

# the journal

Saint Mary's University's Independent Student Newspaper

September 02, 2016 — Issue 1

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FOCUS: WHO SAID  
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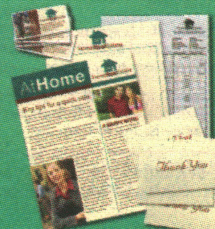
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## Orientation Recap

**Neil Van Horne**  
Editor-in-Chief

On Friday September 9 The SMU Journal hosted an orientation in the Patrick Power Library. Guest speakers came from within the University, and from other publications in the area. President Dr. Robert Summerby-Murray commenced the event, where he spoke about journalism and its value through a historical lens. "This is an extension of your University education." He said. "Journalism is an important part of our civil society."

Marie DeYoung showed us all of the research tools that the library has to offer, and how they can apply to journalism. The website can lead us to credible

sources, and find us up to date statistics on almost any topic. (Queue the arousal of nerds everywhere)

Brian Hotson spoke about the importance of writing, and the wide range of careers it can benefit you in. Hotson is responsible for the writing centre here at the University, and encourages anyone looking for feedback to send their writing to him, at [writing@smu.ca](mailto:writing@smu.ca).

Ryan Van Horne and Ashley Corbett were the two professional journalists from outside the University that we were lucky to have as guest speakers. Ryan Van Horne is an Alumnus of Saint Mary's University (BA'92) and worked at the Journal as News Editor and Editor when he was a student here. Van Horne

encouraged students to take advantage of their opportunity to write in a student publication, stating that "you will never have as much freedom to write what you want as you do when you are a student."

Ashley Corbett is a recent graduate of the journalism program at University of Kings College, and a Staff Reporter for The Coast. Corbett spoke about spending time at her student publication, and what it is like to enter the field as a professional today. She spoke about the importance of being able to do a wide range of things related to journalism, such as photography. Students should feel welcome to take advantage of the opportunity they have to write for The Journal. It is after all, your newspaper. Whether you want to talk about a cool event in the community, write a shocking expose or challenge public opinion, The Journal is your platform for free expression while you are at Saint Mary's.

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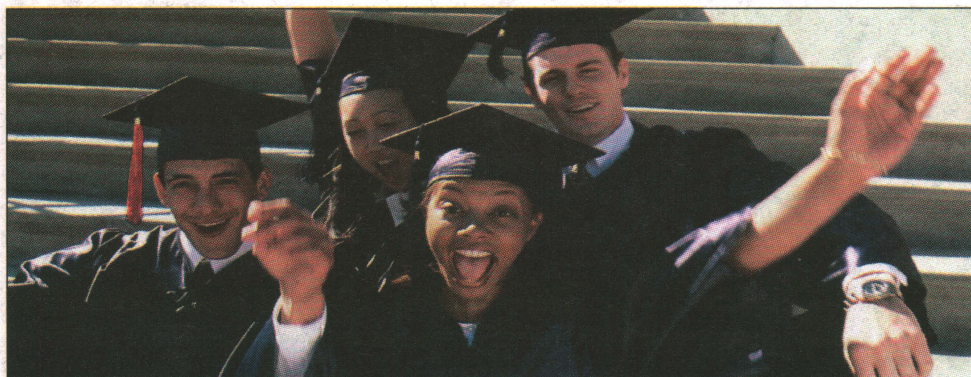
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## Meet your Campus Mom

**Anonymous**  
Contributor

Hey guys, gals and everyone in between, I'm your resident Campus Mom! I've recently joined the SMU Journal to encourage you and your endeavors as you traverse the campus and the new (or not so new) situations that come with university life! While my identity will remain anonymous, I'm a student just like you, facing their own problems and figuring things out one step at a time. Things can get hectic and sometimes a little dark, so I'm here to vent, to answer your questions and for general advice. I'll be doing my best at answering questions about school, sex, relationships, mental health and just about anything else you can think of. We'll be keeping your questions anonymous, so feel free to create a "handle" for yourself and have fun with it and be as honest as you're comfortable with. We all need advice sometimes and we all need guidance, that isn't from the academic advisor or even a counselor. In class, your professors will tell you to ask questions because it's likely that if you're wondering five others are as well. They aren't wrong; the same thing goes for life. Ask the question, get weird, everyone is bizarre in their own way. I can't wait to hear from you and I hope this year treats you with kindness.

Your friendly neighborhood Campus Mom.

Email your questions to:  
[smucampusmom@gmail.com](mailto:smucampusmom@gmail.com)

## The Healthy Minds Connection



**Megan Wright**  
Contributor

"Laughter is the best medicine."

