

# in the **KNOW** magazine

**7 NIGHT  
BAR TOUR**  
GUIDE TO  
THE LONDON  
"WHETTO"

**YOUR HOME  
YOUR SPACE**  
DECORATING  
MADE EASY

**JUST CALLING  
TO SAY  
"I HAVE HPV!"**



**HEALTHY  
POST-BAR SNACKS**



MAY 2009



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

The project was an amazing experience, bringing 25 students with diverse ideas together reaching concession for each step of the project. Every student invested countless hours and energy to create this publication. Students developed the magazine's name, reader profile, mission statement and departments. Each step began with group brainstorming, then dividing into smaller groups, followed by presentations, then debated by the class as a whole and put to a vote, which was universally adopted.

Each student wrote an article for a specific department. Everyone took part in peer editing. The editorial team divided into section editor groups and decided on the final editorial for the magazine. The design

team divided the layout among their members and created the cover, artwork and design for the magazine. The design team and some of the writers took the photographs included in this publication.

#### Special thanks to:

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# Home *Sweet* Home

## Five things I learned...

### ...living at home

by Lindsay Marshall

#### 1. Intoxication station:

Parents are surprisingly accepting of legal drinking in their home. Just make sure you don't get so sloppy that they end up regaling people with stories about you at the next family gathering. It's also much easier to remember your address when you are leaving the bar drunk at 2:00 a.m. if you have lived there since you were five.

#### 2. Good eats:

The kitchen is not a restaurant. Parents will not appreciate requests for food, but they will be much more receptive and willing to make you food if you help with the dishes afterwards. A meal prepared for everyone once in a while will do wonders for the level of admiration from your family.

#### 3. Your hideout:

Your bedroom will become your refuge; treat it well. This means actually doing your laundry and not leaving it in giant, dirty piles on the floor. HINT: mom usually stops doing it after you turn 16.

#### 4. Keeping it together:

It's much easier to manage your money when you don't have to pay for rent, utilities and food. Learn how to live within a budget when you don't actually have one and you'll be one step ahead when you do move out.

#### 5. Home is always home:

Your parents may not always make the best roommates, but I can promise you that they're pretty great people and rather nice for letting you mooch off them. Show your appreciation and everyone will get along remarkably. **ITK**

### Ten things you don't know you need until you need them...

- 1 **Band-aids®**
- 2 **Lightbulbs**
- 3 **Sewing Kit**
- 4 **Plunger**
- 5 **Flashlight**
- 6 **Batteries**
- 7 **Ice cube trays**
- 8 **Advil/Tylenol**
- 9 **Extension cord**
- 10 **Milk jug**

### ...living on my own

by Lauren Dye

#### 1. Drunk on freedom:

You made it to university and finally, you're free! But just because your parents aren't around doesn't mean nobody's watching you. And even if you don't remember how you got that big bruise on your butt, it doesn't mean no one else will.

#### 2. Dinner for one:

You may envy the days when you didn't have to worry about making your own food and not setting off the smoke alarm. But regardless of how many things you burn beyond recognition in the learning process, it's true what they say: the most satisfying meal is the one you make yourself. Mmmmm extra toasty toast.

#### 3. Livable living space:

No matter how busy you are with homework, working, going to the gym, and bar-cruising, it's inevitable that the dirty dishes, laundry piles, and the unknown source of that weird smell will become unbearable. That's usually the point when cleaning makes for a nice break.

#### 4. When disaster strikes:

You never know when your basement is going to flood or when you'll open your closet to find a bat nestled in one of your winter sweaters. As disgusting and annoying as these situations are, you will feel stronger when you fix them yourself – even if you're covered in dirty basement water by the end.

#### 5. Be your own nurse

In high school, getting the flu is like getting a week's vacation. In university (aka real responsibility) any illness you probably caught from a random doorknob, is a threat. Just avoid getting sick in the first place by popping chewable Vitamin C and washing your hands. **ITK**

# Peace in Your Place



by Alex Martin

Jenna Smith\*, a residence sophomore in Elgin Hall for the 2007-2008 school year, shares the ultimate roommate horror story.

"I remember one of the worst fights on our floor was between two girls who did not get along at all. One of the girls had offered to give the other a makeover but her intentions were not good. She ended up tying her roommate to a chair and trying to forcefully bleach the girl's hair blonde. The girl in the chair was screaming and freaking out... Needless to say these girls did not want to live together in second year."

