

# NAVIGATOR

London's Student Lifestyle Magazine



FALL/WINTER 2023



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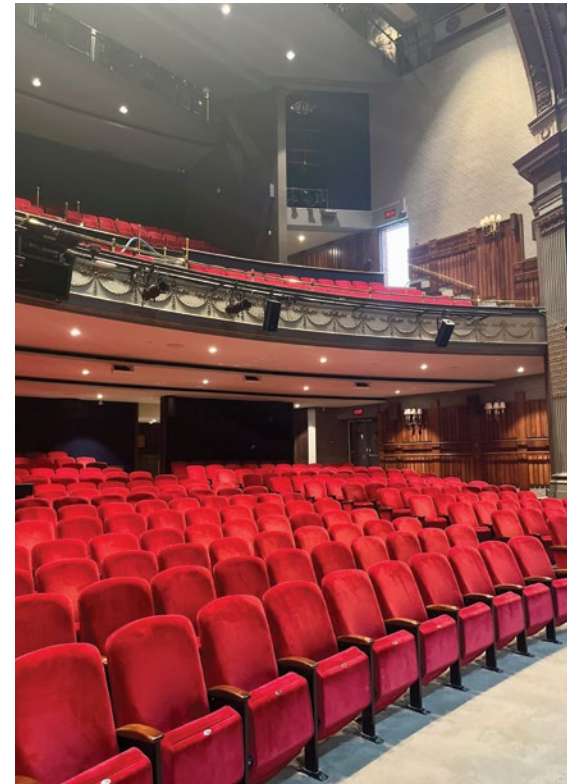
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## FROM THE EDITOR

Dear readers,

Welcome to the Fall/Winter 2023 Edition of London's only student lifestyle magazine, Navigator. Our student writers and artists have worked tirelessly to share with you their favourite ways to spend the colder months in London, Ont. and we sincerely hope you enjoy this issue as much as we enjoyed putting it together.

Fall and winter have a lot in common, despite being two very different seasons: the weather is cooler, we tend to retreat indoors and various seasonal holidays connect us with friends and family through food and shared experiences. For students, this time of year also marks a return to schedule, as fall classes kick off and bring with them a plethora of new friends and adventures.

In this issue, we've provided you with the perfect companion to guide you through all of your seasonal adventures in the Forest City. Whether you prefer to hunker down with a good candle or enjoy the great outdoors, the Navigator will undoubtedly have something for you. From Friends-giving recipes to our favourite horror movies, job hunting tips to tasty fall drinks that *aren't* a Pumpkin Spice Latte, we've got you covered.

No matter what you're looking for, Navigator is your compass to a successful and fulfilling start to the school year. Our cover, designed by Fanshawe student Mauricio Franco, represents exploration and the post-secondary student's journey from fall to winter, a time of self-discovery and growth. While you traverse this new and exciting path, the Navigator is here to help you make the most of your time in London.

On behalf of all of us here at Fanshawe College and Western University – thank you for reading.

— Hannah Theodore

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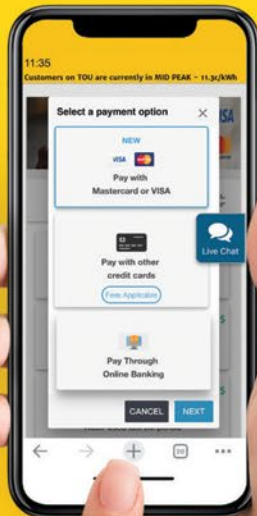


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Photo: Konstantinos Drossos

# The best part-time jobs for students

Konstantinos Drossos (he/him)

Students often struggle to balance school and work life and finding a job that provides a stable income can be even harder. A job that offers flexibility around your busy school schedule during the semester is the ideal thing to keep in mind and luckily, there are several to choose from.

## Freelance graphic designer

As a freelance worker, you are in control of where and how many hours you work throughout the week, which is a major benefit as a student. Students who are pursuing an arts and design career at school can heavily benefit from this as it acts like a work study placement which helps simulate what a typical work day feels like during your time at school.

Mauricio Franco, a game design student at Fanshawe and Fanshawe Student Union (FSU) designer utilizes his background in graphic design as a means to make an income while attending school.

“I think that it’s a good way to gain money and to also feel free, by being able to make your weekly schedule so you can learn how to spend time working at the same time as studying, overall making me feel organized in the end,” Franco said.

Franco added that the other great aspect of this option is having the freedom of choosing the clientele you want to work with. Building and matching up your own clientele who have the same work ethic as yourself makes work less stressful and more enjoyable.

“As a designer, your aim is to look for a full-time job. As a freelancer, you work with one person and then another person, so it’s convenient to have a lot of income, but as I mentioned before you have to create your schedule because that allows you to work efficiently on multiple projects,” Franco said.

## Photographer

For any student who has a camera with the ability to take crisp, clear photos, the option of working as a part-time photographer for events or a newspaper is a great way to make money. The additional equipment required to set up is quite minimal and very cost-efficient.

The work setting is great as it’s adaptable to fit however you want to use your skill set and what you want your focus for your customer base to be. You can prioritize your work into being directed towards events, commercial photoshoots, or other media related jobs.

## Nanny

If you enjoy working with kids, working as a nanny may be a great part-time job for you. The job focuses primarily on taking care of kids during the day or at night. For a student who has lectures in the morning or evening, working as a nanny is beneficial as it accommodates working at any time during the day.

It keeps you busy by planning activities, meals and basic household chores. For students focusing their studies in early childhood education, working as a nanny provides great experience and strategies for future teachers to bring with them into their careers.

## Writer

Most colleges or universities have newspapers that offer part-time positions to students during the semester with flexible working hours. You can focus a majority of your stories locally so you write about school events happening around campus and sporting events. The articles are reasonably lengthened and it serves as a great way for a students to sharpen their writing skills for future essays and writing reports. For students in a journalism program, it is also as a great way to bolster your writing portfolio with content you create during your time at the paper.



# Make your LinkedIn stand out for back to school

Zoë Alexandra King (she/her)

There are many different views about having a LinkedIn account and whether or not it's worth having another app on our phone to manage a profile for. I still remember the exact moment that I realized having a LinkedIn account was worth the time and commitment. This article features what I did to create a professional LinkedIn page and why you should create one too.

Finding internships, work studies and co-op opportunities has always been a priority of mine. I realized that many opportunities were highly competitive and having a professional social media presence could boost the likelihood of me getting an opportunity to be in the workforce.

1 My first step in this process consisted of getting professional pictures taken for my profile picture. If employers are researching you through the use of LinkedIn, you don't want them to see a picture of you in your leisure time as that wouldn't be appropriate.

2 My second step was creating a cover photo on Canva that displayed what industry I am studying and planning to be in following my studies. Canva has many templates that are customizable for you to download your own designs and I found this as a great guide to creating my cover photo.

3 As I did my research to see what other professionals were doing to make a stellar LinkedIn page, I noticed that most people had an informative headline. Currently, my headline consists of my field of study, my industry passion, and my year of graduation. I've noticed that some people also include if they are seeking employment, so that employers are aware when they open your profile.

4 Once you've completed all of the LinkedIn setup features such as adding your education history, employment history, skills, and more, it's time to really take your page to the next level. I found that making posts twice a week in relation to my field of study and industry passion created an interactive space and helped increase the number of followers and friends I had on the platform. I have connected with several professional individuals in my field of study through LinkedIn. This platform is phenomenal for networking!

5 Lastly, I made sure to watch some of the recommended videos on LinkedIn as I found it a helpful tool for success in using the platform. Nevertheless, I actively keep learning more about how I can improve my page to increase employer engagement and it's always fun to learn new ways to do so.

“

**This platform is phenomenal for networking!**

Fanshawe College career services consultant, Rebecca Summerfield confirmed that not only has she met students having great success in finding job placements through LinkedIn, but she also acknowledged that she found a job placement for herself using LinkedIn.

“It helps students get connected with people that they're looking to get interested in,” Summerfield said. “It's a nice passive way to job search because there are professionals and recruiters going onto LinkedIn trying to find people with a certain background, and if they have a professional LinkedIn account it gives them a chance to be considered as well.”

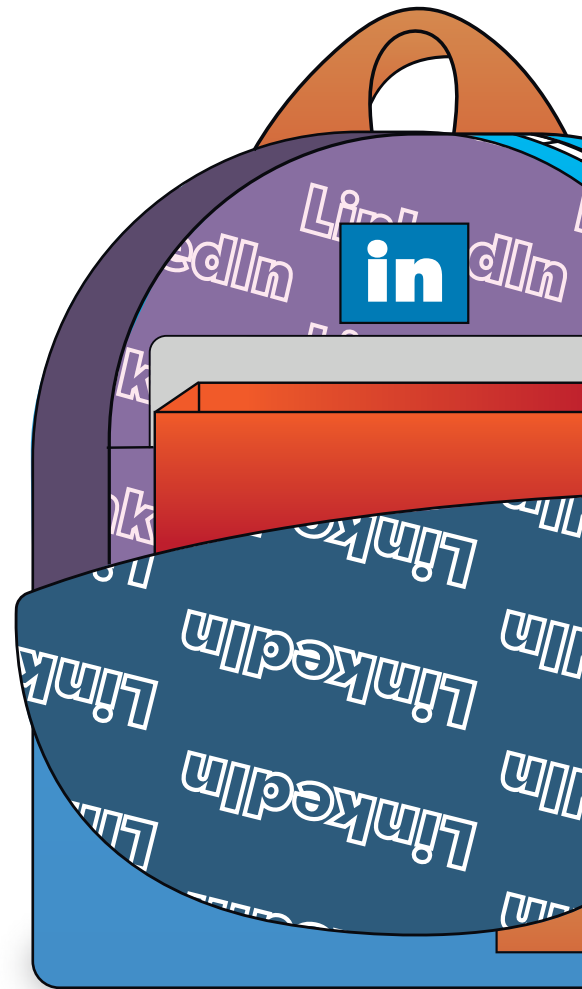


Illustration: Briana Brissett

Summerfield encouraged students to get a professional headshot taken as well as attending one of the career services LinkedIn workshops. She also reminded students to stay active on their LinkedIn page to be able to see and accept any new connections that might be pending.

“It is extremely important,” Summerfield said in terms of having a professional LinkedIn account.

It is extremely important to update your resume, LinkedIn account, and cover letter template to keep employers interested in what you have to offer. Not to mention, if you're in a co-op program, this service could be extremely beneficial for you. If you are looking to kill the LinkedIn game, I strongly suggest using some of the tips that I have used in creating my professional account and seeking additional guidance from career services at Fanshawe or Western.



# Why you should always apply for scholarships and bursaries

Hannah Theodore (she/her)

Affording a post-secondary education isn't always easy. In order to cover the cost of their schooling, some students may work part-time jobs while they study or take out loans. But these options can come with their own added stresses, as some students may struggle to manage school and a job, or otherwise be left with massive debt once they graduate.

That's where scholarships and bursaries can help. Scholarships are merit-based awards that recognize a student's academic achievements or commitments to their communities at large. Bursaries, meanwhile, are based on financial need, provided to students who demonstrate a need for financial assistance.

In both cases, these awards differ from loans in that they do not need to be paid back.

"It allows for students to find a way to get support through paying for their education without walking away from school with a truckload of debt," said Carole Goettling, the Associate Registrar of Financial Aid and Student Awards at Fanshawe College.

