretty proud of that, and the skill they get, you can't duplicate that in the shop."

Tickets for Party for Humanity are \$25 for general admission and \$75 for VIP. The event begins at 7 p.m. Visit h4events.com to find out more information and to buy tickets.

Meet London's first bike mayor

Marlon Francis
INTERROBANG

London is now the home of its first ever "bicycle mayor", Shelley Carr, a student in Fanshawe's Lawrence Kinlin School of Business.

Carr told Interrobang she was given the position after the BYCS community noticed her passion for cycling on Twitter. BYCS is an international program established and based out of Amsterdam that looks to transform cities into being more accommodating to the growing cyclist community. She was nominated for the position by these observers and will serve in that role for two years.

"I have an over-reaching goal of 5 kilometres of protected bike lanes, in addition to the 1.2 kilometres of protected bike lanes we have now," Carr said of her plans during her two-year term.

These protected bike lanes are, in her opinion, the safest way in which cyclists, pedestrians and motorists can travel. London currently has over 40 kilometres of bike paths throughout the city on the Thames Valley Parkway (TVP), but despite its effectiveness to connect cyclists

from one part of the city to the next, it is not always the best alternative for transport.

"Cycling infrastructure is available 24 hours a day, all year round and it's protected. The TVP's limitations are that it's designated as a multi-use pathway, so there's always going to be conflicts between cyclists and pedestrians," said Carr.

Other potential pitfalls of the TVP are that it is not accessible at night and the parks that it runs through have some poorly lit areas which could pose a risk to cyclists. The construction and accessibility of protected bike paths on city streets can help to minimize those concerns.

Carr has envisioned a future that allows more students a safe alternative means to get to school.

"We need to make it so that [students] can bike here safely and we need protected bike lanes to do that. I would love to see First Street have a totally protected bike lane so you have a connection to the TVP. That would at least increase the number of cyclists that can ride to the College, because in the better months they could ride up the TVP and get here," said Carr.

Currently the College has a bike lock facility, bike rental program,

bike racks and a patrol that notifies cyclists about the effectiveness of their bike locks by tagging ones they see as unsafe.

Carr invites cycling enthusiasts to participate in the upcoming push by BYCS representatives to encourage the city to adopt Project 529, a bike registry that can help decrease the number of bike thefts within the city. Also, efforts to collect petition signatures to get the city to add bike lockers downtown can be found on change.org.

"A bike locker is a large metal box that you roll your bike into and then you lock it with your lock and then your bike is safe. They can't take the bells, they can't the lights, they can't take the tires," said Carr.

Believing that the current state of the College's cycling infrastructure is something from which the city as a whole can learn from, Carr would still like to see more accommodations made. These include a push for better quality bike locks sold at the bookstore, a roof cover to protect bikes from the elements for cyclists of all seasons and the addition of bike lockers, like the ones requested for downtown.

To learn more about BYCS, go to bycs.org.



CREDIT: PROVIDED BY SHELLEY CARR

Shelley Carr is tackling local bike theft in her new role as London's bicycle mayor.

Coin payment eliminated for parking in Lots 5 and 8

Emily Stewart
INTERROBANG

You'll no longer have to dig for coins to pay for parking in two of Fanshawe College's parking lots.

As of Sept. 3, FANCards, debit, and credit cards, including cards with the tap payment feature, can be used to pay for parking in Lot 5 and Lot 8, the designated general parking lots. Both areas eliminated the coin payment option.

"Over a time period, students have been asking to be able to swipe a card," said Marion Dietze, the College's manager of custodial, grounds and support services.

She added drivers will be more likely to get into the general parking lots, and she noticed it herself while watching students pull into the lots in the morning.

"The quickest method is putting that card up, tapping it on the reader, boom," Dietze said. "Away goes the car. The car goes in very quickly. You just have to tap it on the reader."

She also said every on-campus visitor parking meter still accepts coin. However, the meters have also accepted Visa and Mastercard credit cards for around five years.

Dietze said both lots fill quickly before noon.

"Lot 8 fills up probably around the 9:30 mark and by 11 a.m., lot 5 is full, which is normal," she said. "That we usually see for the first two or three weeks of school for each semester."

Talan Bakiyaseen, a motive power technician (diesel) student, said that when he was living in Winnipeg, Man. before coming to London, he found paying with cards



CREDIT: EMILY STEWART

Parking Lots 5 and 8 accept FANCards, debit cards, and Visa and Mastercard credit cards.

instead of coins more efficient.

"If you use a coin lot...let's say you put less, you're going to have to run back and do it again," he said. "What if you don't have the time? And in the winter, it makes it a little harder too."

Kenzie White, a practical nursing student, said the changes don't affect her too much.

"I don't find myself having any more change anymore, so I just have my cards on me and it's just

easier to do that instead of coins," she said.

One Fanshawe student, who asked to not be named in the article, said that the elimination of the coin option for those two lots surprised him.

"I was actually shocked when I first got up to the gates," he said. "Almost every parking lot in the world is coin-operated, or at least has an option for it."

The refurbished gates in Parking

Lots 5 and 8 come with new digital signs showing how many parking spaces are available in real time for those areas. Lot 5 will have more lanes for both entering and exiting the college.

Dietze said the two Lot 5 south lanes still need "some fibre [and] some cable," but it should be finished the third week of September.

She also said that students can visit D1018 if they have any parking related questions or comments.

The College's website lists parking prices for the 2019/2020 school year, all including HST. Daily parking in a general lot is \$5. For visitor meters, parking rates begin at \$3 an hour with a maximum \$12 rate. Additional parking prices include a \$49 monthly rate and a \$163 term rate.

Visit a card loading machine on-campus or fancard.fanshawec.ca to add money for parking to your FANCARD.

Fanshawe student raising donations for Bahamas

Angela McInnes
INTERROBANG

A Fanshawe student is asking the College community to donate food and clothing for Bahamians affected by Hurricane Dorian.

Muhquezzen Nixon, 23, hails from New Providence. Although his island was not directly impacted by the hurricane's fallout, he said as a Bahamian he feels for those living in the Abaco Islands, where tens of thousands of people have been displaced from their homes.

"It's really sad to see what people are going through, especially your nation. You always try to figure out ways you can help because you know, what if it happens to you. It's so close," Nixon said.

The aircraft maintenance student added that while he is not at home to help out his neighbouring islanders, he still stands in solidarity with them and those who are taking them in.

"You feel really devastated for those people and then you always welcome everybody to come to the island you're at because you want to help them out," he said.

The Category 5 hurricane first struck the Abaco Islands in the northern Bahamas on Sept. 1 where it remained for two days, impacting

Grand Bahama as well. As of Sept. 11, when this article was written, the UN estimates 76,000 have been left homeless, and the death toll is at least 50 people.

Nixon told Interrobang that some of his friends have experienced personal loss.

"Because of the water and the current, people are getting drifted away from the current and their family. Some people were holding on to their family; they couldn't hold on anymore, they had to let go of their family," he said. "Children were getting lost. My friend who lives over here, his young daughter got lost. But he couldn't do anything because he's over here."

In the days following the hurricane, Nixon joined a group of local Bahamians to contribute to relief efforts. He said they gathered enough food and clothing to fill a U-Haul that they then drove to Niagara Falls, where it was handed off to an agency that shipped the items to the Bahamas.

But there's still need for more.

"A lot of people donated, but what we donated could only help so much. The more the better," he said.

On Sept. 21, the group will be holding an event at 246 Dundas St. at 6 p.m. to raise funds, awareness and donations. Nixon said they are



Even from afar, Muhquezzen Nixon is doing all he can to help those affected by Hurricane Dorian.

asking for toiletries, diapers, first aid items, cleaning supplies, canned goods, work gloves, hand sanitizer, non-perishable food, and cleaning baby wipes, and clothing in good condition.

The event will feature a fashion

show, raffle giveaways, and music. Admission is free with five canned goods at the door.

Nixon said that the group came together via word-of-mouth and social media, and hopes to extend the same sense of unity to the College.

"Bahamians always come together," he said. "They always find a way."

Editor's note: A day following the interview with Interrobang, Nixon followed up to say that his friend's daughter had been found.

FSU ranked first in province for international students

Angela McInnes
INTERROBANG

The Fanshawe Student Union (FSU) has been ranked the number one student union in Ontario by international students.

The ranking is the result of the 2018 i-graduate International Student Barometer (ISB) survey, where international students were asked to rate their colleges in more than 70 different satisfaction benchmarks related to learning, arrival services, support services and college life. Globally, 199 institutions, including six Ontario colleges, were included.

According to the results, 98.5 per cent of participants were satisfied with the FSU, making it first among Ontario colleges and second in the global benchmark.

"I'm thrilled that we're number one," FSU interim president Julia Brown told Interrobang. "But I do think that us leaning into the changing student face has really helped with that. It's really cool because it's students who have decided that we are doing a good job and that's exactly what we're here for, so it's good feedback for sure."

Brown said she credits the FSU's efforts to adapt to Fanshawe's increasing international student presence for the positive result. She listed multicultural events such as the FSU's Diwali celebrations, Autumn Moon and Lunar New Year festivals, and this year's first ever Desi Night with Fateh Doe as part of the FSU's aim to include diverse groups in its programming.

"It's really making sure that yes, you are in Canada, but your culture is still celebrated and respected here. I think that's a really important thing for people who are



CREDIT: ANGELA MCINNES

Fanshawe Student Union (FSU) interim president, Julia Brown, said the FSU will continue to integrate international students into its programming.

far away from home and might be missing those things," Brown said. "Obviously it won't be as profound as it would be back home, but when you're able to celebrate Holi or Diwali here, it does give you that sense of community that you might be missing."

Brown added that the best way for current international students to get involved is through joining the FSU's volunteer team, or by running as either a presidential or di-

rectorial candidate in the upcoming by-election. They can also consider joining or starting clubs, and learn more about the process on Oct. 1 during the FSU's Clubs Day, held in F Hallway from 10 a.m. to 2 p.m.

This is the eighth year that Fanshawe students have participated in the ISB. The College also ranked high in categories related to living, learning supports and support services overall (number one in Ontario, number seven to number 10 in

global benchmarks).

"We serve over 6,000 international students from more than 95 countries every year at all our campuses," Wendy Curtis, executive director of Fanshawe's International Centre, stated in a MyFanshawe announcement of the results. "These students consistently rank us very highly, especially concerning the quality and comprehensiveness of their learning experience – including Fanshawe's expert faculty

members, quality lectures, program content and learning spaces."

According to the announcement, Fanshawe also ranked first for satisfaction with overall learning experience at 92.8 per cent in the overall learning category. On average, the College was rated fourth globally and second among Ontario colleges in other learning metrics that assessed faculty, curriculum, library and learning spaces and graduate employability.

Project LEARN returns for 2019

Emily Stewart
INTERROBANG

There will be more London Police in neighbourhoods nearby Fanshawe College and Western University and in Downtown London.

On Sept. 1, the London Police Service announced the kick-off for Project LEARN (Liquor Enforcement and Reduction of Noise) 2019.

"The goal of the project is to protect public safety and property, to help students celebrate responsibly," Const. Sandasha Bough, the London Police Service's media officer, said. "We partner with both administration and student leaders from Fanshawe College and Western University with respect to this particular project."

Bough said the police officers will be in the areas between Thursday to Sunday until Project LEARN comes to a close. She said it's expected to finish "within the first month of school". She added that the police "will be increasing enforcement with respect to bylaws related to parties, parking, open fires, noise, litter, and public urination."

Nine federal charges, 313 warn-

ings, and 36 provincial offence notices, were given during Project LEARN 2018. In comparison, a press release from Sept. 5, 2018 said there were 152 provincial offence notices, 28 federal charges, and 172 warnings issued during Project LEARN 2017.

Bough said that Project LEARN is reminding students that they can "have a good time", but they have to be responsible about it and to respect their neighbours and fellow students.

"You want to ensure that you're making good choices and good decisions," she said. "And some of those decisions that might be made, could actually follow you for the rest of your life."

Julia Brown, the Fanshawe Student Union's (FSU) interim president and finance coordinator, said to look at Project LEARN as way to learn about London's bylaws. She added that she's not from London herself, but must abide by the city's bylaws because she lives there.

"Take it as a learning opportunity. Different cities have different bylaws," she said. "If you're not from here, it's good to be updated."

Brown also said that staying informed on Project LEARN and



CREDIT: EMILY STEWART

Neighbourhoods nearby Fanshawe College and Western University, along with the downtown area, will see a higher police presence as part of Project LEARN 2019.

other initiatives will avoid misunderstanding and help students work with their neighbours, police officers, and the rest of the community in London.

She added that "of course, you should have fun," and if students

are going to attend any parties, they should trust their guts while there.

"If you think things are getting hairy, like if you think you probably shouldn't be there or you're uncomfortable with something, chances are, it's probably not the best place

to be," she said.

London Police have been running Project LEARN since 2007. The London Police Service will have an update on Project LEARN 2019 with statistics for this year when the initiative is done.

Stop 'n' Swap provides incentive to give help to students in need

Amy Scott
INTERROBANG

In an increasingly digital world, Fanshawe Library and Media Services is scaling back its physical collection, one food donation at a time.

In collaboration with the Sharing Shop, the Fanshawe Student Union's (FSU) on-campus food support service, Fanshawe Library has created the Stop 'n' Swap program. The goal of the program is to give all library patrons the opportunity to exchange a non-perishable food item or cleaning supply to permanently keep a piece of the library's collection, which includes books and DVDs. The book shelves and donation bin will be located within the library until the spring of 2020.

The upcoming Innovation Village space, a multi-million dollar renovation, focuses on remodelling the F and L Buildings, as well as the Student Union Building (SUB), into a large learning commons. The library, located in F Building, is included in the first phase of construction beginning in February 2020. Library and Media Services is aiming to scale back their physical collection to make room for new student resources such as new study spaces, a makerspace and learning labs. All three phases of the renovations are scheduled to be complete in 2023.

Currently the library has about 35,000 pieces in its physical col-

lection, said Jessica Bugorski, the director of Library and Media Services at Fanshawe. With the goal of moving a large part of the collection online, Bugorski says she believes that giving these resources back to students is the best place for them to go.

"Our collection was largely paid for by student fees. We want students to recognize that we are giving it back to them," said Bugorski.

For a student to claim a piece of library material, they must donate a non-perishable food item or cleaning supply to the Sharing Shop, which will be given to a Fanshawe student in need.

Students are encouraged to "swap" often, as new materials are regularly added to the shelf.

