INTERROBANG

DEBUNKING
MYTHS ABOUT
MASTURBATION

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COVER:

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FROM THE EDITOR Hannah Theodore

Dear readers,

It's time to get down and dirty with our annual Sex Issue.

Being sex positive is about more than just supporting those who have frequent sex. It's about destigmatizing all aspects of sexual health, from STIs, to menstrual hygiene, to the LGBTQ2S+ community. There are dozens of small actions we can take every day to become more sex positive.

And that is what makes this issue such a joy to put together. Writers like Dee-Dee Samuels have explored the history of the Two-spirit identity, while reporter Johan George has broken down and debunked a series of myths about masturbation. Meanwhile, reporter Kate Otterbein takes you through the magic of the DivaCup, while reporter Zoë King discusses the awkward, but mutually beneficial, struggle of talking to your parents about sex.

Our Interrobang Rewind for this issue focuses on the 90s action film, The Matrix, with a specific focus on the movie's transgender undertones. Two articles in this issue also explore Queen Elizabeth II's complicated legacy as a religious advocate, beloved head of state, and reviled colonialist.

But as we celebrate these stories, we remind our readers that our college community is also mourning the loss of 29-year-old operations management student, Jibin Cheruvilputhenpurayil Benoy. Our thoughts are with Jibin's family back home in India, and with all the students who may be impacted by this loss.

Happy reading, Fanshawe, and may this issue bring you some peace in this difficult time.

Sincerely,



Letters to the Editor: fsuletters@fanshawec.ca

robarts



CALL FOR VOLUNTEERS

Researchers at Robarts Research Institute need volunteers for a research study that only involves two visits, and two blood draws with three tubes of blood for each draw.



This study will provide data to determine the normal result range for a blood test called plasma renin activity which is an important guide in treating high blood pressure.



Our study will enroll healthy participants aged 18-64 with no nigh blood pressure or significant health issues from all races and ethnicities.



Thank you for your participation!



Participants may be reimbursed for time and inconvenience.

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🖄 tisha@robarts.ca

Fanshawe mourns 29-year-old student killed in hit-and-run



Hannah **Theodore** INTERROBANG

The Fanshawe community is mourning the loss of 29-year-old Jibin Cheruvilputhenpurayil Benoy. Benoy was killed in a hit-and-run incident in the city's east end on Sept. 18. Benoy was an international student from India, who had recently graduated from the practical elements of mechanical engineering program and who was a current student in the operations management program at Fanshawe College.

Benoy had been riding his bicycle home from a shift at downtown restaurant Kluck It in the early hours of the morning. After parting ways with a coworker on Hamilton Rd. at Little Grey St., Benoy was suddenly struck by a vehicle and later pronounced dead at the hospital.

Police are still looking for the suspect vehicle, which they now say is a "blue sedan, possibly fourdoor, with what was described as a loud muffler."

believed to have significant damage to the front end, hood, and windshield.

Investigators are urging anyone who was on Hamilton Rd. between 4:30 a.m. and 4:45 a.m. on the day of the incident, or who may have dashcam, residential or business video that could assist with the investigation, to contact the London Police Service.

Benoy's boss, Ibraheem Halbouni created a GoFundMe "to help with all costs associated and provide help for the family members who were dependent on Jibin." The GoFundMe has raised over \$15,000 as of Sept. 20. The funds will go towards taking care of Benoy's needs in Canada, while the remaining funding will go towards Benoy's family in India. A second GoFundMe has also been organized by the London Ontario Malayalee Association, raising over \$20,000 as of Sept. 20.

"I started the GoFundMe to help get his body to India and raise some money for his family that was depenfamily saved and spent all they had to get him here."

Benoy had been working at Kluck It for 10 months while completing his

They added that the vehicle is studies. On Kluck It's official Instagram page, a post in Benoy's memory called him "a friendly and warm soul you would always want to be around.

> "Not only was he [a part] of our Kluck It team, but he was a son, friend, husband and brother," the post continued. "He was always a joy to be around and always kept a smile

> In an interview with the London Free Press, Halbouni shared that Benoy was in the final steps of bringing his wife over to Canada from India.

> "As far as good souls, he was one of the best. He was patient, always happy, a jokester. When this guy came to work, everyone was happy. He put a smile on everybody's face," Halbouni said. "He never complained. He was working hard to bring his wife from India. I think they were in the final steps."

> On Sept. 22, the Fanshawe flag at Fanshawe's London Campus was lowered to half-mast in Benoy's memory.

For students impacted by this dent on him," Halbouni said. "His news, grief support is available through Counselling and Accessibility Services at Fanshawe College. Call 519-452-4282 or email counselling@ fanshawec.ca to book an appointment.



CREDIT: FACEBOOK

Jibin Benoy, 29, was an international student from India studying operations management at Fanshawe College.

Inclusive Technology Centre opens its doors to students, staff, community



Gerard Creces INTERROBANG

Fanshawe College's Inclusive Technology Centre (ITC) is up and running with a new location and a different layout for the 2022-23 school year.

Located on the second floor of F Building in F2003, the centre provides assistive technologies to students at no cost, operating like a lending library for those who need them in the classroom or as a drop-in centre for students who only need them on-site.

The types of equipment at the centre range from devices like specialized computer mice and keyboards, reading and writing software, to special notebooks that can be scanned and read using a stylus.

For students new to assistive devices, staff at the centre provide training on-site, with opportunities for group training and workshops in an open and comfortable environment.

Adaptive technologist Ron Leblanc said the centre constantly keeps abreast of what's new and what's available to help students.

"Our job is to always stay on top of assistive technologies," he said. "Part of our job is to constantly be looking at the new tools and software and hardware that is coming out."

Prior to the opening of the centre, most of the college's assistive equipment and software were in storage, brought out only when they were needed. The beauty of the Inclusive Technology Centre is that the equipment is on display and readily available for anyone who walks in the door.



CREDIT: GERARD CRECES

Staff at Fanshawe's Inclusive Technology Centre are eager to welcome students into their new home in F2003. From left to right: Adaptive Technologists Jenn Clarke (Apprentices, Alternate Format Facilitator), Michelle Cadarette, and Ron Leblanc.

"Before we would meet students one-on-one and then say, 'OK, let me run to the closet and see if we can find a mouse or a keyboard for ing assistance can and will walk you to try," he said. "So, we're trying to be more hands-on."

The pandemic provided some additional barriers to students requiring assistive devices, prompting staff at the centre to explore options that students could access at home through their existing Windows or Mac devices

Now that school is back in session, hopefully anyone requirthrough the doors. The bulk of their equipment is geared toward students with disabilities, however, that also extends to students who may only require short-term supports due to injury.

The ITC was formerly called the Accessibility Lab, and functioned

primarily as a computer lab. Prior to this year, the centre was only available to students registered with Accessibility Services.

Now, the centre has opened its doors to everyone, and anyone can walk in, speak to staff, and explore their options. That includes members of the community at large.

Counsellors also reach out to students and learning support high schools in the area to let

prospective students know what accessibility services exist at Fanshawe

However, the bustle of the new school year is a hectic time for everyone so the main goal of centre staff is to get the word out that they are open, inclusive, and welcoming to everyone.

The Inclusive Technology Centre is open 8 a.m. to 4:30 p.m., Monday to Friday.

Fanshawe participating in the National Day of **Truth and Reconciliation** for the second year



CREDIT: KATE OTTERBEIN

Nationally, the day may just be one day. But Fanshawe is dedicating an entire week Truth and Reconciliation.



Otterbein **INTERROBANG**

Sept. 30 marks the second year of the National Day of Truth and Reconciliation to honour and stand in solidarity with Canada's Indigenous peoples and the lives lost in residential schools. Nationally, the day may just be one day. But Fanshawe is dedicating an entire week to Truth and Reconciliation.

"I think sometimes non-Indigenous people get nervous interacting with us, but reconciliation is really up to them," said Chris Hannah, an academic advisor at the Institute of Indigenous Learning at Fanshawe. She is also Métis from Drummond Island and Penetanguishene. She belongs to the Longlade and Dusome families from those communities.

"It's not something we can do on our own, as reconciliation is about relationship. With this year's Truth and Reconciliation week, we have a heavy focus on reconciliation as there is so much information online about the truth of colonization in Canada and it's a heavy emotional burden for us to talk about our communities, families, and our own traumas.

Hannah believes that as time goes on, the truth isn't getting hidden as much and many are now understanding what Indigenous peoples

"Once you begin to know the truth, then what? That's what we're hoping to help people answer throughout this week. We'll have a Knowledge Keeper and a Ceremony Maker available to talk about what they see as next steps and who people can ask their questions. We're also showcasing things that have been done at Fanshawe any and all of the events happening to move towards reconciliation in hopes of inspiring others to make changes within their own realm of influence."

The events Fanshawe is putting

Monday, Sept. 26

- Traditional opening and teaching with Liz Akiwenzie - 10 a.m., Kalihwiyo Circle
- Book reading and signing with Memory Keeper author, Dawn C. Hill - 3 p.m., Library Learning Commons (F1066)

Tuesday, Sept. 27

Indigenous teaching with Paul Petahtegoose - 10 a.m. to 12 p.m., Kalihwiyo Circle

Wednesday, Sept. 28

Virtual reconciliation show and share - 10 a.m. to 11 a.m.

Thursday, Sept. 29

Keynote speaker Raven Sinclair: "Indigenous Knowledge and the Path to Reconciliation" - 1 p.m., Alumni Lecture Theatre (D1060)

Friday, Sept. 30

- Orange Shirt Day
- Reconciliation in Action - 10 a.m. to 12 p.m., Kalihwiyo Circle
- A Day to Listen 106.9 The X Students are welcome to come to throughout the week.

Fanshawe isn't new to supporting Indigenous peoples. Hannah said they have been working on it for a while.

'We've had many initiatives over the years that have increased First Nation, Métis, and Inuit (FNMI) retention and graduation. We know that even with these efforts and the improvements, there is still a gap between our education achievements when compared to other domestic students. We've also made a lot of great efforts in improving FNMI transition to the workforce in building skills up in our students, but also in preparing employers to receive them.'

Hannah said this is only a small part of what Fanshawe has done. The efforts to their true extent will be outlined during the week.

Pharmacy and Practical Nursing students in need of volunteer patients



Dee-Dee Samuels **INTERROBANG**

Fanshawe College has put out a request for students to participate as volunteers on Thursday mornings as mock patients for the Pharmacy and Practical Nursing Simulation Lab. The Pharmacy and Practical Nursing students need three to four student volunteers per week to interview. According to Tania Killian, simulation manager at Fanshawe College and emergency room nurse, the mock interviews are vital for students to become well rounded practitioners in their field.

"It's a huge opportunity for these students to communicate with people that they may have in their practice later on. The pharmacy students and the nursing students are getting an opportunity to interact with real people," Killian said.

Killian knows only too well, as a nurse in a fast-paced emergency room, how important communication skills are, especially with the variety of people from different backgrounds and cultures. The volunteers are a huge aspect of the education where interacting with different people is an everyday occurrence.

"When they go out to their placements, they will have had the opportunity to talk with different people, with different histories, different speech patterns," Killian said. "Some people have accents, some people have hearing problems...so they get to experience these situations before they work in real life situations.

The ability to build relationships is a crucial skill to have when entering the workforce, but none more so than in the medical field. You can't learn how to build relationships from a book. Killian pointed out how volunteering for any student is an invaluable experience



CREDIT: DEE-DEE SAMUELS

"Volunteer work is always going to help you, you're giving back to the greater community and that's what people are looking for so when hiring in the workforce," said Tania Killian.

in developing much needed soft skills, which can not only enhance their education but improve their resume and employability in the real world.

