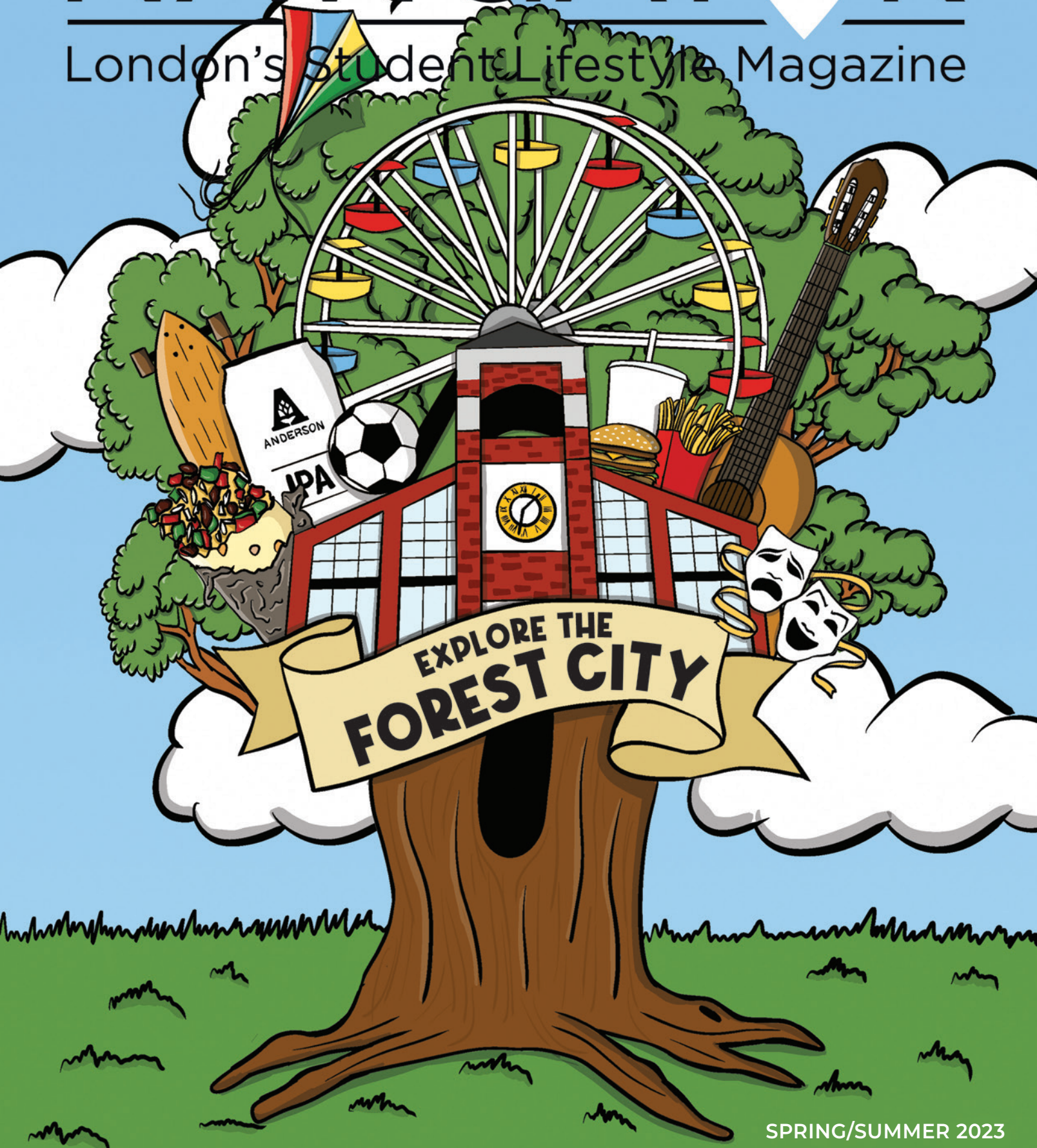


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FROM THE EDITOR

Dear readers,

Welcome to the Spring/Summer 2023 edition of the Navigator: London's one and only student lifestyle magazine. This summer is shaping up to be one to remember in the Forest City, with the full-scale return of some of southwestern Ontario's biggest and brightest festivals, the opening of some new and noteworthy restaurants, and the regrowth of businesses formerly lost to the pandemic.

Within the pages of the Navigator, you'll find a plethora of information guiding you towards this summer's various music festivals, as well as personal anecdotes about how London's music scene has evolved through the years. Discover exciting new eateries and revisit familiar favourites, then check out some stories on becoming a market vendor, balancing work and school, and how one east end neighbourhood has grown into a cultural hub. Finally, find out how to stay happy and healthy this summer, with a guide to London recreation leagues, and tips for seeking out mental health support as a post-secondary student.

This magazine is made possible by the thoughtful contributions by student writers at Fanshawe College, with 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.

Spring and summer are the perfect seasons for reacquainting yourself with the world around you. Get out there and enjoy all that London has to offer, with help from your fellow students here at the Navigator.

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

— Hannah Theodore

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NAVIGATOR

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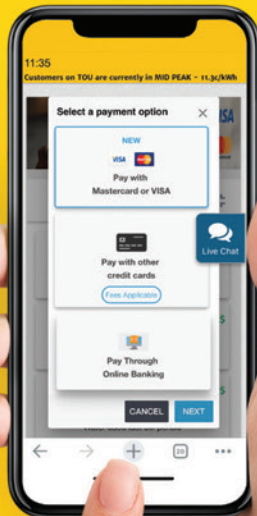


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Photos: Darin Addison (Courtesy of Home County Music & Art Festival)

You are home at Home County

DEE-DEE SAMUELS (she/her)

Home County Music & Art Festival will be celebrating its 48th season from July 14 to 16, in Victoria Park. The festival hosts music, art, food, and community.

Home County is dedicated to the culture of community, especially the London and surrounding areas. The H.O.M.E. in Home County is an acronym for Huron, Oxford, Middlesex, and Elgin, the four counties surrounding the city of London.

“For the first 38 years of the festival, it was called Home County Folk Festival and the name was changed to Home County Music & Art Festival in 2012,” Darin Addison, Home County artistic director said.

The festival, Addison said, celebrates diversity and community which is reflected in both its performers and vendors.

“Everybody is welcome at Home County Festival,” he added. “We rely on all different sorts of income to keep the festival running. We get grants from the City of London, Arts Council, Ontario Arts Council, London Community Foundation, Canadian heritage and we have a couple sponsors but not a whole lot, so we rather rely on donations and people coming into the park during the weekend.”

What makes Home County stand out amongst the many festivals that take place in the summer is its dedication to community and culture.

“We’re still a sort of a folk roots festival at the heart of it, but you know, folk music has evolved over the last 50 years. I think the way forward is to still want to honour the traditions of the history of Home County with traditional folk music but we’re trying to make it a little more art contemporary, bringing in younger audiences.”

Home County has an organic feel to it, from its home-grown musicians and arts and crafts vendors to its many food options. According to Addison, the “folk” aspect of the festival is key.

“There’s a lot more difference in the song writing of folk music than other contemporary pop music. There is a lot of storytelling going on in folk music, it’s organic...they’re using more traditional instruments like violin, accordion, or banjo.”

The community aspect of the festival is also highlighted through some of the popular workshops the festival hosts.

“We put four different artists on stage together and they started playing...it’s more of a songwriter circle. Sometimes full bands or sometimes just solo artists take turns playing a song trying to tie it back to the theme of the workshop, they will also just play together which contributes to the organic feel.”

This year’s festival will be considered a “return to normal” after two years of COVID-19 restrictions.

“We’re still in a pandemic, but we’re sort of coming out of the COVID shutdown, 2022 was kind of a practice run, we didn’t have as many vendors, and we rely on our food vendors and craft vendors because they paid to be there at the park and so they’re all big part of our revenue,” Addison said. “We have a lot of the vendors already signing up again for this year and coming back.”

Addison is also very excited that 75 per cent of the festival’s musical acts are already booked, and he is just waiting on confirmation for the rest. The Home County Music & Art Festival is something the community is at the centre of, it’s where stories are told and a place to feel like you can contribute to its co-creative lineage. You are home at Home County.



London's best spot to longboard

BEN HARRIETHA (they/them)

I have been infatuated with longboards since I was 13 and my friend let me ride his for a few minutes after school. The sense of speed you get on one is only matched by a motorcycle, and you don't need a licence for a longboard.

I use mine in two ways; the first is as a way to get from point A to point B faster than walking. A longboard, while not as fast as a bike, is a lot easier to take places as you can just carry it with you, as opposed to having to lock your bike up or worse, lug it around with you. Second, I use the board as a hobby, skating London's various trails and parks. My

favourite spot to go for that is the Thames Valley Parkway.

Located right on the edge of the Thames River, the parkway begins at Ivey Park, and splits three ways; southeast to Pottersburg Park, southwest to Springbank Park, and north to Kilally Woods. Running at 43km in length, the trail runs through or parallel to multiple other parks, like Ivey Park or the Thames Park. Additionally, the City of London website says over 150km of additional trail are attached to the parkway.

The trail is designed for two-way use, and is wide enough for people to pass each other on each side without even coming

close. It's all smoothly paved, so it's easy to skate the whole way.

The trail also runs alongside the downtown core, meaning there are plenty of spots to stop and grab a bite to eat or a cold drink on a hot day. My personal favourite spots to stop at include Reset Social Café, Burger Burger, and Presotea. Usually though, I just will pack a lunch so I can sit by the water under one of the many bridges over the Thames so I can eat in the shade and watch the river go by.