Bugorski said that while the goal is to give back to students, the Stop 'n' Swap program is very flexible.

"We don't police it at all. People are welcome to take a few pieces, just drop off food, or pick up a book and drop off food another day," said Bugorski. "We have been really flexible with it."

Bugorski says that they are using this program as a way to encourage students to help other students in need.

"I think the most important thing we wanted students to recognize is that it's great to help other students," said Bugorski. "If you're getting something for free, it's nice to help someone in return."



CREDIT: AMY SCOTT

Fanshawe Library and Media Services has innovated a charitable way to reduce their physical collection.

Internship available to international graduates

Emily Stewart
INTERROBANG

International student grads have a chance to take on paid internships for the City of London.

International students with a valid post-graduate work permit and an English Benchmark level of six or higher who have graduated within the last year from a recognized post-secondary institution are eligible for the internships, where they will then earn 600 full-time work hours over 20 weeks.

The internships are part of Choose London – Innovative, Vibrant, and Global: London's Newcomer Strategy.

Emily Low, immigration specialist for the City of London, said there are currently two internships available. She added that depending on each intake period's funding, the city aims to offer between two to three internships per intake. Low added the graduates will have a chance to work in any of the city's internal departments which can vary depending on which ones would like to hire interns.

"It's kind of a lottery system," she explained. "Different departments are chosen to receive an intern and from there, they explain which position they're looking to help support and then they post the jobs."

Low also said the College "has a very large international student base, and so does Western [University] and some of the other affili-

ates that are here in London". She added the internship program aims to be a stepping stone for life after graduation.

"Basically, what this program allows is to try and help some of those international student graduates on the post-graduate work permit gain some of that experience," she said. "So Fanshawe graduates that are deciding to stay in London on their post-graduate work permit are more than eligible to apply for these internships."

Wendy Curtis, the executive director of Fanshawe's International Centre, said the announcement of the internship opportunities was great to hear.

"I think all of us were really excited for a number of reasons," she said, adding several people from the College have assisted with the city's newcomer strategy. "We have heard and been part of the conversations around what is it that ideally, the city would look like and offer in order to attract international students, but also to keep the international students here and gainfully employed."

She said Dev Sainani, the London and Middlesex Local Immigration Partnership co-chair and Fanshawe's associate dean of the School of Information Technology, worked on the newcomer strategy with Joaquim Balles of Trudell Medical Limited.

Caitlin Smith, Fanshawe's international projects and exchange coordinator, echoed the International Centre's enthusiasm for the city's

international student graduate internships.

"We have so many exceptional international graduates here. They've been in London and they want to stay in London," she said. "They love the city after being here for two, three, or four years, so to have an opportunity for them to get involved with the municipal city offices and get their foot in the door is great."

Curtis said the College's International Centre and Career Services work together to provide lots of opportunities for international students and grads, including the Fanshawe Works initiative. During Fanshawe Works, around 360 international students attended and met Fanshawe's international student alumni, listened to a panel of employers, and got training for resume creation.

"They're also better able and informed to carry the message to employers around what they bring to that employer," Curtis said. "What skill set do they offer, and we always balance that with our domestic students and what it is they bring to the table, so they both bring a tremendous amount, each a little different from the other, but both incredibly valuable to this community."

She added that she wants all Fanshawe students to think about staying in London after graduation.

"Our employers are looking for that kind of talent, which is increasingly in short supply."

Low also said the internship



CREDIT: EMILY STEWART

International student graduates on the post-graduate work permit will have a chance to get City Hall experience from the City of London's internship program.

opportunities help the local workforce, part of the "Growing Our Economy" section in the 2015-2019 Strategic Plan for the City of London.

"With the aging population and declining birth rates, there is a demographic need to attract, inte-

grate, and retain newcomers, and this definitely includes international student graduates," she said.

Visit london.ca/newcomer-strategy for more information on Choose London – Innovative, Vibrant, and Global: London's Newcomer Strategy.

Fanshawe looks ahead to October federal election

Jason MacDonald
INTERROBANG

Oct. 21 will see Canada head to the polls for what could shape up to be a very transformative federal election. International political currents have only really just begun to have an influence here at home. So with so much at stake, what is the Fanshawe community thinking about?

Education has been a flashpoint in Ontario with little common ground being shared by contending parties. Post-secondary students at Fanshawe and across the province dealt with the majority of that burden when it came to a head in 2017, seeing the longest faculty strike in Ontario history, locking hundreds of thousands of students out of class with little reimbursement after its end.

With that in mind there are concerns among students and staff that education funding will again be a major issue. Further anxiety was caused with the recent restructuring of the Ontario Student Assistance Program (OSAP) system which many students rely upon to even attend school.

Students at Fanshawe like Blair (last name withheld), in business marketing, is hoping federal candidates will provide a solution.

"Definitely provide more student assistance...that really got ruined this year and it really affected



CREDIT: JASON MACDONALD

Fanshawe students like Blair (last name withheld) are hoping to express their opinions in the fall vote.

me," she said.

Blair said she has seen her grants cut in half by the provincial changes and is worried about further tuition increases.

She's not the only one concerned about education cuts.

Dr. Amanda Zavitz-Gocan is a professor of sociology in the School of Language and Liberal Studies at Fanshawe.

She said she's worried about how the College might be affected this year.

"The biggest thing that will be affecting Fanshawe this year are two things. One is money the government chooses to give or not give to education. And second, whether or not tuition is going to go up."

Prime Minister Justin Trudeau has been subtly vocal about his party's unhappiness with the provincial government in Toronto. In press conferences in the last few months the PM has hinted at his party wanting to take a look at what can be done to support the nation's students at a federal level. Whether or not this will become an election promise has yet to be seen.

The Trudeau Liberals made it clear in their initial platform that they would need to recover the money spent in their first term. The plan included bringing in what the Liberals called new revenue sources which were to reduce the government deficit to match GDP, or create a balanced budget. A situation where expenditure meets the amount of revenue taken in while not dissolving the debt completely. That might mean that new spending promises from the Liberals are unlikely.

Not everyone is looking to the Liberals for leadership in 2020. Among the critics is Fanshawe student Jason Martin. He's watched the online reports with dismay.

"I've seen a lot of bad stuff spoken on Trudeau's name," Martin said. "Based on what I've read on social media I probably wouldn't vote for him."

A trip to India which mostly backfired at home, several ethics investigations and the SNC-Lavalin scandal has brought down the "sunny ways" politician to an undecided tie in recent polls.

This year's candidates for the London-Fanshawe riding might also present a bit of uncertainty. Longtime city councillor Michael Van Holst for the Conservative Party of Canada, the riding includes his stronghold of Ward 1. Van Holst isn't the only one with a hat in the ring.

NDP candidate Lindsay Mathyssen will also be contending for the London-Fanshawe riding, where her mother Irene Mathyssen has held the seat as an NDP MP since 2006. If her daughter is up to the challenge Van Holst will have a tough fight ahead of him. The Liberals will field candidate Mohamed Hammoud, another political veteran of the area.

If the last election's record turnout of youth voters meant anything, Fanshawe students will have an important role to play in the riding – even if they haven't decided what they want yet.

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How being selfish leads to healthy relationships

Marlon Francis

INTERROBANG

Selfishness. This is required for all of us to truly love ourselves. Selfishness to take the time to discover yourself, your likes and dislikes, your wants and needs, your turn-ons and turn-offs. For the longest time the idea of ‘selfishness’ has been branded as taboo or negative. Albeit, anything in excess can most definitely be categorized as negative, but a healthy, moderate expression of selfishness in our lives will actually help to propel our quality of life.

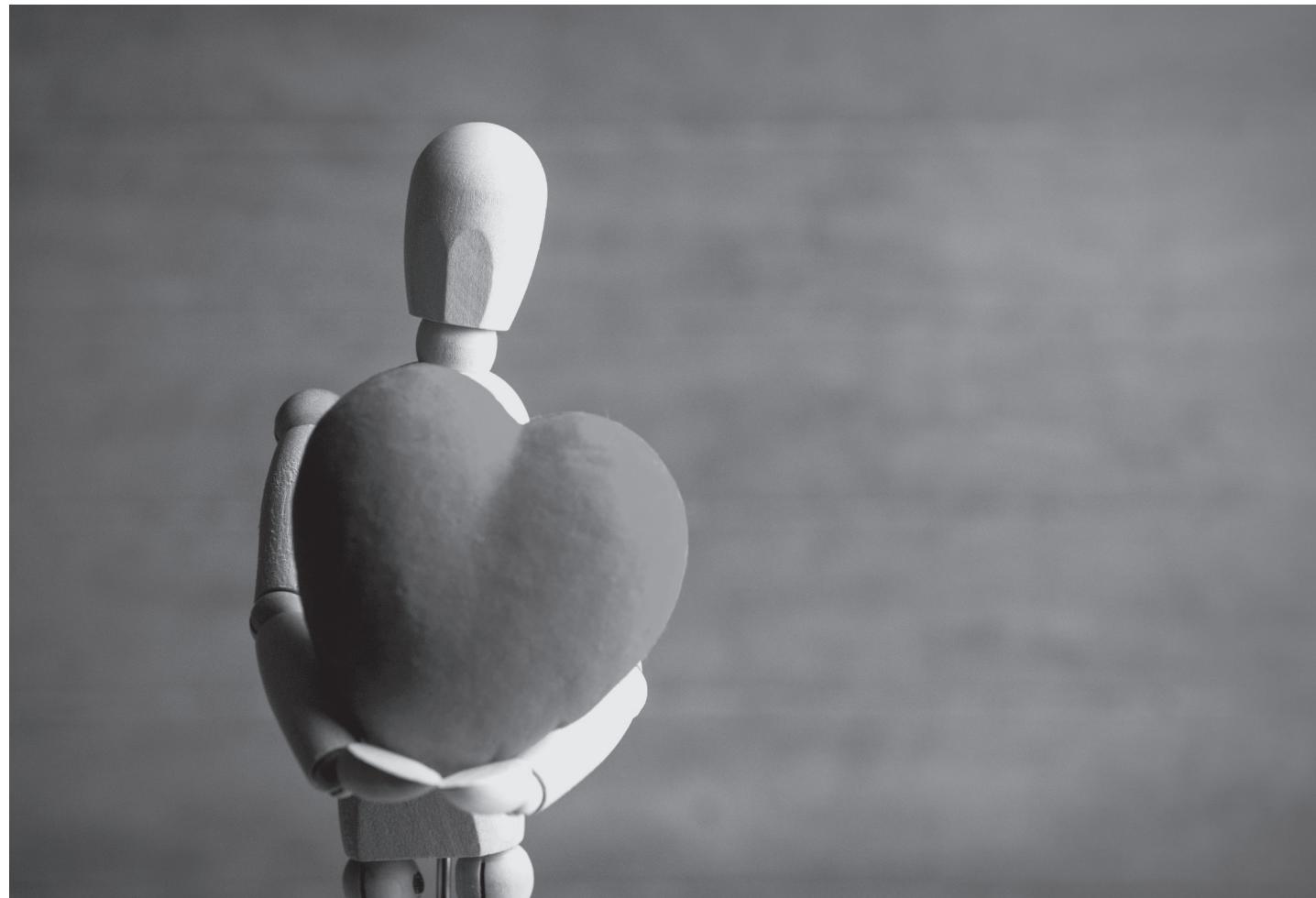
Does it not make sense that your deepest, most understanding relationships are those with the ones whom we spend the most time? Our families, our friends, even our co-workers to some extent. These relationships generally provide us with the greatest sense of comfort, and yet, there is one significant relationship we often take for granted.

We should feel comfortable in our own skin, laying our insecurities to rest, breathing easy when in our own company. That sense of calmness in private should extend to our relationships in public. Understanding and accepting ourselves allows us greater control to receive the things we want from relationships. Compromise is still needed, but not to the detriment of your physical and emotional health.

Sometimes I think we forget the positive side of influence. Sometimes people get written off when the first sign of opposition or misalignment arise. Those moments of differing opinions between lovers does not need to be catastrophic. Rather, we should look at those moments as opportunities to learn about one another, or as opportunities to influence a change of perspective that prior to that moment had never been considered in one another.

The theme here is openness. Open to opinions contrary to your own, but confident in your self-love to recognize that consideration of foreign ideas does not mean that you are abandoning your beliefs or ideals.

Understand that perfection is not the goal. No individual is perfect, and thus should re-



CREDIT: MASSONSTOCK

Healthy relationships start from within.

alistically not expect the same from a partner. That being said, the ability and ease in which individuals in a relationship can communicate with one another is one of the best ways to identify where on the spectrum of self-love you may be.

If you find yourself in positions where you’re afraid to voice yourself, tell the truth, or disagree with a loved one for fear of proven negative responses, then it is probably a good sign that some work needs to be done.

In truly committed relationships, couples are able to speak to one another about things,

confident that even if what you say is contradictory to that of your partner, that what follows is not an experience which leaves you feeling worth less than you did before the conversation began. Compromise comes from love, but can also be born out of fear, so be aware. A healthy relationship is one that doesn’t invite judgment, but advocates understanding.

There is power in detachment and independence. When we are in love we love to be with the one we’re with. But moderation is key. What is meant here is that things, ac-

tivities, hobbies, should still exist that each of you can do independently of one another.

Not to say those experiences can never be shared, but everything that is yours need not be your partner’s too. You like to dance, they like to play sports. Split the time. On occasion, join your partner at their desired hobby, but understand and release the reigns to allow your partner to enjoy something they enjoyed before meeting you, without you. Absence makes the heart grow fonder, as well as cultivates the foundation upon which your relationship grows.

Chandrayaan-2: A risk worth taking

Lubna Shaikh

INTERROBANG

Many had their hopes high for India to make its mission to the moon, Chandrayaan-2, a success. However, on Sept. 7 the mission ended in failure just 2.1 kilometers from the surface of the moon.

India aimed to be the fourth country to land on the lunar surface after the U.S., Russia and China. Chandrayaan-2, which means ‘mooncraft’ in Sanskrit, is India’s second lunar exploration mission developed by the Indian Space Research Organization (ISRO) after Chandrayaan-1, which launched on Oct. 22, 2008. The Chandrayaan-2 consists of a lunar orbiter, the Vikram lander, and the Pragyan lunar rover, all of which were developed in India.

