



THE JOURNAL



EYE ON ENTERTAINMENT ONE ON ONE WITH KAYO!

ALEX CLARKE
Features Editor

I just so happened to be in attendance at the SMU Huskies football game earlier this month, and the Disc Jockey responsible for the entertainment that day played a local record named "Endless Summer" by a fellow student named Filbert Salton, or better known around campus as 'Kayo.' To my surprise almost half of the football crowd started singing along to the track. It was then that I decided that The Journal should have a look at SMU's local talent.

Chances are, if you're new to SMU, you probably don't know that Kayo is a second year student here at Saint Mary's University who is blessed with a talent for lyrical wordplay. Kayo hails from St. Lucia and would probably explain the underlying melodic reggae tone mixed with hip-hop storytelling that lies within

his music. He has become a local celebrity having a fan base throughout Halifax. Even though he is very well known, he still has a humble demeanor that was evident during the photo shoot.

His delivery has a melodic sense that houses all of the different elements used to speak on his past experiences. You might say he sounds like a Wyclef Jean that has been taught by Bob Marley. When asked what he wanted people to get from his music he said, "I want people to understand my experiences and get to know me a little bit better, by being honest it allows people to see what I'm going through and relate." Since 2004, Kayo has been involved with this genre of music, performing throughout the Caribbean with artist such as I-sasha and opening for big international artist such as Ciara in 2006.

When he performs, it is instantly obvious that he is comfortable with the mic in his hands. He uses his play of words to display his experiences

to the crowd. His basic study of the art form can be seen in his delivery. This allows him to invoke a certain emotion that allows people to feel like he is talking directly to them. Kayo has performed all over Halifax, recently being the sole opening act for Beenie Man and even sharing the stage with Classified from Nova Scotia.

Kayo has already released a mixtape last year called the Caribbean Carter, which has received a good approval rating among the Halifax crowd. He also lent a hand in the executive production of the record. For a mixtape that was recorded in only 24 hours it sparked a flame that got Kayo noticed in the entertainment industry. However, Kayo has even higher expectations for the release of his new mixtape titled, 'Just me and my Music'. The long awaited mixtape, scheduled for mid October, has been in production for an entire year. It is expected to sound more like an album. "I want it to be received as a full package that fully describes my

growth. This mixtape means a lot to me and it's a journal that will allow me to stand out."

His new video, Endless summer, just off his upcoming mixtape is already causing a buzz throughout the school and local market. Before I viewed the video, my hopes weren't too high. After all, low budget means low quality. However, I was greatly impressed by how remarkable the footage of the video was. Shot both on the streets of Halifax and back home in St. Lucia, Kayo shows us his growth in Halifax and his lifestyle back home. It is plainly obvious to see that the production company, Visual Domain, contributed great time and effort into the making of the video, not to mention good budgeting and direction. Hopefully, this fraction of talent only represents a portion of what's to come. Kayo has many plans for the video and is presently in the process of having it aired on MUCH Vibe music video network.

To obtain his first album, the Carib-

bean Carter, you can download it from different torrents on line, or it can be downloaded from his website www.caribbeancarter.com. He also runs his own blog caribbeancarter.com/blogger where you can check out up to date details on his movements, bookings and future events. He uses his blog so that people can get a chance to know him on a personal level.

Kayo is presently focused on his education, because he is concerned with not over saturating the market. "I still will focus on my music because I see it as therapy and I plan to stay on top of the world" he stated. Kayo can be booked through his agents, Islandboy Entertainment or contacted through email: Caribbean.carter@gmail.com. He encourages people to visit his website and look out for the upcoming mixtape. He is also appreciative of the continued sport of his fans. His parting words for all were, "One Life, One Love, One people, One Music, One."

JOIN A SOCIETY NOW

To the right is a list of all currently ratified societies. See something you like? Get in touch! If you don't see a society that interests you, maybe you should start one! University societies can span from a range of interests, from cultural, to academic, to political, to hobbies and passions.

What's the benefit? Ratified societies are able to function efficiently and more effectively on campus with the following additional benefits:

- Use the name of the University or the Association.
- Solicit funds, membership or clientele from among the members of the Association.
- Use any of the facilities of the University or the Association.

