

# Scarlett

She Thinks  
She Can Dance

**She's  
Right**

How My Life Got  
**BLOGGED**

*MuchMusic VJ Liz Trinnear:*  
**She's a Winner**

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## Scarlett

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Scarlett is a project of Writing 2294-Publishing which is one of many courses offered in the *Writing, Rhetoric, and Professional Communication Program* (<http://www.uwo.ca/writing>) in the Faculty of Arts and Humanities at The University of Western Ontario.

Students worked in teams to develop a Reader Profile, Mission Statement, Editorial Formula, and Editorial Content and Assignments; they wrote articles, took photographs, designed title and cover, edited each other's work, and directed design and layout decisions within the context of a team.

Each student prepared a version of the above listed elements of a contemporary magazine, and team members evaluated each other's submissions, and either chose one as the best proposal or merged their ideas to create a team proposal. Each team offered its concepts and ideas to the class where they were discussed and debated until one proposal was universally adopted.

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# How My Life Got Blogged

Recent Law Grad Uses the Internet to Create the Career She Wants

by Caroline Marini

Blogging offers the opportunity for people to tell the world what's on their minds, talk about current events, or circulate information about one's business, no matter how uniquely focused. This new web-based craze has allowed one young recent graduate to open her own law firm, get national exposure to clients, and be featured in the business section of the *Globe and Mail*.

So here she is . . . meet Laura Zizzo. Twenty-seven years old and already she has a degree in Environmental Studies from the University of Waterloo and a law degree from the University of Toronto. Since graduation she has worked in environmental law at the Toronto law firm Gowling Lafleur Henderson LLP. This past July Zizzo opened her own practice specializing in environmental and climate-change law. The twist is that in addition to legal advice, Zizzo is providing climate-change consulting and advisory services.

When asked why she started her own law firm, Zizzo energetically responded, "I enjoy leadership and wanted to be in a position to practice differently than traditional lawyers do. I thought I would be able to focus on the subject and style I wanted to practice in if I started my own firm, instead of staying in a larger firm."

Zizzo not only started her own law firm this summer, but she's been dominating the Internet through the use of her personalized blog, a website for her law firm, and being followed on *Twitter*, an up-to-the-minute blogging site that allows people to post and follow newly discussed issues.



Laura Zizzo, LLB

"It's absolutely essential to have a web presence," says Zizzo. "The first thing I did when I decided to start my own firm was get a temporary website up and running. The Internet (my blog, *Twitter* and *Facebook*) has been essential. I am constantly online, and clients are finding me from the web presence alone. I couldn't do what I've been doing without the internet!"

The Internet connects Zizzo to people around the world. "I'm like any other 20-something driven women out there; the only difference is that my accomplishments are being explored through the Internet!"

Zizzo was contacted by the *Globe and Mail* for creating buzz about her independent business choices. "An editor at the *Globe* contacted me after she checked out my website and blog — it was her idea to do the story. I think it helped build my confidence and my profile."

With a goal in mind and an education background that would lead her to success, Zizzo is constantly networking about environmental issues.

So what courses helped this budding lawyer bring her so much success at such a young age? Zizzo took an interdisciplinary degree in Environmental Studies from the University of Waterloo. The degree emphasised being able to converse across various disciplines thereby helping her expand her knowledge: "I'd say the courses on economics, environmental studies, and the specific courses on climate change best prepared me for this new venture." With an undergrad in Environmental Sciences, Zizzo continued to study environmental law and specialized in it after graduating from the University of Toronto Law School.

"I started with no clients; I made a leap to a job where I wasn't sure I'd be able to make any money or that anyone would want to hire me or think I was experienced enough to do good work. I just took a deep breath and dug in. I do that every day."

With Zizzo's accomplishments, ideas, and new findings about environmental issues blogged immediately online, potential clients see that she is working hard at what she believes in.

Zizzo is an influential young woman who has set goals for her self, and with an organized agenda, she keeps her life and her new law firm on track.

For many young women intimidated by the thought of taking an unconventional career path, Zizzo exemplifies what can be accomplished when a career choice is in harmony with one's beliefs.

# Carry Your Ride

*Portable, Lightweight, Take your ride where ever you go.*

by Victoria Siemon

Folding clothes, folding paper, folding towels, folding chairs, and folding bicycles. Wait, folding bicycles? Is there even such a thing? Why, yes there is! The folding bicycle is a bike that folds in half so it is more compact, efficient, economical, healthy, ecological, easy to transport and store. There are many different forms of the folding bicycle including Dahon's folding bicycle, Bergmonch's backpack bicycle and Bazooka's collapsible bike. These bicycles are a recent innovation. They are great for urban lifestyles where size matters and smaller is often better.

Cycling is an excellent alternative to driving a car or taking public transit because it's emission free. However, because of their size and awkward shape, bicycles often have to be locked up outside: a major inconvenience, especially for those who work in office buildings or live in apartments. The new folding bike design is not only convenient, but it is a great way to minimizing impact on the environment. Folding bikes can be taken anywhere.

Dahon, Bergmonch and Bazooka sell folding bicycles for those who love to cycle to their destinations but also need a compact size for storage and portability.

Dahon wants to encourage more people to use environmentally sustainable forms of transportation, so they have focused on creating a reasonably priced folding bicycle to achieve this goal. Their bike is a revolution in transportation that changes the way people get themselves from point A to point



**The Bergmonch Bike: 9.5 kg**

is great for mountain bike trails because uphill it's a backpack and downhill it's a speedy bike adventure. The frame is made of strong, lightweight aluminum. The whole idea is like summer tobogganing where you climb uphill and enjoy the swift ride downhill. Special features include an aerated back plate, shoulder belts, hip belt and height adjustable chest strap. When life throws uphill trails at you, respond with some hiking boots and the backpack bicycle because if there is an uphill, there is also a downhill.

Bazooka "Ride With Style" was established in Vancouver, British Columbia in 2002. The company believes that biking should be a part of everyday life. An individual can save money and our planet by biking to school, work, or wherever the destination is. Foldable bikes are convenient because there's no need to worry about bike racks, parking, or space. Bazooka sells carry bags that make it even easier to take your bike anywhere and everywhere from the trunk of your car to the airport, buses, boats, subways, and the office. It is perfect for urban dwellers, travelers, and those looking for a recreational activity.

The Navigator 21 Speed bike is made for the off-road journey adventurer. You can take it with you no matter what terrain your confronted with.

B. They are the worldwide leader in folding bicycles with sales of almost two million. Their headquarters is in Los Angeles, California, however, they sell bicycles in over 30 countries. The majority of Dahon's employees ride bicycles to work.

Dahon bikes are predominantly sold through independent bike shops and the Internet. There are different categories of bikes that include city, commuter, electric, mountain, road, touring, sport, and urban utility. These are all foldable bikes.

Vitesse D7 Commute bike was recently rated as the overall winner in folding by UK's leading auto magazine. The D7 is suitable for any terrain; you can take it with you on a trail, on the streets, or for a ride in the park. It has hill-conquering gears and a rear luggage rack.

