

**2019/2020 FANSHawe STUDENT UNION**

# **NAVIGATOR**

*A Student's Guide to London & Area*



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# From the Editor

ANGELA MCINNES

Dear explorers of the Forest City: in your hands you hold the Navigator, a guide to what Fanshawe College students believe to be the finest of what London has to offer in entertainment, dining, shopping and more.

The Navigator is the Fanshawe Student Union's way of encouraging those we serve to discover, or perhaps even rediscover, this city's best highlights and hidden gems throughout the summer and beyond.

We're the same team that brings you the Interrobang, Fanshawe's official campus newspaper. You can pick up your free weekly issue around campus during the academic year, and follow us on Facebook, Instagram, Twitter and YouTube for fresh, student-driven content.

If you think we've missed something in this edition of the Navigator, fear not. Use the hashtag, #FSUmustDo, all year long to share pics of your own favourite must-do activities in London and on campus. Your photo could be featured on our social media accounts, and make you eligible for future contests and giveaways.

For many of you, your journey in the Forest City starts here. We wish you the best as you settle in to study, work and play in your new home of London, Ontario. The Navigator is here to help you find your way.



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**WWW.ROCKTHEPARK.CA**

# Nightlife in London for those under 19

BY JOCELYN WONG

London's nightlife extends beyond just the Richmond Row bar scene. There are plenty of alternatives for students not quite old enough to drink, or even those who are but simply want a change of pace. Here's a list of destinations that will satisfy all your late-night whims.

## LASER QUEST

[LASERQUEST.COM/ON-LONDON](http://LASERQUEST.COM/ON-LONDON)

| 149 Carling St.

Open until 11 p.m. on Saturdays, this venue offers a great way to relieve some tension after a long week. Marketed as a family-friendly venue, this is the perfect way to exercise with sophisticated technology. Shoot lasers at friends or strangers all night long. Want it to be a private affair? Book a private party with your closest friends and take advantage of their pizza deals.

## LONDON MUSIC HALL

[LONDONMUSICHALL.COM](http://LONDONMUSICHALL.COM)

| 185 Queens Ave.

Home to some of London's best bands and other well-known acts across the world, London Music Hall frequently hosts all-ages events, allowing children and grannies alike to celebrate the bustling music scene. Texas King, The Arkells, and Skrillex have all played at this venue. Hang out by the couches and have a chill evening listening to music, or get crazy on the dance floor.

## PALASAD

[PALASAD.COM](http://PALASAD.COM)

| 777 Adelaide St. N. and  
141 Pine Valley Blvd.

Bookending the north and south end of the city, Palasad is an energetic date plan. Get a little competitive with friends or your date at this neon playground. Play a game of ping pong or laser tag, shoot pool, sing karaoke, or get in some "retro" bowling with



Credit: Jordan Crow

a beer and a burger. They also have wood ovens, if you're into a smoky crusted pizza. Pick your poison and run with it.

## PRINCE ALBERT'S DINER

[PRINCEALBERTSDINER.COM](http://PRINCEALBERTSDINER.COM)

| 565 Richmond St.

Open until 3 a.m. on Fridays and Saturdays, this is the ideal little space to indulge in late-night milkshakes and burgers. Frequented by bar kings and queens, this diner is perfect for catching snippets of drunken conversations if you're looking for a cheap laugh. If you're interested in people-watching, Prince Al's is the ultimate destination. Try their Wally burger, which is a regular burger smothered in peanut butter and bacon. Warning: you might

not be able to move after this meal. Check it out right on Richmond Row.

## THE REC ROOM

[THERECROOM.COM/LONDON-MASONVILLE/INFO](http://THERECROOM.COM/LONDON-MASONVILLE/INFO)

| 1680 Richmond St.

All ages until 10 p.m. daily, the party then goes on for the over 19 crowd until 2 a.m. (Fridays and Saturdays). Armed with amazing pub food, a dance floor, axe throwing, arcade games, a billiards table and VR (virtual reality), there isn't a dull moment in this "entertainment destination". There are plenty of places to eat at this venue; try some smash-fried potatoes at Three10 after a long night playing games, or run over to The Shed for a satisfying poutine or doughnut.

# Festivals all summer long

BY LAUREN DIETRICH, BRITTANY DU LY AND JOCELYN WONG

Don't miss out on some of the biggest festivals in London and surrounding area this summer. This list is your guide to where you can enjoy great live music, taste delicious food and make new friends. For more info please visit the festival websites.

## MUSIC

### EVER AFTER MUSIC FESTIVAL

JUNE 7 TO JUNE 9  
[EVERAFTERFEST.COM](http://EVERAFTERFEST.COM)

| 425 Bingemans Centre Dr., Kitchener, Ont.

Ever After Music Festival is one of the most popular EDM (electronic dance music) festivals in Ontario. Every ticket package also includes entrance into Bingemans Waterpark, the festival midway and a giant games zone.

### TD SUNFEST

JULY 4 TO 7  
[SUNFEST.ON.CA](http://SUNFEST.ON.CA)

| Victoria Park, 580 Clarence St., London, Ont.

The annual TD Sunfest music festival is a staple event for Londoners and beyond. According to the event's webpage, the Sunfest committee is a non-profit community arts group with the main initiative of promoting cultural awareness through a variety of arts. Experience music, dance and creative arts at this three-day festival in Victoria Park.

### ROCK THE PARK

JULY 10 TO JULY 13  
[ROCKTHEPARK.CA](http://ROCKTHEPARK.CA)

| Harris Park, 531 Ridout St. N., London, Ont.

Arguably the biggest summer music festival in London, Rock the Park is celebrating its 16th year of great live music. This four-day festival features different genres each night. This year, some performances include Old Dominion, Pitbull, Snoop Dogg, James Barker Band and Killswitch Engage, among others.

### HOME COUNTY MUSIC & ART FESTIVAL

JULY 19 TO 21  
[HOMECOUNTY.CA](http://HOMECOUNTY.CA)

| Victoria Park, 580 Clarence St., London, Ont.

The Home County Music and Art Festival is London's longest running music festival. Since 1973, the festival showcases a full weekend of Canada's best roots, traditional, indie, and folk/pop acts. Admission is by donation.

### WORTLEY VILLAGE JAZZ & BLUES FESTIVAL

AUGUST 18  
[WORTLEYJAZZBLUESFEST.WEEBLY.COM](http://WORTLEYJAZZBLUESFEST.WEEBLY.COM)

| Various locations in Wortley Village, London, Ont.

Located in London's historical Old South neighbourhood, this pay-what-you-can festival highlights London's best jazz and blues musicians.

### MUSIC IN THE FIELDS

AUGUST 22 TO 24  
[MUSICINTHEFIELDS.CA](http://MUSICINTHEFIELDS.CA)

| Graceland Festival Grounds, 557 Walter St., Lucknow, Ont.

This country music festival is a world-class event with a small town feel. Celebrating its 11th anniversary, Music in the Fields has grown from 1,200 people in 2009 to over 8,000 in recent years. This three-day festival features two stages with well-known names in country music as well as new performers.