Fanshawe graduate and former Navigator contributor, Kate Otterbein, applied for several scholarships and bursaries while studying at Fanshawe, and said the money she received from those awards helped her greatly in affording her education.

"Scholarships and bursaries played a big role in me getting through college financially," Otterbein said. "It's expensive to be a student. But the extra \$500, \$1,000, even \$2,000 goes a long way to help pay for supplies, rent, groceries, whatever."

According to Goettling, it's also easier than ever to apply for scholarships, particularly at Fanshawe, with less donors now requiring essays as part of their application processes.

"Usually there is a selection committee that our students who stand out in the classroom or stand out in the community that we're aware of and we're able to select those



Photo: Rawpixel

students based on that," Goettling explained. "There's usually not a whole lot more than just applying. There's not the big essays that you used to have to write in most cases."

Still, the application process may seem daunting, especially if students feel they don't fit every requirement listed for a merit-based scholarship. Otterbein faced this dilemma with several scholarships, but made the choice to apply regardless.

“

**[Scholarships and bursaries] allow for students to find a way to get support through paying for their education without walking away from school with a truckload of debt.**

"There were scholarships where I didn't think my work was top tier or wouldn't beat out others' work, and that didn't meet all the requirements," Otterbein said. "But in one or two cases, I still ended up winning."

Goettling encouraged students to always apply, stating that "all it costs is your time" to try.

"Thinking you're not good enough or you don't meet their criteria...you don't know who else is applying, if anybody at all," Goettling said. "And if you're the only person who applied and you meet the minimum criteria, you might be in at the top of the category. But if you've met the criteria that we have to use to give out the award, you're in. So, take the time to apply."

Otterbein echoed that sentiment.

"I highly recommend anyone apply for all the scholarships they can because what do you have to lose? Nothing. But you can gain so much and get rid of a lot of financial stress."



# How to brand yourself professionally

Zoë Alexandra King (she/her)

Often students find themselves working in the corporate world throughout their academic career. For some, this can look like a part-time job during the school year and for others this might look like a full-time job during breaks. Regardless, it's important for students to brand themselves in a professional manner if they wish to lead a successful career path post-graduation.

It's no secret that social media has evolved to be more than just a space for personal content. Companies are utilizing social media as a tool for a variety of different reasons. For some, researching job candidates online is a common practice. Research on how the candidate presents themselves online might play a factor on whether or not a company extends an offer letter.

Career consultant, Laurel Teall acknowledged that one of the first steps you should take when building a social media presence is to ask yourself a few questions, which include:

1. What do I want to be known for?
2. How do I want people to see me?

Additionally, taking a look at what other professionals are doing and how they present themselves on social media can give good insight on how you could take your own approach online.

Whilst there are many factors to take into consideration when it comes to social media and branding yourself professionally, there are other offline factors that students should be thinking about too.

"I think branding ourselves professionally is just about how we behave," Teall said. "It's reviewing how you communicate in-person, over the phone and in writing."

Having a clear idea on how you carry yourself can help identify what areas need more attention to cater to professionalism. Professional appearance is very industry related, so having a look at how other people who are in the field already are presenting themselves could be helpful.

With that, "it's important to stay true to who you are," Teall said.

She indicated that companies generally have policies in place that students can use as a guideline to make sure they are following company standards.

One of the general tips that she gave for students who are going in for job interviews specifically is to make it appear as though you've put at least a little bit of thought into how you carry yourself.

For example, "making sure you're freshly showered, and your hair is brushed out," Teall said. Something as simple as this can indicate that you have a sense of pride and respect for the company you are interviewing with.

Another strategy that students can use when branding themselves professionally is the use of business cards. Don't feel that because you aren't attached to a company that there isn't a need for them. There are several networking events that you could attend where employers would benefit from receiving your contact information on a business card. Employers often value students who go above and beyond and this is a way that students can enhance their networking activities. A student's business card could include their name, contact number, email address, program name, targeted industry, a graduation date and more. With technology on the rise, most people have a QR code with their contact information attached, which is also a great option.

If you are interested in having a QR code, Teall indicated that LinkedIn has resources to help with that.

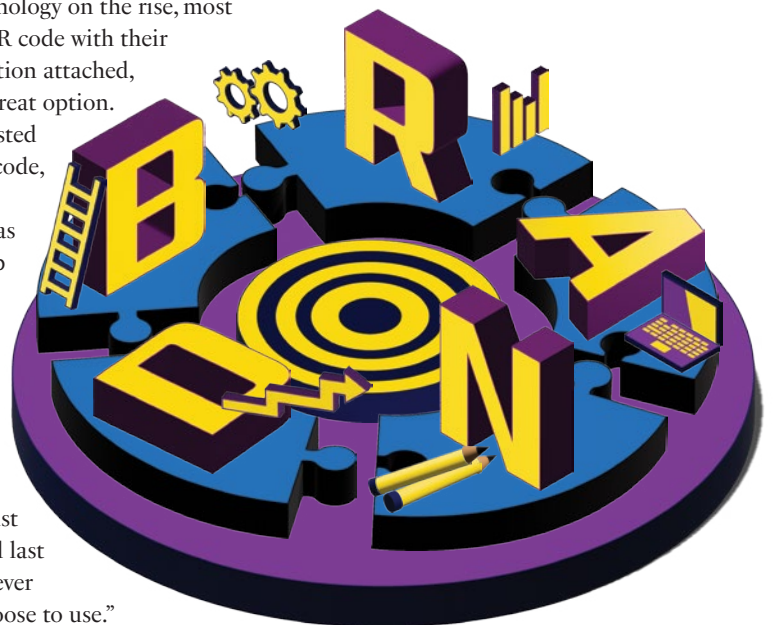
"I think having a professional email is really important at this stage," Teall said. "It could just be their first and last name, and whatever domain they choose to use."

Having an email address to use when sending resumes and cover letters or just communicating with business professionals in general needs to be clear and concise.

If a student uses an email address that doesn't highlight what their name is or has reference to something completely random, this could be confusing to employers and can have negative results. Teall also acknowledged that the same goes for a voicemail, making sure that your voicemail is set up with a clear and professional message so that if employers try to call you and don't get through, they are greeted with something appropriate.

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**I think branding ourselves professionally is just about how we behave. It's reviewing how you communicate in-person, over the phone and in writing.”**







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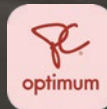
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# Dressing for the job you want in school

Justin Koehler (he/him)

Fashion, in general, isn't something that comes easily to everyone. With so many different styles, everyone has had an idea of what they'd like to look like, but many haven't got a clue about how to get there.

A study got conducted in 2019, published in the *Nature Human Behaviour* journal shows that people, within milliseconds, perceive competency, status and confidence based on clothing alone.

"First impressions last. If you start behind the eight-ball, you'll never get in front," said leading character Harvey Specter in the hit television series, *Suits*.

With that, when entering the workplace or even while in school, how you dress can drastically impact your potential success and how you're viewed, sometimes having immediate impacts.

The first step to begin changing your image or developing what you want to look like is to directly look at what you're dressing for in the first place.

Someone dressing more formally, in a suit and tie for example, won't necessarily see the same impact for a more artistic profession versus a business or media-focused one. Find examples of people in the position you're striving for and work to mirror their look.

While you probably don't need to go to the extreme while in a school setting, you can often find ways of taking minute steps towards that particular professional look.

If your profession usually sees experts wearing full suits or dresses, normalizing wearing a simple dress shirt or cardigan on a regular basis can be a good first step towards that look.

Once you have that baseline and can establish the direction you want to head in with your fashion, the next step is to make it your own.

A series of studies published in a 2014 article in the *Journal of Consumer Research*, discussed what's called the "Red Sneaker Effect." Researchers found that wearing what would be considered professional attire for any given industry could be further elevated when wearing one part that is slightly outside the norm.

Wearing a bright tie or flashier sneakers, for example, can make you stand out and become more identifiable, with the study going so far as to say that uniqueness is valued more than simple looks alone.

"People always ask me what the trends are, but I'm not a believer in trends," said male fashion model David Gandy.

"Individuality is more important to me, to stand out and have the confidence to wear something you're comfortable in."

Wearing one part or one piece that is not just outside the norm, but also holds significance to your personality can also be an incredibly beneficial step in building your confidence.

At the end of the day, if you don't believe in what you're wearing or how you look in your clothes, it's more likely that you'll fall back to your comfort level and regress in the direction you want to head in stylistically.

Of course, there are also indirect ways to appear the way you want to without simply talking about fashion.

“

**First impressions last. If you start behind the eight-ball, you'll never get in front.**

Looking into wearing fragrances, developing a skincare routine and walking with good posture are all ways that people can perceive you without just looking at your clothes.

The hardest thing to do is to take that first step in changing your look and an important thing to keep in mind is that people in your general circle may immediately notice and make comments when you decide to change your direction in fashion.

So let's summarize:

**1 Start by finding examples of professionals in the profession you're reaching for.**

**2 Take minor steps in adopting parts of that look into your regular fashion routine.**

**3 Make it your own and add personal touches. Give people a part of your look to talk about.**

**4 Think outside of clothing. The way you smell and walk can indirectly change your image.**

**5 Be confident. If you don't believe in your look, how can you expect others to do the same?**

Dressing for success starts with going more and more outside your comfort zone until it becomes your new norm.

While starting that new fashion journey can sometimes be daunting, eventually people will know you for your new look and, in some cases, work to start dressing more like you in the future.



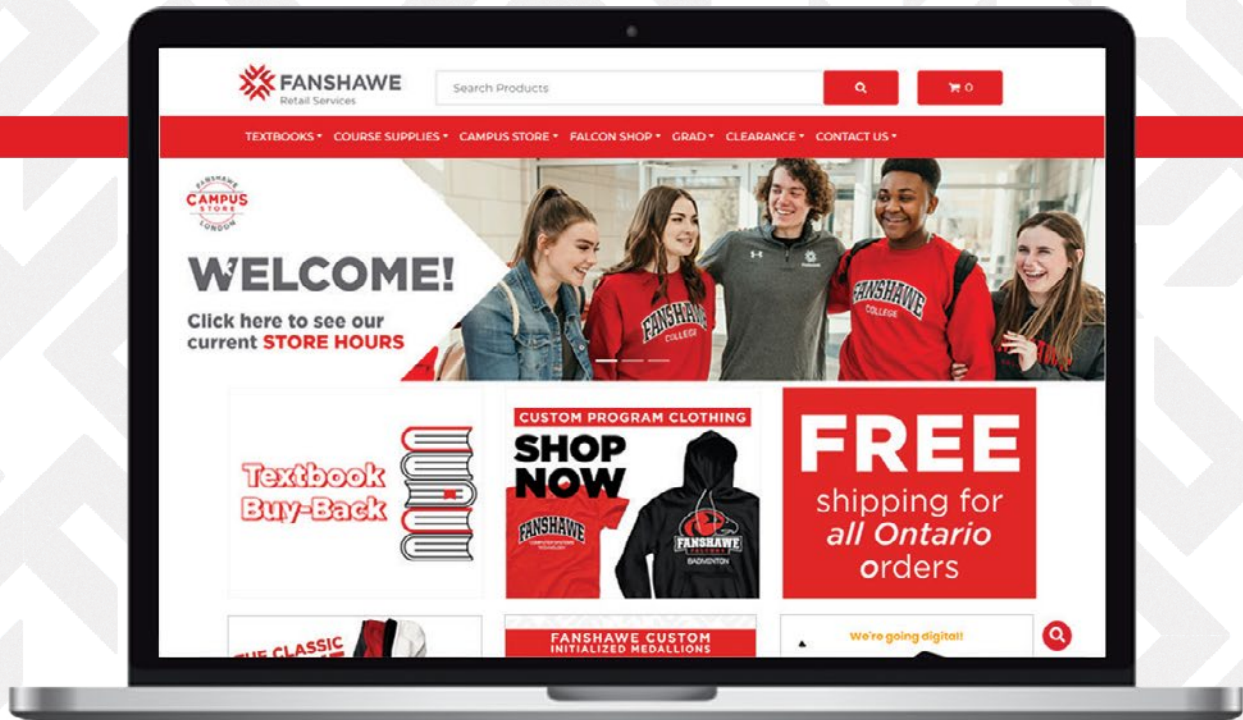






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# Let's lose the "Freshman 15" once and for all

Dee-Dee Samuels (she/her)

The "Freshman 15" is a well-known tale of woe referring to the extra weight young adults supposedly pile on during their freshman year at college or university. Moving away from home is fraught with emotions; it's exciting but also emotionally and psychologically confusing. But should potential weight gain be a serious enough issue to warrant its own warning label? Is it not time for society to stop piling on the shame and lose the obsession with body image rather than obsessing over losing weight?