The Bergmonch "Hiking Uphill, Wheelin Downhill" is made in Germany. This bike doesn't just fold; it folds into a backpack. This

# Wine 101: A Beginner's Guide

By Corrine Morris

Do you ever find yourself wandering the aisles at the LCBO, lost in a sea of wine bottles? With white, pink, red, Australian, and Chilean options glaring back at you, and no idea how to choose? If you feel overwhelmed when it comes to searching for that perfect bottle of wine, you are not alone.

Do not panic. Armed with a little knowledge and the courage to experiment, you can easily learn how to pick wine like a pro.

## Red or White?

The basic difference between red and white wines is how they are made. Red wine is made of crushed, fermented grapes where the fruit and skin remain for the fermentation process, whereas white wine is made of fermented grape juice only. Surprisingly, wine gets its colour from the grape skins. This means white wine can be made from red grapes as long as the skins are removed before fermentation.

The choice between red and white is a personal one. Many people find that it is easier to begin drinking white wine, often considered to be a lighter fare, and then progress to heavier red wines. There really is no right place to begin – it's up to you. Remember to serve white wine chilled in slim wine glasses (called flutes) and serve red wine at room temperature in broader rimmed flutes.

While many assume white is sweet and red is dry, you can buy sweet and dry wines in both varieties. Read the label to get an

idea of what you are purchasing. A numbered scale is used to grade sweetness: 0 identifies the driest wines, 6 identifies the sweetest.

## But where to begin?

Every person appreciates wine differently. Your goal is to develop your own taste. If you really are unsure where to begin, start by choosing wine varieties that are popular with other people. Chardonnays are the most popular white and Cabernet Sauvignons are the most popular red.

People will commonly choose wine based on the food they are serving. This is an art of its own. The table below outlines popular wines and their food pairings.

## What is the cost?

To some, wine still smells of affluence, but its wide price range makes it affordable to all. A decent bottle of wine at your local LCBO can range from \$12-\$18 before

you enter the expensive territory of reserves and vintages. Most beginners will be just as happy with a simple \$12 bottle of wine as with a more expensive one, so don't feel pressured to spend more unless you are ready to try something new.

## What if I'm still unsure?

Never be afraid to ask for help when searching for wine; even seasoned connoisseurs find the advice of LCBO employees helpful. Consider keeping a journal of the wines you try, and write down what you like or dislike for later reference.

Once you find a wine you like, pay attention to its region – you might find you are drawn to Australian reds or French whites. Look for patterns; trust your instincts.

Be bold! With a little bit of experimentation and determination, you will find a perfect wine that works for you.

WHITES to Consider	Description	Food pairings
Chardonnay	One of the world's most popular whites, tasting of rich citrus or fruity flavours	Best coupled with chicken and fish
Sauvignon Blanc	This wine has a very spicy and pronounced aroma	Serve with seafood and strong cheeses
Riesling	Sweet Rieslings taste of various fruits and dry Rieslings taste of lemon and herbs	Pair with white meats like chicken, fish and pork

Other popular whites: Gewürztraminer, Pinot Blanc and Pinot Grigio

REDS to Consider	Description	Food pairings
Cabernet Sauvignon	One of the world's most popular reds, it tastes of deep, dark fruits (mostly black current) and is often aged in oak	Best coupled with strong flavours like beef and lamb
Merlot	This wine is full-bodied and rich in flavours of cherry and chocolate.	Serve with grilled meats, sausages and pastas
Shiraz	This is also called Syrah, a rich, full-bodied, spicy wine tasting of black cherries and smoke.	Pair with with heavy flavoured foods like lamb, duck and goose.

Other popular reds: Chianti, Pinot Noir, Sangiovese

# *Bent* Out of Shape?

Here's a solution that's as easy as 1-2-3

by Daisy Sun

**F**eel tired and out of breath after walking up a flight of stairs? You need to get into shape. Although cardio is a favourite for many women, it is important to balance cardio with weight training exercises.

Working out at least four days a week will increase endurance. "When you challenge your muscles with something new each workout, they're constantly trying to adapt, so results come quickly and you keep getting toned," says celebrity trainer Valerie Waters of Brentwood, California. Breaks between workouts give your body time to rebuild muscle tissue and prevent muscle damage that occurs from over-exercising.

Workouts should differ bi-weekly so that you exercise different muscle groups. You can focus on cardio for the first day and then rotate to weight training the next day. Alternating workouts will prevent you from reaching a plateau. Having fun will also motivate you to continue working out.

Running is one of the most convenient methods of cardio. If you prefer not to run, there are more gentle alternatives such as swimming, biking and working out on an elliptical machine. After a minimum of 30 minutes of cardio, you can focus on muscle and core training.

## 1 Arms & Chest

An alternative to bench presses are incline push-ups. You have the flexibility of working on virtually anything that can make an incline. Place both hands on a bench.

Extend your legs straight and push yourself up to a 45 degree angle.

Slowly lower your body so your arms are at a 90 degree angle. Push yourself back up and repeat three reps of 15.

## 2 Abs

For redefining your abs, lie on your back and lift your legs up to 90 degrees. Hold this position for five seconds and then push your legs straight up into the air. Repeat and do three sets of 15.

To work on your oblique muscles, keep your legs in the air with one leg bent over the other. Support your head with your hands and contract your abs while you lift your head. Switch legs and repeat three sets of 15 on each side.

## 3 Butt, Legs & Shoulders

Stand with your feet shoulder-width apart with the toes turned out slightly. This will help you regain balance.

With a medicine ball or free weights, squat until your thighs are parallel to the floor. You can hover up and down in this position for 20 seconds, jump up, and extend your arms, pressing the ball overhead. To reduce the pressure on your knees, just lift the ball overhead without jumping. Repeat five sets of 20.

# Meet New People

## 8 Ways to Break the Ice

by Victoria Siemon

**1. Ask questions** - When someone new enters the room, it's always important to make him/her feel comfortable. Asking questions is a great conversation starter.

**2. Offer a beverage** - Whether you're at a party or just having some down time watching a movie, it is important to make new guests feel at home. Offering them a drink shows them that their comfort is important to you.

**3. Make a joke** - Laughter in a room is always a cheerful sound. Cracking a joke can get the room laughing and trigger other jokes or topics of conversation. This way, you won't feel like you're giving an interview.

**4. Would You Rather** - Would you rather have a dinosaur as a pet or a planet accessible from your backyard? Win the lottery or be famous? Eat M&M's or Skittles? This game of proposing two outrageous questions gets the entire room laughing.

**5. World Issue or Current Events** - Discussing a world issue that is in the news is a good conversation starter. It can even lead to a debate and exchange of opinions and ideas. You may even learn something new.

**6. Movies** - Everyone loves movies. If you have seen the same one, then that's a common interest and it is more likely that you have both seen the same type of movies.