This mission has been described by the ISRO as one of the most complex ever undertaken. The rover was planned to land where no country has ever gone before: the moon’s south polar region. The primary objectives of Chandrayaan-2, as described by ISRO, were to demonstrate the ability to soft-land on the lunar surface and operate a robotic rover on the surface. Chandrayaan was to carry out research, looking for the presence of water, mapping of moon’s surface and clicking high-resolution images. According to New

Delhi Television Limited, another differentiating factor is that Chandrayaan-2 mission’s budget is less than one-twentieth of NASA’s.

The craft was launched from the Satish Dhawan Space Centre in Andhra Pradesh on July 22. It reached the moon’s orbit on Aug. 20 and began orbital positioning manoeuvres for the landing of the Vikram Lander. Vikram and the rover were scheduled to land on the near side of the moon, in the south polar region on Sept. 7 and conduct scientific experiments for one lunar day, which is equivalent to two Earth weeks.

However, the mission appeared to end in failure. The initial parts of the descent went smoothly. But less than two miles above the surface, the trajectory diverged from the planned path. The mission control room fell silent as communications from the Lander were lost. The orbiter still remains in operation though, making the mission only a partial failure.

This was the third attempted spacecraft landing on the moon this year. In January, China landed the first probe ever on the far side of the moon. The lander and accompanying rover have been operating since then. Israel Aerospace Industries, a non-profit organization, sent a small robotic spacecraft named Beresheet, but its landing attempt in April went awry in a manner similar to Chandrayaan-2.



CREDIT: IMAGE TWEETED BY THE INDIAN SPACE RESEARCH ORGANIZATION (ISRO)

Chandrayaan-2 began its journey to the moon on July 22 from Andhra Pradesh in India.

While India may not have stuck the landing on its first try, its attempt highlighted how its engineering prowess and decades of space development have combined with its global ambitions. It was a proud moment for Indians all over the world, not only because India has made great advancements in space in recent times but also because this

mission was led by two women. The setback for Chandrayaan-2 teaches us the importance of experimentation: that all progress is a result of risky endeavours, which could have failed.

The next mission that India has planned is called Gaganyaan where it is preparing to send a human into orbit by 2022.

Inconvenient religious symbols



Michael Veenema
RELIGION

By now you have probably heard that Quebec has a new law that bans public servants in positions of authority from wearing religious symbols. The most obvious domain in which this is making a difference is the world of public education. This week there are reports about teachers being turned away from jobs because they insist on wearing their religious items of clothing.

"Remove your hijab or find another career." The same message applies to wearers of the Jewish kippa, the Sufi turban, and other faith symbols. Consequently, some are choosing not to teach, and Quebec school boards are struggling to find enough educators.

Then there is the Catholic crucifix, a representation of Christ's death. Ironically, there is a large one hanging in the Quebec legislature. It may become a target.

I have not discovered any complaints about the wearing of smaller crucifixes or crosses. However, they are obviously religious. It stands to reason that they will be banned as the law becomes more widely applied. That is because, according to the law,

"A religious symbol, within the meaning of this section, is any object, including clothing, a symbol, jewellery, an adornment, an accessory or headwear that is worn in connection with a religious conviction or belief; or is reasonably considered as referring to a religious affiliation." (Bill 21 of the Coalition Avenir Quebec government.)

The rationale for preventing religious symbols from being worn by public servants in positions of authority is that the Quebec government is secular. That means that its representatives and employees must stay clear of giving the impression that it favours one religion or other.

But why should religious persons be so adamant about showing their faith by means of what they wear? This may come a surprise



CREDIT: ZANSKAR

Should public servants be banned from wearing religious symbols?

to uninformed secularists, but any religion worth its salt claims that it is of the greatest importance for everyone, not just for its current adherents. Indeed, if it did not make such a claim it would have no adherents. The wearing of a religious symbol is an invitation to others to consider that religion.

Preventing the free stating of one's faith by means of wearing symbols of that faith, then, has the effect of offending the person of that faith because it implies that the person is deluded in thinking that anyone else should be, or would want to be, interested in that faith. That person does not agree that wearing such a symbol is a matter of mere individual preference. That person believes, in fact, that the world cannot be explained at all without reference to that faith.

What can be made of what is happening in Quebec then?

During the '60s, Quebec leaders created a cultural shift. The Catholic Church was quietly but forcefully ejected from its position of authority. The shift is known, actually, as The Quiet Revolution. Quebec chose a path of political secularism.

Today, because of immigration, other religions have appeared in Quebec. Many of its adherents have no interest in keeping their faith to themselves or ceasing to reveal it when they are working as public servants.

Consequently, the success of secularism appears threatened. This time the threat does not come from the Catholic Church. It comes from the faiths introduced largely by immigrants to Quebec.

Added to this unease about the possible erosion of the progress of secularism is the discomfort over certain expressions of the new (to Quebecers) faiths. These include Sharia law and the wearing of clothing that hides the face or the entire body. All the more reason to strengthen the secularization of the province.

It seems to me that another approach is needed. Requiring someone to stop wearing symbols that are deeply important to them is not wise. It creates resentment. It could motivate religious people to form their own institutions. Specifically, it could spark the creation of more Muslim, Christian, Jewish, Sikh, and other schools.

I'm not saying at all that the creation of such schools would be necessarily bad. But what I would say that an increase in the number of such schools would undermine the program of secularization which Quebec's leaders apparently cherish.

My own understanding is that we should expect to live in a world where religious symbols are found everywhere. Religions are not about to disappear anytime soon. They ap-

pear to be increasing. A casual drive through Toronto, for example, reveals the proliferation of new churches from the global south and east. Mexican workers near where I live have their own van to get them to work and back. On it in big letters: *Jesus Saves*. God is always going to attract at least as much interest as, say, the Conservative or Liberal Parties of Quebec.

The wearing of religious symbols should be left up the wearer. It may be challenging for a Muslim father to notice that his daughter is being taught by a teacher wearing a cross pendant. It may be require a serious discussion between a Christian mother and her son to deal with the fact that his math teacher wears a hijab. A secularist might not particularly appreciate that his son has a high school soccer coach who wears a turban and likes to talk about his faith. The world is full of inconveniences. Many of them are opportunities.

There is a Jewish law that says we must love our neighbour as our own selves. Jesus, in rebooting Judaism, stated that it was one of the two greatest of the laws of God. It seems to me that allowing the neighbour to wear items that are important to him or her is simply to treat them as they want to be treated. That's the starting point. The rest we can sort out.

Ford's cuts to education put vulnerable students in danger

James Casey
THE FULCRUM

OTTAWA (CUP) — Growing up in a single-parent household opened me up to some of the hardships I would have to endure later in life. But I didn't fully realize just how independent I would have to be in university until my mother sat me down and told me she wouldn't be able to financially support me at all.

I started preparing early. Before my first year of university, I took a victory lap and worked full-time in a factory to save up the money to pay for school. As a university student, I've always had to work full-time to be able to afford my education, but I still had to take time off from school last year to make enough money to get by.

With the cost of education and housing going up every year, it's becoming more inconvenient and unaffordable for students, especially in Ontario, to go to university. When

the previous provincial government made it more affordable for low-income students to pursue post-secondary education, it was a game-changer. It didn't relieve a lot of the hardships for young people like myself, but it made the burden of affording an education easier to shoulder.

When the current provincial government made the announcement that they would eliminate subsidized tuition for low-income students, I knew immediately I would be affected. Like many students this year, I looked at my Ontario Student Assistance Program (OSAP) estimator and saw thousands of dollars less in grants. These changes to OSAP have forced me to take the entire year off school due to a lack of funding.

To say I feel frustrated and stressed about these cuts to OSAP is an understatement. As a student with anxiety and depression, the pain this policy has caused me is incomprehensible. Ford's cuts to OSAP don't only affect students already enrolled in school, but also students trying to get back into school and others

wanting to go to university in the first place.

Students and young people should not have to worry about whether they will be able to go to school because of the family they were born into. We should be worried about doing well in class, not any of the problems the Ford government is causing young people in this province. These cuts are dangerous for so many vulnerable people.

For a government that says it wants to tackle provincial debt, it seems student debt doesn't count. In a province as wealthy as Ontario, we should not be working multiple jobs and still face an inaccessible post-secondary education system.

Coming from a working-class family has helped me cope with the stigma of being a low-income student. I am proud of my background. For many students and young people in my position, it is hard to speak openly about finances and economic status. But with the courage of so many voices across our province being publicly brought forward, we can make a difference.



CREDIT: THE FULCRUM
James Casey is a third-year political science and economics student at the University of Ottawa.



HAVE AN OPINION? SUBMIT YOUR STORY!
Letters to the Editor: fsulettters@fanshawec.ca

SEX POSITIONS ...FOR EVERY... KIND OF MOOD

Cynthia Kaczala | Interrobang

Basic Positions:

The good old basics, where you can have fun without fear of messing up in some way:

HOT SEAT

Good old chair sex, meaning having sex while sitting on a chair – not with the chair. The one doing the penetration will sit on a chair or the edge of a surface, while their partner sits on their lap. The sitter enters and then lets the thrusting commence.

MISSIONARY

In essentially the most common position, the receiving person lies down while the giver is between their legs and enters. The position allows intimacy to blossom with face-to-face contact that some couples might desire.

DOGGIE STYLE

It's time to go to the doghouse with this oldie but goodie. The bottom gets on their hands and knees like a dog and the top enters them from behind. It allows deeper penetration for the receiver's pleasure and an erotic view for the giver seeing themselves enter the other.

Adventurous Positions:

Want to try something new and spice things up? Here are some unusual positions that you can try out with your partner:

SNOW ANGEL

A bit of a challenge – one partner straddles the other while they lie down so they have a nice view of the butt. The lying down partner then wraps their legs around the top's back to elevate their own pelvis so the top can enter. Then with a firm grip on the butt the sitter can help the other slide up and down, while maybe adding a little booty massage to the mix.

CAUGHT IN THE WEB

Literally caught in a web, this position involves you or your partner being carefully tied into a 10-by-10 ft. web using bondage rope purchased in a sex shop. The person in the web can be positioned in multiple sexually available ways. Not only is it

sexually appealing, it's also artistically appealing too. When performing bondage, make sure you and your partner are clear on your rules and safety words.

TUG OF LOVE

This one requires a flexible phallus, since it will be bent a little backwards. First the person doing the entering will lie down and then the one receiving will sit down on top of them and let the other enter. Then they start to slowly lean back to eventually be lying on the bed with their head by the other's feet. After that the bottom will grab the other's hands or arms and pull them towards themselves to gain stimulation with the other helping move.

LGBTQ Positions:

While many positions on this list could be performed with partners of any gender, here are some suggestions that can be especially enjoyed within LGBTQ+ relationships.

69

Position 69 allows both you and your partner to enjoy themselves to the fullest, no matter what your genders. Basically, one partner lies down on their back while the other straddles over them while facing their intimate parts and having theirs face the other's parts. From there you both give and receive oral pleasure. 69-ing allows for some variation, like switching who's on top and bottom or lying down sideways.

ELEVATED MISSIONARY

(with strap-on for lesbian couples)

Similar to the missionary position, with a bit of elevation included. The receiver lifts their legs up to place their ankles on top of their partner's shoulders. This allows deeper penetration and more stimulation, and allows for intimate eye contact.

FACE-TO-FACE

You and your partner sit facing each other with both legs stretched out. Once you get comfy the sky's the limit on what you can do. Try using your hands to stimulate the other, or give attention to non-genital areas, like nipples. You can even bring out some fun toys to penetrate each other with.



A LESSON ON FETISHES

WITH SEXOLOGIST CARLEN COSTA

Leandra Gumb | Interrobang

Carlen Costa, a registered clinical doctor of sexology, has granted Interrobang readers with some answers to the mysterious world of fetishes. Fetishes are a big taboo in everyday conversation, but that doesn't mean they're something to be feared. Dr. Costa has sprinkled little bits of knowledge and advice for us about fetishes and how to approach them.

Leandra Gumb: What is your official title?

Carlen Costa: Carlen Costa, clinical doctor of sexology or sexologist, and OCSWSSW (Ontario College of Social Workers and Social Service Workers) psychotherapist.

L.G: What are fetishes?

C.C: Fetishes, in the simplest sense, are various expressions of sexual interests. It covers a broad range of sexual and gender identity, and expression in its purest form.

L.G: What are the different types of fetishes?

C.C: It's about worshipping or seeking gratification from a sexual expression that is considered abnormal. But the interesting part about sexuality though is, what is normal? Who defines that? When we're looking at and thinking of the idea of different categories of fetishes or what is a fetish, it's about looking at what is your baseline for normal. You can categorize fetishism into the eroticism of objects, or inanimate objects, items of clothing, or parts of the body. It's kind of how you can break it down.

