

## Define your own sexual creativity

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you are at least somewhat familiar. Take advantage of this situation, with your partner's consent of course, and use it as an opportunity in which not only to up your own experience but also as a way to add some flare to your relationship.

If you lead the single life and enjoy random sexual ventures then also use this as an opportunity to try something new as chances are you will never come into contact with this person again—depending on your intentions, of course. But do not feel that pressure to sleep around to gain experience if you are single. If you would rather wait for that perfect lady or gent to be in a relationship, then this too remains a perfectly respectable decision.

The truth is that no matter how popular a sex position may be, or any other sort of sexual activity, sex is truly something that is subjective to each and every individual. Perhaps missionary position is all you are interested in, so why then would you choose to explore any other avenue? To hell with the pressure to be “fun”—a.k.a. sex fiend, nympho, and horn dog—in the bedroom.

No glossy paged magazine or mainstream R-rated movie can attest to your personal interests when it comes to sex, and if everyone followed a one-sided rulebook on the measures of sexual experience then creativity would have no meaning—however you define creativity.

# A beginner's guide to Sushi



WIKIMEDIA COMMONS

Sushi, while often terrifying to the untraveled palate, can be a delicious treat - if you know how you like it.

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I grew up a picky eater. When it comes to the cuisine world, I've usually been one to take the menu strategy of tried-and-true over tastefully adventurous. Trying something new is not usually on my to-do list.

As I've gotten older, the wonders of hot Indian curries and the godly pleasures of Mexican enchiladas have somehow etched their spoils into my palate's favour, and my bitter standoff with ethnic and gourmet dishes has thawed into a peaceful truce, at least one of mild respect.

But there's one culinary foe I've never reconciled with; that is, until I tried sushi for the first time last week August 8 on the corner of James and York in the heart of downtown Hamilton.

This was an attempt to reach a truce that would make Bill Clinton proud.

Like most people who are averse to the sushi world, the term itself often conjured up images of raw fish and wet seaweed for me, masquerading around as a treat for the same weirdos who drink bubble tea and own pet rocks.

I swore to myself I'd be ready for full combat with this encounter, but to my surprise, it was a largely pleasant one, with a few squeamish bites but mostly enjoyable pieces. The amazing thing about sushi is that despite looking like neatly wrapped pieces of sea garbage, it can be remarkably amenable to even the pickiest palate. Most sushi places will have a large variety of things to order, so there's room for anyone to find something they like.

*Here are four ways a picky eater can safely negotiate the dangerous waters of any sushi menu.*

**1) Know your options:** while sushi is a convenient umbrella term, there's a huge variety of food to be had at any given restaurant. The traditional image of sushi – a piece of raw seafood and rice wrapped in dark green, which is actually called a maki roll – is common but not exclusive in the sushi world. Options like teriyaki salmon or chicken, dim sum or tempura-fried shrimp are a safe way to get underway.

**2) Ditch your fear:** you'll never get used to sushi – let alone enjoy it – if you are afraid to eat it. Just remember that despite its unpleasant-seeming look, it's one of the most commonly eaten foods in the world for good reason. Grab a maki roll, just giv'er and take a big bite.

**3) All You Can Eat:** If you've never had sushi before, you'll want to make sure you get to try a variety of things. Firstly, you don't want to order something only to find out you don't like it, and secondly, you want to make sure you end up getting your money's worth for your courageous foray. Find a place that offers an All You Can Eat menu and order little bits of everything; once you find something you like, you'll be able to build your own delicious sushi wish list.

**4) Find your safety food:** The last thing you want is to have the taste of something you hate stuck in your mouth. In case you do bite into a nasty piece of something you don't like, it's good to have a backup piece of something you do like to cut the taste away from your mouth.

The important thing to remember here is that sushi, much as it seems like a strange mush from a foreign land, is a food that billions of people eat with regularity. It can't do anything to harm you; give it a try and see if it's something you like.