"Volunteer work is always going to help you, you're giving back to the greater community and that's what people are looking for so when hiring in the workforce," she said. "How are you going to give back to the greater community... that's a really good trait that people are looking for when you're trying to apply for a job."

Killian also mentioned that the Fanshawe teachers and faculty, along with the volunteers, put in a great effort to ensure students get a well-rounded educational experience knowing how valuable these skills are in the medical field.

"We've got some amazing faculty and some amazing volunteers that are making this work...the faculty are willing to make this work; volunteers are making it work and then the students get the best experience."

If you are interested in volunteering as a mock patient, you can contact Killian at simlab@

Fanshawe partners with two Ont. colleges to strengthen film and TV industry



Emma Butler INTERROBANG

Centennial, Fanshawe and Seneca colleges have collaborated with industry partners to respond to the skills shortage in Ontario's screen-based industries. This is a one of a kind collaboration, that creates eight film and television production microcredentials. The programs were created to help current students and industry professionals to learn additional in-demand production and technology skills.

"Drawing on the collective resources of our three colleges was essential in developing this diverse package of microcredentials, aimed at upskilling the workforce for the film and television industries. With production booming in Toronto, this training will provide much needed talent development to address labour shortages and prepare workers for new opportunities in this rapidly changing field," said Rob Carver, Associate Dean, School of Contemporary Media at Fanshawe in a statement.

Employers are reporting difficulty finding qualified workers with up-to-date skills in the industry, standard technologies, with film and television production reaching record levels in Ontario. "The television and film industry, and related digital industries, are growing rapidly in the Greater Toronto Area," stated Nate Horowitz, Dean of School of Communications, Media, Arts and Design at Centennial College in a statement. "To keep up with this growth and career opportunities

for our students, Centennial College is proud to collaborate with Fanshawe and Seneca, through the Government of Ontario's Challenge fund, in the development of discrete microcredentials that absolutely meet today's industry needs, tomorrow's changing requirements and key labour shortages."

The courses will be taught and led by respected industry professionals and will be offered online as well as in person. Credentials offered through this partnership include grip and lighting, TV and film production accounting basic skills, previsualization, media organization for unscripted TV, location sound, and much more

"This suite of microcredentials gives students a real advantage in developing the skills that will lead them to employment in Ontario's screen-based industries," said Kurt Muller, Dean, Faculty of Communication, Art and Design at Seneca in a statement.

These eight film and television microcredentials will be funded from the Ministry of Colleges and Universities Challenge Fund, also with the support of industry partners Avid, The Stratagem Group and Unity. POV is also partnering on the project. POV, a youth film and media training network, will help members of equity-deserving groups access the microcredentials and diversity representation in Ontario's screen-based

"The best thing any student can do to learn the skills and earn the credentials in any field is to take one of our full-time certificate or diploma programs," said Carver. "Microcredentials are great for students because they can be taken concurrently with their full-time studies and go deeper on a particular subject. Microcredentials will also be a great resource for students after they graduate to keep up-to-date as industries evolve." At Fanshawe, the application process will not change for diplomas and certificate programs. Applying for the microcredentials will be very easy in comparison. Students apply directly to Fanshawe, and applications are processed quickly. The hours of delivery and costs for the microcredentials are also much less than an applicant would face for a full-time program.

These three colleges will see more students come the new school years, as this adds to the overall programs each college has. All participants involved in creating these microcredentials have high hope for the future. To say the least, this will help fill the gap within the screen-based industries that are in high demand across

LEAP Demo Day returns after nearly three-year hiatus



Ben Harrietha **INTERROBANG**

On Sept. 8, Leap Junction returned with its LEAP Demo Day after 1,160 days, due to the COVID-19 pandemic. The entrepreneurial pop-up market was made up from graduates of the program, ranging from jewelry, to artist distribution services, to award winning hot sauce.

The graduates came from the 2022, 2021, and 2020 LeapIN Business Accelerator program, which provided consultations, workspaces, workshops, and funding to help get student businesses off the ground. Dave Ouellette, one of the business advisors at Leap Junction, spoke on how successful the 2022 class was.

"We provided them with over 40 workshops, 300 plus hours of programming and a hundred thousand dollars in seed funding," said Ouellette. "This is double the size of any of our previous years."

The program runs for 12 weeks during the summer, focusing on hands-on learning to try and prep future business owners for every eventuality. The program was also delivered in a hybrid format for the first time, drawing on experience from the COVID-19 lockdowns. Even the field trips the program puts on, where entrepreneurs head out of the college to make connections with



CREDIT: JOHAN GEORGE

Leap Junction Business Advisor Dave Quellette delivers his opening remarks.

other businesses in London, were tailored to an online experience.

"The idea here is to expose the cohort to the entrepreneurial support systems that exist in our region and to speak with real business owners. This helps them grow their networks and to get them thinking about other elements of their business that we might not touch upon," Ouellette said.

After the opening ceremony, guests at Demo Day were able to browse a selection of the busipast three years. Kayla Roelans, one of the graduates and owner of Juliet & Co. Soap Boutique, spoke on her experiences with the LeapIN program.

"It was amazing," Roelans said. "They constantly set you up for success as a business owner. One thing they did was this like, failure resume, and doing that made working on my weaknesses as a business owner easier, as I now knew what they were."

Roelans also commented on the nesses that had graduated over the camaraderie formed in the group,

saying how she feels she has friends who understand what owning a business can be like and are willing to help.

Mazie Love, a 2021 LeapIN graduate, artist, and owner of Pencil Cat Distribution, had just as positive an experience with the group she was with

"They picked great people," Love said. "That feeling of community and friendship was just immediate and it was really great to have people who understood exactly what you were doing because they were Harvey's.

doing it too."

Love said that despite the fast pace of the course and the density of some of the material, she never felt lost while learning the program, which she attributes to the Leap Junction team and the group she was with.

Along with the pop-up market, there were carnival games, live performers, such as tightrope walkers and fire jugglers, music hosted by 106.9 the X, a hot wing eating contest with cash prizes, and free food courtesy of Smoke's Poutinerie and





Queen Elizabeth II has passed. Will her church do the same?



Michael Veenema

In England, the King or Queen of the nation is also the Supreme Governor of the Church of England. I didn't know that until I read the British philosopher Thomas Hobbes (1588-1679) during my university days. Hobbes promoted the British Monarch as head of the church because, when he wrote, Europe was in a misery of wars which were laced with religion. He attempted to create a political system that would put an end to religious and political differences, at least in the realm of England, by uniting the country both religiously and politically.

The English monarch appoints church officials for the whole of England. That may sound as if he or she has a great deal of power. However, when this is looked into, it is discovered that the appointments are in fact a royal endorsement of recommendations that have already been worked out by the governing bodies of the church. Nevertheless, that mutually supportive relationship is there.

It is known that Elizabeth did not see her role as head of the church as merely an official one. She was raised by devout Christians who taught her the importance of prayer, of the Bible, and of a sound personal faith. And if you have ever listened to Queen Elizabeth's Christmas addresses, you will know that her own Christian faith was important to her, more so in later years some commentators say. Her faith, it seems, was the deeper and more authentic reason that she took her role as "defender of the faith" seriously.

Will King Charles "defend" the faith as his mother did, taking a strong personal interest in the Christian faith as well as fulfilling from the heart his role as defender of the faith? This question is discussed by Gavin Ashenden, a former chaplain (priest or minister) to the Queen. Ashenden's being a chaplain to the monarch may sound impressive, but we should note that a British monarch has over 30, what are called Honourary Chaplains at once, so, he would have been one of many. Still.

Ashenden's view of Elizabeth is that the Queen's kindness, cheerfulness, and truthfulness were grounded in an upbringing of Christian and English civility. They were linked to her belief that God requires such things from his people, especially, I would guess, from people in positions of influence.

But Elizabeth II is not with us any longer. Ashenden believes that the relationship between the monarchy and the church is bound to evolve into something different than it has been. When Elizabeth was crowned, England without a doubt would have identified itself as a Christian nation (so would Canada). A strong union of Christianity and national life could be found in much of Europe at that time. It is the main feature of something called Christendom. This union is expressed in many ways, but is most easily seen at a coronation ceremony. For the past 900 years, the crowning of British Kings and Queens has been carried out at Westminster Abbey, an architectural icon of the Church of England, and led by the head of the church, the Archbishop of Canterbury.

But, Ashenden believes, the mutually reinforcing relationship between Christianity and the people of England is fast becoming a thing of the past. He notes that there are at least



CREDIT: DAMIENKEATING

For the past 900 years, the crowning of British Kings and Queens has been carried out at Westminster Abbey, an architectural icon of the Church of England, and led by the head of the church, the Archbishop of Canterbury.

two other extremely strong voices seeking to direct English society. One is rooted in secular materialism, the view that all that exists is material, or something like that, and that it is a big mistake to give any time over to discussions about God

The second is Islam. Islam is certainly not a secular-materialist world view. But, in Ashenden's telling, Muslim leaders in England are confident that growing Muslim communities in Britain signal a day when there will

be English cities in which Sharia law prevails while other regions maintain traditional British ways.

I don't know if Ashenden's views of the future for England will come to pass. There are other commentators who take a similar line, but the future is always difficult to predict. And the Christian community that Queen Elizabeth upheld has a curious habit of surprising those who attack it as well as those who worry about its demise.

No, you don't care about women's sports, you just don't like trans people



Ben Harrietha INTERROBANG

It's an unfortunate truth that women's sports are much less popular than the men's equivalent. While major steps have been made in making these sports not only equal in popularity, but equal in pay and funding as well, women's sports still lag behind. For example, the 2019 FIFA Women's World Cup drew around 1.12 billion viewers over the course of the tournament, which set a record for the women's tournament. The Men's World Cup in 2018, however? 3.572 billion. The final match alone drew the same amount as the entire Women's World Cup.

And that's for the most popular sport in the world! Now imagine the viewership for a sport like swimming, a sport that's not exactly taking the world by storm. Women's swimming came under the spotlight earlier this year when transgender swimmer Lia Thomas had a record setting season. It was argued that her wins didn't count due to her so-called advantage by teammates, competitors, and even Fox News.

However, some of the most vocal were people who had seen Thomas' wins on their social media feed and decided that they would champion the cause of fairness in women's swimming, despite not ever following the sport prior. It's not a case of wanting fairness and equality for the sport, it's transphobia, plain and simple.

In more recent years, the topic of trans women playing in women's leagues has become a talking point. Many claim that allowing trans women to participate in women's leagues is unfair and ruins the spirit of sport, citing the "natural advantage" they have, due to being, biologically at least, male.

Look at any competition where a trans woman won, or even simply placed above a cis woman, and there's a good chance you'll see the competitor complain about the unfairness of this fact. One major example of this was with Taylor Silverman, a professional skateboarder, who has made many, many posts about the unfairness of letting trans women compete in the same league as her.

Silverman has stated that she's competed in "three different contests with trans women, two of which I placed second," and has complained to contest organizers on multiple occasions. A clip shows a sullen Silverman and the first-place competitor, Lillian Gallagher, standing on the podium after one such competition.

"A biological man with a clear advantage won the women's division, best trick, and also won multiple qualifiers," Silverman wrote in a message after the second-place finish. What this message doesn't mention is the competition she placed 34th in a year prior, behind several competitors under the age of 20, with one of the top five being a 10-year-old Australian girl.

Now, I am not an expert on sports or human biology. But I do believe that a woman in her mid- to late-20s may have some "biological advantage" over a 10-year-old. Just some food for thought.

I won't debate the topic myself, as I believe two things. One, arguing with bigots is a waste of my time, and two, if you're a woman, you play in the women's league. Simple as that.

The hill I will die on however is the fact that people are now pretending to care about women's sports, just to complain about trans people. You don't care about women's sports, you just don't like trans people.