Details and information are available at www.SMUSA.ca, or get in touch with Sidarth Tikoo, SMUSA's Society Coordinator at society.coordinator@smusa.ca. Societies will be ratified on a regular basis (monthly), so keep checking the webpage or look for announcements on campus.

If you are planning on starting a society, be sure to read the Society Handbook available and fill out all forms necessary. Incomplete applications may be disregarded. Come see us if you need a hand.

Ratified Society Name	Society Email
AIESEC	aiesechalifax@gmail.com
Amnesty International Society	andrew.walker1@smu.ca
Art of Living Society	ssy.artofliving@gmail.com
Astronomy and Physics Society	smuaps@ap.smu.ca
Biology Society	biology.society@smu.ca
Caribbean Society	smucaribbeansociety@gmail.com
D-Hope-Simpson Geology Society	geosmu@yahoo.ca
Economics Society	smu.economics.society@gmail.com
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International Development Studies Undergraduate	ids.smu@gmail.com
MBA Society	mbasociety@smu.ca
Model United Nation	smumuns@smu.ca
New Democrat Society	james_patriquin@hotmail.com
Nova Scotia Public Interest Research Group	smu.nspirg@gmail.com
Saint Mary's Environmental Society	smues@smu.ca
SMU Geography Society	anne.baller@smu.ca
SMU Habitat for Humanity	smuhabitat@hotmail.com
SMU Young Liberal Society	smula@gmail.com
Sobey School of Business Commerce	commercesociety@gmail.com
South Asian Student Society	m.kabir01@gmail.com

NOTICE: On Friday, Sept 25 between 2am and 4 am, a plaque was stolen from the lawn of a neighbour to the university. It is made of slate (black) with orange and red lettering on it. The letterings say "Wattle Work, Kim Campbell". If found, please return to Residence Life Office or to Student Services on the 4th floor of the Student Centre, no questions asked. Our neighbour would greatly appreciate it.

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WED-FRI: NOON-1AM



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Editor-In-Chief



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LETTER FROM THE EDITOR

Talk to Your Profs

JEFF CUSACK
Editor-In-Chief

October is here now, in other words, the semester is one third over. Despite the fact that many students feel like they are just getting into the swing of things, classes are already blazing full speed ahead, and deadlines are passing or looming. In the month of September a number of changes have already occurred on our campus: The library's entrance is now the fantastic looking atrium, formerly bright-eyed young frosh are now jaded clique members, and half the football team got taken down by the flu. On the logistics side of things, the final date for getting any money back (25%) from a course you need to withdraw from is October 16th, after which point all your money officially belongs to the university. The actual deadline for withdrawing from classes with a 'W' is much later than this. For those of you who are planning on ending your university career in the spring, the graduation application deadline passed a while ago, but don't panic, head on over to the registrar's office and they'll set you up.

This time of the year is also when academic issues begin to rear their head. For instance, this author had an assignment due in every class last Tuesday and didn't sleep a wink the night previously. Studying instead of sleeping isn't healthy, but sleep vs. studying (or writing) is a choice I often find myself making. At this point in the semester along with a billion other things on the go, we students also have midterms starting up. Life can be summed up in a single word: negotiation. With so many pressures on our schedule it is an inevitable fact that we simply won't be able to accomplish everything perfectly. As students we will have to sacrifice certain opportunities in order to accomplish others, and try and negotiate the best deal for ourselves with those around us as well as with ourselves. Having extra money is nice, but if it interferes with your ability to per-

form academically, maybe that job is a bad idea. After all, a major goal for most students is to leverage their degree into a better paying job later on. While I often sacrifice sleep in order to work later into the night, this often isn't the best strategy. There does come a point where one simply starts spinning their wheels, and as they say, you pay for it in the morning. One of the biggest challenges, particularly for those living on campus who have over 2000 neighbours, is that there are always a lot of social opportunities which use up potential study time. Both academics and socializing are important. Those who socialize get connections, and those with connections get jobs. The importance of academics speaks for itself.