Lindsey Thomson, a registered psychotherapist and founder of Momentum Mindset said that "Freshman 15" is a common example of click-bait misrepresentation of research, exaggerated by society's culture of projecting shame around trying to fit in with what a body should look like.

"The term has been around since the 1980s in various lifestyle magazines," Thomson said. "A fear-based, body-hating social rhetoric phenomenon...no evidence supports that young people will gain 15 pounds during this transition period. The research shows that it's between two to six pounds on average."

According to Thomson, young men and women are struggling more and more with anxiety, depression, disordered eating, and body dysmorphia, a direct result from unrelenting, unhealthy and unrealistic beauty standards that a few large corporations in power are dictating.

"When we combine the pressure to fit in and look a certain way, and then we layer this with the stress from a major life change, like starting university or college, we can expect that one's mental health will suffer," Thomson said.

Our relationship with our bodies is the one that sets the precedent for all other relationships we will have in our lives. It's vital we learn how to develop and nurture it so that it provides a healthy and strong foundation for us to build on.

Jennifer Broxterman, a registered dietitian from NutritionRX here in London said that in her practice, she deals with a lot of eating disorders, recovery, prevention and having an overall healthy relationship with food.

"What we always want people to think about is how do they have a happy, healthy and supportive relationship with food," Broxterman said. "Both the food and the relationship you have with it should be nourishing."

Broxterman said the approach she takes to create a more encouraging relationship with ourselves is to think about pushing our inner bully voice to the side. The inner bully voice she refers to is that mean and critical voice we all have inside and instead bring in two other voices that are more supportive.

Broxterman said the first voice is our "curious detective."

"The curious detective is neutral," she explained. "Its job is to make observations and basically alert us to discoveries about ourselves."

“

**So many of us are disconnected from our bodies [and] the beauty of how our bodies are resilient, strong and everything they do for us.**

An example she gave was noticing the freedom you have in choosing what to eat when you have a pre-loaded meal card as opposed to eating meals prepared at home with your family. The point of this voice is just to notice and name what is going on.

The next voice Broxterman refers to is our "wise guide" or "our mentor." The mentor holds our best intentions at heart.

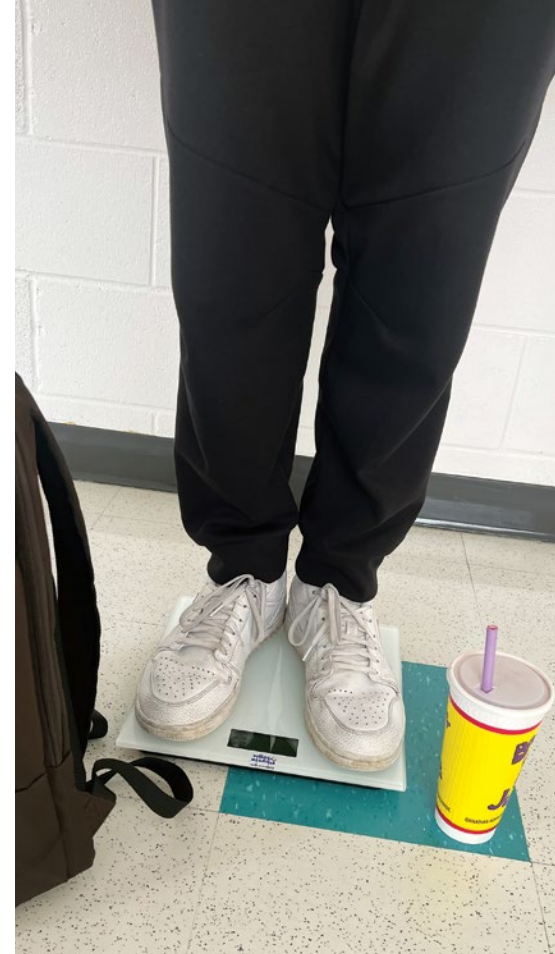


Photo: Dee-Dee Samuels

It looks ahead to the future of where we would like to see ourselves and, like a supportive friend, tries to help us break down our goals into smaller steps without judging.

"If we trip or fall, take a little bit longer or just need to stay in place for a while because life is busy and stressful, this voice is there to support that."

According to Broxterman, it's very normal to notice a body composition change when living away from home in a new environment for the first time. Broxterman tried to get across that it is important to have a ton of curiosity, a ton of grace, a ton of kindness and a ton of resiliency and to remember that our body needs to change to match different changes of our life cycle.

Thomson also works with many individuals on changing their relationship with their bodies and how they nourish themselves.

"We look at developing self-worth and self-acceptance rather than self-love," Thomson said. "So many of us are disconnected from our bodies [and] the beauty of how our bodies are resilient, strong and everything they do for us."

# Here's how to explore London during the fall

Mauricio Prado (he/him)



Photo: Mauricio Prado

As the leaves change colour and pumpkins get ready to be picked, London, Ont., offers various fun and wholesome activities throughout the season.

According to The City of London, the city has over 490 parks, from modest neighbourhood parkettes lined with native plants, shrubs and trees, to large, sprawling acreages ideal for huge outdoor gatherings, summer festivals, celebrations and sports.

Sport tourism assistant of Tourism London Jeremy Hick said that tourism is essential to overall economic development and a significant industry economic engine.

"Sport tourism, specifically, is a catalyst for economic impact in London," Hick said. "During this season, there are many different sports and activities for Londoners and travelers alike."

According to a report from the Ontario Chamber of Commerce (OCC), sport tourism is a significant driver of economic

activity and visitor appeal in Ontario. Visitors from domestic and foreign countries spent \$2.5 billion on sports tourism in Ontario in 2019. Ontario attracts 33 per cent of all sports visitors in Canada.

"London has several locations perfect for family sports and activities. A few of its best include Boler Mountain, East Park, Palasade, Fleetway and 100 Kellogg Lane," Hick said.

Hick added that people can also attend several sports events during the season.

"Many of these events will offer rental equipment to guests," Hick said. "Locals can participate in sports by joining a league, local sports club or group such as Forest City Sport and Social Club."

He stated that London has so much to offer regarding recreation and parks.

"The Thames Valley Parkway (TVP) is a multi-use trail that is 43 kilometres in length. It is a two-way trail used by walkers, joggers, cyclists and others. Many parts of the trail have great views of the Thames River," Hick said.

He said that several Environmentally Significant Areas are also scattered throughout the city.

“

**London is a city that offers a unique blend of urban and rural landscapes that provide ample opportunities for outdoor activities such as hiking.**

"A few of those Environmentally Significant Areas are the Westminster Ponds, Sifton Bog, Meadowlily Woods and The Coves. Each one is noted for the flora, fauna, and wildlife found there," Hick said.

"Walking, jogging, or cycling in those areas can be a show of colours and nature."

Fall in Ontario is also the perfect time for fishing. Director of sports tourism of Tourism London Zanth Jarvis said people can also fish within the city limits or the north branch of the Thames. He added that some good accessible spots include Fanshawe, Wildwood, and Pittcock Conservation Areas.

"The City of London's Fish and Paddle Guide has a comprehensive map with information on where paddlers and anglers can find shore access, fishing platforms, details on local fish species, safety and more," Jarvis said.

Jarvis added that London is a city that offers a unique blend of urban and rural landscapes that provide ample opportunities for outdoor activities such as hiking.

"Going for a hike is the best way to escape the loud and busy concrete jungle," Jarvis said. "One of the best places to hike for me is the Warbler Woods, a 22-hectare forest in the south of London."

He stated that Warbler Woods has several hiking trails ranging from easy to moderate.

"The trails are well-maintained, making it easy to navigate even for beginners," Jarvis said.

Jarvis said other unique hiking places are Komoka Provincial Park, Westminster Ponds and the Medway Valley Heritage Forest.

"Hiking is an excellent way to stay active and connect with nature, especially in London," Jarvis said.

Hick stated that those people who prefer a softer activity can enjoy harvesting their fruits and vegetables.

"Get hands-on with plants, seeds, soil, and bugs," Hick said. "London has a lot of events in which people can explore everything from garden planning and planting to pruning and harvesting."

Don't let the colder temperatures keep you indoors this fall; get out and experience the season with these outdoorsy activities.







# Snowscape cycling: Tips for riding your bike through the colder months

Dee-Dee Samuels (she/her)



Photo: Katie Wintersgill

Cycling in the winter either sounds like the best idea ever or something you would only think about if you experienced some sort of psychotic break. Snowstorms, black ice, skidding cars, white-outs and arctic cold weather; what's there to like about it?

But in the last few years, breaking out the two-wheeler during the depths of winter has become more and more mainstream and it looks like the trend is gaining momentum.

Mason Lover, a bicycle designer at Gremlins Bicycle Emporium and avid winter cyclist said, "Cycling in the winter is becoming trendier, probably directly correlating to the cost-of-living crisis. Right now, people just don't have money to get around the same way they used to."

For Lover, there is thrill that comes with winter cycling that can't be matched at any other time of year.

"You get on all your winter gear," he said. "There's a lot more preparation that goes into your morning commute...the joy is like preparing for the treacherous weather and sort of a sense of accomplishment when you get to where you're going and then you take off all your gear every day."

It goes without saying that whether you're new to cycling or an experienced

rider, extreme caution should be taken when cycling in the winter.

Evan Spindler, a bike mechanic and winter cyclist at Gremlins said the most important thing to keep in mind when cycling in winter is to take your time.

"Expect to go slower than you're normally going to go in the summer," Spindler said. "It's not about getting there really quickly in the winter."

Some of Spindler's top winter cycling tips include wearing brighter clothing as it gets darker a lot quicker in the winter. Spindler also suggested going for a fat bike or a mountain bike if you don't feel confident riding in the winter. If you are a confident rider, any bike can be modified.

"My favourite piece of gear would probably be fenders and mud guards," he added. "That I find helps a lot, especially

Photo: Dee-Dee Samuels







Photo: bojanstory

with how slushy it gets. With all the salt on the road, it's nice not to be covered in a bunch of gunk after your ride."

For Lover, the most important thing you need in the winter months are handling skills.