Credit: Valter Daghetti





Credit: Courtesy of Doug Hillier, Family Shows Canada

## FOOD

### LONDON FOOD & CRAFT BEER FESTIVAL

JUNE 21 TO 23

[CANADASBIGGESTPARTY.COM](http://CANADASBIGGESTPARTY.COM)

| Victoria Park, 580 Clarence St., London, Ont.

Celebrate cultural diversity at the London International Food Festival. This festival includes live music acts, local vendors and cuisines from all over the world. In partnership with the food festival, the Craft Beer Festival will be taking place in the same venue. The Craft Beer Festival includes craft beer from surrounding areas. Some fun foods to look out for include gourmet grilled cheese sandwiches, fried chocolate poutine and wontons.

### LONDON RIB-FEST & CRAFT BEER FESTIVAL

AUGUST 1 TO 5

[CANADASBIGGESTPARTY.COM](http://CANADASBIGGESTPARTY.COM)

| Victoria Park, 580 Clarence St., London, Ont.

Get all up in the grill at London's Rib-Fest, where you can enjoy juicy ribs and sticky fingers with fellow meat lovers at Victoria Park. Taste ribs cooked by Canada's top ten rib teams, take on your friends in a game of Jenga Giant, and watch artists bring their art to life in the Expressions in Chalk street painting performance.

## COMMUNITY

### GATHERING ON THE GREEN

JUNE 1

[GPBROWN3.WIXSITE.COM/OSCOGOG](http://GPBROWN3.WIXSITE.COM/OSCOGOG)

| 165 Elmwood Ave., London, Ont. (The Green, Old South)

This is the Forest City's longest running community festival. The day features live entertainment, an all-day BBQ, silent auction, local craft and plant vendors, and much more. Gathering on the Green also happens to be London's largest plastic water bottle-free festival, with the city's own Thirstmobile onsite to keep everyone hydrated, free of charge.

### FIESTA LONDON MEXICAN FESTIVAL

JUNE 2

[COVENTMARKET.COM/EVENTS](http://COVENTMARKET.COM/EVENTS)

| Covent Garden Market 130 King St., London Ont.

For a taste of the Mexican culture, Londoners can discover Mexican crafts, music and food, and even participate in some fun contests.

### FANSHawe DRAGON BOAT FESTIVAL

JUNE 8 TO JUNE 9

[FANSHAWEDRAGONBOATFESTIVAL.COM](http://FANSHAWEDRAGONBOATFESTIVAL.COM)

| Fanshawe Conservation Area, 1424 Clarke Rd., London Ont.

Come out and watch the amazing boat race as individuals use their strength and power to paddle towards the finish

line. This event is organized in support of the London Health Sciences Foundation.

### LONDON CHILDREN'S FESTIVAL

JUNE 14 TO 16

[CANADASBIGGESTPARTY.COM](http://CANADASBIGGESTPARTY.COM)

| Victoria Park, 580 Clarence St., London, Ont.

A long-standing London tradition, the Children's Festival celebrates the city's youngsters with a weekend of free entertainment, food and activities. Little ones can play games, enjoy carnival rides, and try out crafts, VR (virtual reality) and more.

### PRIDE LONDON

JULY 18 TO 28

[PRIDELONDON.CA](http://PRIDELONDON.CA)

| Various locations in London, Ont.

Show your support and love for diversity within the community through this 10-day-long celebration. Every day offers educational, artistic and cultural events, with a final parade through downtown bringing the celebrations to a close.

# LONDON'S PLACE TO PLAY



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# Forest City patio guide: You CAN sit with us

BY BRITTANY DU LY

Relaxing in the sunshine with a cold brew in hand is a great way to spend time with friends, but how do you choose where to go? Don't you worry, for a list has been made, throwing in the names of some of the best patios in the city. Try one, try them all — you've got all summer.

## BARNEY'S/THE CEEPS

| 671 Richmond St.

A favourite hangout spot, this patio deck is always jam-packed with hungry, thirsty students. Located next to The Ceeps pub, people-watching is an additional bonus for this location.

## BARKING FROG

| 209 John St.

Perfect for those warm summer nights, you'll get a combination of a club and outdoor breeze. Put on your dancing shoes and raise those glasses as you rock out on the spacious dance floor.

## JACK ASTOR'S BAR & GRILL

| 660 Richmond St.

With a seating capacity of about 250 people, different levels are available along with a full bar on the rooftop. This shared address with neighbour Lone Star Texas Grill means you'll have the same great view of street action.

## LONE STAR TEXAS GRILL

| 660 Richmond St.

Overlooking the busy street of Richmond, this rooftop patio is designed to keep guests as comfortable as possible. Stay warm, even as the sun begins to set, with the heaters and fireplaces.

## MCCABE'S IRISH PUB & GRILL

| 739 Richmond St.

An elevated patio at the top of the pub gives guests an overlook of the city on a more quiet side of downtown.

**Bonus:** The poles holding the table umbrellas offer outlets to recharge phones for some more great Instagram pics.

## MOLLY BLOOM'S IRISH PUB

| 700 Richmond St.

A cozy patio that seats 150 people around the perimeter of this pub. For a more chill vibe, this is the spot for you.

Credit: Angela McInnes



# Where to get food in London

BY SAMANTHA KACZALA

## ON MAIN CAMPUS

### CHARTWELLS CAFETERIAS

- **DEF Junction:** Tim Hortons, Subway, Pizza Pizza
- **Z Building:** Breaktime Café
- **D Café:** Tim Hortons, Harveys
- **H Café:** Starbucks
- **A Building:** Carvery & Bakery
- **B Café:** Tim Hortons, Smoke's Poutinerie, Chef Inspired, Bok Choy

### THE OUT BACK SHACK

| Forwell Hall, Student Union Building

A restaurant and bar that serves roadhouse-style food and hosts a wide range of events throughout the year.

### OASIS

| Student Centre

Variety of cuisine to choose from:

- **Grinders:** coffee and fresh bagels and pastries
- **Seven Seas International Fare:** made-to-order stir fry and pasta
- **Pickles Sandwich Bar:** classic and modern sandwiches
- **Poblanos:** nachos, tacos, famous giant burritos
- **Sunny's:** all-day breakfast and "pub grub" items
- **Grab & Go:** fresh food on the go including fruit, sushi and more

### KETTLES & CURRY BOWLS

| Student Centre

Fresh-made soups, delicious sushi and an assorted offering of hot curries.

### BOOSTER JUICE

| Student Wellness Centre

Fresh and nutritious smoothies, freshly squeezed juices, wraps, paninis and high protein products for all needs.

## FALCON'S NEST

| Forwell Hall, Student Union Building

A convenience store which also sells freshly made food and hot meals like their special teriyaki with fried rice and amazing square cookies.

## JUST ACROSS THE STREET (FROM MAIN CAMPUS)

### CAREY'S BAR & GRILL

| 1569 Oxford St. E.

Family-owned bar, boasting the best chicken wings in London.

### MARVELOUS 2 FOR 1 PIZZA

| 1569 Oxford St. E.

A pizza parlour with good pizza at cheap prices and special deals.

### TUSCANOS PIZZERIA & BISTRO

| 1579 Oxford St. E.