I think we have all probably heard that cliché at least once in our lives, but is it true? How do you feel when you're laughing? Do you remember the first time you laughed? How about the last time? Chances are, you do not. Some people say that laughter is the purest form of communication – that when we are laughing we are our purest, most authentic selves. Some psychology experts even say that laughter could be one of the earliest ways of human communication. We are born knowing how to laugh!

Let's look at the science for a minute. Laughter has proven physiological effects (maybe this is why it's considered the best medicine!) Researchers at the University of Maryland found that laughing

actually improved the health of blood vessels. It also causes a reduction in stress hormones like cortisol. And remember that painful feeling you get in your belly when you laugh too hard for too long? That is actually the muscles in your abdomen – laughing is a workout! Not only does it cause your abs to contract, it also exercises your diaphragm and provides a pretty good cardiovascular workout.

From a physical health point-of-view laughter is looking like it might be the best medicine, but let's look at mental health. According to Mayo Clinic, a good laugh can decrease your stress level and leave you feeling relaxed. Reducing that level of stress can give you more energy and allow you to focus longer. Long-term, laughter can help ease anxiety and improve mood. On a social level, laughter can help strengthen relationships, enhance teamwork and defuse conflict. Better mood? Less anxiety? Stronger

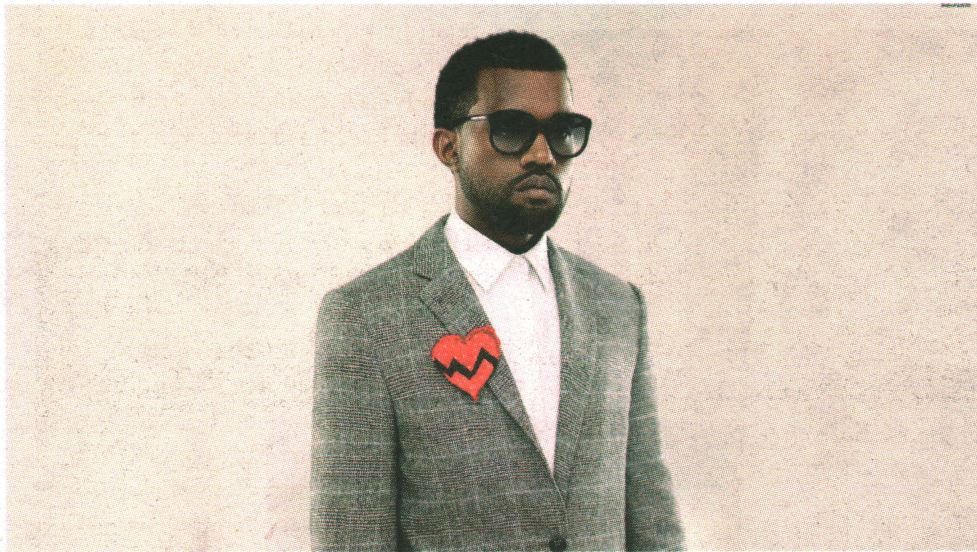
relationships? These things are all beneficial for us as students, who are already in a vulnerable position where mental health is concerned.

With all these positive effects of laughter, we have decided to have a whole week that is Better When You're Laughing. From October 3rd – 6th the Healthy Minds Team will be bringing laughter to campus. We have a group of talented actors coming from the Halifax Theatre for Young People to perform *Redfish*: a comedy about depression. Saint Mary's alum Bruce Miller, a Positive Psychology Practitioner, will be coming back to campus with the healing power of Laughter Yoga. Also a part of our laughter week, we will be bringing some stand up comics to perform for you through Stand Up for Mental Health. In addition, be on the lookout for some contests that will be sure to have you laughing.

To answer the question, laughter is not the best medicine. This may surprise you to hear after discussing the positive physical, mental and social effects laughing has on us. The important thing to remember is that laughter could be the best medicine for some and totally unhelpful to others. As mental health advocates it's important to remember that we are all individuals. What makes me happy might not make the person sitting next to me feel the same. Take home message: Laughter is a great way of expressing ourselves and we should all try to laugh every day, but it isn't always the best medicine.



## Why Hating Kanye West is Racist



**Sandra C. Hannebohm**  
Past Editor-in-Chief

I'm mixed. I spent puberty figuring out my identity through the character-building process of being mocked, shunned and abused by black girls. I never thought I experienced prejudice, though. I was just picked on for being nerdy. Racism is when someone hates you for being black, right? I'm not black. No one ever told me I was black, no one ever thought I was black. At the end of the day, I've always been 'white'. I don't experience racism, I rationalize it. It's not denial, it's logic.