**7. BrickBreaker** - Blackberry's are all the rage and BrickBreaker is definitely a major selling point. If you mention this game to anyone, I'm sure they will respond by saying, "yes" with a great big smile.

**8. Food** - Who doesn't love food? It tastes great and fills the belly; talking about yummy foods or outrageous Gordon Ramsey is a great icebreaker.

# Smart Snacks for Savvy Women

Healthy choices that'll boost your energy without the muffin top!

by Cinthia MacLean

So, after your first year living on your own, you're modeling a 15-pound muffin-top—belly bulge that hangs over the waistline of your favorite jeans in a manner resembling a muffin spilling over its paper casing. Don't freak out! Take a look at your eating habits and make adjustments. It's best to make small adjustments to your diet that you know you can stick with. Because you are constantly on the go, finding time to eat can be hard, but it is possible!

## What to do

When looking for advice about nutrition, consult a registered dietitian to come up with a smart eating plan. Melissa Ferreira, a registered dietitian, provides suggestions of snacks that fit in any busy woman's nutritional needs and stabilize hunger between meals. An ideal snack is 200 calories or less with a combination of protein for a stick-to-your-ribs feeling, carbohydrates for an energy boost, and a bit of fat for indulgence satisfaction (no more than 3 grams of fat per 100 calories).

To jumpstart your quest for healthier food choices, the Canada Food Guide suggests an adult between 19 and 50 should aim for:

Per Day	Female	Male
Vegetables and fruit	7-8	8-20
Grain products	6-7	8
Milk and alternatives	2	2
Meat and alternatives	2	3

## Ingredients for success

For vitamin rich, low-fat healthy snacking, have these foods available to take with you before leaving home and in your kitchen while at home:

Food Group	One serving is	Tip	Suggestions
Fruit	1 whole fruit ½ c. precut fruit ¼ c. dried fruit	Choose orange fruit more often.	Before rushing to school or work, grab a vitamin and fibre rich snack such as an apple, orange, or a banana. Precut fruit can be popped into a Tupperware container.
Vegetable	½ c. fresh/frozen veggies 1 c. Mesclun mix	Choose dark green and orange vegetables.	Precut raw vegetables are great for toting in your bag. Store in a Tupperware container; eat later with a dip like hummus (1/4 c.) or low-fat salad dressing (2 tbsps).
Whole Grains	3 c. popcorn 30 g crackers 1 slice bread	Choose whole grain and enriched products.	If you have a craving for crunchy munchies, pop a bag of low fat, low salt popcorn in the microwave. This low-cal snack provides 6-cups of whole grains.
Dairy	175 g yogurt 1.5 oz cheese 1 c. milk	Choose lower-fat milk products more often.	At coffee break, order a small nonfat latte: no sugary flavorings or whipped cream. While on the go, grab a yogurt cup or a low-fat mozzarella cheese stick.
Meat	2.5 oz fish 2 eggs 20 almonds 49 pistachios ¼ c. pumpkin seeds ½ c. soy nuts	Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.	Single serving, zip-open plastic pouches of tuna is great eating out of the pouch, on whole grain crackers, or on top of a salad. Stash a mini-easy-to-carry plastic bag of nuts in your car, purse or backpack. Quick start your day by cracking two eggs each morning to get your daily nutritional needs!

## Making smart n' savvy choices!

Sometimes a little tweaking can lead to significant weight loss over time. Changing your breakfast muffin or midday snack can make slimming down simple. Smart snacking won't leave you hungry and there's no need to feel deprived while losing weight!

# **MuchMusic VJ Liz Trinnear** **She's a Winner**

*by Jessica Uniac*

Dressed in a bright pink top and flashy black sequin skirt, Liz Trinnear stood anxiously on live TV beside her remaining opposition, Alli Walker. By the end of the show, Trinnear, a London native, would win the MuchMusic 2.0 VJ Search, turning her into an instant celebrity.

MuchMusic was looking to fill a VJ position since two previous VJs had moved to new projects. The job consists of introducing and playing videos on television, hosting shows, interviewing celebrities and much more. Over 4000 people from all over Canada applied, but only 16 advanced to the competition.

Being a VJ has been Trinnear's "ultimate goal" for years. For her, this experience has been "quite surreal." From the start, she had the mindset to win: "To me, nothing is funny about chasing a dream. I feel I have a lot to add to MuchMusic and all the assets that go along with it."

By October 26th, MuchMusic had cut the field of contenders to eight. During the next four weeks, MuchMusic tested the remaining contestants with challenges to assess "wit, creativity, drive, sass and charisma." On November 23rd, the top four contestants were announced; on December 4th Trinnear was announced the winner.

As a former student at The University of Western Ontario, Trinnear studied in the Faculty of Information and Media Studies. "I have taken quite a few music and journalism classes, which have enhanced my capabilities as a VJ," she said. Carolyn Sinclair, a former

***I'm awkward,  
I'm quirky –***

***I don't always  
say the right  
things ...  
but I'm real.***



classmate, believes Trinnear is perfect for the job: "Liz is the type of person who gets along well with almost everyone. She is personable, friendly and kind, and she has the kind of confidence that doesn't come across as conceit."

Trinnear has worked at numerous media related jobs, including a stint at a local radio station and a music-licensing and publishing company, which developed skills that contribute to her ability as a VJ. She gathered



new music and wrote reviews at her music-licensing job where she had to know music well. Her knowledge of music is what synched the deal over her competition.

Trinnear found Walker to be her toughest competitor. Before the final four were chosen, Walker was in the lead with interviews. Trinnear admires Walker because she is the typical Canadian girl-next-door and appeals to a younger audience. "She definitely has some likeable quality traits," Trinnear said.

"It is very eye opening to see just how many people support me." Trinnear says that her "family is beyond ecstatic. They know how bad I have wanted this." As for her friends, she says, "Friends, well I couldn't do it without them. I consider my friends an extended family and they have shown nothing but love and full support." Trinnear also has almost 5000 Facebook fans, all of whom followed and supported her throughout the competition.

When asked to describe herself in three words, she explains, "I'm outgoing, unique, and in love with life . . . I love living." Sinclair agrees: "Liz is comfortable in her own skin, but is always willing to try new things and adapt to new situations. She is charming, funny, likeable, and a friend you can always rely on." Trinnear is passionate and full of energy, and never lets obstacles in her life get her down.

Trinnear continually overcomes hurdles in life. One huge hurdle is dealing with *Epidermolysis Bullosa*, a rare genetic disease characterized by the presence of extremely fragile skin and recurrent blister formation. She describes it as "missing the glue that holds your epidermis and dermis together." At one week of age, her parents were told she would never walk.

Her skin condition changed her outlook on life: "I don't take the little things for granted," she says with a smile. "When I see people damaging their bodies when they don't have to, it makes me so mad." Trinnear says she put a lot of time and energy into music, instead of growing resentful of her disease.

When asked what excites her most as the newest VJ, Trinnear answered "Everything. I mean, being constantly surrounded by music and pop culture and having to call it 'work' is quite amazing." She says she can't wait to interview musicians and artists who have made an impact on her life. "I

just think every aspect of being a MMVJ is exciting. That being said, I understand the workload and pressure that comes with the job."