Finally, as students we have to be able to negotiate our professors. None of us have gone through our academic careers without finding ourselves at least once in a situation where we are so busy that every event in the world seemed to need our immediate attention. Often professors understand this. A successful university career can very much depend on being able to negotiate expectations with your professor while not taking advantage of their goodwill. Most professors are understanding people if one ventures to their office to talk to them. According to most comparisons of American and Canadian universities, students at Canadian universities interact with their professors far less than students at American universities do. This is generally blamed on professors at Canadian universities not making themselves accessible enough, however we as students bear responsibility for this problem as much if not more than our professors. Our professors have office hours and every department has a receptionist who can be used to put you in touch with a professor. Take advantage of this. While professors are often understanding, they will probably be more understanding if you approach them a few days in advance rather than a few seconds in advance.

WUSC: Students Helping Student Refugees

JACQUELINE SCOTT
WUSC

"Education changes the world." This is the motto for WUSC (World University Service of Canada). WUSC is a society made up of a network of students from post secondary institutions all over Canada. We believe that education is the key to world development and peace. WUSC student societies are non-profit, non government organizations that work towards fostering global development through campaigns focused on education and training.

Here at Saint Mary's WUSC has been an active society for 25 years. We are students taking a proactive stance toward social justice. As members of WUSC we have engaged in a number of programs to honour this stance. Our most aggressive campaign is the Student Refugee Program (SRP). This is an internationally recognized program run in university campuses throughout Canada; its purpose is to provide educational opportunities to selected refugee candidates. Through the efforts of WUSC, these candidates are granted the life altering opportunity to pursue a university education; an education which can and

has been used to help change the fate of their home countries. St. Mary's WUSC has brought over 24 students and supported them in their new life in Canada.

This year, in addition to the SRP, St. Mary's WUSC society is educating and fund raising for the "Shine a Light" campaign, a program dedicated to providing education to young female refugees (in camps in Kenya and Malawi). Girls in these camps are often not granted the same opportunities as boys and are faced with many day time duties. With no electricity, this takes away from their studies. Shine a Light raises money for solar lamps, remedial classes and scholarship opportunities.

Saint Mary's WUSC also supports a number of other development projects and is always trying to raise awareness about issues of development. In addition, the society gives its members access to many opportunities for study and participation in volunteer development projects overseas. We are always welcoming new members with fresh ideas and initiatives. Join us, we are making a tangible difference in people's lives, right here, right now.

To get involved email: smu_wusc@yahoo.ca

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NEWS

KIMBERLY DARES
News Editor



Re-examining the Dockside Cafeteria

KIMBERLY DARES
News Editor

For many off campus students the Dockside Cafeteria is a bit of a mystery, particularly now that there has been so much talk about the changes that happened over the summer. For students who don't frequent it every day there have been many rumours floating around campus as to what it is like, and more important to many students, how much it costs to get in. Be curious no longer! Keep reading to find out what these new changes mean to the Cafeteria. Gone are the dingy tables and poor lighting of the old Dockside, instead students are greeted by a brightly light modern dining hall that feels more like a buffet style restaurant than a school Cafeteria. Possibly the biggest change is how the Dockside is operated. Before it was open to all students to go in and grab a meal or a snack and everything was purchased individually. Things are different now however, and students without a meal plan can instead purchase an "All you care to eat" meal at the door. Breakfast will set you back \$6.75, Lunch is \$8.99 and dinner is

\$11.75 with tax included in the prices. At first glance these prices may seem steep, but when one considers the price of an actual meal anywhere else on campus, or at a fast food place it's really quite comparable. The beauty of it is that you can have an actual meal (and dessert!), rather than just grab something fast that leaves you hungry again in twenty minutes. The Journal recently spoke with Aramark Dietitian Erica Savage about the meal plan change and she praised it for providing students with healthier choices. Servings are portion controlled so rather than having plates heaping with food, much of which ended up in the trash, students are served a single serving and encouraged to return for seconds if it is not enough. This system may not be good if you are eating in a hurry, but will certainly benefit your waistline. Erica also said there has been a lot of positive feedback from students about the switch. At a Food Committee Meeting held last week student representatives expressed the opinion the changes were positive and made a difference in the environment of the Cafeteria. In years past students just grabbed their food and ran out, now socializing has been improved and students are staying