CREDIT: ALEKSANDRA ABRAMOVA

Please be normal about trans people for once in your lives.

Leisure Suit Larry: A raunchy relic of the non-PC gaming age



Gerard Creces INTERROBANG

Sex and video games — a match made in hentai heaven.

In this unholy day and age where virtual reality can let anybody with a modest budget do unspeakable things with just their hands and a headset, it's nice to look back on a simpler time. I'm talking about a time when you had to type in commands to make your character take their clothes off in front of an 8-bit prostitute (graphics, not price).

Leisure Suit Larry in the Land of the Lounge Lizards (LSL) billed itself as the first graphic adult adventure when it arrived on shelves in the late 80s, and what an adventure it was!

Created by Sierra On-Line, this 1987 classic revolves around Larry Laffer — a 40-year old pervert who is on the prowl to lose his virginity in the city of Lost Wages.

That's it. That's the premise.

Of course, along the way there are the typical pitfalls...pimps, convenience store clerks, trench coat wearing flashers, femmes fatale, etc. By solving a convoluted series of fetch quests and personality puzzles, Larry eventually meets Fawn — the "babe" of the game - and proceeds to woo her in typical 80s fashion.

That is to say, he gives her expensive gifts and tries his best pickup lines.

For the purposes of this article, I only played the first installment, though this game spawned a long-lived franchise.

To be more specific, I played the 1991 VGA version which is the exact same game but with better (for the time) graphics, and mouse cursors that replace text entry for things like talk, lick, touch, look, strip, and one slot specific to a single chosen inventory item.

It felt a lot less pervy to use the zipper cursor, for instance, than it did to type out "have sex

And that is the crux of this game — it's perverted.

The entire game, from the summary on the back of the box to every single interaction Larry has with members of the opposite sex, drips with cringey, nudge-nudge ooze.

For the most part, it's hilarious. For the

The tough part of reviewing this game is viewing it through a 2022 lens. Leisure Suit Larry is now 35 years old, and back in the late 80s things were notably different when it came to sex and sexuality.

LSL features many of the hallmarks of every 80s/90s sexy comedy — sexism, casual racism, gay jokes for laughs, lesbian jokes for sex appeal. In the woke world of today, this game would

And yet, watch any late-80s or 90s sitcom and you'll find the exact same content with bigger budgets and A-list stars.

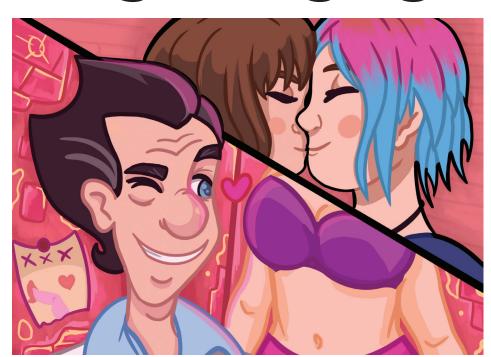
Larry's racist interactions with the shopkeeper — think Apu from the Simpsons — are the most off-putting part of the game by far, but they are not out of line with the pop culture comedy of

On that note, *Leisure Suit Larry* is much tamer in its approach to sex than more modern franchises like *Grand Theft Auto*. In the *GTA*-verse, you can get a girlfriend or hire a prostitute and have cutaway sex scenes just like in LSL. The latter, however, does not allow you to murder them in broad daylight using your weapon

Larry is far from smooth but he's not rough. He's not a killer. I think that is where the comedy tempers the cringe.

Larry's whole bit is that he's a perverted loser. He's an anti-hero trying his best in a world of style over substance.

And yet, in spite of all the outdated 80s tropes, there are some redeeming qualities to *Leisure*



CREDIT: NINA HEPPLEWHITE

Created by Sierra On-Line, this 1987 classic revolves around Larry Laffer — a 40-year old pervert who is on the prowl to lose his virginity in the city of Lost Wages.

Suit Larry. At the very least, there are parallels on the prowl should be. to be drawn to the modern age.

Larry is a loner, someone who keeps subscribing to a formula of machismo that — at the time — was saturated in popular culture.

The checklist:

- Slick suit
- Fresh breath (You have to repeatedly use Larry's breath spray throughout the game or the ladies won't even talk to him)
- Smooth lines
- Don't take no for an answer

In today's world, Larry could easily be one of the many disenfranchised men who attend seminars on how to pick up women. He's a walking stereotype because that's what he thinks a man of the above, you can always stream *Friends*.

He's driven by sex without thinking about anything beyond getting it, and loses everything in the process. He tries all the right moves, lays the best lines, gives expensive gifts, and yet is blind to the fact he is being swindled, even though it is clearly telegraphed throughout his misadventure.

It's not until Larry stops trying and meets a woman who is genuinely interested in him that sparks ignite. Is it enough to redeem the rest of the game? It depends on how the player views it.

If you're looking for a perverted, pointand-click escapade using outdated technology, download a DOS emulator and find a copy of the game online.

If you know you will be offended by any

Interrobang Rewind: *The Matrix*



Ben Harrietha INTERROBANG

Welcome to the desert of the real.

The Matrix is one of the best action movies to come out of a decade filled with fantastic action movies. Released April 2, 1999, it has amazing hand-to-hand scenes, gunfights, slow motion bullet dodging, along with themes of philosophy, religion, and mythology. Not to mention the fantastic score, perfect cast, and pacing so good, you don't even realize the movie is over two hours long.

I've always maintained that The Matrix is a movie everyone can enjoy, as if you're looking for a fun action romp with amazing set pieces, it's there and easily enjoyed on a surface level. If you're looking for a more philosophical movie, discussing ideas of multiple religions, philosophers such as Kant and Plato, it's there on a deeper level.

One theme that has been more explored in recent years is gender. Since the release, both directors have come out as trans women, with Lana having known she was a woman since she was a child. In 2020, Lily Wachowski spoke about how they had to

make compromises at the time, as the movie was planned as an allegory for transgender

The pieces are all there despite the compromises. One of the main conflicts of the film, with Neo fighting for his identity against an authoritarian state as not only "The One," but as the person he wants to be. Neo, played excellently by Keanu Reeves, is unsatisfied with his life at the beginning of the film, and knows that something is wrong.

As Laurence Fishburne's Morpheus puts it, "What you know you can't explain, but you feel it. You've felt it your entire life, that there's something wrong with the world. You don't know what it is, but it's there, like a splinter in your mind, driving you mad." This line has been compared to the feeling of gender dysphoria, and it's pretty clear why.

Neo takes the red pill in order to be awoken from the Matrix. While "red-pilled" has become in recent years a way to say that you've "awakened" into being a bigot, at the time, prescription estrogen was literally a red pill.

On top of that, Neo has a name he chose, and a name he was given by the state he fights against, the machines. Agent Smith calls Neo by his birth name (his deadname, if you will) in a way that is so dripping with venom and sarcasm, it's almost too real. The way Hugo

Weaving emphasizes the "Mister" part is exactly how transphobes love to do when they clock a trans woman.

There are other smaller things as well; Switch was intended to be a man in the real world, a woman in the matrix, Neo leads a double life online, something many trans people do. It's all there and blatantly obvious too if you look at all closely at the film.

That's not the only reason to enjoy *The Matrix* either. As I wrote earlier in the review, the movie is a fantastic action movie. The lobby gunfight is still one of the best shot and entertaining gunfights in action cinema, with amazing set design, practical effects, and some really badass moments.

The martial arts astounds as well, with the standout fight being between Agent Smith and Neo in the subway. Not only does the fight have some of the best choreography in the film, but it also has a nice thematic purpose as well, with Neo accepting and believing he is "The One," along with letting Smith know that his name is Neo, not Thomas Anderson.

While I'm not the hugest fan of the ending (I think it wraps up much too quickly after the final confrontation and Neo being essentially God takes a lot of the tension out of the sequels) The Matrix stands as not only one of the best action movies ever made, but one of



CREDIT: WARNER BROS. DISCOVERY

The Matrix (1999) is a movie everyone can enjoy, whether you're looking for amazing action or a deeper meaning.

the best movies ever made period. It's a film that wears its heart on its sleeve, and believes 100 per cent of what it says.



HAVE AN OPINION? SUBMIT YOUR STORY!

Letters to the Editor: fsuletters@fanshawec.ca



DEE-DEE SAMUELS | INTERROBANG

Anyone who identifies as LGBTQ2S+within Canada, most likely feels they have a basic understanding of the term Two-spirit. But when you dive deeper into the history and profundity of its meaning, you will see the complexity of its roots, what it says about our society, and allot it the respect it deserves.

Storm French-DeLeary, Two-spirit mentor from the N'Amerind Friendship Centre in London Ont., explained that there are a few ways to look at the meaning around Two-spirit.

"The first understanding would be, it's a postcolonial term for a precolonial identity," French-DeLeary said.

The history of Two-spirit, as ancient as it may sound, is a relatively modern term for a people that have existed way before precolonial time. French-DeLeary elaborated on the origin of the term Two-spirit, stating that Dr. Myra Laramee, of the Anishinaabemowin tribe in 1996, received a vision during ceremony.

"She said there are certain people who have a very unique spirit, where they're able to see with either masculine and feminine, or both, and neither," French-DeLeary added. "Their gift is that they can walk through the world seeing with multiple ways all at once, like exceptional spiritual beings." From this vision, the term Two-spirit derived.

These spiritual beings, as French-DeLeary coined it, lived life in harmony with their nature.

"Some lived in same-sex marriages, some choose not to have any sort of sexual or romantic relationship. There were women who chose not to get married, or have children, and wanted to join warrior groups, or just be artists."

Today, we all live in a society that reinforces and emphasizes the idea of acceptance and inclusion. French-DeLeary reiterated that for Indigenous people, these ideals were a way in which they already lived.

"Children were raised genderless. As they got older and you could tell where their interests were, they would be nurtured, and you kind of figured out naturally what kind of person the child is growing into," French DeLeary said. "In some nations, they would have a ceremony when a child that they noted had certain tendencies. The child would have to choose between either the basket or the bow, and then depending on which one they chose, the child would be nurtured towards those roles."

According to French-DeLeary, it is important for students to be respectful of the fact that not all queer Indigenous persons feel comfortable with the term Two-spirit.

"It's defined by each person who identifies that way. It's your Indigenous self-identifier. It came from an elder's vision and she shared it at a conference and told us, "This is for us to be able to reclaim ourselves.""

For queer Indigenous people, the freedom to choose how they identify is the point. For French-DeLeary, having the choice is what matters. Because for many Two-spirit elders, the choice was stripped away from them through the residential school system.

"They would strip the child down, and say, 'This person has this body type, so we're going to dress them as a boy. Now you have to live like a boy, this is your new name," French-DeLeary explained. "The child would have to go through residential school being forced into this gender role, and warned before they went, 'Do not tell do not let them know you are Two-spirit, or else they will make your life a living hell."

For students who feel inclined to understand, or want to be allies, French-DeLeary said there are specific things they can do to actively be supportive. Firstly, she emphasized that the term Two-spirit should not be used by non-Indigenous people.

"I like it when people like to reclaim their precolonial identities and terms and names, when people go to their own culture, rather than take Two-spirit, because when we took it back, it was against colonization. So, when non-Indigenous people take Two-spirit, our own word, that's another way of colonization."

Students can also show solidarity by following Two-spirit writers and artists on social media.

"Be willing to challenge your own prejudices," French-DeLeary said. "Be like, 'Oh, I didn't realize I even held this belief.' Accept that it's going to be a learning journey for both sides and then have grace with yourself for learning."

Another important note French-DeLeary wanted students to be aware of is to have sensitivity and discernment around the timing of when to ask burning questions.