Speaking of the river, it's one of the many reasons I gravitate towards this trail when I'm trying to figure out where

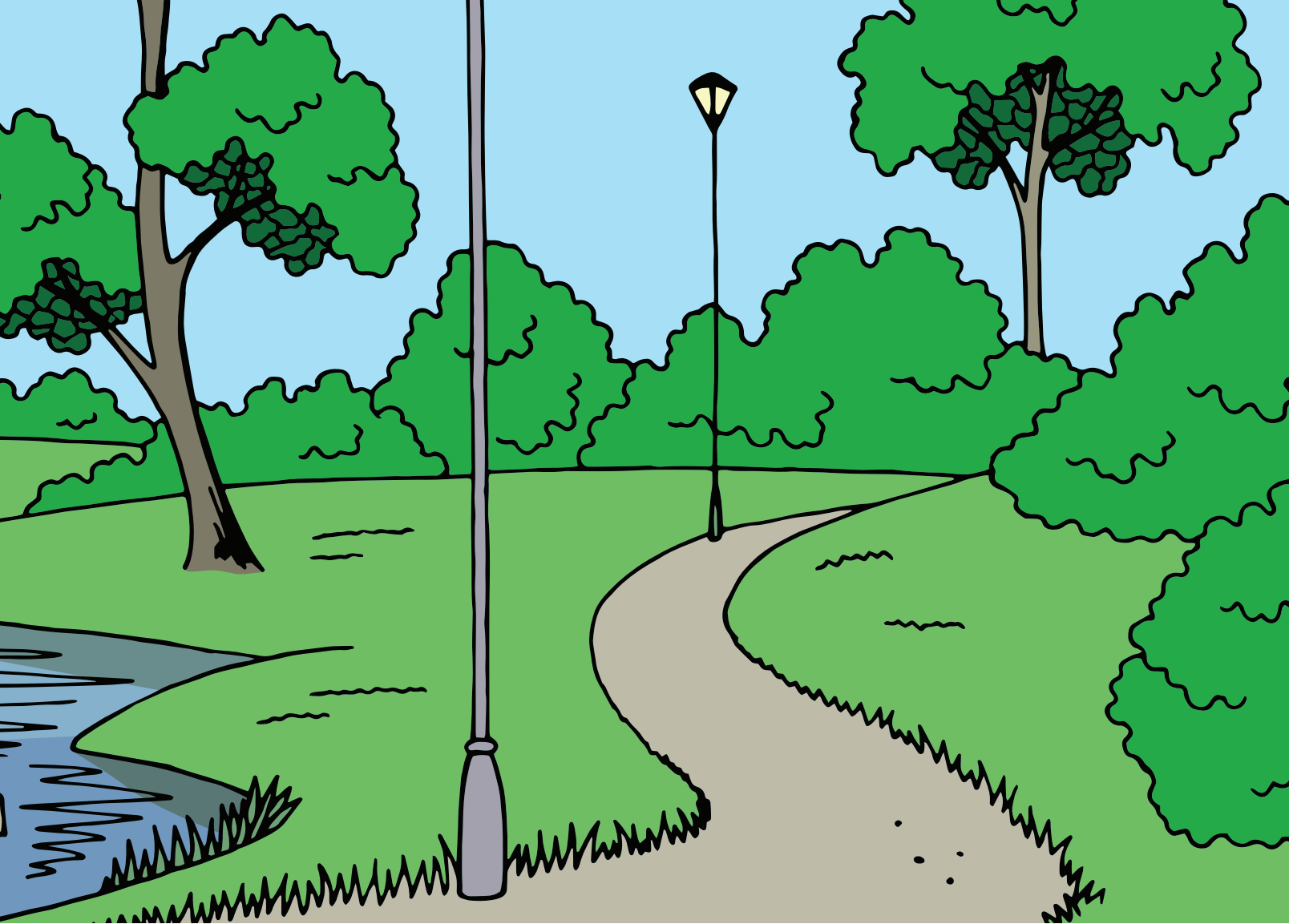


Illustration: Briana Brissett and Alunal

to skate around. As the name suggests, the parkway runs alongside the Thames River. Pretty much the entire time you're on the Thames Valley Parkway, you can see the river from the trail. While I wouldn't recommend swimming in the Thames, it's still a lovely river to take a walk by, or in my case, a skate by.

When on the Thames Valley Parkway, you can see why London is called the "Forest City." The entire trail, save for a few select portions that come closer to some of London's main roads, is lined with trees. The trees provide a good amount of shade, making the trail nice and cool on a hot day.

“

The trail also runs alongside the downtown core, meaning there are plenty of spots to stop and grab a bite to eat or a cold drink on a hot day.

I only have two problems with the trail, which are more warnings than problems, really. The first is that there are some

deceptively steep hills in some sections. I learned that the hard way when I went down a hill that from the top, which looked perfectly normal. But I ended up going incredibly fast down the hill and nearly wiping out. Some may enjoy things like that, but it's not for me.

Second, geese. There are so many geese on this trail, and they are mean. You haven't known true fear until you've had to run away from angry geese.

If you're looking for a spot this summer to experience the nature London has to offer, make the Thames Valley Parkway your stop of choice.



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Summer music festivals in 2023

JOHAN GEORGE (he/him)

Forest City London Music Awards

London Music Hall of Fame

| June 11 – 18

The Forest City London Music Awards (FCLMA) are one of the biggest celebrations of the year for London area musicians and artists. The week comprises of numerous events celebrating and encouraging southwestern Ontario artists. The FCLMA Jazz and Classical Awards Show takes place at Aeolian Hall followed by music events throughout the week at London Music Hall and London Music Hall of Fame including a Pop & Rock Gala Show, Battle of the High School Bands, Soundcheck for Success (a music career and professional development day) and finally a Music Awards Gala.

London International Food Festival

Victoria Park

| June 23 – 25

Who doesn't love food? London's International Food Festival has plenty of food and drink to enjoy. The festival offers a wide selection of vendors who sell alcoholic beverages and different types of food on location at Victoria Park while you're being serenaded by a wonderful lineup of artists like Heart Attack Kids and Sarina Haggarty.

Canada Day

Dundas Place

| July 1

Canada Day in London hosts a large number of festivities each year. Last year featured live entertainment from local artists and performers as well as a relaxation lounge with local craft beer and wineries, a collaborative children's zone and a Touch-A-Truck vehicle display alongside several local food, drink and artisan vendors. The city also presented fireworks at Harris Park.

Since 2021, the annual Turtle Island Healing Walk has also taken place on July 1 to honour the survivors and lives lost from Canada's residential school system.

TD Sunfest

Victoria Park

| July 6 – 9

Huge artists come to perform at Sunfest, one of the largest music festivals in London, Ont. The festival focuses on World Music, featuring hundreds of multicultural food vendors and musical performances. Last year artists like Franciso, El Hombre, Xènia França, Bombino and many more performed on five different stages set up around the park.

RBC Rock the Park

Harris Park

| July 12 – 15

Rock the Park 2023 has an incredible lineup of artists, all ready to take to the stage at Harris Park, including Mumford & Sons, Vance Joy, Bahamas, The Trews, Ludacris, Ashanti, Ja Rule, Chingy, Ying Yang Twins, Billy Talent, Alexisonfire, Cypress Hill, Silverstein, The Dirty Nil, and more.

Colombian Gastronomy Festival

Covent Garden Market

| July 14 – 15

Located at the Covent Garden Market Square, last year Stereo Caliente Entertainment hosted the annual Colombian Gastronomy Festival. This festival offers a unique blend of Latin music to be enjoyed with Colombian food and tasty cold beer.

Home County Music & Art Festival

Victoria Park

| July 14 – 16

The Home County Music & Art Festival is one of London's premier summer festivals having run for almost 50 years in Victoria Park. The festival focuses on Canadian roots-oriented music with some original arts and crafts events. Local musician Aaron Allen performed at Home County last year.

Island Fest

Covent Garden Market

| July 29 – 30

There are hardly any celebrations honouring Caribbean and Black culture in London, but Island Fest 2023 aims to change that. You can expect to see Caribbean food vendors, DJs, and a range of live musical performances at Island Fest on the Rotary Square at Covent Garden Market.

London Ribfest

Victoria Park

| Aug. 3 – 7

If you're a fan of ribs, you'll definitely want to come to the 2023 London Ribfest. Ribfest includes rides and games for the family to enjoy, along with a huge selection of local meat and food to try. The lineup of musical artists for 2023 has yet to be announced, but last year local metal band Solarus performed, among other local musicians.

Photo: Courtesy of TD Sunfest



Everything to do at the Western Fair District

EMMA BUTLER (she/her)

Illustrations: Briana Brisett

The Western Fair District, located at 316 Rectory St. in London's east end, is home to various fun activities throughout the year.

"Western Fair Association was founded in 1867 through the amalgamation of the East Middlesex Agricultural Society and the London District Horticultural and Agricultural Society," according to the Western Fair website. "The first official meeting of the Western Fair Association was held the following year, which was also the inaugural year for the annual Western Fair."

But there's more to the Western Fair District than just the annual Western Fair. There are activities open yearly at the district, allowing people to attend whenever they see fit. The Gateway Casino is open to people aged 19 and up and has a variety of tables and slots. The grounds also host a fine dining restaurant known as Top of the Fair. The restaurant is located on the third floor of the Grandstand building at 900 King St. and includes a great view of the horse racetrack, allowing guests to enjoy a great meal while watching (and betting on!) the races down below. The horse racing season is from October 'til May, with races happening three to four days a week depending on the weather. When the track is closed, you can still catch horse racing action from across the continent.

“

...there's more to the Western Fair District than just the annual Western Fair.

"We are open seven days a week for simulcast racing! You can bet on many different tracks all over North America," according to their website.