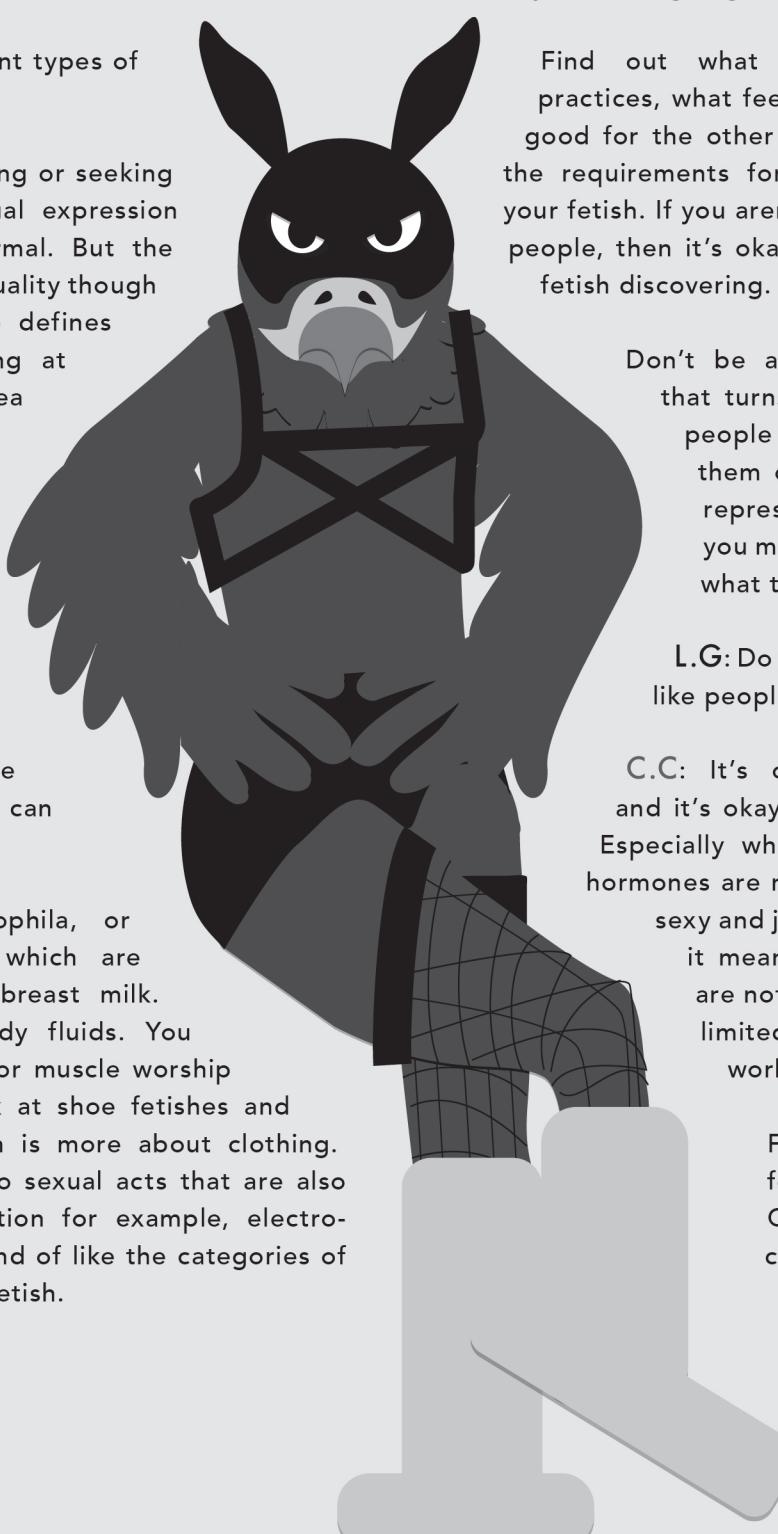
You can look at scatophilia, or urophilia, or lactophilia which are about poop, urine and breast milk. Those are all about body fluids. You can look at hair fetishes or muscle worship as fetishes. You can look at shoe fetishes and underwear fetishes which is more about clothing. Then you can also go into sexual acts that are also fetishes. Like erotic fixation for example, electro-stimulation as well. It's kind of like the categories of life are the categories of fetish.

L.G: What do you think is the cause of the stigma around fetishes?

C.C: The stigma around fetish is that it's seen as abnormal. People don't like what they can't understand. So when there is baseline of normalcy, anything outside of that makes people feel really uncomfortable. Whether that's the theory of a movement, whether it's sexual fetish, or different relationship styles, if it doesn't fit into the heteronormative vanilla sex, people generally think that it's weird. But it's not.

L.G: Do you have any advice for people who are interested in trying out or exploring fetishes?

C.C: If you're looking at exploring your own personal fetishes or to see if you have interests in a different type of fetish or sexual expression it's all about doing your research and learning how to practise safely. Then it's about executing slowly. If you're into foot fetishes for example, you want to make sure that you're not going to hurt anybody.



Find out what are proper worshipping practices, what feels good for you, what feels good for the other person. Consent is one of the requirements for jumping into discovering your fetish. If you aren't hurting yourself or other people, then it's okay. Consent is a big part of fetish discovering.

Don't be afraid if that is something that turns you on because so many people become afraid of what turns them on and then they go into a repressive mindset. It can hurt you more than seeking to discover what that attraction is about.

L.G: Do you have anything else you'd like people to know about fetishes?

C.C: It's okay to discover yourself and it's okay to discover your pleasure. Especially when you're young and your hormones are raging and everything looks sexy and juicy, don't be afraid of what it means about who you are. You are not defined by that. Don't feel limited to the definitions that the world puts on you.

For more information on fetish culture, contact Carlen Costa at her website carlencosta.com.

LONDON'S TRANS HEALTHCARE RESOURCES & LGBTQ2+ SUPPORT

Haydn Rooth | Interrobang

Trans healthcare resources still have a long way to go, but London is doing a great job of providing resources for those who need it. The main issue regarding trans healthcare in London is availability, long waitlists and lack of specialized doctors. According to the London InterCommunity Health Centre (LIHC) website, intake appointments for trans health services are being booked up to 150 days in advance.

These appointments are not simple check-ups. They are vital meetings for trans individuals to begin or continue the treatments they need. A lot of the time these appointments will lead to an individual finding a specialized doctor or surgeon as well.

There are way more mental health care resources than medical; in fact, only the LIHC offers in-house trans health care. The lack of medical resources is truly crushing, but the support groups are here to help in any way that they can.

LONDON INTERCOMMUNITY HEALTH CENTRE

lihc.on.ca

The LIHC provides health and social services to those who experience barriers to care in life. A large margin of those people are the trans community in London. The LIHC offers mental health services to those experiencing gender dysphoria and other concerns. The LIHC also offers hormone therapy, hormone therapy monitoring and hormone therapy health concerns. Another great aspect of this health centre is that they will connect people with outside support groups.

The following list will overview the mental health support groups as well as general support groups that London has to offer the LGBTQ2+ community:

TRANS LONDON

A social and networking group that meets on the first Monday of the month at Coffee Culture Café on 260 Dundas St. Comprised of friends, family, and those in need, Trans*London is a wonderful resource to begin with. Search TRANS* London (Ontario, Canada) on Facebook to find their group page.

SPECTRUM FANSHAWE

spectrumfanshawe@gmail.com

A social advocacy group for LGBTQ2+ Fanshawe students with the intent of creating a safe and positivespace. This space is for LGBTQ and two-spirited individuals to meet and solicit change within Fanshawe's walls. Spectrum provides referrals for students as well resources for those in need. Spectrum is open to alumni as well as allies as well. Search Spectrum Fanshawe on Facebook to learn more.

RAINBOW HEALTH NETWORK (RHN)

rainbowhealthnetwork.wordpress.com

An online support group of experts and community veterans across Ontario committed to anti-racism, anti-oppression values through community-based, equity-based social work. The RHN facilitates the health and wellness of those under the LGBTQ2+ umbrella.

RAINBOW HEALTH ONTARIO RAINBOW

healthontario.ca

A truly amazing organization dedicated to the betterment of LGBTQ2+ health. Not only providing support for communities, RHO creates services to help individuals. A pioneer of trans health care, RHO is dedicated to training medical professionals in trans health care practices.

COMING OUT OVER COFFEE

familyservicethamesvalley.com/events/
coming-out-over-coffee

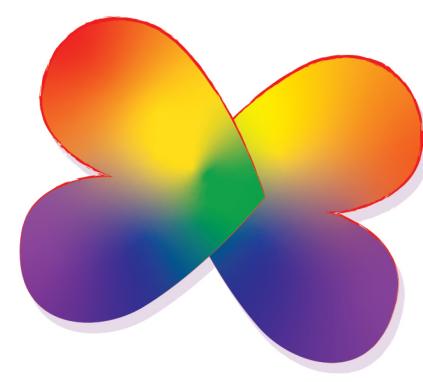
A very casual open discussion for LGBTQ2+ individuals over the age of 19 to discuss everything about being a member of the community. This is a great place for those who are just starting out on their journey to those who are proudly out and about. Coming Out Over Coffee is facilitated by Family Service Thames Valley, and held every second and fourth Tuesday of the month.

PFLAG CANADA LONDON CHAPTER

pflaglondon.ca

This organization offers support and education to parents, families, friends, and colleagues who are struggling with another's identity/ orientation.

Take time for your mental health and check-in to one of these resources; all of them are free.



Sex Toys are for **EVERYONE**

Haydn Rooth | Interrobang

Sex toys are for everyone! With the sex-positivity movement gaining speed many people are curious and are looking into everything sex has to offer. A catalyst of the sex-positivity movement is the advent of social media which has been used as a platform to be outspoken over sexual topics and issues. A great result of this is the ever-growing popularity and normalization of sex toys, which can go far beyond the standard dildo and vibrator.

Due to a lack of health regulations amongst sex toy manufacturers, many toys on the market are unsafe. The main tip for anyone looking into sex toys is to ensure that the toy is made of body-safe materials. If the product or retailer does not explicitly say that the product is body-safe, it probably is not. Only buy from trusted retailers as many unsafe toys on the market are causing harm to people by using toxic chemicals in the manufacturing process. Novelty toys are also sold alongside the serious sex toys causing confusion and further injury. Be careful, do your research, and enjoy yourself with some of these amazing toys.

Safety and Anal-Training

Before discussing the joys of anal-play, safety must be addressed. Anal-play can be very dangerous when not practised safely and without proper precautions. Never use a toy that you do not feel comfortable trying. Patience and training are keywords in anal-play, and using an anal-training kit is a great way to test the waters.

These toys are typically only four to six inches in length and are designed for beginners to practise penetration. Lube is incredibly important in anal-play as the human body will not naturally lubricate the anal canal. To ensure cleanliness in anal-play, an anal douche/enema is recommended or even a bowel movement beforehand may suffice. With that said, here are some amazing anal-toys to hit that g-spot.

Anal-Training Kit

Described above, the anal-training kits are for those ready to try anal-play or for those ready to move on to larger sizes. Anal-training is necessary for moving onto larger toys as jumping to larger sizes is very dangerous and may lead to serious complications. Training aside, these kits are great if you are looking for simple probes to try out anal-play.

Probes

These are designed for reaching and stimulating the prostate but also for getting those hard-to-reach yet very sensitive areas of the anal canal. Simple but effective, these toys come in many different materials and will differ in functionality. Probes will come in any size imaginable to fit anyone's needs. A great place to begin experimenting with toys.

Prostate and Anal Massagers

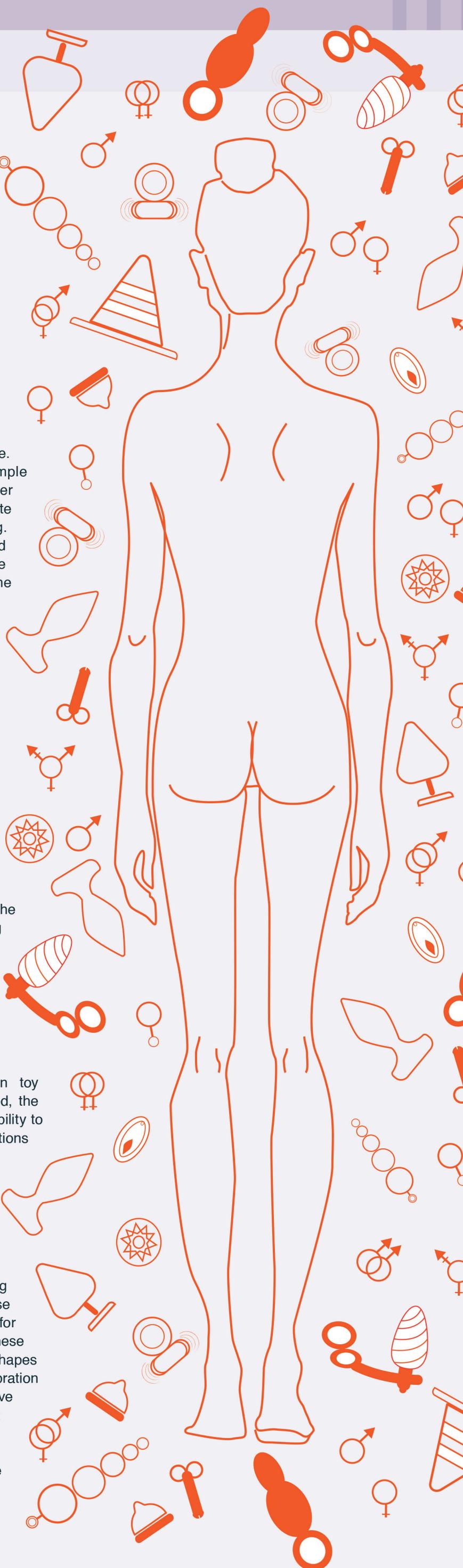
These come in many forms but are typically designed as penis-shaped rubber massagers that reach and stimulate the prostate. A more advanced example of the prostate massager is the two-in-one prostate massager and cock-ring. These toys are inserted into the anal cavity while the ring is fixed onto the shaft of the penis. Once in place, the vibrator is switched on enabling an intense level of stimulation which will ensure stronger orgasms.

Butt Plugs

Designed to fit the needs of everyone regardless of orientation or gender, the butt plug is a staple in many bedrooms. Stimulating prostates on men and pushing against the backwall of the vagina for women, this plug can create pleasurable pressure in anyone.

Cock Rings

Although not an insertion toy like the previous ones listed, the cock ring is known for its ability to enhance the same sensations given from those toys. This one is for couples or for solo-use. The c-ring fits around the shaft of a penis and will restrict its blood flow. The result of the blood restriction is a harder, longer-lasting erection which can increase the intensity of the orgasm for both parties involved. These come in many sizes and shapes but silicone rings with vibration settings often shine above the others. One-sized cock rings often fit around the base of the testicles and are targeted toward the more experienced users.



TOP FIVE SUGGESTED LUBE AND CONDOMS AVAILABLE IN CANADA

Cynthia Kaczala | Interrobang

Having trouble deciding what to use when having a sexual moment? Here's a list of some lubes and condoms that you can potentially try out.

TOP FIVE LUBES

1 Sliquid Sassy

A water-based lube that's thick and cushiony making a great 'booty formula' for extra padding during anal penetration. It washes off easily and doesn't make you feel gross and sticky during your under-the-sheets activities. It's paraben and glycerin-free to avoid causing vaginal yeast infections and made to be hypoallergenic for people with sensitive skin. Available at Spot of Delight on 426 Richmond St.

2 Uberlube Luxury

This silicone-based lube can last you quite a while and is made of only two ingredients, silicone and vitamin E, lowering the chance of causing any irritation down below. The stylish glass bottle makes it not only appealing to look at, but also easy to hide in the open as a bottle of cologne or perfume sitting on your nightstand.

Available at the Stag Shop.

3 Sliquid silver

A silicone-based lube that its slickness is known to last longer than its water-based counterparts from this brand. It doesn't leave behind a sticky mess and can only be removed with soap, which makes it a great choice if you want to have a fun time in the shower.

Available at Spot of Delight.

4 AstroGlide Liquid

The Budweiser of lubes, this product can be easily accessible for a cheap price at your local drug store. One bottle of this stuff will last you a long time and it has a pleasant smell, is tasteless and easy to clean up after you're done with it. Available at the Love Shop and Shoppers Drug Mart.