"You've got to be ready to swerve a sheet of black ice or some other obstruction in the road. You've got to be able to work around cars that might be out of control as well."

Most importantly, Lover said to anticipate the unexpected.

"Always be conscious of where you're going and your next move," he said. "Be thinking about things that you can't see underneath the snow, ice, salt and rocks."

Knowing exactly how your bike works, handles and feels is so important to be conscious of, so it's necessary to understand what kind of bike you are handling.

Photo: mediaphotos



"In the wintertime, I really like to ride a single speed bicycle because I don't have to take care of it as often as I would a more in-depth, geared bicycle," Lover said. "When I'm far away from home or on my way to work in the wintertime, having that assurance of a single speed bicycle is a great peace of mind that I won't somehow break a chain or some other random mechanical issue that a more sort of geared bike or something like that would have."

Equipment is something Lover also suggested paying close attention to. His favourite pieces for winter include:

- A great pair of boots. Your toes are the first thing to get cold.
- A good helmet and lights because it gets dark quite early and helmets are mandatory when riding in the wintertime.
- Handlebar mitts (some people call them 'pogies'). Pogies are weather-resistant, larger gloves attached to your handlebars that you put your hands into.

Riding in the winter is both exciting and challenging but it seems the most important piece of information that you need to keep you safe on the unpredictable roads and conditions is to be informed and wise. Safe riding to you, all who take up the challenge!

# Why you should always get your flu shot

Eseoghene Mary Akpojivi (she/her)

As cold and flu season approaches, protecting our health and well-being becomes a top priority. One crucial step towards maintaining a healthy community is getting vaccinated against the flu.

According to the Middlesex-London Health Unit (MLHU), the flu is a common viral illness that spreads easily, particularly during the winter months. Each year, thousands of Canadians are affected by the flu, leading to school absences, work disruptions, increased healthcare visits and even death.

Students being in close proximity in educational institutions are at higher risk of flu transmission. A study conducted by the MLHU found that flu outbreaks in schools can lead to decreased academic performance and increased absenteeism. By getting vaccinated, students can protect themselves and their peers, ensuring a healthy and uninterrupted learning environment.

London has a diverse population, including elderly individuals and people with underlying health conditions who are more susceptible to severe flu complications. The MLHU highlighted that vaccination not only protects individuals but also helps prevent the spread of the virus to vulnerable populations.

By encouraging flu shots, we can foster a sense of community responsibility and protect those who are most at risks. The flu shot is free and it is advised that everyone between six months of age and older get vaccinated. The shots are widely available at pharmacies, walk-in clinics and health care facilities. The City of London website provides information about flu shot clinics, their operating hours and eligibility criteria.

As responsible individuals, let us take a proactive step towards winter wellness by

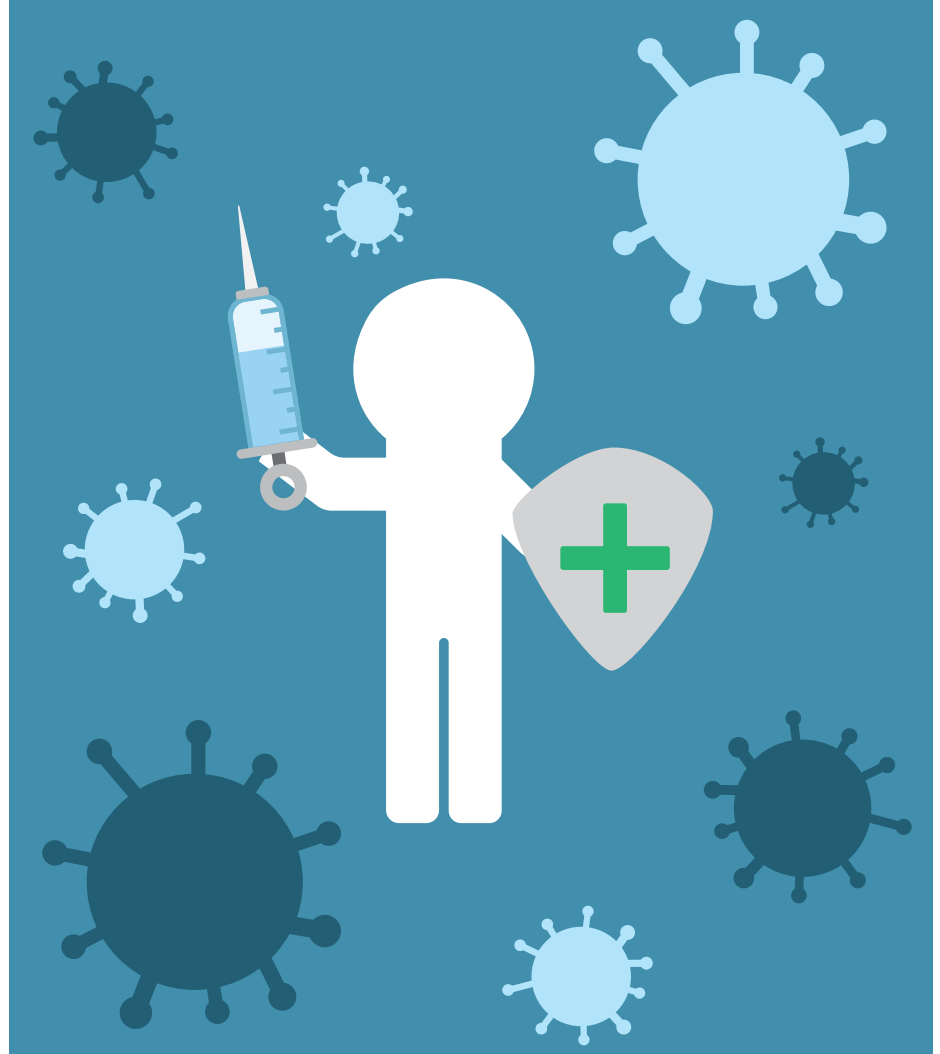


Illustration: Alissa Challis

getting vaccinated and encouraging others to do the same. Dr. Alex Summers, Chief Medical Officer for the MLHU, further explained that they see an increased amount of respiratory viral and bacterial illnesses every winter because of people spending more time indoors in closer contact with one another.

“The influenza virus is one of the viruses that can easily pass from one person to another which can make people quite sick and that’s what we also call the flu,” he said. “We also see COVID of course, as another respiratory virus that can transmit easily from one person to another which also happens more during the fall and winter.”

He stated that it’s important to get vaccinated every year because these viruses mutate. He specifically encouraged people to get boosted against COVID-19.

He encouraged students not to underestimate the way something like the flu can impact their lives and studies, stressing

that students should remember that the flu is often more severe than a common cold.

“I think it’s easy for folks, understandably, to think, ‘it’s just the flu,’” he said. “[A] common cold can still put you out, but influenza can really make you sick.”

Dr. Summers also noted that vaccination isn’t just important for ourselves but also necessary for protecting those around you. Dr. Summers said the effectiveness of the flu vaccine differs year after year pending on the virus in circulation that year.

“The vaccination is free and can be found in all pharmacies and walk-in clinics,” Dr. Summers said.

Both Fanshawe College and Western University are home to health clinics where flu shots can also be administered. Visit [mlhu.ca](http://mlhu.ca) for more information about influenza and take the time this year to protect yourself and the people around you from the flu.



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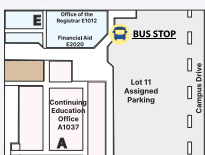
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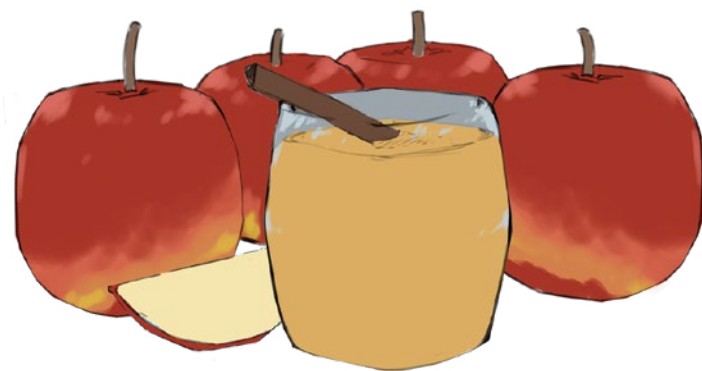
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# Fall drinks that aren't a Pumpkin Spice Latte

Hannah Theodore (she/her)



## Hot apple cider

Nothing says fall like apples. During the cooler months, it's easy to find gallons of apple cider, often produced locally from Ontario-grown apples. This sweet nectar makes the perfect base for hot apple cider, a staple drink for Canadian autumns. Spice up your cider with whole cloves and cinnamon sticks and add maple syrup to balance the tartness of the cider. Once heated in a pot for about ten minutes, this cozy drink is sure to keep you warm even on the coldest nights. For a boozy twist on this classic, consider adding spiced rum.

## Mulled wine

This European tradition is a holiday staple, but can also be enjoyed all throughout the winter season. Mulled wine is made by heating dry red wine with brandy, along with seasonal spices like cloves, cinnamon and star anise. Most recipes also call for sliced fruit like oranges and apples. If you like your wine a little sweeter, you can also add sugar, honey or maple syrup. A pot of mulled wine is a crowd-pleaser at any holiday party and is surprisingly cheap and easy to perfect.

## Homemade cranberry juice

At a Thanksgiving dinner, one condiment you can always expect to find is cranberry sauce. Cranberries reach their peak of colour and flavour in the autumn months, making them ripe for harvesting between September through till about mid-November. That means fall is the perfect time to try your hand at making your own homemade cranberry juice. Simply boil fresh cranberries in a pot until they pop (about ten minutes) and strain the liquid through a fine strainer. Add sugar, lemon juice and orange, and boil once more until the sugar dissolves. Allow to cool, refrigerate and enjoy!



“

Try any one of these seasonal beverages this fall and winter, and enjoy the flavours of the season without breaking the bank.

## Pumpkin pie smoothies

Pumpkin Spice Lattes (PSLs) are notoriously high in sugar and also contain milk ingredients, meaning vegans and people with lactose intolerance are unable to enjoy this seasonal staple. Luckily, there is a way to get the exact flavours of a PSL without any of the guilt. Simply blend frozen banana, yogurt of choice, pumpkin puree, milk of choice, a handful of pecans and pumpkin pie spice. The natural sweetness of the bananas keep this low in added sugar, while the pecans add creaminess and a nutty flavour that will no doubt remind you of your favourite fall dessert.

## Spiced coffee

Of course, no PSL is complete without its main ingredient: espresso.

If you love seasonal coffee but are looking for an alternative to the PSL, spiced coffee might be the drink for you. You'll need a standard percolating coffee maker to make this recipe. Simply brew your coffee as usual but add ground cinnamon, ginger, allspice and cloves to the coffee grounds. As your coffee brews, the flavour of the spices will marry with the grounds, creating a perfectly spiced pot of coffee that you can then add sugar, cream or your favourite milk of choice to. This is a simple, delicious way to spice up your morning coffee throughout the colder months.



Try any one of these seasonal beverages this fall and winter, and enjoy the flavours of the season without breaking the bank.

# Navigating your grocery budget: A student's guide to smart shopping

Eseoghene Mary Akpojivi (she/her)

As a student, managing your finances can be challenging, and one area where you can make a significant impact is your grocery budget. With careful planning and strategic shopping, you can ensure that your money stretches further while enjoying nutritious meals. In this article, we'll provide you with practical tips and strategies to navigate your grocery budget effectively with valuable resources to make informed decisions about your food purchases.