Lastly, the Western Fair Market is open Saturday and Sunday all year long, featuring many locally grown foods and lots of homemade vendors.

Fanshawe grad, Wade Kennedy has been to Western Fair District for many reasons but said he would come all the way from Crediton, Ont. to go to the market.

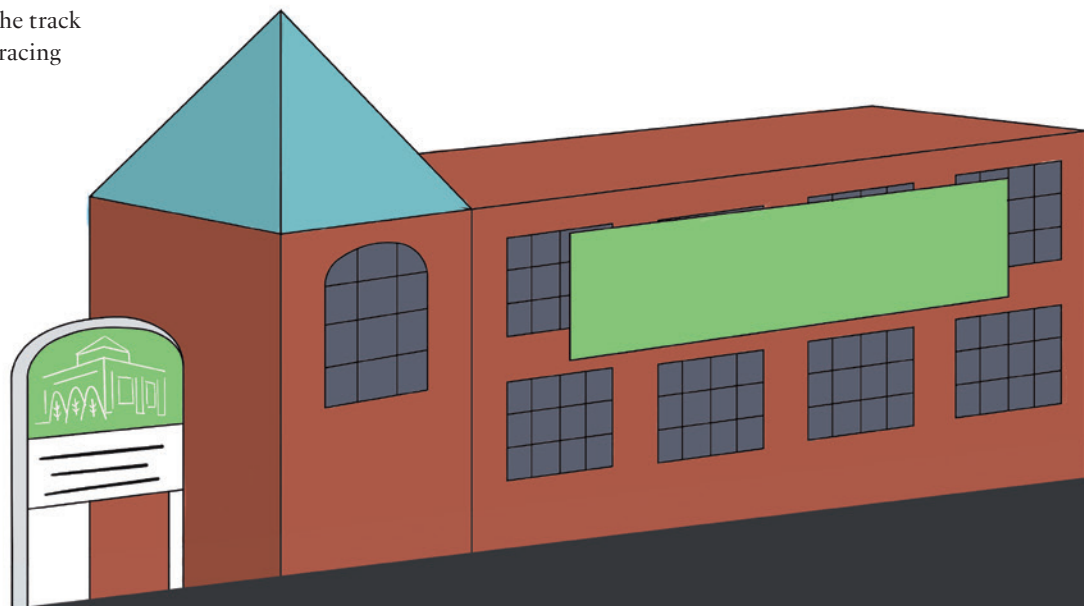
"My favourite thing to do at the district is attend the weekend market and get local sourced fresh foods. I also really enjoy having a boys' night out at the casino and spending a good time with my buddies playing roulette and other games," he said.

Then there are the many conventions held at the Western Fair Agriplex. The 2023 London Farm Show, held in March, is the largest spring farm show in eastern Canada, featuring over 370 exhibitors and 230,000 square feet of show space, showcasing the latest in agricultural technology and equipment.

Of course, there is no better way to close out the summer than with the Western Fair. This year's fair will be held from Sept. 8–16. With over 30 different rides and many vendors, this fair is the biggest in southwestern Ont.

The Western Fair District has lots of other activities and events including their Sports Centre, live events, and conferences. Their mission is to create unique experiences that fulfil the evolving entertainment, recreational and educational interests of their customers, according to their website.

"I love attending the Western Fair and riding on amazing rides and enjoying the vendors that participate in it. The district brings lots of excitement to London, I believe it is one of my favourite places to go when I go to London," said Kennedy.





London's scene has changed, but the music lives on

GERARD CRECES (he/him)

Collectively, folks in the music scene in London, Ont. gave a huge “WTF” when the city was announced a UNESCO City of Music in 2021. This London? Our London?

Because as musicians, it has been getting increasingly difficult to find venues to play, particularly for those artists trying to cut their teeth.

In recent times (pandemic times, that is), London has seen the loss of the London Music Club, Norma Jean's, Call the Office and Old East 765. Those four venues provided new artists an opportunity to get on a bill with other performers at or above their punching weight, and gain some experience playing live in front of appreciative crowds. The void left by their demise cannot be denied, but it also may be over-stated due to romanticizing and nostalgia.

News articles and social media posts at the time of the above closures show long laments about the loss of London's storied musical venues by artists who have played there in their various heydays. However, if the business wasn't there to keep these venues open, where does the blame lie?

Die-hards alone cannot pay the bills for bars that rely on drinkers for their business. Three local bands pulling in 50 people aren't going to keep the lights on at a time when a generation of new club-goers are drinking less and staying home more.

In that regard, it's easy to be cynical about London's UNESCO designation. But dive bars and small clubs are only a small part of a much larger picture.

Taking off the lens of a local band looking for a bar gig, London actually has a lot going on musically.

The city hosts hundreds of thousands of visitors every year at Budweiser Gardens, with some of the biggest names in the business gracing its main stage.

Sunfest hosts musicians from around the world every July, offering Londoners a truly multicultural experience. Home County Music & Art Festival celebrates all things folk with a lineup that regularly includes London acts. Rock the Park has expanded and adapted in modern times to include rap and country — genres that have out-paced rock-and-roll in popularity over the past decade. London Music Hall hosts big names all the time, in all genres, and its counterpart, Rum Runners, provides multi-act lineup opportunities for local bands.

The Aeolian Hall is not only a place for world-class musicians to perform, it also runs several musical education clinics.

Pubs like Poachers Arms, Winks, and McCabe's all have live music several times a week downtown, mostly acoustic acts playing bar music, as does Molly Blooms.

Outside downtown, Eastside on Hamilton Rd., the Dawghouse on Wilkins St., and the Wortley Roadhouse are all places where a music fan can find great entertainment on the weekends.

That's not to mention the most recent addition to London's musical venues — craft breweries. Places like Anderson Ales, London Brewing Co-op, and Powerhouse (all located within blocks of each other in East London) are vocal promoters of the arts, and regularly book shows for local and regional artists. They are filling a void left by the small-sized clubs that have dried up or closed down.

So is it the loss of venues that makes musicians cynical about London's UNESCO designation as a music city, or is it the loss of the scene? As consumption of music and bar culture changes, the Forest City has done a great job of keeping the music flowing, even as its historic venues dry up.

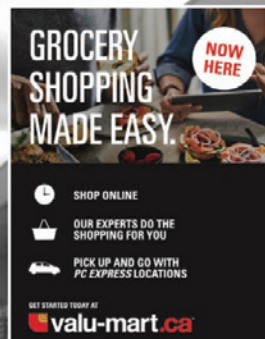
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The Fanshawe Student Union (FSU) is an organization committed to excellence in service and student support within the diverse student community of Fanshawe College.

The best burgers are at Beach Boy Burger

KATE OTTERBEIN (she/her)

London has a new “best burger in town,” at least in my humble opinion. Beach Boy Burger is a fairly new restaurant, just one year old. It is located at 731 Wellington St. in London.

Beach Boy Burger is really a hidden gem within the city. The restaurant itself is fairly small and it looks like a house from the outside. But inside is where the magic happens, with some very kind staff.

The premise of the restaurant came from the idea of “smash burgers.” A smash burger is essentially a meatball that is squished after being placed on the grill. They are rather thin in nature.

“Warm, toasted, buttery buns, quality beef blend seasoned to perfection and smashed thin to maximize flavour,” cited Beach Boy Burger’s website.

The flavour is rich in these burgers, that’s for sure. The cooking method makes a nice, crisp outside with a very juicy centre.

Founded by Jesse Walker and partnered with Josh Sawyer, Walker’s goal was to bring a restaurant to London that didn’t already exist. So, the menu is rather simple. Guests can order a single, double, or triple burger dressed with ketchup, mustard, beach sauce (their special secret sauce!), American cheddar, chopped pickles, and chopped onions.

If burgers aren’t quite your speed, they have newly introduced a hot dog, called Signature Dog. It is a seven-inch beef hot dog in a custom-made bun. It comes dressed similarly to the burgers with ketchup, mustard, pickle, chopped onion, and beach sauce. The hot dog gets just as many rave reviews online as the burgers.

There aren’t meal options for one price, but the sides are just as amazing as the burgers. For any fellow mac-and-cheese connoisseurs, Beach Boy’s mac-and-cheese is a must try. It is so creamy and cheesy, making the perfect decadent side for whatever main you choose. This is a treat that is worth the extra calories!



Photo: Kate Otterbein

“

This is a restaurant I recommend to everyone and London agrees. Beach Boy Burger was awarded gold in the burger category by CommunityVotes London 2022.

Fries are also available if you prefer and for an extra cost, you can add one of their house made sauces for dipping. They have their signature beach sauce, a house-made habanero ketchup, and house-made dill mayo. The Malibu Mayo and the Beach

Sauce are personal favourites and the Ketchup Caliente is on my list to try! It will add a little bit of kick, if you’re into spice.

Now, that’s a lot of information already. But that’s not all! To wash it all down, you have a choice of bottles or cans of pop, or a milkshake. They always have the classic flavours like chocolate, strawberry, and vanilla. Every month they also have a monthly milkshake. This can vary from a Skor milkshake to a peanut butter and jelly shake. And dessert?! A deep-fried PB&J sandwich!

This menu is truly so unique and so tasty. This is a restaurant I recommend to everyone and London agrees. Beach Boy Burger was awarded gold in the burger category by CommunityVotes London 2022. If you’re looking for something tasty this BBQ season, Beach Boy Burger is definitely on my list of recommendations.



