

# NAVIGATOR

London's Student Lifestyle Magazine



SPRING/SUMMER 2024



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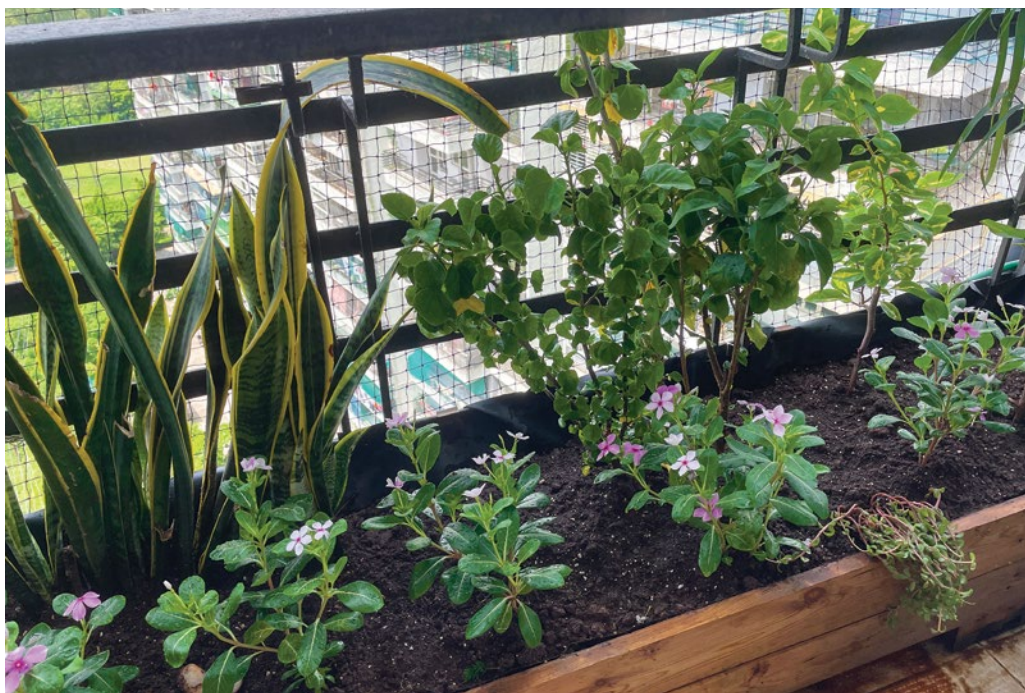
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## FROM THE EDITOR

Dear readers,

Welcome to the Spring/Summer 2024 edition of the Navigator: London's one and only student lifestyle magazine. Summer in the Forest City is all about community. From iconic music festivals to local food, natural beauty to budding regional business, this is your chance to truly experience all that London has to offer.

Within the pages of the Navigator, you'll find a plethora of information guiding you towards this summer's biggest attractions. Find out which major acts are stopping by London's famous Budweiser Gardens and which smaller, local entertainment hubs are switching gears to focus on live music. Discover exciting new eateries and revisit familiar favourites, and find out how vegan food and local craft beers are finding a home right here in the Forest City. Or, take this summer to work on *you*, with our tips and tricks for working out at home, cutting back on caffeine, and staying active with London's various recreation facilities.

This magazine is made possible by the thoughtful contributions by student writers at Fanshawe College, with additional support from the University Students' Council at Western University. These contributors have proudly shared some of their favourite ways to live and study in the Forest City, and we hope you find their expertise worthwhile. Students have also contributed artwork and photography to this dynamic edition of the Navigator.

If spring is about rebirth, summer is about flourishing. And we think London is the perfect place to flourish.

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

– Hannah Theodore

## Contributors

### Editor

Hannah Theodore

### Marketing Manager

Deena Griffin

### Designers

Meg Easveld, Darla Stratton

### Advertising

Diana Watson,  
Zoë Alexandra King

### Writers

Alex Allan, Konstantinos Drossos, Gracia Espinosa,  
Zoë Alexandra King, Justin Koehler, Finch Neves,  
Mauricio Prado, Mia Rosa-Wayne

### Illustrators

Briana Brissett, Mauricio Franco, Caleigh Reid

### Photographers

Brandon Grubb, Kaitlin Hooper, John Lefebvre,  
Asiah Prestanski

## NAVIGATOR

Interested in contributing?  
Contact Hannah Theodore, Editor:

Phone: 519.452.4109 x16323  
Email: [h\\_theodore@fanshawec.ca](mailto:h_theodore@fanshawec.ca)



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Credit: Farrell Rafferty

# Palasad Social Bowl is a music venue?!

Konstantinos Drossos (he/him)

Palasad Social Bowl, located at 777 Adelaide St. N., is well-known in London as a hotspot for food, bowling, and arcade games, the perfect place for hanging out with friends on a Friday night. What many newcomers to the city might not know is that the Social Bowl also hosts live music.

If you and your friends want to grab food and drinks while watching some great bands perform? Well, you're in luck. On nights where bands play, part of the venue opens up to a stage. Marty Novak, Social Bowl manager, said the venue offers a wide variety of activities for guests to enjoy while rocking out.

"It adds a whole new outlet to what we do. We offer a lot of different kinds of entertainment regardless, so with live music it just elevates the whole experience which is fantastic," Novak said.

Guests can check out the arcade which offers a wide variety of fun games. Here, they can earn tickets that they can then spend at the prize booth. If you and your company are more traditional, you can book out a bowling lane just for yourselves beside the stage.

"Everything's fully open and fully functional, so it's a very interactive vibe when you're watching a cool show and then there are people bowling next door and cheering so it all kind of works together as a solid kind of entertainment experience," Novak said.

Palasad hosts performers locally from London and the surrounding area as well as artists from around the world. The sound of the artists spans across genres, from punk to indie and more.

"We do 100 per cent, all original bands that range from pop-punk, country to hip-hop," Novak said. "There were two bands from Australia, one from Vienna, Austria...so we're kind of an international stop."

And it's not just original bands who play Social Bowl. Cover bands and DJs have been known to offer performances with a nostalgic feel. During the holidays, Social Bowl also offers festive-themed music to help set the mood of the season.

"We do a bit of everything, like during the holiday season, I can't do a hardcore punk show, where those people are celebrating Christmas parties. So usually I switch to cover bands or tribute bands so that everybody can enjoy," Novak said.

Palasad Social Bowl is a perfect place for Fanshawe or Western students to go and spend time with friends while jamming out. It offers a great opportunity to support and discover new local talent whose music could become a part of your daily playlist.

"We're a fully inclusive safe space, we have free parking, a full-service restaurant which most venues don't, and on top of that, we have craft cocktails, local beer caps, and great food," Novak said.

Starting in May, Social Bowl will be hosting over 51 bands to kick off their spring and summer seasons. Some of these bands include Make War and Boy Golden from the U.S., and later in August, they will be joining forces with the Forest City Music London Awards to host even more local artists.





# Budweiser Gardens' big summer shows

Mauricio Prado (he/him)

London's largest venue for live music and other major events is hosting a series of incredible acts this summer. We've highlighted some of the most exciting acts coming to Budweiser Gardens between June and September. From country music to monster trucks, Budweiser Gardens has something for everyone this summer.

## Professional Bull Riders

**June 1**

The summer starts early with one of the most famous traditional rodeos, bull riding. It is an eight-second man versus beast combat, between the world's most significant bull-riding competitors and the most challenging animal athletes. Professional Bull Riders (PBR) Canada's Elite Cup Series will buck into London, Ont., hosting the PBR London Classic for the second straight season and the fourth time in tour history.

## Monster Madness

**June 8**

For those who like thunderous applause, gasps of amazement, and the unified roar of trucks, Monster Madness is for you. These events combine family-friendly entertainment with heart-pounding action to create a one-of-a-kind and unforgettable experience. Fans and families will be in awe as the FMX World Tour act performs daring stunts within an arena that only the brave would attempt. Stars of the FMX World Tour will execute a variety of stunts, including cliffhangers, seat grabs, backflips, and lazy boys.

## Brooks and Dunn: Reboot 2024 Tour

**June 22**

Brooks and Dunn, one of country music history's most significant creative duos, returns. They recently announced their forthcoming Reboot 2024 Tour, presented

by Live Nation, and London, Ont. is on their list of stops. Throughout their career, they have achieved the status of the best-selling country duo of all time, earning 41 top 10 hits and spending two decades packing concert arenas. Additionally, they've garnered dozens of music industry honours, including two Grammys, 19 Country Music Association awards, and 30 Academy of Country Music awards.