An Italian cuisine restaurant that serves a large range of delicious pizzas, salads, panzerottis and much more. Enjoy fine dining or pick up some delicious takeout in between classes.

### HADI'S SHAWARMA

| 1579 Oxford St. E.

Middle Eastern cuisine at reasonable prices and just a step away from campus.

### BAR BURRITO

| 1579 Oxford St. E.

Specializing in great Tex-Mex foods, students can enjoy large burritos, tacos and quesadillas stuffed full with fresh toppings at affordable prices.

## GORDY'S BREWHOUSE

| 1631 Oxford St. E.

Quality food including spinach and artichoke dip, strip loin dinner, the Gordy's Monster Burger and more.

## GINO'S PIZZA

| 1631 Oxford St. E.

Open until midnight Sunday to Wednesday, with extended hours Thursday to Saturday, making it Fanshawe students' go-to pizza place.

## THE TAKE OUT FISH & CHIPS

| 1635 Oxford St. E.

Delicious fish and chips glazed with hot and fresh batter. It's open at later hours so students can appreciate a nice dinner after a late class.

## GROCERY STORES

### REAL CANADIAN SUPERSTORE

| 825 Oxford St. E.

About 10 minutes away from the main campus, you can take the Fanshawe shuttle bus, or the 17 or 4 bus. The Real Canadian Superstore offers a diversity of foods from ready-made meals to fresh produce. There are some great weekly deals offered in their flyer and students can get 10 per cent more PC Optimum points on Tuesdays.

## FOOD BASICS

| 1299 Oxford St. E.

Situated at Oxford and Highbury, Food Basics is practically a stone's throw away from the London main campus. It's open very late, so students can stop by after their classes to



Credit: Jordan Crow

quickly pick up some groceries. Food Basics also offers 10 per cent off for students on Tuesdays.

## NO FRILLS

1925 Dundas St. E. (Argyle Mall) and 1275 Highbury Ave. N.

Well-stocked with a variety of produce choices and other food goods. Deals are always available and there is also the availability to price match their deals with other grocery stores. Get a PC Optimum membership card to earn points and redeem those points as cash for free groceries.

**AT CHEAPSIDE ST. AND HIGBURY AVE.**

## SWISS CHALET ROTISSERIE & GRILL

1141 Highbury Ave. N.

Fine dining that serves a diversity of western dishes in large portions. A casual place to eat out with friends.

## LI GARDEN (FORMERLY WING'S KITCHEN)

1141 Highbury Ave. N.

A Chinese restaurant that serves traditional Chinese cuisine in a warm and friendly environment.

## GLOBALLY LOCAL

1141 Highbury Ave. N.

With a drive-thru that is open 24 hours, Globally Local is the place to go for vegan fast food no matter what time your cravings strike.

## DOWNTOWN CAMPUS

## THE CHEF'S TABLE

130 Dundas St.  
(Fanshawe Downtown Campus)

What used to be Saffron's at the main campus is now The Chef's Table downtown. Run by the Fanshawe School of Tourism, Hospitality and Culinary Arts, the restaurant offers a wide variety of food from soups to salad, chicken and fish etc. Menu is subject to change.

## NEAR DOWNTOWN CAMPUS

## COVENT GARDEN MARKET

130 King St.

Not only does the marketplace offer fresh produce, it also has a number of restaurants where students can grab lunch between classes, including:

- **The Salad Bowl:** Uses fresh ingredients for customers to mix and match toppings, meats,

cheeses and sauces to create their ideal salad or wrap.

- **Petite Paris Creperie & Patisserie:** Sells delicious European pastries as well as filling crepes and quiches that are hot and ready to eat.
- **Tanakaya Japanese Restaurant:** Taste a bit of Asian cuisine with some freshly made sushi or some ramen and udon soup with a bubble tea on the side to complete a fantastic meal.

## CARDBOARD CAFÉ

114 Dundas St.

Right down the street from downtown campus, the Cardboard Café is a fun place to be for anyone looking to enjoy a nice snack and coffee while playing games with friends.

## BILLY'S (DOWNTOWN) DELI RESTAURANT

113 Dundas St.

A casual family café that serves well priced sandwiches, breakfast items and fresh baked pies.

# Affordable summertime snacking

BY SAMANTHA KACZALA

## BLACK WALNUT BAKERY CAFÉ

| 134 Wortley Rd. and 724 Richmond St.

Both locations feature outdoor seating to patrons who want to relax outside with a cup of coffee or tea. The café offers a large variety of delicious drinks, sandwiches, soups and pastries. Their daily selection of food changes seasonally, keeping a fresh menu for frequent visitors.

## EDGAR AND JOE'S CAFÉ

| 255 Horton St. (at Wellington) and 201 King St. (Innovation Works)

This café in the SoHo (south of Horton Street) district is a promoted social space from Goodwill Industries. The café makes fresh food from scratch, using locally sourced ingredients when possible. Affordable prices for healthy food choices makes this café worth a visit, especially in the summer when they bring out their patio chairs!

## STARBUCKS

| 1164 Highbury Ave. N.  
(among other locations)

Already a fan favourite by most students, this particular location of the chain is just a short walk away from the school, making it easily accessible to students who live on campus or nearby. The small patio in front is perfect for drinking some of the store's cooler drinks such as their famous Vanilla Bean Crème Frappuccino. Treat yourself to snacks like their popular Birthday Cake Pop and Chocolate Chunk Cookies as well.

## THE GOURMET DELI

| 285 King St. and 200 Queens Ave.

The Gourmet Deli offers a big selection of fresh sandwiches, soups and salads and all-day breakfast that you can take out to eat on their lifted patio in front of the King Street location. As a deli they also sell pepperettes and other fresh meat, plus many delicious pastries. Patron favourites include their sandwiches, like the BLT, where you can have an unlimited amount of toppings.

## WILLIAMS FRESH CAFÉ

| 578 Richmond St.  
(among other locations)

One of many stores of this franchise, the Richmond Street location has a beautiful patio with umbrellas that protect patrons from the intense rays of the sun when needed. The inside is cozy and can hold a lot of people, even larger groups. The menu holds a large array of beverages and delicious meals at affordable prices for students.

## YOU MADE IT CAFÉ

| 332 Richmond St.

Proceeds earned in the café goes towards the London community. The menu offers a wide range of rich and delicious dishes and beverages, from espressos to bacon grilled cheese sandwiches, all set at prices lower than \$10. The patio is a hidden gem, allowing you to get a skyline view of the city on warm summer days.

Credit: Farnaz Gooya



# THE FACTORY

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## DISCOVER

### CANADA'S LARGEST INDOOR ADVENTURE PARK

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LONDON ON

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BUSINESS IMPROVEMENT AREA



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[www.argylebia.com](http://www.argylebia.com)

# London breakdown: Your guide around the Forest City

BY EMMA FAIRGRIEVE AND JOCELYN WONG

## NORTHEAST LONDON AND OLD EAST VILLAGE (OEV)

This part of London is where Fanshawe College's main campus is located. Some of the notable places to visit are: Banting house (historical building), Kiwanis Park (skate park) and the Western Fair District. Grocery stores include Food Basics, Real Canadian Superstore, Thai Asia Grocery & Thai Foods and Darryll and Tracy's No Frills.