Choosing a roommate is a not a 'flip a coin' decision. The cliché 'opposites attract' may be the ideal method for finding a date, but housemates are a different story. If you're a staunch neat freak and your 'BFF' has a growing collection of dust bunnies, you're probably not a match made in roommate heaven.

It's often hard to strike a balance under one roof, but there are many simple ways to keep your crib content.

One great way to ensure compatibility is to use a survey designed for placing first-year roommates. The survey compares personal habits and interests such as smoking, drinking, music, curfews and tidiness. Those who answer the questions similarly can breathe easy knowing that their lifestyle is comparable to that of their housemates.

It's not likely that everyone will agree on all issues, but there are many concerns to address with your potential roommates before setting off on a house hunt. Western's Housing Office, located in Elgin Hall, is a great place to find valuable resources.

One particularly useful handout is the Roommate Agreement. This is especially helpful for those who want to ensure their house feels more like a home than a sinking ship. The agreement lays out several topics that friends should discuss if they want to keep their friendship after move-in day.

The first topic priority on everybody's list is money. Talk to potential roommates about rent and other charges (Internet, cable, phone, etc.) before moving in together, or at least before the bills start piling up.

The next step is assigning rooms. Sizes can range from large to small...or worse. It's wise to stagger payments for those who are in the penthouse suite versus those in the walk-in closet-esque room.

Another important consideration is household responsibilities. When students are left with the option of cleaning the dishes or cleaning out the liquor cabinet, it's obvious that the latter usually takes priority. The Roommate Agreement suggests making a schedule, or alternating duties on a weekly basis, ensuring the house stays tidy and the work is divided equally.

Keeping clean is the first step to respecting housemates, but not the last. Addressing little problems early on, like noise, house guests, smoking and personal items can prevent future arguments. If you're keeping your digs through the summer you'll need to agree on issues related to subletting and security.

In the end, keeping peace in your place can make a great school year that much better. [ITK](#)

*\*Name changed to protect anonymity.*



# Your Home Your Space Decorating Made Easy

by Lindsay Rebernik

For university students, budget is everything - whether it be food, books, living space, or home décor, it's all about counting your pennies. But you can still make your living space your own with some quick, easy tricks. Decorating made simple is all about following one trend at a time while making use of possessions you already own, and staying on budget.

When you're picking a theme for decorating your space, it's best to stick with just one genre. If you choose modern, remember bohemian might not mix. The more design elements you have, the more chaos you're creating in your room. By limiting design themes you're actually making the task easier.

Having a clear idea of what you're working with is essential. Start with what you already have. Take all of your mismatched hand-me-downs into one room and sort them into categories. Examples could be as simple as basic colours (black, white, brown), or themes - modern, antique, or hippie.

For furniture, try working with what you have rather than buying new items. Using

simplistic pieces unified by colours (like black, gold or silver) can really bring a room together. Purchase small pillows, a throw, a handful of picture frames and a lamp all in the same colour. This can be done for very little and can add the pizzazz you need.

It's important to remember not to overdo a look. While black is a unifying colour, zebra prints don't have the same effect. If you buy many busy, patterned accessories, you'll just end up with the chaos you started with. Instead, stick to the basics and if your wild side is dying for that hint of animal print, a pillow or small rug will suffice.

Popular decorating colours this season include the basics: black, pewter and silver. But try throwing in a splash of colour. Like animal prints, you only need a little to achieve an optimal effect.

Whatever you do, don't paint your entire room bright green. Instead head out to Loblaws, pick up a bag of green apples and display them in a vase or bowl. Not only will you have just the right amount of colour in your room, you'll also have a nice snack. [ITK](#)



Just calling to say

# I Have

# I-HPV

...and so might you

by Andrew Fitzpatrick

**N**ora Wright\* is newly graduated. In the past year she got a job, an apartment and the human papillomavirus (HPV).

"I use condoms. I never do it without one," says Wright, "and I've never had a problem. Then I found the warts."

HPV causes all four strands of genital warts, and is the leading cause of cervical cancer. Condoms couldn't protect Wright from the virus, because they do not cover enough to prevent skin-to-skin transmission.

Wright had to take action.

"Whenever you learn you have contracted HPV, you should contact all your sexual partners during the past year or since your last test, whichever is longer," says Kathy Malone, with Toronto Public Health. Wright had to call six friends.