At the end of the big reveal show, Trinnear said she wants to leave a legacy at MuchMusic. "I'm awkward, I'm quirky – I don't always say the right things... but at the same time I'm real." She adds, "I think that I'll bring a new fresh realness to the station . . . and my passion for music – that's the main thing. I eat, sleep and breathe music."

Follow Liz on Twitter and look for her fan page on Facebook.

## Be Your Own Boss

by Lori A. May

Thinking of starting your own business? Whether you're looking to take on freelance assignments or launch a small business, the local community has some great resources to help you get started.

Being your own boss can be an appealing prospect not only for graduates but for current students as well. Why? You decide your own hours and the type of work you take on. But, being your own boss is hard work, too. When you work for yourself, you're accountable for everything, good or bad. Since it may take a few years to generate a profit, you risk spending more on the business than you can afford.

Before you start spending money, chat with local experts who can help you determine if self-employment is really for you. Both Western and Fanshawe offer on-campus career service representatives who may be able to offer suggestions. Their respective websites are [www.career.uwo.ca](http://www.career.uwo.ca) and [www.fanshawec.ca/EN/careers](http://www.fanshawec.ca/EN/careers).

If you're in school and interested in running a part-time business, look into Summer Company. This government

funded business program assists students between the ages of 15 and 29. There may be financial assistance available to help your start-up. Visit [www.sbcentre.ca](http://www.sbcentre.ca) for more information about Summer Company and other small business planning programs offered through the London Small Business Centre.

Whether you are just thinking about being your own boss or already have your business plan drafted, consider these additional resources along the way to help ensure your independent success:

**Industry Canada:**

[www.strategis.ic.gc.ca](http://www.strategis.ic.gc.ca)

**Canada Business:**

[www.canadabusiness.ca/eng/125](http://www.canadabusiness.ca/eng/125)

**Canadian Youth Business**

**Foundation:** [www.cybf.ca](http://www.cybf.ca)

**Employment Resources Centre:**

[www.londonpubliclibrary.ca](http://www.londonpubliclibrary.ca)

Becoming your own boss can be a rewarding experience. Make the most of your time and money by consulting with community career professionals to make sure your business gets off the ground with a strong support system. Good luck!

# Party Your Way

by Rebecca Mader

Every year thousands of students set out on an adventure of a lifetime. Whether they're traveling to Europe or going across the globe to Asia and Australia, they want to know one thing—where are the best places to party? Sure, checking out the sights and exploring the unique cultures is a must do, but when the sun goes down, it's time for a night of carefree fun.

**Sydney, Australia** is host to amazing day and nightlife. The laidback lifestyle of surfing and drinking means there are loads of bars to visit on the beaches. If you're after fantastic nightlife and in the mood to get down, Sydney also has a great selection of dance clubs. **Tank** is an award-winning club offering world-class clubbing. **Yu** nightclub has quickly become a competitor for top club in Sydney, with local and international DJ's blasting the latest in-house music. It's a city you don't want to miss!

**Auckland, New Zealand** – Kiwi's take their footie (Rugby) very seriously, so if you're wanting to watch the game and show a little team spirit, hit up one of the local sports bars. Fans come to cheer on their favourite team or to drown their sorrows after a loss; either way, you'll have great interaction with the locals. Try **Bond Street Lounge and Bar** for a stylish and friendly bar, just a walk away from the Auckland rugby field.

**Koh Phangan, Thailand**, home to the infamous Full Moon parties and Half Moon parties, boasts extremely cheap places to stay that are right on the beach. At night,

Redefining the term

## HOT SPOT

**Chupitos in Barcelona, Spain** is a one of a kind bar featuring 500 different shots at around Two-Euros each. The shots come with quite the show too, from marshmallows on fire to setting the bar on fire. It's located close to the university so expect to run into local students.



# Around the World

party with 15,000 + travelers all looking to have a good time. Be sure to check the schedule ahead of time to make sure that you do not miss out on the full moon party as it only happens once every month. (<http://fullmoonparty-thailand.com>)

**London, England** – If you're looking to add a little history to your trip, London is the perfect place to visit with old pubs looming around the corner. Visit the oldest running tavern, **Seven Stars**, in Westminster, which is over 400 years old. **Ye Old Cheshire Cheese** pub is also quite well known and was once a favourite haunt for Mark Twain and Alfred Tennyson. **Movida** is one of London's top nightclubs, hosting the world's best DJ's. Its atmosphere is unpretentious and laid back but attracts the city's most fashionable.

**Paris, France** – Get a feel for the French lifestyle by enjoying your evening at an outdoor café, tasting wine perfected by the French. The best dance music scene does not exactly come to mind when you think of Paris, but that's changing, with **Showcase**. Located under the Pont Alexandre III bridge, this club is quickly becoming the place to see and be seen. Party well into the early morning with the latest DJ's and remixed tracks.

**Barcelona, Spain** – **Chupitos** is located close to the university so expect to run into local students. This bar is one of a kind with 500 different shots to choose from around Two-Euros each; it's a deal! The shots come with quite the show too, from marshmallows on fire to the bar on fire. Buy a friend the Monica Lewinsky, you won't be

disappointed, and you'll leave with a great story. Barcelona is filled with eccentric and unique nightclubs. The best way to get a taste of all is to do a pub crawl. The clubs are the best in the city and you'll get the best of both worlds by partying with other tourists as well as locals.

**Berlin, Germany** - Now deemed the city with the best nightlife in all of Europe, Berlin is the place to party after dark. **Bar Am Lützowplatz** is a favourite amongst local young professionals. It's definitely a great place to mingle with the locals, although you may want to brush up on some German beforehand. **Kit Kat Klub** is a one of a kind place to party. The only rule: no street clothing allowed. Partygoers must be sporting costumes, glamour, leather, anything but your typical pair of jeans or dress.

**Prague, Czech Republic** - As one of Europe's leading up-and-coming tourist destinations, Prague is still relatively inexpensive and undiscovered. Try visiting the old town square for a slew of Czech bars to choose from. **The Roxy** is Prague's go to destination. Very popular with the locals, **The Roxy** features a rave like vibe with cool video projections and light shows. You don't have to worry about blowing your budget either because this club features cheap drinks.

**Ios, Mykonos, Santorini, Corfu** –Whether you're looking for rest and relaxation or living it up and letting loose, Greece has it all. Ios is known as the party island. But if you're looking to do something touristy during the day, try visiting Mykonos instead. It is the best of both worlds:

shops and beaches to visit during the day and crazy parties happening into the early morning. Enjoy a glass of wine in Santorini as you watch the sunset in Oia or party it up on Perissa Beach. Be sure to stay at **Anna Youth Hostel** and stroll the main street along the beach at night for a number of bars. The one and only place to party on this island of Corfu is **The Pink Palace**, home to toga parties, copious shots of Ouzo, and an amazing booze cruise. It's one trip you won't forget. ([www.thepinkpalace.com](http://www.thepinkpalace.com))

**Amsterdam, Holland** home to the Red Light District (where anything goes) is relaxed and crazy all at the same time. The **Bulldog Café Club** is the partygoer's ultimate paradise and Amsterdam's signature café. The one thing you should look out for is that there are two different kinds of the Bulldog in Amsterdam. One is reserved strictly for selling drugs and not alcohol, but all others are drink friendly and happy to serve you. Be sure to stop by the **Bulldog Café Club**, featuring loads of space to dance the night away.