This area is also home to the Old East Village (OEV), a historical neighborhood rich in local art. Check out musical acts at Aeolian Hall and Palace Theatre, explore unique thrift shops or enjoy a Japanese crepe at Wisdom Café. Feast on some local organic food at The Root Cellar restaurant, where you'll find options such as the maple cinnamon French toast and grilled veg pizza. Other nearby restaurants include Nova Era Bakery, Mykonos Restaurant and True Taco.

## NORTHWEST LONDON

Northwest London includes the Hyde Park neighbourhood and CF Masonville Place. Western University and Masonville shopping mall are the two most notable places in this area, along with the Fleetway bowling alley and Labatt Park. Masonville includes stores such as Forever 21, Zara and H&M. The mall also includes The Rec Room restaurant and arcade, as well as the SilverCity movie theatre. Get your groceries at Costco, Walmart, Sobeys and Farm Boy. Some restaurants in the area include Heart Sushi, Crabby Joe's Bar & Grill and Under the Volcano.



Share pics of your **Favourite Must-Do Activities** with Fanshawe students on Instagram and get them featured!

## SOUTHEAST LONDON

Southeast London has a few useful places you may want to visit, including the Argyle Mall/Plaza. Argyle includes a Walmart, No Frills, LCBO, Winners, Canadian Tire and Sport Chek. When it comes to food options, the Southeast also has a QDOBA, East Side Mario's and a Bulk Barn.

## SOUTHWEST LONDON AND WORTLEY VILLAGE (OLD SOUTH)

One of the main attractions in this area is White Oaks Mall. Some of the stores include Dollarama, Ardene, Urban Planet, Walmart and Sunrise Records. The mall also includes a food court with restaurants like Wikki Hut, Thai Express, YoYo's Yogurt Cafe, New York Fries and A&W.

Also in Southwest London is Wortley Village. Voted as one of Canada's "coolest neighbourhoods", this historic London area features a plethora of hipster culture: coffee shops, live music and local arts. The Wortley Village Jazz and Blues Festival and Gathering on the Green are only some of the many local events that happen in this area. Try the saganaki at Sweet Onion Bistro and watch molten cheese get set on fire before your eyes.

## CENTRAL/DOWNTOWN LONDON AND RICHMOND ROW

Downtown London always has something going on. Plenty of events happen at several locations downtown, typically at Budweiser Gardens, London Music Hall and the Grand Theatre. Downtown has so much to offer in



Credit: Megan Easveld

terms of food, including the Covent Garden Market, which offers fresh local food from many nationalities. Other restaurants downtown include Jewel of India, The Works, and Mythic Grill.

Downtown is also home to Richmond Row. Explore fashion, tattoos and ethnic foods throughout the day, then spend the rest of your afternoon/evening at Barney's over a plate of nachos and a pitcher of beer. When the night is still young, have a few dances and drinks at The Ceeps, sing karaoke at Molly Bloom's, or grab a late-night bite to eat at Burger Burger... or all of the above! Throughout the year, Richmond Row also hosts a variety of bar hops and paint nights that are perfect for anyone who gets bored watching Netflix at home.

# Activities to do around London on a budget

BY CLAUDIA BERGMAN

As a student, you may feel limited by that sad, sad balance in your bank account. Hard to believe, but London, Ont. is home to many activities and attractions that can provide entertainment without breaking the bank. Here is a curated list of possible activities, organized by someone who has no qualms about using a coupon at the dollar store.

## TEA TASTING AT WISDOM CAFÉ

COST: \$15

| 610 Dundas St.

Have you ever wanted to know the origin/history, preparation and production behind your hot cup of tea? Wisdom Café, a teashop, art gallery and Japanese creperie, offers one and a half hour long workshops which will provide you the answers you seek. Included in the session is a tasting of at least six different types of teas along with accompanied treats.

## MUSTANG DRIVE-IN

COST: \$20/CARLOAD

| 2551 Wilton Grove Rd.

You and four other friends can catch the latest movie at the Mustang Drive-In on Thursday nights, all for \$20 between the five of you (\$3.60 a person if you are really pinching that penny). A joy in itself, the drive-in offers a wonderful movie-watching experience sans the typical annoyances found in regular theatres (i.e., talkers, cell phone users, loud chewers/drinkers etc.). Bring a blanket, pillow or even warm slippers to get yourself cozy while watching Hollywood's latest releases in the comfort of your own car.



Credit: Farnaz Gooya

## YUK-YUK'S COMEDY CLUB AMATEUR NIGHT

COST: FREE FOR FANSHAWE STUDENTS (19+ WITH ID)

| 900 King St. (Western Fair District)

Yuk Yuk's Comedy Club in the Western Fair District offers an amateur night featuring newcomer comedians looking to mark their place in the world of comedy. For those without a student ID, admission is \$5... a small price to pay for an hour and a half of potentially ab-busting laughter.

## SPRINGBANK PARK WITH A FANCY HOT DRINK

COST: VARIES

| 1085 Commissioners Rd. W.

Grab your favourite drink from your local coffee shop and go for a long, peaceful walk or bike ride through Springbank Park. London wasn't named the Forest City for nothing, and parks like Springbank are prime examples to support this moniker. With a walking duration of roughly one to two hours, the trail features scenic views of the Thames River, plenty of rest stops in between and possible wildlife encounters, all surrounded by luscious trees and nature.

# Best beaches in Southwestern Ontario

BY BRITTANY DU LY

When it gets hot in the city, what better way to cool down than to indulge in the beautiful waters of Ontario? All these locations are accessible not too far from London, easily satisfying any quick getaway needs. Here is a list of the top five beaches to check out this summer.

## GRAND BEND

| Lambton Shores, Ont.

Just off the shores of Lake Huron, dogs, boats and fishing lines are all welcome to 66 kilometres of water surrounding the public access area. Parents can enjoy a stress-free afternoon with lifeguards monitoring the water, in addition to the easily accessible public washrooms. Other amenities include beach volleyball nets for group fun and splash pads next to playgrounds for children. The Grand Bend main street houses a combination of boutiques, restaurants and nightlife venues.

## ST. MARY'S SWIMMING QUARRY

| 425 Water St. S., St. Mary's, Ont.

Located next to the Canadian Baseball Hall of Fame, the Quarry is known as the country's largest freshwater swimming pool. For a small entrance fee, visitors can walk onto a well-maintained beach area, and daredevils can choose between jumping off either the high diving board or the surrounding cliffs into the crystal-clear water. To learn more, go to [townofstmarys.com](http://townofstmarys.com).

## JOHN E. PEARCE PROVINCIAL PARK

| 29424 Lakeview Line, Wallacetown, Ont.

Travel on trails passing over hundreds of century-old trees, and indulge in endless birdwatching opportunities while picnicking among an abundance of wildflowers within the forests. For a grand viewpoint, climb onto the 33-metre-high cliffs surrounding the edges of the beach that allow tourists to gaze over the nature-filled park.

## PORT STANLEY

| Long Beach, Port Stanley, Ont.

