



Gender
IS WHO YOU GO TO
BED AS
*Sexual
Orientation*
IS WHO YOU GO TO
BED WITH



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PHOTO OF THE WEEK

Want to win FREE LUNCH?†

Post your photos on Instagram† using our hashtag for your chance to win a \$10 Oasis/Out Back Shack Gift Card

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CREDIT: KERRA SEAY

A Draw-The-Line booth on Sept. 15 offers students the opportunity to discuss how they would react to a situation of sexual harassment. The next booth will run on Sept. 23.

Fanshawe draws the line on consent

KERRA SEAY
INTERROBANG

Draw-The-Line (DTL), an interactive campaign that aims to engage students in dialogue about sexual violence, will be running at Fanshawe on Sept. 23 in Forwell Hall from 10 a.m. until 2 p.m. as a part of the Sexual Awareness Week. A booth will be set up to interact with students and talk about sexual consent.

Leah Marshall, the sexual violence prevention advisor at Fanshawe, said that by having these open, honest conversations about consent, we are opening the doors for a cultural shift, to one that does not tolerate sexual violence in any form.

“Consent is sober, enthusiastic, voluntary and non-coercive,” said Marshall. “We’re saying to students: recognize sexual violence for what it is and be a really proactive member of your community. Stand up and say, ‘I’m not okay with this happening on my campus, to my friends or to my peers.’”

The DTL event booth will fea-

ture posters that cover a range of examples of sexual violence. One poster reads, “Your sister tells you her husband made her have sex last night. Do you change the subject?” Another, “Your favourite singer assaulted his girlfriend. Do you download his latest single?”

DTL asks difficult questions that do not always have an easy answer, but they need to be discussed. Marshall says we need to be talking about how we as individuals can make Fanshawe’s campus and the rest of the world a safer place for everyone. DTL is just a stepping-stone towards this goal.

“If we want to change the culture we need to be really active participants in saying ‘I recognize rape culture for what it is and I want to see a shift towards a culture of consent.’”

Students will be able to write their responses to the scenarios on the DTL posters and open up a dialogue about what consent looks like.

“Our underlying message is always going to revolve around consent so everyone around campus can understand what it means to

give consent and when you can or cannot give or receive consent,” said Marshall.

The DTL event is just the first in a list of upcoming events that switch the focus from risk prevention to sexual violence prevention.

Risk prevention is seen in the all-too-common practice of advising people how not to be assaulted; sexual violence prevention focuses on stopping the assault before it happens.

“We know sexual violence is never the responsibility of the person that it’s happened to, but it’s the sole responsibility of the perpetrator,” said Marshall. “So all of our messaging is that as a campus and as a community everyone has a part to play and being a positive bystander and saying that no, sexual violence should not be tolerated on our campus.”

For more information about Draw-the-Line, visit their website at www.draw-the-line.ca. If you need help please contact Counselling and Accessibility Services on campus in F2010 or contact Leah Marshall at extension 4465.



CREDIT: COSTUME: LOSSIEN, PHOTOGRAPHER: SUSPENCE COSPLAY

Amaleigh is cosplaying Supergirl from DC comics.

Cosplay is not consent

KERRA SEAY
INTERROBANG

With the rise in geek culture cosplaying has become extremely popular, especially at comic book conventions.

Cosplay, short for costume play, is to dress up as a character from a movie, book, video game, anime or more. It is a creative way to show your passion for something you love.

Cosplayers spend hours creating their costumes to look like their favourite characters and comic book conventions are a great place for them to show off their hard work.

An unfortunate reality for many cosplayers is sexual harassment. Just because someone is cosplaying a character you love does not give you the right to touch them, take a photo or any other action without their consent, but that does not stop people from trying.

Cosplayer Amaleigh has experienced sexual harassment at conventions multiple times, but one experience at AnimeNorth stuck out in her memory as one of the worst.

“My friends and I did a dream cosplay, the Sailor Scouts from Sailor Moon,” Amaleigh said. “In the three hours we wore them, we had our backsides grabbed, our skirts flipped and had people trying to take up-skirt photos no less than 10 times.”

Amaleigh said she did not report the sexual harassment at the time, but she later voiced her concerns online. One of the security guards reached out to her to make sure she was okay and urged her to tell a staff member the next time something like this happens.

This unacceptable behaviour has led to a movement in the cosplay world called, “Cosplay is not Consent”. Geeks for CONsent pro-

motes the idea that comic book conventions should be a “safe place for geeks to be their geekiest” and that wearing a costume does not mean someone is asking to be harassed.

Amaleigh said the Cosplay is not Consent movement is a step in the right direction for all cosplayers.

“It’s a wonderful, fantastic movement in my opinion. Overall I believe things are on their way to getting better.”

London will be hosting two comic conventions this fall. The London Comic Con will be running the weekend of Sept. 25, and the Forest City Comicon will be on Oct. 18.

Organizers of the London Comic Con said they take the matter of sexual harassment very seriously and will have signs throughout the convention that state “Cosplay does not equal consent.”

“Harassment of any kind will not be tolerated so anyone who is seen taking the fun out of the con will be asked to leave,” said an organizer.

The Forest City Comicon has a policy against cosplay harassment that follows builds on Cosplay is not Consent to make sure everyone has a good time.

“We don’t want anyone interfering with anyone enjoying the event,” said John Houghton, an organizer of the Forest City Comicon. “Anyone who is found to be violating this policy will have their admission revoked.”

Cosplayers put a lot of time and effort into their costumes and enjoy seeing their hard work appreciated, but that does not mean they have consented to any harassing behaviours.

Conventions are slowly adding anti-sexual harassment policies to their guidelines, but the best way to stop sexual harassment at conventions or anywhere else is to not be a bystander and call out any inappropriate behaviour when it happens.

Changes in Ontario’s sex education curriculum sparks controversy

KERRA SEAY
INTERROBANG

The Ontario government’s new sex education curriculum has sparked intense debates and conversation in London about what we should be teaching Ontario children about sex and at what age they should be introduced to issues regarding sexuality, gender expression and consent.

The 244-page document is the first update to the Ontario sex education curriculum since 1998. A shorter version of what the curriculum teaches at what age titled, “The curriculum at a glance” is also available through the Government of Ontario website www.ontario.ca.

Premier of Ontario Kathleen Wynne supports the curriculum update and acknowledges the criticisms from some parents but said in April that they will have to “agree to disagree” on this issue. Liberal Education Minister Liz Sandals, another supporter of the curriculum change, said much of what is being protested was already in the curriculum from 1998, and that the only differences were that the information was brought down a few grades.

There is a spectrum of reasons why some support or oppose the changes. Protests have been held across London allowing parents

who do not support the curriculum change to be heard.

The opposition has been painted as religious zealots, citing their conservative religious beliefs as the foundation of their hostility directed towards the curriculum changes. Some of these protestors have been the loudest voices in the opposition movement and are not necessarily representative of the entire group.

John Himanen is the father of three preteen daughters and is a member of the Parent’s Alliance of Ontario, an organization that has spoken out against some of the sex education changes.

Himanen said his opposition comes from a desire to keep kids, including his daughters, safe and properly informed about some of the dangers involved in sexual activity.

“The scientific and medical information being presented in this curriculum is providing a misleading perception of safety in the student’s mind... We believe that an accurate and real, meaningful consideration of the risks involved in the issues related to sex education and sexual activity, especially with young people, should be dealt with in a comprehensive way,” Himanen said.

Himanen criticized the difference in the way the curriculum warns kids about the dangers of smoking and drinking but that it does not

give the same cautionary advice in the sex education portion. He emphasized that there needs to be sex education in schools.

“We insist there should be [sex education]. But we want it to be factual, one that really deals with these issues in a meaningful way, a scientific way, the way that the curriculum deals with some of the other areas [of health].”

Bruno Prado, the president of Fanshawe’s social justice club, supports the changes, and said this update “is in no way a radical change.”

“It is incredibly important for children to be able to learn accurate information about their own bodies and natural processes of life from a safe and reliable source,” Prado said, adding that not all kids get this knowledge at home and that when they don’t it will continue the cycle of misinformation.

Those who oppose the changes are in the minority, but that does not mean their views should not be acknowledged. The sex education curriculum changes bring out an emotional response in many, making this an extremely controversial issue. A compromise may be made to pacify some parents, but Wynne refuses to back down from continuing with the curriculum. It has already been implemented in schools across Ontario.

OPSEU to organize part-time college support workers

JESSICA THOMPSON
INTERROBANG

Ontario Public Service Employees Union (OPSEU) set out to prove that the third time's a charm in their efforts to unionize part-time college support workers.

Beginning on Sept. 1, OPSEU's campaign will run until Sept. 1, 2016, and the names of the people who sign union cards will be sent to the government.

If 35 per cent of part-time workers sign, the college will be forced to unionize part-time workers.

"This time we are not trying to convince workers they need a union," said president of OPSEU Warren Thomas. "This time we are quite confident that we will sign enough cards and win the drive to be unionized."

Thomas went on to describe that what they did wrong in the past was they were not aware of exactly who was registered as a part-time college support worker.

"If the president of the college hired someone for a one-day event, he counted them as a part-time worker."

Unlike full-time staff, part-time college support workers are not entitled to paid sick days, paid vacation days or health benefits. They have no job security, cannot control

when they work or even the hours they work. In many cases, they are paid less than a full-time staff member who is doing the same work.

According to Gary Siroen, president local 109 OPSEU, the full-time worker ratio compared to the part-time ratio is almost the same, which shows the need for work at Fanshawe, but also the lack of availability for full-time work.

"I am not telling the college what to do or how to run their business, that's not our call," Siroen said. "Our call is about treating people fair... we're looking at the college and saying 'if you need the [part-time workers] that's fine, but treat them fairly, treat them the same as full-time.'"

As mentioned above, OPSEU has tried to organize two campaigns prior to this one.

"The first time [was] a test run, we wanted to test out exactly what we can do... we are [on] Crown land and have to follow certain laws and we can only go about [unionizing] in a certain way," Siroen said.

OPSEU first organized in 2008, where they were met with legal obstruction by the government.

"The Liberals enacted Bill 90, which allowed part-time college workers to organize," Thomas said in an OPSEU press release. "Then

they turned around and spent millions of taxpayer dollars in legal fees to obstruct their own legislation. They prevented the ballot boxes from even being opened, thereby gagging the voice of thousands of workers."

But according to both Thomas and Siroen, this time OPSEU is more organized.

"At Fanshawe, we are trying to do this campaign to figure out how many part-time workers are actually here... we are just looking for the equity and the fairness [for these workers]. We're human beings who deserve the same rights and the same respect," Siroen said.

Siroen also stressed the fact that all signatures will be confidential.

"We have created our own database, when a person signs a card, their information goes into a database, OPSEU is guaranteeing us it is secure... The colleges never see who signed, they just know a percentage."

But on Fanshawe's side of the debate, do they fear OPSEU's move to campaign once again?

According to Jeff Low, Fanshawe's executive director of human resources, he believes the school treats their part-time workforce with respect.

"[The part-time workers] are well compensated, well recognized



CREDIT: JESSICA THOMPSON

Gary Siroen, president local 109 OPSEU, is beginning a year-long campaign to organize part-time college support workers, to achieve equity for everyone.

and they are very valuable to us; the part-time workforce is part of the Fanshawe family."

And if the 35 per cent threshold is met and Fanshawe is forced to unionize their part-time college support workers, Low believes the school will change to meet the new contracts.

"I think it's a personal decision when people choose to unionize," Low said. "People can make their own decisions and if that's what the part-time workforce wants to do

then we will respect that."

But there is one tip to keep in mind; if a part-time worker wishes to get in contact with Siroen, "Please don't use the college email because the college will monitor your email; use your personal email account."

OPSEU is an association that stresses the equality and equity for all workers, "You can't live a full-time life," said Thomas, "on a part-time salary."

New link in the evolutionary puzzle discovered



JERROLD RUNDLE
INTERROBANG

When Steven Tucker and Rick Hunter found an exceptionally narrow cave in South Africa during a 2013 expedition they didn't realize what they had discovered. With a photograph of a mandible protruding out of silt on the other side, the pair's discovery would eventually lead to an entirely new, but extinct, Hominin species being found.

Their co-worker, *National Geographic* explorer Lee Berger had hired them to scout for possible fossils and after seeing the photo, Berger checked out the site with his son, returning immediately to organize an expedition.

Placing an ad on Facebook, Berger pulled together a team of six women from Australia, Canada and the US, whittled down from a roster of 60 initial applicants.

Lindsay Eaves, Marina Elliott, Elen Feuerriegel, Alia Gurtov, Hannah Morris and Becca Peixotto were the lucky six chosen. A mix of masters and doctorate students, the team of biological anthropologists and archaeologists went to work, carefully removing silt and fossil samples from the cave floor 30-metres below the Earth's surface.

After two multi-week expeditions, one occurring in Nov. 2013 and the other in March 2014, 1550 bone fragments were recovered from the Rising Star Cave located in South Africa's Cradle of Humankind.

The discoveries suggested a new addition to the Homininae family tree, going by the name of *Homo naledi*.

The 'Cradle' got its nickname due to the high numbers of human ancestors' fossils found in the cave systems, including a species found

by Berger back in 2008, *Australopithecus sediba*.

For the next two years, the team meticulously worked on the recovered pieces and like a jigsaw puzzle marathon, they were able to identify at least 15 specific individuals and barely any other animal remains. The findings were recently published on Sept. 10.

The findings have not yet been properly dated due to the complex way in which the bodies were originally deposited into their resting place and researchers involved aren't quick to give an estimate.

Standard ways to measure, such as Carbon-14, won't be as effective due to the possible age of the remains. While there are complex ways to get a date, they also take time and are quite costly.

The research team has stated during subsequent press releases that no dates will be given until several tests show ages in the same range, so it may be a long time before we have any information as to how far back *H. naledi* goes into history.

The species is unique in that it has traits of a human-like body for walking upright, but the skulls are smaller and more similar to bent-over australopithecus species.

The find is also important as it represents the largest grouping of a single hominin species ever to be found in Africa.

What's most interesting to the researchers and interested members of the public is that the location of the remains suggests that they were placed, or possibly shoved, into the cave after death.

This implies complex death and burial rituals, or simply an easy way to remove a potential disease-transmitter from its peers. Either way this is serious news that's bound to change what humans think they know about their evolution and their rituals towards the dead.



CREDIT: SMARTPHONE FILM FESTIVAL

The Smartphone Film Festival offers all students an opportunity to explore a new art form without the typical high costs.

Smartphone Film Festival invites London students to try something new

KERRA SEAY
INTERROBANG

A new film festival is adding a twist to make the art of filmmaking more accessible to all students. The Western Smartphone Film Festival (WSFF) is challenging all students to create a short film using only a smartphone.

"They don't need fancy equipment [and] they don't need a huge amount of time," said Jin Shi, founder and executive director of WSFF. "They just need an idea, a story they want to tell and a smartphone."

Filmmakers will only be given two weeks to film a short film with a maximum length of five minutes. In order to make sure no one has an unfair advantage, a theme will be announced the first day of filming on Jan. 9, 2016.

"We want to keep [the theme] super secret for now, but it would be something along the lines of you have to incorporate an apple somehow," said Shi about the mystery theme. "It's just something to throw a little twist in their story and see how they use their creativity to incorporate it."

Romy Goulem, program coordinator for advanced filmmaking at Fanshawe said the WSFF is a good idea for students.

"People get bogged down with all the fancy equipment and it's really about storytelling," said Goulem. "When you're just filming on a smartphone you can really focus on the story instead."

Though registration for the event does not begin until Dec. 1, there is nothing preventing students from brainstorming possible ideas or practicing filming techniques.

A student jury will select the top 10 short films that will move on to be judged at a special viewing event hosted at Western on Jan. 30 and will feature a panel of celebrity judges. Two confirmed are Dale Sood, current Filmmaker-in-Residence with Riverdance in Toronto, and Jordan Canning, whose films have played at Tribeca, TIFF and Interfilm Berlin.

The prizes are \$500 for first place, \$250 for second, \$100 for third, and a surprise gift for the audience's choice.

Other than the mystery theme, there are no limits on what students can create.

"There's so much young talent," said Shi. "We really want you to challenge yourself, maybe explore different views, visions... just try something new."



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The Green Party wants to pick up the bill



JESSICA KLAVER
INTERROBANG

Matthew Pelozo is a husband and father of three. He has been living in London for seven years and is an accountant working in Corporate Finance. This may seem like a strange background for a Green Party candidate, however Pelozo is interested in improving the ecological and economical future of Canada, specifically focusing on the London-Fanshawe riding.

He was originally drawn to the Green Party of Canada (GPC) by hearing a radio interview with Jim Harris, the prior leader of the GPC from 2003 to 2006. In the interview, Mr. Harris answered a tough question honestly proving the party's trustworthiness and transparency, two things that are important to Pelozo.

Pelozo spoke of our current economical situation with concern. He believes we need to invest in the industries of the 21st century: technology and green energy.

"If [we're] not investing there and not becoming world leaders in those segments of the economy then ... we're not going to be one of the most developed countries in the world and we're not going to be leaders, as far as economic growth, in the world," Pelozo said.

The GPC says that investing in training of these fields is critical for our future. They are interested in making smart investments in post-secondary education by increasing federal fund transfers to provincial governments specifically for post-secondary education and abolishing tuition fees by 2020.



CREDIT: ELIZABETH PELOZA

Matthew Pelozo, the Green Party candidate for London-Fanshawe riding, wants to implement a debt-forgiveness program to help make student's lives a little easier when they leave school.

They are also going to stop the exploitation of graduates by banning unpaid internships.

The youth unemployment rate is 13 per cent across Ontario. This is almost double the national rate. If elected, the GPC is plans to develop a youth committee and service corporation that will create a total of 160,000 youth positions over four years.

Pelozo knows the crippling effect that student debt has on graduates and the GPC will work to eliminate it all together.

What they plan to do immediately if they are elected will be to lower the interest rate on current student debts and implement a debt-forgiveness program, which would eradicate existing or future student debt above \$10,000.