I grew up in a black neighbourhood where people who looked like me were called 'white' until they proved themselves black. You might think that in the U.S. the "one-drop" rule applies, but Maryland didn't get the memo. In Maryland, I was white for sure. I listened to 'white music', wore 'white clothes', had white heroes, read white books, spoke 'white'. Even my hair was considered white, though in Canada my hair is what gives me away. And I never liked Kanye.

But thanks to this wonderful educational institution where I study politics, I learned that the behaviour of those girls who picked on me were the result of systemic racism. Seeing beautiful white women on every screen and poster made them feel worthless, and made me look like the enemy. They internalized their apparent worthlessness and externalized it toward me because it made them feel better about living in dark skin. So ok, I don't take it personally. I may be a "white girl" but I don't want to be a racist girl.

Then someone like Kanye West comes out saying he's God, and I'm offended.

Here's my thought pattern on that one:

1. "He's just a celebrity being a celebrity, getting media attention. He can't mean it."
2. "Wow, he means it! He really thinks he's the best in the world."

I hated him automatically: he's ridiculous, famous and rich. Classic celebrity, classic joke.

Then I watched a few of his interviews. It turns out that Kanye West is not treated like other rich, eccentric celebrities. Lady Gaga, who once wore a meat-dress to an award show, was asked to be the Creative Director of a Polaroid specialty line. She made camera sunglasses. Kanye spent a year and \$13 million trying to get into the fashion industry after making the most valuable sneakers of 2015, but was rejected after "thousands of meetings" with fashion investors. Thousands of meetings and millions of dollars don't buy you an "in" if you're an eccentric black man (but at least we've won some room for eccentric white women).

I get upset when people compare themselves to a deity. I get mad when Kanye compares himself to Michelangelo, Picasso, Andy Warhol and Shakespeare. His "delusions of grandeur" are reported in pop media often. He must have real guts to compare himself to the greats.

This is where each of us needs to get real about what we're thinking, and if we're not ok with saying it out loud we need to figure out why we thought it in private. As someone who hated Kanye, I started to wonder if I wasn't just angry that a rich black musician compared himself to white creative geniuses in history. In short, I'm jealous. That can't happen for me.

What I pictured when I thought of creative genius was a list of famous white men. That image, paired with the "who does he think he is" attitude, spells out a thought

I would never say out loud: creative geniuses are white.

Kanye West is among the richest producers in pop culture this century and he gets rejected from industries in which he's already had success, while many eccentric white men like Donald Trump parade their way through their own entrepreneurial disasters. Donald Trump keeps Trumping for the Presidency, and most of the country still calls him a successful businessman. (Donald got a tech company to sell frozen steaks, but there wasn't one fashion investor who thought Kanye could do women's clothing?)

I still don't have much sympathy for Kanye West, or Donald Trump, but hating the only ridiculous black dude in a sea of ridiculous white dudes is racist.

It still hurts to say, but what would we do without Yeezy? It's still true that black people, mixed people, and some borderline-racist white people have yet to learn that eccentric white men don't have the monopoly on creative genius.

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## Cheap Ways to Feel Good



**Kala Rafuse**  
Contributor

October is fast approaching; you've now paid your student account, bought weeks' worth of groceries, and are likely running low on cash... and it's not even October. Although being financially responsible is important, a key factor to your university success is to enjoy yourself.

Once classes are over and assignments are complete, students need time to make themselves a priority and plunge into some TLC, inexpensively. Below are 5 wonderful suggestions on how to take care of your well-being while on a student budget.

1. Take a bubble bath! This pass time is not only relaxing, but also makes you feel luxurious. Light a candle, use some good-smelling bubbles, bring a good book or your iPod, and most importantly, feel clean, calm, and relaxed when you get out.

2. Enjoy (free) fitness classes on campus at the Homburg Centre! Be

sure to bring your student ID and you will get in for free! Fitness classes range from yoga to Pilates, from spin to Zumba, and from cardio to core.

3. Take a "flip the penny" hike in the woods, a park, or a hiking trail. Assign each side of the coin as right

or left, and then when you come to a fork in the road, flip to see which way you go. (Just make sure you keep track of where you're going so you don't get lost!).

4. Have a budget food contest! The way this works is that everyone invited has to cook a dish spending no more than \$5 or \$10. Sample each dish and then vote on the best budget dish!

5. Volunteer. Becoming a volunteer is actively becoming a part of the change you would like to see in your community. There are many positions on campus that contribute to your CCR and have the ability to make you feel great about your work. It's also a great opportunity to meet new friends!

Above are five nearly free ways to make yourself feel great. Take part in one activity each time you feel the need to engage in self-care; which should be often! If you are feeling adventurous or creative, send your ideas on Cheap Ways to Feel Good to [financial.aid@smu.ca](mailto:financial.aid@smu.ca) !