## The Steve Miller Band

**June 27**

The Steve Miller Band were inducted into the Rock & Roll Hall of Fame in 2016 and have sold over 30 million albums globally. They'll be stopping by London to perform their distinctive catalogue this summer. Since the 1970s, the blues-rock sound of The Steve Miller Band has dominated the airwaves. The band has received multiple





Credit: Mauricio Prado

honours, including two Grammy awards for Best Rock Instrumental Performance and Best Rock Vocal Performance by a Duo or Group. Many musicians have covered their songs, including ZZ Top, Aerosmith, Ozzy Osbourne, and many more.

#### **Lamb of God and Mastodon: Ashes of Leviathan Tour**

**July 31**

For those who like to head-bang to their favourite metal bands, the Ashes of Leviathan Tour has to be one of your top choices this summer. Grammy-winning band Mastodon and Grammy-nominated metal titans Lamb of God will bring their Ashes of Leviathan Tour to London's Budweiser Gardens. Lamb of God made history with their most recent studio album, *Omens*. The album went number one on Billboard's Top Hard Rock Albums

chart and represented the band's sixth consecutive Top 15 debut on the Billboard 200. Mastodon's most recent album, *Hushed and Grim*, also secured a top 10 position on the rock radio charts.

#### **Cody Johnson: The Leather Tour**

**Aug. 10**

Cody Johnson will shake the stage at Budweiser Gardens on Aug. 10. Country music fans will know Johnson has released six albums, with one debuting at number two on Billboard's Country Albums chart. He's been a successful independent musician for many years, leading a life typical of a musician. His influence only increased after landing a record deal with Warner Music Nashville. With his numerous industry honours, the true cowboy has endless possibilities to deliver a memorable show at Budweiser Gardens.

#### **A Boogie Wit da Hoodie: Better Off Alone Global Tour**

**Sept. 11**

Rapper A Boogie with da Hoodie from the Bronx will come to London this summer. His easy-going style is characterized by carefree rhymes, catchy lyrics, trap beats that leave lots of space for melody, and sporadic touches of R&B smoothness. The Better Off Alone Global Tour is a massive 39-show run across New Zealand, Australia, Europe, the U.K., and North America. For all hip-hop and rap lovers, this event should be on the list to do during summer.

This is just a sampling of some of the acts coming to London this summer. Visit [budweisergardens.com](http://budweisergardens.com) to view a full list of artists and to purchase tickets.







# The Hyland Cinema: London's nostalgic taste of retro film

Justin Koehler (he/him)

Cinemas and films changed over the years. Bright high-definition screens, over-powering sound, and theatres that seat hundreds at a time have become the new norm.

This wasn't always the case though, with theatres previously designed to have a more homey and casual vibe, rather than being more business and corporate focused.

Some businesses are still looking to recapture that nostalgic magic.

"Hyland is London's art and international cinema and we've been here 20 years. Now, kind of a retro feel, we're the oldest cinema left in London," said Moira Adlan, owner of the Hyland Cinema.

The Hyland has become its own category in London for movies and cinema, working to set itself apart from the likes of larger chains like Cineplex and Landmark.

"It's a single screen and we still have traditional seating," Adlan said. "It's kind of the charm of the place too, to have kind of a different look and feel. It just feels like an old-fashioned cinema."

The changes go all the way down to the way they design their experience, ranging from the concessions offered, to the films shown, all the way to their audio.

"It's kind of like listening to analog sound and then listening to digital sound, there's just a different feel and warmth with the different medium. Plus, we also really have a lot of fun going retro."

One of the biggest things that set the Hyland apart though is their attention to more niche films, working to get the rights to various classic movies. This allows them to have themed evenings spanning from holiday movies to interactive classics, as well as horror.

"We do a lot of horror stuff, older horror. We do that once a month and then we do a retro-mania once a month as well. We pick the films that we think are the most appealing from *The Big Lebowski* to *Kill Bill*."



**Even though cinemas have changed over the years, with larger chains bound to control much of people's regular movie-going experiences in the future, it might be worth it to give the Hyland a try for your next free evening, date night, or a new family tradition you could make going forward.**

Adlan went on to say that many people never got the chance to see some of these films when they first came out, or they were even too young to have had the chance. She said that the Hyland gives them the opportunity to feel that retro theatre magic.

"There's whole generations that have never seen their favourite films on the big screen, so they'll come see films from the 80s or films they might have grown up with on VHS or DVD, so it's kind of cool to come and see your favourite film on the big screen."

On top of showing both new and classic movies, the Hyland also gives some screen time to local artists as well.

"We're sort of committed to independent filmmakers locally too," Adlan said. "We like to do a lot of premieres for independent filmmakers, so that they have a chance to see their films on the big screen."

She added that, with the focus on local work, a lot of the heart and soul of the theatre is centred around the sense of community that comes with it.

"We're definitely more community-based too, we like to get involved in community and joint activities. We just did a silent film with a live accompaniment by a pianist and we had 300 seated out of 400. It's a really great experience if you haven't seen a silent film with live piano, it's pretty cool."

At the end of the day though, Adlan said they just want everyone to have fun.

"We did *E.T.* for the kids and we had a backdrop with the moon," Adlan said. "We do try to do lots of little fun things, like we did *Godzilla* New Year too, with a *Godzilla* countdown too. So yeah, we try to make the events really fun and we do interactives too where you can come and talk along with the film or yell at it."

Even though cinemas have changed over the years, with larger chains bound to control much of people's regular movie-going experiences in the future, it might be worth it to give the Hyland a try for your next free evening, date night, or a new family tradition you could make going forward.

Hyland Cinema is located at 240 Wharncliffe Rd. S., and you can find showtimes and ticket information at [hylandcinema.com](http://hylandcinema.com).



# London drag scene hits its stride

Finch Neves (he/him)

Drag has long been a key part of expression in the queer community. With ties going as far back as the 1800s, it allows individuals the ability to express themselves artistically with freedom from certain societal barriers that are often associated with gender.

While drag is by no means a queer-only artform, it holds a special place in that community across most of the world, and London is no exception. As the world continues to progress and highlight queer culture in new ways, drag has flourished.

Given a safe place to express themselves, Queens, Kings, non-binary performers, and drag monsters have continuously evolved their art to the benefit of their ever-growing audience.

“I think we are entering a renaissance of drag,” said local drag performer, Galaxy. “Now that we have a place to practice our art and a stage to perform freely, we can do some really special things. Especially with how many venues put on drag shows now, such as Poachers Arms and The Well, I think we are going to see drag in London blossom and I am so excited for it.”

London’s drag scene is thriving and evolving by the day and so are drag scenes all over the world. Every community will have its own culture and that applies to drag too.

“In London, we have a ton of heart,” Panico, a local drag artist said. “There are just so many families within the community supporting it. As someone who is really in their shell, I found that I have been able to not only feel free to express myself, but also found people that are like me.”

“

**London’s drag scene is growing every day. Growing in influence. Growing in depth. Growing in power. It shows each and every one of us that the rules we follow are more self imposed than anything.**

If the essence of drag is freedom from the shackles of society’s views, then drag monsters are a natural step in that journey. While Queens and Kings push back at gender roles by embodying the other gender, and non-binary performers disregard the entire notion of gender, drag monsters free themselves from expectations that come with being human.

They find beauty anywhere it speaks to them and convey it on a stage for all to see. Some of their inspiration could be from horror movies, or just nature itself, but it is expression, nonetheless.

And that is the point, being free to express yourself.

Drag has historically been, and continues to be, associated with sexuality and provocative content. While there is no one arguing that some shows don’t revel in the opportunity to throw away societal oppression on sexual freedom, not every show does so.

Drag doesn’t have an archetype or a set of rules that apply everywhere—it is expression. Therein lies the power of drag story times with youths and shows intended for younger audiences.

The more adult-centric content available in some shows is set aside to offer larger than life characters showing a group of young people that they can be who they are and express themselves safely.

London’s drag scene is growing every day. Growing in influence. Growing in depth. Growing in power. It shows each and every one of us that the rules we follow are more self imposed than anything.

London’s drag scene is freedom incarnate, it shines brilliantly despite the barriers surrounding it, and it is beautiful.

Credit: Finch Neves







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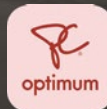
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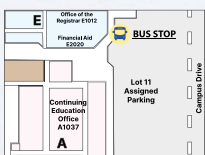
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# Three amazing Black-owned restaurants that should be on your must-try list

Finch Neves (he/him)

London, Ont. is home to a wealth of varied cultures and with different cultures comes different incredible, authentic food.