Finding affordable grocery options is essential for students on a tight budget. The city is home to various discount grocery stores that offer quality products at lower prices. Stores like No Frills, Food Basics, Dollarama and FreshCo are known for their competitive prices and regular discounts on a wide range of groceries. Shopping at these establishments can significantly reduce overall grocery expenses for students.

Before embarking on your grocery shopping journey, it's essential to establish a realistic budget. Consider your income, expenses, and the amount you can allocate to groceries each week or month. Having a clear budget in mind will help you make informed decisions while shopping to avoid overspending.

One of the most effective ways to stay within your grocery budget is by making a detailed shopping list before heading to the store. Stick to your list while shopping and avoid straying into unnecessary aisles or picking up tempting items that are not on your list. A list will keep you focused and prevent you from making impulsive purchases that can quickly add up.

Compare prices and shop smart; don't settle for the first grocery store you come across. Take the time to compare prices at different stores in your area. Watch out for discount sales and special offers that can help you save money.

London also has several farmer's markets that offer fresh produce at affordable prices. Covent Garden Market, located downtown, offers a wide variety of fruits, vegetables and locally sourced products. The Western Fair Farmer's and Artisan's Market is another excellent option, providing affordable and fresh produce, baked goods and more. Shopping at farmer's markets supports local growers while offering students affordable, nutritious food options.



**With careful planning and strategic shopping, you can ensure that your money stretches further while enjoying nutritious meals.**

Buying food in bulk can also save students money in the long run. Bulk Barn and Costco both offer a vast selection of pantry staples, including grains, nuts, dried fruits and spices, all at affordable prices. By purchasing items in bulk, students can reduce packaging waste while getting the most value for their money, leading to significant savings.

Additionally, planning meals in advance can assist students in making a shopping list based on their weekly or monthly requirements.

Students can also utilize several community organizations that provide support to individuals facing financial difficulties. The London Food Bank is a vital resource for students in need, offering emergency food assistance.



The organization works with local partners to collect and distribute food items to individuals and families.

Online grocery shopping has become increasingly popular, providing convenience and potential cost savings. Major grocery store chains like Loblaws and Walmart offer online shopping platforms where students can compare prices and find deals. Delivery





Photo: cyano66

services like Instacart and SkipTheDishes can bring groceries right to students' doorsteps, saving time and transportation.

Incorporating seasonal and local produce into your meals is not only a healthier choice but can also be more affordable. Seasonal fruits and vegetables are often abundant, fresher and priced lower due to their availability.

Lastly, take advantage of coupons and loyalty programs offered by grocery stores. Look for digital coupons or printable ones that match your shopping list. Loyalty programs often provide exclusive discounts, reward points, or cashback offers that can significantly contribute to your savings over time.

Remember, with careful planning and resourcefulness, it is possible to navigate the challenges of affording groceries while focusing on your academic journey.

With these tips in mind, you'll be well on your way to becoming a savvy grocery shopper and stretching your student budget further.

# Multicultural dishes to impress at your next Friendsgiving

Alex Allan (he/him)

Thanksgiving is a time when families get together for a large feast and share all the things they're thankful for. But not everyone is able to travel home to spend this holiday with family. That's where Friendsgiving comes in.

Similar to a potluck, Friendsgiving is an opportunity for friends to come over for Thanksgiving dinner and bring their own dish for their friends to try. With Canada being home to so many cultures, a Friendsgiving celebration here is sure to inspire a wide range of dishes from around the world.

I spoke to some of the friends in my life to get their ideas for the very best Friendsgiving recipes.

Andrei Caprar, a student at University of Waterloo shared his favourite Romanian dish.

"I grew up in a very Eastern European home where a quality community was a priority," he explained. "So, whenever potlucks come around, my natural instincts are to go for something big that everyone would enjoy and find fulfilling, which

usually is something called mici. These are Romanian sausages that are small and tend to be a mixture of ground beef, pork and lamb, mixed with a lot of spices, most importantly garlic. I have yet to find someone that doesn't love them."

Fanshawe grad, Lana Stryhun from Ukraine also suggested a traditional cultural dish for her Friendsgiving offering.

"I came here only two years ago and it was pretty hard to adjust to the culture," Stryhun said. "As a Ukrainian, I would definitely bring borshch. Not only because it's my personal preference, but also because it's been recognized as a UNESCO Heritage Dish from Ukraine. I would like to share this dish and help people taste the culture."

Manuela Espinosa is from Cali, Colombia and a recent graduate of Fanshawe College.

"I came to study in Canada. I think the dish that I would bring would be aborrajados. It is a Colombian dish, that is basically a cooked plantain with cheese inside and then fried. It's a mix between sweet and salty and the cheese melts inside

the plantain. This is my favourite dish and I would like to share it with my friends."

Fanshawe student Manjot Singh offered a step-by-step guide to creating a dish from his home country for Friendsgiving.

"The idea of Friendsgiving kind of excites me a lot," he said. "I am from the northern part of India. I am a Punjabi by culture and Punjab is home to some amazing dishes. The fact that the British colonized India because of the availability of spices is enough to attract anyone to amazing Indian food. Today, I am going to leave aside all the chillies and peppers and serve you something sweet. A sweet that can be eaten as a dessert, as a snack and, what I prefer, as a meal."

## Manjot's "Gulab Jamun"

### Ingredients:

- 1 cup milk powder
- 1/4 cup all-purpose flour
- 1/4 teaspoon baking powder
- 2 tablespoons ghee (clarified butter), melted
- 2 tablespoons milk (approximately)
- Oil or ghee for deep-frying
- 1 cup sugar
- 1 cup water
- 1/2 teaspoon rose water
- A pinch of cardamom powder
- A few saffron strands (optional)
- Chopped pistachios or almonds for garnish (optional)

### Instructions:

- In a mixing bowl, combine the milk powder, all-purpose flour, and baking powder. Mix well.
- Add the melted ghee to the dry mixture and mix with your fingertips until the mixture becomes crumbly.
- Gradually add milk, a little at a time, and knead gently to form a soft dough. The dough should be slightly sticky. If it's too dry, add a little more milk. Let the dough rest for 15 minutes.





- Meanwhile, in a deep saucepan or kadai, heat the oil or ghee over medium heat for deep-frying.
- While the oil is heating, prepare the sugar syrup. In a separate saucepan, combine the sugar and water. Place it over medium heat and stir until the sugar dissolves completely. Simmer the syrup for about 5 minutes until it slightly thickens. Add the rose water, cardamom powder, and saffron strands (if using), and let it simmer for another 2-3 minutes. Remove from heat and keep the syrup warm.
- Divide the dough into small portions and shape them into smooth, crack-free balls. Make sure there are no cracks, as they may cause the gulab jamuns to break while frying.
- Once the oil or ghee is hot, reduce the heat to low. Gently slide the prepared gulab jamun balls into the hot oil using a slotted spoon or strainer. Fry them on low heat, stirring occasionally, until they turn golden brown. This slow cooking ensures that the jamuns are cooked through and evenly browned. Remove them from the oil and drain them on a paper towel to remove excess oil.
- Transfer the fried gulab jamuns to the warm sugar syrup and let them soak for at least 30 minutes. The warm syrup helps the gulab jamuns absorb the flavours.
- Serve the gulab jamuns warm or at room temperature, garnished with chopped pistachios or almonds, if desired.

Friendsgiving is a creative way to bring all your friends together for a nice dinner and to have a fun night with them too. It's a way to change things up this fall around Thanksgiving time and it could turn into a new tradition that you and your friends do every year.







# Experience the harvest season at the Fall Food Fest

Mauricio Prado (he/him)

Illustration: Alissa Challis

Crisp lettuce, juicy tomatoes, a ripe apple fresh from the farm stand and sweet, earthy leeks in a creamy soup are some of the products and flavours people can experience on Oct. 14 from 9 a.m. to 1 p.m. at The Covent Garden Market Fall Food Fest. The Fall Food Fest is a celebration honouring the richness of seasonal food and grains in a family friendly environment.

Covent Garden Market Events Coordinator and Farmers Market Manager, Sam Regier, said the annual event significantly impacts the city's economy as it marks the start of the harvest for many London farmers.

"That deserves a celebration because it is the time of the year in which they can observe and experience the results of their

labour in how well their crops have grown and are being sold," Regier said.

Regier said Canadians have access to an abundance of seasonal food all year, but that food is always better when prepared with freshly harvested ingredients.

"There is no better time of the year to meet the farmers growing our food, learn new recipes from the chefs and support local products and vendors," Regier said. "Our annual Fall Food Fest with Growing Chefs and local farmers is always one of our biggest hits."

Covent Garden Market Marketing and Administrative Assistant Erika Tuljak said that people can also find apple tasting, interactive activities, pie competitions, live music and funny vegetable competitions. She added that customers love the Fall

Food Fest and she has received positive feedback over the years.

"Overall, this event encourages people to learn about their food," Tuljak said. "Understanding where the food comes from is important because it is easier to keep our body healthy by knowing what we give it. The Fall Food Fest gives that knowledge to people in a fun and interactive way."

Tuljak stated that multiple chefs have showcased recipes of some of their best meals during past events.

"Some customers even take notes or video of the making of the dishes," Tuljak said. "For those who cannot attend the event, all our cooking demo recipes are posted on our website so they can refer to them anytime."





Photos: Sam Regier

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**There is no better time of the year to meet the farmers growing our food, learn new recipes from the chefs and support local products and vendors.**

Attendee Tatiana Cetino said she waits every year for Fall Food Fest to enjoy the food and thank all the farmers for the excellent harvest.

“I have been cooking for more than 10 years, but every time I go to the Fall Food

Fest, I learn new ways of cooking,” Cetino said. “Every year is a fresh experience with fresh products that I usually find cheaper than elsewhere.”

Tuljak said that one of the event’s primary purposes is for people to understand how easy it is to support and buy locally. She added that when people buy locally, it means their food does not have to travel as far to get to their plates.

“Potatoes, corn, beets, salad mix, brassicas, carrots, kale, pies and fresh meats are some of the most popular products people look for during the season,” Tuljak said. “During the event, there are not many ready-to-eat options other than baked goods, but people can buy local ingredients to make their meals at home or check out one of many indoor food options.”

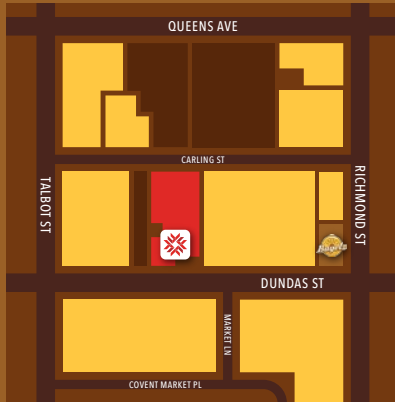
Tuljak said that during the Fall Food Fest, they also host a pumpkin patch event where they have pumpkins for sale, pumpkin bowling and face painting.

“There is a chance for people to judge and taste our heritage grain cooking competition and a free cooking workshop,” Tuljak said. “The Fall Food Fest is one of the city’s best events for selecting organic foods and products.”

Regier added that all events at Covent Garden Market are free and accessible to the public.

“We believe that having fun while learning does not have to come at a cost. We just ask for people to enjoy, learn and support local vendors,” Regier said. “Show up and have a great time!”