In addition to having active harbour operations for fishermen, this community is known for its "Blue Beach" awards, as the town continues to meet sustainable boating tourism standards. The beach features the newly-restored Port Stanley Pier, which overlooks the waters of Lake Erie. Visitors can also enjoy the town's summer theatre, hiking, golf, boutiques, galleries, fine dining, pubs and much more.

## LONG POINT PROVINCIAL PARK

| 350 Erie Blvd., Port Rowan, Ont.

You'll never feel crowded with over 40 kilometres of beach stretching across Lake Erie. Long Point also offers some of the region's best campsites. Pick one from the 256 sites available, 78 of which offer electrical service.

## Beach Essentials:



### SUNSCREEN

There are a lot of things to barbecue this summer... don't let your skin be one of them. Be sure to slather on plenty of SPF protection — you'll thank us later.



### SUNGGLASSES

For sharp and healthy vision, be sure to slide on some guaranteed 99 per cent UV light lens coverage. People look significantly cooler with these bad boys on.



### TOWELS

These multi-purpose long cloths are good not only for drying off ocean water, but protecting bums from sand that is prone to stick to them as well.



### SWIMSUIT AND CHANGE OF CLOTHES

As basic as these articles are, you'll be surprised the amount of people who actually forget to bring swim wear or dry clothing.



### APPROPRIATE FOOTWEAR

Nobody likes rocks in their shoes, so imagine runners on a beach where hundreds of thousands of mini rocks are ready to sink in.



### PROPS

For some great fun in the sun action, tools such as beach balls, volleyballs, frisbees or water floaties guarantee a good time.



### WATER

Bring water and other icy beverages in an insulated bag or cooler, including frozen H2O, to keep the heat at arm's length.

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# London's top parks and trails

BY BRITTANY DU LY, JESSICA EDEN AND GEORGE MARAGOS

When life gets stressful, exploring the great outdoors is the perfect way to get some exercise and ease your mind.

The Forest City earns its namesake by providing an abundance of parks and trails, many of which are easily accessible by public transit. Get out and smell the flowers at these popular local nature spots.

## SPRINGBANK PARK

| 1085 Commissioners Rd. W.

One of the more famous nature-packed routes, expanding over 300 acres of land, this park is comprised of plenty of natural woodlands, garden vistas and family favourites such as Storybook Gardens, along with flower displays and landscape gardens. Springbank Park is open to strollers, cyclists, roller-blades and skateboards, with scenic trails taking visitors through quite the journey over 30 kilometres of pathways.

## HARRIS PARK

| 531 Rideout St. N.

With a view of the Thames River, Harris Park's main trail leads to an area just after the river forks, with paved pathways and bench seating; the route opens to a grassland containing a newly built band shell used for events, primarily Rock the Park.

## VICTORIA PARK

| 580 Clarence St.

This iconic park, named after Queen Victoria, is the most popular park in London. The squirrels have become so comfortable with people they may even approach if invited. Located in the heart of the downtown core, this



Credit: Jordan Crow

park is a must-see destination for any newcomer to London. Take a walk through the park on the winding paved walkway, or relax after shopping downtown on a bench or picnic table.

## KIWANIS PARK

| 1475 Brydges St.

Covering the area from Dundas to Trafalgar Streets, Kiwanis Park has pathways helping to link the surrounding neighborhoods. Described as a long narrow park, it features an accessible playground, two baseball diamonds and a skateboard plaza just south of Wavell Street. There's a play structure for small children with baby swings, a triple slide and a merry-go-round, as well as a spray pad with washrooms close by.

## GIBBONS PARK

| 2A Grosvenor St.

Similar to Springbank Park, Gibbons Park has a trail that runs along the Thames River and also a cross-country race route, a paved biking/running trail and warmup areas for stretching and other activities. If you need a cool down after your walk, there is an on-site outdoor swimming pool and splash pad open during the summer.

## WESTMINSTER PONDS

| 696 Wellington Rd.

This site is one of London's favourites with all the beauty and wild nature it has to offer. Hills, wildlife, plants and flowers make up over 200 hectares of nature trails. Visitors can be sure to bump into one of the five large kettle ponds during a solo trip, or alongside dogs, as this is a pet-friendly location. The ponds are home to over 200 species: birds, turtles, salamanders and beavers are just some of the animals you could see. As a heads-up, bicycles are not permitted into the pond area.

## MEDWAY VALLEY HERITAGE FOREST

| 29 Doncaster Ave.

Medway Valley is more than just a forest; surrounding the heritage creek, this trail is the ideal site for swamps, marshes, valley slopes and communities of plants. Both sides of the stream are lined with over 10 kilometres of yellow blaze-marked trails. Situated between Windermere, Fanshawe Park, Western and Wonderland roads, Medway is deemed an environmentally significant area. It is closely monitored and protected to ensure the preservation of wildlife throughout the area.

# London's best alternative sports

BY BRITTANY DU LY

Don't like to dribble a ball, shoot a puck, or whatever active people are doing these days? Sometimes all people need is an ounce of creativity to spice up the thought of getting in their exercise outside of the classic basketball or baseball routines. Here is a list of alternative sports and activities for you to try.



Credit: Courtesy of BATL (Backyard Axe Throwing League) (left), Junction Climbing (middle) and Boler Mountain (right)

## AXE THROWING

[BATLGROUNDS.COM](http://BATLGROUNDS.COM)

| 38 Adelaide St. N.

BATL (Backyard Axe Throwing League) gives participants the opportunity to chuck fast, sharp tools into wooden targets. Not only is it an amazing stress-reliever, but many will be surprised to discover the great effects that this activity has on the body (a.k.a a golden ab worker). The venue houses over 7,500 square feet of space and 22 targets. Whether the sport is somebody's perfect idea of stress relief, or even just a great way to satisfy the urge to throw things, BATL is the place to check out. Visit the website for group bookings and other inquiries.

## BUBBLE SOCCER

[BUBBLESOCCERADVENTURES.COM](http://BUBBLESOCCERADVENTURES.COM)

| Location varies

Ever wonder what it'd be like to live the life of a hamster? Now you can join a local bubble soccer league to find out. The sport entails the same expectations and objectives of regular soccer, except better, as players run across the field to catch a ball while knocking one another off their feet. Players are placed into giant bouncy suits, leaving only space for their legs to dangle out. Don't worry about givin' er, this bubble is certainly not one to pop. Operating all year round. Registration can be found online.

## JUNCTION CLIMBING

[JUNCTIONCLIMBING.COM](http://JUNCTIONCLIMBING.COM)

| 1030 Elias St., Unit 2

Any indoor rock climbing sports centre is guaranteed to provide an intense full-body workout requiring both physical and mental strength. This hardcore sport tests climbers' strength, balance and judgement as they push and pull themselves up 16 feet of stepping stones. There are 50 varying boulder routes to choose from, so choose wisely. Junction is open to individual or group exercises, and often holds monthly events and community fundraisers.