"I mean it's the perfect thing to tell a friend. 'Hey, remember August? Guess what'."

Malone recommends following a script to ease the nerves. Wright had one.

"I had to tell them, 'I have it, and I might have given it to you, or you might have given it to me. But there's no testing for guys. So there's not much to do about it.' Kind of a weak message."

"[Voicemails] were easy. Just went down the list," says Wright. Conversations were tough, but most were the same.

"As soon as I finished telling Mike\*, he was like, 'Well, I'd rather this than herpes'."

Still, some were concerned.

"Dave\* started off fine, but then I could hear him getting panicked. 'What do you mean there's no test? Am I getting cancer?' That sort of thing...In the end, I just told him to go to the clinic."

Since making the calls, Wright has seen most of her former partners.

"Everybody's cool about it," she says. "It wasn't actually that bad. But the warts—I'm re-evaluating things." **ITK**

*\*Names changed to protect anonymity.*

## HPV: The Human Papillomavirus

According to Society of Obstetricians and Gynaecologists of Canada <http://www.hpvinfos.ca>.

- It is estimated that 75% of Canadians will have at least one HPV infection in their lifetime.
- Over 80 types of human HPV have been identified, but researchers believe there are over 200.
- The highest rates of HPV infection are found in people under the age of 25.
- The prevalence of genital HPV infections increases with increasing numbers of sexual partners.
- Most people (66%) who have sexual contact with a partner infected by genital warts will develop warts themselves, usually within three months of contact.





# Blood

is it in you to give ?

## The dreaded 'Question 19' bleeds for attention!

by Gregory Tyler Long



As a person with the only universal blood type, type 'O', I know that I could save the life of any three people waiting on their deathbed every time I donate. But I can't because, as a gay man, my blood is automatically assumed to be contaminated and diseased. The same is true for organ donation in Canada.

The issue is Question 19 on the Canadian Blood Services mandatory screening questionnaire, which asks "Male donors: have you had sex with a man, even one time since 1977?" If a man has sex with a high-risk woman, he's allowed back into the donation chair after 12 months. If he has safe sex with a monogamous male partner confirmed to be of zero risk, he's banned for life.

The ban is not meant to condemn homosexuality, and the logic is not meant to concern what is right and wrong, but what is risky and not risky.

The question is based on undeniable statistical evidence that shows that, as a group, gay men are at a higher-than-average risk of HIV infection. However, it does not accurately screen for risk because a gay man in a monogamous, HIV-negative relationship presents no risk – zero risk.

Until Question 19 is re-worded to screen for risky sexual behaviour instead of simply sexual orientation, healthy gay men that do not belong in a high-risk category will be forbidden to donate and save lives. There is a dire need to re-evaluate this question. Unfortunately, the way it has been protested by students in the past has called on campus anti-discrimination policies to force blood banks off of school grounds altogether. This only keeps more blood away from dying people.

I encourage all who would like to get involved to sign the petition at [www.beattheban.ca](http://www.beattheban.ca). **ITK**

19. Male donors: have you had sex with a man, even one time, since 1977?

YES      NO

<input checked="" type="checkbox"/>	<input type="checkbox"/>
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# Local Brewers Make It Big With Fair Trade Coffee

## Why You Should Trade Your Starbucks Drip For Fire Roasted Coffee Company

by Victoria Bentley

Like Charlie Bucket getting his first glimpse of Willy Wonka's Chocolate Factory, I was floored by the world of caffeinated artistry that had opened its doors to me on Wonderland Road.

The Fire Roasted Coffee Company (FRC) was nothing like I'd expected. Dozens of burlap bags lined the wooden floors behind a warm yellow office housing exotic African art. My eyes didn't have time to take in the room before the aroma hit me. As I followed it around the corner, the full scale coffee collection was laid out for me. I couldn't help wonder: how is the biggest selection of fair trade coffee in the country readily available to me right here in London?

Five years ago, culinary school graduate, Dave Cook, watched a documentary on the labour conditions of Ethiopian coffee growers called Black Gold. Cook was struck by the words of an Ethiopian politician in the film who stated, "Trade is more important to us than aid."

Cook didn't have a lot of money to invest in a start-up business, but he knew he had found a job worth pursuing that meshed perfectly with his skill set as a chef. He started small – roasting fair trade coffee beans on a propane barbeque in his garage. Within a year, Cook turned the small warehouse into a sanctuary for coffee aficionados, boasting over 20 exotic blends sold at one-third of the price of Starbucks' beans.