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# Fall/winter highlights at The Grand Theatre

Zoë Alexandra King (she/her)

Photo: Zoë Alexandra King

“Whether you’re the daring theatre-goer, the newcomer, the seasoned veteran, the musical enthusiast, the play fanatic, or one who seeks an experience they will never forget, this season is sure to satisfy all of your senses,” Evan Klassen, Executive Director of The Grand Theatre, said.

## **The Phantom of The Opera**

Sept. 19 to Oct. 7 (Opening night: Sept. 22)

For the past 25 years, The Grand Theatre has held its youth mentorship program, the High School Project (HSP). This year, they will be presenting this iconic musical by playwright and composer, Andrew Lloyd Webber. The first performance of *The Phantom of The Opera* was in 1986, winning a Tony Award for Best Musical and many others.

*The Phantom of The Opera* is about a masked “musical genius” who lives under the Paris Opera House and becomes obsessed with soprano Christine Daaé.

“Our beautiful Spriet Stage, also a 19th century opera house, will create an immersive environment to bring to life this story of love, compassion, and resilience,” Andrew Tribe, HSP Director said.

## **Kim’s Convenience**

Oct. 17 to Nov. 4 (Opening night: Oct. 20)

This production is a Canadian-based story written by and starring Ins Choi. The story of a proud proprietor of a convenience store in Toronto who built his business from nothing takes the Spriet Stage, demonstrating his struggles as his neighbourhood in Toronto changes. Additionally, Mr. Kim is a first-generation Korean immigrant and a father who deals with “the growing chasm,” of his children.

This whimsical award-winning play will present the audience with a slice of Toronto and a look inside of Mr. Kim’s life there. *Kim’s Convenience* is also a five-season sitcom that aired on CBC.

## **Charlie and the Chocolate Factory**

Nov. 21 to Dec. 24 (Opening night: Nov. 24)

This movie was an absolute staple in my household as a child and in my adult years I have found that it takes me right back to that state of childhood magic. I’m sure many are ecstatic to see Willy Wonka on the Spriet Stage at The Grand this fall! For those who are unfamiliar with this story, *Charlie and the Chocolate Factory* is about a world-famous candy maker and his five golden tickets.

The chocolatier inserts five separate golden tickets into his chocolate bars and takes the winners into his magical chocolate world filled with chocolate waterfalls, Oompa-Loompas and more.

“One of my hopes for this show is that our ‘grownup’ audience can nostalgically visit that part of their childhood when life was hopefully a little less complicated,” Director Jan Alexandra Smith said.

## **The Invisible - Agents of Ungentlemanly Warfare**

Jan. 16 – Feb. 3 (Opening night: Jan. 19)

A production written, composed and directed by Jonathan Christenson, this show tells the story of women who “risked it all” fighting during World War II and the unfortunate reality of betrayal that came from it. Jonathan Christenson, also the writer and director of *Vigilante*, was inspired to tell the stories of “real-life” Special Operative Executives (SOEs).

This production tells the story of seven women who were given their most dangerous mission, which included risking their lives. Watch this touching story as the actors perform on the Spriet Stage this winter.

“...if we don’t tell these stories, history will repeat itself,” said Christenson.

## **In Seven Days**

Feb. 13 to March 2 (Opening night: Feb. 16)

*In Seven Days* is a heart-touching production by Jordi Mand and directed by Philip Akin. A story based in our very own London, Ont., it tells the story of main character Rachel’s dilemma of love, her Jewish faith, and her conscience.

When Rachel finds out some sad news regarding her father, her priorities are thrown out the window.

According to the Grand’s season brochure, “*In Seven Days* is a powerful reminder of the preciousness of life and the challenges of saying goodbye to the people we love most.”

If you’ve passed by The Grand Theatre and made a note that you want to plan a visit, now is the perfect time! Now that you know what plays to expect this season, you have no reason not to go. Take advantage of these iconic productions coming to our Forest City this fall and escape reality by enjoying a night at the theatre.

Tickets can be bought online through The Grand’s website, [grandtheatre.com](http://grandtheatre.com) and through their box office on Richmond St.

# A haunted tour of London and area

Konstantinos Drossos (he/him)

The London-Middlesex region is rich with history. From the invention of insulin to the Western Fair, London's history is definitely worth exploring. But this area is also known for its ghost stories and spooky tales. In honour of the Halloween season, let's go through some of the creepiest stories that define this region.

## 1 The Victoria Day Tragedy, 1880

On May 24, 1881, three steamboats were heading up the Thames River carrying passengers celebrating the birth of Queen Victoria of England. They were heading back to London after spending time outside the city celebrating at a nearby park, unaware of the unfortunate demise that lay waiting for them ahead.

The ship, *Victoria*, was overfilled with more passengers than she could carry, but the crew was unaware. Passengers aboard all gathered to one side of the boat where they began looking over the rails and waving to people ashore at a park nearby. The boat then began to teeter due to the uneven weight of the crowd and moments later the ship capsized, dragging people down with it. Onlookers rushed to rescue the screaming victims, struggling to keep afloat. By the end of the ordeal, 198 people perished and were buried in the two cemeteries close by the site where the ship sank.

Following the tragedy, some paranormal incidents have been reported. Local London historian, Dan Brock, recalled two stories connected to the sinking of the *Victoria*, one involving a dream a servant girl had the day before the wreck happened.

"I was giving a talk about 15 years ago at one of the branches of a public library," Brock said. "After I am finished, I always ask if anyone may have any questions or comments. This woman stood up and said she knew of a story of a dream an Irish servant girl had. She lived with an upper-middle-class family and the mother and father were taking a train to visit relatives in Detroit. So, they left the servant girl some money to take the kids on the boat. The night before, the girl had dreamt something

terrible was going to happen at Springbank Park and because of this dream, she absolutely refused to take the kids."

The second story involves a reported sighting of a woman in a black Victorian-era dress around The Coves, about a block away from the site of the tragedy.

Some debris from the ship is still visible to this day during low tide and the original anchor that was on the *Victoria* is present on a heritage plaque located along the shore near where the ship sank.

## 2 Battle of Longwoods, 1814

Highway 2 heading out of London towards the town of Chatham cuts through the site of the battlefield where the Battle of Longwoods took place in the War of 1812. In terms of the war, this battle played a significant role in preventing the American army's progression from the west into Upper Canada. In March of 1814, the British army, volunteers and First Nations partners were given short notice to march 20 miles in heavy winter conditions from Delaware to Strathburn. In the midst of their travels, they were ambushed by American forces in a surprise attack. The American force dealt them heavy damage, causing the British and their allies many casualties. The British army made a hasty retreat but didn't leave the American force feeling courageous. Worried that the British would come back with larger combatant force, Captain Andre Holmes, of the American army, decided to abandon his post in Delaware and move back onto American soil.

There are many common reports of people hearing and seeing the faint apparitions of soldiers marching, yelling orders, and the light crackle of musket fire in the distance, but there are two unique stories that War of 1812 reenactor, Glenn Scott, mentioned. Scott said that on the Bicentennial anniversary of the Battle of Longwoods in 2014, during the memorial service that was being held, a fellow reenactors expressed feeling the presence of the fallen soldiers watching them.

"At the site, we did the reenactment of the battle for the Bicentennial in 2014, and we closed the highway down. We had about 250 reenactors there and about 700 people watched it. [One reenactor] had a feeling that there were ghosts there and he wrote a poem about it," said Scott.

There's also the story of the ghost of a soldier named Patrick Graham, who was a part of the British forces. Graham was one of the 14 casualties who perished that day during the battle. The story goes that the ghost of Graham appeared to fellow comrades of his at Fort George located in what is now the Niagara peninsula, who did not know of his demise.

“

This is just a taste of London's spooky past, but there are various other stories that highlight London's haunted history, from the haunting of The Grand Theatre to the reported ghost sightings at the famous Banting House.

## 3 Victoria Park Garrison, 1830s

In the heart of downtown London is Victoria Park, which at one point was the site of an army garrison established by the British Government. The reason was for the British to have an established defense position against border raids during the Upper Canadian Rebellion of 1837. A short time after the war, the troops were withdrawn and shipped off to fight in the Crimean War in 1853. Meanwhile, in their absence, the garrison was used to house slaves during the Underground Railroad. By the 1860s, the troops were brought back to the garrison and placed there in case of American Civil War reaching Canadian soil.



During the 1830s, there was one soldier who was stationed at the garrison and his name was lieutenant Wenman Wynniatt. Wynniatt was partners with a daughter of Eldon House owner John Harris, Sarah Harris. Harris extended an invitation out Wynniatt to attend a party at the house. Harris waited for the arrival of the lieutenant for hours hoping he would show. When he did eventually “appear,” he was acting rather strange. It’s believed that what she actually saw was just a ghost, because Wynniatt, unbeknownst to her, had already died by that point.

A written account recorded by an author from England that gave Harris’ interaction with the lieutenants’ ghost, states, “a ghost appeared at a ballroom and was seen by four persons at one time, the lady was expecting her partner at the ball and was waiting indeed for his coming presently. As she was standing and talking to three gentlemen, they saw [Wynniatt] come into the room, look calmly and steadily at her and pass into the dining room. She thought it strange that he did not come to speak to her and alluded to it to the other gentleman. Laughing, she followed him into the dining room where to her surprise, he was not there.”

The next morning, Harris’ father came to her questioning whether or not she saw Wynniatt at the party and she confirmed that she had. Afterwards, her father told her that Wynniatt’s body had been recovered from the Thames River, and that his pocket watch read 10:15, the exact time Harris saw him the night before in the ballroom of Eldon House.

#### **4 The Black Donnellys, 1880**

On Roman Line Rd., lived the Donnellys, an Irish immigrant family who were known troublemakers and land squatters. Their schemes gave them a bad reputation in the Lucan-Biddulph community, which caused many to dislike them.

One cold winter night in February of 1880, a vigilante group was formed, containing those who strongly opposed their presence in the community. The mob marched onto

the Donnelly property and committed unspeakable deeds to the family in the middle of the night. Everyone perished in the massacre but one Donnelly, a son named William Donnelly.

There have been numerous reported paranormal incidents that have occurred on the property. The apparition of matriarch of the family, Johanna, is reported to have walked around the halls of the home, smacking a bat against her open palm. She used to use that bat to discipline her boys when they

misbehaved. At the time, when the homestead was open for walking tours, many visitors felt the uneasy feeling of being watched as they toured the property, with many feeling the presence of a man watching them in the barn.

This is just a taste of London’s spooky past, but there are various other stories that highlight London’s haunted history, from the haunting of The Grand Theatre to the reported ghost sightings at the famous Banting House.

Illustration: Abigail Mathema



# 31 days of scares: Your Halloween horror movie checklist

Justin Koehler (he/him)

The year's scariest holiday is quickly approaching with jack-o-lanterns, candy corn and costumes to enter everyone's minds. One part of the Halloween season that shouldn't ever be ignored is horror movies.

While many people love the more fun Halloween movies such as *The Adams Family* and *Hocus Pocus*, the real thrill and scares that come from horror movies are undeniable and set the tone for the holiday.

Many people who want to try out horror don't know where to start though and some of the best movies can often be lower-budget and slip under the radar of even seasoned horror veterans.

With that, I'm here to give you 31 horror movies for 31 days of October, with movies ranging from classics to new releases, greats to underrated gems, memorable villains to "final girl" favourites.