## Asmara Coffee House

700 York St.

The intoxicating smells of fresh roasted coffee with hints of mild citrus waft down York St.

Here, coffee isn't just a pick-me-up, it is an art and a memory of home. Asmara Coffee House uses traditional roasting and brewing techniques from the African Country, Eritrea, which they do in house. Try any of their three fantastic blends, some light sandwiches, or my favourite: The Asmarino, a heavily caffeinated blend of coffee and espresso, resulting in utter perfection. Just don't forget to ask for a sprinkle of ginger.

## Casa Manioca

140 Fullarton St.

Sometimes, you don't have time for a full meal, but need more than a coffee to tide you over until lunch. Meet Casa Manioca, a Brazilian restaurant that specializes in snacks with so much flavour that you may find yourself abandoning traditional North American treats for good.

Casa Manioca has perfected the art of wrapping mouth-watering fillings in crispy dough and they do it in a few different ways. Firstly, the humble empanada. Spiced meats fill a delightfully crispy shell the shape of a crescent moon. It is similar to a savoury meat pie, but don't be confused, there is a difference because they have those too.

If you want something more indulgent, they have fluffy cheese bread and cheese waffles, which would surely make the best chicken and waffles imaginable, but neither is their signature dish.

Casa Manioca specializes in coxinha, also known as Brazilian Croquettes. They are shaped like little crispy, golden pyramids, with their own intoxicating treasure of shredded meat, veggies and spices waiting inside. Cut them in half or embrace your true desires and take a bite but be warned that coxinha filling is somehow hotter than magma. Regardless, the burns on your tongue are a small sacrifice in the face of true culinary bliss.



Credit: (Top) Luiz Henrique Mendes, (Bottom) Courtesy of Yaya's Kitchen

## Yaya's Kitchen

630 Dundas St.

Need something more substantial? Tucked away just east of downtown on Dundas St. is a strange, tall building made of pale-yellow brick. Inside that building is a mishmash of odd shops from one that sells metal trinkets, to a great café, and rotating co-op bakery, but hidden in the very back lies something special.

Yaya's kitchen is a glimpse of the refined taste of the many flavours of the Sahel region in Africa. At Yaya's elegant flavours and beautiful presentation meet in each and every dish. Rich, savoury cuts of meat are covered in an intricate blend of delicate spices and complimented by crisp fresh produce to create dishes so perfectly balanced that you will find yourself savouring the last bite.

Be sure to try their famous beef suya, a skewer of seasoned aged beef accompanied by a fresh vegetable medley slaw, and zobo, a refreshing spiced hibiscus drink. Don't forget to complete your visit with a taste of their mandazi, African beignets dusted with zobo and baobab icing sugar.



“

Odd Burger, which is a locally developed vegan food chain, is a 100 per cent vegan plant-based business.





# Odd Burger is now at Western. Will Fanshawe be next?

Justin Koehler (he/him)

Post-secondary campuses now have plenty of food options located around various parts of their institutions. This food selection ranges from burgers, butter chicken, pasta, burritos, and more.

One of the largest gaps for students on campus comes from a lack of vegan and vegetarian options, with little able to be found further than salads, some of which even include dressings that use ingredients which aren't included in a vegan diet.

"We've been talking about how we tailor our food that we have on campus to meet the dietary needs of students," said 2023-2024 Fanshawe Student Union (FSU) president Stephin Sathya. "Not just being healthy, but actual dietary needs, because we want to be able to serve all students in principle, so we have to think about that."

This comes as the city's other major educational institution, Western University, recently welcomed an Odd Burger location onto their campus.

Odd Burger, which is a locally developed vegan food chain, is a 100 per cent vegan plant-based business. They focus on remaking popular fast-food favourites into vegan alternatives.

This includes renditions of Big Macs, Whoppers, chicken sandwiches, and more in an attempt to give those who are vegan and vegetarian an option to still enjoy some of the world's most popular food choices.

Sathya said that there is a huge demand for a vegan option on campus at Fanshawe and that he and his team have been working on tackling it.

"We want to get a survey out to the students just about food programming, as well as food options in general, out to the student body on campus to try and get that student voice out there in terms of what they actually want on campus," Sathya said.

While students are on the hunt for further vegan options on the Fanshawe campus, there may be some contributing factors as to why Western was able to make the jump first.

"Western has a fairly high-cost meal plan so there is more money available to spend on campus," said Dave Smith, Director of Retail Services at Fanshawe College. "Our meal plan is limited to only \$1,200 per year for residence students only. I believe Western is in excess of \$5,000, with a lot more residence students on the plan."

Having other chain locations already on campus, including Harvey's, Starbucks, Tim Hortons, as well as previously offering such options as Smoke's Poutinerie, the college itself is no stranger to bringing in local and popular options.

Smith said though that there are a few reasons why it may be tough right now to get a new project such as Odd Burger up and running.



Credit: Odd Burger

"Colleges usually bear the expense of equipment and getting the location ready," he explained. "With the decline in international students over the next few years, we will be limited on the need for another food concept unless we replace an existing brand."

He went on to say that, even though it seems like a tougher task at the moment, he's excited by the potential and eager to see how Western's location progresses.

"I would wait and see how the Odd Burger is received by the Western students," Smith said.

Vegan options are becoming more and more of not just a want, but also a growing need for students attending Fanshawe.

Time will tell if Fanshawe will see its own Odd Burger opening on its campus, but the introduction of this vegan chain at Western sets a strong precedent for the future of vegan food at post-secondary campuses going forward.



# Grow your own dinner: Apartment-friendly gardening tips

Mia Rosa-Wayne (she/her)

In the bustling lives of urban dwellers, creating a green oasis in an apartment or a dorm room can be a challenge. Students looking to save dollars on groceries by growing their own herbs and vegetables at home might think a home garden isn't possible, but there is a way. Balconies, for example, offer a slice of tranquillity and a connection to nature, and simply having decent sunlight indoors can help aid in the growth of plant life in your apartment.

Here we dive into practical gardening tips tailored for different living spaces, ensuring everyone can enjoy the pleasure of growing their own green haven.



**The key to a thriving garden lies in starting small and understanding the basics.**

If you're lucky enough to live somewhere with an outdoor space, an outdoor garden is the perfect place to try growing your own vegetables. This will give you the most space to work with and also ensure optimal seasonal conditions for whatever you're growing.

If you're living in an apartment, and working with limited space, try starting with small pots of herbs. Herbs like mint, cilantro, and dill are great for growing indoors. Just make sure you leave your pots by a bright windowsill to give your herbs the best chance at soaking up the sunlight.

Access to a balcony is a gamechanger when it comes to home gardening. With this additional outdoor space, your growing options expand significantly. Balconies are ideal for growing greens like kale and spinach, and even sweet, delicious

strawberries. Local gardener, Emma Rodriguez transformed her balcony into a green oasis.

"Don't underestimate the power of vertical gardening, it's a game changer for small spaces," she said.

Regardless of your situation, there are some key factors to keep in mind when it comes to home gardening. Understanding your soil type and its needs is crucial. Amend your soil based on test results to ensure it has the right pH and nutrient balance for the plants you wish to grow. The best type of soil for a vegetable garden, for example, is loamy soil, as it promotes the growth of almost all types of vegetables.

Consider the sun, light, shade, and moisture levels in different parts of your home. Plant accordingly to ensure each plant gets its ideal conditions.

Try practices like container gardening, vertical gardening, and indoor plants to ensure you find success in your home gardening efforts. Trying to grow fruits and vegetables that are not destined for balconies or windowsills will only lead to disappointment.

Lastly, invest in basic tools and watering. Beginners should consider investing in a sturdy trowel, gardening gloves, a watering can, and if you have space, a good quality shovel and rake. Different fruits and vegetables require different amounts of water; some thrive in drier soil, while others need constant moisture. A simple way to keep track of your vegetables' watering needs is to check the top inch of the soil. If it's dry, it's time to water. This simple check can prevent over-watering, which is often more detrimental than under-watering.

For beginners, whether you live in a townhouse or apartment building, embarking on a gardening journey can be rewarding yet daunting. The key to a thriving garden lies in starting small and understanding the basics.









# London Brewing Co-operative has the brews to get you in that summer mood

Konstantinos Drossos (he/him)



Credit: London Brewing Co-operative via Facebook

The warm weather is here, and that means patios are set to open up across town. Students finally get the chance to leave the confinement of studying indoors to get out and explore, relax, and enjoy life.