Pelozo is looking for ways to improve the democratic deficit.

"We need to find a way to get greater than 30 per cent of the 18 to 25-year-olds to vote." Getting more young adults engaged in voting is crucial to our political future. Can-

didates cater to the groups of people who get them elected.

This means that since young adults are the smallest group of people who vote nationally, they do not get a lot of attention from the parties. Youth and students will see more of an improvement in the areas that concern them when more people start to vote.

"[Our current political structure] creates a system where a lot of people feel like their vote doesn't matter," said Pelozo. The GPC plans to change our electoral system to a proportional representation form, which will allow every vote to make a difference.

Pelozo wants to see change come to Canada, even if it is through other parties taking notice of their innovative ideas and claiming them for their own.

"If it means we have a good public policy in this country ... then I think it's worth it."

Pelozo has one key piece of advice for students, "Above all else ... vote."



Kathleen Wynne @Kathleen_Wynne - Sep 12

Our goal is to resettle up to 10,000 refugees in Ontario by the end of 2016.



CREDIT: TWITTER

In a tweet, Ontario Premier Kathleen Wynne lets Ontarians know that the goal is to resettle up to 10,000 refugees by 2016. Ontario will be providing \$10.5 million over two and a half years to support international relief efforts and help more refugees settle in the province according to Wynne's press conference on Sept. 12.

Hope away from home



RANJINI
CHAKRAVORTY
INTERROBANG

"Ontarians would want to help because our stories are the stories of the people of who we are today," said Premier of Ontario Kathleen Wynne in a press conference.

Michal Chang, the minister of citizenship and immigration in Ontario described the images of the countless people, the boy whose lifeless body washed ashore, the policemen who threw buns at the crowds. The world saw and is now starting to listen.

"[The photos] were horrible and human beings should not be down treaded or treated in such low levels. Ontarians want to help. It's not our nature to stand by when others suffer. The ongoing refugee crisis has touched the Ontarians [and] Ontarians want to help both on individual basis and through the government," said Chang at the Costi, the Greater Toronto Area immigration supporters who help newcomers to Canada settle and prosper.

"... Ontario requested the Federal government to help 5,000 refugees and Ontario promised to accommodate 2,500 of them"

During the week of Sept. 7, a collective desire to reach out was evident. The Ontario government provided \$300,000 to help Syrian refugees settle in Canada. The government of Ontario requested the Federal government to help 5,000 refugees and Ontario promised to accommodate 2,500 of them.

Unlike the plight of refugees in Australia where Tony Abbott's political wedges are detaining every political asylum seeker, Canada finds it more important to welcome immigrants today, Wynne said.

Every year, thousands of people sail across the Atlantic as refugees and immigrants, fleeing conflicts, in the search of hope. Amidst uncertainty they have found peace in their struggle, have made it to success in their journey, and have found a life free from fear, prosecution and warfare.

Oxfam Canada is operating with in Canada focusing on providing clean water to the conflict stricken areas of Syria, which includes rehabilitation of water infrastructure, water trucking and repairing of wells.

It would take a refugee at least 18 months to land here in Canada

after filing the paperwork, but that is not the end of a refugee's struggles. The loan of \$10,000 from the government needs to be paid back within a month of arrival.

Though in a positive light, many Syrians in Canada are sponsoring families, helping them find a home away from home through Lifeline Syria, the most accommodating refugee not-for-profit organization operating out of the GTA. Their weekly events educate the willing sponsors to help a family migrate or sometimes sponsor a particular family.

As the *Globe and Mail* rightly said, "Extraordinary situations need extraordinary responses." And to the surprise of the Lifeline Syria, the responses are truly extraordinary.

The weekly sponsorship events sell out and they are looking to recruit more volunteers to spread the help. The Syrians are not alone. Their event on Sept. 17 focused on the interests of Canadians looking to sponsor a particular family or provide foster homes to those orphaned in the conflicts.

Howard Adelman, professor emeritus and founder of Operation Lifeline at York University talks with other social scientists in all esteemed Canadian universities to put light on the four-step journey to sail with hopes in Canada.

The most fortunate part of the process is that no determination is required from any country or United Nations Human Commissioner for Refugees (UNHCR) as long as Canada is ready to accommodate them.

Although the actual number of refugees to be accommodated will be determined by the end of the elections in Oct., the number is tentatively set at 25,000 government-assisted and 25,000 privately sponsored refugees.

Canada is trying to accommodate refugees from the countries of first asylum: Jordan, Turkey, Egypt and Lebanon and reducing the life risk of the refugees from embarking the journey to seek asylum in Europe.

The families with children will be given the first priority and then special care will be taken that families are not separated.

The Canadian immigration officers will have offshore offices and the processes have been accelerated for the ones who are sponsored already. Lifeline Syria is trying to work with refugees with the help of private sponsors and other NGOs are working with Syrians in the first asylum countries to minimize their plight during the eighteen months.

Every night millions of exhausted refugees close their eyes with the hopes that the next day will be the day they settle in a land without war, a land with no fear. Organizations, such as Operation Lifeline, help to turn those hopes into a reality.

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CREDIT: DEREK AUDETTE / HEMERA / THINKSTOCK

The three leading political parties, Conservatives, Liberals and the NDP, all hold differentiating views, but people need to be informed to make an informed decision.

Meet the contestants



VICTOR DE JONG
INTERROBANG

With Election Day creeping closer, deciding whom to vote for can be a difficult decision.

The incumbent typically has a political track record indicative of their skillset and priorities, while the challengers often don't.

With the exception of some colourful personalities, federal politicians are rarely involved in scandals, the likes of which are seen in municipal politics or, in recent history, the Senate.

Fanshawe College, and a substantial portion of the student body, resides in the federal riding of London North-Centre. Conservative Member of Parliament, Susan Truppe, was elected to represent the area in the 2011 election that gave Prime Minister, Stephen Harper, a majority government. She narrowly defeated former MP Glen Pearson who had won the seat in 2008. Truppe is currently the Parliamentary Secretary for the Status of Women and has worked extensively with local women's shelters and support agencies. After three decades working for a London hotel, Truppe turned to a career in the public service.

Running in opposition for London North-Centre is Liberal candidate, Peter Fragiskatos. Fragiskatos has been in the news recently after his Adelaide St. office was vandalized and covered with anti-Harper messages.

As a professor of Political Science at King's University College, Fragiskatos is likely to be in tune with the concerns of the younger generation of voters. According to the infallible metric employed by the website ratemyprofessors.com, he "genuinely cares", is "very

helpful" and was "incredibly fair and understanding" when a student's computer was destroyed by a flood. While his flood policy probably won't relate to his political career, it may give chronic procrastinators some ideas.

The NDP candidate for the riding is German Gutierrez, a professor of Language and Liberal Studies at Fanshawe College. He's been recognized as an exceptional advocate to recent immigrants by both the provincial and federal governments.

His volunteer credentials are endless and indicative of an individual who is deeply involved in the community, particularly in the realm of immigration and education.

All three candidates have exemplary records of public service. Truppe has been involved with a plethora of local charities that support women, Fragiskatos has volunteered at the London Food Bank, coincidentally operated by the former MP for London North-Centre and Gutierrez has served on the board of Museum London and the London Public Library.

It's terrific that voters have a collection of candidates who are committed members of community organizations that work to improve the lives of everyone in the city. Candidates from both the Green Party and the Libertarian Party are also running in the election, but lack the funding or recognition to be serious contenders.

When it comes to a federal election, it can be difficult to separate the local candidate running for office from the party leader who will take up residence at 24 Sussex Drive. When choosing whom to vote for, it's important to consider which candidate's values resonate with you and then take the views of their party leader into consideration as well. Most importantly, take the time to make an educated decision because unlike your major, you can't change your mind.



CREDIT: MONKEYBUSINESSIMAGES / ISTOCK / THINKSTOCK

Sexual awareness can sometimes be understood as expressive individualism, but it is important to understand there are different definitions such as sexual awareness being the fundamental goodness of the created world, of the human body and of sexuality.

Which Sexual Awareness?



MICHAEL VEENEMA
RUMOURS OF GRACE

Although sex can be talked about in a reasonable way, on some levels it remains chaotic. Its expression can be unpredictable because it is grounded to a real degree in hormone-powered desire. Further, while sexual desire can be discovered and awakened, it can also be created.

For many people it is connected with fantasies, which are often driven by pornography. Expressing oneself sexually depends on unpredictable chance encounters. Sex is inspired by song lyrics and club environment.

The prevailing approach to sexuality in places like Fanshawe falls under the modern commitment to what ethicists and philosophers call "expressive individualism".

Expressive individualism is an approach to living, that each of us should discover who we are as individuals and then express our individuality to the max.

It is easy to see the connection between expressive individualism and the modern view that each of us should discover what our true sexual identity and preferences are and that we should be free to live according to that identity and to exercise our preferences.

If one desires a certain kind of sex, expressive individualism doesn't place restrictions on that person any more than it places restrictions on a 45-year-old with a taste for black Harleys or a five-year-old with a taste for black liquorice.

All this is linked to the assumption that with proper education, sexuality can be managed in such a way as to allow for maximum freedom with minimal negative consequences. We can educate ourselves into civil, yet exciting, sexual behaviour, according to this view.

However, human beings are surprisingly resilient when it comes to holding onto negative behaviours.

While many of us view pornography, most of us don't feel good about it. There is the nagging guilt caused by the knowledge that viewing it lends support to the victimizing of young people, especially women, and that it sets up a context for the development of child porn and the sexual exploitation of marginalized women. The men involved are also not free from exploitation.

And in spite of sex and health education, unexpected pregnancies are common, causing many to observe that we see "kids having kids". Some opt for abortion, which requires care and resources to deal with the pain and trauma associated with it.

What passes for "sexual awareness" can perhaps better be understood as one kind of sexual awareness, the kind of sexual awareness that has grown from a commitment to expressive individualism.

It is not the kind of sexual awareness that one would find in a Buddhist society. There, desire, including sexual desire, is not seen as the key to new and wonderful self-expression.

Rather it is seen as the root of change and acquisitiveness, which in turn ultimately lead to exploitation, violence and war. Neither is it the kind of sexual awareness, I am pretty sure, that one finds in Islam or in Mormonism.

For now I want to suggest that Christianity opens the way for another kind of sexual awareness, not one that is grounded in an ultimate commitment to expressive individualism.

Christianity offers a sexual awareness that sees the fundamental goodness of the created world, including the goodness of human body and of sexuality.

Sexuality exists in a deeper context than of the world God has created.

Thus, in Catholicism sex is never unhinged from procreation, family, parenting, the church community and the broader human community.

This view is, give or take, the same in Protestantism. In both, the expression of sexuality is obliged to respect the need to have healthy families, churches and societies which can sustain themselves generation after generation.

I think that Christian churches, seeing that sexuality is part of a profound vision for life in God's creation, have often been impatient and at times judgemental with sexualities that depart from the usual path.

I don't want to excuse anti-homosexuality, or discrimination against unmarried parents, or the judgement that can be found in a number of churches.

But I do want to point out that a Christian awareness of sexuality is going to look different from its counterpart founded on expressive individualism. And at the same time it offers a view of sexuality and its place that is worthy of serious attention.

HAVE AN OPINION? SUBMIT YOUR STORY!
LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA



CREDIT: BUNGIE

Destiny 2.0 is a much-improved version of *Destiny* with new characters, levels, enemies, gear and areas to explore.

Destiny done right



ANDREW VIDLER
G33K LYFE

Just over a year ago *Destiny* was released on consoles worldwide, kicking off Bungie's ambitious 10-year plan to merge the Massively Multiplayer Online (MMO) and the ever-present First-Person Shooter (FPS) genres and create a huge, shared console world.

The studio's *Halo* series is ranked as the most significant FPS ever created and the original trilogy's story is one of the best narratives ever written to support endless gunplay.

With said history and heaps of hype behind the game, fans and critics were confused when the original game was released with a confusing, unwieldy loot system, a repetitive set of tasks and an almost non-existent story. The only saving grace was the technical and mechanical perfection of the gameplay itself and its ability to bring people together into one, fairly cohesive universe.

One year and two small expansions later, *Destiny* hardly resembles the game it was at its launch, with Bungie genuinely listening to concerns of the game's community.

Everything done so far however pales in comparison to the release of *The Taken King* and the subsequent gaming patch that officially has brought us into *Destiny 2.0*.

Of all the gameplay changes made, perhaps the most important is which was made to the game's levelling system.

The original system had players earning experience as you would in any other title, but only until level 20, after which the level was calculated by 'light', an additional statistic found in armour rewarded for completing high-level challenges.

While an interesting spin on an old system, it unfortunately alienated players who were unable to get a group of six friends together for the game's raids and the highest-level challenges.

All of the aforementioned issues have changed with 2.0. Players can now use experience gained from general play to level their way all the way up to the highest level, which is now 40.

The light stat has also changed to add bonuses to attack and defense. This prevents solo players from being locked out of certain activities simply because they don't have a certain helmet or gun.

The most pleasant change is the storytelling approach. It took around 30 seconds from the opening cut scene for me to see that this would be a much more exciting experience to play through and the narrative has been brought into story missions as well.

The opening mission included some truly eye-catching moments, including one passage of play that genuinely brought fear out of me.

Coming with the changes to story is the game finally making use

of what is a truly impressive voice cast, with Peter Dinklage being replaced with Nolan North.

Voicing the ghost, a constant robotic companion responsible for much of the games dialogue, Dinklage never really sounded into the role.

North however is a video game veteran, starring as Nathan Drake in the acclaimed *Uncharted* series. Credited with over 200 appearances in various roles it's not easy to play a game that doesn't have him in it.

Another highlight in the cast is geek icon Nathan Fillion, who in the first year of *Destiny* was truly wasted as Cayde-6.

The robotic general is an intriguing character if you care to go into the grimoire, which are online cards used to flesh out the lore. Cayde is getting involved with events and most importantly, acting just like Fillion's signature role, *Firefly's* Mal Reynolds.

Other highlights include the addition of quests, new enemies, new gear and for the first time, an entire new area to explore, moving us to a more exotic location.

With countless hours of content added, I've not even had a chance to scratch the surface of what is to offer, but there is no doubt that the series is finally showing signs of what it always wanted to be.

It's more fun, more accessible and there are more players than ever. For those who have been on the fence about it, there's never been a better time to dive in.



CREDIT: MELANIE RINTJEMA

Left: With a knee length skirts, crop top and flats, Allie is flaunting the styles we will be seeing this fall.

Right: A romper is an ideal item for this upcoming fall, not only is it comfortable, it can easily be made fashionably if accompanied by the right accessories.

New York street style inspirations

MELANIE RINTJEMA
INTERROBANG

On my trip to New York the weekend before school, I was constantly on the lookout for some great outfits to bring back as inspiration to write a column on fashion this school year. Fall is coming up quickly and for most people, it is their favourite season to try some new looks. The following photographs and descriptions are two of my favourite looks from the weekend and some fall inspirations to get your brain juices working for fall fashion.

Spotted on the Steps of the Metropolitan Museum

The first picture is of Allie. She is from Washington, D.C.; she came to New York to experience art and culture. She has gone to many museums and art galleries on her weekend trip.

Her outfit is created from her own personal style. She chose her skirt as her statement piece because she loved the colour and the animal print. The length is classy, just below the knee. She accessorized with fashionable black and gold sunglasses and blue flats. For her, this is the ultimate museum-perusing outfit.

This length of skirt is ideal for

the fall season especially for business casual situations. I saw a lot of skirts this length in my time there. I also saw a lot of crop tops with high-waisted shorts, pants and skirts, something I feel that will be a trend this fall.

Spotted in front of the Guggenheim Museum

The bottom photo is Augusta. She is traveling from Britain with her boyfriend. They are here to see the sights and experience New York culture while meeting other likeminded young people to enjoy their time with. She chose a cream romper that is versatile and comfy. She brought comfy sandals and sunglasses for the practicality of walking the city streets.

This romper could be worn in the fall season with a pair of tights, a scarf, and some brown boots. It is usually easy to make the transition from summer to fall with rompers and short dresses.

Her sunglasses are also a great example of a slight cat-eye style. This is a style that you will be seeing quite frequently this fall.

I also love that her hair is up with a high neckline. I find that this fall will see low necklines to accompany long hair and high necklines accompanying up dos.

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CREDIT: APPLE

Apple has released the new the iPhone 6s and 6s Plus, which hosts many new features, as well as a pink, metal colour.

Apple welcomes fall with new line of innovative products

CODY HOWE
INTERROBANG

To the 32 per cent of Canadian Apple fanatics eager to spend their hard earned cash on overpriced but revolutionary products, the California technology giant is back with their largest launch yet.

On Sept. 9, Apple introduced two new iPhones and the long rumoured and thought to have been scrapped during development iPad Pro. As tech enthusiasts expected and like with every fall release, the two smartphones are more of a soft upgrade to their predecessors, than a brand new phone itself.

This means the size and resolution of the phone stayed the same, while the phone's interior got a generous boost.

One of the most interesting features of the upgraded phone line is the three-dimensional touch technology. Think of it as a right click on a mouse. A light press on an application will open the features like normal, but a hard press will give you a large selection of options to choose from related to that same app.

Another interesting feature is Apple's Live Photos option. A hard press on the camera will record three seconds prior to your picture being snapped, which gives the picture a greater sense of realism.

Another feature that has been added to the phone is 4K-video, which records at four times the resolution of your standard high defi-

inition film.

On the downside, Apple continues to ignore adding an SD card slot into their phones in hopes that consumers buy the higher priced products with 128GB internal storage.

The 4.7 inch iPhone 6S will start at \$99, while the iPhone 6S Plus will start at \$199.

For years now, the professional line version of the iPad has been confirmed, denied, rumoured, debunked, etc., submerging it into a cult like environment.

This changed last week, when Apple showcased a monstrous 12.9-inch, 2K-display iPad Pro, weighing just over one pound.