"Back when there were the trials happening around the cases of Tina Fontaine and Colton Boushie, it was incredibly traumatizing for all Natives. I did not want to be approached with questions. I just wanted to be able to grieve and mourn and process all the emotion."

Indigenous queer people use many specific terms, depending on their own languages, for gender-variant members of their communities. The one common thing they share is that within these Indigenous communities, all of their identities are valid.



Kate Otterbein I Interrobang

enstrual cups are becoming more common and are now being made by many different companies. The original and most well-known one is The DivaCup, but mainstream companies known for disposable products are starting to make them as well. Tampax is one of those brands.

The idea has been around and used well before the 1800s. They would use different methods to catch menstrual flow and create their own cup. The modern menstrual cup was then created. The DivaCup is actually Canadian and is one of Canada's fastest growing brands.

So, what are the benefits of a menstrual cup? Some people might think of them as messy and hard to insert, but that's not the case at all. When you're getting used to them, maybe they might be a little tricky to use. But they have many benefits.

1. They're reusable. This is probably the biggest reason people use menstrual cups. The fact that they are reusable saves you money in the long run. Depending on the size of box of disposable products a person would buy, you can save easily \$20 each month. This also helps contribute to the environment because there is nothing to throw away.

2. More flexibility. Menstrual cups have more flexibility than a disposable pad or tampon. Because they are silicone, have a bigger capacity, and keep the contents contained away from the vaginal walls, they can be worn up to 12 hours at a time. But, it is recommended it be emptied every eight hours by doctors. This allows you to go about your day without having to worry

any further about when you will have access to a bathroom. They also hold a tight seal when inserted properly, so swimming is also an option.

3. They are safer than pads or tampons. Because the is blood being held in its own area, it doesn't have the chance to soak back into the skin. There is then no cause of toxic shock syndrome, which is essentially when the bacteria from the blood attacks the body after it soaks back into the body.

These are just a few of the benefits menstrual cups can provide. But on top of that, they have an active role in helping fight period poverty. Women's shelters, food banks, as well as other initiatives helping people who need menstrual products, can always use menstrual cup donations. This gives them a product that is reusable and has an estimated lifecycle of 10 years.

In London, there are many shelters and food banks that are accepting these products to help people. But one that is actively fighting against period poverty is Here For Her. They focus on health education, challenging societal norms, and advocating and raising money to purchase the necessary items needed within London and Canada. Due to their efforts, London was the first Canadian city to provide free

menstrual products in city owned and publicly accessible buildings, according to the Here For Her website.

Menstrual cups may not be possible for everyone, whether it be because financially they are not able to spend \$40 up front, or because they are simply not accessible to those in need. But they do have many benefits, including helping those in need. There are different options from varying brands, all at different price points. So, if you are tired of spending money monthly on products and/or wondering how you can help menstruating individuals in your area, it never hurts to take a look at the available menstrual cups!



LET's GET PHYSICAL (CONSENSUALLY)

Adam Mantha I Interrobang

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

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

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

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

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

Here is an explanation of each of these concepts.

Freely Given

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

Reversible

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

Informed

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

Enthusiastic

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

Specific

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

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

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

Let's look at these questions in order.

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

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

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

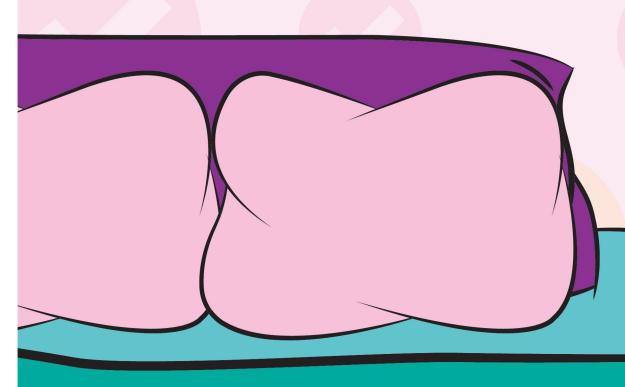
When affirmative consent is given, no well-intentioned participant wants the sexual encounter for which consent has been given to continue if their partner no longer consents.

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

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

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

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



Zoë Alexandra King | Interrobang

ut of the 21 years that I lived in Barbados, I have always known there to be a stigma or as some may say, "taboo," around the topic of sexuality as a whole. For as long as I can remember, sexuality was always a subject that people danced around. Growing up in a generation where North American culture was being portrayed in TV series and movies, it contradicted what the society I was in would represent.

Valentine Meniaud was born in France and relocated with her family at the age of seven to Barbados. Whilst living in Barbados, she discovered her sexuality towards both men and women. She expressed that even though Barbados is extremely traditional and stuck in past ways, she believes that she would have been judged more in France because of her sexual preference. Meniaud expressed that she attended a private school and that most people there were international and

"I feel like the old community in Barbados is where the problem lies. I have not met one young person that has told me that they don't believe in same sex marriages," Meniaud said.

Meniaud said that one of the only things holding Barbados back from moving towards accepting the LGBTQ2S+ community is the older generations that reside in Barbados.

"Older Bajans are so hypnotized by their religion that they don't care, you could tell them anything and they're still just going to stick with what they know," she said.

Lastly, Meniaud expressed that she hopes Barbados Prime Minister, Mia Amor Mottley, will hopefully change the way that the LGBTQ2S+ community is accepted in

Barbados.

this religion has strong beliefs against pre-marital sex, relationships between the same gender, and also changing gender. Although some households carried different religious practices, the majority of my friends would agree with me when I say that in early teenage years, small actions from elders in our society impacted the way we viewed sexuality

for a long time. For example, the way some people talk about sexuality codes it with a tone of shame. Another small example that a friend of mine experienced, was family members changing the channel or turning off the television when a sex scene was playing, or when any homosexual scenes were being displayed. This can have a psychological factor on a person as it's planting a seed that sex or homosexu-

Barbados has always been a pre-

dominantly Catholic country and

ality is a bad thing. Sexuality has been so conservative over the years in

Barbados, that there is even a law still in place stating that homosexual acts in the country are prohibited. Although there are still people who live an LGBTQ2S+ lifestyle, it is still technically considered an offense. I personally know a few people who are LGBTQ2S+ and live in Barbados, but I would be lying if I said that the thought didn't cross my mind of how they feel knowing that they are living in a place that doesn't fully accept who they are. I will say that over the years, generations have come to be more understanding and accepting of LGBTQ2S+ folks in Barbados. However, with the earlier years of society believing in a very traditional lifestyle, there are still people who are stuck in this mindset. Unfortunately, this can result in offensive words towards the LGBTQ2S+ community as well as other forms of discrimination.

extremely accepting of her sexuality. She also acknowledged that locals that were around her age group or considered a younger demographic were also very accepting and never discriminated or made her feel shameful in any way.

"Young Bajans are so excepting, I never felt any discrimination because of my sexuality," she explained.

She added that her appearance never revealed her sexual preferences. However, she noted that in Barbados, this type of discrimination may be more common because of a person's appearance.

Whilst Meniaud shared that her experience in Barbados with her

sexuality was a pleasurable one in terms of no discrimination or judgement, I personally know of situations where people who were openly LGBTQ2S+ and did face discrimination in a number of different forms. Meniaud is absolutely correct in saying that the older generation is where the problem lies. The only issue with that is that although most of the younger generation in Barbados have grown to be accepting of different lifestyles, there are still some that are heavily influenced from that same older generation.

Thus, acts of name calling, judgement, and in some scenarios, not wanting to associate with the person, have taken place in the past. Thankfully, as

the years have passed a lot of this discrimination has subsided, but it doesn't mean that it doesn't still exist. According to the Caribbean Development Research Services Inc. (CADRES), 67 per cent of Barbadians described themselves as tolerant of the LGBTQ2S+ community, while another 82 per cent also opposed discrimination against the LGBTQ2S+ community. It is my belief that only when a law has been passed to accept the LGBTQ2S+ community, will society truly begin to accept this lifestyle. I hope that as the years continue to pass, the older generation will begin to change their mindsets from their traditional ways.

Zoë Alexandra King | INTERROBANG

any young adults may be apprehensive to speak with their parents about intimacy. Teenagers can feel embarrassed about asking questions regarding sex, simply because of the stigma that has been built around it for many years. But experts, and even Fanshawe students, are trying to change this mindset.

Registered social worker, Larissa Emmons, discussed the importance of teenagers being able to speak openly with their parents or an adult figure in regard to their sex life.

"When we don't talk to our children or teens about sex, we're creating a dynamic, where even if we've never said, 'We don't talk about that,' we're covertly communicating to them that it's a topic that we're not comfortable with," Emmons said.

She acknowledged that not speaking with your teens about sex can even result in teenagers ending up in unwanted situations, making them more at risk of sexually transmitted infections (STIs) and less aware of the true meaning of consent.

"In a perfect world, I think that they should be able to share everything with their parents," Emmons said. For years, society has fostered an uncomfortable environment around sex, which has caused an effect on many teenagers' sex lives. Emmons indicated that there is a shame response from teenagers who don't have an open communication relationship with their parents. This has created a taboo around sexual discussions, making it more challenging for people to put their awkwardness aside to reap the benefits of being more open.

"The benefit of being open with parents allows people to develop that side of themselves in a healthier way, rather than feeling like they have to keep it a secret, and then feeling ashamed," Emmons said.

Some of the tips that Emmons acknowledged for trying to create an open communication relationship between teenagers and parents were ensuring parents not shy away from the conversation, speaking with a sex therapist to breakdown why they may feel such heavy discomfort in communication, being extremely direct, offering regular check-ins to see where teenagers stand (in terms of sexuality), to let them know that they are supported, and helping them to access any intimate products such as condoms or birth control pills. Emmons expressed that having that initial conversation to see how teenagers are feeling can be awkward, but will be well worth it in the long run.

"Being really direct with your teens and letting them know that you want to support them in all areas of their life, is really important," she said.

Emmons also shared that she has an open communication relationship with her pre-teen son when it comes to any sexual discussions, and that she thinks it's important as one of the adults in his life to bring up the conversation to make him feel more comfortable around the topic of sex.

Fanshawe student Beth Eames described her sex life discussions with her mother as "really, really open." Eames expressed that she has always felt comfortable to speak with her mother about situations or complications that she may have encountered in the bedroom.

"She has made it so that it is easy to be open with her," Eames said.

She acknowledged that even after her first sexual encounter, she still confided in her mother right away. With Eames addressing that she has an open communication relationship with her mother, she discussed that speaking with her father about sex is not something that she would do in the same regard.

"It wasn't an open thing with my dad whereas my mum has always made it super open," Eames said.

According to Eames, speaking more openly about sexual encounters can certainly make a person feel less shy about sexuality and have the ability to create an assertive environment.

"Talking to my mum about sex has definitely made me more confident but also made me ask for what I want in the bedroom, because it has been such an open thing in my life that I haven't felt in any way prude towards the topic with partners, because I have always felt open about the conversation," she explained. Although this was the experience Eames had, she mentioned that most of her friends don't have the same open communication with their parents.

"Every friend that I have spoken to about the things that I say to my mum or what we speak about, I would say that all of them found it quite weird, and that they would say they couldn't be as open about sex," she said.

Eames has indicated that she would want to share the same open communication that she shares with her mother with her future children.

"It is a big part of people's life and it's going to happen at some point, so there's no point in making it all taboo when it doesn't need to be. It creates an uncomfortable stigma around it when there doesn't really need to be one.'

From the perspective of both Emmons and Eames, it can be understood that being able to speak with teenagers about sex should be a subject that we embrace, instead of shy away from. Finding different ways to communicate with teenagers about sex is the first step to take if people want to make a change from sex being considered a taboo topic.