A cold, local, craft brew is one of the best ways to help put you in the mood for the season. London is home to many local craft breweries that make their in-house flavours sourced from local suppliers, like the London Brewing Co-operative. Here are some of the options they're brewing up at their 521 Burbrook Pl. location.

## Fruity

Unlike the classic bitter taste of many beers, brews infused with the sweetness and tartness of fruits bring a whole new level to the playing field of taste. The smell alone from the mix of the grains and fruit offers an added plus to an enjoyable experience.

Fruits like strawberries, peaches, and blueberries are favourites among brewers. Citrus flavours also make a scene by adding a more tropical taste, most notably with lime and orange flavours.

London Brewing Co-operative offers some excellent fruity brews that will knock your socks off, guaranteed. For a classic Canadian taste, try the Raspberry 4PM Sunset Stout. It offers the bitterness of a classic stout with the tart sweetness of raspberries grown locally in London.

## Pilsner

A timeless classic, the pilsner brew is a go-to for both the average beer drinker and the beer connoisseur. A pilsner brew is great all year round but hits harder when it's ice cold during a picnic or a hot day on the beach.

The taste of a pilsner brings out the full earthy punch to your taste buds when it touches your tongue. It has the spice and naturalness of the grains with grassy undertones.

A pilsner is the safest option for those who don't like the overpowering flavours of other beers and want something simpler. London Brewing's Organic Pilsner, for instance, is made with Pilsner Malt from Malterie Caux Laflamme in Quebec and organic Triple Pearl Hops from eastern Ontario's Chlodowig Farm. It's also one of the brewery's most popular beers.

## Sour

Sour beers emphasize dry and acidic flavour notes. It serves as the perfect option for those who are looking to get out of their comfort zones and dive headfirst into something new.

The taste of a sour beer is noted to be distinctly funky with the added acidity on top to make it pop on your pallet. Sours have been compared to kombucha, or even balsamic vinegar. The other great aspect of this beer is the medium to low carbonation it has, making it easier to enjoy if you struggle with fizz.

If this sounds like your vibe, then London Brewing's Raspberry Vanilla Sour is the brew for you. This is made from Local Heeman's raspberries with a touch of vanilla for a creamy vegan sour.

## IPA

IPAs or India pale ales, are known for having a strong hops flavour and a high alcohol content. You can also find session IPAs, which come with a lighter alcohol content, like the easy-drinking Front Porch Organic IPA from London Brewing Co-operative.

For a stronger beer and flavour, try their Organic Hazy IPA, which is punctuated with notes of tropical fruit and melon. You can never go wrong with wanting something moderately fruity while still getting that intense IPA flavour.

The London Brewing Co-operative has many other beverages to offer, including ciders, spirits, and seltzers—all made from locally sourced supplies. They also host many events like live music and game nights with food available to order.





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# How to save money while still making the most of the season

Finch Neves (he/him)

Summer is supposed to be a time of celebration and relaxation. The beautiful sun's rays blanket you in their warmth, inviting you to take a breath of fresh summer air and set aside your worries.

With time off, comes the choice of what to do with it, but with the cost of living rising ever higher, many feel limited. Luckily for all, London is home to countless free and inexpensive options to make your summer memorable without breaking the bank.

Night life is something London does right. The well-known Richmond Row centralizes every bar you could want to go to, with dozens of options, but the price of even a few drinks can do some real damage to your bank account. But maybe going out can be about more than just drinks.

Tilt Arcade Bar, just a short walk away from Covent Garden Market, is a nostalgia bomb. For the low price of \$7, you gain infinite access to their sprawling supply of old arcade and console games for the night.

If you are worried that a night out wouldn't be the same without a few drinks, play a few rounds of *Smash Bros 64* against your friends, then get back to me. Even those who didn't grow up playing games can get sucked into the atmosphere of Tilt. It is a doorway into the memories of times when your only responsibility was hiding your unfinished math homework and beating this level.

For those who imagine their summers full of culture and refined activity, but lack the small fortune required to purchase a single charcuterie board, look no further than the Museum London. Not only do they host rotating art exhibits year-round, but they are also free, with the option to donate.

Looking for more of a local feel? 100 Kellogg Lane, often called The Factory, hosts a yearly art competition with over \$200,000 in prizes available. Starting in late May, you can view the exhibit for free and even vote on your favourite pieces.

Elijah Bailey, who worked at the location for years, said, "They just put incredible art pieces on every wall across the whole facility. You just walk around and see everyone's hard work and then you can even vote. They have all kinds of shopping in the building too, as well as trampoline and virtual reality rooms for pretty reasonable prices."

“

**The cost of living is becoming unsustainable for many, especially while trying to budget for entertainment.**

Wouldn't it be a shame to not make use of the great weather? All summer long, Victoria Park, located in the centre of downtown London, hosts festivals of all kinds. Nearly every single weekend there is something going on with food vendors, craftsman selling their art, and live music. Take a walk, listen to the music, and enjoy the sounds and smells of dozens of cultural dishes being made.

With plans set for a night out and for the daytime, all that is left is to find some great food to have in-between. While food prices have been skyrocketing, some local restaurants have been pushing back with student specials or budget friendly options.

Lazeez Shawarma, located on Richmond Row, is one of the only places in the city where you can get a meal and a drink for \$6.99, so long as you have your student card on you.

Traditionally spit roasted meats, crunchy, fresh, and pickled vegetables,

and a healthy serving of their addictive garlic sauce are loaded into a pita before going on a mini charcoal grill to toast. Pay an extra dollar and have the pita switched out for a bed of Middle Eastern style rice.

When summer savings and food enter the same conversation, it is only so long before someone brings up growing your own food, as if anyone has the space or time. While community gardens are a great option for many, it isn't always a realistic goal.

If your green thumb has yet to bud, consider the farmers market section at Coven Garden Market. Hit their clearance shelves for phenomenal fresh produce that discounted just because it was an odd shape.

Or better yet, dip a toe into the waters of home gardening by starting with a windowsill spice garden. A single potted mint plant will make sure that your lemonade is unbeatable, and some fresh basil can make summer pesto go from a meal to the highlight of your week.

The cost of living is becoming unsustainable for many, especially while trying to budget for entertainment. Going to events, eating good food, and experiencing new things isn't just fun for. It is nourishing in ways we can't always track, but that doesn't make it less valuable.





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# Fanshawe students empower Village Creative

Gracia Espinosa (she/her)

Village Creative is a marketing agency run exclusively by Fanshawe students from various programs, such as marketing, photography, graphic design, public relations, and web development. It was created when the Lawrence Kinlin School of Business (LKSB) proposed a partnership with Innovation Village, birthing the visionary concept of a collaborative digital advertising agency.

Village Creative caters to small businesses and NGOs through partnerships with Pillar Non-Profit, the Small Business Centre, Tech Alliance, Leap Junction and London's Cross-Cultural Learner Centre (CCLC). Village Creative also enjoys exclusive partnerships with industry leaders such as Google, the Search Engine Marketing Professional Organization, and WordTracker.

"It is a way to integrate experiential learning with the community, and students in their postgraduate year of the marketing program can apply to be a part of it instead of taking three of their classes," Fanshawe faculty member Liz Gray said. Gray is renowned for creating and teaching Search Engine Marketing (SEM), Search Engine Optimization (SEO), and Web Analytics courses at Fanshawe.

Gray collaborates with Lina Manuel, a Marketing Professor at Fanshawe, as a faculty supervisor for the marketing agency.

"We recruit clients and oversee all project work to ensure high quality and maximize student learning," Gray explained.

The agency's service portfolio encompasses various digital marketing strategies, including user testing, social media strategy development, customer relationship management (CRM) system implementation, SEO optimization, website design, and paid media campaigns. Gray underscored that Village Creative's mission is for students to apply classroom theories in the real world. In this way, students gain insights and skills to equip them for success in the business landscape.

Asiah Prestanski, a marketing management student, attested to the transformative experience of working with Village Creative.

"We meet with customers, discuss their needs, and agree on actionable strategies," Prestanski said. "It's a hands-on learning experience that broadens our skill set and expands our horizons."

Prestanski further elaborated on the agency's operational dynamics, which includes 10 work teams of three to four members, with four collaborating online and six meeting in person. Each team is tasked with managing two distinct clients: a for-profit and a not-for-profit organization, fostering a well-rounded learning experience.

While Village Creative facilitates client interactions primarily through its website, Gray acknowledged the agency's longstanding reputation and extensive networking within the community.

"Much of our clientele comes through word of mouth, bolstered by our strong connections with the Community Tech Alliance and small business centre advertising agencies," Gray said.