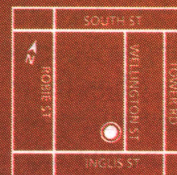
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## Barbershop a landmark of SMU



**Neil Van Horne**  
*Editor-in-Chief*

There is a little barbershop on campus with some great little stories that you may not know about. Luigi's can give you a stylish haircut, but there is more to it than that. It is a quintessential barbershop experience, and the attention they give you can make your day, and even save your life in some cases.

It is on the first floor of Vanier Residence, in the hallway that connects each of the houses leading from Loyola to Rice. Since 1990 it has been known as Luigi's, and it strikes all the right notes when a typical Italian barbershop comes to mind. Today it is a successful family operation, run by Luigi Zavarella and his daughter, Giovanna.

Luigi came to Canada from Pratola Peligna, a small town in the Province of LAquila, Italy. As an apprentice

there at the age of 13, he learned how to be a barber. He did not immediately seek work as a barber when he first came to Canada however, instead he worked at the Old Halifax Infirmary on Queen Street, next to where the new library has been built. "School wasn't for me, so I got a job at the Old Halifax Infirmary, the one they tore down."

It would not be long before he was back to being a barber. He started working as a barber in Canada in 1962.

"I found a job at a barbershop where the owner had health issues and needed help, I worked with him for six years."

The next 22 years would be spent moving around to different barbershops, owning his own for a period of time, working as a partner at the Sunnyside Barbershop (now known as Carlos') and training several others who have become popular

barbers in the Halifax area.

In 1990 he bought the barbershop that had been in Vanier since the building was constructed in 1968. Since then he has seen generations of students pass through while they pursue their education at Saint Mary's. There is a certain specialness to getting a haircut there. Luigi and Giovanna will talk to you, I mean really talk to you. I've had a wide range of conversations with them while there, from being taught a bit of Spanish before my trip to Cuba in 2013, to how to manage stress and my sleep schedule when school and work get busy.

This sort of care that is displayed can do a lot for a customer there. It can make your day, or in some cases even save your life.

Luigi has noticed Melanoma Cancer on four or five of customers throughout the years. Melanoma Cancer is one of the most serious types of skin cancer. If it is not stopped quickly, it can spread to other parts of the body. In each case he has suggested that they get the spot on their skin checked out, and has even been correct about the diagnosis against a Doctors opinion. One of the people who he gave this advice to was my Father, who luckily had the cancer removed in time.

In a world that is speeding up and changing more every day, Luigi's is a nice break from it all. Walk in there for a haircut and you will leave having had some proper human interaction, the value of which has only been forgotten, not reduced.

## Federal Announcement

**Erika MacDonald**  
*Contributor*

The federal government has kept one of its most attractive promises for students. On Monday, Rodger Cuzner, MP for Cape-Breton -Canso and Parliamentary Secretary to the Minister of Employment, Workforce Development and Labour held an announcement at Mount Saint Vincent University. Additionally, Patricia Arab, MLA for Fairview-Clayton Park was there to show the provincial government's support. Held in the Fountain Atrium, it was a perfect setting for an announcement. The sun was shining in on the stage, students were walking through on their way to classes, and of course the large posters of women recognizable for their accomplishments. The promise? An increase of 50% for student grants. This means full-time students will now receive \$3,000 in grant money and part-time will receive \$1,800. Until now it was \$2,000 and \$1,200 respectively. It's hard to knock that; more free money for us broke students? That's ok by me. The second part of the announcement was to promote the new law that says you don't have to start paying back your Federal Student loan until you are at a job making over \$25,000 a year. This sounds pretty good but not as helpful as you may think. If you are at a full time job and make over \$12.25/hour, you do not qualify. So thanks for the free money Trudeau, but most will have to start paying back their massive student loans sooner than your promise boasts. If you would like to watch the video broadcast of the full announcement, you can find it on our Twitter account, @TheSMUJournal





### Brandon Gilfoy Contributor

An explosive fourth frame that saw the Acadia Axemen score twenty one unanswered points opened up an otherwise tight defensive battle that gave the Axemen a 30-1 win over the Saint Mary's Huskies.

The highly anticipated AUS season opener at Raymond field in Wolfville had a reported 2618 in attendance, including a small but vocal contingent of SMU students and alumni.

Three field goals by Axemen kicker Brandon Jennings through the second and third quarters was all the Axemen could muster, as the Huskies defence were able to keep things close until late in the final frame, when Axemen quarterback Nick Bynkoski hit freshman receiver Cordell Hastings on a 66 yard passing touchdown. The game was put on ice late in the fourth on a relentless ground attack by Cameron Davidson and Eli Prochnau,

with the latter scoring on a 58 yard run with 3:51 remaining in the final frame.