longer, there are less students sitting alone. If the new prices are still a tough sell so to speak Aramark Representatives also spoke to The Journal about the improvement in quality of the food. There is more variety particularly when it comes to fresh food, there are stipulations from the supplier as to the amount of fresh fruit and vegetables provided at each meal. There is a variety of vegetarian dishes provided daily, a build your own pasta bar, pizza by the slice, a grill, sandwiches and a variety of salads. The menu is on a three week rotation and with so many possible meal combinations it is unlikely that students will be eating the same thing very often. Depending on what you are hungry for, and how much time and money you have to spare the Dockside may be a good option for you. It is a little more expensive option, and does require you have the time to sit and eat between classes, but if you are looking for a new meal option it may be the place to go. If you are in a hurry or just looking for a snack there is always Tim Horton's, Pizza Pizza, Just Us, Extreme Pita, Hasnas and the C Store in Loyola to grab a quick bite.

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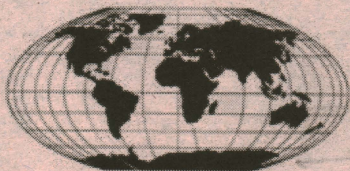
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Dr. Brad's quote of the week:

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source of your joy!!!"

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Our website lists additional details including the degree programs which offer co-op and the academic requirements to join the co-op program.

<http://www.smu.ca/coop>

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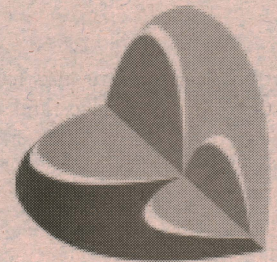
Newsfeed

Death Tolls Climb in the Pacific



Following a deadly earthquake and tsunami late last week Indonesia has confirmed over 700 people have died as a result. There are roughly 3,000 people still unaccounted for, and 2,400 have been treated for injuries. Ten thousand people are estimated to have been displaced by the earthquake and its aftermath which has included several serious mudslides. Many other Islands in the region were impacted by the quake and are also still determine the toll of the destruction.

Rio Wins Bid for Summer 2016 Olympics



rio2016
CANDIDATE CITY



Despite facing competition from US President Obama and Oprah bidding for Chicago, as well as Tokyo and Madrid the 2016 Summer Olympic Games will be held in Rio de Janeiro, Brazil. This will mark the first time the Olympics have been held in South America.

Fall Byelection to be held November 9th

Liberal attempts to bring down Stephen Harper's Conservative Government have failed and it appears Canadians will be saved from a Federal Election in the near future. Prime Minister Harper has called a Fall Byelection to fill four empty seats in the House of Commons. There is one riding in NS (Cumberland County-Musquodobit Valley), two in Quebec and one in BC.

United Kingdom Prepared to Increase Troops in Afghanistan

British Army Chief, General David Richards has said that the U.K. is prepared to increase troop presence in Afghanistan if asked by NATO or American forces serving in the country. Gen. Richards believes that a larger troop presence would make the defeat of the Taliban easier and would improve the conditions of NATO forces in the Nation, as well as the lives of civilians. Canada currently has no plans to extend the mission past 2011.

Make Your Mark: Tips to Succeed in Essay & Exam Writing

KIMBERLEY DARES
News Editor

It's that time of year already. Midterms have started and deadlines for papers are quickly approaching. Whether this is your first time writing a university-level paper, or you are just looking for tips on how to improve your current work, The Journal has some information that will make your life easier, courtesy of the Writing Centre and the Library Resource team.