JOHAN GEORGE | INTERROBANG

asturbation: the topic that everyone is natural and harmless for sexual developknows but no one wants to talk about. Your life's your business, but not talking about this topic can lead to a number of strange myths that still persist today.

You've probably heard some myths about masturbation in inner circles, so let me debunk some of the most common.

1. Excessive masturbation can lead to erectile dysfunction

This is a common myth. However, there is no direct link between masturbation and erectile dysfunction. Many stories of erectile dysfunction come from mental health concerns. Stress, depression, and relationship problems due to stress or poor communication can affect sexual desire and may contribute to erectile dysfunc-

Some religious and pseudoscientific beliefs proliferate ideas about our bodies that don't reflect reality, as Emma Sutton, a sex-positive social worker and former Fanshawe student explained.

"I think that there used to be this idea that we had a limited amount of ejaculate," Sutton said. "A long time ago, there was this idea that basically [ejaculate] was your life force, but you only had a limited amount. And so we know now that it's not true. You can have an unlimited amount of ejaculation throughout your life and you don't get desensitized necessarily."

There are physical causes of erectile dysfunction, like heart disease, however you should speak with a doctor if you are experiencing those symptoms. They aren't caused by masturbation.

"There are times where if you have masturbated a lot or had a lot of sex in the day, you might get to a point where it becomes harder to finish and harder to ejaculate just because of things like dehydration and your body is just not able to replenish that supply quite in time," Sutton explained.

2. Masturbation is not a normal part of sexual development

This is simply not true. It's generally accepted in the medical community that masturbation ment and normal for anyone.

In fact, there are some health benefits to it. When you reach orgasm, your body releases chemicals like oxytocin, prolactin, and endorphins. These chemicals help with several heart related health issues regulating the body's balance of hormones, sleep, elevating mood and reducing stress. Speaking with your doctor will clarify this.

3. Masturbation causes hairy palms and permanent physical deformities

This is probably the most ridiculous myth of them all. Just because your knees are weak and arms are heavy after a session, doesn't mean that they're triggering a chemical reaction within your body that stimulates hair growth. Or baldness. Or a withering of your private parts. Some people even believe that it can cause blindness. There's no evidence for any physical deformities caused by masturbation, and the medical community has long dismissed many of these ridiculous theories.

4. If you masturbate while in a relationship, something is wrong with the relationship or if your partner is masturbating, that means you aren't enough

This is something a lot of people struggle with. It's important to have a conversation with your partner and recognize that you can't fulfill every need that your partner has. It doesn't reflect how good you are as a partner or the strength of the relationship.

"We can't be our partners' everything," Sutton said.

And nor should you try to be. Everyone has different levels of sexual desire has social and intellectual requirements to fulfill outside of sex. It's OK to have different preferences or needs when it comes to your sex life. Balance and compromise are key. Communication, however, is very important to that end.

"There's also mutual masturbation...[and that] can be a great way to help teach your partner what you do like in bed and how you do like to be touched," Sutton explained. "Because if you know how you like to touch

yourself, it can be a lot better and a lot easier to kind of communicate that to a partner and figure out how to make your sex better."

5. Masturbation is a sin

Ah, the age-old conviction that masturbation will send you straight to hell.

Many religious communities are afraid of the conversation regarding masturbation because it's often vaguely worded in religious texts and sometimes scriptures don't even mention it at all.

In fact, the Bible hardly mentions masturbation at all. It tiptoes around the subject and focuses more on the idea of lust and lustful thoughts. The different schools of Islam are mixed on the subject. Some believe that it is forbidden except under extreme desire and fear of adultery, wherein it would be acceptable to seek relief.

There's definitely a lot of negative discourse around masturbation in religious circles that can feel very disparaging.

Darryl DeRoches, another sex-positive social worker in London, Ont. said these beliefs date back millennia.

"It goes way back deep in our Judeo-Christian ideals that our society is based on and there's prohibitions against masturbation and all the major biblical texts with the Quran, the Talmud," he said.

DeRoches said he often speaks with clients who come in with beliefs about masturbation that damage their self-esteem or affect their sexual function. To help ease them into an uncomfortable topic, he often tells them stories.

"One of the funny stories I often tell about masturbation is that Kellogg's Cornflakes were actually invented by Dr. Kellogg as a boring and bland food, so as not to fuel masturbatory desires. So Cornflakes came into existence as a way to counteract excessive masturbation. These beliefs have run deep in our society from ancient times."

As you navigate the world of masturbation, it's always best to speak to your doctor or do your own research. There are thousands of years worth of negative myths out there, but truth is, masturbation is natural, normal, and even healthy.

NAVIGATING THE NUINE DATING WORLD

AISHA JAVAID | INTERROBANG

"Roses are red, violets are blue, how did I get so lucky to match with you?"

That's what they always say before they ghost you, right?

We've all been there, from being catfished to ghosted to in a relationship to seeing your partner on multiple dating platforms, and that's not all. Issues with dating apps are cause for concern for everyone, not just single folks.

A healthy relationship is vital to our psychological and physical well-being. Companionship helps us deal with stress and increases our sense of being. Dating apps were designed to be convenient so that people may easily connect with likeminded individuals.

Whether you're new or experienced with dating apps, there's always important information which may get overlooked.

First off, do not take anything personal. Today, we live in a society which embraces 'cancel culture.' A culture in which one is excluded from any social circle both on and offline for various reasons. Political biases and personal development are some of the underlying reasons why people adopt this mentality.

Similarly, the behaviour of ghosting is comparable to cancel culture and is more prevalent in the dating scene. Ghosting occurs when one drops all forms of communication and contact without an explanation. This sudden disbandment may leave you doubting yourself and your worth. But there may be several reasons why the individual left unwarrantedly. It's best to periodically assess our approach with people but also understand that some things aren't meant to be, and it's important to move on. Besides, sometimes people do come around, it just may have been a crazy work schedule that left them feeling overwhelmed and too busy to respond to your messages.

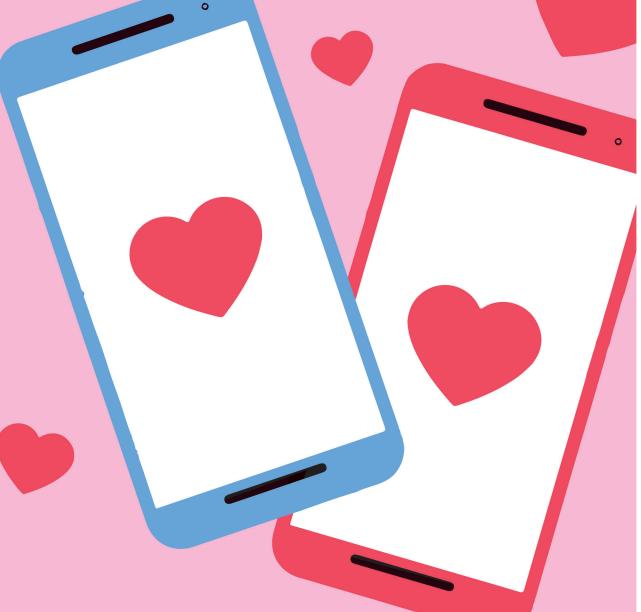
Next, let's talk safety! Recognize that everyone on these apps may not be who they say or look like they are. Disclosing information such as the location of your workplace is risky. Exchange vague personal information and provide details once you have physically met up with the individual and feel comfortable. This is your journey of finding someone who best suits you and if your gut instinct feels bad, then this person may not be right for you. As well when scheduling dates, consider dates in public areas like restaurants, parks and arenas.

Following matters pertaining to your safety, it's important to also set boundaries. Be clear about your intentions and reasons for being on the app. In addition, be open to expressing your feelings, and if your feelings aren't respected then you are not obligated to continue interacting with the individual.

Lastly, be patient. Don't dwell on minor issues like not receiving immediate replies or as many matches. Perhaps the specific dating app you are using may not be entirely suitable for you. If you identify with a specific religion or nationality, do research and register with an app that will help you explore those with similar interests.

These apps may not be the place where you can showcase your best self, and there is nothing wrong with that. Investigate dating opportunities outside of the digital world as well.

Finding dates and being in a healthy relationship may be difficult. But it shouldn't hurt you and make you feel small. It's a journey which has ups and downs and rebuilding and starting over are driving forces for a healthy mindset when in the dating scene. Take care of your mental health, stay safe, and remember to be patient.



Talk about it: Effective communication for safe sex

Svitlana Stryhun | INTERROBANG

Communication between men and women is a phenomenon not everyone seems to understand. Some people claim that it's something that happens naturally and there is no need to learn about how to do it the right way. Others are convinced that it's not possible to build strong relationships without knowing how and what to say. They are both right in a way, but there's always something to add.

First, we shouldn't force the beginning of relationships, both sexual and romantic. It will come naturally, when you and your partner will be ready to experience not only positive moments, but difficult ones as well. Those difficulties appear when you have a different point of view on a particular aspect of your common relationship, especially when it comes to sex. One of the partners may be not ready to start their sexual life, and that's OK.

"Personally, I had to go through a lot of romantic failures, until I came to understanding what and when I want," said Anna Kulikova, a feminist psychologist writer for the online journal, *Tvoya Tarelka*. "It may seem like not a problem to sacrifice your life rules, but for your partner it means that you don't value your independence and that you are ready to give up everything

just to continue communication. With time, those relationships will clearly become abusive, because people feel their power over your every action as soon as you show first weakness."

Having a difference of opinion doesn't mean you have to betray your principles. It just means we all have diverse personalities, and we have other understandings of the same things. In this case, you shouldn't rush to change your partner either.

Another aspect is learning how to communicate and understand the needs of our partner without taking everything personally. There's a big difference between saying no, because we don't want to have any kind of relationship with a particular person, and saying no, because we don't feel ready to take the relationship a step further.

"Everyone perceives relationships in their own way, and for some, trust means having regular sex and a physical connection, when for others it's just good conversation after a long and tiring day," Kulikova said. "Durable relationships are only built on mutual understanding of one's needs. And even if one person wants to have sex, and the other is not ready, just spending time

together can resolve this. If it is real love, your person will always wait until both of you are comfortable."

Another issue that can lead to unwanted problems is whether to use a condom or not. This is one topic that should always be decided and agreed upon by both parties. For women, unwanted pregnancies can be a lifechanging event, and lying about wearing a condom can lead to long-lasting trauma.

"In most cases, women, especially young ones, get under the influence of men, trying to please them," Kulikova said. "That is one of the ways to manipulate partners in order to get what you need for satisfaction, and it cannot be called love. Moreover, it is an unneeded and potentially dangerous decision, and before doing it they should think if they are ready to grow a child, maybe even alone, considering their own age."

Both partners are equally responsible for their relationships. It is important to understand that every mutual communication provokes a subconscious dependence and can hurt one's feelings. Before getting into a relationship, you should try to understand your own desires and to set boundaries in order to avoid deception.



You are not alone: Support for survivors on campus



Emma Butler INTERROBANG

College students can be victims of sexual assault on or off campus. The question is, do they know how to cope with the trauma they are left with?

The head of Sexual Violence Prevention at Fanshawe College, Leah Marshall, has been doing this for eight years. Over the years, the program has had to change to cater to new issues.

"My role is to support any student of any gender identification or non-gender identity, that has experienced any gender-based violence or sexual violence either before they came to Fanshawe or while attending college," said Marshall.