For years, Sony was the king of squeezing giant specs into thin tablets, but when Apple finally catches up, they tend to do everything a lot better. Compared to the iPad Air 2, this device has virtually doubled every spec including memory, graphics' performances and speed, with the device running faster than 80 per cent of all portable computers.

The speed claim is strong given the fact that there are hundreds of laptops that cost three times more than this device.

The tablet will range from \$799 to \$1,079, once again depending on the amount of internal storage you want.

Also if you plan on using this as a laptop, Apple Smart Keyboard will cost you \$169 and \$99 for their new Pencil. All new products will be consumer ready for a Sept. 25 release.

Sony's Xperia Z5 Premium

A game changing phone, or just plain overkill?

CODY HOWE
INTERROBANG

With an ultra-thin design, groundbreaking photo quality, but-tery smooth processors, waterproof and 1080P HD display, Sony's Xpe-ria Z5 stands out amongst its com-petitors.

For many years now, Sony has been quite vocal about capping their screens at full high definition, while companies like Samsung, LG and Google have gone 1440 x 2560 QHD display.

This new screen resolution sports twice the amount of pixels, giving the device a refreshingly vibrant screen experience. Sony's reason for not following its competitors was to focus on the interior rather than the exterior.

In the week of Sept. 7, Sony contradicted their stance on screen display. Instead of rivaling the other mobile tech giants, Sony decided to give their new set a 3840 x 2160 4K-display makeover.

A 4K display is relatively new in our electronic society, with 4K TVs starting to just take off to the main-stream. Prices have almost reduced by 50 per cent in the last two years and content is slowly making its way onto services like Netflix and Amazon Prime.

However, 4K TVs are different because we have the power and technology to run them smoothly. We are not quite there with phones, which worries consumers. A phone with a QHD display takes twice as much power to run then a standard high definition display.

So what happens when you give your phone four times the work of normal HD display phone with a



CREDIT: SONY

Sony's new Xperia Z5 Premium reps a 4K display which separates itself from all other competitors.

processor that is only supposed to work twice as hard?

Some early reviewers have already complained of overheating issues, poor battery life and a lag. With the side effects, the only thing a 4K screen is providing is higher resolution.

This doesn't mean the display will have better colour accuracy or contrast ratio, which is far more important as the human eye can only see a small amount of the clarity in the resolution.

The critiques on this device really are split into opposing sides of the debate: those that say Sony is putting a useless spec on their phone for promotional purposes to show the world they can still be in-

novative and those that say Sony is looking at the bigger picture.

Virtual reality integrated smart-phones are slowly being released into the mainstream and this phone will be superior to any other because the one time that resolution matters is when your eyes are two inches from the device.

Also, while most new flagship phones can shoot in 4K, none can actually be viewed in full resolution. This gives the Xperia Z5 a 'one-up' against its competitors as it actually puts the resolution feature to use.

As the phone was just announced, critics will have plenty of time to play with this smartphone answering the question, is it truly worth the purchase?

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Redefining what it means to "give a crap"



PAM-MARIE
GUZZO
INTERROBANG

New from the mind of M. Night Shyamalan's, *The Visit* is titled with the accuracy of *Snakes on a Plane*. The movie is, quite simply, about two kids going to visit their estranged grandparents. Some weird things happen and there is, of course, a twist, but the plot really is all in the title.

To start, there are issues with the cinematography style chosen by the director. If you had dreamt of days when found-footage-style horror movies were a thing of the past, prepare to be very disappointed.

Not only does this have the shaky cam and awkward narration we've all come to hate, but also features some of the most inexplicable camera placements and scenes possible. Prepare to spend half the movie wondering where you can get the magical batteries with infinite power these children have seem to find.

As bad as the filmography is, it can't compete with the movie's plot. Now, *The Visit* could have made a passable comedy, if done just a bit more over-the-top. It could also have made a decent thriller, if the pointless attempts at jump-scares were removed to make the entire film more menacing.

Instead, the movie tries to be a horror/thriller mix that just ends up failing at everything it attempts to do. The scary parts often come off as being hilarious and parts that are intended to be creepy just come across as weird or gross.

There's also a large amount of ageism worked into the film. There are points where the children are genuinely feeling unsafe or uncom-



CREDIT: UNIVERSAL PICTURES

M. Night Shyamalan's, *The Visit* is a movie that lacks horror and thrill, the two themes on which it's said to be based on.

fortable and for the most part it's just passed off as "Oh, all old people are just crazy". A professional tip: if your grandmother is running around naked and attempting to scratch through doors, this is not normal old people behaviour.

Another problem is in the very premise of the movie. In what universe does any even somewhat decent mother send her kids off to stay with people she hasn't seen in at least 15 years? You at least go for a coffee and make sure your kids are comfortable before abandoning them to go on a random cruise. This is really just common sense.

To be fair to the mother, however, these kids are pretty unlikeable. The daughter randomly uses pretentious

and wordy language to show off how much smarter than her brother she is, which she makes sure to point out. The brother has issues with cultural appropriation and a random problem with germs that is pretty much thrown in and never properly addressed.

For all the many, many problems *The Visit* has, those few suspenseful scenes it has are really well-done. There are some more subtle disturbing moments that actually cause some concern for the characters.

Sadly, like every movie Shyamalan has written and directed since *Signs*, this is a movie full of wasted potential. Overall, *The Visit* is probably best enjoyed under the influence of *The Booze*.

Tape recording the trials of a '70s teenager

ELIJAH BUKREEV
THE CONCORDIAN

A different kind of teen movie, an honest look at a girl's sexual awakening

MONTREAL – It is mildly depressing that while humanity has been able to collectively solve many issues over the past centuries, there are certain life experiences that each must still go through on their own, as helpless and confused as they may be.

While *The Diary of a Teenage Girl* has a cliché-sounding title, it is actually an involving drama/comedy concerned with the loss of virginity and the difficult passage into adulthood.

Just as movies for, and about, teenagers have sunk low in the last decade with the advent of the commercially-minded "young adult" genre, three independent films this year have reminded us that a genuine look at that age group is still possible—they are *Me and Earl and the Dying Girl*, which explores friendship, *Dope*, which explores racial identity, and *The Diary of a Teenage Girl*, which explores sex.

All three, as any movie about teenagers intrinsically is, are coming-of-age stories. I would strongly recommend these three to any person in their late teens as an alternative to the latest fan fiction, poor man's dystopia or schmaltzy romance—not to name any names.

This film is set in 1976 San Francisco and is coloured like an old photograph of the era. In fact, by its



CREDIT: SONY PICTURE CLASSIC

The Diary of a Teenage Girl is a tale about a teenage girl's sexual awakening, played beautifully by Bel Powley, this movie is a must-see.

structure, it can be compared to the Polaroid card 15-year-old Minnie asks to have taken of her right after she's had sex for the first time—for the whole film, we watch her life slowly come into focus through funny, tough and all-around weird experiences.

She is at the centre of the film, recording her rambunctious thoughts on a tape recorder, so when we hear her voice-over narration, it's not being read from paper—the viewer is listening to the voice recordings she makes.

Like many people who keep diaries, she starts hers from a half-conscious desire to be heard, so you shouldn't feel too bad about listening in.

Minnie is played by Bel Powley, a newcomer who infuses her character with endearing and sometimes scary naiveté, but also a confidence that is odd for a character who thinks so little of herself—Marie Heller, a first-time filmmaker, is equally confident in her directing. It's that confidence that ultimately gets Minnie "laid" when she flirts with her mother's boyfriend and

manages to seduce him.

At first, she is thrilled, and proudly informs her tape recorder that she is now officially an adult—this is the line that opens the film.

Powley is yet another in a long list of young new British actors who are more convincing as an American than most Americans are.

She mostly recalls Giulietta Masina in *The Nights of Cabiria* for her wide-eyed look and hopefulness that is entirely misplaced in an environment that wants to suck all life out of her.

The Diary of a Teenage Girl is often disturbing in ways that the main character is not aware of, and that's why these passages are portrayed in a mostly positive light, as they are seen through Minnie's lack of experience. While this film doesn't have the combination of mystery and sexuality of a Gregg Araki film—for some reason, it seems like Minnie always has it all figured out—it is terrifically casted and introduces you to another lovely actress in a way that shows how much she has yet to give.



CREDIT: PETITE NOIR

Petite Noir's new album *La Vie Est Belle* is exactly the same as their EP *King of Anxiety*, with only a few songs differentiating themselves.

Petite Noir: Creative or a carbon copy



NICK REYNO
INTERROBANG



On Sept. 11, Petite Noir released his first full-length album, entitled *La Vie Est Belle*, which is the much anticipated follow up to his January extended play (EP) *King of Anxiety*.

It's hard to pinpoint exactly where Petite Noir gets his inspiration and even trickier to place him in a specific genre. Due to his originality he's created a whole new niche for himself and dubbed it noir wave.

La Vie Est Belle comes across with atmospheric synth lines, captivating, upbeat drum rhythms and chill guitar riffs, but perhaps it's a little too similar to the *King of Anxiety* EP. The difficulty with proclaiming your own genre is that it can be tricky to retain that sense of originality while still being innovative.

The songs on this record that do bring a nice sense of innovation are unfortunately few and far between.

The song "Best" is second on the album and has a powerful hook in it unlike anything Petite Noir has done before. The mellow synths that usually populate the songs give way to energetic guitars that follow crashing drum rhythms through an unabashed chorus.

If more of the album contained this sense of energy, perhaps it would have been more of a successful release, though it seems to be a downhill trend from the beginning.

Perhaps the best part of Petite Noir's initial release was his impeccable vocal range, which reached a high alto in "Shadows" and stooped to a silky low baritone in "Chess", which incidentally reappears as the final track on *La Vie Est Belle*.

It would have been nice to see "Shadows" reappear as well because most of the latest album resides in this low end of his range, making for a much blander vocal performance.

The one thing that Petite Noir did manage to nail on this album

was his knack for plagiarism. In his song "MDR" he blatantly rips off "You're The One That I Want" by Olivia Newton-John, even going as far as to find a female vocalist to sing the famed lines from its chorus. The only thing this song is missing is the catchy "oo-oo-oo honey", but don't worry because Petite Noir leaves a nice pause in the vocals if you'd like to sing that for yourself.

The only track on this album that comes close to eclipsing "Chess" is the song "Seventeen (Stay)". The hook in this song adopts a positive vibe with a powerful vocal delivery that punches through the instrumentation elegantly. The hook is catchy in comparison to the rest of the album, but that might just be a result of this small amount of uniqueness buried in the monotonous recreation of his first EP.

“Petite Noir had a chance to experiment and create a new work of art that could stand on its own...”

I say that "Seventeen (Stay)" only comes close to "Chess" because of the second half of the song. At the four-minute mark it makes a hard left into a weird and barren space that seems immensely detached with the rest of the song. On its own, this second portion would serve as a brilliant interlude or conclusion track, but it seems incredibly forced and very much like an afterthought. The bare bones production of this second part creates an earnest and vulnerable vocal bit, which might be the realest part of this album, but as it stands "Seventeen (Stay)" is a missed opportunity.

In fact, the entirety of *La Vie Est Belle* seems like a missed opportunity. Petite Noir had a chance to experiment and create a new work of art that could stand on its own, but instead shied away and tried to emulate what worked for him the first time around.

Perhaps the next album will see some form of creativity back into the mix, but until then I wouldn't spend any money on Petite Noir.



CREDIT: ALEXKICH / ISTOCK / THINKSTOCK

Anastasia Steele, we're concerned and we just want the best for you.

Dear Anastasia Steele



PAM-MARIE GUZZO
INTERROBANG

I've read your memoir, *Fifty Shades of Grey*, and I see why you wrote me. The situation you describe between you and Mr. Grey – your romance, if that's what you want to call it – does have some very troubling signs.

There's something I want to tell you first, before anything else. You are a valuable human being and shouldn't feel the need to change for anyone, ever. I know you think of yourself as unattractive, but even if you were, you would still have value as a person.

Everyone, regardless of their appearance, has the right to be treated by all others as an equal. This idea you have that Mr. Grey is in any way "out of your league", and his attempts to enforce this perception through wowing you with expensive gifts and condescension is simply wrong.

Moving on to the book you sent me. First, I have to say Ana that it was really difficult to read. I feel like you reach for a thesaurus when you should be opening your dictionary. Not every sentence needs fifty adjectives, as fond as I know you are of that number.

You also fall into the blunder of telling the audience what people are thinking or feeling instead of showing them through their actions. Since you aren't a professional writer, I can forgive this, but if you really are planning on continuing to write about this ill-advised affair, you should think about taking a class in Creative Writing 101.

Moving on to your relationship

with Mr. Grey. Ana, I have to say, the warning signs were there from the beginning. Now, I'm not talking about his cryptic "I'm not for you" crap, which was obviously a successful attempt to manipulate your curiosity and make you think of him as dark and mysterious.

No, I'm talking about him showing up at your house uninvited, obsessively messaging you and slowly cutting you off from your friends and family. If you feel you can't hang out with someone you've known for four years without fearing the person you're with, then you really shouldn't be with that person.

There are healthy ways to participate in BDSM. Mr. Grey does discuss safe words in that odd contract he made you sign – although those should have been item number one, not inserted later as an afterthought. Also, those should have been discussed before the first time he tied you up. It may be light, but any situation where someone is being dominant should have safeguards for the comfort of everyone involved.

I strongly dislike you using the word "whore" to describe yourself and "depraved" to describe Mr. Grey. Having and enjoying sex, even kinky sex, is perfectly healthy if done in a trusting and importantly, non-manipulative manner. Mr. Grey isn't depraved because he's into tying you up. He's a monster because he controls you without your permission and strikes you in anger (and no, that isn't a natural part of a Dom-sub relationship).

I really do hope you'll consider permanently ending it with this man. He clearly sees you as just another one of his many possessions, and you deserve better.

Best Wishes,
Pam-Marie

It rests on 13 acres of earth
over the very center of hell..!



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WORST
IS YET TO
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CREDIT: HALLMARK RELEASING CORP.

This famous poster offers the audience some advice.

"It's only a movie"

ANGELA MCINNES
FEAR FOR THOUGHT

Up until his untimely death this past August, Wes Craven spent his career as a legendary writer, director, editor and producer conjuring some of the most menacing and well-crafted entries in American horror. Yet of all of Craven's films, there is none more stirring and provocative than his 1972 directorial debut, *The Last House on the Left*.

The Last House tells the story of the rape and murder of countryside teenagers Mari Collingwood and Phyllis Stone at the hands of an urban gang. Later, Mari's parents unwittingly invite the disguised gang into their home and then kill them after realizing what they have done.

The original cut of the film was naturally met with contention by the general public and substantially censored as a result. It was this controversy that prompted the use of the film's famous tagline, which encouraged prospective viewers to "keep repeating 'it's only a movie'" lest they be shocked at the movie's highly graphic content.

However, *The Last House on the Left* is not only a movie, nor is it like any other horror film in the traditional sense. When asked to describe the conventions of horror, one is more likely to envision a plot featuring supernatural monstrosities instead of standard news headlines. But as the epigraph of *The Last House on the Left* so honestly warns prospective viewers, "The events you are about to witness are true". Ghosts and goblins need not apply.

While his following movies were backed by Hollywood funds, *The Last House on the Left* depends solely on Craven's editing abilities paired with the casts' raw performances to effectively generate a manic rise to a violent climax before plummeting into a realm of grief, remorse and murderous rage.

At least part of the movie's genius lies in this, as it purposefully contrasts the rapists' exhilaration leading up to their crime with its painful consequences when they later confront Mari's vengeful parents.

The Last House on the Left is a story of crime and punishment and provides a detailed portrait of

the people involved, including the murderers.

"What would you do if you were me," cried a by-standing young gang member as Mari begs for her life. This line epitomizes the film as it lures audiences into wondering what they would do if they saw something awful happening right before their eyes but felt powerless to stop it.

Recalling the movie's opening line, "The events you are about to witness are true," the full horror of *The Last House on the Left* becomes clear. Just as Mari's rape takes place in the woods across the street from her childhood home, horrible events often take place close by and by people whom we least expect. As unsettling as this film may be, it nevertheless deserves to be commended for the way it subverts conventional horror by redirecting audiences from fantasy to the real world, where more often than not true evil lies just outside our door. Keeping this in mind, Craven seems to ask us: will we know it when we see it?

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CREDIT: LENKASERBINA / ISTOCK / THINKSTOCK WITH EDITS BY CANDIS BROSS

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Candis Bross & Pam-Marie Guzzo | Interrobang

Gender is a complex and complicated subject. Many people are born one of two biological sexes, either male or female, with the idea being that those people will grow up to be men or women. This concept works for a lot of people, who are referred to as cisgender because they identify with the gender they were assigned at birth based on their sex organs.

This concept of the gender binary, where male and female are the only options, can be extremely limiting to people that find themselves identifying outside these constructs.

Biologically, gender isn't black or white. If you've taken biology, you may have learned that most biological males are born XY and females are born XX. Though, this isn't always the case; about one in 2000 individuals are born with only one sex identifier, or with many. Unless doing a DNA analysis for medical reasons, a person might never know about this difference.

Sometimes, either due to the genetic dice roll or other changes while in the womb, a person may be born intersex, meaning they are born with a reproductive or sexual anatomy that doesn't fit the typical definitions of female or male. This used to be corrected by doctors and pills, but it's becoming more common for parents of these children to wait until almost puberty before letting the child decide what gender they would like to be – if any.

Gender today is normally talked about in terms of masculine and feminine, but this has meant very different things throughout history and in various cultures.

The differentiation between gender and sex is key to understanding how gender identity affects people. While sex normally refers to the biological sex someone is born with, gender refers to how someone feels about themselves in terms of masculinity or femininity.

A person's gender identity is what gender they feel they are in the core of their being. Gender expression is how they express gender, often with style choices or mannerism. Sexuality is about who they find sexually attractive, which can be anything from just one special person to no one at all. Society sometimes makes assumptions about someone's gender identity based on their gender expression or sexuality, but these three things are not always

related. Just because someone presents themselves in a dress and heels does not automatically mean they identify as female. After all, clothes are just objects that we have placed gendered meaning on as a society.