# London's thrift store scene is thriving

Gracia Espinosa (she/her)

London is known for its cultural diversity and vibrant thrift store scene, offering residents and visitors a treasure trove of vintage finds and sustainable shopping options. These establishments cater to diverse tastes and preferences, providing a unique glimpse into the world of vintage fashion.

## Filthy Revena Vintage

[177 Dundas St. and 144 Wortley Rd.](#)

One notable thrift store making waves in the London community is Filthy Revena Vintage. Founded in 2015 by Natalie Bradshaw and Darlene Davis, Filthy Revena Vintage is more than just a clothing store, it's a sustainable fashion haven. With two locations, one at 177 Dundas St. and the other at 144 Wortley Rd., Filthy Revena goes beyond selling trendy clothes, it also promotes environmental awareness and supports local Canadian artisans. Through a curated selection of quality thrift, vintage, and wardrobe staples, Bradshaw and Davis empower customers to make environmentally conscious choices while looking fabulous.

## Chaotic Closet

[187 Dundas St. and 727 Richmond St.](#)

Another noteworthy establishment is Chaotic Closet, situated at 187 Dundas St. with a second location at 727 Richmond St. The company was founded by visionary economics student from Western University, Ray Shil. Chaotic Closet aims to bring affordable vintage fashion to London's bustling scene. Since its inception, Chaotic Closet has captured the hearts of fashion enthusiasts with its unique blend of vintage and modern second-hand clothing. With a team of dedicated staff, many of whom are Western University students, Shil has turned his vision into a thriving reality, shipping orders across Canada and overseas.

## DugOut Vintage Co.

[207 Dundas St.](#)

DugOut Vintage Co., located at 207 Dundas St. and in the University Community Centre basement next to Western University's bookstore, is another gem in London's thrift store scene. Founded by Aaron Bakker and Cam Geddes, DugOut Vintage specializes in denim, jerseys, sweaters, and t-shirts inspired by sports and pop culture.

The journey of Bakker and Geddes from thrift store aficionados to successful entrepreneurs reflects their passion and dedication to vintage clothing. With recent expansions, DugOut Vintage continues to delight customers with its curated selection of nostalgic treasures, embodying a fusion of passion and entrepreneurship.

## Drop Spot Vintage

[605 Richmond St.](#)

Adding to the mix is Drop Spot Vintage, a small business located at 605 Richmond St. Since its opening in Nov. 2023, Drop Spot Vintage has become well-known in London's fashion circles for its curated collection of vintage clothing. More than just a shopping experience, Drop Spot Vintage focuses on providing customers with sustainable, high-quality, and nostalgic fashion at affordable prices. The store's commitment to conscious consumerism is evident through its efforts to rescuing items from industrial warehouses and planting trees with every order.

London's thrift store scene is a testament to the city's vibrant culture of sustainability and local business. With Filthy Revena Vintage, Chaotic Closet, DugOut Vintage Co., and Drop Spot Vintage, Londoners can access an eclectic array of vintage treasures that

celebrate style and sustainability. These establishments offer unique shopping experiences and contribute to the city's sense of community and environmental stewardship.

As London continues to evolve, its thrift stores remain integral to its cultural fabric, providing spaces for creativity, exploration, and connection. Whether you're a seasoned thrifter or a newcomer, London's thrift stores invite you to explore, discover, and embrace the beauty of sustainable fashion and community engagement.



Credit: Caleigh Reid



“

You don't have to be the next Pokimane or xQc streamer to do this and there are a few simple steps to becoming a Twitch Affiliate.





# Using Twitch as a side hustle as a student

Alex Allan (he/him)

It can be stressful balancing school and work life as a student. Many students live paycheck to paycheck. If you are a gamer like me, you can use Twitch to your advantage to earn a bit of money on the side while still enjoying some time gaming.

Twitch is a streaming platform where you can capture the video game you are playing and broadcast it live for others to watch. Twitch also allows you to chat with others through messages and to respond to the audience watching you play, either through a message back or over your microphone on your livestream. You don't have to be the next Pokimane or xQc streamer to do this and there are a few simple steps to becoming a Twitch Affiliate.

First off, the biggest piece to keep in mind is that becoming an affiliate won't come overnight. It will take some time to achieve Twitch's requirements. These steps include reaching 50 followers, streaming for eight hours, streaming on seven different days and having an average of three viewers. You must meet all four requirements over a 30-day period to qualify as an affiliate. This might seem daunting at first, but it is achievable. If you are playing video games for a couple hours every evening to relieve some stress from either school or work, then you can easily start up a stream at the same time while you are gaming away.

The tricky part is where and how to broadcast your streams. This will differ if you are playing from a PC or a console because there are a few ways you can broadcast on Twitch. If you are on PC, you can look at either broadcasting on Open Broadcaster Software (OBS) or StreamLabs, but there are others you can choose from. OBS might not be the most user-friendly software out there but it allows you to be creative with how you want your streams to look. StreamLabs on the other hand, allows you to buy premade graphics that you can use for your streams to help gain attention on your livestreams. If you are on the console, Twitch allows you

to stream right from their application, but you will not have the capabilities that the PC platforms offer. This would be trying to interact with your viewers as well as making graphics but it also might make your game run a bit slower on the console since you are trying to livestream at the same time.

After sorting out PC vs. console, it comes down to dedication. Don't be discouraged if the first time you stream, only one viewer shows up. The more you broadcast your streams, the more people will start to become interested in who you are. Another thing is to not be afraid to tell your parents, friends, colleagues, or even that person you might have sat beside on the bus that you saw watching a livestream on Twitch about your channel. Any viewers help.

Once you meet all the requirements Twitch is asking for, then you will receive an email that will help sort out all the required papers for them to start paying you. Now you won't consistently be handed the money from every stream you do after this though. According to Twitch, the pay-out is the 15th of every month but you must reach the minimum \$50 pay-out threshold first. Twitch changed the threshold from \$100 to \$50 in July 2022. Back when I was streaming consistently, \$100 was the minimum threshold of the pay-out and if you kept a good schedule when you were streaming, I know I was capable of hitting that \$100 mark almost every month.

It's up to you how you want to manage your time with your streams every month to hit that pay-out threshold. Streaming is also not an alternative to working at a grocery store or a fast-food restaurant. Doing these streams on the side can offer some additional pocket money, but is likely not going to be a liveable income. Streaming can also benefit you socially, since you will start to collaborate with other streamers and talk with your fan base. I know for me, it was a great way to start meeting other people online, but it also helped me to hold conversations with my classmates.



# Broad Films looks to turn London into a filmmaking haven

Gracia Espinosa (she/her)

London's film and television industry status has seen a surge in activity in recent years, with notable productions such as *The Amazing Race Canada*, *The Changeling*, *Harbour House*, *How to Die Alone*, and *The Green Screen Saga* all being shot right here in the city. Among the innovative startups driving this growth is Broad Films, a production company specializing in scouting locations in London and southwestern Ontario for fiction films, non-fiction films and television series.

Broad Films won a TechAlliance contest, providing the business with \$40,000 to kickstart their venture. However, the origin of Broad Films goes back to the shared desire of producer and Fanshawe College Professor Michelle Shipley, and producer and director Kelly Peckham to tackle the shortage of film opportunities in London.



**Broad Films is poised to elevate London's status as a premier destination for filmmakers.**

"We met about a year and a half ago and realized we must leave London to do film work," Shipley said. "With all our college programs that can feed into the film industry, [students] must leave London."

"London talent has left," Peckham added. "If there were enough work here, we might be able to attract some of that talent back."



Credit: Charlotte Poolton Photography

Their vision extends beyond personal ambition to providing employment opportunities and building a local crew based in London.

"We will be doing a call for interviews in collaboration with Andrew Dodd [of Film London] to meet many filmmakers who reside here and, maybe, even attract people back who've been out, so we are excited about that," Shipley said. "We're creating a database of former students and anybody else from the other institutions in London."

Shipley and Peckham highlighted London's unique attributes that make it an ideal filming location, including its untapped locations, easy access, and robust support from organizations like the London Economic Development Corporation. Their recent attendance at the Canadian Media Producers Association's Prime Time 2024 event in Ottawa underscores their commitment to attracting film productions to London.

"A couple of years ago, people would say London was too far," Peckham said. "Now they say things are expensive in Hamilton and Toronto for smaller productions, so they're very interested in London as an option."

According to Peckham and Shipley, this shift in interest signals a substantial opportunity for London's burgeoning film scene.