Marshall explained how they can help by having options. One of many options students have is personal counselling. That refers to confidential professional free counselling offered by registered psychotherapists and registered social workers. Another program that Sexual Violence Prevention provides is regional sexual assault and domestic violence treatment at St. Joseph's Hospital. This entails services such as forensic evidence collection, sexually transmitted



CREDIT: EMMA BUTLER

The head of Sexual Violence Prevention at Fanshawe College Leah Marshall, has been helping students for eight years.

infection testing and treatment, and much more. These services are confidential and free of charge.

assessment violence can take many different forms, ranging from sexual, online harassment, transphobia, homophobia, physical acts of violence and many more, according to Marshall.

"How we help victims all depends Gender-based violence or on their needs. I am there to help and create a safe place for any student who needs it within these standards. We give the victim all the outlets to help them to heal and we do not force them to do one thing or the other, meaning that if counseling is what they need and not to make a police statement then that is OK," Marshall said.

According to Marshall, sexual assault and gender-based violence are not about sex at all, but about power and control. It is very important when it comes to healing that the survivor has control over what happens next.

A former Fanshawe student, who has asked to remain anonymous, shared their story about how they were sexually assaulted when they attended college and how the Sexual Violence Prevention team helped with their journey of healing.

"Leah Marshall was great, she helped me tremendously," they said. "I was sexually assaulted and did not want to press charges, I started to fall behind in class, I started to use drugs to help me cope with what I had went through. When I got in touch with Leah, she came right to my dorm and we talked and talked and man, did that help me. She talked with my professors to explain as to why I was falling behind. If it wasn't for Leah I don't know how my outcome would have been."

Sexual Violence Prevention team recover and how to heal in a healthy and controlled way.

Being a survivor of an act like this will always stay with you for the rest of your life. The thing you need to remember is how to conquer it and control it.

"My advice to any survivor of sexual assault would be to talk," the former student said. "The more you talk about it and can see how to move past it and not hold it all in, the better you will heal and be able to move forward in your life. I will live with this for the rest of my life, but I don't let it define me and I will not let it control me. It has been over five years since the attack and I think back to how it controlled me for a while before I reached out and got help. Remember that you aren't alone and people will listen, you just have to find those people.'

"I lost many friends and even my boyfriend due to the fact that they didn't know how to deal with my situation. I think it's really important for survivors to find the right people to share their stories with. That was the hardest part for me, I had one friend who was there for me and even laid in bed and missed classes for me," the former Fanshawe student said.

If you are in need of any of these The student explained how the services, the Sexual Violence Prevention office is located in the F helped them on their journey to Building at Fanshawe room 2010, and the best way to set up an appointment at lkmarshall@fanshawec.ca.



We are looking for FSU Directors!

Visit **fsu.ca/elections** for your nomination package.

Questions or Concerns? Contact the Fanshawe Student Union Office Student Centre - SC1000



JOIN OUR TEAM



How has talking about sex changed over the years?



Kate Otterbein INTERROBANG

How often do you talk about sex? Whether it's with your friends or your partner, it's probably a lot more than your parents and grandparents talked about it when they were your age. As times have changed, so have the topics of conversation.

"I think that Millennials and Gen Zs have been more open around sexuality and sex than our parents' generations, potentially due to our exposure to media," said Emma Sutton, a local Registered Social Worker (RSW) and Master of Social Work (MSW). "We all know that sex sells and we have grown up with total access to explicit sexual content at our fingertips that our parents didn't."

Sutton said that in recent years, the Ontario education system made a crucial change regarding sex education

"In Ontario, our sexual education changed in 2015 to include more information about different types of sex, sexualities, identities, and consent. In the past, the curriculum had not changed since 1998."

This was a positive change for the education system because times are changing. There are so many different kinds of sex now that may not have been the social norm back then.

"Having conversations about sex is so important. Sex and sexuality are as natural and normal as eating and sleeping, it's nothing to be ashamed of or to shame others for. Being open

allows for more conversations about consent, expressing your needs, desires and fantasies, takes some of the shame out of sex, and can lead to more pleasure!"

Sutton said now that we are seeing more representation of different genders and sexualities, and recognizing that not everyone wants to have sex (asexuality). This, she said, has led to a bit of a stigma change.

"There are shows like Sex Education or How to Build a Sex Room on Netflix that openly talk about sex and have been popular and mostly well received. Open conversations and education fight stigma and shame. There's also some data that shows younger people are less religious than older generations, which also may be contributing to more openness."

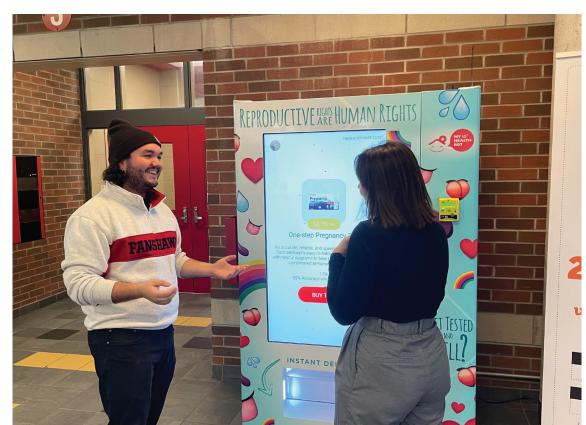
Religion is part of why Sutton wanted to get into this field herself, specializing in sex and sexuality, among other things.

"Growing up and going to a Catholic school, sex was not something that was talked about openly. As a queer person, I also didn't get much information on queer identity or queer sex growing up and I had to do a lot of learning on my own."

She wanted to ensure that her clients were informed about their bodies and the natural parts of life, as well as making safer choices and hopefully take the awkwardness out of the conversation.

"So many people are looking for more fulfilling sex lives and relationships so it comes up in my work often. I also just find it interesting!"

Even with all of the work that has been done on the topic, there are still a lot of people who shy away



CREDIT: KATE OTTERBEIN

It can be awkward for some people to begin talking about sex, especially if they have been raised to be a bit more conservative and

from it. It can be awkward for some people to begin talking about it, especially if they have been raised to be a bit more conservative and to

"It can feel awkward, shameful, or dirty, and that can come from the messages we got growing up from parents, families, friends, society, and culture. It feels easier to not have hard and vulnerable conversations."

However, Sutton said this is

important to talk about and so many people don't know how to talk about sex with their partner(s) or how to express their own desires. But, some people rather keep things a little more private, and that's OK too.

For anyone who does feel awkward and wants to try and change that, Sutton has some advice.

"I would suggest thinking about what it is that feels awkward about it. Is it because it's new to you? Are you feeling self-conscious? Do you think you'll be judged? Sometimes it can be helpful to have some conversation starters."

She recommends the website weshouldtryit.com, which gives you and your partner questions to answer about what you're interested in sexually. It will then show what you both said yes or maybe to.

So, where does your comfort with talking about sex lie?

Fanshawe's Sexual Awareness Week offers students a sense of safety



Zoë **Alexandra** King **INTERROBANG**

Have you noticed that recently there have been a variety of events taking place on campus in regard to sexual violence awareness? That's because Sexual Awareness Week was held on campus between Sept. 19-23. To share the importance of sexual health and awareness, the Fanshawe Student Union (FSU) presents these events to remind students that they are not alone and what resources they have access to. This article features Sexual Violence Prevention Advisor, Leah Marshall, who advocates for the students on campus in this regard.

Marshall highlighted how important it is for her to make sure survivors of sexual violence are aware of their rights and options. Sexual Awareness Week has reminded the students of Fanshawe of the importance of this topic as well as the different resources that Fanshawe provides for them when it comes to sexual health.

access products that pertain to campus in the Student Centre Building and Falcon House for students to access products such as condoms, menstrual cups, Advil, and more. It's essentially a mini pharmacy installed for the convenience of students and for their safety.

'By putting the machines on campus, we allow students to access these products 24/7, 365 days a year," Marshall said.

Marshall also works one-on-one with survivors to help them navigate the legal process, support services, and other resources available to them following a sexual

"Sexual violence is not about sex, it's about power and control, so we always want to put the control back in the hands of the survivors when it comes to their healing process."

When it comes to the programs that students can participate in, Marshall indicated that there are two to four events that take place every month. Students are encouraged to

When the pandemic first started, visit the FSU social media pages to many stores where students would stay up to date with the events that are happening on campus. One of sexual health were closed. But the events that took place during during that time, sexual health Sexual Awareness Week was Sexy vending machines were placed on Sexual Health Trivia with sex and consent educator Samantha Bitty. Another on-campus program is rapid HIV testing which takes place once a month. On Sept. 23, Chanel Miller, a survivor of sexual assault shared her story and answered questions by students. These are only a few of the events that the college provides to promote sexual health and awareness.

In October, there will be four new programs that students are encouraged to participate in, including Trauma Informed Yoga. Make sure to stay connected with the FSU to know what, where, and when these

Speaking to students on campus, like Megan Lindsay, Zahra Fakhr, and Shauna Goebel, all agreed on the fact that sexual violence and awareness is important for Fanshawe to promote. They also acknowledged that knowing that the college is providing events and programs to enhance this makes them feel safe and comfortable.



CREDIT: IVAN CLINT ENRIQUEZ

Students were able to attend various events throughout the week, including Sexy Sexual Health Trivia in the Out Back Shack.

"It's important for students to know that if they have any questions about sexual health or they're wondering about supports on campus, if they've been subjected to gender-based violence that I'm a confidential support," said Marshall "They don't have to tell me anything about what happened to them to be able to receive support, but if

they do share information with me it does stay between them and I."

Marshall is located in the Counselling and Accessibility office at Fanshawe's main campus, F2010. If you would like to meet with Marshall, she encourages students to email her lkmarshall@fanshawec. ca, and she can meet with people in person, Zoom, or over the phone.

18 **CULTURE**

The Forest City Film Festival makes its return



Kate Otterbein **INTERROBANG**

After a long two-year wait, the Forest City Film Festival (FCFF) is making its grand return to in-person. The festival is very excited to invite an audience back, with Dorothy Downs, the executive director, pledging a comeback to the way a film festival should be after pandemic restrictions. Due to the hiatus, they are expecting larger demand

The festival will take place from Oct. 15-23 and will include events like an expanded Ontario Screen Creators Conference and offer 14 programs. For the first time, these programs will include gaming, music, film, and television, as well as be interactive. An online version will be available Oct. 24-29.

Of course, the main reason everyone will be gathering is for the films.

"The joy of a film festival is to share the experience with other film fans alongside filmmakers," said Downs. "It has been nice in the last



few years to be able to see movies online, but we are ready for a time when we can catch these incredible films in person."

Events that will be returning are the Forest City Youth Film Festival and the Music Video night, which both celebrate different sectors of the industry.

Some of the films that will be shown are:

- The Beautiful Scars
- of Tom Wilson Tenth Generation
- Framing Agnes
- Rocking the Boat
- Burden
- Rebel Angel
- In These Parts
- I'm Not a Robot
- Blackout City



CREDIT: FOREST CITY FILM FESTIVAL

The Forest City Film Festival is back in-person with even more to look forward to, including the Best of the World Fests series, curated by Matthew Downs (nominees pictured above).

And of course, many, many more. There are 85 films in various categories like narrative, documentary, short, and feature-length films.

"The festival enters its seventh year absolutely bubbling with enthusiasm and optimism for the festival's future and for the talented southwestern Ontario filmmakers."

Something new to the FCFF this year as it makes its return is a brand-new category. The category is called "Best of the World Fests," which will showcase a lineup of the best of this year's official sections from world-renowned visit fcff.ca.

film festivals. Some of the films that have been chosen premiered at Cannes, South by Southwest (SXSW), Sundance, and the Toronto International Film Festival.

For more information, you can

SUSTAINABILITY TODAY

Mohamed Ahmed Shariff

Global women empowerment: Miles to go

Underpaid, discriminated dispensing equitable policies, against, subjected to sexual, physical, and emotional violence and harassment, and denied choices regarding their bodies: the list of predatory practices against women is enormous. Sustainable Development Goal 5: Gender Equality was formulated to address these issues and nine targets have been identified to achieve this goal; there are many hurdles to tackle before success.

