

The OC Link

Off-Campus Living News for Fanshawe College Students

March 2014

Don't Charge Me, I'm Irish! By Lauren

While enjoying your green pancakes and drinks this St. Patrick's Day, remember to keep in mind some of London's bylaws in order to save yourself from being issued a ticket. Sometimes gatherings can unintentionally become large and unruly, giving police grounds to lay charges. Be aware of the possible consequences and drink responsibly this St. Patty's Day.

The FSU and London Police have collaborated on a video titled "St. Patrick's Day Community Message" that is definitely worth watching, in addition to reading the tips below! <http://www.youtube.com/user/LPSOntario>

London's 24/7 noise bylaw was created to reduce and control unnecessary noise that disturbs the neighbourhood. Violation of this bylaw can result in tickets from \$200-2000 per tenant for each offence, even if only one person was responsible for the disturbance. If you plan on having friends over this St. Patrick's Day, it would be a good idea to consult your neighbours first.

The Liquor Licence Act prohibits the consumption of alcohol anywhere other than a residence or a licensed area (such as a bar). You could expect charges for having open alcohol in your possession on the front lawn of private property, on the sidewalks and in the streets. If people drink on your property you are also legally liable for their actions, even if you didn't know them or they drank their own alcohol.

Damaging other people's lawns, gardens, lawn furniture etc. is ground for charges of mischief.

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People charged with mischief can face court appearances and fines of \$5000.

Keggers are illegal and if caught hosting one you can have all money and alcohol confiscated, in addition to being charged with the sale of alcohol. One day of fun is certainly not worth having a criminal record. Incidents mentioned attract the attention of media and this kind of coverage only creates a poor image of students. Have fun this St. Patrick's Day, but most importantly be responsible!

Tips for Staying Healthy By Cailie

With mid-terms in full-swing and exams on the near horizon, many of us often neglect the importance of healthy eating and exercise. Proper eating habits and regular exercise have been found to drastically improve stress-levels and can become extremely important in protecting your physical and mental health in the following months. Here I have provided a few tips for eating healthier and being more active.

- Eating foods you love is still okay, but moderation is the key.
- Drink water between meals – sometimes it is

difficult to distinguish hunger from thirst.

- Eat breakfast in the morning, and smaller meals throughout the day.

- Try to avoid snacking late at night when possible (This is understandably more difficult for late-night studiers).

- Limit sugar and sodium intake.

- Avoid heavily processed foods and aim for fresh meats, vegetables, grains, etc.

- Try to visit the gym in between study sessions.

- Walk to campus rather than taking the bus (depending on where you are located).

- Try to take the stairs as often as possible.

Healthy eating and exercise can sometimes seem daunting, but the short-term and long-term benefits can be remarkable even from just minor lifestyle changes. The most important thing is to feel good with your choices and become a healthier version of you.

Green Pride By Prince

In this day and age, we're constantly learning more and more about the Earth, and also about how to keep it as healthy as possible for future generations. Global warming and pollution may seem like abstract concepts which are uncontrollable, but even we students can help out in our own way to be green and eco-friendly.

1. Turn off the lights when you don't need them: when it's bright – open the curtains. When you're leaving the house – turn the lights off. The less electricity you use the less damage the earth sustains to produce that extra electricity.

2. Try and use less water: Whether it's showering a little more quickly or washing the dishes a little more efficiently, using less water will help out the environment.

3. Recycle: This tip is definitely one of the easiest to do – recycling saves landfills everywhere from having unnecessary junk pile up and sit for years on the ground, and also saves us from having to produce more materials by using the ones we have.

Fire Safety Refresher By Cailie

It is never too late to brush up on fire safety to ensure that you are being as safe as possible in your home. The following list provides a few general safety tips that are beneficial to everyone:

- Never leave cooking on a stove or lit candles unattended for any period of time.

- Check electrical cords to ensure they are not damaged before using.

- Avoid smoking in the house, or ensure that all cigarettes are put out properly.

- Ensure fireplaces have proper covers on them.

- Regularly check smoke detectors are functioning and never take out the batteries.

- Be aware of potential fire hazards and always be cautious.

Don't Be Crazy, Prioritize Home Safety! By Prince

As students, we all seem to have a sense of invincibility when it comes to certain things. Eat healthy? Sure, I'll only have McDonald's three times this week. Get enough sleep? Okay, I'll only pull a couple all-nighters this semester. However, if there's one thing we shouldn't compromise on, it's home safety. Here are some tips to keep your home safe:

- LOCK YOUR DOORS: A radical idea it seems, but really this is the best way to keep you and your stuff safe. The door is the gateway to the house, and the harder it is to pass through that gateway, the safer you and your items will be.

- DON'T LEAVE VALUABLES IN PLAIN SIGHT: Most thefts take place because of the ease of the theft. In other words, most occur because the opportunity presents itself. By leaving your valuables in direct sight of a window for instance, you are increasing the chance of someone taking them.

- MAKE YOUR HOUSE APPEAR OCCUPIED: This isn't an issue if you live in an apartment, but over breaks such as Thanksgiving, winter holidays and spring break, it's easy to tell what houses are

unoccupied. Ask a neighbour to get your mail or shovel the snow or do any other activities to make it seem as if someone is still home. Over the summer, you may want to ask your landlord to check up on the house once in a while to make sure everything is okay.

Winter Fun in London By Zainab

With winter here to stay, London has a long list of winter attractions. Whether it may be hitting the slopes at Boler Mountain or outdoor skating across the city, there are still loads of things to do before spring arrives!

One of the most popular outdoor skating rink in the city is Victoria Park. Right in the heart of downtown, it's the perfect place to enjoy some outdoor skating fun whether you are with friends, family or a significant other. Victoria Park is also by a variety of eating spots where you can enjoy a quick bite.

Another popular winter attraction in London is the annual Sugar Bush Maple Festival hosted by Kinsmen Fanshawe. It runs through March 1-30th. They also offer other activities including wood carving. For more information, visit the London Tourism website: <http://www.londontourism.ca/>

Fanshawe College Housing Mediation Service
Counselling and Accessibility Services
Wednesday, 8:30 a.m. – 4:30 p.m.
519-452-4282 www.fanshawec.ca/housing
OR
Monday – Friday: (519) 661-3787

Connecting To The Community

Bell Canada	519-310-2355
Blue Box Info	519-649-6262
City Fire Prevention	519-661-4565
City Garbage Collection	519-661-4585
City Parking Enforcement	519-661-4537
City Property Standards	519-661-4660
Community Legal Services	519-661-3352
Fanshawe Student Union	519-452-4109
Information London	519-432-2211
London Hydro	519-661-5503
Reliance Home Comfort	1-877-267-7902
Rogers	519-646-3300
Union Gas	1-888-774-3111
Garbage/Recycling Collection Zone Map:	
http://www.london.ca/residents/Garbage-Recycling/Garbage/Pages/Garbage-Calendar-and-Zone-Maps.aspx	

March Quiz

1. Who is St. Patrick?
2. Why is the colour green associated with Ireland?
3. Why is March 17th celebrated as St. Patrick's Day?

Send answers to gmatthews@fanshawec.ca before April 1st for a chance to win a \$25 Bookstore gift certificate.