5 YES Water-based

This is an odorless lube that emulates a woman's natural lube perfectly. Since it's made of all-natural ingredients it doesn't

cause yeast infections and any irritation. It's one of the few lubes that doesn't stain the sheets either and doesn't leave any residue behind.

Available on lilou-organics.com.

TOP FIVE CONDOMS

1 Okamoto Crown Skinless Skin

Number one on multiple review sites and called the official 'porn' condom, this condom is well known for being so thin that it is almost unnoticeable on camera. It's not only super thin it's also known to be super strong making burst-proof too. High quality latex used to make the condom makes 'it not leave a nasty latex smell, and it's tasteless too. Available at Spot of Delight topcondomscanada.com.

2 Skyn Original

Another strong thin condom that's soft and flexible so it can contort to multiple shapes. Made from anion-latex polyisoprene material, allowing people with latex allergies to use them. The material also transfers heat well, so sex feels natural condom-free and it's vegan friendly too. Available at Spot of Delight, Walmart and Shoppers Drug Mart.

3 Durex Performax

These condoms have a heat-activated lube in them that helps prolong pleasure in a natural way so you can last longer without the help of drugs like Viagra. They are ribbed and dotted to maximize stimulation and experience and fit snugly, are super flexible and tested to be reliable enough to not break during extended intercourse.

Available at the Stag Shop, Walmart and Shoppers Drug Mart.

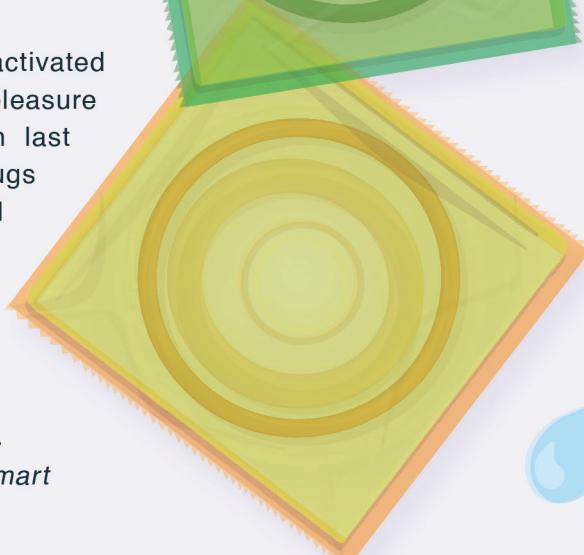
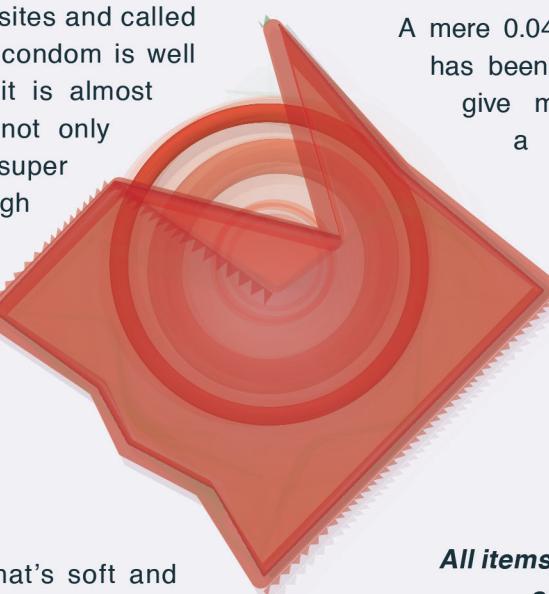
4 Trojan Pleasure Pack

Not sure what's right for you and your partner? Try this variety pack that comes with a mix of Trojan's top condoms types, such as Double Ecstasy and Ultra Thin. You get a mixture of texture, thinness, lube, shape and size for a great price that allows your partner and you try a bunch of new things in the bedroom. Available at Walmart and Shoppers Drug Mart.

5 Kimono MicroThin

A mere 0.049mm thin, this condom has been tested to be safe and give maximum sensation for a natural, condom-free experience. They are pre-lubricated, and the straight side shape makes them easier to put on too. Available at Spot of Delight and the Stag Shop.

All items are available for order on Amazon.ca.



HERE FOR YOU

You've got questions?
We've got answers.

- “I need help with exams.”**
- “I think I need to talk to someone.”**
- “What do I do next year?”**
- “What’s a good study break idea?”**



STIs

What are they? What you should know?

Leandra Gumb | Interrobang

A sexually transmitted infection (STI) is very a contagious viral or bacterial infection passed through sexual contact. Some require more intensive treatment than others, but all have the potential to cause major health issues that you may not be able to come back from.

Chlamydia

A bacterial infection that is spread through oral, vaginal or anal sex. Common symptoms are an intense burning sensation while urinating and pain during intercourse. The infection does not usually cause any symptoms for months after contracting, or even after that. Chlamydia is a relatively low-risk STI but can cause problems if left untreated for too long. Women can develop pelvic inflammatory disease (PID) which causes damage to the reproductive system. It is curable, and it can be treated effectively with antibiotics.

Gonorrhea

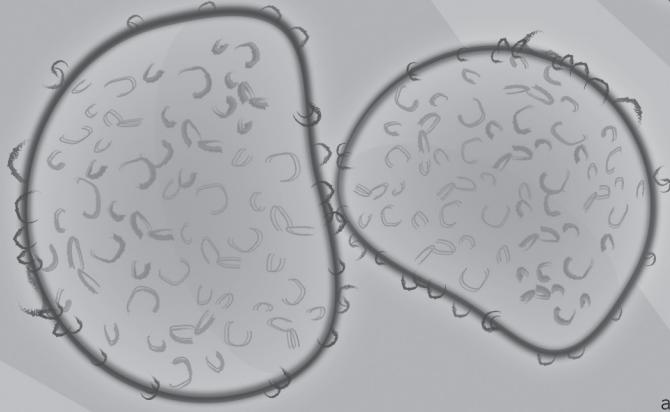
Gonorrhea is another bacterial infection that is most common in young adults, spread through oral, vaginal or anal sex. Symptoms don't always happen when contracted, but it's best to not leave it untreated as it can cause issues in the prostate and testicles in men, and issues with pregnancy and infertility in women. Like chlamydia, it can cause PID in women if left untreated for too long. Gonorrhea is curable and treated with antibiotics but it's becoming difficult as drug-resistant strains of the infection are increasing.

Syphilis

The bacteria of the syphilis infection causes small sores that appear and disappear repeatedly. These sores can progress into a non-itchy rash that are often on the hands and feet. Because these symptoms come and go, many people can go up to years without realizing that they have contracted the infection. The sores make people more susceptible to contracting or transmitting HIV/AIDS during sex. In some cases, infected pregnant women can lose their child. If caught early, the infection can be killed off easily with antibiotics.

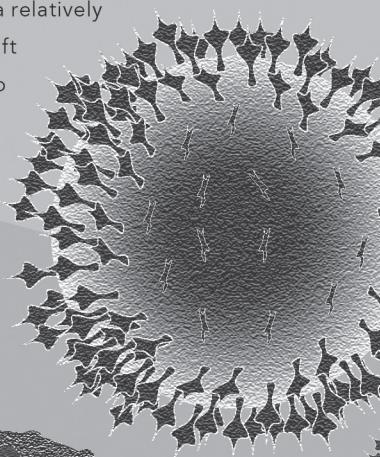
Human Papillomavirus (HPV)

There are two categories of this viral infection. Low-risk HPV, which is likely to cause genital warts, and high-risk HPV that can cause various types of cancer. Some HPV infections are defeated by the body on its own and go away after a few years with no visible symptoms. Untreated high-risk HPV changes cell structures into cancerous cells. You are more likely to contract the infection if you have had many sexual partners or have had intercourse with someone who has many sexual partners. The infection is very common, and it is said that nearly all women and men will experience at least one form of HPV in their lives.



Herpes

Herpes is a viral infection that causes sores near the area where the infection has entered the body. The sores are blisters that burst, dry up, heal, and the process starts over. The most common areas are the genital or rectal area, buttocks and thighs. Symptoms become more severe in cases like babies who have contracted the disease through their infected parents, or people with weak immune systems. It is not curable, but medicine can help to contain the virus to minimize spreading it to others and prevent outbreaks.



Hepatitis

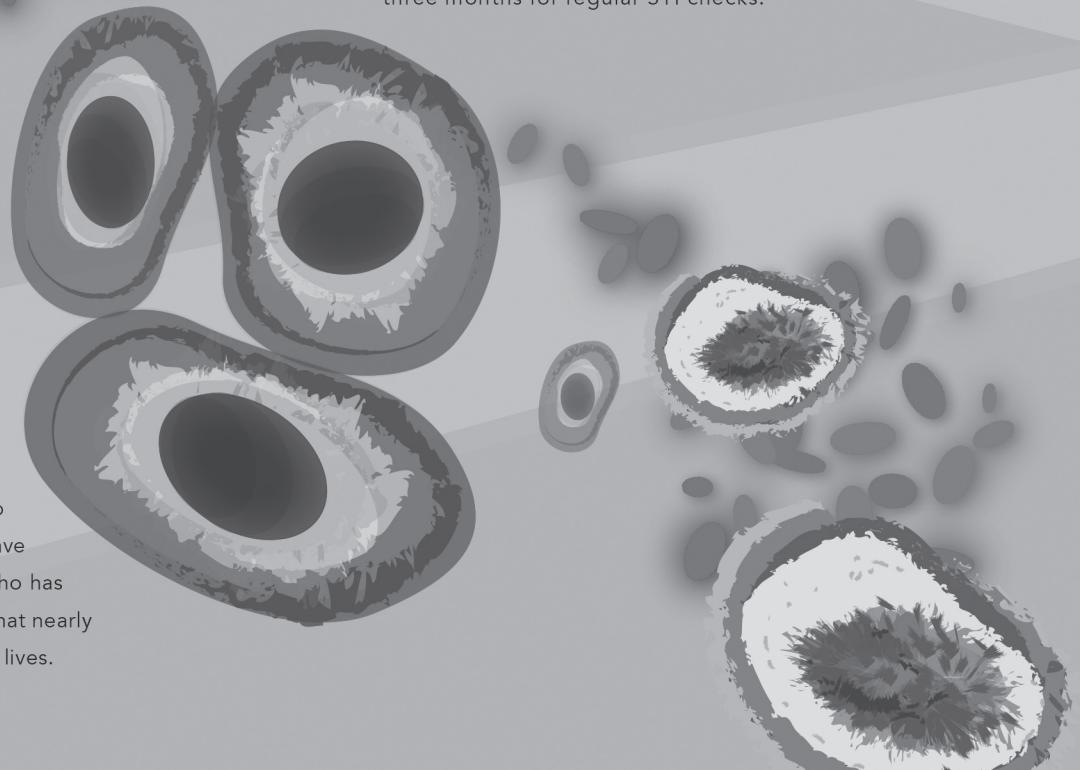
The hepatitis virus causes inflammation in the liver. There are different types of hepatitis but all of them are most commonly spread through blood (i.e., shared medical or drug needles). There are acute versions of hepatitis, which usually gets better on its own, and chronic hepatitis that lasts a lifetime. Chronic hepatitis can cause cirrhosis, liver failure or liver cancer. Vaccines help to prevent viral forms of the infection, but once it is contracted it is not curable.

HIV/AIDS

The HIV/AIDS virus attacks the body's immune system, killing off white blood cells that go after infections. Symptoms are severe in those who are ill from other sickness, such as the common flu. The infection prevents your body from recovering from any illness. The HIV/AIDS virus can be spread through blood and unprotected sex. There is no cure but there are treatments to relieve symptoms. It is still contagious even while being treated. HIV/AIDS is considered one of the most lethal STIs.

Prevention

The only way to prevent STIs completely is abstinence, but as an alternative you can take precautions. Condoms are a simple yet effective way of protecting yourself. Don't be scared to ask your partner about their sexual health, your safety relies on it. Lastly, be sure to visit the Middlesex-London Health Unit STI Clinic between partners and/or every three months for regular STI checks.



PROTECT YOURSELF!

WHAT YOU NEED TO KNOW ABOUT BIRTH CONTROL

Leandra Gumb | Interrobang

Learning about birth control methods is crucial for our generation, yet it can still a taboo topic. Do you know which birth control method is best for you? We've come a long way, but just in case you have questions here's a little help.

Abstinence 100% success rate

The meaning of abstinence varies for everyone. The general idea is that there is no participation in any sexual contact including but not limited to oral, vaginal or anal sex.

Some people choose to restrict skin to skin contact. Abstinence can be practised by males or females. The act of abstinence can last a lifetime, or you could just be taking a break from sexual activity. It is the only birth control method that eliminates your chances of contracting STI's (sexually transmitted infections) or pregnancy completely.

Oral Contraceptives

92%—99.7% success rate

The birth control pill prevents ovaries from releasing an egg during the menstrual cycle. There are many brands to choose from. Some people need to try multiple brands before finding what best suits their body. It is taken once a day at the same time for a few weeks, and then there is a small time frame where no pill is taken to begin a menstrual period.

A new packet of pills begins once your period is over. The pill protects against pregnancy but not STI's. It also comes with a large variety of symptoms that can be light to severe. Contact your family doctor to see if it's the best option for you and to receive a prescription.

Condoms 85%—98% success rate

The most readily available form of birth control. The most common type is the male condom, but there are female condoms too. They help protect against both STI's and pregnancy. Made from latex or polyurethane, condoms trap sperm so it cannot enter the vagina and fertilize an egg.

Condoms are very popular and come in different shapes, sizes, colours and flavours. You can find them for free in locations such as the Middlesex-London Health Unit. Unlike a schedule-based birth control, you only need it at the time of intercourse.

Intrauterine Device (IUD) / Intrauterine System (IUS) 99% success rate

An IUD is a copper t-shaped device that destroys the sperm that enters the uterus. An IUS is a flexible plastic device that slowly releases hormones that prevent sperm from fertilizing the egg. Both devices are inserted into the uterus through a low-risk procedure.

Some women want an IUD or IUS because often their period pauses while they have it inserted. The small device can be used for up to five years at a time. An IUD or IUS does not protect against STI's, only pregnancy. Your doctor will need to prescribe it to you.

NuvaRing 92%—99% success rate

A soft and flexible ring that is inserted into the vagina once a month. It releases two hormones, estrogen and progesterone, to prevent pregnancy. The ring stays inserted in the vagina for three weeks, then is removed for a week during the period and after a new one is inserted for another cycle.

The NuvaRing assists in regulating menstrual cycles and period pains. The ring does not protect against STI's and it needs to be prescribed by a doctor.