Looking for a pub crawl in Europe? Check out **New Europe Tours and Pub Crawl** at [www.neweuropetours.eu](http://www.neweuropetours.eu). The cost is inexpensive and each traveler gets a drink at each location. Some even serve unlimited beer, wine, vodka, and absinthe for the first hour. It's a great way to meet other travelers from around the world.

# The Write Career:

An Interview with Western's Writer-in-Residence Penn Kemp

By Lori A. May

**W**ouldn't it be nice to spend your days lolling about with your creative thoughts, writing the next great bestseller of our time?

In reality, writing is hard work. Like most professions, it requires commitment, dedication and skill, and yet it is a job like no other. Writers often work in solitude and struggle with rejection. Even so, writing can be a very rewarding creative outlet.

Whether your dreams are to take up writing as a hobby or pursue it as a career, there are ample opportunities to explore within the community.

Each year The University of Western Ontario invites an author to spend the academic season as Writer-in-Residence. This year the role belongs to poet Penn Kemp. A Western graduate and local resident, Kemp is a wonderful example of a working writer who embraces her role as a Literary Citizen.

What, exactly, is a Literary Citizen? She is someone who actively engages in and promotes the literary arts. By opening doors for others, a Literary Citizen empowers artists, brings culture and experience to the community, and represents herself as a spokesperson for arts, culture, and diversity.

As a local author, Penn Kemp has made a point of being actively engaged within the broader

community. She regularly extends her readings, workshops, and lectures beyond the campus.

"As an activist," Kemp says, "I express my political and ecological concerns through poetry where I can, so I'm often involved in events at Aeolian Hall, Poetry London and the Council of Canadians...."

As part of her role as Writer-in-Residence, Kemp hosts "Gathering Voices" on Radio Western, a weekly segment that showcases the many homegrown voices in Canadian literature. Kemp also frequently pairs up with museums and orchestras to cross-promote the arts and engage diverse audiences.

Why does Kemp feel it is so important for writers to engage with others? "The literary community in Canada is still small, and it's necessary to establish connections," she says. "Do whatever you can to meet other artists, particularly in your chosen genre."

Sometimes that means creating opportunities. "Wherever I moved, I initiated a reading series. Those opportunities might not be available to you now, though more readings are certainly needed in London and a space like Mykonos Restaurant often hosts readings. The Public Library is also very open to new initiatives."



Why not follow Kemp's example and start your own reading series? Don't know where to start? Make an appointment with our Writer-in-Residence. In addition to general literary discussion, Kemp invites students from all disciplines to share their work.

"I'll read and comment on works of poetry, fiction, creative non-fiction and drama, but no essays, thanks!"

If you've considered pursuing a life as a writer, why wait until graduation to begin living your dream? Get involved with the on- and off-campus activities available within our community. Create your own opportunities. Introduce yourself to the faculty who are

involved in literary events. Get creative!

What does Penn Kemp recommend to students pursuing arts careers? "Courage, my love! And persevere, persist, be pragmatic. If you are going to support yourself in the arts, you need to be as innovative in marketing and promotion as you are in creating the work itself."

No one can create more opportunities for you than yourself. As Kemp says, "Creating one's own life is a satisfying and empowering joy, no matter how hard it might seem, because it is what you have chosen for yourself."

Whether it's Penn Kemp or another writer you come into contact with, our Writer-in-Residence has some final words of wisdom: "If you are lucky enough to find a mentor or a teacher who cherishes, values and promotes your work, even through tough criticism, value that person. A mentor hands down a lineage, a tradition, through story, through example."

Writing may be a tough career with its ups and downs, rejections and criticisms, but it can also be an incredibly rewarding and fulfilling career. Follow those dreams, work hard, and be sure to introduce yourself to Penn Kemp.

To make an appointment with Penn Kemp, Writer-in-Residence:  
Contact Vivian Foglton in the Department of English.  
Phone: 519-661-3403  
Email: vlavers@uwo.ca.

Penn Kemp's office hours are Wednesdays and Thursdays from 12:30 pm - 3:30 pm., in UC 171.

Listen to the Gathering Voices archives at [www.chrwradio.com/talk/gatheringvoices](http://www.chrwradio.com/talk/gatheringvoices).

Learn more about Penn Kemp by visiting <http://mytown.ca/pennletters>.

## Be Stress Free About Money!

# 7 Easy Tricks To Balance Your Budget

by Brooke Shekter

**Strapped for cash? There are ways for you to make your budget work – without sacrificing your social life or starving yourself.**

### 1. Write It Down

While it may seem to be much easier to avoid facing your financial woes, writing down a budget every month can actually reduce your stress. It's helpful to make a list of everything you'll need to purchase in the upcoming month. Knowing that you have a financial plan will make you feel less anxious. Make sure you budget for a 'safety' amount every month for emergencies or last-minute purchases. If you don't use your 'safety' in one month, carry it over to the next.

### 2. Use Cash – Only

Stick to cash. Avoid using debit or credit cards. These cards disconnect you from your money and the concept of your dollar. Stick to cash by going to the bank once a week and take out the money that you've budgeted for the week. Seeing cash in your wallet will make you more aware of spending and how much remains for the week.

### 3. No Refills

Specific store cards, such as Starbucks or Tim Horton's cards, are another trap. It's great to use these cards if you have received them as gifts, but throw them away once they are empty! Refilling these cards locks you money in one place and forces you to spend unnecessarily.

### 4. Shop!

Grocery shopping is a very easy way to save on cash. It's a good idea to allocate enough money in your monthly budget to enable yourself to eat at home for almost every meal. Eating out is one of the easiest ways to blow your budget and having food in your fridge will make you think twice about going out to eat. So don't be afraid to shop!

### 5. Know Your Dates

Living on a budget doesn't mean that you can't have fun. Most movie theatres offer cheap nights, such as Tuesdays, where you can pay less for your ticket. Also, inquire into whether your favourite bars offer 'free ladies night' or no cover before a certain time. These are easy ways to stick to your budget without changing your social life.

### 6. Talk About It

Money is something that people don't usually talk about. But why? We all have to deal with it. Talking about money with your family will enable you to learn more ways to manage your money. Talking about it with friends can also help you save. Instead of going out for drinks, have people over for a potluck or a wine and cheese. The price of one drink at a bar can sometimes cost as much as a bottle of wine.

# BBM ME!

The wait for a single handheld device that connects you to the world INSTANTLY is finally over!