## 1 **A Nightmare on Elm Street (1984)**

For me, this is what started it all. What better way to kick off a list of horror than with one of the all-time greats in Freddy Krueger. The third installment in the series, *Dream Warriors*, is also a perfect follow-up watch.

## 2 **Grave Encounters (2011)**

Starting off as a "mockumentary" based around a ghost-hunting crew, they quickly realize the dire situation they're in as the haunted asylum starts working against them. Great flick!

## 3 **Saint Maud (2019)**

This one is a slow, atmospheric burn that reels you in with the great story and spectacular acting. Can't talk about *Saint Maud* without bringing up the ending, which left me stunned for about five minutes straight.

## 4 **•Rec (2007)**

Yes, another found footage so soon. On the plus side though, this one happens to be a zombie flick. This Spanish movie has the perfect build-up as well as some of the best subtle jump scares I've seen in film.

## 5 **Hellraiser (1987)**

Clive Barker had a direct hand in the creation of this, as well as its sequel, with the love and attention clearly on display in this (kind of BDSM-y) horror classic.

## 6 **Saw (2004)**

The movie that popularized the unfortunately named "torture-porn" genre. This brutal movie, along with its incredibly low budget, broke horror records and set the path for the now long-running series.

## 7 **Candyman (2021)**

Don't get me wrong, I adore the original along with the original Candyman himself, Tony Todd. That being said, if you're looking for a well-thought-out, artistic re-quel that honours the original, 2021's *Candyman* is an amazing watch.

## 8 **The Conjuring (2013)**

If you're looking for some good demonic horror, this one is a great pick. Go clap twice beside someone's head, they'll know exactly what you're doing if they've seen this one.

## 9 **Evil Dead 2 (1987)**

This one was tough since I adore every single *Evil Dead* movie. That being said, when you think of *Evil Dead* and Ash Williams, *Evil Dead 2* encapsulates the whole series.

## 10 **Train to Busan (2016)**

While there will always be classics to talk about, *Train to Busan* takes the emotion, the action, and the gruesomeness of the zombie genre and combines it into one amazing Korean horror thriller.

## 11 **Get Out (2017)**

Jordan Peele's debut horror movie didn't disappoint and set the path for him to become one of the best horror directors in the business.

## 12 **Scream (1996)**

Now one of the highest-rated horror series, this meta thriller combines a great slasher with the makings of a stellar whodunit. All of which has lasted through to the later films, with the original setting the pace.

## 13 **Midsommar (2019)**

If you're looking for atmospheric horror, this is *the* pick. I have never felt so unnerved watching a movie that is set in a bright Swedish countryside as I did this one. Plus, Florence Pugh is amazing.

## 14 **Paranormal Activity (2009)**

While some of the sequels leave a bit to be desired, few movies climbed to such immense international attention as the original *Paranormal Activity*, repopularizing the found-footage genre.

## 15 **It (1990)**

The only technical non-movie on the list, this two-part miniseries brought Pennywise to life thanks to the amazing performance from Tim Curry. Freaked me out as a kid for sure.

## 16 **The Exorcist (1973)**

Four people reportedly died on set while making this one, with many people saying that the film is cursed. It's also the only DVD that I've had to ever pry out of my player.

## 17 **Cabin in the Woods (2011)**

The perfect blend of horror and subtle comedy. Pokes fun at the genre while also being fully integrated into it. Bet you can't spot all the horror easter eggs either!





Illustration: Briana Brissett

**18 As Above, So Below (2014)**  
If you're claustrophobic, this one might not be for you.

**19 The Purge (2013)**  
You know how it goes, a dystopian alternate-reality where America has one day a year where all crimes are legal. A less-than-subtle allegory on classism, capitalism, racism and more.

**20 The Blair Witch Project (1999)**  
The marketing is the big story of this one, with the team putting out real websites dedicated to finding the "missing" characters. This is *the* found-footage horror movie.

**21 Sleepaway Camp (1983)**  
A summer camp slasher, this slightly controversial cult-classic shows the tougher sides of camp and the perfect amount of cringe to go along with it.

**22 Creep (2014)**  
Creepy is the perfect way to describe this one. A slow-building psychological horror of a videographer filming the final messages of a dying man.

**23 Halloween (2018)**  
This re-quel perfectly brings the classic series into the modern age of horror and it's always great seeing *the* final girl, Jamie Lee-Curtis, reprising one of her most popular roles.

**24 Would You Rather (2012)**  
The classic game of would you rather is turned into a sadistic evening of psychological horror. You, much like the poor characters, will find yourself debating which you'd rather do as well.

**25 The Thing (1982)**  
You can't trust anyone in this sci-fi hit, mixing horror with mystery in trying to find out who is still who they say they are.

**26 The Green Inferno (2013)**  
This is the one movie on here that I wouldn't recommend for your average horror watcher. This gruesome and gory movie, made by the creator of *Hostel*, is definitely not for the faint of heart.

**27 Alien (1979)**  
The definition of good sci-fi horror. Ellen Ripley, played by Sigourney Weaver, remains to this day one of the best horror protagonists ever put to film.

**28 The Ring (2002)**  
You'll never want to mess around with old VHS tapes after watching this one.

**29 The Texas Chainsaw Massacre (1974)**  
Anytime I take a drive into the country and see an older building in the middle of nowhere, this is the movie I think of. A creepy and brutal horror classic.

**30 Incantation (2022)**  
This is the newest horror movie that made the list, covering curses, cults and creepy children. Just make sure to avoid the English dubbed version of this Taiwanese film.

**31 Friday the 13th Part VI: Jason Lives (1986)**  
Can't have a list of horror movies without talking about *Friday the 13th*. While there are many to pick from, this sixth installment gives us the Jason Voorhees we all know and love: an unkillable, brooding, zombie of a figure who has a weird fascination with teenagers.

**Honourable Mentions:**  
*Hereditary* (2018), *Trick 'r Treat* (2007), *Ju-On: The Grudge* (2002), *Child's Play* (1988), *28 Days Later* (2002).

# How to style your sweaters for sweater weather

Alex Allan (he/him)



Illustration: Alissa Challis

When we look at significant pieces of clothing that we might use on a day to day basis, we might think of socks or underwear. Here in Canada though, sweaters could definitely fall into this category as well. Three students from Fanshawe's fashion design program believe that wearing sweaters all year round is perfectly acceptable, but added that it all comes down to how you style your sweater.

"I think layering is the key when playing around with the style. You have the sweater but you have all the other pieces that go with it too," second-year fashion design student Mayumi Brilhante said.

Another second-year fashion design student Chloe Nguyen mentioned that there is a trend of wearing sweaters in the summertime.

"You can add see-through open knits with bikinis, crop tops or even a dress on top of it," Nguyen said.

This does depend on how the weather is outside as well as the type of season we are in. Nguyen said that there are also some classic styles you can go with.

"The V-neck sweater is also cute and then you can layer with a shirt inside and that would help show the colour around the collar," she said.

Brilhante is from Brazil and Nguyen is from Vietnam. Since they both grew up in hotter countries, when the colder temperatures come around, they said that they tend to grab a thicker or warmer sweater.

Third-year student, Biz Clarkson, however, grew up in Canada.

"[So] I get warm very easily," Clarkson said. "Personally, I would have a sweater versus a thicker hoodie and then I would layer on top of my sweater if needed."

The group mentioned that they have been seeing a trend of more bright colours.

"It was really bright colours after the COVID lockdowns and more people were going out and being social," Clarkson said.

Now, however, Clarkson said they're noticing a move away from neon and bright colours.

"It's now an icy pastel style coming in, it's not as close to a baby duck colour but a slightly more elevated pastel," Clarkson said.

There was a debate amongst the students for when you can state that we are officially in a sweater weather season.

"Mine is not until October," Clarkson said.

"I would say around September for me," Brilhante said.

"For me it would be October," Nguyen said.

Around the fall seems to be where the group said they see more people wearing sweaters around. With the style of brighter colours on trend, there is a style that they believe you can't get away from in sweater weather season.

"You're never going to get away from the rust or leaves colours in fall," Clarkson said. "But I think that's why it's interesting when you can have more spring or vibrant colours but in the fall on sweaters."

Even though bright colours might still be 'in' around sweater weather time, there is a key piece the group mentioned when styling your sweater.

"People are still using layers to style in sweater weather time," Nguyen said.

"You can pair the sweater with a black coat or a leather jacket but then you still have a bright coloured sweater underneath it," Clarkson said.

Nguyen said that this style is a nice way to wear your sweaters in the fall as it helps to "mute" the bright colour down.

"So when it's raining and gross outside you're not like, 'Here I am in my bright pink sweater,'" Clarkson said.

The three of them believe that the rust-coloured look around sweater weather season is the classic style everyone goes for.

"I also feel that people think they have to," Clarkson said.

"Almost as if it's a code to follow like, you can't wear a white sweater in the winter," Brilhante said.

"I feel that this is kind of a stereotypical thing," Nguyen said.

Rather than follow the agreed-upon standards, Clarkson pushed for spontaneity with your style.

"I really like to pair sweaters with do-it-yourself (DIY) vests," they said. "I will put spikes on them kind of like what they do in the metal scene. You have your battle jackets I do but I make them in a nerdy style."

Brilhante also suggested trying out the monochromatic look. This is when someone will only choose to wear one colour style for a look.

"Most people would do this style all in black but I would spice it up with some black leggings but it is a classic look," Brilhante said.

There is a whole other extreme side to the spectrum too when styling your sweaters.

"This would be total pattern clashing, almost like you rolled around in your closet and said this is great, let's go," Clarkson said.

A lot comes into play when styling your sweater for sweater weather. These savvy fashion students also emphasized that accessorizing with your sweater can help the style. They also recommended checking out your local thrift stores if you are looking for some new sweaters.





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# The smell of the season: Our favourite fall and winter scents

Hannah Theodore and the Navigator writing team

Every season comes with familiar scents, from the smell of blooming flowers in spring to the fragrance of freshly mown grass in the summer. But what do fall and winter smell like? What aromas do we most associate with this time of year? We've compiled some of the Navigator writing team's favourite fall and winter scents, so make sure to take some time this fall to stop and smell the cinnamon!



Photo: Sezeryadigar

## Dee-Dee Samuels

Autumn for me is about warmth, so the smell I love is very simple: it's coffee. Actually, a coffee *shop*, with all the tasty smells of baked goods, pumpkin spice lattes, chai and cookies all swirling around together. I light a lot of candles in the winter because it invokes warmth. Firstly, the scented candles cannot be made with synthetic smells, they have to be essential oil-based. I love any candle that smells woody like sandalwood, pine, or rosewood. On that same note, autumn reminds me of bonfires and I love the smell of an open fire, wet wood and leaves.

## Mauricio Prado

Fresh cut wood/forest: I have always liked the fragrance of wood, especially fresh wood. There are a lot of perfumes that have this fragrance, mainly Polo Green.

Terpenes oil: There is a particular smell that pine trees have. The main component of that smell is the terpenes, which is part of the pine oil used in perfumes and aromatic sprays.

Juniper berry: Some candles use the scent of the juniper berry because it is a woody fragrance with a sweet touch of gin and cedar. It resembles wildness.

Clementine fruit: Citrus fragrance with a salty and sweet sense. The combination of both makes it a fresh fruity scent.

Soft cinnamon herbs: Cinnamon is a strong scent but in low quantities, is refreshing and pleasant. It means spiciness and sweetness.