Depo-Provera

97%—99% success rate

A long-lasting birth control method that is injected into females. It can be injected in the arm or the buttocks, usually every 10 to 13 weeks. Depo-Provera releases the hormone progesterone to prevent a woman's ovaries from releasing an egg every month.

This birth control is known to reduce period symptoms, such as pain and period flow. The shot does not protect against STI's. The shot can be prescribed and given to you by your family doctor.

For more information on birth control methods and safe sex go to healthunit.com or visit the Middlesex-London Health Unit at 50 King St.

Red flags of Tinder: When to swipe left



Emma Fairgrieve | Interrobang

Tinder is one of the biggest dating apps on the market and there are countless stories of finding love or a good hook up. Swiping can be lots of fun, and the prospect of finding a significant other (or whatever you're looking for) can be exciting.

In a way, Tinder can be quite addictive. But while plenty of people have gotten lucky through the app, many others have had horror story experiences. It's hard to find someone who's looking for the same thing as you, someone who isn't a nut job or just a straight up catfish (a false online identity).

Here are a few red flags you should know to swipe left or to un-match:

All pictures are group photos-

Having one or two group photos are a great thing to include. That being said, if someone's profile is only photos of them with a group (especially if it's in a bar setting), this can be a red flag. For starters, it can be hard to identify who is the person you would be talking to. If you're looking for a relationship you may not like the idea of someone who's always at the bar with the boys (or girls).

Only one photo

Using only one photo is cardinal sin for some Tinder users. Nine times out of 10, the photo is usually not even of themselves – more often than not it's their pet, something sports related or just a silhouette. Even if it is a proper selfie, sometimes that's just not enough to go off of. A way to see if they are a catfish is to reverse image search using Google images or other free options online.

They don't smile in any of their pictures-

Smiling is underrated in dating profiles. A smile really changes how you see someone and there are even studies that smiling makes you seem more attractive. A profile lacking at least one photo of them smiling gives off vibes that you may not want to try and vibe with.

Little to no bio

On Tinder, photos and a bio is all that you can go off of before swiping left or right. A bio can say a lot about a person (literally and figuratively). Now a paragraph is definitely overkill but not even having a bio is just as bad if not worse. The perfect bio includes a touch of humour, hobbies, and explains their end goal with Tinder, along with other details.

People who want to meet right away or want you to meet them at their house

A red flag should go up the second you match with someone and before you even say "hi" they want to meet up. Even worse is if the meetup spot is at their house/apartment.

Online dating does come with its risks. If you were taught not to talk to strangers growing up, why would you show up alone at their house? Even if this person is eager to meet, it's a good idea to talk even if it's for a day or two. One of the perks of online dating is that you can get to know someone from the comfort of your own home without meeting awkwardly right away.

Bonus: If the conversation is dry you can avoid the whole awkward date to begin with.



YOUR LOCAL RELATIONSHIP & SEXUAL HEALTH RESOURCES



Cynthia Kaczala | Interrobang

Here are several resources on and off campus that can help you when you have sexual health or relationship troubles.

Sexual Violence Prevention Advisor (SVPA)

Fanshawe's SVPA, Leah Marshall, assists and supports students who have been subjected to sexual violence. Marshall can link students to available

pertaining to sexual and gender diversity. Their website provides a comprehensive list of places and groups you can go to when you need support, medical care or counselling for different sexual or mental health-related concerns. The list consists of options that are available both on campus and off campus.

Website: fanshawec.ca/student-life/student-services/positive-space-ally-program/positive-space-resources

Counselling and Accessibility Services

Fanshawe's counselling and accessibility services provides confidential counselling services, referrals and assistance with safety planning. They also offer various seminars, workshops and drop-in sessions aimed at enhancing mental health.

Phone: 519-452-4282
Location:

Fanshawe Main Campus, Room F2010

Email: counselling@fanshawec.ca
Website: fanshawec.ca/student-success/student-success/student-services/counselling-and-accessibility-services

Middlesex-London Health Unit (MLHU)

The MLHU has different clinics that are helpful resources, such as the STI and birth control clinics. It also has resources and information about support groups and therapy/counselling sessions.

Phone: 519-663-5317; to make appointments with the sexual health clinics contact The Clinic at 519-663-5446
Location: 50 King Street
Website: healthunit.com

Lesbian Gay Bi Trans Youth Line

This support line provides anonymous peer support for youths of the LGBT2Q+ community. It also provides resources and knowledge to help members make informed decisions for their futures.

Phone: 1-800-268-9688
Text: 647-694-4275
Website: youthline.ca

Forest City Queerios

An inclusive social group and safe space for queer folks in London. Forest City Queerios holds social events to help build and bring the queer community together.

Email: FCQueerios@gmail.com
Website: meetup.com/Forest-City-Queerios

options for help both on and off campus, as well as give referrals to acquire medical care, counselling and legal information.

Phone: 519-452-4465 or 1-844-666-SVPA
Email: lkmarshall@fanshawec.ca
Website: fanshawec.ca/student-life/student-services/sexual-violence-support-and-education

Campus Security

Available 24/7, you can contact campus security in cases of emergency or to file formal complaints. Any sexual violence reports will be reported to the regional police service.

Phone: 519-452-4430 x4242
Location: Fanshawe Main Campus, Room D1027

Positive Space Resources

Fanshawe's Positive Space Ally Program works to educate the campus on issues

Pride at Work Canada LGBTQ Women's Breakfasts

Meet with professional LGBTQ women in the community by participating in one of the breakfasts held during the third week of October, February and June.

Phone: 519-679-1880
Email: nbrew@deloitte.ca
Website: prideatwork.ca

Regional HIV/AIDS Connection

This organization is dedicated to improving the quality of life for individuals affected by HIV/AIDS and/or Hepatitis C (HCV) in any form.

Phone: 519-434-1601
Location: 186 King St., Suite 30
Website: hiv aidsconnection.ca

London Abused Women's Centre (LAWC)

LAWC provides free counselling, advocacy and support to any women and girls over the age of 12 who have been abused in any form.

Phone: 519-432-2204
Location: 797 York St., Unit 5
Website: lawc.on.ca

Anova

A merger between London's Women's Community House and Sexual Assault Centre London, Anova aims to give oppressed individuals a new start for their lives. Safe places, shelter, support, counselling, and resources are some of the services provided.

Phone: 519-642-3003
Location: 101 Wellington Rd.
Website: anovafuture.org

St. Joseph's Health Care Hospital

St. Joseph's has the Regional Sexual Assault and Domestic Violence Treatment Program that provides care for women, children and men who have experienced sexual assault and/or domestic violence.

Phone: 519-646-6100 ext. 64224; After hours: 519 646-6100, press "0" and ask switchboard to page the nurse-on-call for sexual assault and domestic violence
Location: 268 Grosvenor St., Room B0 644
Website: sjhc.london.on.ca/sexualassault

Canadian Mental Health Association (CMHA) Reach Out Service

The Reach Out Service is a bilingual 24/7 phone/webchat crisis and support line for immediate crisis assessment, intervention, stabilization, and links to community resources. Note: the CMHA is not a medical service place, there are no psychiatrists on site, and they don't change prescriptions.

Phone: 1-866-933-2023
Location: 648 Huron St
Website: cmhamiddlesex.ca/programs-services/reach-out

Everything you need to know about chest binding safety

Haydn Rooth
INTERROBANG

Chest binding is a very common way in which an individual may flatten/compress their breast tissue in order to create a more male-looking chest. Most commonly seen in female to male trans people, chest binding is a safe way to alleviate chest dysphoria when done properly. Cis women will even bind their chests for personal reasons.

Whatever the reason you may be binding your chest for, just keep in mind that your safety is the most important thing. This guide will go over general safety tips when binding your chest, where to buy binders and will highlight a local store that facilitates a binder exchange program.

The golden rule of chest binding is simply, if it hurts, take it off. Caution is extremely important when chest binding as many methods may lead to sweatiness, discomfort, pain and may even restrict breathing. The typical amount of time someone should be binding for is eight to 12 hours, maximum. The less time spent wearing the binder the better, so try not to wear it at home if possible. Never sleep in the binder as it is your body's time to rest.

Binding for too long can bring forth a whole host of issues, including but not limited to the breaking down of tissue in the breast area, leading to breathing problems, back pain and skin irritation. Another issue to address when dealing with binders is the binder itself.

A professional binder is, of course, the best and safest way to bind. Never use ACE Elastic Bandages, duct tape or any other do-it-yourself binding material. ACE bandages are especially bad



Spot of Delight, located at 426 Richmond St., has a program designed to help those individuals in need of chest binders.

CREDIT: HAYDN ROOTH

because as you breathe the tape constricts making each breath more difficult to take. These are extremely dangerous practices and should not be in use by anyone. When looking for a binder try a larger compression shirt and work down from there.

There are several different styles of chest binders available, but the most popular is the long-shirt style, looking almost like a plain white tank top. There is also the mid-length option of this style that reaches the top of your pants or somewhere just above the belly button. These styles are great

as they give the full compression without looking like a bra of any kind. The sports bra style is exactly as it sounds and is ideal for those with more active lifestyles. Lastly, the vest binder has Velcro straps (or a zipper) that make taking a binder on and off a lot easier.

Putting on a chest binder is half the challenge. Depending on your chest size you may find one method easier than the other. For people with smaller chests, it has been recommended to step into it almost like putting a long dress on. Pull it up your body and then push your arms through the holes. Position-

ing your chest is a big problem in the binding community as it is not talked about as much as it should be. For larger chests, it is recommended to gently push down and out when positioning the binder.

A lot of people who want or need chest binders do not have the means of acquiring one. Spot of Delight, located at 426 Richmond St., has a program designed to help those individuals in need of binders. Rachel from Spot of Delight, who preferred not to disclose her last name, spoke with Interrobang about the program and the store's mission to provide a "body-safe, discreet, and

inclusive" service to London.

"We have been able to rehome more than 25 binders, so that's 25 people that might not have been able to access safer chest-binding and that might have been using unsafe methods," she said when asked about the program's success.

Rachel said that the store accepts used and in-functional-condition binders, and when donated the individual will receive a \$10 voucher that can be used in-store.

Chest binding can be an empowering practice, if done right. Always make sure to reach out to experts for support before you begin.

Five reasons to visit an actual sex toy store

Emma Fairgrieve
INTERROBANG

It's no secret that sex toys are known for spicing up the bedroom. When you're looking to experiment and not sure where to look, many of us turn to online retailers. Although convenient, online shopping for these sort items can end up being a huge mistake.

From misinformation about sizing to unknowingly purchasing dangerous items, there are a lot of risks to online shopping for those sorts of products. While there are plenty of reputable and safe options for sex toy/kink online shopping, visiting a local adults-only store can still have way more to offer.

1. Education. Finding a local store that specializes in sex toys and kinks is your best option, especially if you are just starting out. Stores like Spot of Delight at 426 Richmond St. offer a variety of informative classes and guidance. Having staff in store that can answer any questions you have is a huge bonus especially for first time shoppers. Stores also offer cleaning supplies and can show you how to properly clean your toys to prevent issues in the future.

2. Safe materials. Online retailers can often be selling knock-offs of well-known products that are made with toxic materials. Dangerous sex toys and lube are easily found online for a fraction of the price. For example, jelly toys are often toxic even if used with condoms. Toxic toys can lead to numerous health issues including potentially cancer. There are also a number of products on the market that are labeled as non-toxic but still may not be body safe. For more information, ask local employees at an adult store about the safety of materials before purchasing.

3. What you see is what you get. A common meme we have probably all seen is comparing online versus real life purchases. Although fun at times, it's best to know 100 per cent what you are purchasing without any concerns about the product being accurate. This is especially true when it comes to items that will be used with your body or on a partner. When shopping in-store, you have the ability to look, touch, and ask specific questions about a product before purchasing.

4. Saves money. Although this may sound like a contradiction to what is often said about shopping in-store versus online, in the long



Visiting adult stores like Spot of Delight can be a safe, educational experience.

CREDIT: EMMA FAIRGRIEVE

run it does save money. In stores you can find reputable and popular brands products. Not only are these products often very safe but, they are also made with quality materials that will last you a long time when taken care of. Some lo-

cal stores, like Spot of Delight, offer student discounts on these high quality products as well.

5. Non-judgmental and confidential. A concern that many shoppers have is being uncomfortable or being judged, however this not an

issue for many reputable stores.

For more information Interrobang sat down with Jess (last name withheld for privacy), community development coordinator from Spot of Delight. Check out Interrobang's Facebook page to watch the video.

IT Chapter 2: Floating its way to the top

Joshua R. Waller
INTERROBANG

The highly anticipated sequel to the 2017 adaptation of Stephen King's iconic story, *IT*, has finally hit theatres. With a record-breaking start at the box office, *IT Chapter 2* has already begun to make waves in the horror movie industry. This two hour and 49-minute film is a rollercoaster ride full of fear, humour and love and is a must-see for any horror and/or Stephen King fan.

Twenty-seven years after their first encounter with Pennywise, The Losers' Club are all grown up. They've lived fruitful lives (just as Pennywise promised) until they each receive a devastating call, beckoning them back to their hometown. The Losers' Club must once again band together to kill IT once and for all.

While *IT Chapter 2* is an extremely long horror movie (which may be grueling for some viewers), you have to keep in mind that the novel is over 1,100 pages long, with a relatively complex plot (especially the ending). However, the movie doesn't waste a single minute and does an incredible job at not only capturing the full story of *IT*, but doing so in such a visually captivating way as well.

Along with staying true to the novel, *IT Chapter 2* was casted perfectly. In the first movie, The Losers' Club kids had such amazing chemistry and truly brought the story to life. The grown-up



CREDIT: WARNER BROS. PICTURES

Pennywise the clown has returned to haunt your dreams for the final time.

counterparts continued this chemistry in the second movie and did such a great job at portraying raw emotions like fear, love and courage. Jessica Chastain, James McAvoy and Bill Hader were especially phenomenal.

Once again, Bill Skarsgård's performance as Pennywise was impeccable. He was disturbing, whimsical and could make even the bravest soul squirm. Every time his character was on screen, you never knew what to suspect but his ability to captivate prevented you from looking away.

One of the main differences from the first film was the gore

and terror that was laced throughout *IT Chapter 2*. Director Andy Muschietti did not hold back on anything. Whether Pennywise was attacking a kid or an adult, you got to see all the gritty details (nothing was taken off screen). While it was pretty gory (with a lot of blood), the film didn't overdo it which made Pennywise's scenes that much more effective.