Target 5.1 states we must "end all forms of discrimination against all women and girls everywhere." Unfortunately, this target is far from being achieved. Over the years, there has been substantial progress with regards to women's rights, and Canada has made great strides. Elsewhere, there has been little effort from global authorities in

Did you know Days to look forward to:

while the pandemic and ongoing conflicts across the globe have exacerbated the discriminatory practices against women, further raising the glass ceiling.

Nations, "over 100 million women aged 25-54 years with small children at home were out of the workforce globally

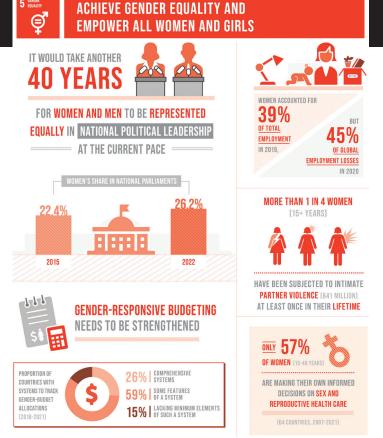
According to Statistics Canada, in 2021, women employees (aged 25 to 54 years) earned \$0.89 for every dollar earned by men in the same role—this emphasizes the economic disparity and unequal power dynamics that exist between men and women.

Another failed area is the issue of women's safety. Women are restricted and raised to be on the defensive, all the time, to protect themselves. On the other hand, society awards privileges to men and, unlike women, are not constantly directed not to be perpetrators of gender-based violence. Targets 5.2: "Eliminate all forms of violence against all women and girls in the public and private spheres...," and 5.3: "Eliminate all harmful practices, such as child, early and forced marriage and female genital mutilation" address women's safety.

Steps must be taken to meet these targets; a 2018 analysis by the World Health Organization (WHO) found that "worldwide, nearly one in three women have been subjected to physical and/ According to the United or sexual violence by an intimate partner or non-partner sexual violence or both."

According to the WHO, "at least 200 million girls and women alive today living in 31 countries have undergone female genital mutilation (FGM)." A UNICEF report projects that "up to 10 million more girls are at risk of becoming child brides by 2030," as a result of the pandemic. There is much more to be done in this sphere, but weak laws and biased attitudes stemming from a medieval mindset prevent progress. The extent of this bias is even reflected in some of the most common swear words people use on a daily basis.

More can be achieved when women occupy positions of power and have equal say when drafting policies that affect women and girls. Target 5.5: "Ensure women's full and effective participation and equal opportunities for leadership at all levels of decision-making in political, economic, and public life," tries to ensure this. Fortunately, there has been an increase in women's



THE SUSTAINABLE DEVELOPMENT GOALS REPORT 2022: UNSTATS UN ORG/SDGS/REPORT/2022

CREDIT: FANSHAWE SUSTAINABILITY

Working women, who made up 39.4 per cent of total employment in 2019, comprised nearly 45 per cent of global employment losses in 2020.

participation in politics— albeit and, most importantly, respectat a slow rate. According to the UN, as of Jan. 1, "the global share of women in lower and single houses of national parliaments reached merely 26.2 per cent, up from 25.6 per cent in 2021."

We can start acting now by simply being mindful, raising our voices when we see unjust practices, giving space to women to voice their opinions,

ing and believing women. We need to make efforts to correct the damage done by centuries of ingrained patriarchy and move towards making the world equitable and fair for all. Small steps can take us far, and movements across the globe, past and present, advocating for women empowerment give hope for a better future.

During Elizabeth's reign, she was a sign of stability in the Commonwealth and a constant presence that

contrasted with the different person-

alities who held the position of heads

of government. But the Queen never had a perfect track record. Residen-

tial Schools, the 60s Scoop, and the

murdered and missing Indigenous

women in Canada were all tragedies

that happened under her reign. Her

children are now shouldering the responsibility to do what she never

"In my moment with His Royal

Highness The Prince of Wales,

I emphasized Truth and Reconcil-

iation with First Nations peoples and the need for Her Majesty

Queen Elizabeth II to acknowl-

edge and then apologize for the

Crown's ongoing failure to fulfil

its Treaty agreements with its

First Nations partners, as well as

acknowledge and apologize to sur-

vivors and intergenerational trauma

survivors as leader of the Anglican

faith for the role the church played

in institutions of assimilation and

genocide in Canada," said National

Chief RoseAnne Archibald of the

Assembly of First Nations in a

meeting with future King Charles

II has been the only monarch we

have ever known, and her long leg-

acy will undoubtedly have an impact

on the future of monarchies in

For many of us, Queen Elizabeth

back in March.

did while she was alive

CREDIT: JARUN011

Testing hours at the health unit are Monday and Wednesday evenings from 4:30 p.m. to 7 p.m. And Friday mornings between 8 a.m.

You have an STI now what?



Gerard Creces INTERROBANG

Whether it starts with an itch, a rash, or an awkward phone call, finding out you may have a sexually-transmitted infection (STI) is a gut punch.

In addition to any physical symptoms you may be experiencing, there is the added anxiety of getting tested and waiting for results and dealing with the stigma associated with STIs in general.

However, STIs can — and do happen to anyone, and should you contract an STI or have a contact with an STI, the first step is the same — get tested.

Shaya Dhinsa is the manager of sexual health at the Middlesex London Health Unit (MLHU). She said there are three main reasons students seek testing — they are experiencing symptoms, had sexual contact with someone who has a case, or are seeking 'peace of mind' testing.

The latter, she explained, is largely sought by people entering a new relationship, making sure they aren't carrying any unexpected baggage.

Testing hours at the health unit are Monday and Wednesday evenings from 4:30 p.m. to 7 p.m. and Friday mornings between 8 a.m. to 10:30 a.m. The testing clinic is currently available by appointment only, though a nurse will do an assessment over the phone to determine the next steps.

Because of the intimate nature of STIs, discretion is a major consideration for students seeking help. The health unit does not require health cards, and will not contact your family doctor unless

requested by the student. There are than 9,200 cases of syphilis. no fees for testing, and treatment can often be done in the same visit.

But what can students expect when going to get tested?

When first entering the clinic, clients will register and see a nurse if necessary. A physician will meet with them and discuss treatment and appropriate testing. What happens then depends on the reason the client is seeking help.

The method of testing depends on which STI the student has or may possibly have. Blood work is required for syphilis, hepatitis B and C, as well as HIV. For bacterial infections such as gonorrhea or chlamydia, the most common test is a urine sample. Both are done on-site.

Every client is given a numbered code, which is how they are identified. For those seeking or receiving results, they will only require that code — no names necessary.

"In our clinic everyone is treated very respectfully," Dhinsa said. "It is confidential — people feel comfortable attending the clinic.'

While STIs affect sexually-active people of all ages, high school and college-age students account for the bulk of cases in Canada.

Gonorrhea and chlamydia are the two most commonly reported STIs in the 15-29 age range, according to the Public Health Agency of Canada. Between 2015 and 2019 (the most recent year in their statistics), cases have risen 69.9 per cent and 13.7 per cent respectively. Syphilis infections have risen by a staggering 174.4 per cent during the same period.

However, a closer look at those numbers shows a very large difference in occurrence rates.

In 2019, there were approximately 139,400 cases of chlamydia reported, with about 35,400 cases of gonorrhea and slightly more

College-age adults have the highest rate of infection, making up 74 per cent of all chlamydia cases, 51 per cent of gonorrhea cases and 39 per cent of syphilis cases.

London, being a college and university town, sees a massive influx in its population in September, and one overlooked barrier to testing is simply people new to the city who are unaware of the health resources available.

To combat this, the health unit is bringing their clinics directly to students.

"There will be a possible increase in STIs if people don't know where to get tested because they are from another city or another town," Dhinsa said. "We'll be going into different residences over the next month or so offering education and

testing at those locations. "Hopefully that will help."

Attitudes about sex and openness to talk about it have made it more comfortable for people to get tested, she added, and because of that dialogue, the stigma surrounding STIs is lessened.

However, the flip side of that is because the most common STIs are easily treatable, some students may not take them as seriously as they should.

Others may not seek testing even if they had a close contact because they don't have any symptoms. Dhinsa said no symptoms does not always mean no STI. The only way to be sure is to get tested.

The Middlesex London Health Unit will be holding a drop-in clinic at Fanshawe on Oct. 25 from 7:30 a.m. to 9:30 a.m. Nurses will be on-site to offer education and testing. Meanwhile, if you or someone you know could benefit from an STI test, you can call the MLHU clinic at 519-663-5317 to book an appointment.

The Queen's legacy and the future of the monarchy



Johan George INTERROBANG

Queen Elizabeth II died peacefully in her castle on Sept. 8 at age 96, ending her 70-year reign. This immediately sent social media spiraling into debates on her storied legacy. She was Britain's longest serving monarch and the longest serving female head of state in recorded history.

In the U.K., Queen Elizabeth has always held onto popular support as the head of state, having few moments of low popularity over the course of her reign. She was well known for modernizing the idea of the monarchy and sustaining it into the modern age.

"As queen she didn't actually govern or rule," said Dr. Graham Broad, professor in the department of history at King's College here in London. "Her job is ceremonial. I think her biggest accomplishment was how effectively she did that for 70 years. She was very studious about staying out of social and political controversies and instead just perform her constitutional job which is to stay above politics and discharge the duties of her office which is the monarchy."

Furthermore, there has been a decline in support for the British Crown for the last several years in Canada. With members of the royal family embroiled in scandals over the years and the



CREDIT: NINA HEPPLEWHITE

During Elizabeth's reign, she was a sign of stability in the Commonwealth and a constant presence that contrasted with the different personalities who held the position of heads of government. But the Queen never had a perfect track record.













CREDIT: IVAN CLINT ENRIQUEZ

Students attend Sexy Sexual Health Trivia hosted by Samantha Bitty (top left photo, left) with FSU Events and Activities Coordinator, Zarna Mistri (top left photo, right) on Sept. 20, 2022.



FANSHAWE STUDENT SPECIAL

2-For-1 cover Monday to Thursday - 19+

(Just \$5 to enter with over 80 games all set to FREE PLAY!)

CHECK OUR GOOGLE REVIEWS TO SEE WHAT OTHERS ARE SAYING ABOUT TILT

Andi Ausrotas

Coolest new place in London. I've been several times since they opened, and I'm impressed with how popular it has gotten.

B. Elvah

Fun spot to come hangout with friends for drinks and games! Had a great time.

Gabe Harper

Absolutely loved this place, excellent quality food, drinks and games. The experience of going here was by far quite a highlight of my visit to Canada. Friendly staff, and a huge selection of games!

Ahmed Chams

Amazing place. They have so many games (pinball, arcade and video games) and all for \$5! It's also beautifully decorated and they have great food. I'll be going again today!

Xin Zhang

Easily my new favourite bar in London. \$5 cover charge for all the arcade games you can play (and it's a great selection of all the classics), cheap beer and good food.