It might surprise some to learn men originally were the only ones to wear high heels in the 1600s; French noblemen would wear heels as a status symbol, showing they didn't need to work.

Workers needed more practical footwear and couldn't afford impractical shoes. Louis XIV had his own signature heels with red soles and heels that only the members of his court were allowed to wear. Status symbols like this still exist today, not unlike the expensive Louboutin's that mimic the king's style, according to an article by the *BBC*.

This started to change in the 1630s, when high-class women began adopting traditionally masculine behaviours like smoking pipes and wearing heels. Slowly the lower classes adopted these style trends and the elites responded by making their shoes with higher, more impractical heels according to an article in *The Society Pages*.

Jaden Smith has been seen wearing dresses and skirts and many in the media have questioned his gender identity because of that. The problem being that Smith's gender expression has absolutely nothing to do with how he identifies with gender.

As far as we know, Smith is a boy that likes girls who just happens to like wearing dresses and skirts. Nothing about his choices in clothing changes his gender, unless he wants it to. Unless he claims a gender identity other than the one he has been previously using, we have no right as a society to assume otherwise.

While I identify with being a cisgender female, meaning I feel aligned with sex I was born with, not everyone has that privilege. There are many gender identities that people can identify with: male, female, agender, gender neutral, non-binary, gender-fluid, transgender, genderqueer, two-spirit and many more.

This is why Facebook now gives people the ability to choose from a pre-populated list of gender identities as well as a custom gender. These changes can reflect how Facebook refers to a person through pronoun use on the site.

Pronoun use – he, she, they, zhe,

etc. – is one of the ways you can show respect to someone who identifies outside the gender binary of male or female. Society is used to looking at someone and assuming what their pronouns are, but assuming pronouns can have a negative impact.

Misgendering a person can make someone feel very uncomfortable or in more extreme cases, put someone in a dangerous situation, such as if you accidentally 'out' someone as transgender. Most people will not be offended if you ask what pronoun they use. Many people use the term 'preferred pronoun', but some people's pronouns are not preferred, but mandatory to their identity.

There have been arguments that say using 'they' as a singular pronoun is not grammatically correct, but in the English language we use it that way all the time. For example, if a chef makes something incorrectly at a restaurant, we say, "They forgot I didn't want cheese", where 'they' means the chef, one person.

In situations where gender is unknown, society often uses the term 'they' as a blanket pronoun. Using gender-neutral pronouns is considered to be safe if you are unsure of a person's gender identity, but it's always better to ask.

Asking someone about their pronouns can be uncomfortable, but it's even more uncomfortable for that person to hear themselves constantly misgendered in conversation.

Reaffirming someone's gender identity by asking about and using their pronouns is a way to create a safe space for someone. The most important thing to remember is not to question anyone on their pronoun use, because although you might be confused and don't understand why someone might use those pronouns, their gender identity is valid whether or not you understand it.

If someone asks for their pronouns to be changed, respect that request. It can be difficult to change your language and you will make mistakes, but it's important to show respect for people by using pronouns correctly.

While you may have never struggled with gender identity issues, it's very likely that someone you love has. Remember, part of being human is choosing our own definitions and showing compassion is essential for those who are still figuring it out.



CREDIT: CANDIS BROSS

It's a good idea to use two different forms of contraceptives in case one fails.

Contraceptives

Protecting people's pleasure

CARL GARNICH
INTERROBANG

For years, we have been taught that being safe while being intimate will prevent pregnancies and sexually transmitted infections. But there is a bigger responsibility that falls on a person using contraceptives.

Josh Poynter, a public health nurse with the Middlesex-London Health Unit's sexual health promotion team, says it is important to keep current on what products are available.

"It is your raincoat," Poynter said. "It is your barrier against fluids getting to you and leaving you."

However, being safe is a trust that a person puts into the contraceptive that he or she chooses to use. People can choose between male and female condoms, sponges, diaphragms, birth control and the Intrauterine device or system.

"Technology has come a long way. It is important for people to know the effectiveness of the contraceptive that they chose," Poynter states. "Sponges and diaphragms are approximately 60 to 70 per cent effective while condoms work 85 per cent of the time with typical use – such as using lubricant – but work 98 per cent of the time with 'perfect' use."

"This can make a big difference in the person's decision."

Consequences of using a specific contraceptive are not limited to effectiveness. Some products can have health risks that may not ruin the moment but could ruin any in the future.

"Spermicide is known to be an effective way to make sure all semen is eliminated after sexual activity, but consistent use of the product causes it to become a skin irritant," Poynter said. "It can break the skin, which allows for a person to acquire infections with more ease."

"It is not a huge risk and you would have to use lots of spermicide in order for it to be a problem."

Another consequence of using contraceptives such as sponges and diaphragms for women is Toxic Shock Syndrome.

"That is a problem that arises when things are left inside for too long," Poynter said. "Bacteria is able to grow. It is a general infection with symptoms such as fever, pains and odours would be prominent in this situation."

However, being safe is not just your responsibility. Everyone needs to be vigilant and aware of the person they are engaging in intimate relations with.

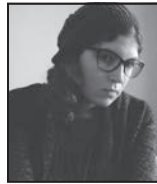
"Most sexually transmitted infections do not have any symptoms that would indicate that you have it," Poynter said. "Some people think serial monogamy is a safe way to ensure that you are controlling the number of sexual partners you have, but they have all been with other people at some specific point in time and you can only be sure if you tested yourself and know that the person you are with has been tested as well."

It is important to frequently educate yourself on contraceptives and various infections. Being informed about the latest advances in protection or STI statistics in Ontario and all over Canada acts as your first line of protection.

"It is really important to get this information out to the public and raise awareness about the issue of sexual health," Poynter said. "Searching communityhealthstats.healthunit.com allows Londoners to understand London's standing among provincial statistics. The site deals with different infections and gives information for both gender demographics."

Being able to access this information and contact specialists, such as Poynter, is a crucial step in being prepared for that next intimate encounter. So when the moment arises, be safe and be smart.

Consent: Only yes means yes

PAM-MARIE
GUZZO
INTERROBANG

When talking about sex, everyone focuses on safety in the bedroom. Condoms and lube are great for keeping you happy and healthy once your clothes are off, but what about before? The key is consent and Canadian law has some very specific ideas about what that term means.

The Canadian Criminal Code can be dense, but there are a few key points in section 153.1, the section that deal with the definition of consent, that everyone should know.

First, there are some more obvious situations where a person isn't consenting. If someone is in a position of power or authority and uses that against you, even if you do say yes, the consent may be vitiated, especially if you fear some sort of backlash for saying no.

Secondly, even if you do say yes – and that yes has to be explicit – the second you communicate a change in your mind, all activity must stop. You don't even have to say no for

this to take effect, simply expressing in word or action that you don't want to continue is enough.

Communication before sexual contact begins is vital – simply stopping when an individual asks you to but never getting consent to begin in the first place is not sufficient.

"You can't punch someone as much as you want and be insulated from liability because you stopped when they said to," said recent Western University law graduate Janice Calzavara. "Why would sexual assault have different rules?"

Also, agreeing to one activity doesn't mean you agree to everything: just because someone is okay with a sloppy make-out session doesn't mean they're okay with you going any further. The key is to check every step of the way. Sometimes a person won't feel comfortable saying stop, either because they think they can't or are afraid of hurting feelings, but this doesn't mean they agree. In Canada, silence does not mean consent.

Finally, if a person is incapable of consent, either because they are asleep, intoxicated, passed out or for any other reason, they can't consent even if they previously

gave permission. This means that sweetly kissing your partner while they sleep could be sexual assault – as crazy as that seems.

This was outlined by the Supreme Court decision *R v JA* in May 2011 that says, "If the complainant is unconscious during the sexual activity, she has no real way of knowing what happened and whether her partner exceeded the bounds of her consent."

Speaking of booze, mistaken belief in consent stops becoming a legal defense if the accused was intoxicated, reckless or wilfully blind. This means that if you are on notice that the person is not consenting and you don't ask questions because you don't want to know the answer, you are as legally culpable as if you knew they were not consenting. On top of that, being drunk and assuming the person is agreeing is no excuse under the law.

For those looking to follow the letter of the law, there are a few simple rules: make sure everyone involved is sober and awake, get them to say yes, communicate and make sure it's still a yes the entire time and stop the second anyone seems uncomfortable.



CREDIT: CANDIS BROSS

Don't make your roommates fear for their sanity. Be polite about your sexual adventures.

Sex etiquette for shared living spaces

DAN TODD
INTERROBANG

If you or one of your roommates happens to be getting lucky while the rest of the house is trying to sleep, or while someone has company over, it's easy to avoid an awkward situation.

Be sure to have a discussion with your roommates about it before anything happens.

If it's during the day and other people are home you can put some music on to cover up whatever noises you or your partner might let out, or warn your roommates ahead of time so things like noise cancelling headphones can be bought if necessary.

You may also want to make sure that your bed isn't up against any walls, or buy a can of WD40 if the bed is particularly squeaky. Getting a rug for your room can help reduce noise for any downstairs neighbours as well if you have hardwood flooring.

If you and your partner are enjoying some shower time together,

be sure to clean up if necessary and do not leave anything behind. Also, be sure that no one needs to go into the bathroom to get ready for work or school.

You may want to discuss keeping common areas like the living room or kitchen off limits for having sex to prevent uncomfortable encounters, and make sure to knock if you have to talk to your housemates while they have company over.

Also make sure that you or your partner are reasonably covered up if you have to leave the room for anything while you're in the middle of things. Having to see you or your partner naked could make your roommate extremely uncomfortable, and make things awkward for everyone involved in the future.

Living on res with a roommate who's got an active sex life can be awkward, so be sure to have a system of communication in place. Use tried and true methods like leaving a Post-It note saying, "Do not disturb" or even the tie or sock on the door.

Refrain from having sex if your roommate is still in the room; whether you think they are asleep or not because they probably aren't. Also, occasionally finding yourself

unprepared in the heat of the moment is one thing, but swiping your roommate's condoms on a regular basis is inconsiderate as well as a potential problem for him or her in the future.

Going between yours and your partner's places can also help reduce awkward encounters, and gives everyone's roommate a break once in a while.

If it happens to be a one-night stand, you probably want to avoid leaving them in your apartment for your roommate to deal with. No one likes finding a sleepy stranger eating their cereal on the couch first thing in the morning.

If you have a steady relationship with your partner, introducing him/her to your roommate(s) can also help to reduce any tension around the house.

Whether you're in a house, dormitory or a regular apartment, if you're sharing that space you'll have to learn to get along with whomever you're sharing it with.

For a lot of people, exploring their sexuality is a big part of college life, so be prepared to compromise and make accommodations when it's necessary, and hopefully your roommates will do the same.

DO YOU HAVE ACTIVE CONSENT?

Candis Brass | Interrobang

Consent is a difficult concept for some people to wrap their heads around, but it's not just important, it's also the law. The Criminal Code clearly illustrates what sexual consent means in Canada under section 273.1, but I doubt you really want to read it. Instead, use this chart to help you avoid any misunderstandings about consent in your sexual adventures. While this chart is a great

guideline to follow, there isn't enough room to include information about the age of consent, which can be found at tinyurl.com/CanadaConsent. Age of consent in Canada is currently 16 years old, but there are stipulations on that, so make sure to do your research. Remember, consent isn't just sexy, it's required.



Ins and outs of anal sex



**PAM-MARIE
GUZZO**
INTERROBANG

Anal sex is poorly understood and often fetishized, but as it becomes more commonly seen in pornography and other media, curiosity increases. Regardless of gender or sexual orientation, anal sex is something that can be explored and enjoyed by anyone, provided safe practices are followed.

First things first – consent is sexy. While many people may tell jokes about things like the shocker – made famous by Dane Cook – or surprise anal, it's important to remember that the key to good, comfortable anal sex is relaxation. Surprising someone while you're in an exploratory mood isn't fair to either of you. Your partner may end up feeling violated and lose trust and you may cost yourself the sexy and fulfilling experience you crave.

Second, while condoms are important with all sexual activity, the thin lining in the anus makes disease transmission even more likely with anal sex. This is an area of your body made specifically to absorb water and nutrients, and it's easy for sneaky viruses to make their way through the porous membrane.

Equally important is the liberal use of a water-based lubricant. This can both prevent friction from breaking the condom, and will make the experience more enjoyable for the receiving partner. Oil-based lubricant and Vaseline should never be used, as they can actually ruin a condoms effectiveness and mess with the natural good bacteria your body needs.

So now you have permission, a box of condoms and a big bottle of lubricant – what's next? Since the



CREDIT: CANDIS BROSS

Always make sure you and your partner are relaxed, comfortable and – most importantly – actively consenting before trying new things in the bedroom. A relaxing bath is one way to get yourself both clean and in the mood.

key to non-painful anal is relaxation, patience is the key. Take your time and explore your partner. A nice sensual massage can be a great starting point. If you plan on being on the receiving end, practice calming breaths and let your body enjoy the touches. A warm bath or shower can also help a great deal, and helping your partner soap up can work both as foreplay and as a way to al-

leviate concerns about cleanliness.

When you finally get to the main event, remember that the anus is extremely sensitive, so even one well-lubed finger will feel like a lot at first. There are a ton of nerve endings in the area, which can create very intense sensations. Listening to your partner and checking the comfort level regularly is really important, as is easing off the sec-

ond it begins to be painful, which if you are relaxed and going slow shouldn't happen.

Once you do get to the point of penetration, maintain patience and keep the lines of communication open. The second any discomfort is felt, stop and relax for a while. Don't pull out suddenly, as that can be an uncomfortable experience.

After finishing, cleanliness is key.

It's essential that you remove or switch the condom between anal sex and any other activities. Make sure to wash up thoroughly, as there is a great deal of bacteria in the rectum.

Anal is unlikely to be much messier than other forms of sex – generally, the lower rectum and anus have little fecal matter in them – and can be enjoyable for both partners as long as it's done properly.

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FANSHAWE-SUTRA

NEW MOVES FOR THE BEDROOM

* ARE YOU READY FOR THIS JELLY?

Dan Todd | Interrobang

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

CRISSCROSS

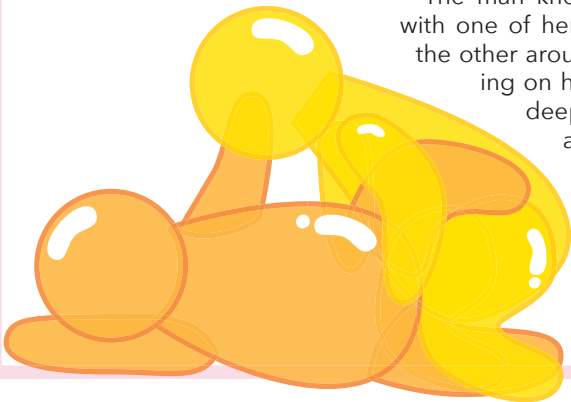
*AKA "THE X"



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

THE PRETZEL

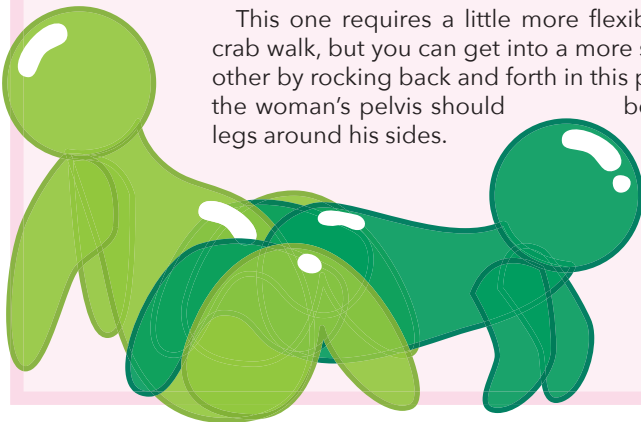
*PROBABLY THE EASIEST ONE *(Y)



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

THE SPIDER

*LET'S FACE IT, THIS IS SYNCHRONIZED CRABWALKING

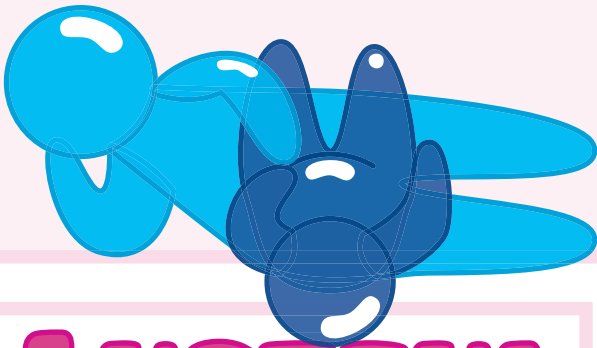


This one requires a little more flexibility. It resembles doing a crab walk, but you can get into a more satisfying rhythm with each other by rocking back and forth in this position. Facing each other, the woman's pelvis should be above the man's, with her legs around his sides.