From a 1986 novel to campy 1990 TV miniseries to blockbuster horror film we have today, the journey of *IT* has come a long way indeed. Fans new and old won't be disappointed by this final, nightmarish send-off.

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HEALTH & FITNESS

Karen Nixon-Carroll

Healthy eating on campus and grocery shopping for one

Is it possible to get through college without gaining weight, feeling sluggish and coming down with a flu every other month? The solution is simple, but not easy if you have no idea what you are doing when it comes to healthy eating and exercise. Check out my article from last week online to help you get started with an exercise routine. This week we will focus on healthy eating.

Why should you eat healthy?

Your body needs healthy foods as 'fuel' to be able to physically exert yourself, think and communicate clearly, and for your body to use nutrients to fight disease and other illness/conditions. You can survive on unhealthy foods, but that is all you'll be doing, rather than working at your most efficient.

How do I eat healthy?

First, try eating when you are hungry, or if you don't experience physical hunger, eating small meals a few times a day at regular intervals (morning, midday and evening or every three to five hours about an hour after you wake and stop eating two to three hours before bed to allow for the best digestion).

Next, consume whole foods such as vegetables, fruits, whole grains, plant-based fats and oils, lean meat or protein-rich plants. Try your best not to consume processed (manufactured) foods (breads, cereals, pastas, baked goods, soda, sugary drinks, etc.), or as little as possible, and the healthiest you can find (i.e., whole grain bread, no sugar).

What are the main tips for healthy eating on campus/dining out?

- Healthy dining out is not always obvious or convenient so careful planning ahead is required
- Healthy dining out can be expensive so only buy what you need
- Healthy dining out can actually help with portion control because you can't go for seconds (as long as the first is not over-portioned)
- Choose vegetable and fruits at every meal/snack
- Keep portions to one handful or less for snacks and two handfuls for meals
- Choose more whole foods or a blend of whole foods over processed
- Skip the bread, white pasta, white rice, sugary condiments
- Choose water and herbal tea most often
- Read labels and ditch any-

thing with sugar or ending in '-ose' completely or in the top five ingredients or

- Eat healthy plant based fats and balance fats with fibre
- Include protein, fat and carb options at every meal and at least two at every snack

How do I plan and grocery shop just for myself?

Although it is tedious, when I used to shop for one, I wrote out my meals for about four to five days at a time (including what I would use for leftovers, typically for lunch or added to dinner the next day). Then I would only buy exactly what I needed.

I had some staple meals I liked but I always tried to mix up one or two things about them for variety, satiety and appeal. I still do basically the same when preparing for my family, but now we have the freezer and fridge space to make a few meals ahead (i.e., chili), freeze them, and bring them out on the days we are too busy.

It might take you a few times of having unused produce go to waste before you figure out the best way to meal plan. You can also come to the Student Wellness Centre and book nutrition coaching sessions if you are struggling or don't know where to start (fee required).

Some low-cost, healthy choices that are easy to prepare for one:

- Fruit: apples, oranges, frozen fruit, grapes, in-season fruit, etc.
- Vegetables: baby carrots, broccoli/cauliflower, cakes, peppers, romaine lettuce, radishes, snap peas, canned veggies, frozen veggies
- Hummus/Greek Yogurt Tzatziki, Guacamole (look for avocados on the dollar/reduced price cart)
- Canned: Veggies, beans, lentils, split peas (packed in water); make sure to rinse these off in a colander
- Rice or puffed cakes, Triscuits (or other no-sugar added cracker) with peanut or nut/seed butter
- Bulk store: raw/natural nuts & seeds, oats, dried fruit, hemp powder, ground flax, dried vegetable soup flakes

If you are looking for more information, check out our Healthy Eating on Campus seminar and our Healthy Grocery Shopping Seminar the week of Sept. 16 to 20. Register on studentwellness-centre.ca.

Consent 101 with Fanshawe's Sexual Violence Prevention Advisor



CREDIT: ANGELA MCINNES

Fanshawe's Sexual Violence Prevention Advisor Leah Marshall provides services to any students who have experienced sexual violence.

Emma Fairgrieve INTERROBANG

Consent is a very important conversation to be had with potential sexual partners. However, some may not understand why these conversations are needed, the consequences of not conversing, or even how to bring it up. Interrobang sat down with Leah Marshall, Fanshawe's Sexual Violence Prevention Advisor, to discuss consent and paint a clearer picture on how to have consensual sex and prevent sexual violence.

Interrobang (?!): What is consent?

Leah Marshall (LM): It's important for us to have conversations about consent because if we're comfortable enough to have sex we need to be comfortable enough to talk about it. It's how we understand what our partner wants to but also what they don't want to do. Consent is an ongoing conversation that happens between two people.

Some of the ways that we can show consent is actually asking our partner for what they want but also through some non-verbal cues. So consent is going to look different for every group that gets together to engage in sexual activity.

?!: How does someone start a conversation about consent?

LM: It starts out being important to know what you want for yourself and what you don't want for yourself and then having that conversation with your partner. Sometimes we're having those conversations ahead of time, other times we're having those conversations in the moment. I think what people can do is check in with their partners and ask 'is this OK' or 'do you want to do this?' We have to be just as OK with a 'yes' as we are with a 'no'.

?!: What does consent look like?

LM: Consent is going to look different for every interaction as well as for every person we are having an interaction with. In terms of starting that conversation, it's always important to check throughout the interaction and also read up

on people's cues. If you're wanting to err on the side of caution, have those conversations ahead of time. That can be done in a way that's a part of the sexual interaction.

Like, asking people what they like to do or what they like don't like to do. So, you can get a feel for that. But, it's important to know just because I say something ahead of time doesn't mean I can't change my mind in the moment.

?!: What are some misconceptions about consent?

LM: A common misconception is that just because I was OK with one act maybe when we had sex yesterday, doesn't necessarily mean that I'm OK with it today. Consent is an ongoing conversation. We need to be aware that people can change their minds and they have a right to change their minds. Just because you're in a partnership or because you made an agreement and spoken ahead of time, doesn't mean that someone giving consent cannot change.

It's important to understand that sexual violence is a spectrum. It isn't always a forceful violent act. It can actually take place in many different ways.

It's important to know that no matter how [sexual violence] takes place, the impact on the person is what we need to focus on. Because these types of violence can impact people greatly and it's important to acknowledge that there are supports for all forms of sexual violence. The way trauma affects people looks different for everyone.

?!: How can we prevent sexual violence?

LM: We can prevent sexual violence by respecting that people have a right to make decisions for their own bodies. Part of combating sexual violence is not just looking at one form of sexual violence, but looking at everything that falls under that umbrella and seeing that as a community. The only way to change that and support one another but also, to acknowledge that when survivors say that they have experienced sexual violence, to believe them.

On main campus, Leah Marshall provides services to any students who have experienced sexual violence during their time at Fanshawe or prior to. This service is offered for all forms of sexual violence in a confidential environment. For help or more information, contact Marshall through email lkmmarshall@fanshawec.ca or set an appointment

with Counselling & Accessibility at 519-452-4282.

Anova offers a 24/7 crisis & support line where complete confidentiality is kept and callers can remain anonymous apart from providing a first name. For more information, go to anovafuture.org. Their 24/7 line is 519-642-3000.

The Regional sexual assault and

domestic violence treatment centre program at St. Joseph's Health Care London provides counselling services to anyone who has experienced a sexual assault within the past year. It's open Monday to Friday from 8 a.m. to 4 p.m. For more information, please visit sjhc.london.on.ca/sexualassault or call 519-646-6100 x 64224.



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Cricket: Monday, September 19

Reverse 6's Volleyball: Monday, September 19

Ice Hockey: Tuesday, September 27 (\$190/person)

Register at fanshawefalcons.ca/campusrec

**Sign up online and for more information,
please see Jackie Corby in Athletics, J1003**

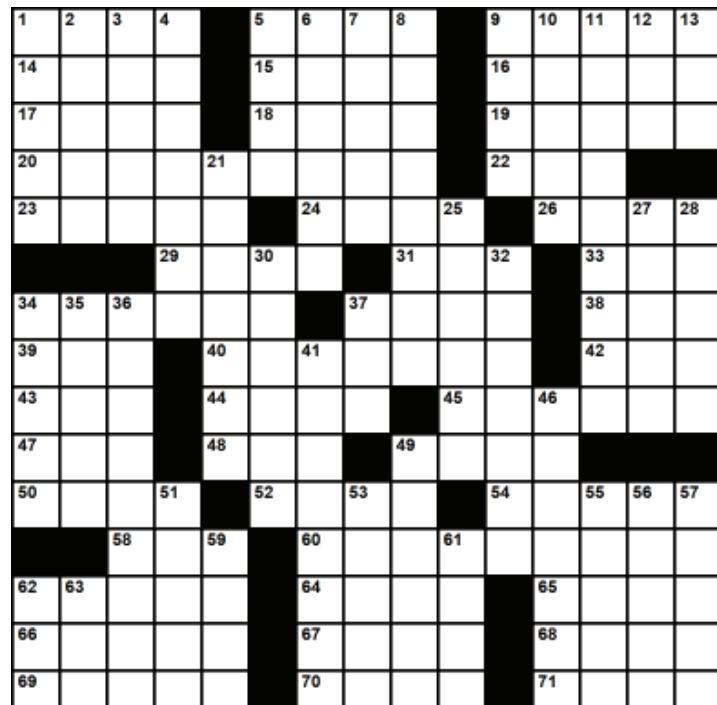
fanshawefalcons.ca

[f](#) [t](#) [i](#) @fanshawefalcons



CROSSWORD**ACROSS**

1. Fitness centers
5. Life stories, for short
9. Avian chatterbox
14. Knight fight
15. Annul
16. Adult insect
17. Initial chip
18. Unappetizing food
19. Extend, as a subscription
20. Extinct flying reptile
22. Computer key
23. Brass section
24. Sandwich alternative
26. Sound of a bell
29. A Swiss army knife
has lots of them
31. Negative word
33. Scheduled to arrive
34. Blend ahead of time
37. Fishing gear
38. "Much ___ About Nothing"
39. Radioactivity unit
40. Automobile framework
42. "First Blood" director
Kotcheff
43. Low point
44. Lesotho currency
45. Burger add-on
47. Old Russian coin
48. "To ___ is human ..."
49. Brand, in a way
50. Rough guess
52. Twisted metal neck band
54. They often come back to
haunt people
58. Cook quickly
60. Sports School in ancient
Greece
62. Gander's mate
64. Decorated, as a cake
65. Asian mountain range
66. Taste, e.g.



67. Infamous Roman emperor

68. Track event
69. Burning desire?
70. Baseball stats
71. Ophthalmologist's concern**DOWN**

1. Kind of infection
2. Ford model
3. Adjust
4. Chest protector
5. Kiss
6. Marriage byproducts
7. Reminder to take out the
trash?
8. They can get high
9. Bog
10. Change, as the Constitution
11. Political hopeful
12. Time period
13. "Awesome!"
21. Small ear bone
25. Law enforcers
27. Many sculptures
28. Crystal-lined rock
30. Advise strongly
32. Make over
34. Warms up
35. Confute
36. Decorate elaborately
37. Upsilon follower
41. Substance for dilating pupils
46. It may leave a smudge
49. Eyeball part
51. Deep-voiced singer
53. One on the fast track?
55. Digress
56. Hint
57. Corporate department
59. Hammer part
61. Bothers
62. Brownies' parent
organization (Abbr.).
63. "___ the fields we go"

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

16 2 17

24 1 10 15 10 18 24 7 18 6 21 19 10 15 1 25' 6 18 6 20.
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WORD SEARCH

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

MAJOR LEAGUE BASEBALL TEAM NICKNAMES

Astros	Royals	Orioles	Mets
Brewers	Blue Jays	Phillies	Twins
Cardinals	Nationals	Rangers	
Cubs	Padres	Tigers	
Dodgers	Red Sox	Angels	

SUDOKU

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

Puzzle rating: Very hard

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

PUZZLE SOLUTIONS

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

"Let's talk about sex, baby. Let's talk about you and me. Let's talk about all the good things and the bad things that may be."

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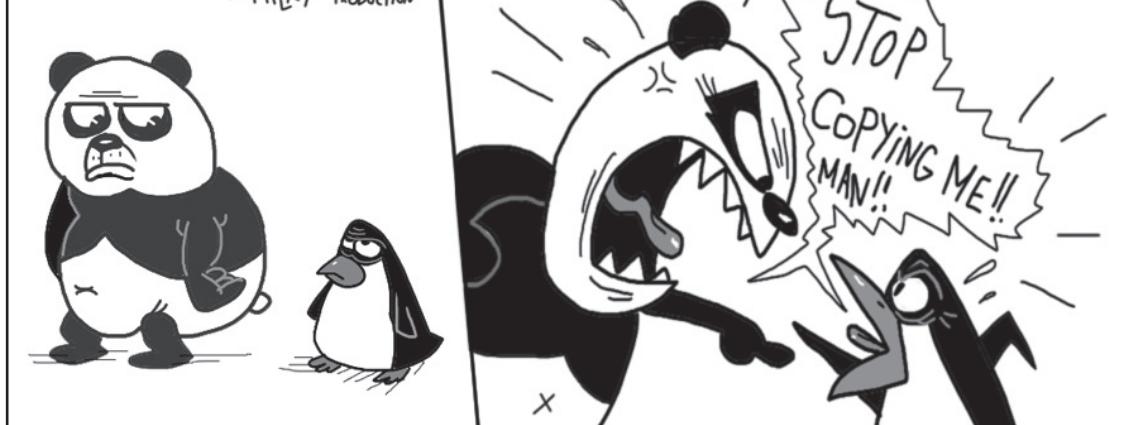
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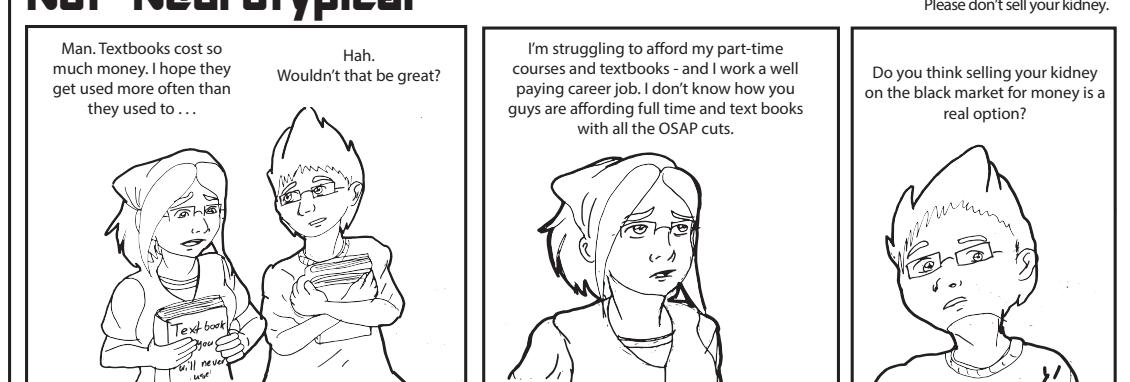
A MILKY Production



"ALWAYS USE PURR-TECTION!"