Despite the score line, the Huskies showed promise in a variety of areas throughout the game. Defensively the Huskies were impressive, limiting the Axemen offence to only nine points through the first three quarters. A timely interception deep in Husky territory by 2nd year linebacker Brad Herbst early in the fourth quarter gave the team hope, but ultimately the Huskies were unable to capitalize on the momentum shift.

Brock Berglund, a veteran quarterback of the American college football ranks made his regular season AUS debut Saturday for the Huskies. The dual threat pivot, on transfer from the University of Northern Colorado could quickly become a fan favourite in Halifax, demonstrating lethal arm strength on multiple long passes, including a 63 yard completion to D'Shawn Miller in the 4th quarter.

Penalties played a factor throughout the game, as both teams racked up 16 flags each, none more costly than a Husky offside call that brought back a 53 yard bootleg pass play by Berglund in the second quarter. The play would have resulted in a red zone opportunity at the Acadia 2 yard line when the game was still scoreless.

The Huskies look to bounce back this Friday night when they welcome the Mount Allison Mounties (0-1) to Husky Stadium. Both teams will be looking for their first wins of the season in what will be a highly competitive AUS conference this year.

#### Top Husky Performers:

Brock Berglund: 149 pass yards, 14 rush Att, 63 Rush yards

D'Shawn Miller: 5 receptions, 119 receiving yards.

Michael Corbeil: 5 tackles, 1.5 sacks

## SMU Club Sports Update

Lauren Perry  
Contributor

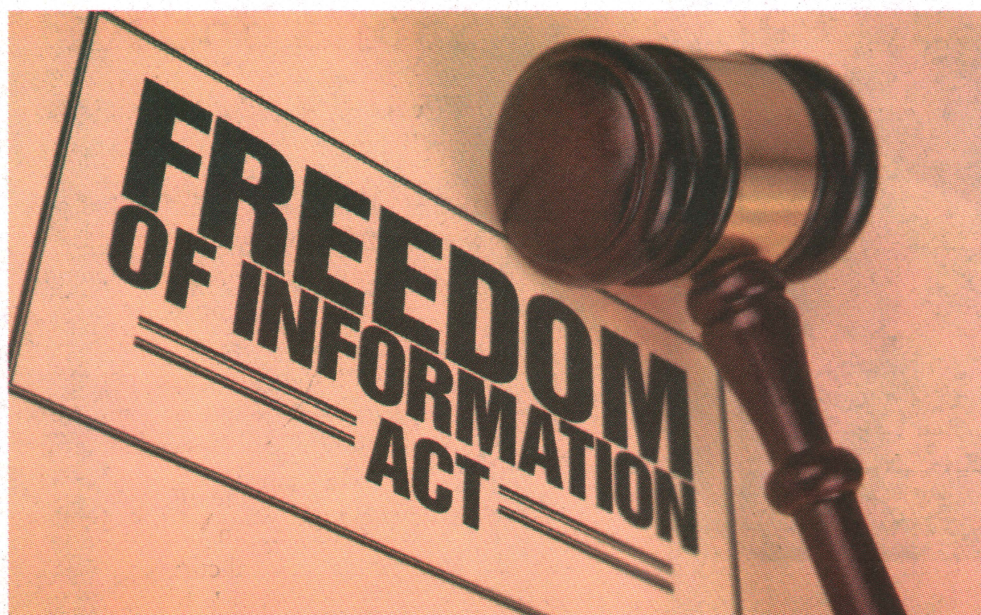
Two Huskies teams, men's baseball and women's field hockey, opened their 2016 seasons the weekend of September 10-11. Men's baseball opened the season with two losses to Holland College, with the Hurricanes taking the back-to-back games 15-3 and 13-6, respectively. The Huskies will look for their first win against Dalhousie at Beasley field on Wednesday September 14.

Concluding their preseason with a road trip to play Ontario's best in Toronto, the women's field hockey team managed to visit historic Quebec City and the CN Tower, as well as watch the Blue Jays play between their games. Opening the weekend on September 9 with a 4-0 loss against Queens, the Huskies also recorded a 4-1 defeat to McMaster, with second year Kali Gee recording SMU's only goal of the tournament. On September 10, the Huskies lost 6-0 to York and 5-0 to Western before returning home. While disappointed with the results, the team has four players new to outdoor field hockey, and coach Sharon Rajaraman called this trip "a great experience for the girls. It sets the bar for the standard of play we expect the rest of the season."