Cook now operates 25 locations across South Western Ontario with three on Western's campus. FRC blends have been a hit since opening a year ago at Saugeen-Maitland Hall and Michael's Restaurant. The newest location - at the new Student Recreation Centre - opened in early March to an excited crowd eager to sample the different blends of espressos and specialty coffees. Combination blends, like the Indonesian Sumatra bean with the Ethiopian Yirgacheffe, have become very popular. FRC also offers flavours in decaf and half-caf.

Business has been so good that Cook plans to open a location in New York within a year. He is confident that the business will be popular at Western because students can feel good knowing they can contribute to a worthy cause through something as simple as their daily dose of coffee. [ITK](#)



### Java 101

#### FRC Spills the Beans on Homemade Roasting

If you want to try your hand at home roasting, FRC has all the materials you need plus free seminars on the third Thursday of every month to give you an introductory lesson.

**Check out some more tips at:**  
[www.fireroastedcoffee.com](http://www.fireroastedcoffee.com).





# Say No To Super Size! Healthy Post-bar Snacks

by Kelsey Matthews

Almost any student will agree that by the end of a night of partying they're in dire need of something to fill the hunger gap. Unfortunately, the last thing on their minds is running out of The Ceeps at 2:30 a.m. to find a spinach salad with light vinaigrette dressing. But there are healthy and easy options out there.

Western student, Mischa Ragona, frequents a popular post-bar spot, Sammy's Souvlaki.

"After partying downtown, my favourite snack is a Sammy's poutine. I know it's unhealthy," she admits, "but I constantly crave it after the bar!"

Nutritionist Sue Arnold of Credit Valley Hospital, Mississauga, offers suggestions for smarter food selections.

Even "a medium-sized poutine is 600 calories and six to eight grams of trans fat, which puts students at risk for clogged arteries and heart attacks." But if you have to have that poutine order the smallest size, with gravy on the side and hold the cheese.

Stay away from the salt shaker. High sodium is associated with increased risk of high blood pressure—a major risk factor for stroke and heart disease.



If you're craving one of Sammy's pitas choose healthy toppings. Extra veggies and a small amount of hummus will add flavour and keep the meal around 270 calories.

Another hot spot is Tenenbaums. Their veggie burger is half the calories of a regular burger.

Arnold also stresses that it's a terrible habit to fill you stomach with snacks and then head straight to bed. [ITK](#)



# FROM CLASSROOM TO OFFICE

## WHAT A HEEL WEAR

by Katherine Boleszczuk



**M**oving from 'whatever' school wear to dress code office wear can seem daunting, but it doesn't have to be. We asked two fashion experts for their suggestions on how to help make the transition easier.

Alex Jonz, store and merchandising manager of Joelle's boutique, in Burlington, Ontario, says, "Students need to stick to the basics." Simplicity is essential when trying to stay on a budget and conform to dress requirements. "The first pieces of clothing they should invest in are a nice pair of black pants and a white blouse." She also advises, "A suit would be your best option because you can wear the suit together or as separates."

As the owner of high-end shoe boutique, What a Heel, in Burlington, Ontario, Carol Gall recommends that women should "look for a simple black pump with a mid-heel. There are lots [of heels] that you can wear with a pant suit and a skirt. Look for a pair you can wear with both."

For men, Gall says, "Look for a basic black loafer with a leather sole. A lace-up shoe is classic for business wear." And invest in something that's comfortable. "You're going to wear it everyday, all day long. Not only are you working in it, you're travelling to work in it and travelling home as well."

When shopping for your work wardrobe, remember to:

- Choose clothing that fits your employer's dress requirements.
- Purchase at least one well-fitted, quality suit. If your budget's tight, choose a pair of wide-leg dress pants and a blouse to coordinate.
- Use colour and accessories to infuse personality and spice up your work wardrobe.
- Fit is the most important part of an outfit! Don't buy tight clothing. Choose pieces that are flattering to your body and are appropriate for a professional environment.

The lesson to learn for all students transitioning into the working world: Stick to classic pieces with classic lines and you are sure to impress! **ITK**





# Beating the Economic Decline

## One Job Agency at a Time

by Mark Dickson

**M**y parents and teachers always told me that no one can get a job by sitting on the couch and playing video games. Instead, I should be out there pounding the pavement and begging employers for a job. Well, I've proven this theory wrong. In fact, I've been hired for several jobs without lifting a finger.