SPORK

*FOR PEOPLE WHO HATE MOVING

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



STANDING WHEELBARROW

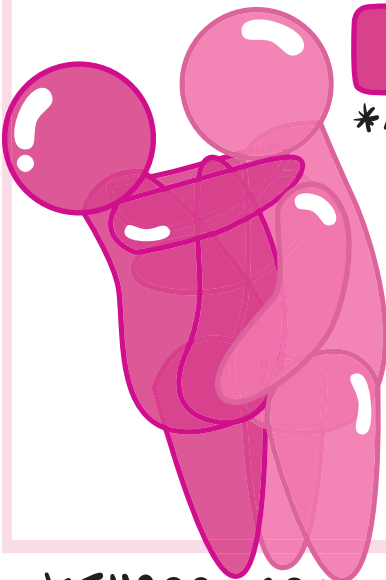
*YOU BETTER HAVE AMAZING BICEPS

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



LUSTFUL LEG

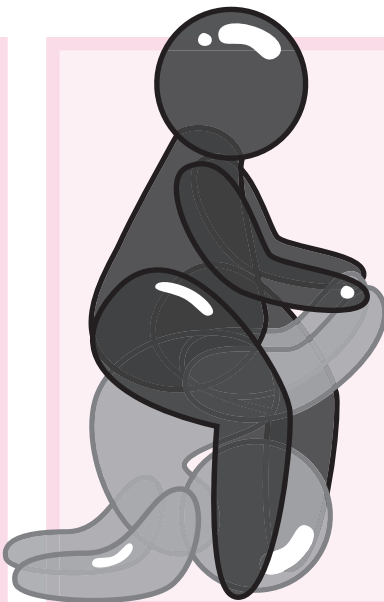
*AWKWARD HUG SEX



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

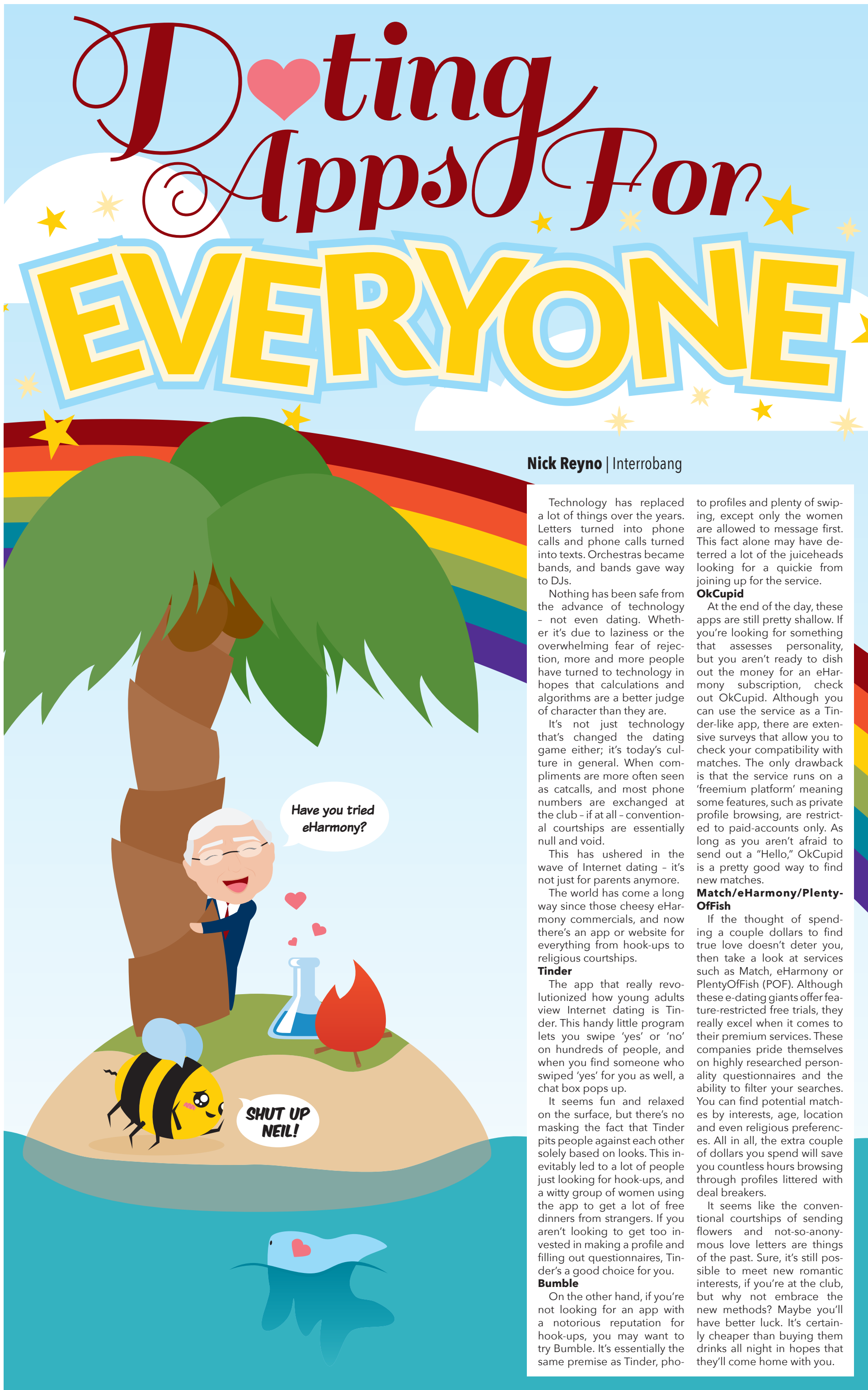
BUTTER CHURNER

*FOR WHEN YOU WANT TO BREAK NECKS



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

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



Nick Reyno | Interrobang

Technology has replaced a lot of things over the years. Letters turned into phone calls and phone calls turned into texts. Orchestras became bands, and bands gave way to DJs.

Nothing has been safe from the advance of technology – not even dating. Whether it's due to laziness or the overwhelming fear of rejection, more and more people have turned to technology in hopes that calculations and algorithms are a better judge of character than they are.

It's not just technology that's changed the dating game either; it's today's culture in general. When compliments are more often seen as catcalls, and most phone numbers are exchanged at the club – if at all – conventional courtships are essentially null and void.

This has ushered in the wave of Internet dating – it's not just for parents anymore.

The world has come a long way since those cheesy eHarmony commercials, and now there's an app or website for everything from hook-ups to religious courtships.

Tinder

The app that really revolutionized how young adults view Internet dating is Tinder. This handy little program lets you swipe 'yes' or 'no' on hundreds of people, and when you find someone who swiped 'yes' for you as well, a chat box pops up.

It seems fun and relaxed on the surface, but there's no masking the fact that Tinder pits people against each other solely based on looks. This inevitably led to a lot of people just looking for hook-ups, and a witty group of women using the app to get a lot of free dinners from strangers. If you aren't looking to get too invested in making a profile and filling out questionnaires, Tinder's a good choice for you.

Bumble

On the other hand, if you're not looking for an app with a notorious reputation for hook-ups, you may want to try Bumble. It's essentially the same premise as Tinder, pho-

to profiles and plenty of swiping, except only the women are allowed to message first. This fact alone may have deterred a lot of the juiceheads looking for a quickie from joining up for the service.

OkCupid

At the end of the day, these apps are still pretty shallow. If you're looking for something that assesses personality, but you aren't ready to dish out the money for an eHarmony subscription, check out OkCupid. Although you can use the service as a Tinder-like app, there are extensive surveys that allow you to check your compatibility with matches. The only drawback is that the service runs on a 'freemium platform' meaning some features, such as private profile browsing, are restricted to paid-accounts only. As long as you aren't afraid to send out a "Hello," OkCupid is a pretty good way to find new matches.

Match/eHarmony/Plenty-OfFish

If the thought of spending a couple dollars to find true love doesn't deter you, then take a look at services such as Match, eHarmony or PlentyOfFish (POF). Although these e-dating giants offer feature-restricted free trials, they really excel when it comes to their premium services. These companies pride themselves on highly researched personality questionnaires and the ability to filter your searches. You can find potential matches by interests, age, location and even religious preferences. All in all, the extra couple of dollars you spend will save you countless hours browsing through profiles littered with deal breakers.

It seems like the conventional courtships of sending flowers and not-so-anonymous love letters are things of the past. Sure, it's still possible to meet new romantic interests, if you're at the club, but why not embrace the new methods? Maybe you'll have better luck. It's certainly cheaper than buying them drinks all night in hopes that they'll come home with you.

Dildos & BUTT PLUGS STRAPS

oooooh my

Jerrold Rundle | Interrobang

Sex toys are a funny thing and have been used by humans since Palaeolithic times when another person wasn't there to fill the need, or simply wasn't enough to finish the job. During the 1800's toys were marketed as remedies to headaches and hysteria, a stress relief tool given by doctors.

Yeah, stress relief.

Nowadays there are toys for everyone and everything. It's a lot for someone to handle when immediately thrown in, so here's a handy beginner's sampling of available "stress relievers" today.

First, you want to make sure you're looking at toy materials. Generally speaking, borosilicate glass is the highest quality material, but is also pretty pricey. Glass is great because it's easy to keep clean, making storage easier if you're needing to hide it from roommates or family. It also has the ability to be heated and cooled, enhancing sensations during play.

Other materials include plastics - silicone cyberskin, latex

and rubber - all having different requirements for maintaining cleanliness, and metals like surgical steel, which are also generally higher quality toys.

A little warning when looking - never use a sex toy that is advertised as a novelty product. Some can be made from low-grade plastic products like phthalates - an endocrine disruptor - that can break down easily or might be harmful to the user, so don't take that chance.

For all types of toys you want to wash with a non-toxic anti-bacterial soap with no fragrances added. Not cleaning your toys is really, really bad for you. Bacteria can flourish quickly and no one wants to be using gross toys in intimate areas. A little secret for making clean up easy is to use condoms on your toys, any mess gets left with the condom when you throw it out. Continue washing your toy though, as most condoms have internal lube.

Now, to the toys.

Dildos

Dildos are phallic shaped objects, which can be soft or hard and are meant for penetration of the vagina or anus. Most people think it's just a beginner's toy, but with thousands of options to choose from it's easy to see that the dildo continues to change with the times.

Dildos packing a motorized punch are called vibrators and the variety of these never-ending orgasm makers goes from tiny pocket vibes, to the overtly complex Rabbit with rotating pieces and flashing disco lights, to the saddle-like Sybian, which is said to give riders the most intense orgasm in their life.

Penis rings

Penis rings are meant to be worn around the shaft or testicles and restrict blood flow, increasing sensitivity, while sleeves can add extra length and girth to the penis. For people afraid they're not large enough to please their partner, these might be what you're looking for.

Vibrators

Vibrators are good because penetrative sex isn't how everyone orgasms. Some guys can be put off when vibrators become involved, and that's a mistake. Don't think of it as making you inadequate, but making sure your partner gets to enjoy herself/himself fully as well. Plus vibrators can stimulate both sexes.

Ben Wa balls

Ben Wa balls are used to help strengthen the vaginal muscles by making the wearer perform Kegel exercises, muscle contractions, which hold the balls in place. Not only a way to keep muscles strong, the balls can also be used during penetrative sex for increased fullness and stimulation for both parties involved.

Strap-ons

Strap-ons are harnesses meant to hold a dildo or vibrator in the same position as a penis, allowing users to perform penetrative sex. Different varieties of attachments can be inserted into the wearer as well, giving more pleasure to everyone involved.

Butt plugs

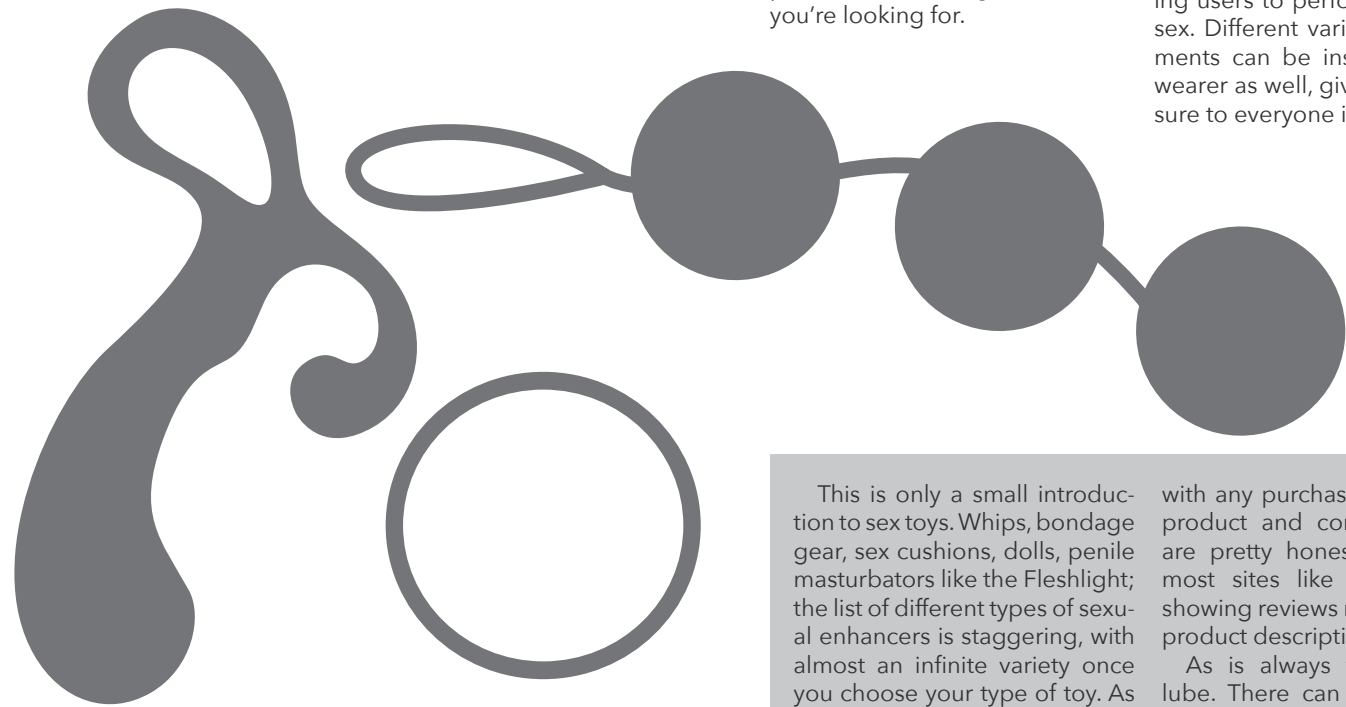
Butt plugs are a type of dildo meant to be inserted and held in the anus. Some people can be pretty grossed out by butt play, but over the last decade pop culture has once again latched onto the ass being sexy, and it's a toy that should be enjoyed by everyone without stigma. A safe plug should have a flared base twice the size of the widest part.

Nipple clamps

These little suckers work for everyone so it's great to have a pair for solo or multi-person play. Clamps are a fun way to provide some intense stimulation while keeping hands free to focus on the great times being had. Numerous designs on the market mean you can have something simple that resembles a clothespin to elaborate butterfly clamps that tighten as you pull on them. Most sets come attached by a metal chain, so be careful not to catch any piercings or hair while fooling around.

Prostate massagers

Prostate massagers are technically a combination of vibrators and butt plugs made for - what else - stimulating the prostate. While its shape can be initially shocking, users of these toys say prostate stimulation is the best orgasms they receive. Looking at anatomy charts, it makes sense why this toy is shaped like a knobby "C".



This is only a small introduction to sex toys. Whips, bondage gear, sex cushions, dolls, penile masturbators like the Fleshlight; the list of different types of sexual enhancers is staggering, with almost an infinite variety once you choose your type of toy. As

with any purchase research the product and company buyers are pretty honest online, with most sites like adameve.com showing reviews right under the product description.

As is always the case, use lube. There can never be too

much, but you will definitely know when there is too little. Take time with any new sexual endeavours, and have fun with yourself. Never be ashamed of being sexually aware of your own body, that's your right - so exercise it.



CREDIT: CANDIS BROSS

Keeping around a pair of scissors for safety reasons is necessary for rope play. Just make sure they'll not actually safety scissors.

Five tips for safe kink



JERROLD RUNDLE
INTERROBANG

The lights are low, you've lit a few candles and your partner's lying in front of you. It's time to do the deed. The horizontal limbo. You know, sex.

But wait!

Out of the blue, your partner suggests something new, something a little different. They ask you how you feel about rope play. You suddenly realize you have no idea what you're doing, and that's okay. A lot of people don't have any experience outside of vanilla sex, but after reading these quick tips you'll be prepared to enter the weird and wonderful world of kink.

1) Always have a safe word.

Not just for kinky stuff, but for all sexy times. For those who don't know, a safe word is a mutually agreed upon word that has nothing to do with any sort of sexual activity. This word can be said at any time during and it effectively means that whatever is currently happening is over. It must stop, immediately. It doesn't mean that person doesn't love you; it just means you need to respect your partner's sexual boundaries. An easy way to lighten the mood is to make it a fun word like ocean or cheesy. To make it even better, use an inside joke. That way when the word is used, you can both laugh it will become a shared memory and a good way to bring emotions back to a resting state.

2) If it hurts, stop immediately.

This is just about trying something new, experimenting-not hurting. Your body uses pain as a

way to say, "Hey, this will damage me, stop it!" No one wants to get nerve damage the first time being tied to a bed, and no one wants to damage their significant other by being ignorant to warning signs. Hard BDSM play has elements of pain, but huge lines of consent need to be drawn before, with loads of planning, and come on, if you're reading this you're just starting out. You are not ready for hard BDSM play yet, and that's okay. When you are ready, the Internet will be your friend in researching how to happily and safely maintain that kind of relationship.

3) Communicate before, during and after playing.

What do both – or all – of you want and expect from each other before starting a scene? Explain how the scene will flow, and outline precautions like washroom/food breaks. Talking during the action is important too, because this is for both of you. No one should be denied pleasure. Knowing and understanding your partner's emotional state is key to having a great time, and being able to easily pick up a scene again in the future. Going over your sexy times after everyone's refreshed might feel a bit weird at first, but it's really about being more comfortable with yourself and your partner intimately, knowing what you liked and didn't like, while understanding what can be done for a better experience next time. Nothing will be perfect the first time but as always, practice makes perfect.

4) Rope play? Have a set of safety shears.

Get a pair of scissors like what paramedic/EMS workers have, and make sure they're easily available if a quick release needs to hap-

pen. Ideally you don't want to cut through your brand new toy, but consider this:

You're in your dorm and are going through a rope scene. Suddenly the pressure on the wrists becomes too much for your partner and you forget how you tied the rope and it quickly becomes knotted, making it even tighter. Now, A) with scissors you quickly and safely free your partner, laughing the situation off for a week. B) You have no scissors, and must leave your tied up partner in your dorm alone, while you try to explain to your res head why you need a pair at 2 a.m., getting back 10 minutes later. The knots are still there, and your partner's (understandably) pissed, not talking to you for a week. Wish you had the safety scissors, don't you?