Third year captains Sarah Handel, Allison Snow, and Patricia Gemmell aim to lead the back-to-back bronze medalists to a championship this year. The team plays next at the first conference tournament on September 24 and 25 here in Halifax, co-hosting with Dal.



## What's Better Than Google?



### Catherine Tully

Nova Scotia's Information and Privacy Commissioner.

It's Right to Know Week around the world and so I have been reflecting on the value of making access to information requests under Nova Scotia's Freedom of Information and Protection of Privacy Act – or FOIPOP as it's more commonly known. We live in the information age; most of us spend hours a day on a computer of some sort. Don't know an answer? Just Google it. Need directions? Google can help. Having friends for dinner and can't find your favourite poutine recipe? Google is there for you. In 0.5 of a second, Google will find you about 424,000 recipes.

So how does FOIPOP measure up to Google? At the heart of Nova Scotia's access to information law is the belief that a healthy democracy is one in which the public has the information to judge the fairness of government decision making. Of equal

importance, it also ensures that citizens can get access to information about themselves. Want to know what a government department took into account when deciding to refuse you a benefit? Make a FOIPOP request. Want to know how much your town spent on garbage collection last year? FOIPOP can help. Curious about which minister spent the most on out of province travel last year? FOIPOP is there for you. It is this detailed government information that FOIPOP allows citizens to see. Google can't compete.

Another increasingly important aspect of the right to know is open government. This is the practice by governments of releasing information without a formal access request. When information has already been released in response to formal access to information requests, it is simply more efficient and more democratic to proactively disclose it. For example, information such as wages, expenses, contract information and key health

indicators can be proactively disclosed so that the public has immediate access to this important data.

Access laws and open government are key to getting information about our democracy. How are our governments functioning in practice? In the summer of 2015 the Nova Scotia government released two statistical reports describing FOIPOP request processing for 2013 and 2014. Two significant patterns emerge from these reports: government is responding more quickly to requests but more applicants are getting "no records exist" responses to their requests.

One of the modern challenges with access to information law is the inclination of some senior bureaucrats and politicians to avoid documenting decisions. Use of such technology as PIN-to-PIN or text messaging is sometimes evidence of this avoidance strategy. In 2014 the government reported that it found no responsive records in 21% of cases. In the previous decade, the average for no responsive records was 15%. An increase in no responsive records may also be evidence of a failure to document.

Accountable government means that civil servants and politicians regularly document their decisions. Modern access laws include a duty to document. This means a statutory requirement that politicians and bureaucrats must document deliberations, actions and decisions so that the information and rationale behind the decisions can be scrutinized by citizens. This is democracy in action, documented for citizens to see. Without a legislated

duty to document there is an increasing risk that important decisions are not being recorded and so responses to access

requests will continue to be, "no responsive records". It is time to amend Nova Scotia's FOIPOP to require a legislated duty to document.

In 2014 and 2013, governments reduced the time taken to process access requests. Government statistics indicate that 80% of requests received a response within 30 days in those years. In 2012, only 59% of requests received responses within 30 days. There is no doubt that access delayed is access denied. Timely responses to access to information requests are a key indicator of the health of our access law.

So, how does our ability to access government information measure up against Google? You'll likely never be offered 424,000 documents in response to an access to information request, and certainly not in 0.5 of a second; however, the importance of having a legal right to access government information cannot be overstated. Access to information law is the bellwether of our democracy. When access to information rules are strong, citizens benefit and our democracy thrives. Happy Right to Know Week!

Catherine Tully is Nova Scotia's Information and Privacy Commissioner. The Commissioner is co-sponsoring a Right To Know event on Wednesday, September 28, 2016 at 6:30 p.m. at the Central Halifax Library: *Freedom of Information – Does it Work?*



## Organized Chaos



**Samantha Burns**  
Contributor

Hello again! Still alive and doing well here in Nkozi, Uganda. Getting quite COZY one might say.

I've had a pretty interesting week, and it's been good to get more familiar and adjusted with my surroundings. Since my last blog post, I was invited to church on Sunday. Lucy, one of the staff at the university, called and invited me, and so I agreed to meet her Sunday morning. I am not a religious person, but I don't want to turn down any invitations while I'm here, and even seeing church and experiencing it in a new country was bound to be an interesting experience, so I agreed. I was happy to be invited! We met at 8:30am on Sunday morning, and I wore my nicest clothes (which is a casual

grey cap sleeved dress – I didn't pack too fancy here, but was warned to bring nice clothing in case of things like this). The church we went to was the Catholic Church on campus. The whole university is actually Catholic, and many of the teachers are nuns. We were at church a bit early and patiently waited for the service to begin. Many students came, and dressed up very nicely, but what was surprising is some girls wore quite tight clothing/dresses, which was a little different than church I had attended in Canada. Boys mostly wore button up shirts and khaki pants. When it was time for the service to begin, the pastor announced that we would be starting the service outside today. This was the beginning of a very long service (Lucy told me later that this week was unusually long). There were many things in the service that I had observed before – taking offerings,