*By Caroline Marini*

BlackBerry Messenger is the most reliable and fastest way of staying in touch with your dreamy partner, best gossip, bothersome boss and, yes, even your mother!

Finally no limited size on incoming messages, no delay in searching the internet, and choosing personalized ring tones from incoming calls are accessible anywhere, anytime!

BlackBerry's Instant Messaging ("BBM") is cheaper and no roaming fees apply. BBM takes the familiarities of instant messaging ("IM'ing") from your PC and has remodeled a new way to experience instant messaging through your cellphone!

Staying connected and multi-t3's tasking has never been so easy!

With BlackBerry's Instant Messenger there's no waiting for a response. Not only is it a 'real-time' conversation, but users can also read and write simultaneously while chatting to more than one person at a time. It's your personal mobile chat room accessible from wherever you are. With your normal cellphone' text message services, users can never be sure if their texts were sent properly. But, with BBM, messages



notify the sender with "D" for delivered and "R" for read. "BBM" also allows sending and receiving files and pictures while tracking message histories and can be your substitute

telephone conversation even when the phone is turned off. Now you can add people to BBM just by scanning their BlackBerry barcode with the camera on your BlackBerry – super easy!

So what are you waiting for, start the revolution of BBM!

## Drop the Call! - says MTO

*By Corrine Morris*

Okay, when you are driving it is tough to step away from anything, but with Ontario's new ban on driving and using electronics, you will have to keep your eyes off your phone and on the road. Though the law came into effect on October 26, 2009, strict enforcement will commence on February 1, 2010. Don't think you are out of the woods yet - this interim period is just to help educate the public.

*So what's included in the ban?*

Based on the publicity you would think cell phones are the only culprit, but the ban applies to all hand held electronic devices. Blackberries, iPods and GPS systems are all examples of naughty toys.

*What are the exceptions?*

The good news is that there are a few rather important exceptions. Anything that can be defined as hands-free, such as MP3 players routed through your stereo, GPS units secured to your dash, and yes, even cell phone headsets with voice dialing, are exempt. These hands-free devices allow you to keep your focus on the road ahead of you.

### Quick Facts

- ✓ fines can run up to \$500
- ✓ car passengers are permitted to use electronics at any time
- ✓ drivers can use handheld devices if they first pull over to the side of the road -- no cheating! You must be pulled over and at a complete stop.
- ✓ remember, if you utilize public transportation, you can talk and text all you want, while helping to save the environment as well!

For a complete list of rules and exceptions, visit the Ministry of Transportation website at: <http://www.mto.gov.on.ca/english/safety/distracted-driving/index.shtml>.

**Jessica & Tiffany**

# Workout Buddies

by

*Cynthia MacLean*

as told by

*Jessica MacLean*



**W**ant to lose weight and improve your overall fitness but don't know where to start? Then walking your butt off with a canine friend can be your best option.

An extra 20 pounds appeared around my waistline while I was on a study exchange—not a flattering sight! Figuring out an inexpensive way to shape up was a challenge since my finances were depleted.

Walking is safe, inexpensive, and fun. While contemplating my miserable weight situation, my furry four-legged friend, Tiffany, danced around me wagging her tail and looked at me in a very happy “we are going to play now aren't we” way. I suddenly realized standing in front of me was a natural exercise machine on a leash!

With a workout buddy, it is easier to keep active and maintain a schedule. A dog will never make excuses. Tiffany's motivation got me going every day, even on days when I didn't feel like it—rain or shine!

## *Benefits of Walking*

According to Kinesiology Professor Jim Frank, University of Waterloo, the body uses nearly 200 muscles while walking. Extensive studies by BodyBreak and Health Canada indicate people who walked one hour a day had:

- Lost weight and kept it off
- Increased energy levels
- Reduced stress levels
- Increased cardio fitness
- Reduced risk of developing serious health problems
- Produced a more restful sleep
- Toned muscles
- Felt great!

## *Safety Tips*

To achieve your weight loss goals with your canine friend, follow these safety tips during your walk:

- Get the right gear: comfortable clothes and shoes for you, and a retractable leash and a durable clip collar for your dog.
- Start slowly and build up

the pace. Walk around the neighborhood for as long and as far as possible. Enjoy the scenery by going to a park or a beach. Challenge yourself to go hiking in a conservation area, climb a hill faster, and go farther than the last time.

- Always keep your dog on a leash unless you are in a designated area (a beach) that allows dogs to run free. Always pay attention to your surroundings as your dog may suddenly leap forward at pedestrians or other animals.
- If you are out for a few hours, stay hydrated and rest along the way. Bring water to help you and your dog stay hydrated. Locate shady rest spots or areas where you and your dog can sit on the grass.

When Tiffany and I began walking, we started out slow, but within two weeks, walking three or four miles every day became easy and for a challenge, we walked up steep ravines in the rugged conservation area. These workouts firmed my butt and toned my legs without running a single step. It is a great opportunity to get outside and enjoy nature.

So, how did this translate into a successful weight loss for Tiffany and me? After three months, Tiffany lost four pounds and I lost ten pounds. The important thing here is to get out and actually do it. Soon you will start feeling better as you work towards losing that weight.

## *So, are you ready to try?*

Get started by trying a twelve-week walking program developed by BodyBreak ([www.bodybreak.com](http://www.bodybreak.com)) for a strong, fitter, and healthier you!

# She Thinks She Can Dance

# She's right!



**Melanie Mah**

*By Daisy Sun*

**J**ust last year, Melanie Mah was a first-year student attending the University of Western Ontario. The summer after her first year, she decided to apply to *So You Think You Can Dance Canada* (SYTYCDC). She became one of the top six competitors.

Although she has attended international dance conventions and competitions, Mah has always strived for more. She participated and choreographed in Hip-Hop

Western, the CAISA Fashion Show and juggled time to commute between London and Toronto to be a dance assistant on *SYTYCDC Season One*. As the show's audience grew, so did Mah's desire to dance competitively and professionally.

Mah was born to be a dancer. Her mother enrolled her in ballet when she was five, and by 13 she had progressed into jazz, tap and hip-hop. Now 19, she is one of the youngest dancers to perform on *SYTYCDC Season Two*.

Selected as one of the top 20 dancers for *SYTYCDC*, Mah has expanded her dance repertoire. She says that she would "never have realized [her] true desire in becoming a pro-dancer, if [she] did not participate in *SYTYCDC*."

Although the show was a dream come true, Mah still had her ups and downs. "The worst was when other participants were kicked off because people develop friendships with one another and it's always sad to see friends leave," Mah said.



Despite the emotional stress, Mah still practiced everyday. For some, the individual piece in addition to group choreography was distressing, but Mah did not find the time commitment overwhelming. "The dances can be vigorous and emotionally-draining, but I try to keep my cool," Mah said.

The tradeoffs included dancing with world-renowned choreographers, living in a furnished room in downtown Toronto, and learning unique choreography.

While a normal dancer might have broken down, Mah was unfazed by the challenge. "Picking up choreography at a fast pace is what a professional dancer is all about," Mah explains.