Rather than waiting for an employer to call me, I contacted Manpower. Although the name sounds gender specific, the company helps both men and women find industrial and office jobs. Manpower Inc. has been around for over 60 years with 4,400 offices in 82 countries.

To qualify for work, you'll need to complete an interview and placement test. Within a week of my interview, they called me to work at a bank.

My second job, automotive assembly, wasn't as glamorous. I told Manpower that this wasn't for me and, instead of making me feel guilty about turning down the placement, they offered me a different job.

The best job I found through Manpower was a placement in a hospital. The experience was similar to the reality T.V. show, Survivor. Because the job agency mistakenly hired too many people for the assignment, workers who weren't performing well were eliminated daily.

Manpower gave me a competitive advantage for a government job I wouldn't have otherwise been eligible for because of internal government hiring policies. With Manpower's access to the hidden job market, I was able to bypass the interview process and I got hooked up with my dream job.

Imagine lounging at home, playing video games, and having jobs opportunities come to your door. This was my experience every summer using Manpower. I guess your parents aren't always right. **ITK**

*"The best job I found through Manpower was a placement in a hospital. The experience was similar to the reality T.V. show, Survivor."*



For more information contact Manpower at (519) 680-0100 or <http://www.manpower.com/>.



## Sell Yourself on Paper - Tips for the Best Resume and Cover Letter

by Julie-Anne Cleyn

Some students spent their reading week looking over drink lists at the pool bar of a fabulous Dominican resort. I spent my week looking over my references list in the cubicles of the fabulous Weldon Library.

Though I was deprived of an escape to a tropical paradise, I still came back to classes with a fresh perspective, especially after meeting with Career Counsellor Gerry Goodine at the Student Development Centre. Here's what I learned:

### Research

Like an essay, a resume starts with research – about yourself, your employer, and your work industry. Personal research should help you outline your goals and expectations for your career. A career can become a life-long commitment, so it's important to understand the demands required and how it will affect your personal life.

Goodine explains that, "doing research on [your]self means identifying your skills, qualities and experiences, while doing research on employers means knowing what they are looking for in terms of skills, qualities and experiences." You must build a connection between what the employer needs and what you have to offer.

Goodine advises, "starting from you" and working your way towards the company. First, explain what you did, describe how you accomplished it, and then show what skills you can offer the company. Investigating what resumes in your industry typically look like will also help you fit the profile.

### Objectives

Think of the objective as the trailer to the movie of you. This is where you discuss personal qualities, hard skills and unique experiences like volunteering or international exchanges. Similar to creating a brand for a product, you should choose a tag-line about yourself and stick with it.

Word choice should associate actions with results. As president of your school club, you may have proposed using YouTube to advertise a club event and, as a result, attendance increased by 30 per cent.

"Employers like to see that individuals can get things done for the company," says Goodine, adding that results can be quantitative or qualitative.

### Formatting

Present your skills and experience in terms of content and time. But in cases where your best skills are not the most recent, re-format your resume to emphasize the skills that your employer will deem most valuable.

Finally, your resume should be visually pleasing and error-free. Goodine warns not to underestimate how important this is. "If you are sloppy about your spelling, you are giving the impression that you are going to be sloppy about your work." **ITK**

*For more tips on resume writing, contact Gerry Goodine at [ggoodine@uwo.ca](mailto:ggoodine@uwo.ca).*





# contiki

## HOLIDAYS: THE EXPERIENCE OF A Lifetime

by Stephanie Ullman

“It’s not wrong, just different.” These are the words that Contiki holiday tour managers around the world repeat to their curious travel groups as they open their eyes to adventure and new experiences. Day two of my Contiki holiday I found myself walking the streets of Amsterdam passing by the red-light district reminding myself of those five words.

On May 8, 2008, I left my comfortable, routine student life in Ontario and embarked on the most memorable, inspiring, educational and exciting experiences of my life. My travel buddy, Sarah Bobko, and I loaded our over-packed suitcases onto a coach bus in London, England and embarked on a 21-day European adventure through nine different countries: England, Netherlands, Belgium, Germany, Czech Republic, Italy, Switzerland, Austria and France.



Walking onto that bus with 50 other international travelers, age 18 to 35, I felt a combination of nerves and excitement, but I told myself I would absorb as much of the culture and excitement as I possibly could.