Dine at London's singular student-run restaurant

ZOË ALEXANDRA KING (she/her)

Located in the heart of downtown London is Fanshawe's student-run restaurant, The Chef's Table. Seating approximately 80 people, The Chef's Table provides a learning space for students to gain hands-on kitchen experience as well as serving the public with both locally sourced food and international cuisine. Dining at The Chef's Table takes place between Monday to Friday from 11 a.m. to 1:30 p.m. and 5 p.m. to 8 p.m.

This restaurant is a learning environment for students where they can experience guidance from professional chefs. With that, the students still maintain a lot of control in the restaurant. Chef instructor, Lester Hornilla indicated that even the menus are student created.

"Part of their project is to create a tasting menu at the end of their school term and then items from this are then used for the restaurant menu," Hornilla said.

One of the features that I love about this restaurant is the student interaction with customers. Chef Hornilla acknowledged that students are assigned the role of Chef of the Day, where they get to experience all aspects of this role.

"Part of their duties is to go out and talk to customers and ask how their dinner is or how their dinner was, how the experience is, and they get the experience to have an interaction with customers," Hornilla said.

Culinary Management student Franklin Gonzales III was the Chef of the Day when I visited, and he explained that his role included managing the students for that day and how that prepares him for after his program.

Professor and Chef Patrick Hersey said that watching the improvement of his students throughout the term is a rewarding experience.

"It's one of the things about our program that I'm the most proud of," Hersey said. "The fact that we have the restaurant there provides the students with that real-life experiential learning. The training they're getting is no different than if they were working in any other restaurant in the city."





Photos: Stephin Sathya

Additionally, Chef Hornilla said that the last few weeks of the semester is when the students are truly running the kitchen on their own.

“As we just step back and watch them do it, is a very proud moment,” Chef Hornilla said.

Culinary Management student Larissa Moore from Sarnia expressed her career aspirations of becoming a chef.

“I’ve worked in kitchens before, prior to coming to culinary school, but the experiences and techniques I’ve learned here are phenomenal. I wouldn’t trade it for the world,” Moore said.

For hockey fans, The Chef’s Table also has a weekly Friday Knights special between 5 p.m. and 7 p.m.

“This is designed for people who are going to the game so they can come in

early, have a quick meal and still get to the Knights game on time” Chef Hersey said.

Overall, visiting The Chef’s Table is a great opportunity for students to support students in their learning environment and have a great meal at the same time! If you aren’t a student, I still encourage you to call The Chef’s Table and make a reservation to experience what the students have to offer.



Citi Plaza's food court highlights

JUSTIN KOEHLER (he/him)



Photo: Ben Harrietha

The downtown core has plenty of options for food and entertainment. Budweiser Gardens and the London Knights, Victoria Park and its various festivals, as well as various small businesses and pubs down the streets.

Then there is one of London's older malls, Citi Plaza, which has some great options for those looking to grab a bite to eat.

The mall is located right in the core of the downtown area and has been seeing more traction as of late thanks to its reasonable parking costs, location, and influx of businesses that have begun filling up the mall.

Kenneth Rose, an employee at the Subway in the food court of Citi Plaza, explained how customer numbers have dipped since before the pandemic, but have been beginning to rise again.

"We're still not back to pre-pandemic numbers, but traffic has certainly picked up with more of the offices coming back. We have Skip, Uber, and Doordash, so we do get business through them as well."

“

We've been here for about 10 years in this spot, but we've been in the actual mall as a whole for around 37. It's the second or third Subway ever in London. We still have the original owner too.

With more and more changes going on in downtown London, people and businesses are slowly beginning to feel comfortable returning. Events such as London Knights games have been a big help in boosting the life in Citi Plaza.

"We do get a lot of traffic from more stuff going on like Knights games and such because people use the mall to park and

then they can walk over," said Rose. "Some people will make it a whole evening where they'll come here to get dinner and then go over to the game."

The mall certainly gives customers a few options for their meals from sandwiches and salads at Subway to juices and smoothies at Booster Juice, all the way to a muffin or a warm cup of coffee at the Tuck Shop Cafe.

There's also the family-owned and operated Golden Wok, serving up delicious Chinese food at a decent price.

But one of the better-known options is the movie theatre located in the mall, Imagine Cinemas, previously Rainbow Cinemas. The theatre has been located in Citi Plaza since the early 2000s and the mall itself was built in the 1980s. Even Citi Plaza's Subway has a long history.

"We've been here for about 10 years in this spot, but we've been in the actual mall as a whole for around 37. It's the second or third Subway ever in London. We still have the original owner too."

Along with the increasing flow of foot traffic in the mall, more businesses and offices have begun to open up as well. This has brought more life and consistency to Citi Plaza, which Rose and other food court workers are certainly happy about.

"We have more constant regular traffic with all the offices as well as the gym, so we get a lot of people from those. The Health Unit moved in as well in 2020, which has drawn a lot of people in."

Walking through the mall, one can still see many vacant stores and empty hallways, much of which can be attributed to the stigma lingering in the downtown core.

"Downtown has an atmosphere, you know? Some people are sometimes scared to come down. They've started hosting a lot more events though that draw people over."

The City of London has been rapidly growing with a population of over 420,000 expected to grow to nearly 650,000 by 2051. Downtown London will be growing with it, which is good news for the city and great news for Citi Plaza.

Why you should check out Anderson Ales this summer

BEN HARRIETHA (they/them)

London has many local breweries to choose from all across town, each with their own special beers, events, and atmosphere. We'll be highlighting one specific brewery right in between both Western and Fanshawe, so it's in the perfect spot for students to come check out.

Anderson Craft Ales is a family-owned and independent craft brewery located in Old East Village at 1030 Elias St. The brewery was founded by Gavin Anderson and his father Jim in 2016. As a gift for Christmas in 2005, the senior Anderson gave Gavin a homebrewing kit, which kick-started his love for brewing and craft beers. Since then, Anderson has been brewing beer.

When Anderson says 100 per cent independent, they mean it. Everything is done in house at the brewery, from the initial brewing process to the final canning. Anderson's focus has always been on quality small batch beers, without any compromise.

"When we do something like the German pilsner for example, we use German hops, German malt, we even take the step to mimic the water profile of where a typical German pilsner would be made," Keegan Padyk, the logistics and distribution manager for Anderson explained. "That full top to bottom, authentic, true to style taste...is probably what we pride ourselves on the most."

The branding of each beer is also an important point for Anderson, with each can having a clean and minimalist presentation. Each can of beer says exactly what it is on the label; if you want a lager, you buy the one that says lager on the can.

"We've always wanted it to be approachable for anyone," Bridget Atkinson Fee, the events and taproom manager at Anderson explained. "Somebody who usually drinks something like Coors Light can come in here and get something similar without any confusion."

On top of their commitment to quality beer, Anderson Craft Ales also prides itself on community involvement. Every Thursday, a dollar from every beer purchased in the taproom goes to a charity that switches month by month. During the pandemic, food and clothing drives were hosted at the brewery.

Not content to rest on brewing great beer and heavy community involvement, Anderson also hosts many events every month. They do trivia nights on Thursdays one to two times a month, with comedy nights on the other Thursdays. Local London musicians play on Saturdays from 1 p.m. to 4 p.m., no cover needed.

And it's not just the usual bar events like trivia or live music either.

"Sunday at 10 a.m., we do beer and yoga. Essentially, you can have your beer while you're stretching, or before or after, whatever you want," Atkinson Fee explained. "It's a ticketed event, \$25 gets you a yoga class and a beer."



Photos: Ben Harrietha

There's a multitude of other events, like Babies and Brews, allowing parents to come and mingle for lunch while their kids have a place to play, or movie nights with a large projector on the side of the building. Anderson's biggest event, however, is the anniversary party on the second or third weekend in Aug.

"It's kind of like a community appreciation party, live music the whole day from 11 a.m. to 10 p.m. The brewers will make a bunch of different one-off beers, like a birthday cake beer with a bunch of edible glitter in it," Atkinson said.

Padyk added, "Early bird tickets are \$15, then day of tickets are \$20. With that, you get three drink tickets, a glass, and at the last party, the first 400 people got a swag bag with free stuff."

As to why you should check out Anderson as a student, Atkinson Fee said that there's more to London than just Richmond Row.

"I feel like a lot of students just don't know about this area. Coming here you get exposure to the community, exposure to the market, we have a record shop across the street, a climbing centre right beside us. There's so much to do in just four or five blocks."

Culinary bliss: Fine dining in the Forest City

ZOË ALEXANDRA KING (she/her)

If you enjoy spending your down time exploring restaurants and simply relishing in the ambience of an upscale environment with a delicious meal, this is the article for you. Whilst there are many more fine dining restaurants in London, these are six of my top choices that I recommend you check out.

Reverie

208 Piccadilly St. Unit 1

Located steps away from the famous Richmond Row is Reverie, a tasting menu restaurant with an impressive wine list. Reverie has both indoor and outdoor patio seating. It is the perfect place downtown for a date night with its romantic ambience and setting. It's also a great spot if you're a wine lover and want to catch up with a friend. Whilst the food is 10/10, make sure to leave room for dessert! Reverie's sister company is right beside it, Saisha's Patisserie. There you are sure to find mouthwatering pastries that will end your night on an even higher note.

ANNDining

140 Ann St. Unit 108

ANNDining is another restaurant located within walking distance to Richmond Row. This restaurant is an absolute must-try if you are a fine dining lover. Personally, I made a reservation as soon as I saw their Instagram page!

The cocktail pictures online are extremely enticing and will make you dream of what each of them taste like. Not to mention the amazing menu presented with a large variety of options to choose from. With the most exquisite cocktails and their signature "ANNDishes" this is a restaurant that you need to visit during your time in London.