5) Respect each other.

This is a human being, not some object you bought at a store. Kink and BDSM requires you to be especially aware of your partner's physical and mental health. Be aware that the submissive partner will sometimes need intense amounts of positive emotion, as these scenes can be emotionally draining. Being in love with whom you're playing with makes this way easier, but sex buddies can still achieve this too. Respecting your partner will only help in giving and receiving the most from your scenes, both emotionally and sexually.

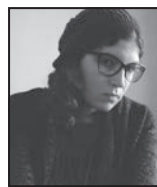
As is always the case, if you're not sure, don't do it. Research the subject yourself thoroughly as these are only guidelines. Sex is an important part of relationships, so it's important to be well informed of what you're doing before trying anything new in bed/on a couch/in the forest. With that in mind, go have fun, get messy and get wild.



CREDIT: CANDIS BROSS

You might call it "spanking the money" but we call it "fun."

Hands-on learning



PAM-MARIE GUZZO
INTERROBANG

Flogging the log. Polishing the pearl. Spanking the monkey. Scratching the record. Flicking the bean. Jacking it in San Diego. Jilling off. Playing the hairy banjo. Wanking it. Feeding the beaver. Beating off. Waking the dragon. Spit-shining the water pump. Taming the one-eyed trouser snake. Giving the cat a ball of yarn. Playing the skin flute.

No matter what you call it, masturbation is a great solo or group activity that anyone can enjoy.

Masturbation has been proven to have innumerable health effects, from curing headaches to boosting the immune system to helping prevent prostate cancer. For those facing insomnia and needing to find a way to stop overthinking assignments and drama, masturbation can be the best five minutes of the day.

After all, there is no better way to say, "I need some time to myself" than to take time to explore your own body. Knowing your body can also have great benefits for your self-esteem and confidence as you learn to enjoy and make yourself feel sexy.

In men, there have been several studies that have suggested that ejaculation frequently reduces the overall risk of prostate cancer, and there also appears to be evolutionary benefits. Many members of the animal kingdom masturbate, from dogs to monkeys to whales, and it's believed that this provides the function of keeping sperm in tip-top shape.

For women who have particularly bad menstrual cramps, masturbating can increase the blood flow to the area, which usually greatly relieves the symptoms. In fact, female orgasms have proven to be so effective at pain relief that some cultures use nipple or clitoral stimulation almost in the same way Western cultures use epidurals during labour.

For both sexes, masturbation is a great way to exercise pelvic muscles, which cannot only increase sexual ability, but also prevents incontinence and impotence. There also seems to be some evidence that orgasms can increase your white blood cell count, meaning making yourself cum might keep you from getting the flu.

On top of all the health benefits for solo work, mutual masturbation can have some wonderful relationship benefits. The easiest way to get

someone to treat you the way you like, after all, is to give your partner a show-and-tell.

This is where you can demonstrate the speed, pressure and motions you love as well as your favourite spots to be touched. Being comfortable enough to masturbate in front of your partner (or partners) can also open up communication for other activities, creating a wonderful back-and-forth conversation that can guide you to the best experience for all involved.

There are some potential issues that can be caused by masturbation, although most of these can be easily solved. Perhaps the biggest problem occurs when masturbation becomes too routine and you pleasure yourself the same way every time.

For those with penises, it's important to change your pacing and grip strength and try to cum with different pressures. This will both prevent you from accidentally training yourself to always need to cum the same way, and can help you get off quicker when you do have a partner. Using condoms sometimes, especially with a small dap of water-based lubricant on the inside, is a great way to get used to the feeling of them and gives you time to explore and find a brand or type that feels best for you.

For those with clitorises, it's not a bad idea to grab a mirror and take a good look while exploring with your fingers. You may be sensitive to certain pressures or areas, and it really is best to learn that on your own before trying to direct a partner to the best areas. Dildos and vibrators can be great fun, but it's important to remember to clean them properly after each use – although if you're lazy, feel free to slap a condom on that puppy and simply toss after playtime is over.

There are some things that masturbation won't do, no matter how often you do it. Old tales of people going blind or growing hair in odd places after masturbating too much are completely made up – although it is possible to lose sight for a moment or two after an especially powerful orgasm.

You also won't get acne, and there is no such thing as too much or too little masturbation. Everyone has their own sex drive and their own normal level. If you find you're getting raw or chafing, the problem is probably that you aren't using enough lubricant, regardless of how often you're milking the moose or stirring the soup.

Exploring yourself, alone or with friends, is great for a ton of different reasons. Just remember to play in private. After all, awkward requests to join are best avoided.



CREDIT: "PRIDE LECTURE FEATURING LAVERNE COX" BY UMKC ON FLICKR (CC BY-NC 2.0)

Laverne Cox has been a great representative and ground-breaker for the transgender community.

Gender roles in media

Equal representation is finally starting to make history



There has been a marked, positive change in the way that characters of differing gender identities are portrayed in media. For a long time, these characters were relegated to minor roles, at best as a supporting protagonist, and at worst as a sloppy punch line.

Now, programs and movies about – or prominently featuring LGBTQA characters and performers – are among the most popular and critically acclaimed media available today, which has begun to move the conversation about diverse gender roles in a more positive direction.

It's no secret that for a long time, the general attitude toward the LGBTQA has been generally appalling, and that there is still a long way to go before a state of equality is to be reached, and perhaps even longer before negative social stigmas are removed, but recent signs seem to indicate that, at least in Hollywood, the winds have begun to change.

One of the most significant and high profile contributors to this recent phenomenon is the rise of web-based television, allowing creators significantly more freedom to explore than would be given on a more traditional cable network. A lot of it is financial, and a lot more has to do with the out-dated views of some billionaire CEOs at the head of these networks, but whatever the true reasoning behind it is, web-based networks like Netflix and Amazon have become the home of some of the most progressive television ever to be aired.

Leading the way is Netflix's original series *Orange is the New Black*, which is one of the most popular and highest rated series on television. It's a standout program for both the portrayal of LGBTQA characters, and the employment of performers who count themselves a part of that community.

A lot of the early attention deservedly went to Laverne Cox, who portrays transgender inmate Sophia Burset, a character who has grown in both popularity and significance as the series has progressed. According to the actress, many of the storylines that have been crafted for Sophia are designed to directly influence major issues facing trans women in the prison system, and for the most part, have been portraying those issues accurately.

Despite how easily the character could have turned out to be yet another transgender stereotype, Cox successfully portrays Sophia in a truly relatable human way, aided in no small part to her own experiences during her transition. She has successfully broken down several barriers already, becoming the first openly trans person to receive an Emmy nomination for acting, as well as the first to appear on the cover of Time magazine.

While Cox has become the face of *Orange is the New Black*'s diverse cast, there are a number of other notable queer performers in the ensemble, notably Australian actress Ruby Rose and Lea DeLaria, who has portrayed Big Boo since the series' inception, holds the distinction of being the first openly gay comic to appear on a late-night talk show when she appeared on a 1993 episode of *The Arsenio Hall Show*.

The increased exposure that the LGBTQA community has been receiving is having an influence on more than what is just being seen on television, it has helped to open new lines of dialogue in new crowds of people.

"The increasing media attention has been a little odd, I find myself answering more and more questions about the community," said Avalon Zanoni through email. Zanoni is a coercively assigned male at birth (CAMAB) trans-woman and chef based in Seattle.

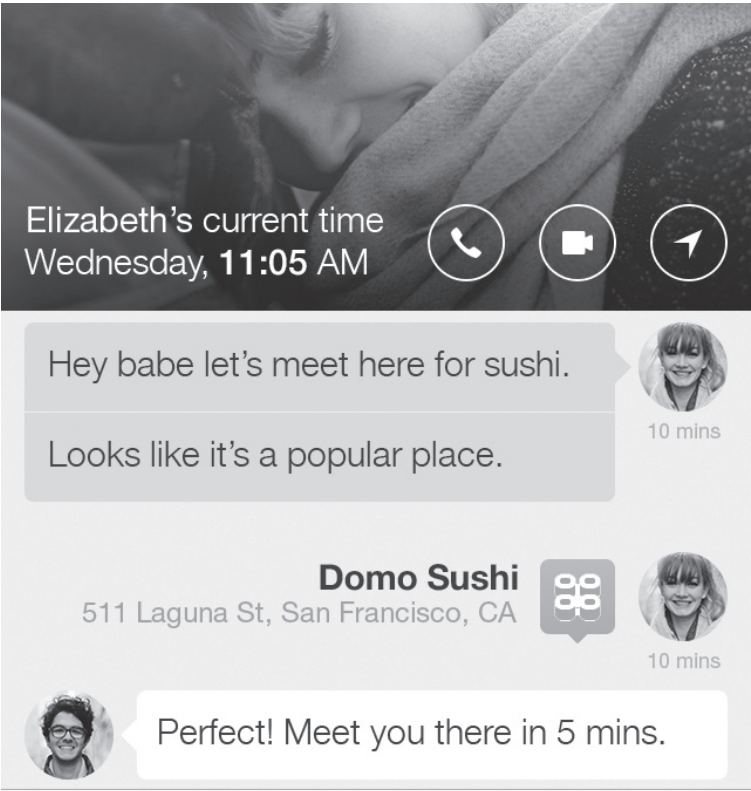
For her, seeing characters she can relate to on television is a welcome change.

"I am, first and foremost, an anime fan. I had to look up who Ruby Rose was to be honest," she said. "My media of choice has shown me representations of myself for decades and was my outlet while struggling to find characters to relate to when American media turned up bankrupt."

For a group of people who have spent so long living under the fear of social persecution, there is a long way to go before stigmas have been completely wiped away. This past year was full of progress for the LGBTQA community on many fronts, far more important than in media. But it's a step in the right direction.

Zanoni says she appreciates the opportunities being given to trans performers, but acknowledges that Hollywood still has a ways to go.

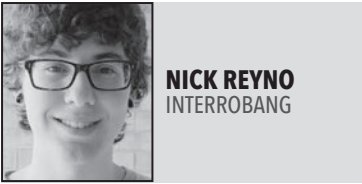
"While there's no such thing as bad publicity, there are still many portrayals that are very misinformed," she said. "There's definitely no bad publicity, but there is a lot of responsibility put on writers to make sure they are truly representing trans people."



CREDIT: COUPLE.ME

Keep the magic alive while being apart with these great mobile apps.

Keeping long-distance relationships from fizzling



Modern technology has made the world a smaller place. We can video-chat with friends across continents, parents are learning that texting with a signature is extremely annoying, and long-distance couples have become increasingly common. Whether it's because of technology or moving away for school, some of us will encounter a long-distance situation at one time or another.

Dating someone who lives in another city isn't exactly a Hollywood romance, but the same technology that made this world a smaller place is making these relationships easier on everyone.

Four-hour phone calls and obsessive texting are no longer the only ways to keep your relationship going.

If you're living on your own in a new town, you probably eat a lot of meals by yourself. Why not have a Skype date while you eat? You can each cook your meals, sit down and practically eat with each other. You may not notice but eating alone can really bring down your spirits over time. So not only is eating with your loved one a cheesy fun date idea, it can also help to raise your spirits, which will no doubt make things easier for both of you. The same can be said for watching movies. Syncing up a bad movie and making fun of it together is a great way to keep the mood light while killing a few hours.

For everyday communication, texting can be a little dull and developers have been making apps for just this reason. These dating apps aren't for singles looking to hook up, but are great for couples that are already together.

Couple
One app in particular, Couple, does a fine job of this. While it lets couples text each other, they can also send a little sticker that says "Thinking of you." It's a great way to brighten your partner's

day while you're both busy with school or work. You can also draw pictures together, and it has a nifty little thing called a thumb kiss. When your partner touches his/her phone, a little thumbprint appears. As the thumbprints move together, the screen turns red and the thumbs kiss. It's a dorky way to make each other smile while feeling a physical connection.

Love Palz/Lovense
Speaking of physical connection, this is something that long-distance relationships sorely lack, and technology is once again looking to fill the gap. Companies like Love Palz and Lovense offer smart-toys, which use phones and computers to interact with each other according to how your partner is using theirs. Performances can even be saved and loaded onto the toy for later when your partner is away. Putting the control in each other's hands adds a whole new dimension to phone sex, while giving couples a better sexual outlet to avoid being unfaithful.

While the technology advances are making great leaps for couples, let's not forget the most basic form of long-distance communication. I'm talking about good ol' fashioned letter writing. With so much texting, this is a format that's often forgotten about. Love letters and long thoughtful messages aren't as common as they used to be.

Letters are a physical item that your partner can keep and reread when things are tough. You can fill them with funny drawings and even spritz them with your perfume. Scent is one of the strongest memory triggers and can bring all those happy moments rushing back when you're in a slump.

At the end of the day, the best thing for keeping a long-distance relationship going is variety. Just like normal relationships, people get bored when they fall into the same old routine day in and day out. Although the distance makes variety a challenge, modern innovation is continually improving and diversifying every day. Who knows how close tomorrow will bring you together.

Confessions of the Canadian porn comic king



JERROLD RUNDLE
INTERROBANG

The Canadian king of cartoon debauchery, Robin Bougie has been self-publishing for over 24 years including exploitation publications like Cinema Sewer and Sleazy Slice, and the non-fiction Graphic Thrills about America's XXX film history between 1970 and 1985.

Living in Vancouver, the vintage porn connoisseur talked over the phone about an average day in a comic creator's life, his favourite porn star and producing a low budget adult film.

Residing with his long-time wife – who works for an animation studio full time – and their two feline companions, Bougie takes on the self-described househusband role.

"I'm lucky enough," he said. "I can't really fathom doing what I do without having a wife who has a fairly successful career."

"I manage to pull my own weight, but let's face it I couldn't do this if I was alone."

A normal day – and it really is normal – starts at noon with filling and sending orders for his online store.

"I'm on first-name basis with my post office workers," he said with a laugh. "Shout out to Freuen and Lolita."

"[Next it's] pats for the cats then I do some writing or drawing for two or three hours and [by] then it's time for my wife to get home, so I make her dinner."

After the SO's gone to bed, Bougie becomes a night owl and is hard at work again.

"Around 11:30 p.m. I start really nose-to-the-grindstone," he said. "That's when everything's quiet,

there's nothing really distracting." "That's really when I get my comics and my writing done, so I usually work until 4 to 5 a.m."

Every artist has influences and Bougie cites Robert Crumb, with his signature underground cartoon style, and erotica master Milo Manara as inspirations. However, Canadian talent has also caught Bougie's eye over the years.

"Dave Cooper draws these kind of pillowy, weird looking kind of chubby girls ... he's [also] one of my biggest influences".

A common perception of porn as a relationship destroyer had Bougie diffusing the claim. He laid it out candidly when he talked about how porn has changed his relationship with his partner.

It hasn't.

"I think porn could ruin a marriage if you get married to someone who has [an] extremely fragile sense of self, who is really defensive about sexuality."

He also thinks that a relationship like that probably wasn't meant to last anyway.

"I've met couples who have fights about porn and come to me about what to do," he said. "I've never really had that issue with my partner."

For someone who has consumed a lot of pornography it may be hard to decide on any favourites, but Bougie answered quickly. And for good reason – he's been researching her life now for over a decade.

"My absolute favourite of all time was an actress named Rene Bond who worked mostly in California in the 1970's... [in] both in hard core and soft core sexploitation films."

Unfortunately, the best interview is no longer possible. "She passed away in the late '90s, so I never got a chance to know her or interview her, which is one of my biggest [professional] regrets."

Bougie's blushing could almost



Robin Bougie working in his natural habitat – most likely at 2 a.m.

be heard through the phone when he gushed about what made Bond irresistible.

"Just her face actually, seeing her face in a porno and was like, 'Whoa, who's that?'" he said. "It was just something simple with her, [it] was like I just got a weird little crush on her."

Bougie's XXX interests have also landed him his own porn producer/actor/set designer roles back in 2006.

"[For] The Coming of Jizzus, a friend and reader of Cinema Sewer ... sent me the scripts for this biblical porn movie, and I had never heard of such a thing," he said. After showing the script to a couple friends including a filmmaker and porn star from Vancouver's former adult film industry, they decided it was doable.

While overall enjoying the experience, he said it was frustrating at

times as well.

"When I'm making the comic ... I have totally 100 per cent creative control and I've just been spoiled by that," Bougie said. "I love [that] if it goes wrong or it doesn't work its I've got nobody to blame but me."

"When you're a filmmaker you have to entrust all these other people with your project, and a great many of them don't have as much passion for it as you do," he said of his experience on a set. "I was frustrated by the fact that I couldn't pay them enough to care as much as I did."

Plans for another porn called Humpmonkey Wasteland were changed into a comic for his Sleazy Slice #6 anthology back in 2013, as the Mad Max-themed porn scenes were ultimately cheaper in print.

"I wouldn't have had the budget for all those muscle cars."

Bougie says he believes these

types of comics will become more common in the future.

"We're living in a golden age in terms of what's available," he said. "[Since the '80s] it's always been fairly limited in terms of the types of artists and the types of stories available."

"In the last 10 to 15 years it's really been the best time ... [and] sexual content is creeping more into non-porn comics."

With recent titles like Saga and Sex Criminals Bougie says porn is becoming normalized.

"[With] art companies like Image or Vertigo, porn's not even being ghettoized anymore," he said. "It's melding into other genres which is really healthy."

"I wish that would happen in the film community to some extent too."

Bougie's work can be found online at cinemasewer.com.

Losing your mobile virginity



DAN TODD
INTERROBANG

Whether you're in a long distance relationship, away on a business trip, or just looking to build anticipation during the day, sexting can be a great way to be intimate with your partner while you are apart. It can also help reduce awkwardness if the two of you haven't actually had sex yet, or be used to explore fantasies or different interests that you might feel uncomfortable about initially.

Fair warning guys: it's a terrible idea to open with a dick pic.