“When in Rome” became a daily catchphrase as we went bike riding through the Dutch countryside, drank steins of beer and ate oversized pretzels in Germany, tried green Absinthe in Prague, went white-water rafting through the Austrian alps, enjoyed gelato on the Spanish steps in Rome, took a Gondola ride in Venice and climbed the Eiffel Tower in Paris.

As young adults we sometimes overlook how valuable this time in our life is and how this may be one of few opportunities to pick up and go without worrying about the responsibilities of a family to raise, mortgages to pay or a career.

Contiki Holidays - [www.contiki.ca](http://www.contiki.ca) - provides the opportunity for people to journey to different parts of the world with others their age, try new things and make it a worry-free experience. There are many tours to choose from across Europe, Russia, Canada, the United States, Australia, New Zealand, as well as parts of Africa and Asia.

Each tour group has a Contiki tour manager and driver dedicated to ensuring each individual has the “experience of a lifetime,” as my tour manager, Ryan Harley, reminded us daily. In every new city we were given a map orientation, short language lessons, tips on where to go and where not to go, and advice on how to really experience the tradition and culture. In Venice we were told to put our maps away and simply “get lost” in the twisted city streets and grab a slice of pizza.

I had a fantastic experience and would recommend Contiki to everyone as a right of passage that simply must be taken. In the words of St. Augustine, “The world is a book and those who do not travel only read a page.”

ITK



# fashion



Accessories rack at Tribal Mountain Trade

# at fair costs

by Lauryn Elan Zuk

The walls are decorated in tribal masks, hemp messenger bags and hand-woven scarves. Wooden bowls filled with turquoise rings, glass beads and individually wrapped chocolates splash the counters with colour. Display cases house handmade jewellery, silver chains and intricate charms. The soft sound of bamboo wind chimes play in your ears and the scent of patchouli oil tickles your nose.

No, you have not stumbled into the 1960s nor have you arrived on Thailand's Southeast shores. You are in London, Ontario, and the option to go fair-trade-bohemian is just downtown on Richmond Row.

Ten Thousand Villages and Tribal Mountain Trade are two shops that house hundreds of unique design-finds at a fair cost for you and producers abroad.

Ten Thousand Villages is a non-profit organization that operates a successful chain of fair-trade stores. Providing a retail venue for artisans from over 38 countries across Asia, Latin America, Middle East and Africa, Ten Thousand Villages helps pay for food, housing, health care and education for many talented artisans who have the creative craft, but lack the connections.

The store imports highly-crafted home décor, fair trade coffee, purses, scarves and other unique accessories. Just a few blocks south, is the handicraft haven Tribal

Mountain Trade, owned by London couple, Les and Candy McKay. Tribal Mountain is dedicated to offering some of the most original, intricate—and, of course, fair-trade—goods from around the world.

The owners travel yearly and have built business-trade relationships with talented craftspeople from places such as Indonesia, Thailand and Mexico. After more than 20 years, The McKays have worked with over 100 skilled artisans, maintaining close, personal relationships with many of them.

"The philosophy behind the store is to bring art and treasures from different cultures to London so people can appreciate them, bring them into their own homes and expand their knowledge of what other people do, how they live and work," says Candy.

The store is filled with handmade folk art, interesting instruments and crafty clothing, from Southeast Asian-inspired ponchos and do-it-yourself beaded necklaces to hand-carved bamboo place settings.

Though no oceans are crossed, shoppers can travel through worlds of fashionable, detailed handicrafts and see the faces of producers behind them. [ITK](#)



# clothes for all beyond the mall

by Meghan Stuart and Stephanie DiBiase

## **From Mars**

According to co-owner Laurie Knott, this funky and fresh boutique is a place for the “fashion oriented.” Carrying a wide selection of girly, funky, and boho styles, From Mars is a place that “you could bring your [stylish] mother too.”

**Location:** 347 Talbot Street, between King and York

**Price Range:** \$30 to \$200

## **Frilly Lizard and Commander Salamander**

A favorite of pop-culture junkies, Frilly Lizard and Commander Salamander have a solid fan base that extends beyond London. While Frilly is just as it sounds, well, frilly - feminine and very girly – Commander caters to 50s-style rockers and those who want to add a little edge to their wardrobe. Both stores have websites showcasing their collections.