Ivy Ristorante

587 Oxford St. E.

Ivy Ristorante is another perfect spot for a date night with your significant other. With its candle lit lighting and sophisticated feel, this is definitely a restaurant for sharing a meal with a special someone. It also makes for the perfect location for a family meal, or even a friendly get-together for their Wednesday night live jazz music. What I loved about Ivy Ristorante was the lunch menu as well as their delicious cocktails.



If you're anything like me and an avid lover of Italian food, look no further! Abruzzi is exactly where you need to be.

Sagi of Wortley

175 Wortley Rd.

Located in the lovely Wortley Village is a quaint Asian inspired restaurant with the most welcoming staff I have ever encountered. When I visited last summer, it was raining and I was unable to sit outside. Since then, I have taken a note to check the weather app before visiting! Whilst the indoor seating was still a good experience,

sitting on the wooden picnic tables underneath strings of fairy lights makes for the perfect summer setting. I still rave about the pork gyoza that I ordered and the Blueberry Gin Lavender Rose Sour.

Wolfe Pack Company Bar

145 Wortley Rd.

Another restaurant located in Wortley Village is Wolfe Pack Company Bar. Worth all of the rave and hype around it! They're known for their happy hour and oyster specials from 3 p.m. to 5 p.m. The first time I visited was also the first time I tried oysters and they have set the bar very high. The gunpowder oyster was absolutely scrumptious and has my mouth watering just thinking about it! Whilst Wolfe Pack is a definite must if you are an oyster lover, there are also lots of other options on the menu to choose from.

Abruzzi

119 King St.

Located in the heart of downtown and footsteps away from the well-known Covent Garden Market, Abruzzi is a restaurant specializing in Italian cuisine. If you're anything like me and an avid lover of Italian food, look no further! Abruzzi is exactly where you need to be. The antipasto board was marvelous and the unforgettable pan roasted branzino will forever be on my mind.

If you have been to these restaurants before, I'm sure this article will encourage you to visit once again. I can say that writing this article certainly made me want to revisit and has reminded me to appreciate these spots whilst I am still in London.





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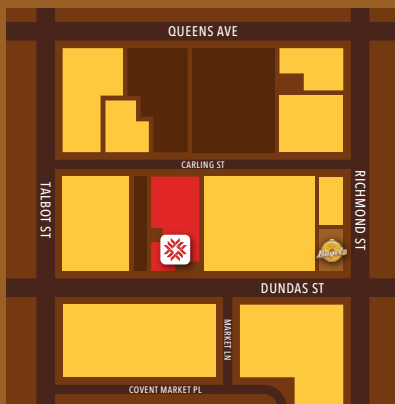
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Achiever, marketer, founder: Spotlight on Carlon Farina

JUSTIN KOEHLER (he/him)



Photo: Courtesy of Carlon Farina

The city of London has its fair share of success stories and people of note. Everything from actors to athletes to scientists to musicians. One name that has been rapidly climbing the notable list of names in the city is Carlon Farina.

Farina is a graduate of Fanshawe College with a diploma in business marketing, an advanced diploma for business administration, as well as an honours bachelor of commerce in digital marketing.

It's easy to see that marketing is Farina's area of expertise and people have taken notice.

In 2022, Farina was named one of Business London's Twenty in their Twenties for his work in the marketing sector and for the success of his company Locorum, which supports local businesses with a rewards-based hiring service.

"It's nice, it's motivating," said Farina. "It always hits you in the heart and says that you're doing the right things to keep going forward. It's always a boost, but it's never a distraction. The goal is the top and until we get there, everything else is just a thumbs-up in my books."

Locorum was also recognized by London Inc. Magazine as one of the best places to work in 2022, adding to Farina's list of accolades.

Attributing much to his entrepreneurial focus, Farina explained just how important the idea of salesmanship is as well as how it can fit into almost every career choice.

"For everyone, sales is just a good skill to have. Being able to read people and read body language, regardless of what industry you're in. Whether you're behind a computer all day or not, it's a skillset you can use all your life."

“

In 2022, Farina was named one of Business London's Twenty in their Twenties for his work in the marketing sector and for the success of his company Locorum...

Farina has become an expert in marketing and, with his sights on the future, he understands the direction his industry is headed and at what pace.

"Marketing evolves so quickly, it's not like being a dentist where teeth don't change. This changes every six months."

Farina added that with just how data-driven and analytical digital media has become, the current setup is just too expensive and lackluster to continue.

"We're gonna move away from 'Big Tech.' There's too much of a monopoly, there's only two places to really advertise

online: Google and Facebook. Which sucks because they have all the power and I think people are getting mad, businesses are getting fed up."

According to Farina though, amongst the vision for his company and future-based mindset, his biggest goal is to simply be happy, finding ways to translate that into his work as well as his personal life.

"Anyone who knows me knows I'm an all-around happy person. I like to laugh more than anything, so I'm always making jokes in my personal life. I have a lot to be grateful and thankful for."

Farina added that being happy and satisfied with your work is one of the best ways to be successful.

"You can hear when someone is smiling on the phone, I know that sounds ridiculous, but you can hear it, so I have to be happy with my job. If I'm not happy it'll translate to results and the person on the other side of the call will know it. I love my job, so it's not difficult for me."

Farina has become one of the prime examples of the direction that graduates in London, Ont. can go, as well as what can happen with the right mindset. Succeeding in both his work as well as his personal life, finding the right way to balance the two, all while still being in his 20s. He has become an incredible role model for post-secondary students and Londoners alike.

How to become a market vendor: A step-by-step guide

BEN HARRIETHA (they/them)

Small, independently owned businesses can have a hard time getting off the ground. With licensing fees, rent, and maintenance, sometimes owning a physical storefront is out of the question. But going online only can be tough as it's hard to let people know that you even exist.

There's a happy middle ground, however. Markets! Markets allow small businesses to have a temporary physical storefront alongside other small business owners. So what's the process?

1 The obvious steps

The obvious steps are exactly that; you can't sell your products at a market if you don't have products to sell. These steps include starting your business, producing whatever products you want to make, and developing a core customer base.

Alayna Hryclik is the owner of Soft Flirt, a London based home decor and lifestyle brand. She said her business got its start through just friends and family.

“

Start with small markets and pop-ups and then once you have something that's working, work your way up from there.

“I had just kind of been making a lot of art that wasn't super conceptual, just kind of cute stuff that friends and family liked,” she explained. “Eventually it turned into people asking about it and I was able to start doing smaller markets and pop-ups.”

2 Register with the Ontario Business Registry

Before you can do any selling, you need to register with the Ontario Business Registry. The registry allows businesses to interact with the government regarding

their business 24/7. Registry can be done online, and the entire process is laid out on the Government of Ontario website. Sole proprietorship and partnership registry both cost \$60.

Once your business is registered, you'll have a nine-digit Ontario Business Identification Number (BIN) from Service Ontario, which is used for making an account with the Canada Revenue Agency (CRA). Another thing to note, if your business makes \$30,000 gross or more in four consecutive calendar quarters, you will need to charge GST/HST on your products.

3 Make sure you have the proper licences

If you'll be selling food at your stand, you need to make sure you meet the requirements in Ontario's food premises regulations. You'll also need to send a Notice of Intent to Operate as a Special Event/Market Vendor form to the local health unit at least two weeks before the event.

If you aren't selling food, you won't need to notify the Health Unit or the City of London. In London, you do not need to have a business licence to operate as a market vendor, but be sure to check your own municipality for what's needed.

4 Go to markets

Some of the best advice Hryclik gave was to go to markets before you apply to them to see if you like what's going on.

“If you see one advertised and you think it might be in your alley with what you're doing with your product or with your art, definitely go to the markets, take a look around, and support the other artists there.”

She added that making community connections with other vendors and market organizers will lead to opportunities to sell your products more naturally than cold-calling or applying to every single market possible.

Illustrations: Nina Hepplewhite



5 Find your niche

One of the more important things you can do as a business owner is to find your niche. As Hryclik put it, “if you have too much going on, you’re just going to get lost in the shuffle.”

Figuring out your demographic and catering to that demographic is what is going to bring in people that want to keep coming back to buy your things. One of the ways you can do that is lowering your prices to suit your audience.

“My range of prices ranges from \$2 to \$55. So there’s a lot of opportunity for people to pick up something small, or if they have the budget for it, something bigger.”

6 Apply to the markets

Once you find a market you like, you apply! If the market has a website, like the Western Fair Market for example, you’ll be able to apply online. Otherwise, contacting the organizers directly is the best way to get a spot at a market.

Hryclik recommended starting with a smaller market first before applying for one of London’s bigger markets.