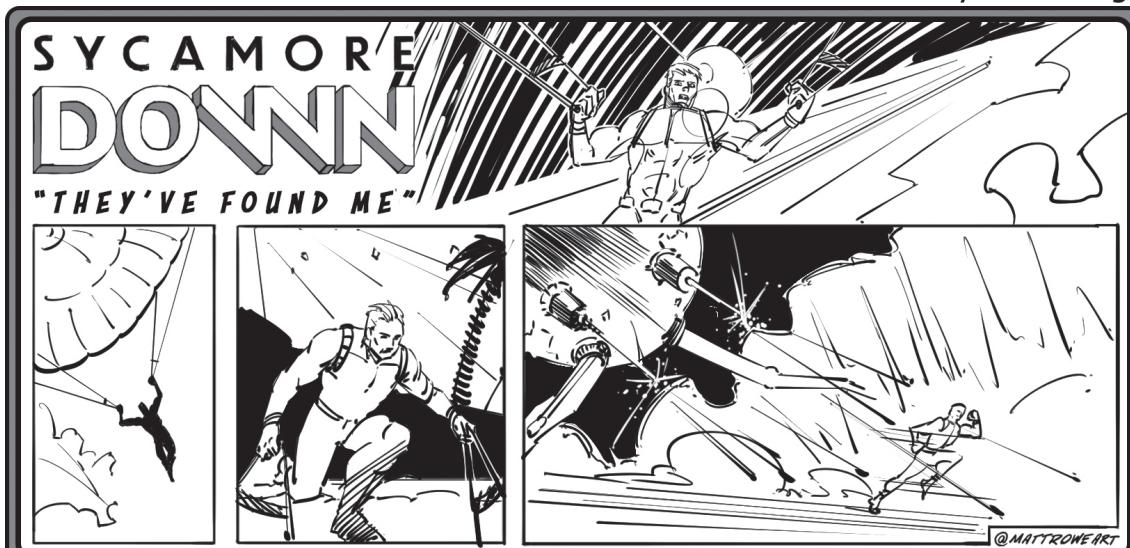
Not Neurotypical



Freshman Fifteen



By Alan Dungo



Aries

Don't make a fuss this week or you will end up wasting time on a lost cause. Expand your interests and friendships with people who share your interests. Participate in events and try to make a positive difference. Listen to what's being said. If you don't understand the instructions being given, ask questions. Handle personal finances with discipline and integrity, and refuse to pay for someone else's mistake.

Taurus

Raise the bar. Pick up information and you will be ready to suit up and bring what you have to offer to your classes. Pay attention to your health and physical well-being. A positive attitude will deliver results. Calm down when making decisions. Your emotions are running at a high. Use your time wisely, do your research and put everything in place. Preparation is your security blanket. Offer help and you will receive assistance in return.

Gemini

A collective point of view will help you discard any harebrained ideas. It's important not to put the cart before the horse when trying to put your thoughts and plans in motion. Stick to what has worked for you in the past, and you will avoid getting trapped in someone else's drama. Don't be fooled by what others tell you. Someone will exaggerate if they think it will coax you into doing something you shouldn't.

Cancer

Set high standards and start to put your plan in place. Positive changes can be made that will lead to an exciting and fulfilling direction. Find out more about your friends and peers this week. The more you know, the higher the insight you will have when others try to make changes that will influence your position. Look for a unique way to use your skills, knowledge and experience and you will be able to expand your opportunities and gain respect and status.

Leo

Stick to the script. If you deviate from your plan or you try to bring about changes without doing the prep work, you will end up falling short. Change requires insight, adjustments and precision. If you are fun to be with, everyone will want to spend time with you. Whether it's dealing with your colleagues, friends or family, a positive attitude will be your ticket to attracting the help you need to reach your goal.

Virgo

Embrace whatever comes your way this week. Live in the moment, and enjoy what life has to offer. Getting together with people who spark your imagination and add value to your life will lead to exciting prospects. Tend to domestic matters later this week. If possible, recycle, maintain and refurbish. Only change what's necessary. Pull in whatever you can from the resources you have built over the years. Waste not; want not.

Libra

Question things, but keep your opinions to yourself. You need more time to digest what's going on around you and to figure out who is on your side. Broaden your outlook as well as your options before you make personal adjustments. Focus on individual changes, growth and discovering what's best for you. Physical activities will help you blow off steam and adjust to outside influences you have no control over.

Scorpio

Getting together with close friends or relatives will be eye-opening. An emotional incident shouldn't be allowed to disrupt your ability to get things done. If you cannot change something, move on to something you can improve upon. How you spend your time will determine your success. Concentrate on where you can make a difference and channel your energy accordingly.

Sagittarius

Take the initiative. Refuse to let the little things get to you or to give in to someone who is trying to manipulate you into doing something you don't want to do. Focus on what will bring you the highest returns, and strive to make progress. Put greater emphasis on personal improvement. Be the best that you can be, and avoid anyone trying to entice you into something that is physically harmful or financially risky.

Capricorn

Say what's on your mind. Sharing your feelings will help you resolve issues you might have regarding relationships. Offer others insight into your plans, and you will get valuable input. Having an objective outlook will encourage others to share information with you. What you discover will help you decide what's in your best interest. A positive change at home will encourage you to save.

Aquarius

Listen and learn. Broadening your awareness will prepare you to take care of unpredictable or emotionally draining situations. Moderation and simplicity will help you avoid loss and being maltreated. Distance yourself from unpredictable people and conditions. Keep a level head, and work toward a goal you. Avoid getting tangled up in someone else's drama. A partnership will lead to disappointment and loss.

Pisces

Do what you can to improve your community or to help a cause you believe in. Your input can make a difference and will bring you in touch with people who can contribute to other concerns. A meeting will offer insight into new possibilities. Stick to the truth when providing an analysis of what you can do. Your qualifications should define your capabilities, not offer a false impression. Emotions will surface when dealing with relationships.

2019 Jaguar F-Type Chequered Flag Edition: An automotive celebration



**Nauman
Farooq**
AUTOMOTIVE
AFFAIRS

Jaguar has been building sports cars for 70 years now, and to celebrate that, it has come out with a special edition model, called the Chequered Flag edition.

This special edition is offered to the only sports car currently offered by Jaguar, the F-Type, which itself has been on the market since 2013.

Over the years, we've tested many different models of the F-Type, and it's always been a pleasure. Will the Chequered Flag edition be the icing on the cake?

Let's find out.

Styling: Since the launch of the F-Type back in 2013, its shape hasn't evolved much. Sure, over time we have seen a change in the design of the headlights and bumpers, but it hasn't received an extensive refresh.

Does it need it?

No, not really. It is still as eye catching today as it ever was; so if you like to be seen, this is the car for you.

How to spot the Chequered Flag edition over other F-Type models?

Well, you need to look closely, and you'll find small Chequered Flag badges – one in the front grille, and the other on the tail – and that's it. So, while most people looking will never know which exact model of the F-Type you're driving, those who will would give you an approving nod.

Interior: The interior is also just like any other F-Type, which means a cabin for two, but ergonomics pretty much for one. You see, everything in the cabin is selfishly angled towards the driver. Even the passenger grab handle creates a barrier for the passenger to fiddle with the infotainment system and climate control. To say that the F-Type is built for drivers would be quite accurate.

For the Chequered Flag edition, the cabin of the F-Type receives some special badging on the door sills, the seats, and the steering wheel. The centre console is finished in dark brushed aluminum, hinting at classic Jaguar sports cars, and the red seat belts add a nice touch.

Like any other F-Type, the cabin offers reasonable amount of space, and while the seats are not the most comfortable that you'll find in a luxury/GT car, they aren't bad either. You'll benefit from being slimmer than me, to be more comfortable in them.



The F-Type Chequered Flag Edition demonstrates how far Jaguar has come.

CREDIT: ALL PHOTOS PROVIDED BY NAUMAN FAROOQ

Trunk capacity depends on which model you get, so the convertible is not very spacious, whereas the coupe (as tested) is one of the most practical sports cars you can currently buy.

Can you live with an F-Type every single day? Yes, you absolutely can, especially when you look at its powertrain.

Powertain: The Chequered Flag edition of the F-Type is only available with a supercharged 3.0-litre V6 in Canada (other markets had more engine choices) that produces 380 horsepower and 339 pound-feet of torque. The only transmission on offer from Jaguar on the F-Type currently is the familiar old eight-speed ZF automa-

tic. Power is fed to all-wheels.

The auto-box and all-wheel drive really turn this F-Type into something that can be usable every single day, so if you're looking for a sports car that is practical and functional, this would be it.

Performance & Driving Dynamics: As you'd expect, the F-Type is quite a fast car.

The sprint from 0 to 100 kilometres per hour takes just 4.9 seconds, while its top speed is electronically governed at 275 km/h – and it'll do so while playing the most wonderful music out of its exhaust pipes.

Yes, this is certainly one of those cars that you'd buy just for the sound it makes, and tunnels are surely your orchestra.

Plus, winding, twisting back roads are its playground. This car is sharp and agile, with a scalpel sharp throttle response – so it'll do what you ask it to do.

So, if you're a driver, you'll truly enjoy getting behind the wheel of this magnificent sports car.

Fuel Economy: In my test cycle (170 kilometres of highway driving plus 130 kilometres of city driving) I averaged 12.0 litres per 100 kilometres. That's not bad when you consider the fun I had driving this, so the expense is justified.

Pricing: The Chequered Flag coupe is yours from \$105,000. If you prefer a convertible, that'll just cost you an extra \$2,000. As much as I like the coupe, if it was my

money, I'd spent the extra and get the convertible.

Verdict: Jaguar has been building sports cars for 70 years, and the F-Type for nearly 7 years. A drive in an F-Type shows the knowledge this company has in making fast cars.

While some of its competition offers more power and performance for the money, there is no doubt that the F-Type is still a truly desirable automobile, and if you bring one home, you'll have a reason to smile every day. For additional car related content, please look up: Automotive Affairs on YouTube - youtube.com/c/automotiveaffairs and on Instagram at @automotive_affairs.

JOIN OUR TEAM



Nominations: September 16th to September 27th



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Head coach for badminton Steve Ruddach (left) and head coach for women's volleyball Jeff Millar (right) start their new leadership roles after their work over the years with Fanshawe Athletics.

New head coaches gear up for 2019/2020 season

Emily Stewart
INTERROBANG

Two familiar faces for Fanshawe Athletics take on their new role as head coaches.

The women's volleyball team and the men's and women's badminton teams at the College have new head coaches for the 2019/2020 season. But it's not the first time either coach trained the Falcons.

Jeff Millar, the previous assistant coach for the men's volleyball team, is the new women's volleyball team head coach. After working as an assistant coach for a few years, Steve Ruddach starts the Fanshawe Athletics badminton season as the new head coach. He started his Fanshawe Athletics journey as a student athlete, then an associate coach, and then an assistant coach before he became the head coach.

Nathan McFadden, Fanshawe's manager of athletics, said that both Millar and Ruddach are two strong leaders, which is a requirement to coach the student athletes.

"Those are the ones that our students and student athletes are spending the vast majority of their time with, so it's important that those head coaches especially understand that there are very high academic and athletic standards here and they both need to be achieved," he said. "It's not one or the other, or one in spite of the other. You have to have both."

McFadden said the athletics department is thrilled that Ruddach is now a badminton head coach, and said he knew Ruddach is "over the moon excited" for the new oppor-

tunity. He added that watching athletes evolve from student athletes to head coaches is beneficial for Fanshawe Athletics.

"That's very good for us, from a program perspective, to have people that understand what is expected as a student athlete and also know what is expected on balancing the academic side of the equation as a student athlete," he said. "Which is [a] very difficult thing to do, so they can relate really well to that."

As the new coach, Ruddach, who previously coached additional sports like tennis, has some new goals in mind for Fanshawe's men's and women's badminton teams.

"I really want to work on focusing on player development," he said. "Not just during the team practice, but I think it's important that with a sport like badminton and the individual contributions that the athletes give to the sport that they get some more court time outside of that, too."

Ruddach also aims to collaborate with the greater badminton community in the city including other local badminton clubs, the high school badminton teams, and the Western Mustangs badminton team.

Fanshawe's badminton teams will travel to Humber College for the Ontario Colleges Athletic Association (OCAA) Invitational tournament, scheduled for October 11 to 12 on the OCAA website.

"What most people don't know is one tournament sets the entire tone for the season, as opposed to a single game from one school's team to the next," Ruddach said.

McFadden said that since Millar traveled with Fanshawe's men's

volleyball team as their assistant coach to three Canadian Collegiate Athletic Association (CCAA) tournaments, it will be an asset for his new role as the women's volleyball head coach as the team aims for National Championship status.

"You really don't understand how much work and time and effort goes into being a National Champion until you've actually have accomplished it and then you really understand how to win, how to be a champion," McFadden said. "He brings that pedigree to us on the women's volleyball's side, something we didn't have and we're certainly very excited to have him

bring that."

Millar said coaching women's volleyball took up most of his career, as he coached for Nipissing University's women's volleyball team.

He added that he's "excited to be part of the volleyball program here at Fanshawe," and that working with men's volleyball head coach Patrick Johnston taught him a lot.

"Learning so much from him has given me a catalyst forward and a ton of confidence going into this year," he said. "And with this group of girls, I believe we can make great steps forward."

Following the women's vol-

leyball team winning the OCAA Provincial Championships in the 2018/2019 season, Millar wants to continue off of the team's success and reach ever higher goals.

"Hopefully we can not only build on the success of last year," he said. "We can push from the third in the nation hopefully to one or two spots better than that this year."

The women's volleyball team will start their season by heading down to Conestoga College to tackle the Condors on Oct. 19. The Falcons' women's basketball, men's basketball, and men's volleyball teams will also have games that day against Conestoga.

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