**Location:** 362 Talbot Street, between King and York.

**Price Range:** \$50 to \$200 at Frilly Lizard; \$20 to \$100 at Commander Salamander



## **London Rock**

From Goth to Punk, street-clothes to concert gear, London Rock fills a need for unique rock fashions. Owner Sammy Ergig says he started the shop because of his own interest in the rock scene and because “London needed it.” This store caters to both guys and girls, offering casual and sexy styles.

**Location:** 202 Dundas Street, just East of Richmond

**Price Range:** Anywhere from \$5 to \$200 but most items are highly affordable

## **Mesh**

While this boutique sells big names like Diesel, Miss Sixty and Gucci, Mesh’s feature line is called Creole Vintage: pastiche pieces collected and modified by Western students Laura Acosta and Nicole Venegas. They also offer customers a consignment option for their donations - Mesh makes 50% of the profit and the rest is yours.

**Location:** 204 John Street, across from the Barking Frog

**Price Range:** \$5 to \$500

## **The Weezi Studio**

Inspired by the 50’s and 60’s, Weezi’s designer Lisa Gaverluk offers retro-inspired pieces for the modern woman, including a selection of sexy silk nighties. With fashions created from vintage material, and bags made of recycled newspaper...talk about a diamond in the rough!

**Location:** 204 Albert St., second floor

**Price Range:** \$5 to \$500

**ITK**



Clothing in pictures, from top to bottom, provided by Frilly Lizard, London Rock and Mesh.

# NIGHT BAR TOUR

The Unofficial Guide to the London "Whetto"

by Matthew Mastronardi

**Whetto** *n.* A neighborhood largely populated by heavy drinkers, usually found near college campuses; a melding of wet ghetto.

It's Monday night, and instead of losing brain cells over the latest drama on *The City* or *The Hills*, why not make it a bar night? Heck, why not make every night a bar night?

Living in a city with a large student population makes any night of the week in London feel just like the weekend. Sure, school is important, but making sure you're going to the right bar on the right night is important too! *In The Know* wants to keep students informed, so here it is, your personal guide to downtown London for every night of the week.

**Monday:** The day everyone dreads is quite possibly one of the best nights to drink and dance. Start your night off "Sex and the City" style, sipping on some cosmo's at the Martini Bar above Mongolian Grill. Whether you drink yours from a glass or right out of the shaker, these martinis are sure to give your night the kickoff it deserves.

After guzzling down those tasty tinis, head on over to Jack's for some 29 cent wings and buck-fifty drafts. With bumpin' music downstairs and live entertainment upstairs, this bar fills up fast — so get there early!

**Tuesday:** Get out your bingo dabbers, and bring along your trinkets, because Tuesday night Bingo at The Ceeps is an experience unlike any other. If you have a fetish for sledgehammers, and you like to destroy fruit, you should definitely make time for this weekly bingo and beer event. Get a line, square, or X to win prizes, and be one of the lucky few to slip on the poncho and destroy a watermelon.



**Wednesday:** It's hump day, and you know what that means....It's time to get a little bit "hick" by dropping by Jim Bob Ray's (JBR's) for some Wednesday night debauchery. Dance to the sounds of Fanshawe's 106.9 the X and enjoy cocktail specials all night long.

Not into fighting crowds? Just a few blocks south you can bring back those salsa moves you learned on your Spring Break in Mexico and take them to the dance floor at Up on Carling's salsa night. Shimmy and shake to some fiery Spanish beats, sip some margaritas and make your Wednesday night mucho caliente.

**Thursday:** It's almost the weekend and it couldn't be a better day to be a student, especially at The London Tap House. Known unofficially as "student night," Thursday Tap offers free cover to students (valid student card required); a definite steal for any of those who

have paid \$9.00 to get into this bar on a weekend.

**Friday/Saturday:** The weekend's finally arrived, and not a moment too soon! On Friday and Saturday you won't find a place downtown that isn't packed full of beautiful Londoners. Whether you're in the mood to dance, drink or just chill, Richmond Row and Talbot Street offer a diverse selection of dance bars, pubs and restaurants.

**Sunday:** A day of rest and reflection for some, but for all you diehards, Sunday is just another excuse to get out of the house and have a good time. Warm up your singing voice and trek on down to Molly Bloom's for drinks and some good old-fashioned karaoke. Become that star you always wanted to be and end your weekend off right by making a complete fool of yourself. Who knew Sundays could be so fun? **ITK**