Broad Films stands as a beacon of hope thanks to Peckham and Shipley's commitment to nurturing local talent, which promises to shape the future of film production in London. As they continue to build momentum, Broad Films is poised to elevate London's status as a premier destination for filmmakers. The local business will work closely with Film London, a city-funded agency that helped attract a dozen film shoots to London in 2023.

This expansion of Broad Films signifies a significant milestone in London's film industry, reflecting the city's growing reputation as a dynamic and innovative filmmaking hub.



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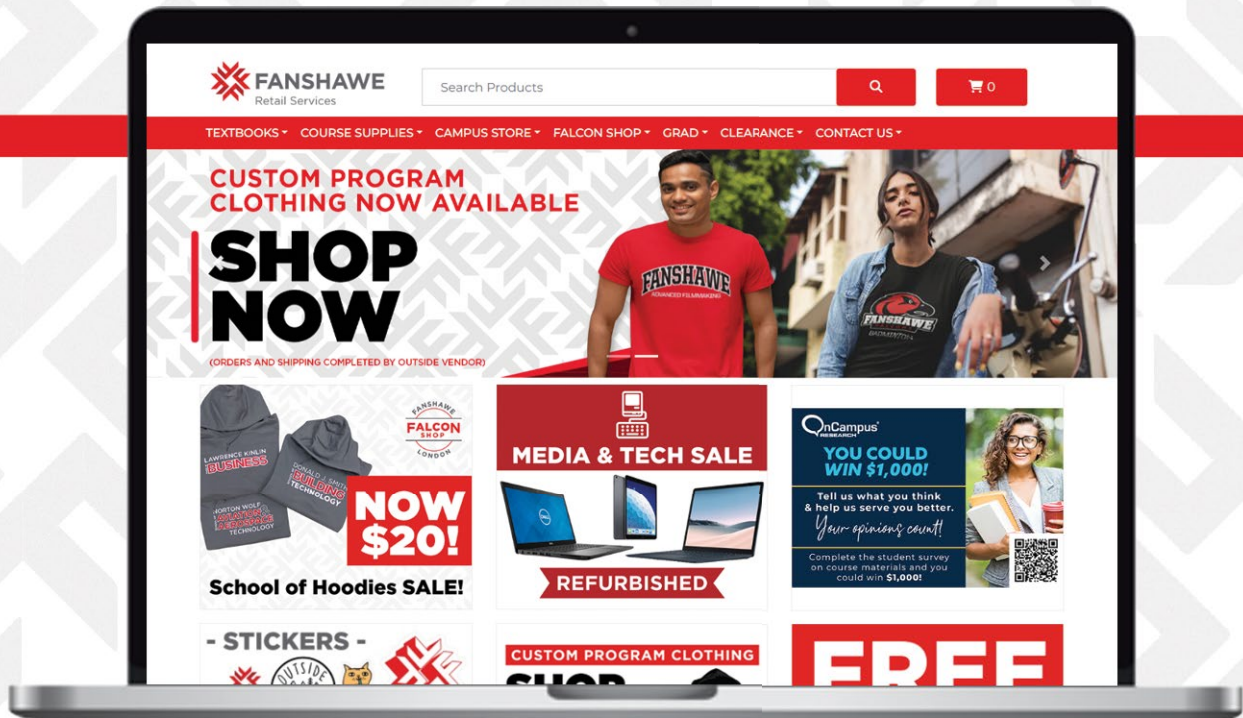
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# Paramedics and mental health: A closer look

Konstantinos Drossos (he/him)

There is a saying that states that things in our work life should be left at work and not thought about at home during off hours, but for some, that's easier said than done. Many lines of work, involve high amounts of stress and intense situations, requiring employers to be on the clock 24/7, with little to no time to rest.

In the paramedic workforce, for example, employers have mental health services available at any time for workers to use in a time of crisis. Paramedics, alongside other first-responder groups, are on the frontlines of some of the most intense and grim situations. They are exposed to things that most would not be able to handle or see things that are very emotionally straining.

Paramedics have reported heightened anxiety, depression, and post-traumatic stress disorder (PTSD) as detrimental factors of their work. At the Middlesex-London Emergency Medical Services (MLEMS), they offer a diverse number of programs for their medical personnel who are in need of help during a crisis.

“

**With paramedics working under pressure many hours at a time, they are moving on from case to case at a rapid pace.**

Samantha Vollick, the Public Education Coordinator from MLEMS gave insight as to what kinds of programs they offer to their medical personnel when they are going through a time of need.

“We have a peer support team,” she said. “We do training on mental health support, after-hours calls we do debriefing with the peer support member who's trained in critical incident stress management. We also have a psychologist who is on board with us that we should have referrals to in order to help support someone in immediate crisis.”

With paramedics working under pressure many hours at a time, they are moving on from case to case at a rapid pace. Many of them are just taking patients to the hospital, dropping them off then moving onto their next call, never knowing what happens to the person they were helping. So, in an effort to offer closure for paramedics who wanted to learn of the well-being of the people they helped, Survivors Day was created. The day connects with survivors with the paramedics who saved them, giving both parties the chance to gain closure over a traumatic event.

“It's always a very positive day. You don't usually have a lot of follow up with patients after we drop them off at the hospital. So, I know it does have a positive impact,” Vollick said.

Despite having thick skin, there's only so much one's mind can bear. A work environment, of any kind, is a community that looks after and takes care of their own, and paramedics do an incredible job of this.

Credit: Caleigh Reid





# Dorm-friendly low-impact exercises

Mauricio Prado (he/him)

**H**ave you ever wondered what low-impact exercises you can do in your apartment or dorm without bothering your neighbours? We have the answers.

First, we need to understand what low-impact exercises are. According to health and wellness professional Ashlee Wilhelm-Pedlow, low-impact exercises are those exercises that cause less impact on your joints.

“Some high-impact exercises usually involve jumping,” Wilhelm-Pedlow explained. “Squat jumps and jumping lunges are some examples. Low-impact exercises are the opposite of those things. It is taking out the jumping part of the exercises.”

She said low-impact exercises are ideal for dorms and apartments because they do not disturb anyone else by doing them.

“When jumping, if you are in an apartment or dorm, that jumping usually disturbs the people below or even the people next to your apartment,” Wilhelm-Pedlow said.

According to Wilhelm-Pedlow, many different training styles can be used while performing these exercises.

“Resistance bands are equally as effective as any other sort of resistance,” Wilhelm-Pedlow said. “They are also usually relatively affordable compared to dumbbells and barbells.”

Wilhelm-Pedlow said people typically think of dumbbells and barbells when they think about resistance training. She added resistance bands are equally effective as they add external resistance to whatever exercises someone does.

“Anything that you can do in a gym with dumbbells or barbells you could do at home and sub in resistance bands,” Wilhelm-Pedlow said. “Often when you buy resistance bands, they come with their door anchor.”

She said that with resistance bands, people can mimic any sort of exercise that they do with a cable machine they find in the gym.

“Things like let-downs, straight arm pull-downs, and tricep push downs, that you would typically do with a cable machine in a gym can be done with bands at home,” Wilhelm-Pedlow said.



**Many people think high intensity means that it has to include jumping or heavy weights,” Wilhelm-Pedlow said. “That is not true. You can still work at a high intensity without necessarily jumping.**

Wilhelm-Pedlow said that people must ensure they are “in good working order” before using any resistance bands with no tears or cracks.

“Once they are torn, they rip easily,” Wilhelm-Pedlow said. “Make sure if you are anchoring them to something to do it safely. If you anchor something to a table, just ensure it is heavy enough not to move.”

Another type of exercise that people can do in dorms or apartments is high-intensity interval training. According to Wilhelm-Pedlow, high-intensity interval training is intense training that lasts for short periods with rest times involved.

“Many people think high intensity means that it has to include jumping or heavy weights,” Wilhelm-Pedlow said. “That is not true. You can still work at a high intensity without necessarily jumping.”

Wilhelm-Pedlow said that during the high-intensity piece of a high-intensity workout, the goal is to get the heart rate up nice and high. The purpose of the rest intervals is to have the heart rate start to come down slightly but not to a resting rate.

“There are lots of different interval training apps out there that you can download, and you can choose the length of your intervals, whether 20 seconds or a minute,” Wilhelm-Pedlow said.

Another popular type of exercise people can perform in their dorms or apartments is yoga.

“A lot of people look at things like yoga and Pilates and think that they are a lot kind of lower, more Zen-type exercises,” Wilhelm-Pedlow said.