359 Talbot Street, just south of Budweiser Gardens | 226-663-1010



WORD SEARCH

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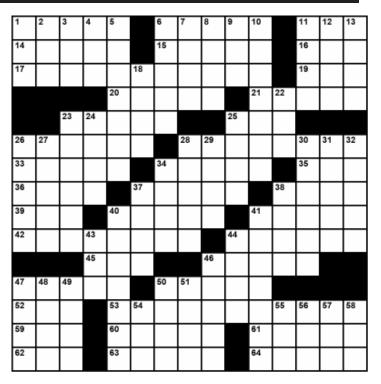
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ACROSS

- 1. Shopping centers
- 6. Kind of acid
- 11. Teléfono greeting
- 14. Patronized as a diner
- 15. Rod Stewart's ex
- 16. Trig function
- 17. Capital of El Salvador
- 19. The Beatles'
 - " ___ Mine"
- 20. Impulse carrier
- 21. He began his third presidential term in 2014 Al-
- 23. Confused struggle
- 25. Trick taker, often
- 26. Put points on the board
- 28. Military board game
- 33. The youngest Jetson
- 34. Injures
- 35. Homer Simpson's neighbor
- 36. Falsehoods
- 37. Speed contests
- 38. Far from ruddy
- 39. Printer's measures
- 40. Letter openers
- 41. Copy, in a way
- 42. Rocky period of history?
- 44. Smooth fabric
- 45. Baseball official
- 46. Prison-based
- 47. Capital of Ecuador
- 50. Prince Valiant's love 52. Big coffeepot
- 53. Capital of Honduras
- 59. Contract negotiator: Abbr.
- 60. "Uncle Vanya" woman
- 61. World's largest airline
- 62. "Gloria in excelsis ____"
- 63. Brand of plastic wrap
- 64. Certain Gillette razors

CROSSWORD



DOWN

- 1. More, in Madrid
- 2. "Now ____ theater near you!"
- 3. Stimpy's TV pal
- 4. Professor's helpers (briefly)
- 5. Capital of the Falkland Islands
- 6. Only NFL quarterback with more than 10,000 pass
- 7. Gold-medal speed skater Johann ____ Koss
- 8. Put on board, as cargo
- 9. Particle suffix, in physics
- 10. Capital of Venezuela
- 11. "No returns"
- 12. Capital of Peru
- 13. Harry Styles' band, to fans
- 18. Eco-friendly certification letters
- 22. Put in position, as a broken bone
- 23. To a greater extent
- 24. Greek god of love
- 25. Some are liberal
- 26. Tennis great Monica 27. Country singer Black

- 28. Capital of Bolivia
- 29 Half of seis
- 30. Tooth covering
- 31. Hair salon application
- 32. Popular theater name
- 34. City name part that's Dutch for "hedge"
- 37. Harvest
- 38. Bread with a pocket
- 40. Downgrades
- 41. Capital of Nicaragua
- 43. Granola bit
- 44. Egyptian king of the 19th dynasty
- 46. Kind of 43 Down
- 47. Figure skating jump
- 48. Plead
- 49. Passionate about
- 50. Suffix with teen
- 51. Kind of moth
- 54. She, in Brazil
- 55. Inquired, in Dogpatch
- 56. Iranian city
- 57. Brain membrane, for short
- 58. M-G-M motto start

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В

SEXUAL HEALTH TERMS

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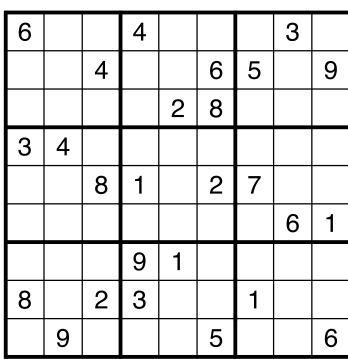
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Genitals Erection Foreskin

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Puzzle rating: Medium

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

CRYPTOGRAM

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PUZZLE SOLUTIONS

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``sex" = Mae West"

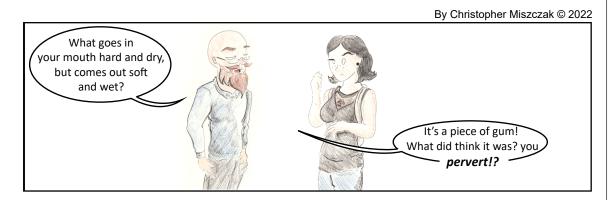
FREE INTERROBANG

NEW ISSUE ON STANDS Bi-Weekly





22 COMICS



Dorm Room Conversations







By Briana Brissett



Freshman Fifteen













Aries

Express your opinion to classmates and find a way to make a difference. Show compassion and be willing to help those who need help. Put a schedule in place that will help you reach your goal with plenty of time to spare. Design your space to reflect your personality. Concentrate on what's important to you. Reach out to classmates who can help you overcome a setback or negative encounter with someone trying to outdo you. Don't give in to emotional spending. Size up your situation and make subtle changes to offset any opposition you face. Study hard and reward yourself.

Tawws

Take pride in your interior design skills. A change will give you a different perspective on life, love and how to get along with others. Don't take a risk with your health. A wrong move will require you to backtrack. Problems will surface if someone makes a change or decision you don't like. Go about your studies and take care of your affairs, regardless of the path others choose to take. You'll have more control over the outcome of a situation if you stay calm and are realistic regarding what you can do to improve things. Don't pay for someone else's mistakes.

Gemini

Be aware of what others think and you'll figure out a way to get others to entertain some of your ideas. Don't take on too much over the next two weeks. Use your skills to bring about positive change that leads to new beginnings. Stick close to home and it will be easier for you to get things done without interference. Uncertainty will put a damper on your reputation. Do your homework and forge ahead before someone pushes you out of the way. Tempers will rise if you take on too much and you can't complete what you promised.

Cancer

Someone you deal with will overreact, causing emotional stress and uncertainty. When in doubt, take a step back and consider how you can get the most for the least before you proceed. Use your financial discipline to avoid putting a dent in your savings. Dealing with an unexpected change will test your patience. Stop from committing or saying something that will put you in an awkward position. Concentrate on personal gain, improving your surroundings and love. Charm, laughter and entertaining others helps clear your mind. Your ability to get things done and to make positive changes will boost your confidence and popularity.

Pen

Continue to be a good listener. Sensitive issues need special care, and how you address and resolve such matters will convey what type of relationship you have with loved ones moving forward. Learn from the experience, and you will save yourself from being put in similar situations. Play it safe. A change will take you by surprise. Consider your options and make a move that brings you joy. Leave nothing to chance, dress the part and stand by your word. Go with the flow when planning becomes to much. Don't let anger take over when action is required.

Virgo

How you respond and what you do to improve things will impact your relationships with others. Keeping an open mind and heart will help you put your energy where it will positively affect you. Less arguing and more action will pay off and boost your reputation. Refuse to let a lack of knowledge or experience slow you down. Dig in and study before you engage in class group meetings and offer suggestions. You'll have the energy and the know-how to get what you want. Stand tall and make your way to the spotlight. Share information, and you'll have a captive audience.

Libra

Letting your emotions seep into your college life could cause awkward moments and leave you vulnerable. Slow down and choose your words carefully to avoid backlash from someone who can make your life difficult. Focus on the truth and keep your promises. A health improvement is heading your way. Your passion will capture someone's attention. Be specific about the changes you want to make and you will get the support you need. Be a good listener and you'll be offered inside information to help you get ahead. Don't waste your time arguing about something inconsequential.

Scorpio

Your intuition won't let you down. Ask questions and take notes, and you'll have everything at your fingertips. Your heart is in the right place, and with a bit of finesse, you will find it easy to get others to see things your way and help you initiate your plans. You'll be stopped abruptly if you haven't done things according to plan. If you want to make a change, update your appearance or do something that makes a difference to someone you love. A change you incorporate into your daily routine will help you get your ideas up and running.

Sagittarius

Take a broader view of a sticky situation you encounter. You will miss the objective without sufficient information and fall short of what you want to achieve. Use your insight to develop a unique plan and pitch what you plan to do to someone you love. Make changes based on what you discover. Discuss your plans with someone who always offers an exciting perspective before you move forward. Have a foolproof plan in place before you proceed. Emotions will stand between you and how you get your way. Revisit your goals and adjust whatever has the potential to get in your way.

Capricorn

Look for a unique way to handle your money and it will add stability to your life and enable you to make positive lifestyle changes while no one is watching. Secrecy will help you get things done without interference. Think big, but don't share your thoughts. A strict schedule will help you finish something. Don't overthink what you want to accomplish. Let your actions speak for you, and you'll get the praise and rewards you desire. Romance will lead to an unusual connection with someone who compliments you. Preparation is the key to getting things done right the first time. Use your charm to attract attention.

Aguarius

Discuss your thoughts and plans with a close friend, relative or your lover, and you will come up with a plan at home that will help you protect your health. Question suggestions that lack substance. Someone will use unorthodox means to push you in a problematic direction. Discipline will be necessary if you want to stop others from taking you for granted. Know your boundaries and your limitations. Put your energy into improving your living arrangements and your headspace. Keep your goals a secret until you are ready to execute your plans.

Pisces

Plan something special with someone you love and it will bring you closer together. Move things around at home to suit your needs, and you will find it easier to get things done. Organization and putting in the time will help you make progress, but don't push yourself too hard, or you will be subject to exhaustion. Put in the time, and you'll reap the rewards. How you treat your peers will determine how much help you receive. You'll attract people as eager to reach their destination as you are. Share interests, ideas and concerns, and formulate a roadmap that helps you complete your journey.

Adam Sandler shouts-out potential Raptors' 15th man



Ben Harrietha INTERROBANG

Juancho Hernangómez has had a busy summer. From starring in a well-received Netflix movie, signing a one-year contract with the Toronto Raptors, and winning gold at the European Basketball Championship, he's had a packed schedule. But, he's got some solid backup.

Hernangómez's Hustle co-star Adam Sandler recently gave him a shout-out after his EuroBasket performance. He wrote in a tweet "Bo Cruz! Getting it done. Love you Juancho. And Willie! Congrats to the whole Spanish team."

Hustle stars Sandler as a scout who finds Bo Cruz (played by Hernangómez), an unknown but incredibly talented basketball player playing at a pick-up game. Over the course of the film, the two end up bonding over their mutual love for the sport. The two's bond wasn't just on screen either, forming a real-life bond away from the set as well.

Shortly after the film was released, Hernangómez signed a one-year veteran minimum contract with the Toronto Raptors, making it his fourth team in a year.

Hernangómez posted some amazing numbers in the EuroBasket final, getting 27 points, five rebounds, and an EFF of 30 in just over 26 minutes of playtime. His performance helped propel Spain to their fourth championship victory in an 88-76 win over France.

Having played for multiple teams, including Boston, Utah, and San Antonio in 2022 alone, he averages 3.3 points per game, 2.5 rebounds per game, and .5 assists per game. While putting up a fantastic showing at the EuroBasket final, Hernangómez's spot on the Raptors is not guaranteed.

He'll have to go up against five other new faces, including D.J. Wilson, Josh Jackson, and Gabe Brown, for that 15th roster spot. The 6'9" power forward will have to show that he can keep the same pace as he had during the EuroBasket Championship final.

Toronto could pick any of the three hopefuls, depending on what they want in that 15th spot. If they just want pure size, Wilson is the best choice, though Hernangómez's height and seven-foot wingspan is no joke. Jackson needs a little work but has the potential to be a solid player. Shooting is a specialty of Hernangómez, based on his Euro-Basket performance, and Brown is on an Exhibit 10 right now, making the Raptors' G League team, The 905, much more likely for him.

The Raptors do have room for another big man on the roster, and Hernangómez landed some impressive shots, including seven three makes the cut.



CREDIT: NETFLIX

pointers to bring Spain to their win. The Raps could use the floor spacing, so it's anyone's guess if he

Juancho Hernangómez and Adam Sandler in Hustle.

But, with the aforementioned EuroBasket performance and an endorsement from Sandler, who clinch that 15th spot on the Rapknows? Maybe Hernangómez tors' bench.

puts in some "hustle" at the Raptors' training camp this year to









CREDIT: ARNOLDO MILLA RAFFOUL

Students play Super Smash Bros. at a Fanshawe Ultimate Esports League (FUEL) event in the Student Centre Building on Sept. 19, 2022.



















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