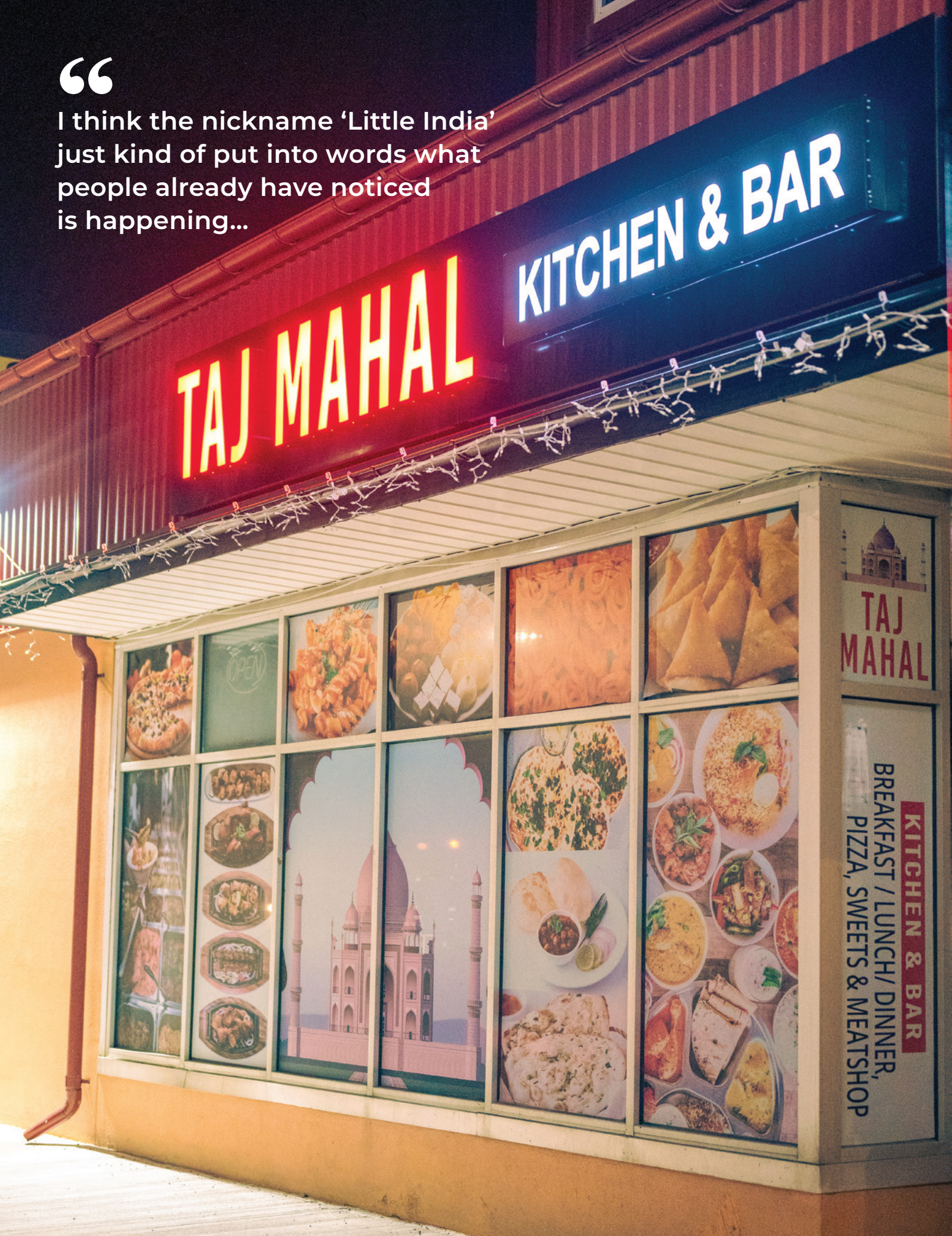
“Some of the markets can get really expensive too, and you don’t want to be shelling out all of this money and vendor fees only to do really poorly and get discouraged,” she explained. “Start with small markets and pop-ups and then once you have something that’s working, work your way up from there.”

Sharing a table at markets with other vendors is also a good way to dip your toes into the world of market vendors, as it allows you to split fees with a fellow maker, as well as taking some of the pressure off of you to have enough products for a full table.



“

I think the nickname 'Little India' just kind of put into words what people already have noticed is happening...



Argyle embraces “Little India” vibe

DEE-DEE SAMUELS (she/her)

The Argyle neighbourhood is becoming home to a growing number of international South Asian students, most of which are from the country of India.

Geographically, Argyle makes up the eastern-most area of London, spanning from Highbury Ave. to the Veterans Memorial Parkway, bordered by Oxford St. to the north, and Trafalgar St. to the south. The industrial area was once thought of as a rough and tumble area of the city, but has been steadily growing into a bustling cultural hub, proudly dawning the new title of London’s own Little India.

“I think people like having an identity,” Leah Thomas, Communication and Creative Director for Argyle Business Improvement Association (BIA) said. “People just kind of inherently sort of glom on to that. People also have noticed kind of independently, that we’re seeing a lot more Indian restaurants, businesses, and people in the east end and I think the nickname ‘Little India’ just kind of put into words what people already have noticed is happening.”

Founded in 2011, Argyle BIA provides support for the businesses within its boundaries. With over 200 members, Argyle BIA provides a one-stop shop for those living and working in the city’s east end, providing a sense of community for businesses and consumers alike. Now, a thriving ecosystem of Indian restaurants and shops have become a staple addition to the community, giving the commercial corridor along Dundas St. a new sense of purpose embraced by the neighbourhood.

“People who live in this area tend to be very proud of where they’re from...a lot of our businesses tend to have very loyal customer base; they feel very proud to support mom-and-pop businesses that are Argyle-based,” Thomas added. “People just are like, ‘we live here, it’s a nice place and we like the people that are around, and we want to support them.’”

According to Thomas, there is a vision emerging for this already rich neighbourhood filled with parks, community centres, libraries, and a lot of history.



“Argyle is a very one-stop shop, it’s kind of got everything you need if you want to go out and you want to have a nice dinner, you can go out to one of the Indian restaurants, but then afterwards, you may want to pick up some groceries, you can kind of do everything that you need to do in that area.”

Thomas’s forecast for the area is that it has all the ingredients to become something really special for London with

some exciting projects and initiatives for the area in the near future.

“We have an Argyle specific currency coming out in the form of a pre-paid Visa card that will only be usable at Argyle businesses. That’s going to be coming out mid to late March,” said Thomas.

It looks like the once industrial area is evolving into a rich, exciting, and welcome addition to the city of London’s landscape.

The balancing act of managing both school and a job

JUSTIN KOEHLER (he/him)

Students today often find themselves needing an education to get high-paying jobs. However, those same students can't pay their way through school without money earned from a job.

It's a back and forth that has existed for years. Of course, there's student loans and options available to lighten the financial load of attending college and university, but oftentimes a source of personal income is still needed to make it through a full program.

According to Statistics Canada, 72 per cent of students attending post-secondary have a part-time job.

While this can definitely ease the financial burden of attending school, it introduces its own set of issues on how to properly balance succeeding in classes while still having the time for a part-time job.

"Possibly, a challenge is that, 'I'm disconnected from my class and peers as my main hours are when people would be eating lunch,'" said Robert Hutson, a current Voice Performance student at Western University, who admitted having a more flexible work schedule than most.

Hunter Bennett, a graduate of Fanshawe's computer programmer analyst program, talked as well about the conflicting hours that arise between employers and schooling.

"Some classes were morning or afternoon and some went right into the evening, so it was hard to really plan around my scattered school schedule with my employer."

When looking for ways to properly succeed at both school and work, often people turn to the Internet for answers. One thing people overlook through the whole process is exactly that, the technology is right in front of us.

Our phones in particular can do a lot in terms of helping us succeed in school and in work. Alarms, reminders, and calendars are all easy functions our current mobile phones can do. Then there are podcasts, music, and videos, all of which can either give us ways to focus and ease into studies or even give helpful tips on their own to manage the balance.



No matter what, breaks are important not only for succeeding in your studies and staying motivated throughout, but also making it through life during and after post-secondary.

But phones can be a double-edged sword. Always be sure to tread carefully between getting energized and getting distracted.

One of the more universal tips recommended by Canadian Colleges for Higher Studies, that works for other areas as well, is to work smarter not harder. While this often-used cliché doesn't offer much at face value, bringing it into relation to studies can have some large benefit.

Recording lectures and listening to them during your commute to your job, testing yourself during work breaks, looking through notes during television ads; these are all great ways to make sure you're making the most of your time.

Above all, take frequent breaks. According to DeskTime, a professional time-tracking and productivity app, the most productive 10 per cent of their users took breaks every 52 minutes.

No matter what, breaks are important not only for succeeding in your studies and staying motivated throughout, but also making

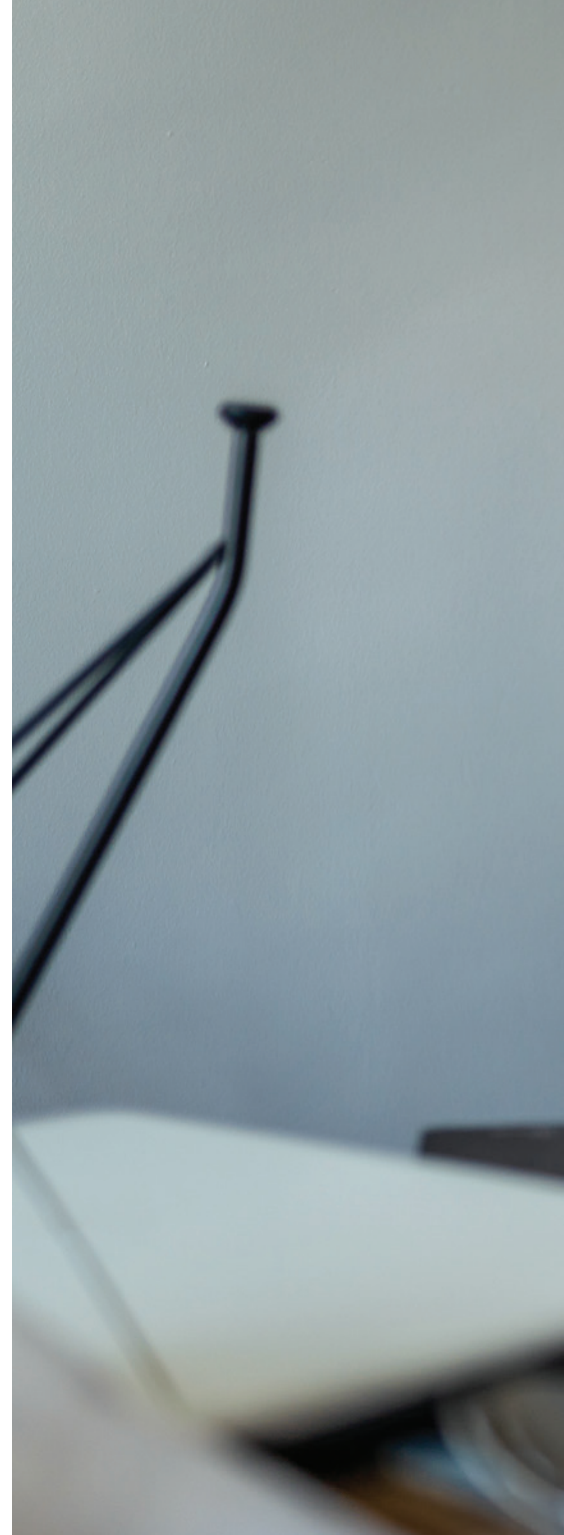




Photo: Kemal Yildirim

it through life during and after post-secondary. Former Fanshawe Human Resources Management student Benjamin Booy offered some tips for stepping away from work.