She said a type of yoga called “restorative yoga” aims to bring down your heart rate and nervous system.

“We have the flip side of what people would generally call yoga where you have different, balanced poses,” Wilhelm-Pedlow said. “They incorporate planks into yoga and require a lot of strength and flexibility.”

According to Wilhelm-Pedlow, yoga can be great at home because it is simple and does not need a lot of equipment or space.

“Anyway, that we can move and decrease our sedentary time helps a lot,” Wilhelm-Pedlow said. “You can think of things like working at a standing desk part of the time and then sitting. That still gives you movement.”

Wilhelm-Pedlow said that any type of movement could help overall health in the long run.













# Stay active in the city this summer

Mia Rosa-Wayne (she/her)

In the heart of southwestern Ontario, London is a vibrant community known for its rich history, cultural diversity, and, notably, its plethora of recreational activities and facilities. Whether you're an avid sports enthusiast, or someone looking to engage in leisurely activities, London offers an array of options to keep you active and entertained throughout the year. Among the facilities are BMO Centre London, various hockey arenas, and expansive outdoor parks.

BMO Centre London, located at 295 Rectory St., is a facility that has become a focal point for indoor sports within the city. It boasts a FIFA-sized soccer field that's also sectioned off into four separate fields for multiple games to be played, as well as a newly added section of the facility with two extra private fields. The versatility of the space allows for a wide range of indoor sports, including soccer, Ultimate Frisbee and even indoor baseball, making it a unique destination for athletes of all ages. Its modern amenities and high-quality turf fields offer an ideal environment for training, playing and competing regardless of the weather outside.

London is also home to a vibrant hockey culture, supported by numerous ice arenas spread across the city. These facilities serve as the training ground for budding athletes and recreational players alike, fostering a strong sense of community and local spirit. From the Western Fair District Sports Centre to the Earl Nichols Arena, these ice rinks offer a platform for players to hone their skills, participate in leagues and enjoy the beloved pastime national pastime of hockey. The arenas also host various events, tournaments, and public skating sessions, making ice sports accessible to everyone.

Beyond indoor recreation, the city's outdoor parks offer a serene escape into nature and playgrounds for a multitude of recreational and outdoor activities.



**...London boasts an extensive network of multi-use trails and pathways.**

Springbank Park, the largest park in the city, spans over 300 acres of trails and is home to picnic areas and sports fields. A perfect spot for jogging, cycling or simply enjoying a leisurely day out with family and friends. Meanwhile, Victoria Park, located in the downtown core, is not only a green oasis amidst the urban landscape, but also a venue for festivals, concerts, and community events showcasing the city's lively cultural scene.

For those who prefer their recreation on the go, London boasts an extensive network of multi-use trails and pathways. These trails offer a safe and scenic route for cyclists, runners, and walkers of all skill levels. The Thames Valley Parkway, for example, winds along the Thames River, connecting several parts of the city and its natural areas, providing a backdrop for outdoor activities in a peaceful retreat from the hustle and bustle of city life.

Participating in recreational activities in London is made easy with the availability of numerous programs and clubs, catering to a wide range of interests and age groups, from youth sports leagues to adult fitness classes to outdoor adventure clubs and arts workshops. There's something for everyone. The City of London's diverse and vibrant recreational scene is a testament to the city's commitment to the well-being and enjoyment of its residents and visitors. Whether you're a competitive athlete, a casual player or someone in search of a peaceful outdoor experience, London offers a welcoming, invigorating environment to explore and enjoy.



# Healthy food spots in downtown London

Zoë Alexandra King (she/her)

When life starts to *life*, individuals tend to grab for the most convenient sources of food. This is especially applicable to college and university students who spend most of their time in lectures or studying. But creating a habit to actively choose healthy food will always increase your energy levels and nourish your body in ways that processed foods can't. We encourage students to visit these five healthy food spots in downtown London to prioritize fresh, clean, and nourishing foods:

## The Better Blend Smoothie Bar

Covent Garden Market

This smoothie bar is the perfect place to grab not only refreshing smoothies but also smoothie bowls. With a variety of toppings for smoothie bowls, and a list of both fruit and vegetable smoothies, they also offer avocado and nut butter toasts, frozen yogurt, chia pudding, and other plant-based options. As the warmth of the summer season approaches, a refreshing bowl or drink of fresh and nourishing fruits and vegetables would make the perfect pick-me-up.

## The Salad Bowl

Covent Garden Market

This food spot is a blend of salads and ice-cream! One side of the restaurant is The Ice Cream Bowl, and the other side is The Salad Bowl. For a more filling and protein rich meal, this is a great spot to take away food or enjoy seating upstairs or downstairs of the market. The Salad Bowl offers the option to pick from 10 classic salads which are all available as a bowl, wrap, or focaccia sandwich, or you can create your own. The Salad Bowl uses flavourful ingredients inclusive of fresh avocado, feta, mushrooms, pickled beets, and more.

## The Green Window

201 Queens Ave.

The Green Window offers a great selection of fresh ingredients that create memorable flavours in their salads and bowls. These are combined with enough nutrients to be a complete and filling meal. At The Green Window, you have the choice of five pre-built salads, six pre-built bowls, or the option to build your own. The bowls are especially mouth-watering with their creative and unique blends. Try some of their treats like the coconut cranberry bites.

## Buzz Bagelz

160 Dundas St.

While Buzz Bagelz might not be the first thing that individuals think of when they hear "health spot," the fresh ingredients here make it a surprisingly healthy option. Their Green Machine bagel with mashed avocado and hot honey is a delicious and nutritious breakfast option that absolutely can't be missed. You can ask them to remove the honey for a fully vegan option as well. On top of this killer breakfast bagel, Buzz Bagelz also has a selection of smoothies on their menu that will leave you feeling refreshed and satiated.

## Reset Social Café

503 Talbot St.

This popular downtown café is perfect for students due to its vibrant study atmosphere. It's the perfect place to get work done while enjoying something healthy to eat or drink. It's recommended to get there early to make sure you secure a space to sit as the tables and chairs fill quickly, especially on the weekend. One of the many great things about Reset is its menu, with a wide variety of coffees and smoothies. They also have a food selection, which includes all-day breakfast, sandwiches, salads, bowls, and more.

As a student, being aware of food spots that offer nutritious, filling meals is extremely important. Choosing to be intentional with what you put into your body should be on everyone's list of priorities. If you live in downtown London or venture there regularly, these five locations have a variety of healthy food options that you can fuel your body with.

Credit: Zoë Alexandra King





# The secret to cutting back on caffeine

Zoë Alexandra King (she/her)

Cutting back on caffeine intake can be difficult when you're a student with a heavy course load. For the longest time, increased caffeine has been promoted to give you a "buzz," aiding in completing assignments or homework. It's also understandable that the rise of café culture has been an influence, as these spaces often serve beverages that are potent in caffeine.



**It's important to remember that caffeine is a drug at the end of the day and just because society has created drinking large consumptions normal, it can still do more harm than good to your body.**

Less talked about are the negative side effects of a high caffeine intake. The two biggest drawbacks include increased anxiety and trouble sleeping. It's helpful to know healthier alternatives to things like coffee, which are just as delicious and still give you energy, without the negative side effects of caffeine. As with all things, too much of anything can be dangerous. Therefore, having small amounts of caffeine shouldn't create any dietary imbalances.

The key to any adjustment in your diet is to start with small reductions. For some people, going cold turkey might work, but for most, you need to move through this process slowly. There are many alternatives that students can take when it comes to lowering their caffeine. One of the first alternatives that individuals grab for is

decaffeinated coffee. This is a great alternative for those who love the taste that comes from coffee but don't want the overdone buzz that comes with regular coffee. Decaf coffee has the lowest amount of caffeine, after regular coffee and black tea.

The below highlights how much caffeine is usually in an 8 oz cup of:

**Regular coffee:** 100mg of caffeine

**Black tea:** 35mg of caffeine

**Green tea:** 25mg of caffeine

**Decaf:** 5mg (or less) of caffeine

It's safe to assume that coffee lovers who choose decaf as an alternative will significantly decrease their caffeine levels. However, if this is too low of a dosage, drinking certain teas can be a great steppingstone to lowering your caffeine intake.

Remember, the goal doesn't have to be to completely cut caffeine out of your diet but to simply reduce the amount that you are putting into your body.

There are so many reasons why students might turn to coffee and make drinking it a heavily practiced routine for them. During the winter, the cold weather can naturally warrant warmer beverages, with coffee usually being the first drink of choice. Retraining your mindset on caffeine is important and can be easily done by finding the right alternatives that suit you. Examples of alternative warm drinks include hot chocolate, and various teas. Now that the seasons are changing and warmer days are upon us, it's the perfect time to reduce highly caffeinated warm drinks.