## TREETOP ADVENTURE PARK

[BOLERMOUNTAIN.COM/TREETOP-ADVENTURE-PARK](http://BOLERMOUNTAIN.COM/TREETOP-ADVENTURE-PARK)

| 689 Griffith St. (Boler Mountain)

Head over to Boler Mountain's Treetop Adventure Park for the opportunity to see the world from high-up in the treetops while zipping through the forests and fields. Treetop Adventure Park offers three different levels of courses, including a kid-friendly path and a big zip adventure pack. Those who are bigger fans of swinging will be happy to know that the zipline course offers six consecutive zips. This exciting activity operates through rain or shine.

# Help is just around the corner

BY NICK REYNO

Sometimes life hits rock bottom. It happens to the best of us and it's nothing to be ashamed of. The important thing is to seek out a helping hand, be it a family member, a friend, a religious figure or a support worker.

Fanshawe's main campus is home to a diverse counselling department ready to help with any number of issues that come up during your academic career. From dealing with a loss, to anger management and even relationship troubles, Fanshawe's counsellors are here to ensure that no student struggles alone.

**The counselling office can be found in room F2010 or reached at 519-452-4282.**

If you would rather find a program or community that specializes in a specific area of mental health, the following organizations are a good place to start.

## FIRST EPISODE MOOD AND ANXIETY PROGRAM (FEMAP)

519-646-6000 EXT. 65178  
[FEMAP@LHSC.ON.CA](mailto:FEMAP@LHSC.ON.CA)

860 Richmond St.  
(London Health Sciences Centre)

College is the first time many students are away from home. The high academic pressure and lack of a close support system can lead many students to develop issues with anxiety or mood swings. This program is dedicated to helping young adults who are experiencing these issues for the first time.

## LONDON MENTAL HEALTH CRISIS SERVICE

519-433-2023

862 Richmond St.  
(London Mental Health Crisis Service)

If you ever feel like you're in a situation where an early exit on life looks appealing, please head to the LHSC crisis centre. If you're contemplating harming yourself or others there is a team of skilled psychologists here willing to help you work through things. If you don't see a group that focuses on your own mental health needs, call the Mental Health Helpline at 1-866-531-2600.

## LEARNING DISABILITIES ASSOCIATION OF LONDON REGION

519-438-6213

[LDAINFO@LDALONDON.CA](mailto:LDAINFO@LDALONDON.CA)

303 Richmond St., Unit 205

College can be hard, but dealing with an attention deficit disorder makes it all the more difficult. You don't have to struggle alone. London's Learning Disabilities Association offers one-on-one coaching as well as a peer group that meets on the fourth Monday of each month from 7 p.m. to 9 p.m.

## OBSESSIVE COMPULSIVE DISORDER (OCD) GROUP

519-434-9191

[INFO@CMHAMIDDLESEX.CA](mailto:INFO@CMHAMIDDLESEX.CA)

648 Huron St. (CMHA Middlesex Mental Health & Addictions Crisis Centre)

Many people neglect to acknowledge that OCD is a mental illness just as much as anxiety or depression is. The OCD peer support group meets on the second and fourth Monday of every month and while it doesn't accept drop-ins, anyone can RSVP by calling in.

## SURVIVORS OF SUICIDE (SOS)

519-434-9191 EXT. 244

[INFO@CMHAMIDDLESEX.CA](mailto:INFO@CMHAMIDDLESEX.CA)

648 Huron St. (CMHA Middlesex Mental Health & Addictions Crisis Centre)

Dealing with the loss of a loved one or a friend is difficult, but even more so if they've taken their own life. It's important to talk with others in the wake of a loss and to not internalize or bottle up any feelings of guilt or responsibility. SOS is a free eight-week group program for people dealing with the loss of someone to suicide.

## LONDON SHYNESS AND SOCIAL ANXIETY SUPPORT GROUP

519-668-0624

[INFO@CMHAMIDDLESEX.CA](mailto:INFO@CMHAMIDDLESEX.CA)

648 Huron St. (CMHA Middlesex Mental Health & Addictions Crisis Centre)

If social situations or densely packed spaces make you feel uneasy, this support group might be able to alleviate some of that nervousness. The group welcomes new members and strives to maintain an inviting and stress-free environment. They meet from 7 p.m. to 9 p.m. on the first and third Thursday of every month.

## LONDON AND REGION MOOD DISORDERS SELF HELP GROUP

519-434-9191

[INFO@LONDON-MD.ORG](mailto:INFO@LONDON-MD.ORG)

534 Queens Ave. (CMHA Middlesex)

If the thought of sitting down with a psychologist makes you uncomfortable, this is the perfect alternative. The peer support group meets every Wednesday and is open to drop-ins. By meeting away from a doctor's office the support group creates a relaxed environment where the participants are more 'family' than 'patients'.

*For those who may not feel comfortable enough to leave the house, remember that you can always call any of the hotlines listed below. Not all of them are local but they're all 24-hour hotlines because no one should struggle alone.*

- **National Suicide Prevention Hotline:** [1-800-273-8255](http://1-800-273-8255)
- **London Distress Line:** [519-667-6711](http://519-667-6711)
- **Good2Talk:** [1-866-925-5454](http://1-866-925-5454)

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# The ultimate bookworm bookstore guide

BY JESSICA EDEN

Would you rather be reading a book above anything else? Do you decline going out on weekends just to spend time with a special book? Are you always having to convince your friends that the book is always better than the movie? Then you are definitely showing signs and symptoms of being a bookworm.

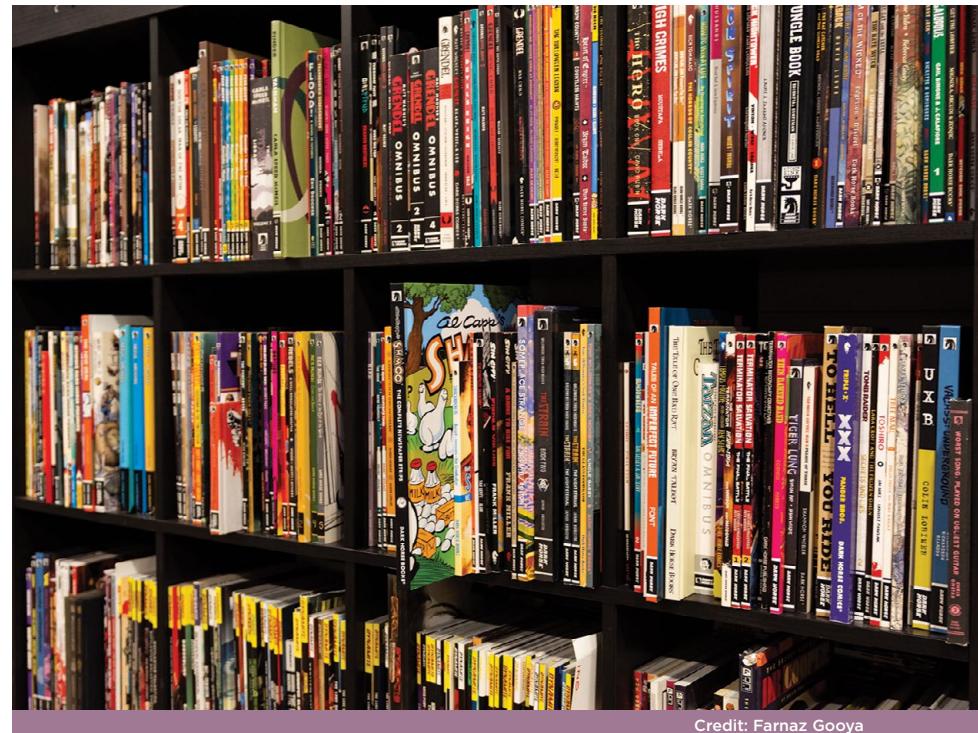
Bookworms often like to stay in their home-made cocoon of blankets and a comfy couch, and feed on coffee, tea and sweet snacks. When they emerge from their habitat, usually sleep-deprived and in slight emotional turmoil from the book they managed to finish in record time, it is time to go on the lookout for more books.