Be sure that whomever you're texting is comfortable with the conversation, and if they ask you to stop or take things down a notch, be sure to listen. Consent is key whether it's in person or not.

It's also important to make sure that you're messaging the right person. The last thing anyone needs is to be texting their mother inappropriately. You should also respect your partner's privacy, and avoid passing any texts or pictures around among friends.

There are smart phone apps that can help if you're having difficulty. One of these is Snapchat, which al-

lows you to send pictures or videos that only last a few seconds.

While spontaneity can be a good thing, be careful about sending racy pictures in the middle of a regular conversation because you never know who could be standing next to your recipient.

There's also a similar app called Frankly, which gives you the option to actually un-send a message.

Getting the conversation started can be a little awkward if it's the first time, but that's only natural, and could possibly be a good thing. The subtle build-up of tension as well as anticipation are important in sexting. You also need to be imaginative while creating scenarios in your messages. Creativity is important to keep things interesting, and both partners have to be getting into the conversation. Having to do all the work is never a turn on.

You may want to avoid using the cliché "So what're you wearing?" unless using it ironically to start the conversation lightly. Opening with asking if the person is alone may also come off as a little creepy, so be careful with how it's phrased.

The conversation may go in different directions depending on whether it's during the day or at night, for example, you could focus on something like, "What would you like to do later?" or "What would we be doing if we were to-



CREDIT: MONKEYBUSINESSIMAGES / ISTOCK / THINKSTOCK

Keep your sexting fun, sexy and consenting. Consent is key whether or not your sexual interactions are in person.

gether?"

You also don't want to phrase anything in a way that you normally wouldn't in person, otherwise the conversation can sound awkward or forced. Your partner may also begin to expect future in-person encounters to have the same kind of interaction. Posturing and making empty promises are good ways to avoid anything happening in the future.

Avoid silly euphemisms like

bang or boink, as well as food terminology for male and female sex organs. You aren't writing a harlequin novel. Some more examples of things you probably wouldn't want to say are things like:

"I have a JOB opportunity for you. Interested?"

"I am tired of sending you texts or speaking on the phone. Why don't you come here and sit on top of me?"

"How did you feel when I groped you in a public place last night... in my dream?"

These are just some of the terrible suggestions you might find in online forums.

Sexting while drunk can also take a turn for the worst, much like actually trying to have sex after a few too many. There's nothing wrong with having a drink to relax, but no one likes it sloppy.



She's got it, oh baby she's got it.

CREDIT: WAVEBREAKMEDIA LTD / WAVEBREAK MEDIA / THINKSTOCK

Curled toes and big grins

The awesome truth about female orgasms



PAM-MARIE GUZZO
INTERROBANG

Mysterious and denied, female orgasms have baffled men and women throughout the ages. From being used as a medical treatment of hysteria – which was an old-time way of saying anything relating to a woman who wasn't acting perfectly – to being completely ignored, education on female orgasms is rarely seen.

The fact is, general estimates of the number of women who have orgasms sit around 30 per cent, while statistics of those who can and do ejaculate during orgasm are even harder to find. Much of this is believed to be due to a lack of comfort with the concept, fewer instances of female sexual exploration, and societal stigmas relating to female sexuality.

As long as women are uncomfortable discussing their bodies and figuring out how they work, many of them will continue to be much less satisfied than they could be.

For most women, orgasms are generally achieved by stimulation of and around the clitoris. While most people think of the clitoris only imagine the small, sensitive external nub – located under the clitoral hood, about two to three inches above the vaginal opening – the truth is that the organ itself is much larger, reaching down along the sides of the vagina.

The external part of the clitoris is often extremely sensitive and some women can only stand light or non-direct contact, in which case rubbing through the clitoral hood and along the sides of the labia may be more enjoyable. Just like the penis, the external part of the clitoris becomes even more sensitive after orgasm and even women who can have multiple orgasms will likely want an even lighter touch.

There is much debate in the scientific community about vaginal orgasms, as it can be hard to tell how many are caused by rubbing against the clitoris during intercourse, or if the penis is rubbing against the deeper internal structure of the organ. The G-spot, another much debated phenomenon, is often attributed to this internal structure, al-

though orgasms achieved this way may feel very different.

While the clitoris is often the key to orgasms, women have reported achieving orgasm from all sorts of other areas, including stimulation of the breasts, anus and even through thought alone. A woman's body is a wondrous thing and exploration is the key to success.

It's impossible to talk about female orgasms without talking about ejaculation, also known as squirting or the Nectar of Venus. This is a fluid similar to male ejaculatory fluid (sans-semen), and although the sensation can be similar to needing to pee, it is not urine. The amount can be quite a lot and the stream can be rather forceful, so laying down a towel may be a good idea.

While orgasms and ejaculation can be amazing and extremely pleasurable, it's important to remember that getting overly focused on the last intense minute can prevent it from happening.

The best orgasms are often achieved through enhanced intimacy and exploration. After all, the journey can be just as fun as the destination.

The only 'clap' you want is applause

Avoiding the no-hand clap



CARL GARNICH
INTERROBANG

One of the biggest concerns associated with being sexually active is the possibility of contracting an infection from a partner. The transmission of such infections can be a result of transference from bodily fluids such as blood, vaginal fluids or semen. Specific infections can be contracted from infected skin such as sores.

According to the Middlesex-London Health Unit health status resource, "Between 2000 and 2010, the overall number of [STIs] reported in Middlesex-London increased. This was largely due to increases in the number of chlamydia, gonorrhea, and syphilis infections." The information is based on the 11-year time period.

"[From 2006 to 2010] there were more [chlamydia and gonorrhea infections] reported in female cases than males. [Rates] of chlamydia and gonorrhea infections reported in Middlesex-London were highest among 15 to 24-year-olds."

Chlamydia is a common infection that is the result from bacteria building up or growing in the vagina, urethra, anus or in the eye. It is transmitted from vaginal or anal intercourse as well as oral sex. Chlamydia is not transferred from kissing or various forms of contact with surfaces where people with the infection have been such as toilet seats, clothing or bed linens.

Gonorrhea is another infection caused by bacteria that can be transferred through intercourse and oral sex. Unlike chlamydia, hands and other infected areas carrying the fluid can infect a person. According to youngwomenshealth.org, gonorrhea is more likely to transfer to a female rather than a male but that both sexes can contract it.

Sexually transmitted infections can contain a variety of symptoms, some being visible and others that are not.

According to youngwomenshealth.org, those infected with chlamydia may not see symptoms for approximately one to three weeks after the encounter. Some of the major symptoms associated with chlamydia include:

- Abdominal pain
- Burning during urination
- Increased urination
- Discharges from vagina
- Pain, itching, bleeding and/or a mucus discharge of the rectum (chlamydia in the anus)
- Redness, itching and/or discharge from eyes (chlamydia in the eyes)

Gonorrhea's visibility differs from chlamydia. Symptoms develop within approximately two to 10 days of getting infected. In some cases, it can take several months for them to show up. One of the dangers of getting gonorrhea is that it can be passed whether or not symptoms are present. The symptoms associated with gonorrhea differ between men and women.

For women:

- Vaginal discharge
- A burning feeling when urinating
- Pain with intercourse

- Pain in the lower abdomen
- Irregular periods

For men, the symptoms are similar as there is a discharge from the penis, burning while urinating and possible swelling on the testicles.

Some of the symptoms that can occur in different parts of the body are:

- Sore throat
- Pain, discharge and bleeding from the anus
- Redness, itching or discharge from the eyes
- Joint swelling
- Skin rashes

When it comes to the reasoning behind the statistics for the Middlesex-London Health Unit, the amount of screening that takes place affects their ability to gather all the demographics required.

"[Information regarding females having higher cases of chlamydia and gonorrhea] may be due to more frequent screening among females and does not necessarily reflect greater incidence of infections."

Being screened to make sure that you are not carrying STIs such as chlamydia and gonorrhea is extremely important for yourself and any future partners you have. If you did infect a loved one or a partner that you see on a casual basis, it is essential that they get treated as well. However, the first step is finding out if you are infected in order to find out if they are infected.

Often there is a cure available

“Between 2000 and 2010 the overall number of [STIs] reported in Middlesex-London increased. This was largely due to increases in the number of chlamydia, gonorrhea, and syphilis infections.”

for most STIs, but it is never worth the risk to contract infections such as HIV/AIDS. There are serious health concerns that arise from contracting an infection again or never having it treated.

According to youngwomenshealth.org, there are serious health concerns that can occur. "[Women] who have untreated chlamydia [could] have symptoms of pelvic inflammatory disease (PID). Gonorrhea can also cause pelvic problems and produce new symptoms if infection to enters the bloodstream."

The Middlesex-London Health Unit's STI clinic offers free testing and treatment for the infections. The testing is completely anonymous and does not require a health card. The clinic is open Monday and Wednesday from 5 p.m. to 7 p.m. and Friday from 8:30 a.m. to 10:30 a.m.

From a medical perspective, the best way to avoid any infection or future infections after being cured is by abstaining from sex. However, being aware that you and your partner(s) are not infected with any STI along with using contraceptives to protect against potential infections allows you to continue living a healthy and worry-free sex life.

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laura.billson@gmail.com

observationalomalies

SO APPARENTLY THEY'RE BANNING GAMES OF HIDE AND SEEK ON CAMPUS.

ARE PEOPLE ACTUALLY PLAYING HIDE AND SEEK OR ARE THEY JUST GETTING LOST ON CAMPUS?

www.observationalomalies.com A comic by Christopher Mischczak © 2015

Butt sweat n Tears

by Andres Silva

WHO TEXTED YOU THIS?!!

HEY FILBERT! CAN YOU RUB SOME LOTION ON MY BACK?


SURE THING!

MOST OF MY FRIENDS ARE CHICK MAGNETS... I'M MORE OF A FRIDGE MAGNET!

HEY BIG BOY!

By: L. A. Bonté For more comics and animations visit FilbertCartoons.com

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Cruze

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GOOD & EVIL

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MR

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zodiacstargazerHOROSCOPE

Aries (March 21 - April 19)
You’ve been chased and put upon for long enough. This kind of thing isn’t supposed to happen to Aries. By late in the week, you reverse the pecking order. By next week, justice will be served.

Taurus (April 20 - May 20)
You sense that your wild moment is fading back to ordinary. In your haste to hit only the highlights, you could miss a point less illuminated but just as important. Act your age and own your responsibilities.

Gemini (May 21 - June 20)
Trust someone whose intentions are obviously pure. The right approach or method will come along soon enough. Clean your windows or your glasses - fuzzy vision may have been the cause of all your recent troubles.

Cancer (June 21 - July 22)
You’re not as entitled as you’d like to think. Monday brings others to a more serious state of mind, and you’re affected whether or not you

want to be. Remember and repeat what you did when this last happened.

Leo (July 23 - August 22)
You’re ready before anyone else. Try not to laugh when your fancy is tickled. All interested parties will be served at the same time, and rest assured that there will be plenty to go around.

Virgo (August 23 - Sept. 22)
Indecision resolves into action. Will you be pushed or led? Will you be the pusher or leader? As the Moon transitions into its next phase dreams and questions turn into hard realities.

Libra (Sept. 23 - Oct. 22)
It’s a new month, and high time for a change. Stop brooding and move into a world of vibrant possibilities. The disruptions of the past few days are the first signs of an emerging pattern that will be easier to follow.

Scorpio (Oct. 23 - Nov. 21)
Learn how to lose, or at least

remember how it feels. This week someone else is stronger, more coherent or better financed. Study your rival’s success and adapt principles for your own purposes.

Sagittarius (Nov. 22 - Dec. 21)
Replace or get over the loss of a missing item. Confusion will only hold you back during a week that appears designed for your success. Your next triumph is sure to be even better than your last.

Capricorn (Dec. 22 - Jan. 19)
Capricorn probably invented the reality check. You know how to hit the brakes when a joy ride turns dangerous. Someone who was excluded will do almost anything to get in. Defuse the bomb before it goes off.

Aquarius (Jan. 20 - Feb. 18)
Every story is a version of the truth, and you could buy it all. The determining factor is how much your budget will allow. Push gently before applying full force.

Pisces (Feb. 18 - March 20)
Selfish concerns get old as the days pass. Your personal business shouldn’t matter to others, but somehow it does. As long as you act with honour and consistency, you can proudly show your face.

Word Search

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

Sexual Health (Words in parentheses not in puzzle)		
Condoms	Infection	Safety
Consent	Masturbation	Sex
Contraceptives	Menstruation	Spermicide
Diaphragm	Penis	Sponge
Hormones	Pregnancy	Vagina

Crossword Puzzle

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21					22					
23								24				25	26	27
28				29	30	31	32		33					
				34				35			36			
	37	38	39						40	41				
42						43								
44				45	46		47				48	49	50	
51						52			53	54				
				55			56	57	58					
59	60	61			62					63				
64					65					66				
67					68					69				

- Across**
- 1. Galileo’s birthplace
 - 5. Western Samoan currency
 - 9. Pedro’s pal
 - 14. Intensifies, with “up”
 - 15. U.N. agency
 - 16. One of the “Honeymooners” Kramdens
 - 17. Catch sight of
 - 18. C-worthy?
 - 19. Block house?
 - 20. False pleasure?
 - 23. The “U” in UHF
 - 24. Slender javelin
 - 28. Pick up the tab
 - 29. Its motto is “Lux et veritas”
 - 33. Tile art
 - 34. Gush
 - 36. ____ 500 (auto race)
 - 37. The numbness that sets in when you realize how much you have yet owing on your house?
 - 42. Unmannerly one
 - 43. “Farewell, mon ami”
 - 44. Star in Aquila
 - 47. Piece of fencing?
 - 48. Put on a blacklist
 - 51. They may be made over one’s shoulder
 - 53. Backbone
 - 55. Ornaments in one’s office?
 - 59. Mea ____
 - 62. Assayers’ stuff
 - 63. Some banned literature
 - 64. “He’s ____ nowhere man” (Beatles lyric)
 - 65. Destiny
 - 66. William the apple-splitter
 - 67. Goes like the wind?
 - 68. Dog biter

69. Common Latin verb
- Down**
- 1. Forge
 - 2. Lion’s lunch, maybe
 - 3. Erratic
 - 4. Buzzing
 - 5. Minor quarrel
 - 6. Trendy antioxidant berry
 - 7. Non clerical
 - 8. Blood line
 - 9. Musical composition
 - 10. Milk of ____ (medicine cabinet item)
 - 11. Well, just the opposite?
 - 12. World’s largest publisher (Abbr.)
 - 13. Triumphant cry
 - 21. “OK, if you ____.”
 - 22. An end to Satan?
 - 25. “West Side Story” faction
 - 26. Teacher’s or nurse’s helper
 - 27. In need of salt?
 - 30. 30-day mo.
 - 31. Andes capital
 - 32. Cut into
 - 35. Excursion
 - 37. Take turns?
 - 38. Bit
 - 39. A dog’s elder?
 - 40. Athletic supporter?
 - 41. Kind of room
 - 42. Breathalyzer attachment
 - 45. High marks
 - 46. Hi-____ image
 - 48. Large ecosystems
 - 49. Declares void, as a marriage
 - 50. Kit Kat company
 - 52. Mockery when Kay is a part of it?
 - 54. Snow-packed trail
 - 56. Face-to-face exam
 - 57. Network of veins, e.g.
 - 58. Floating, perhaps
 - 59. One for the road?
 - 60. Link letters?
 - 61. Writer Buscaglia
- Solution on page 24**

Sudoku Puzzle

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

Puzzle rating: Hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 24**

Cryptogram

“ “ _____
“ “ TFRZH WNR FDH
_____. ”
ZYNTGBGKPW LHFRQBMRP. ”

Clue: R = E

Theme: Pokémon pickup lines: Are you a Pikachu?

Solution on page 24

Notes:

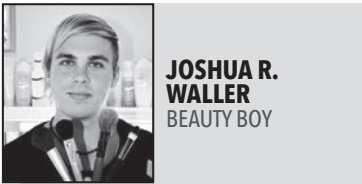
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Long lasting 24-hour wear



JOSHUA R. WALLER
BEAUTY BOY

One of the biggest concerns when it comes to makeup is how long it will last. The last thing you want is to spend an hour on your makeup only to have it start smearing and smudging halfway through your day.

There are many cosmetic products that claim to have a 24-hour wear, but most of them still don't truly last as long as you think they will. When it comes to makeup longevity, you need to go back to the basics.

It first starts off with your skin. If you are wearing a heavy moisturizer or have oily skin, chances are your makeup will start to slide. Try wearing an ultra light moisturizer or even a gel texture that will keep your skin hydrated but not greasy.

When it comes to foundations or even eye shadows, a primer is a must. Benefit's Stay Flawless 15 Hour Primer is a translucent and weightless primer that locks the foundation right onto the skin, keeping its flawless finish.

For any eye makeup, Smashbox's Photo Finish 24 Hour Shadow Primer will not only hold your shadow's colour all day and prevent creasing, it will also help intensify your shadow's pigment.

Another excellent tip for making your makeup last longer is to always use a light dusting of translucent powder over your entire face after you have finished applying your makeup. This will help seal the makeup and also absorb excess oils, which will cause your makeup to slide.

If you have an oily skin type and find that powder still doesn't do the trick, carry around some blotting papers with you. This will help remove oil without piling on the powder throughout the day and also without ruining your makeup.

For an even longer hold for your makeup, try using a setting spray. These are just beginning to rise in



PHOTO CREDIT: ARIANA PINDER

Setting sprays are an excellent way to improve makeup longevity.

popularity but they really do the trick.

Brands such as MAC, L'Oreal and Smashbox are the top picks for a setting spray that will work.

The greatest thing about these is that they don't add another layer of makeup and actually help to make your complexion look more

refreshed and dewy. With these few tricks you can definitely expect your makeup to start lasting longer throughout the day. However, if you are in extreme heat, humidity or in a pool with chlorine, touch ups are bound to happen no matter what.