From her perspective, a professional dancer is naturally talented and overcomes physical obstacles such as injuries and wardrobe difficulties. Dancers often leave the stage with bruises, battered bodies, and sprained ankles. Most routines also require female competitors to wear high heels.

Blake McGrath, who competed in the original *So You Think You Can Dance Season One*, came back to judge and choreograph SYTYCDC. His routine may have been the most intricate choreography, but the dancers found it difficult to dance in skin-tight bodysuits, plastic corsets, wigs, and thigh high boots with 3-inch heels.

If dancers were voted as the least favourite, the judges asked them to "dance for their lives," and then vote to kick someone out of the competition. Despite the pressure of dancing for her life four times, Mah did not mind performing her solos. Mah saw them as a "chance to show Canada why [she] loves to dance and why [she] belonged on stage."



Kim Gingras, Jayme Rae Dailey, Melanie Mah, and SYTYCDC winner, Tara Jean Popowich

It would be a lie to deny the pressure of dancing in front of a large audience and a panel of judges, but at the same time, Mah loves the stage because it is a place where she can express herself through dance. Although Mah did not suffer the embarrassment of falling on national television like her competitor, Anthony Grafton, she did slip once during her mambo routine with partner, Cody Bonnell. Learning from her mistakes is a quality that is easier said than done. Mah tries to never make the same mistake twice.

For the majority of this season, Mah was partnered with Bonnell. It was almost fate when she picked his name out of a hat because judges thought they were so similar: petite and packed with power. Both had unique qualities and were often the judges' favourite couple.

Mah enjoyed her time with Bonnell, but her favourite routine was with partner, Vincent Desjardins. Even though Mah danced with everyone on the show, Desjardin was the best partner because he was strong and dominant when necessary. When they danced together in the Paso Doble, the judges were impressed. Even judge

Jean-Marc Généreux described this dance as one of his favourites because "it was the Paso that everyone will remember."

As Mah describes her journey in reaching her goal, she recounts the challenges of being away from her family. While both parents work and support her dance decisions, her older sister Michelle, currently a fourth-year student at Western' is her number one fan and understands the sacrifices made by her sister:

Mah will be touring with the rest of the SYTYCDC crew across Canada. The tour kicked off on November 25th, 2009 in Kelowna, B.C. and consists of the top ten finalists from the competition showcasing their favourite routines and group performances. The tour is expected to make stops at 18 cities and run till December 23rd, 2009.

Mah is excited and nervous about her newfound dance career. "To be honest, right now I'm focusing on my dance career and seeing where that leads me." Mah wants to go back to school eventually, but as of right now, nothing is set in stone.

# Harmless Fun?

by Brooke Shekter

**W**e've all had a night where one more drink was one drink too many. We may write it off as a minor indiscretion and even joke about it the next day over breakfast, but at what point is 'harmless fun' no laughing matter? Learn how you may be putting yourself at risk and how you can protect yourself.

Perhaps the most life threatening risk that you're exposing yourself to, even if you're pre-partying with a small group of friends, is alcohol poisoning. Dr. William Corbin (University of Georgia) describes alcohol poisoning as flooding the body with alcohol at a rate that metabolism cannot digest. This can easily happen when pre-partying because the goal of a pre-party is to get intoxicated before leaving for the bar. It only takes one night for alcohol poisoning to result in sexual assault or even death, regardless of whether one classifies herself as a heavy or light drinker.

Dr. Sarah Ullman (University of Illinois at Chicago) found that females who had been drinking were less resistant when faced with sexual assault. This finding is explained by the complacent attitude that results from drinking and the perception of having a good time. This 'good time', however, can quickly turn into an instance of sexual assault, rape, or other physical violence.

The notion of a 'good time' is associated with another risk tied to pre-parties or house parties: assuming that one is safe when with friends. It may be incorrect and potentially threatening to assume that a person in the same social circle as you won't spike your drink



or take advantage of you. Feeling confident in your surroundings can make you lower your guard which increases your chances of being a victim of sexual assault.

When you go to the bar you are obviously exposed to more risks. But do you know the reasons why?

Perhaps the most serious finding in Dr. Ullman's study was that unplanned social situations were associated with greater sexual victimization. This finding is important because it is very common for females to let their night unfold without a plan. How many times have you gone out without a specific destination or plan? This *laissez faire* attitude is exactly what puts females at an increased risk for sexual victimization.

This doesn't mean that you should stop going out or having fun. It just means that you should be careful about how you're doing it. Here are some easy ways to have a fun night while ensuring your safety:

## Pre-Partying or House Parties:

**1. Don't tempt yourself.** When going to a pre-party, limit the

amount of alcohol you bring. When you're hosting a pre-party, do two things: First, tell people to BYOB. This will prevent you from having an excessive amount of alcohol on hand; Second, limit the amount of alcohol that you keep cold. If your alcohol is warm, you will be less tempted to drink it than if it's sitting in the fridge.

**2. Slow down.** It is easier to slow down your intake of alcohol if you dilute your drinks. An easy way to do this is to drink spritzers. Mix white wine with sparkling water and add a slice of lime on the rim of your glass. You'll look classy and no one will know your secret. Bonus: by integrating water you'll decrease your caloric intake while making a pre-emptive strike against a hangover.

**3. Keep your guard up.** Don't assume that you can trust someone who is at the same party as you; keep your guard up at a party in the same way that you would at a bar.

## Bars and Clubs:

**1. Plan ahead.** Not having a plan puts you at a greater risk for victimization, so make sure that you know where you are going before you leave the house.

**2. Set an alarm.** Set the alarm on your cell phone to go off every hour. Being conscious of the time will help you stick to your plan. It will also make you conscious of how much time you've been out which will also help to get you home earlier.

**3. Use speed dial.** Put the friends you're going out with on speed dial. In case of emergency, their numbers will be easily accessible. It is also a good idea to have a friend who isn't out with you on speed dial in case you get separated from the group and you need a sober friend. Make sure to tell this friend when you plan to be home, and make a promise to call and say goodnight.

# Love London

The five best places for eating, shopping, or having a good time



by Rebecca Mader

Whether you're looking for a new place to dine or a new way to spend your time, explore what this great city has to offer.