communion, singing, and a sermon. I am still getting used to the Uganda accent, so understood only some of what was being said, but there was a big focus on "mercy" being the theme for the next few months, and the reason we started the service outside was so we could officially "open the door" fresh, and have God accept our mercy, or something like that. Religion interests me in a scientific sort of way, because I find it fascinating how so many different religious groups believe in something so similar but practice different particulars, and ways of doing things to worship their gods. It was definitely an interesting experience to take part in from a cultural perspective.

After church on Sunday, I had the pleasure of meeting Eva, who had been an intern alongside the last visiting scholar, Zahra. Eva is an absolutely lovely individual, and we walked down through what is called "the trading centre" by locals, aka the small town that the university is in. We went to a local restaurant to get some lunch. Restaurants here, at least that I have encountered so far, are much different from restaurants in Canada. Really all shops are different. Everything is open air and most goods are out in front of the shops. The restaurant we went to was essentially a couple of tables set up in an open room, with a counter to order at. There was no menu available, so I asked Eva what I could get there. I decided on some "chips" (French fries) with some passionfruit juice. This was around \$1.50 Canadian. We decided to take the food back to Eva's home so she could share some with her son. Eva

lived in a small room behind the ally close to the restaurant, so we were able to just take the plates with us. She went to "call" her son, literally call his name to get him. Children in Uganda, at least in Nkozi, freely wander the streets with no adults, and it is considered very normal here. They are almost seen as children of the community, and they are safe, because they are technically watched over by everyone. It's much different than Canada.

That night, I went to the dining hall for dinner. I realized on Sunday that I was very low on local currency. At the start of the day I only had about \$3 Canadian in local currency, and after lunch I was down to about \$1.50, so was a little worried about paying for my next few meals, because each meal costed me around \$1. I knew I could change my money when I went to Kampala, but I didn't really know when that would be. I know it was a little artificial because I had extra money I could change when I had the opportunity, but for a short while, I finally felt what it was like to not know how I would get my next meal, because after I spent the rest of my money, I had nothing left. I realize many people experience that feeling daily of not knowing where their next meal is coming from, and I am incredibly grateful that I have never had to truly feel that. Being here makes me feel very humble for the life I have been given, and I hope I will be able to do meaningful work in my life that will at least help to relieve some of the suffering in the world.

To read more, visit:  
[samanthaelsewhere.wordpress.com](http://samanthaelsewhere.wordpress.com)



## Student Stories

**Meaghan Goode**

Contributor

### The Box

I'm on my daily quest to that big, smooth box where so much information is deposited. There's such a variety of emotions contained in that mysterious box.

With sleep in my eyes, I prepare the dog for our short round-trip. The sour smell of spruce fills the air, tinged with the salty ocean aroma. The deer watch me and Rufus, trying so hard to comprehend what they see, but are unable to. So we embark on the dusty, hilly, pothole-covered road; our destination is The Box. The dog prances alongside me, as I speed over the bumpy terrain.

I arrive at The Box. The front surface of it is covered in compact metal doors. I use my tiny key to unlock my tiny metal door; suspense and excitement fill my heart.