“Definitely trying to find some time to hang out with friends,” Booy said. “Cut back on the shifts at work every few weeks to have a little down time.”

Some people are better with plans, setting routines, and targets to motivate them to progress forward. Others need the balance to be more about stop-and-start sprints, doing bursts of work at a time to allow for proper rests in the middle.

Both approaches work and that’s exactly why the first step in realistically planning out

your way to succeed is to first figure out how you best learn and work yourself.

No one can ever say the perfect way to balance studies and work, but it’s something most students need to figure out. The key is figuring out your personal work styles, realizing your own capabilities, working with what you’ve got, and making sure to still enjoy it all.

More affordable rents needed to retain graduates in London

BEN HARRIETHA (they/them)

London's quickly rising rental costs are making young students think twice about staying in the city post-graduation. According to rentals.ca, rent for a one-bedroom apartment increased by 31.9 per cent on average in 2022, nearly twice the national average. Only one city increased more than London, that being Burnaby, B.C. with an increase of 32.1 per cent.

Carley Mulligan, a fourth-year interior design student at Fanshawe, plans on moving to Ottawa once she's finished her studies.

"I did my co-op position in Ottawa and fell in love with the city," she said. "I just feel like London is my temporary city. It's not somewhere where I want to stay forever."

Mulligan added that her rental price in Ottawa is the same as her rental in London, but that it's less about the price of rent than the city itself.

"My house in London is nicer, but the main difference is the city. I connected with Ottawa way more than I ever did with London. Plus, I'm paying the same amount of rent to live in a nicer city."

In combination with those factors, the job market for interior design is competitive, according to Mulligan, due to the lack of design firms.

Nawton Chiles is the co-chair for ACORN London, a chapter of a national community union that focuses on many issues affecting people with low-to-moderate-income. One of their focuses in London specifically is affordable housing. Chiles put the situation plainly.

"It's not great. Rents have increased quite a bit since even last year. And many people are finding it difficult to balance rent with other expenses. And landlords generally aren't doing much to help."

Chiles added that rising rent will impact London in more ways than just homelessness.

"Cities are funded by tax and tax as a proportion of the income that people in the city have. If people can't afford to live in the

city and are leaving, that's going to do bad things to the tax base," he explained. "The culture that London has as well, if young people are leaving because they can't afford to be there, then the entire city is basically getting gentrified."

“

Currently we have empty houses and people without houses. It's not a supply issue, it's a distribution issue.

Some have blamed the rising cost of rent on inflation, but in London, the rise of rent is higher than the rate of inflation, so according to Chiles, while inflation is to blame for some rising costs, it's not entirely to blame. Wages have not been able to keep up with the rapidly rising cost of living either.

"It's very clear that wages are stagnant or decreasing, in terms of real purchasing power. And rents are only going up. So it's becoming very difficult for people to meet rent and have enough for basic necessities."

The solution isn't just building more houses either, as what has been built in recent memory is luxury condos with very high rental prices.

"We're treating housing as an investment opportunity, if we build more housing, supply will increase which will maybe drive prices down, but people will still invest in it, which keeps prices up," Chiles explained. "Currently we have empty houses and people without houses. It's not a supply issue, it's a distribution issue."

The only proper solution according to Chiles and ACORN London is to have housing geared to income, which can be achieved by holding the municipal and provincial governments accountable for housing.

"Treating housing as a human right, and not a commodity to be bought and sold on the market is how we can ensure everybody gets the housing that they need."

Photo: KentWeakley



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Services for students: The importance of maintaining mental health

KATE OTTERBEIN (she/her)



Illustration: Nina Hepplewhite

Mental health has been a hot topic for multiple years, particularly with students. As students, it's important to maintain your mental health.

"College is a very fast paced environment," said Euan Fraser Tait, a Master's in Counselling Psychology candidate at Western University. "A good chunk of us will just drive ourselves until we drop."

When you push yourself to the point of burnout, your schooling, social life, and personal life will suffer. According to the Canadian Mental Health Association Ontario, when students have mental health struggles, it affects their learning greatly. It can lead to you acting differently towards teachers and colleagues, having struggles making friends, or avoiding going to class completely.

At Fanshawe College, Counselling and Accessibility is available to current students. Students can chat with various registered psychotherapists and social workers free of charge. They are there to help with topics such as:

- Grief and loss
- Stress
- Family and/or relationship issues
- Abuse issues (domestic violence, sexual assault, etc.)
- Suicidal thoughts/intentions
- Depression and anxiety
- Substance use and addiction
- Anger management
- Sexuality
- Adjusting to Canadian and/or college life

That's not all. They are there to help with whatever you may need. When you are not at your best, this will reflect in all aspects of your life, especially in academics. Accessing these services will help you learn how to manage your mental health.

Tait said one of the most important habits to incorporate that will benefit your overall mental health is self-care.

"Decide with intention to take some moments alone, whether you want to read

a book, watch Netflix, or go for a walk. The key part about what separates it from procrastination or avoiding is the intent that you do it with. If your intent is to give yourself something that nourishes you, helps replenish you, then that's self-care."

At Western University, there are Health and Wellness Services, that provide similar help to Fanshawe. The services are free, giving assistance for those wanting to meet personal, social, and academic goals. As outlined on uwo.ca, a counsellor will help students develop their personal care plan, which can include:

- Online resources
- Web apps
- Peer support centre
- Referral to specialized service
- Workshops
- Groups
- Single session
- Outpatient hospital program
- Referral to psychiatry
- Inpatient hospitalization

Utilizing these professionals can help you work towards your goals and make positive changes within your lifestyle and daily routines. It can even be as simple as your daily word choices.

"My therapeutic style is compassion-based therapy. I absolutely recommend self-kindness. I want to normalize that it's a common experience for us to be driven by our self-critical sides. It can be very hard to be kind to ourselves and take those moments when we need to look after ourselves."

If you are a student at Fanshawe or Western, you can contact your mental health services with a quick call. Fanshawe's Counselling and Accessibility Services can be contacted at 519-452-4282 or counselling@fanshawec.ca. Western's Health and Wellness Services can be reached at 519-661-3030.

The health benefits of walking

Johan George (he/him)

Most people would say walking is the ultimate exercise. It's often the most accessible exercise for people on a busy schedule, and as a bonus, it comes with a variety of benefits to your health and wellbeing. Here are a number of reasons why you should incorporate walking into your daily routine!

Walking reduces the risk of heart problems over time

Since walking is a cardio exercise, it can help prevent heart disease and reduce blood pressure. Walking 30 minutes a day can reduce the risk of stroke by 20 per cent at a normal pace and 40 per cent at a

slightly more strenuous pace according to researchers at the Harvard School of Public Health in Boston.

Walking is good for your mental health

If you've ever chosen to go on a walk and found yourself coming back with a bundle of energy or feeling refreshed, that's because walking releases natural endorphins to the body. Several studies have shown walking to be an amazing mood booster, even going so far to say that the more steps people took during the day, the better their moods were.

For those struggling with their mental

health, walking has been shown to reduce symptoms of depression and may help with anxiety and feelings of loneliness as well. Taking a walk with a friend or joining a fitness walking group may be a good way to get a daily social activity in. Attending to your social needs is linked to attaining higher self-esteem and greater empathy for others and walking with others is a great way to supplement that need.

Walking can protect your bones

Walking can stop the loss of bone mass for those with osteoporosis according to Michael A. Schwartz, MD, of Plancher Orthopedics & Sports Medicine in New York who provided the research for the Arthritis Foundation in Atlanta, GA. The majority of joint cartilage has no direct blood supply and gets its nutrition from the joint fluid that circulates as we move. Compression of the joints from walking "squishes" the cartilage, bringing oxygen and nutrients into the area.

Walking boosts energy

Regular exercise is proven to increase daily energy levels by strengthening your heart and lungs. A small-scale study by Derek D. Randolph and Patrick J. O'Connor, done with college aged women as the subjects, showed that walking up the stairs for 10 minutes can be more energizing than a low dose of caffeine. Doing cardio also improves your sleep quality and better sleep quality can lead to more energy during the day.

Walking sparks creativity

Some of you might do this automatically but evidence shows that indoor or outdoor walking helps encourage creative thinking. In a study done by Stanford University, participants were told to walk on a treadmill and then complete Guilford's Alternate Uses Test (AUT) of creative divergent thinking and the Remote Associates Test (RAT) of convergent thinking. The results showed that walking increased 81 per cent of participants' creativity on the AUT and 21 per cent of participants on the RAT.