Fanshawe grad hosts House music bands in his basement



JERROLD RUNDLE
INTERROBANG

Recent Fanshawe College Music Industry Arts (MIA) graduate Preston Lobzun has been busy.

Between playing bass or drums in numerous death metal and noise bands, running the recently defunct house venue Satan's Cove, he still finds the time to keep recording and pressing his own cassette tapes and CDs for over a dozen bands in said house.

Hailing from a rural area outside Windsor, Lobzun said it was always a tossup between going to London and Windsor to see good shows.

"Where I'm from there's no music, it's [the] Legion cover rock bands... so you have to go into the city for anything remotely exciting happening," Lobzun said.

Windsor is also where Lobzun was first introduced to the DIY-

style and unfiltered world of house shows.

"I went to my first house show at a place called Holden House. It was your typical house or punk show. There were people that were just rough and tough, everyone's drinking, doing drugs; it was a culture shock," Lobzun said.

After moving to London to attend MIA, Lobzun started seeing house shows at different venues around London.

"I remember this one really bad house; the nail in the coffin happened when the septic tank pipe burst and poop went everywhere." After seeing enough bad promoters and bad venues Lobzun's basement became home to local acts, with a creative venue name.

"I used to call my house 'The Shire'," he said. "We originally went with that because my roommate's nickname is Frodo, [and with the] low ceilings people were always hitting their head."

Around that time the, now closed, Blackshire Pub started going by this

name, forcing The Shire to change to Satan's Cove, a Wi-Fi name in Lobzun's neighbourhood that stood out to him as a good name.

Satan's Cove proved very popular and despite Lobzun taking a break from hosting any more shows at the moment, the entire experience has left him with some sage advice on the topic.

The experience also led him to start a blog aptly named iwannado-houseshow about the logistics of having bands perform in your house and how to keep people from wrecking your stuff.

"I saw someone I know post on Facebook about wanting to do some shows and I was always giving people tips," said Lobzun. If the blog is popular enough, he may even move into a physical 'zine format.

Now that he's graduated, Lobzun is putting more time into finishing his first ever RPG video game, created from the ground up, including music, levels and item explanations.



CREDIT: JESSICA THOMPSON

Four popular food destinations on campus, Subway, Oasis, Tim Hortons and Pizza all have healthy alternatives for those students who need something fast but also want to stay fit.

Healthy eating on campus

KAREN NIXON-CARROLL
INTERROBANG

There are many healthy options on campus but there are also hidden diet saboteurs. For example, Subway has healthy alternatives, but some common mistakes, such as adding mayonnaise can affect the nutrition in terms of calories, fat, sodium, etc. Here is what to look for and what to avoid or keep to a minimum:

Subway

If you are going for a sub, a one meat option is usually best to keep it low fat, the best meats being chicken, turkey or roast beef.

Cheese is high in fat and sodium, but adds protein and calcium so choose wisely. Ask for the whole grain bun or make your sub a salad. Add spinach with or without the lettuce and go easy on the avocado. If you add avocado, don't add cheese and vice versa because of the fat content.

One tablespoon, or about the size of your thumb, of mayo is about 60 calories and 15 grams of fat, so be careful when your sandwich artist starts squirting condiments back and forth as if they need to glue that sub shut.

Stick to small amounts of mustard, sub sauce, sweet onion sauce or avoid them altogether. Load up on vegetables for fibre, essential vitamins and minerals, hydration and to satisfy hunger, but stick to the fresh stuff and avoid things from a can such as olives, pickles and hot peppers if you are trying to watch salt content.

If you choose to make a meal of it, go for the yogurt, soup, side salad or ask for apple slices instead of chips or cookies.

Water is best for a drink, but if you are not too worried about calories, the orange juice or iced tea

is a good alternative to pop. Pop and flavoured drinks like cranberry cocktail should be avoided.

Pizza

Pizza can be a good option, but ask for whole grain crust and half the cheese. Load up with veggies and bits of chicken or ham. About the size of your two hands is the right portion for you.

Tim Hortons

Tim Hortons can offer you some soothing herbal tea or dark roast coffee, but make sure to avoid the cream and sugar. Milk and a bit of honey are a healthier way to go.

You can also find a whole grain bagel for breakfast but ask for half the cream cheese or egg only. Hot chicken wraps are a great option as well.

You'll need to go elsewhere for your vegetable fix or hope they are serving harvest vegetable soup that day.

Oasis

Oasis offers many healthy options but as previously mentioned, watch out for condiments and extras, such as cheese.

Even the salad bar can have some tricks that are not friendly to your figure or health. Stay away from Caesar salad dressing and opt for the vinaigrette instead.

Chili is a great option to help you feel full. Mixing the vegetarian and meat options make this a slightly healthier alternative.

The stir-fry counter is great too. Load up on vegetables, lean meat and whole grains. Tell them to go as light as possible on the oils.

Bottom line, load up first on vegetables, lean meats and fresh fruit, then on whole grains, low fat dairy or alternatives and drink plenty of water. For snacks, stick to yogurt, fruit, trail mix, air popped popcorn, and vegetables with hummus. Bon appetite!

Cryptogram Solution: 'Cause you are shockingly beautiful.

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

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



CREDIT: LASZLO SZIRTESI / ISTOCK EDITORIAL / THINKSTOCK

The loss of Liverpool's Steven Gerrard has left the team trying to create what they used to have, just one of the many things currently going wrong in the Premier League.

Everything sucks

A Negative Review of Premier League Teams (Pt. 1)



ANDREW VIDLER
PREMIER LEAGUE
PONDERINGS

Usually I take this column space to catch readers up on the latest news coming out of England's top flight of football. In the absence of news, I like to fill it with statistics, player profiles, or any other opportunity to express my love of the beautiful game.

But this week, in the wake of sitting through five of the driest matches I have seen in a long time I'm not too happy with the Premier League. So, inspired by a postgame rant with a buddy, here is what I hate about each of the twenty Premier League Clubs.

Arsenal

Want to know the height of arrogance? Having an entire *Wikipedia* article devoted to a single season that is what Arsenal has for their precious 'Invincibles'. Sure, going through an entire season unbeaten is an impressive achievement, but it was more than a decade ago, so it's time we move on.

What followed that impressive season was the longest trophy drought in the club's history and it was only broken with an FA Cup. Ever since Thierry Henry left, they've been hanging around the top four like an alumni quarterback at a high school house party, desperately trying to stay cool.

Aston Villa

Aston Villa is just a boring club all around. A few years ago they looked like an exciting young team, climbing up the table and putting pressure on the big boys. Then, like Cinderella at midnight, the finery fell away and revealed the rags underneath. Aston Villa has spent the last few seasons openly flirting with relegation only to be saved by the virtue of being less crap than some others.

Bournemouth

Nothing is as sickening as a fairy-tale story coming to life and that is all Bournemouth is. Sure, it's magical that the club has moved from financial ruin to the top flight in less than a decade. Yes, they've made an impressive start to life at the top.

But what I hate most about Bournemouth is their manager. Eddie Howe is only 37; he's a child managing in the Premier League and makes me question the direction I took in life.

Chelsea

Chelsea is a scummy club from top to bottom. Ask a supporter and they won't have a clue what the club was up to in 2003, but they'll talk your ear off about their great saviour Roman Abramovich.

Who is this saint, blessed by the football gods? A Soviet-era criminal accused of billions of dollars worth of blackmail, fraud and more than a few gangland murders. He then pumped all of that wealth into Chelsea, forever changing the financial landscape of the league and managing to buy the title in the process.

You can win titles, but when your manager's press antics are more entertaining than any on-pitch performance, your club deserves all the crap that gets thrown at it.

Crystal Palace

Do we really need another club based in London? Of course we don't, but Crystal Palace stubbornly holds on to their Premier League status. Their biggest claim to fame recently is developing Wilfried Zaha, a striker sold to Manchester United only to fail so spectacularly they sent him right back where he came from.

Appointing the stubborn Alan Pardew and a strong start to the season has only fuelled the delusion that the club belongs in the top flight and I can't wait to see them fall back where they belong.

Everton

Everton, in my opinion, is the absolute worst. Being the less successful club from Liverpool has made them spiteful; their club has so little success that supporters are happier with a Liverpool loss than an Everton win.

I had the misfortune of meeting a few players while in the city and I learned one thing; if you're visiting the country and support Liverpool, you are simply not welcome. At first I was confused and then it hit me. Everton is so pointless that half the city doesn't even notice them.

Leicester City

A historically average club striving hard to reach the mediocrity

that is their divine right, Leicester City defies the odds by continuing to stain the Premier League with yet more blue shirts.

In their 131 years' history, The Foxes' trophy cabinet totals three domestic cups, the most minor of major honours. Leicester City barely made the news for football reasons, but quickly became the hub of Premier League racism and sex scandals.

Liverpool

I could fill a whole column with the issues I have with Liverpool. Still desperately clinging to the '80s when they were the top dogs in Europe, decades with their head in the sand has left the club scrambling to restore an essence of pride.

Led by a man who seems more at home in a Ricky Gervais sketch than a press conference, the squad may be the most expensive, boring team ever assembled. A recent trend of losing each year's best player to another club and the loss of legend Steven Gerrard has left Liverpool a sad shell of what it should be.

Manchester City

Manchester City used to be an inconsequential blip on the football spectrum, until the royal family of the UAE purchased them. Truly absurd amounts of Dubai dollars have turned the team into a new age powerhouse full of overpaid and overhyped kids built around an aging core of players who were world class at other teams.

Like a teenager who suddenly won the lottery, Man City all of a sudden thinks they're the coolest kids in school and it's kind of working.

Manchester United

The all-conquering powerhouse of the '90s had everyone in North America who discovered football around my age instantly pledging their loyalty to the team, mostly thanks to the presence of David Beckham.

It's real easy to say you're the fan of the team that wins all the time and watching supporters have to rationalize a seventh place finish two years ago was very entertaining.

The rest of the teams will be covered in next weeks *Interrobang* with "Everything Sucks: A Negative Review of Premier League Teams (Pt. 2)".

What to look for in the Raptors' 2015 - 16 season

MACLEOD ROY
THE BU CAMPUS

BOSTON (CUP) – After two straight first round playoff exits, Masai Ujiri made several moves throughout the offseason, which ultimately proved to be one of the busiest in recent memory. Now, how are the Raptors going to do in the upcoming season.

Notable Losses:

Lou Williams, Amir Johnson, Greivis Vasquez, Tyler Hansbrough

Notable Additions:

DeMarre Carroll, Cory Joseph, Bismack Biyombo, Luis Scola

DeMarre Carroll

Already endearing himself to millions of Raptors fanatics, DeMarre Carroll seems poised to deliver exactly what Toronto has been lacking in previous years. Though he may not be the type of player to impress you with his tremendous skill or unnatural feats of athleticism, what Carroll brings is arguably much more desirable. Carroll has quickly made a name for himself as a hustle guy and an all-around team player. Brought here mostly for his defence and effort, Carroll put up decent numbers across the board. His 3-pt% of .395 ranks higher than any other Raptor on last year's roster to shoot at least fifty three-pointers. If Carroll can maintain a high level of play throughout the season his impact on this team could be exceptional. Expect a warm welcome for "JYD 2.0" when his name is announced in the starting line-up for the Home Opener.

Cory Joseph

While DeMarre Carroll may have been the biggest name to come to Toronto in the offseason there was perhaps no bigger story in the area than that of Cory Joseph. Following in the footsteps of assistant coach Jamaal Magloire, Joseph will become just the second Canadian to suit up for the Raptors. There is however an extra level of excitement surrounding Joseph's signing with the team and rightfully so. Unlike Magloire, Joseph is still in the early stages of his career, and he had the privilege of being mentored by Greg Popovich during his time

in San Antonio. A true backup PG is something the Raptors didn't really have last season between Vasquez and Williams, so this could prove to be a great pickup. Nobody stands to gain more from this addition than Kyle Lowry, who appeared to run out of gas towards the end of last season. A question mark still surrounds Lowry's ability to play at an elite level, not just over an 82 game stretch, but also into the postseason and beyond. Joseph is expected to take some of the pressure off of Kyle, especially on the defensive end, and more importantly, motivate him to elevate his game and reach new levels of consistency.

Bismack Biyombo

As if Jonas Valanciunas wasn't enough, the team had to go and get another player whose name Charles Barkley struggles to pronounce. Biyombo has the potential to bring the interior defense and rebounding that was sorely missing on last year's squad. The most impressive part of the signing is the fact that the Raptors brought him in on a bargain in the wake of a sizable shift to the league's salary cap. Expect to hear local broadcasting sensation Jack Armstrong yelling, "Get that garbage outta here!" a bit more often whenever Bismack is on the floor.

Luis Scola

While Luis Scola may not have been the first name that came to mind when thinking of veteran players to bring leadership and experience to a relatively young locker room, that doesn't mean he should be forgotten. Yes, his most productive years are behind him, but his worth doesn't necessarily revolve around what he brings on the court so much as what he brings to the gym. Scola has been an effective and intelligent player throughout his career, utilizing slick post moves and a silky 15-plus footer to get his buckets. These are attributes that could help improve Valanciunas' offensive ability if relayed effectively. Don't expect magical numbers from Scola, his play will be solid but not overwhelming. His potential benefit stems from the words of wisdom he can share with his younger teammates.



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Nissan 370Z the perfect car for speed-lovers

NAUMAN FAROOQ
MOTORING

The Z-car is the oldest Japanese sports car and has been in continual production since its launch in 1969. The Z-car is older than the Nissan brand because when these cars were first introduced they were badged as Datsun.

The reason it has had such staying power is simple: these are good-looking cars that offer enough performance to satisfy their target audience.

However, the latest 370Z model has not been flying off showroom floors due to its expensive price tag. At nearly \$40,000, the 370Z sent buyers to look at the Hyundai Genesis Coupe or a Subaru BRZ instead.

Due to this reason, the clever folks at Nissan hatched a plan to offer a basic 370Z for the 2016 model year, that has no power seats, no rev-matching gearbox, a non-sporty exhaust, softer suspension, no body kit and no spoiler. By cutting the frills Nissan managed to cut the price down to \$29,998.

The engine though has not been cut down; therefore, it still gets the same 3.7L V6 engine that can be found in all other 370Z models.

This motor produces 332 hp and 270 pound-feet of torque. Power is fed to only the rear wheels via a six-speed manual gearbox and if you use the clutch and gearbox correctly, you'll sprint from 0 to 100 km/h in 5.1 seconds, to a maximum speed of about 250 km/h. So, it is a fast car, but numbers don't tell you the whole story.

The reality is, when you start driving the 370Z, you'll find that while it has the potential to be fast, driving it quickly is a bit annoying.

The main problem is with the flywheel for the manual gearbox: it's too heavy, which results in a



CREDIT: NAUMAN FAROOQ

The 2016 Nissan 370Z is a perfect ride for the highway, but not worth the buy if the purchasers commute is short and in the city.

slow climb and fall for engine revs, which in turn ruins your fun.

Ideally, when you change gears, you want the revs to fall down quickly as you dip in the clutch. In the 370Z, they are left hanging up which results in jerky progress.

That is not the only problem. While this base version of the 370Z has softer suspension damping than other versions I have driven in the past, the ride quality on city streets is still very bouncy. If you drive a lot in the city and your commute isn't carpet smooth, the drive will not be enjoyable.

On the plus side, its ride quality, handling and stability at highway speeds are spectacular. On Highway 401, I'd just leave it in sixth-gear, up my pace and it never felt nervous at that speed.

When being pushed, I did wish it sounded better, the base model is just a bit too quiet; I expect my sports cars to shout a bit more.

I also expected it to be more economical, I averaged 10.9 L/100km during my week, which is exactly

the same figure I got from the new Jaguar F-Type R AWD, a car that has a much bigger and more powerful engine.

There are some things the 370Z doesn't do right, but it isn't completely negative. For starters, I like its interior. It looks good and is well made and on the base model, it was fairly well equipped. Thanks to its hatch, you can carry numerous items in the 370Z, even though the trunk is not as deep as you'd expect.

Above all, the 370Z still looks fantastic and I really liked the no-spoiler look with black wheels on my base tester.

If you spend a lot of time on the highway, this car is worth the buy; however, if your commute is short and in the city, you'd be better off buying something else.

As a weekend toy or secondary car, the 2016 370Z is not bad, but I know there are better options out there and I hope Nissan studies those hard when time comes for them to design and develop the next Z-car.



MEN'S SPORTS
SOCCER
OCAA West Division Standings

Upcoming Games:
Saturday Sept. 26 vs. Conestoga, 2 p.m. @ Fanshawe

Team	GP	PTS	FOR	AGA.
Redeemer	1	3	2	1
Lambton	2	3	4	3
Conestoga	1	1	0	0
Fanshawe	1	1	0	0
Mohawk	1	1	1	1
St. Clair	2	1	2	4

BASEBALL
OCAA Standings

Team	GP	PTS	FOR	AGA.
Humber	2	4	19	1
St. Clair	2	4	14	2
Durham	0	0	0	0
Seneca	0	0	0	0
Fanshawe	2	0	2	14
George Brown	2	0	1	19

WOMEN'S SPORTS
SOCCER
OCAA West Division Standings

Upcoming Games:
Saturday Sept. 26 vs. Conestoga, 12 p.m. @ Fanshawe

Team	GP	PTS	FOR	AGA.
St. Clair	2	6	12	0
Fanshawe	1	3	4	1
Lambton	2	3	2	10
Conestoga	1	0	0	4
Mohawk	1	0	0	3
Redeemer	1	0	1	2

SOFTBALL
OCAA West Division Standings

Upcoming Games:
Friday Sept. 25 vs. Mohawk, 6 p.m. & 8 p.m. @ Stronach
Sunday Sept. 27 vs. Seneca, 1 p.m. & 3 p.m. @ Stronach

Team	GP	PTS	FOR	AGA.
Durham	4	6	14	12
St. Clair	6	6	30	31
Conestoga	6	6	59	34
Fanshawe	4	4	20	16
Humber	2	2	9	10
Seneca	2	2	9	11
Mohawk	4	2	22	49



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