## Zoë Alexandra King

As the seasons change from summer to fall, the scent of burning candles is what comes to my mind. As someone who comes from an island where the season is summer year-round, I don't have the typical nostalgia that fall is associated with. However, in my time in London thus far, the fall season means that I'll have a candle burning almost every day and it will most likely be Mahogany Teakwood by Bath & Body Works. I love the way this scent fills my house! Its strong dark oak, black teakwood, and rich mahogany, all remind me of walking through Ann St. Park as it allures this forest feeling, fitting for a city known as the Forest City! Aside from my candles, I often associate the smell of cinnamon with fall. This is usually the time that I find any reason to use cinnamon in my cooking. I love the fresh smell of cinnamon so using it in its purest form, cinnamon sticks, is my favorite way to incorporate the scent in my home.

## Alex Allan

The first scent that comes to my mind around the winter time is a candle that I got a few years back from Roots, called Douglas Fir. I like to only burn this candle around winter time. It has a mellow scent of pine but also the wick is more of a stick and has a nice crackling sound to it when it's lit. I enjoy sitting back and relaxing with this candle and reading a book while enjoying the scent. I like that it's more of a mellow pine and not one that's overpowering your nose with a pine smell. It's also mixed with a nice scent that reminds me of the smell outside on a warmer winter day when the snow has a slow melt right after a big blizzard. Something about the mix of these two scents brings me right back into the middle of winter if I sneak a smell of the candle in the summer. A sense of peace comes over me about this scent and it will always be one of my favourites around the wintertime.

## Hannah Theodore

The fall and winter are all about spice and warmth to me. As soon as September comes, I run to Bath & Body Works to pick up a three-wick of my favourite candle, Leaves. It's blend of apple and clove with just a hint of sweetness is the perfect aroma to fill my home with as soon as the leaves outside start to change. Come winter, I like to boil a pot of cinnamon and orange peels, letting the natural scent of the season fill my apartment as the pot simmers. This is an easy hack to get the best, all-natural scents throughout your home while also using up old food scraps! You can also add cloves, apples and peppercorns for a little more spice. Ultimately, the flavour combinations are totally up to you, and each pot you assemble will bring a unique essence with it.









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- Near Western University

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1925 Dundas St.
- **Darryll & Tracy's No Frills**  
1275 Highbury Ave. N.
- **Food Basics**  
1299 Oxford St. E.
- **FreshCo Adelaide & Huron**  
1080 Adelaide St. N.
- **Grocery Checkout Fresh Market**  
1151 Richmond St. (University Community Centre)
- **Loblaws**  
1740 Richmond St. N.
- **London Food Co-op**  
621 Princess Ave.
- **Metro Adelaide**  
1030 Adelaide St. N.
- **Metro Cherryhill**  
301 Oxford St W. (Cherryhill Village Apartments)
- **Oxford Street valu-mart**  
234 Oxford St.
- **Real Canadian Superstore**  
825 Oxford St. E.
- **United Supermarket**  
1062 Adelaide St N.

## SEXUAL HEALTH

**Middlesex London Health Unit (MLHU) STI Clinic**  
[healthunit.com/london-sti-clinic](http://healthunit.com/london-sti-clinic)  
Offering free testing/treatment for STIs, free pregnancy testing based on assessment, emergency contraception, STI counselling and free condoms. Appointments are required.

**Anova**  
[anovafuture.org](http://anovafuture.org)  
Provides shelter, support, counselling and resources for abused women, children and oppressed individuals.

**London Health Sciences Centre (LHSC) Pregnancy Options**  
[lhsc.on.ca/women-s-health/pregnancy-options-program/abortion-clinic](http://lhsc.on.ca/women-s-health/pregnancy-options-program/abortion-clinic)

**SafeSpace London**  
[safespacelondon.ca](http://safespacelondon.ca)  
Volunteer-run support centre for sex workers, allies and women & gender non-conforming individuals in crisis.

**London Pregnancy & Support Centre**  
[lonpfsc.com](http://lonpfsc.com)  
Offering support to new, expectant and single parents, as well as post-abortive support.

## MENTAL HEALTH

**LHSC Adult Mental Health Care Program**  
[lhsc.on.ca/mental-health-care-program-adult/adult-mental-health-care-program](http://lhsc.on.ca/mental-health-care-program-adult/adult-mental-health-care-program)  
Offering time-limited mental health assessments and treatment, crisis intervention and stabilization.

**Canadian Mental Health Association Thames Valley Addiction and Mental Health Services**  
[cmhatv.ca](http://cmhatv.ca)  
Providing recovery-focused programs and services for people of all ages and their families.

**Thames Valley Addiction and Mental Health Services Crisis Centre**  
[cmhatv.ca/find-help/crisis-access-services](http://cmhatv.ca/find-help/crisis-access-services)  
Providing 24/7 walk-in support for individuals experiencing a mental health or addictions crisis who do not require hospital or emergency services.

**Reach Out**  
**1-866-933-2023 (toll-free)**  
A 24/7 bilingual information, support and crisis telephone service for those living in London, Middlesex, Oxford and Elgin counties.

- **Western University Health & Wellness**  
[uwo.ca/health](http://uwo.ca/health)
- **Fanshawe College Health Services**  
[fanshawec.ca/students/support/health-wellness](http://fanshawec.ca/students/support/health-wellness)



## EMERGENCY DEPARTMENTS

- **University Hospital  
Emergency Department**  
[lhsc.on.ca/patients-visitors/  
in-an-emergency](https://lhsc.on.ca/patients-visitors/in-an-emergency)  
339 Windermere Rd.
- Victoria Hospital & Children's  
Hospital Emergency Department**  
[lhsc.on.ca/patients-visitors/  
in-an-emergency](https://lhsc.on.ca/patients-visitors/in-an-emergency)  
800 Commissioners Rd. E.
- **St. Joseph's Hospital  
Urgent Care Centre**  
[sjhc.london.on.ca/urgent-care](https://sjhc.london.on.ca/urgent-care)  
268 Grosvenor St.
- South London Urgent Care  
and Walk-In Clinic**  
[southwesthealthline.ca/  
displayservice.aspx?id=14578](https://southwesthealthline.ca/displayservice.aspx?id=14578)  
595 Bradley Ave.

## MULTICULTURAL CENTRES

- **Western International**  
[international.uwo.ca](https://international.uwo.ca)  
1151 Richmond St.  
(Western University)
- **Fanshawe College  
International Centre**  
[fanshawec.ca/international](https://fanshawec.ca/international)  
Room E2025, 1001 Fanshawe College  
Blvd. (Fanshawe College)
- London Multicultural  
Community Association (LMCA)**  
[londonmulticultural.com](https://londonmulticultural.com)
- Luso Community Services**  
[lusocentre.org](https://lusocentre.org)  
2-1193 Oxford St. E.
- London Cross Cultural  
Learner Centre**  
[lccclc.org](https://lccclc.org)  
505 Dundas St.
- Where We Are Now  
Community Centre (W.E.A.N.)**  
[weancommunitycentre.com](https://weancommunitycentre.com)  
534 Queens Ave.

## INDIGENOUS RESOURCES

- Association of Iroquois  
and Allied Indians (AIAI)**  
[aiai.on.ca](https://aiai.on.ca)
- Atlohsa Family Healing Services**  
[atlohsa.com](https://atlohsa.com)  
109-343 Richmond St.
- N'Amerind Friendship Centre**  
[namerind.on.ca](https://namerind.on.ca)  
260 Colborne St.
- Nokee Kwe (Employment Centre)**  
[nokeekwe.ca](https://nokeekwe.ca)  
104-1069 Wellington Rd. S.
- Southwestern Ontario Aboriginal  
Health Access Centre (SOAHAC)**  
[soahac.on.ca](https://soahac.on.ca)  
425-427 William St.
- Healthy Weights Connection**  
[healthyweightsconnection.ca](https://healthyweightsconnection.ca)
- Nimkee NupiGawagan  
Youth Treatment Centre**  
[nimkee.org](https://nimkee.org)
- **Institute for Indigenous  
Learning, Fanshawe College**  
[www.fanshawec.ca/students/  
support/indigenous-learning/  
institute-of-indigenous-learning](https://www.fanshawec.ca/students/support/indigenous-learning/institute-of-indigenous-learning)
- **Indigenous Services,  
Western University**  
[indigenous.uwo.ca](https://indigenous.uwo.ca)

## NAVIGATOR

Interested in contributing?  
Contact Hannah Theodore, Editor:

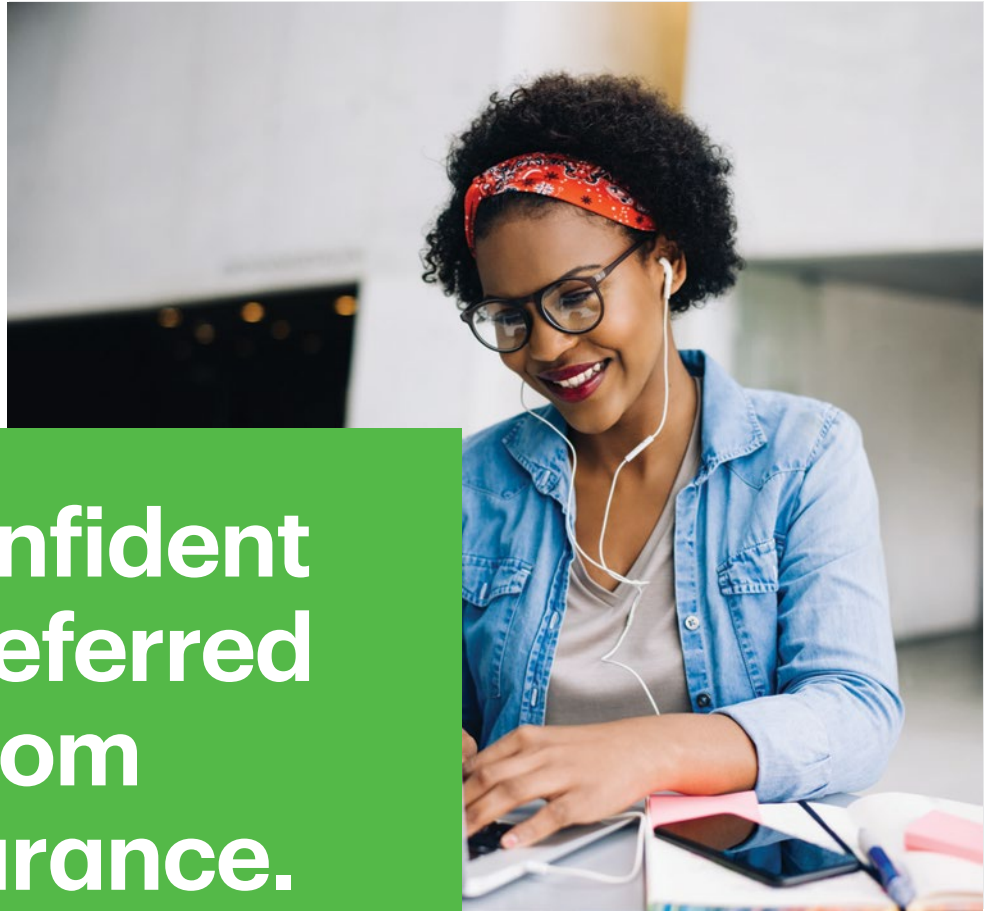
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