Photo: Hannah Theodore



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Skincare: Natural isn't always better

HANNAH THEODORE (she/her)

Anyone that has ever taken the plunge to improve their skincare game has probably gone through the “kitchen phase.”

It's that awkward period where we inexplicably rub things like avocado, lemon juice, and honey all over our faces in the hopes of keeping things natural.

TikTok and YouTube channels like Hymn have aided in the growing popularity of skincare and it's become clear that natural isn't always better. Dermatologists have spent decades studying and refining chemical formulas to do exactly what they're supposed to do.

The problem is, the world of skincare is vast and misinformation can spread quickly on social media. There was a time not long ago when TikTokers tried to tell us that toothpaste could clear up blemishes (it can't). So how can you know what's best for you?

Terms like “chemical” tend to trigger some folks to run for the hills in search of more natural alternatives, but this reaction stems from a common misconception. Chemical products are not unnatural, in fact, everything in the world is made up of chemicals. The popular idea that there is something scary about chemical products is something we have to let go of. Oftentimes, chemical ingredients in skincare are formulated from natural products like citrus fruits and plant oils, expertly crafted so as not to overwhelm your skin with a high concentration. Experts agree that chemical ingredients tend to be more stable on the skin, because they have been formulated to cause the least amount of irritation.

That is not to say there are no raw ingredients that have benefits for the skin. Raw honey, rose water, and Aloe Vera are all known to have positive effects on the skin when used minimally. However, you might be better off just using a chemical product formulated with these ingredients to avoid irritation. The Rose Hibiscus Coconut Water Face Mist from Herbivore is a great example of a product that uses natural ingredients, but has been carefully put together by dermatologists to provide the most benefit to your skin.



Photo: Hannah Theodore

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It has been pretty well agreed upon by experts at this point that things like lemon juice and apple cider vinegar are things you should not be rubbing on your face.

Most experts agree that when it comes to natural products, reading beyond the label is key. Far too often, brands sell themselves on being “natural,” with earthy tones on the packaging or promises of being “organic.” Research and ingredient-list literacy is essential to making sure you're making the right purchasing decisions. Take a brand like Lush, for example, who pride themselves on using all natural ingredients but still use some non-organic products and even formulate some products with potentially

harmful parabens. Just like with the food we eat, we as consumers have to be skeptical of claims like “organic,” especially when we're considering products for sensitive skin types.

It has been pretty well agreed upon by experts at this point that things like lemon juice and apple cider vinegar are things you should not be rubbing on your face. Plenty of research has been done in recent years on the skin's pH levels, something that can be easily disrupted by heavily acidic ingredients like raw vinegar. If brightening your skin is the desired effect, consider a vitamin C serum derived from fruits or ascorbic acid, such as the Strawberry C Serum from Volition.

Skincare is a messy game of trial and error. What works for someone might not work for you, and the only way to really find out if a product is good for you is to test it out. For optimal results, don't box yourself in to only using natural products or only using chemical products. Do your research, play the field, and remember that skincare is a marathon, not a race.

Living in a post-lockdown world

ZOË ALEXANDRA KING (she/her)

When COVID-19 was at its peak, we were all forced to pause our lives to protect our health from this virus. Two years of uncertainty, lockdowns, travel restrictions, and an unrecognizable world for most. Although COVID is still upon us, we have adapted our lives to cope with the virus. Now that lockdowns have been behind us for some time, we can dive into the aftermath from that period of our lives. This article highlights some aspects of my experience during lockdown and its later effects as well as the insight of Registered Psychotherapist and Social Worker, Shirley Porter on this topic.

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You owe it to yourself to take advantage of all the good things that are out there.

From the start of my very first lockdown, I started to lose my sanity with being idle and not being able to leave the house at my own freedom. Specific days that I was allowed to be on the roads of Barbados, designated times to be at the beach in the morning, and heavy fines if restrictions weren't adhered to. My life no longer felt like my own. I tried to make the most out of my time, but I couldn't help but feel lost in a world that I thought I knew. These feelings led me to a dark place. Days filled with Netflix and other entertainment platforms, repetition of holiday mode (minus the fun activities); it felt like a never-ending spiral of not knowing when life would return to what I knew to be normal.



Photo: Hannah Theodore

Where does that leave me now? Time has gone on and life has resumed to what we were all familiar with pre-COVID. After classes were no longer conducted online and work was back to in-person, I found myself constantly finding activities in my life to fill any possible time that I had during the day. No matter how much I was responsible for, it never felt as though I was doing enough.

Porter explained that lockdown had an effect on everyone and that the aftereffects really depend on what your experience was during that time.

She highlighted that some people felt as though, “you owe it to yourself to take advantage of all the good things that are out there.”

Whilst this was related to my experience, Porter also recognized that there were some who had the complete opposite of this feeling during the lockdowns. Introverted individuals who prefer to have less interaction on a daily basis were thriving during this time.

“Listen to yourself and be respectful of what you need in this moment; you don't owe yourself an explanation,” Porter said. “If you need to rest now, that's OK, if you need to go out and do things, that's OK, but to trust yourself to appreciate that you have the freedom to do any of that.”

For those who may have had a similar lockdown experience to me, I am hopeful that this article can help you realize that you are not alone in this and that there are resources to help you cope through the guilt.

Get active in London this summer

JOHAN GEORGE (he/him)

Fanshawe Athletics Campus Recreation

1001 Fanshawe College Blvd.

For students at Fanshawe, Fanshawe College offers a large selection of recreational activities at the Student Wellness Centre. During the fall and winter terms, intramural leagues run every week from Monday to Friday between 11 a.m. and 6 p.m., and you can join as a team or free agent with no fee for registration before the registration deadline.

The leagues run for the first few weeks each semester and include a variety of sports which vary by season such as three-pitch, badminton, ball hockey, basketball, cricket, dodgeball, flag football, futsal, soccer, table tennis, volleyball, and more. Intramural leagues in the summer vary from year to year, but usually include cricket, outdoor soccer, and volleyball. Additionally, Fanshawe has a rock-climbing wall and a gym with workout equipment available year-round. Visit Fanshawe's intramural league portal for schedules and more information.

Western Campus Recreation

1231 Western Rd.

For students at Western University, Western offers its own selection of recreational activities such as a squash court that can be booked by reservation, group fitness activities that require a group fitness membership to attend, and Thompson Recreation and Athletic Centre (TRAC) member jogging or skating. Western also has a pool with lane swim hours from Monday to Friday every week. All Thursday or Friday swims are a 50m long course, while the other days are a 25m short course. The university hosts a number of summer intramural leagues such as basketball, beach volleyball, soccer (7's and 11's), softball (3-pitch and Slo-Pitch), spikeball, and ultimate frisbee.

Forest City Sport and Social Club

463 King St.

The Forest City Sport and Social Club (FCSSC) offers a number of seasonal recreational sports leagues for adults to make friends and socialize while playing a sport or getting fit. Sports leagues are offered for softball, badminton singles or doubles, basketball, volleyball, pickleball, turf soccer, floor hockey, curling, dodgeball, flag football, and ultimate frisbee. Some leagues have LGBTQ2S+ options and they even offer a 911 dodgeball league for first responders who can't play during daytime hours. Other recreational activities include yoga, rock climbing, fitness boot camps, pickleball lessons, hiking, snowshoeing, golf lessons, pub games at The Clubhouse at 100 Kellogg Ln., and even a book club. Unlike the previous two programs, since FCSSC is not affiliated with any post-secondary institution, there is a cost of registration to participate in a FCSSC league or event. Events can be registered for on their website forestcityssc.ca.

North London Baseball League

The North London Baseball League has several leagues for kids and high school students, but it also offers an under 21 house league for under 21 individuals interested in baseball. Leagues happen during the summer months with tryouts to place players in teams that are competitively balanced happening in April to early May. Teams play between 15 to 20 games and participate in an end of season playoff tournament in August.

Photo: Agata Lesnik (Courtesy of Fanshawe Athletics Campus Recreation)





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- **Adrian'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)
- **John & Vicki's Valu-mart**
234 Oxford St. E.
- **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
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
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

SafeSpace London
safespacelondon.ca
Volunteer-run support centre for sex workers, allies and women & gender non-conforming individuals in crisis.

London Pregnancy & Support Centre
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
Offering time-limited mental health assessments and treatment, crisis intervention and stabilization.

Canadian Mental Health Association (CMHA) — Middlesex
cmhamiddlesex.ca
Providing recovery-focused programs and services for people of all ages and their families.

CMHA Mental Health and Addictions Crisis Centre
cmhamiddlesex.ca/programs-services/mental-health-and-addictions-crisis-centre
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
- **Fanshawe College Health Services**
fanshawec.ca/health-services



EMERGENCY DEPARTMENTS

- **University Hospital
Emergency Department**
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
800 Commissioners Rd. E.
- **St. Joseph's Hospital
Urgent Care Centre**
sjhc.london.on.ca/urgent-care
268 Grosvenor St.
- South London Urgent Care
and Walk-In Clinic**
southwesthealthline.ca/displayservice.aspx?id=14578
595 Bradley Ave.

MULTICULTURAL CENTRES

- **Western International**
international.uwo.ca
1151 Richmond St.
(Western University)
- **Fanshawe College
International Centre**
fanshawec.ca/international
Room E2025, 1001 Fanshawe College
Blvd. (Fanshawe College)
- London Multicultural
Community Association (LMCA)**
londonmulticultural.com
- Luso Community Services**
lusocentre.org
2-1193 Oxford St. E.
- London Cross Cultural
Learner Centre**
lccclc.org
505 Dundas St.
- Where We Are Now
Community Centre (W.E.A.N.)**
weancommunitycentre.com
1-920 Leathorne St.

INDIGENOUS RESOURCES

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

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