Inexpensive—\$

Affordable—\$\$

Pricey—\$\$\$

## TOP FIVE EATS

5) **Archie's Fish and Chips**, 153 Wharnccliffe Rd. S. where you'll find cheap tasty breakfasts and delicious fish and chips. Don't worry, there's more than just fish on the menu. They carry a wide selection of entrees that are all delicious. \$

4) **Copperfields**, 149 Wortley Rd. Classy and casual all in one place. Copperfields is a great bistro in the village inside the city. You may want to make reservations on the weekend to ensure a table. \$\$\$

3) **Curry's**, 118 Wellington Rd. The best Indian food in London. Mild or spicy, Curry's has an Indian dish for you. Be sure to try their Naan bread and Butter Chicken Curry. \$\$

2) **Covent Garden Market**, 130 King Wanting tastes from around the world? Visit the Market and try Thai, Chinese, Greek, Italian, Japanese, American, Indian food, and more: a great place to test out new dishes on a budget. \$

1) **Mykonos**, 572 Adelaide St. Better than food from the island of Mykonos, this London restaurant offers great tasting Greek dishes at prices students can afford. Be sure to try the Saganaki—it's to die for. \$-\$\$

## TOP FIVE SHOPPING

5) **Friilly Lizard**, 362 Talbot St. Fun, fresh, and fashionable. The Friilly Lizard has everything a girl could ask for. Whether you're going out or simply looking for a new sweater, this store is a hidden treasure. \$-\$\$

4) **Elizabeth Noel**, 569 Richmond has a dress for every occasion in selection of colours, designs, and designers to choose from. \$\$-\$\$\$

3) **Archie's Surf and Board Shop**, 649 Richmond Street has the best selection of boys and girls surf wear. With designers such as Billabong, Roxy, and others, you're guaranteed to find what you're looking for. \$\$

2) **Leslie's** -551 Richmond St. A fashionable one-of-a-kind store offering designer clothing from around the world: from accessories to evening dresses and students save the taxes on all regular priced merchandise! \$\$-\$\$\$

1) **Masonville Place**, 1680 Richmond offers students a close location to shop for essentials. The ever-popular **Aritzia** is now here, along with everyone's favourite go-to Yoga shop, **Lululemon**. It's the Mall to find the perfect present even if it is just for you. \$-\$\$\$

## TOP FIVE NIGHT OUT

5) **The Grand**, 471 Richmond St. London's premiere theatre, offers high school productions, new musicals, plays, and musical performances monthly. It's a one of a kind experience and definitely worth the big bucks. [www.grandtheatre.com](http://www.grandtheatre.com) \$\$\$

4) **Boler Mountain Ski Club**, 689 Griffith where you can spend your night skiing, snowboarding, or tubing. Don't want to brave the cold winter weather? Watch the skiers from inside the chalet with a hot cup of cocoa and a plate of poutine. [www.bolermountain.com](http://www.bolermountain.com) \$\$

3) **London Knights**: John Labatt Center, 99 Dundas St. Cheer on London's OHL team during the hockey season. The Knights are one of the top teams in the OHL, with players drafted every year to the NHL. [www.johnlabattcentre.com](http://www.johnlabattcentre.com) \$\$

2) BOWLING: **Palasad**, 777 Adelaide St. and **Fleetway**, 720 Proudfoot Lane. Spend the night bowling or perhaps battling it out at the billiards table. Palasad has great weekly offers and cheap wings, while Fleetway is home to London's only glow-in-the-dark mini golf course. Both are great ways to spend a night on the town. \$  
Palasad - [www.palasad.com](http://www.palasad.com)  
Fleetway - [www.fleetwayfun.com](http://www.fleetwayfun.com)

1) BIG SCREEN: **Rainbow Cinema**, 355 Wellington St. or **Westmount Cineplex Odeon**, 755 Wonderland Rd. If you're weekend budget is looking thin before the weekend starts, try Rainbow Cinema for the latest movies. Rainbow offers great ticket prices and even better rates if you bring your student card. For the bigger budget try London's newest cinema, Westmount Cineplex Odeon. It's a movie lovers haven with gourmet nachos and a V.I.P. experience. Movie Times: [www.tribute.ca](http://www.tribute.ca)  
Rainbow Cinema \$  
Westmount Cineplex Odeon \$\$

# I CHOO

Jimmy Choo and H&M exchange vows for a match made in brand-whore heaven

by Amanda Shaw

On November 14th, 2009, a dream came true for many Choo lovers: the coveted British accessory brand best known for its footwear launched a collection for H&M. The international glamour of Jimmy Choo shoes and bags dressed the shelves of 200 H&M stores around the globe, and shoe-swooners and label-lusters lined up early to snag the new styles.

Although H&M has collaborated with designers in the past, notably Stella McCartney and Karl Lagerfeld, this is the store's first time collaborating with an accessories brand. To celebrate the partnership, Jimmy Choo has also designed a few pieces of women's clothing to complement the accessories.

And so far it's not just the shoppers that brim with excitement. Of the collaboration, Founder and President of Jimmy Choo, Tamara Mellon says, "We are privileged to be among the fashion greats who have been affiliated with H&M so far, and to be designing a collection appealing to fashion savvy, street smart women."

H&M seems just as pleased to have Choo invade their stores: "We adore Jimmy Choo's shoes and bags. They are glamorous and sexy, and they add instant style to the simplest of outfits. This collaboration is particularly exciting because it's our first shoe designer collection. It's a joy to be able to offer top end designer shoes and bags of excellent quality to our customers," said



Margareta van den Bosch, H&M's creative advisor.

The accessibility both Mellon and van den Bosch refer to is a main draw for customers. What fashionista doesn't dream about slipping her feet inside a beautiful, handcrafted pair of Jimmy Choo's? But with flats from Jimmy Choo boutiques starting at almost \$400 CAD and high heel prices skyrocketing to over \$1,500 CAD, the dream of owning a pair of Choo shoes often remains just that. The 40 items encompassing footwear, handbags, clothing and jewellery by Choo for H&M, however, will range in price from only \$79 to \$299 CAD. Though still a splurge, it's certainly a more justifiable one for Choo-loving women everywhere.

Since its launch in 1996, Jimmy Choo has been such a phenomenal

success that the brand name has become part of popular culture — say the words "Jimmy Choo," and women know you mean shoes. Today, the brand encompasses a complete luxury lifestyle that, before teaming up with H&M, was available only in Jimmy Choo stores and high-end department and specialty stores.

Recently the Choo brand was the recipient of three 'Designer Brand of the Year' awards in 2008 from the British Fashion Council, the Accessory Council and the 22nd Annual Footwear News Awards, but perhaps more importantly, has become a red carpet essential in Hollywood. Having been worn at the Oscars by winners such as Cate Blanchett, Halle Berry and Hilary Swank, the famous Jimmy Choo shoes are certainly at the heart of the brand, and now the exclusive collection for H&M.

The droves of fans that waited outside the three Canadian H&M stores lucky enough to carry the collection (The Pacific Centre location in Vancouver, the St. Catherine St. store in Montreal, and The Eaton Centre H&M in Toronto) certainly proved Jimmy Choo's popularity. Choo-hungry shoppers lined up early in hopes of being one of the first 160 people to receive wristbands that allowed them time-specific access to the store.

Once inside H&M's designated 'Choo section,' what they saw was lots of leather, studs, suede and silver. As Mellon describes it, "The Jimmy Choo collection for H&M is full of fun, one-off items with an accessible and glamorous identity made with stylish materials, emphasized with color and embellishment." Mellon's aim was to "create pieces that would reach a cool and young customer with a fashionable and independent sense of spirit" and after Saturday's turnout, she should consider that a mission accomplished.