A bookworm lives and breathes books, which is why bookstores are essential. London offers a variety of bookstores that should be on every bookworm's list.

## ATTIC BOOKS

| 240 Dundas St.

An antique bookstore that carries books, prints and maps. Outside of the store during the warm weather are “loonie bins” that hold items that can be purchased for \$1. Inside there are three floors where books are sectioned by genre. Second-hand books can be sold or donated by appointment, which makes it a great place to get rid of some oldies and refresh your bookshelf with new titles.



Credit: Farnaz Gooya

## CITY LIGHTS BOOKSHOP

| 356 Richmond St.

Known as “Canada’s most unusual bookstore since 1975”, City Lights Bookshop is a two-level store filled with mostly second-hand books that are half of the original retail price. Collectors’ editions and a wide variety of genres make this bookstore an ideal place for a bookworm.

The store also sells CDs, records, sheet music, posters and magazines, many of which now cannot be found in first-hand retail stores. The cozy atmosphere and the cultured and classic feel of the antique bookstore will enhance the reader’s visit.

## THE MYSTIC BOOKSHOP

| 612 Dundas St.

A unique occult-themed bookstore that lives up to its name. The store has its own cat, a fortune teller machine and incense burning to create a mystical atmosphere.

This spot is different compared to other bookstores in London because it carries a little bit of everything. All of the items brought into the store are new to sell, and cover a wide range of spiritual, metaphysical and religious topics.

While bigger and mainstream bookstores such as Indigo are a great place to buy a selection of books, nothing compares to an antique and unique experience that is associated with small bookstores. Next time you go out to buy a book, check out London’s local bookstores.



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Share pics of your **Favourite Must-Do Activities** with Fanshawe students on Instagram and get them featured!

# Where to get comics and other geeky items

BY EMMA FAIRGRIEVE

Comic Con comes around once a year to offer so many geeky items: posters, comics, figurines, games and other merchandise. However, many geeks need to get their fix more than once a year. The following is a short list of stores that you'll want to check out to fulfill your inner geek.

## GAME CYCLE

[GAMECYCLE.CA](http://GAMECYCLE.CA)

| 972 Hamilton Rd. and  
79 Wharncliffe Rd S.

For the movie and video game lover, this is the place to buy, sell and trade an array of used games and movies. The store also offers collectibles and retro games, including Game Cube, Super Nintendo, Atari, Nintendo 64 and Sega Genesis, just to name a few.

## GROOVES RECORDS

[GROOVESRECORDSTORE.COM](http://GROOVESRECORDSTORE.COM)

| 236 Dundas St.

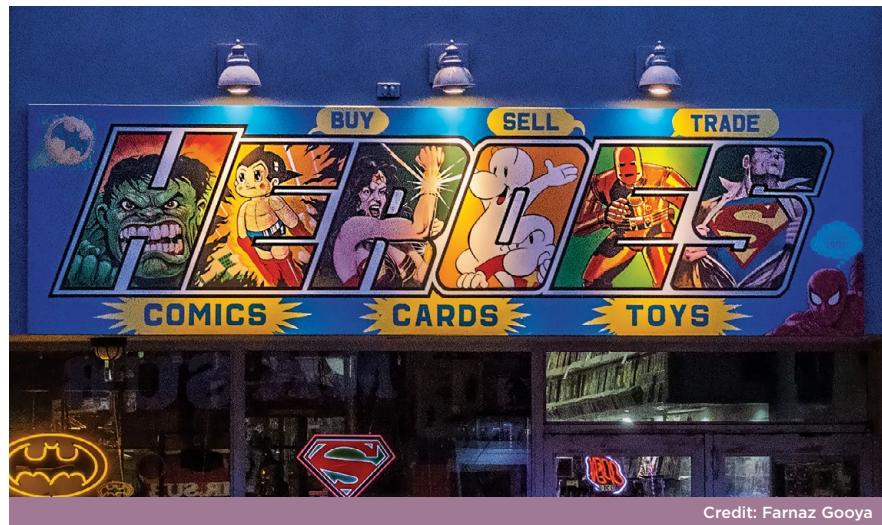
A local goldmine for anyone who loves records and CDs. Grooves offers used and new vinyl, and buys, sells, and trades records and CDs. It also hosts in-store performances for local musicians.

## HEROES COMICS

[HEROESCOMICS.CA](http://HEROESCOMICS.CA)

| 186 Dundas St.

Heroes Comics, as the name suggests, sells comics from well-known publishers like DC and Marvel and numerous indie publications. They sell single issue comics, compilations and graphic novels, as well as figurines, retro toys and card games like Magic: The Gathering. They also buy and sell many collectors comics, sports cards and so much more.



Credit: Farnaz Gooya

## NEO TOKYO

[NEOTOKYO.CA](http://NEOTOKYO.CA)

| 787 Dundas St.

If you love anime and manga, Neo Tokyo will quickly become one of your favourite places in London. The store offers pretty much everything Japanese, including candy, manga, anime and other related merchandise.

## ÜBER COOL STUFF

[UBERCOOLSTUFF.COM](http://UBERCOOLSTUFF.COM)

| 122 Dundas St. and 123 Carling St.

Über Cool Stuff offers board games, card games, pop culture merchandise and other interesting products. They sell merchandise from franchises like Star Wars, Doctor Who and Pusheen.

## WORLDS AWAY

[WORLDSAWAYLONDON.COM](http://WORLDSAWAYLONDON.COM)

| 666 Dundas St.

Worlds Away specializes in Magic: The Gathering, Dr. Who, Star Trek, Star Wars and other science fiction and horror franchises. It sells comics, magazines, t-shirts, posters, action figures, model kits, toys, movies, role playing games, board games, card and gaming supplies and science fiction and fantasy paperbacks. The store hosts Magic: The Gathering tournaments every week, as well as other tournaments. Scheduling can be found in store or online.

## OTHER HOT SPOTS

Some chains at CF Masonville Place to check out include:

- Hot Topic
- Spencers Gifts
- Sunrise Records
- EB Games



# Shop 'til you drop: Unique boutiques in London

BY JOCELYN WONG

Credit: Mikka Azores (Filthy Rebena Vintage)

London has a fair share of boutiques dotted across the city, but finding something that is uniquely #LdnOnt is hard to do when you are new to the city. This is a list of shops that you should visit to get a true sense Forest City style.