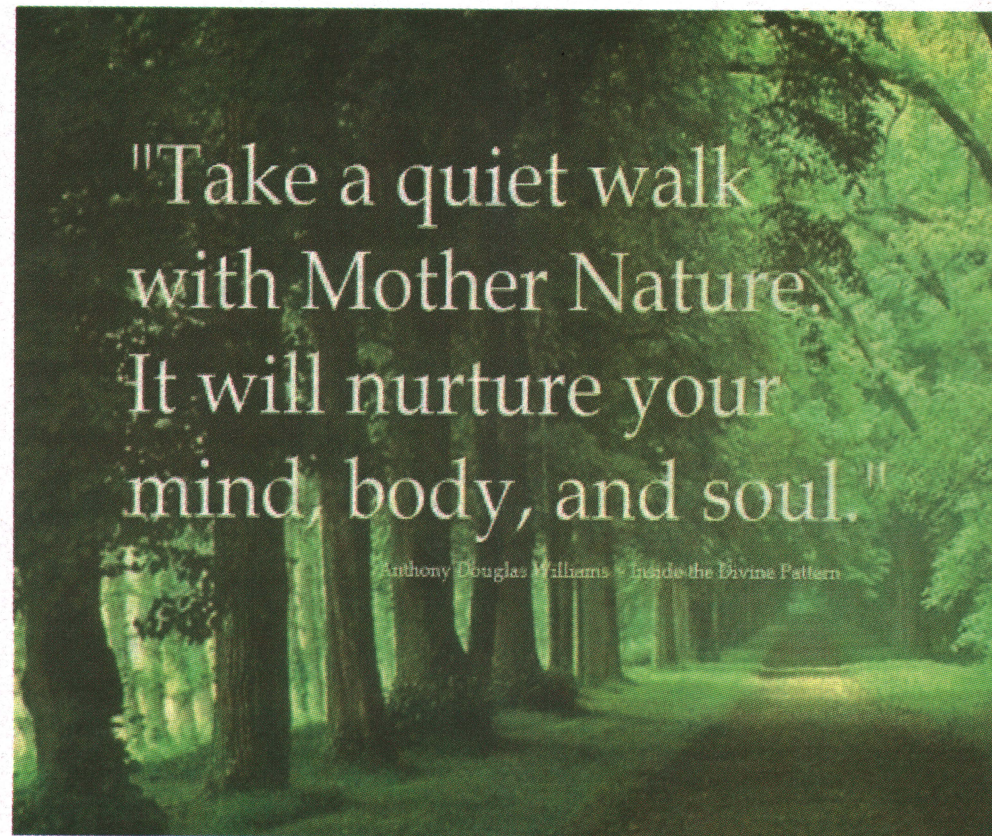
I open the door; I find paper inside. A lot of bills, but no emotion. But wait! There's another key inside! My pulse quickens. I

have prior knowledge of this special key. I know it opens a special metal door on The Box. I excitedly insert the special key into the lock on the special door. The door opens, and I see... A box! About a square foot and wrapped in white paper, I take this box out; it fits on my lap. I know that the box contains copious amounts of emotion. I re-lock the two metal doors, and carry the white box and the bills home (dog in tow). My quest is complete!

### "Follow Your Nose!": The Debate

I've found solace in nature. As Toucan Sam says, "follow your nose!". In other words, do as your senses tell you. Sight, sound, smell, taste, touch. They can tell you where to go.

But like Descartes insinuates in his Meditations, don't use the senses as the basis of your actions. Besides, curiosity killed the cat. Use prior knowledge as the basis of your actions. This is what I learned, anyways. I've had enough accidents from curiosity in nature. So I've learned to think before I... Follow my nose.



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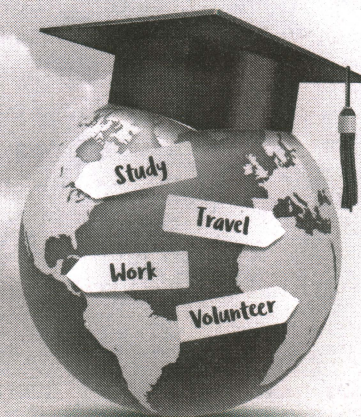
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## Recipe: The Lumberjack Pizza



Written by Mark Inglis  
Recipe by Chef Ashley Davis

This hearty meal is not for the faint of heart. With a blend of all the best meat, some incredible cheese and just the right veggies, you'll feel like you're ready to chop down a tree and build your parents a house. Impress your friends, welcome your new neighbour or simply hoard it all to yourself, this pizza is bound to please.

### Ingredients

- 1 pizza dough ball
- 1/2 cup (125 ml) tomato sauce
- 3 large slices of bacon, cooked, halved\*
- 1 sausage, cooked, sliced
- 1 onion, sliced, caramelized\*\*
- 1/2 smoked applewood cheddar, shredded
- 2 maple syrup\*\*\*
- 2 fried rosemary\*\*\*\*

### Directions

1. Set oven to 450°F (230°C) for at least 30 minutes.
2. Stretch out dough to form a 12-inch (30.5 cm) circle.
3. Top dough with tomato sauce, bacon, sausage, onion and grated cheddar.
4. Bake for 15 minutes. To finish, drizzle maple syrup over top of pizza and sprinkle with fried rosemary.

### Recipe Hints

\*Try Meadowbrook Meat Market or Pork Shop for local bacon and sausage options

\*\*To make caramelized onions, place 1 tbsp (15 ml) of butter in a large pan over medium-low heat. Add onion slices and spread out in the pan. Cook

until soft, about 30 minutes, stirring occasionally until dark golden brown.  
\*\*\*Try Acadian Maple or Sugar Moon Farm maple syrup

\*\*\*\*To make crispy rosemary, gently fry rosemary leaves in 1 tsp (5ml) olive oil over moderate heat for 2 minutes. Place on paper towel to cool and drain excess oil. Season with sprinkle of salt.

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