It's important to remember that caffeine is a drug at the end of the day and just because society has created drinking large consumptions normal, it can still do more harm than good to your body.



Credit: Caleigh Reid

Some other energizing alternatives to try to reduce caffeine include:

1. Maca
2. Kombucha
3. Refreshing drinks such as coconut water, lemon water, lemonade, and fresh juices
4. Herbal teas

These four alternatives will boost your energy levels due to the substantial nutrients that your body will receive from them. In most cases, treating your body with a more natural approach can result in great benefits in more than one area. Although drinking coffee can be difficult to reduce, it's important that students stay mindful of their dietary choices and refer to the alternatives from this article or further research.



# Sleep, anxiety, and meditation: The best mobile mental health apps

Justin Koehler (he/him)

According to a study conducted by the *Canadian Journal of Psychology*, nearly a quarter of students report having received a past-year diagnosis of anxiety or depression, with 16 per cent reporting a dual diagnosis.

With increasing cases of depression, anxiety, and stress in the lives of young people across the country, there's no doubt students are dealing with this too.

It's important to find ways to cope and relax whenever possible to avoid panic attacks and overall burnout.

One of the most convenient options nowadays are meditation and sleep-based phone apps.

With the increase in need and demand for these apps, the amount of available options has increased as well. This has made it increasingly difficult to find which potential option would work best for you.

The main frontrunners in the space as of right now consist of Calm, BetterMe: Mental Health, Headspace, and Balance.

Each of these apps are unique in their own way, so let's lay out some of the major pros, cons, and differences of each.

## **Calm**

This is probably one of the most heard-of apps on the list, with ads currently circulating on Spotify talking about the app. While it is one of the most popular, it's also one of the toughest to get into.

The interface is pleasant, everything is well laid out, and it even has some popular voice actor contributions including from *Critical Role's* Matthew Mercer.

That being said, this app offers one of the least in terms of free-use availability. Users hit a paywall from the first time they open the app, with only a handful of available options for free.

This makes it incredibly difficult for those looking to experiment with app options or those looking for the odd hit of relaxation without a subscription.

To try: seven-day free trial, \$15.99 per month or \$76.99 per year.

## **BetterMe: Mental Health**

This is one of the secondary apps off of their main BetterHelp app, which provides therapy options and counselling. That does make it reassuring that they know what they're doing.

For their mental health app, when it comes to meditation and relaxing during the day, BetterMe: Mental Health is one of my favourite available options.

While it's a bit limited when it comes to sleep options and general long-term potential, it has a great amount of sound options and breathing exercises.

This makes it one of the best choices while studying, working, and generally trying to calm down while awake.

To try: \$26.99 per year.

Credit: Prostock-Studio







Credit: PonyWang

“

**It's important to find ways to cope and relax whenever possible to avoid panic attacks and overall burnout.**

#### Headspace

This one is fairly similar to Calm, with a very prevalent paywall limiting availability for free users. That being said, Headspace offers even less.

You will struggle to find even a single app that doesn't have a lock symbol beside it, heavily pushing their paid services.

The app does have plenty of options ranging from breathing exercises, sleep guides, stories, options for families, and more.

The plans themselves are quite nice, and the app itself is very well laid out and easy to navigate. For those looking for a well-made and polished app, this is a great option.

You just might find it tough to want to fork over a subscription fee for an app that limits your usage from day one.

To try: seven-day free trial, \$17.99 per month or \$89.99 per year.

#### Balance

This has become my go-to option. Balance has everything from single relaxation exercises to longer term, multiple day plans. There are different voice options

available to customize the experience as well as different colour noise sounds to use. While the app is not technically free, it makes itself readily available to try and use, offering new users a free year of use rather than the standard seven-day trial.

To try: one-year free trial, \$11.99 per month or \$69.99 per year.

Everyone is different and not everyone will like and enjoy these apps the same way. Trying each and testing your preferences is a great option to make sure you're finding the best app for you.

In any case, finding ways on your phone or in life to cope with life and relax when possible is one of the best things you can do for your long-term mental well-being.



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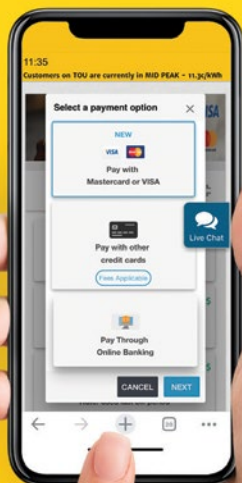
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# Local resources

- Near Fanshawe College
- Near Western University

Credit: Ijubaphoto

## GROCERY STORES

- **Phil's No Frills**  
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 \(toll-free\)](tel:1-866-933-2023)  
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)





Credit: HaizhanZheng

## 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**  
[lcccl.org](https://lcccl.org)  
505 Dundas St.
- Where We Are Now  
Community Centre (W.E.A.N.)**  
[weancommunitycentre.com](https://weancommunitycentre.com)  
150 Dundas St.

## 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)  
493 Dundas 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**  
[fanshawec.ca/students/support/indigenous-learning/institute-of-indigenous-learning](https://fanshawec.ca/students/support/indigenous-learning/institute-of-indigenous-learning)
  - **Indigenous Services,  
Western University**  
[indigenous.uwo.ca](https://indigenous.uwo.ca)

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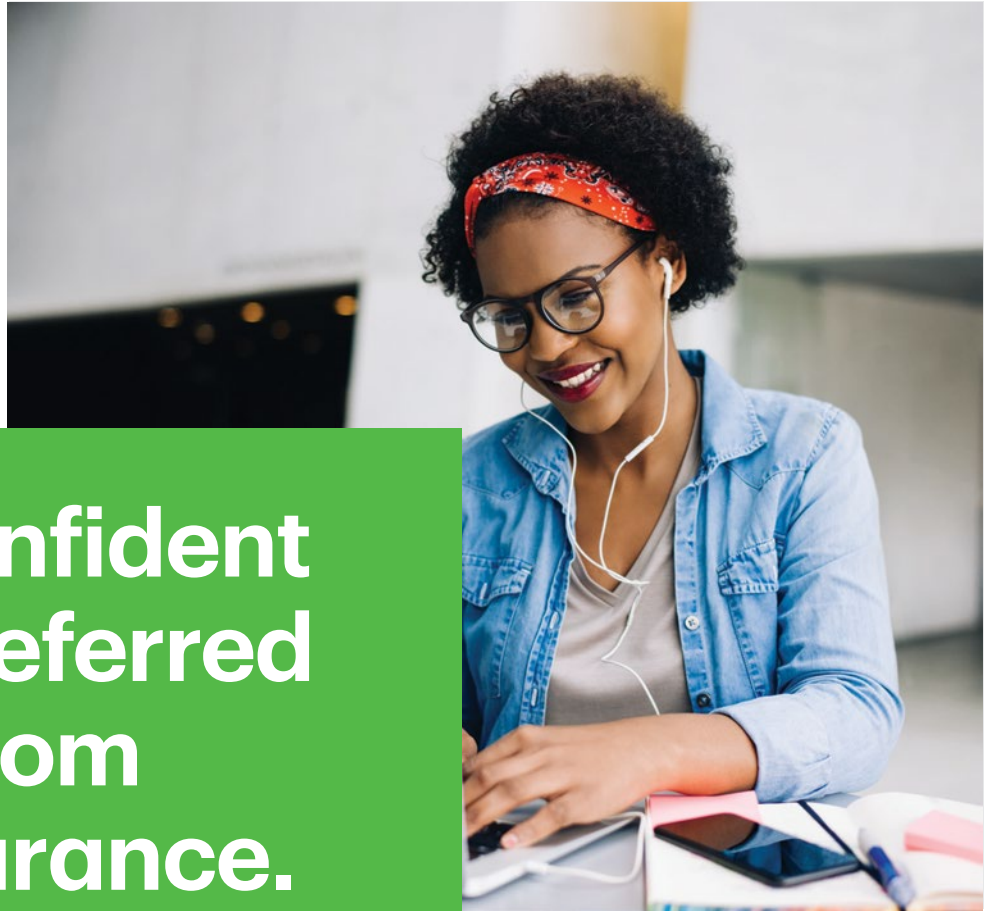
Interested in contributing?  
Contact Hannah Theodore, Editor:

Tel.: 519.452.4109 x16323  
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