## CURIOSITIES GIFT SHOP

[CURIOSITYSGIFTSHOP.COM](http://CURIOSITYSGIFTSHOP.COM)

| 174 1/2 Wortley Rd.

Looking for something to quench your eccentric tastes? Tucked away in Wortley Village, this quaint shop has a collection of knickknacks, clothing and greeting cards. Most of the goods are Canadian-made, along with some local London products. Check out Miik, a Montreal-based clothing line the shop carries that uses unconventional materials such as eucalyptus and milk as fabric. A strong advocate for sustainable lifestyle, this line tries to minimize their carbon footprint by milling their own fabric and assembling all their products locally.

## FILTHY REBENA VINTAGE

[FILTHYREBENA.COM](http://FILTHYREBENA.COM)

| 177 Dundas St.

The staff of Filthy Rebena post their stock list online for anyone interested in purchasing their products. They pride themselves on making the environment better by upcycling used clothing. Check out their Etsy shop for a short list of products they carry in their store. Occasionally, they

host sales to clear their inventory and reduce their prices by 50 per cent. Check out the store's social media for all of the latest updates.

## GROW & BLOOM CO.

[GROWANDBLOOMCO.COM](http://GROWANDBLOOMCO.COM)

| 569 Richmond St.

Home of the floral goddess workshop (where participants create beautifully intricate floral arrangements on goddess heads), this boutique florist has the most Instagram-friendly décor and aesthetically pleasing social media. Surprise your special someone with something special: a ceramic Frida Kahlo piece, a candle or any of their lovely artsy jewelry.

## THE MARKET AT THE WESTERN FAIR DISTRICT

[WESTERNFAIRDISTRICT.COM/MARKET](http://WESTERNFAIRDISTRICT.COM/MARKET)

| 900 King St.

Home to over 100 vendors and buskers, the market comes alive every weekend. From brunch to whimsical home décor, the market is a space to explore and find new trinkets. Check out the Purple Moose Sock Company

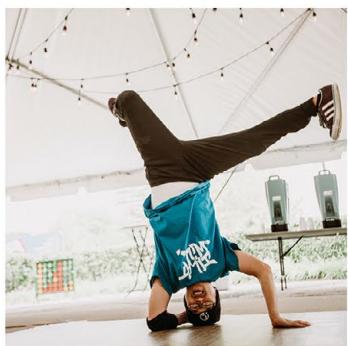
to find some quirky socks: corgi, space and cat prints are all available upon request. Other interesting stalls to check out are Liberty and Love (a steampunk, art nouveau jewelry maker), Birdhouse Classics (fun garden furniture), and Oaza (essential oils and skin care).

## THE PRISTINE OLIVE TASTING BAR

[THEPRISTINEOLIVE.CA](http://THEPRISTINEOLIVE.CA)

| 884 Adelaide St. N.

With over 60 different premium oils and balsamic vinegars to choose from, this store encourages healthy cooking. They regularly post new recipes on their websites with interesting recipes like truffled deviled eggs, smoked salmon and avocado crostinis and fresh shrimp spring rolls. This quaint shop also hosts tasting classes where people can sample all of their oils with a selection of finger foods. Don't have time to devote yourself to a tasting? The Pristine Olive Tasting Bar website has a chart that delineates all of the olive oil and balsamic pairings.



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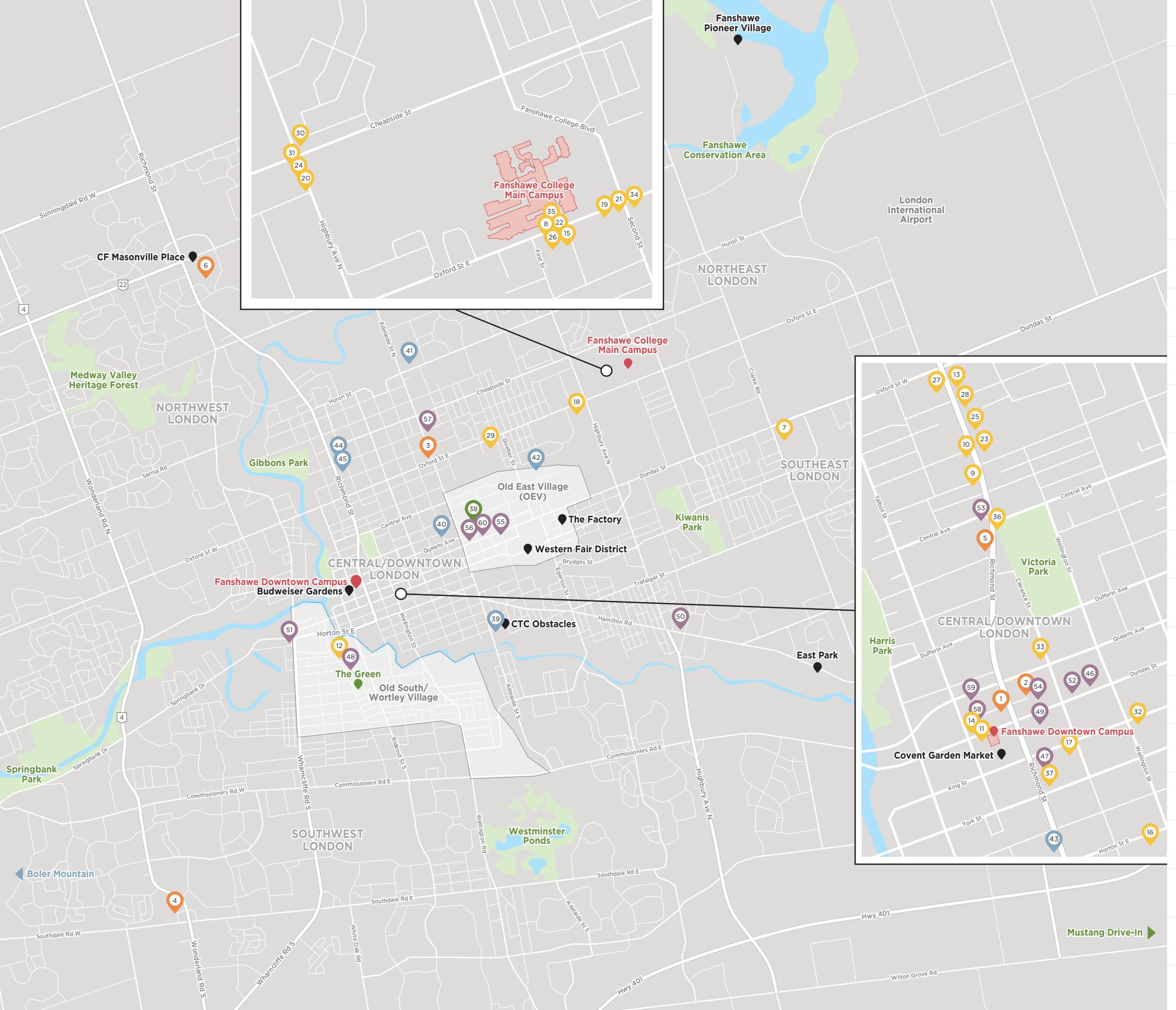
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