library, students have access to 40 print-ready computers, as well as wireless internet access (and wireless printing). There are also group study rooms available if you are working on a group assignment. They need to be booked in advance, however. If your roommates are too noisy, the third floor of the library offers quiet space for individual work. Mr. Vaisey is only one of the many library staff available over 90 hours a week to help students with papers or other academic questions. Mr. Vaisey also told The Journal that all Refer-

ence staff members have at least one university degree, and an average of ten years experience; they are calm in the presence of even the most panicked students. Monday to Friday, students can also book an appointment with a librarian to go over research or explore alternative resources. There is also on and off campus access to over 50 databases, which provides a wide variety of information. The Novanet system gives students access to a wide variety of materials. Books located at Universities throughout Nova Scotia can be requested and delivered to Saint Mary's free of charge, greatly increasing resources for students. Saint Mary's also has an agreement with Worldcat which allows even more access to documents throughout North America. You can check it out at <http://smu.worldcat.org>. Mr. Vaisey also offered some helpful advice for students, much of it based on situations he has previously encountered with students. The first is to start your search for information early, as you may have to wait for it to be returned, and it takes up to three days for Novanet requests to come through. Secondly, he suggests reading the assignment carefully so you know exactly what is expected of you. Thirdly, he suggests being inventive rather than repetitive; don't use the same words over and over. His last word of advice is to use the twenty minute rule. If you haven't made progress in what you need to find in twenty minutes, ask for help, whether from your professor, the library staff, a TA, or a friend. Don't waste a lot of time on dead end research. It will just make it more frustrating when someone else comes over and shows you how easy it could be. The Writing Centre, located on the first floor of Burke, provides one on one counselling for paper writing. It is not, however, a proofreading service but provides help with structure and content. They recommend students contact the Centre as soon as an assignment is given to maximize the help available, but appointments can be made at any point in the writing process. If you only need help with one part of your essay you can still go meet with a tutor and concentrate on the area of difficulty. The Centre also offers workshops that offer a general overview of how to prepare for writing papers, theses, and even essay exam questions. Check the website for more information.

MAKE EXAM STUDYING A BREEZE

Attend class, especially the last one before an exam to get an idea of content/structure.

Reread class notes, as most times exam content comes from these.

Read the textbook, or at least the introduction and conclusion of chapters and sections mentioned in class.

Start early. Don't leave studying until the night before. Try and start a few days earlier, as you'll retain more information if you study smaller amounts of information more frequently, than in a cram session.

If you don't have any essays or term papers this semester, we also have suggestions for being successful on tests and exams. Most importantly perhaps is to start studying early. Cramming is not the most successful way to study; try instead to allot a little time each day in the weeks leading up to your exam to study a chapter of content. You will retain more information if you study in shorter, more frequent periods. Pay close attention to class notes, as much of the content on exams is based on topics emphasized in class. Some profs only test on material mentioned in class; whereas others combine text and lecture materials; it is worthwhile to ask your professor before a test what to expect for content and format. If you've missed a class or two ask a friend or classmate if you can photocopy their lecture notes. It's best to ask immediately following the class you've missed as opposed to the class before a test. The Journal spoke to one of the Patrick Power's Librarians for Reference and Research, Doug Vaisey, about services offered by the library to help students. As well, Mr. Vaisey offered tips for successful essay writing. In the li-

rence staff members have at least one university degree, and an average of ten years experience; they are calm in the presence of even the most panicked students. Monday to Friday, students can also book an appointment with a librarian to go over research or explore alternative resources. There is also on and off campus access to over 50 databases, which provides a wide variety of information. The Novanet system gives students access to a wide variety of materials. Books located at Universities throughout Nova Scotia can be requested and delivered to Saint Mary's free of charge, greatly increasing resources for students. Saint Mary's also has an agreement with Worldcat which allows even more access to documents throughout North America. You can check it out at <http://smu.worldcat.org>. Mr. Vaisey also offered some helpful advice for students, much of it based on situations he has previously encountered with students. The first is to start your search for information early, as you may have to wait for it to be returned, and it takes up to three days for Novanet requests to come through. Secondly, he suggests reading

WRITE YOUR BEST ESSAY YET

Start your research early.

Have a plan for the structure and content. What questions will you answer?

Focus on what your prof requested, especially in terms of research requirements or the purpose of the essay.

Don't hesitate to ask for help from the Writing Centre, Library staff, or your Professor.

Metro Police Cracking Down on Public Intoxication

KIMBERLEY DARES
News Editor

A night out downtown or a house party closer to school may seem like a great way to spend Saturday night, but don't let that party time turn into a huge fine or a night in the drunk tank.

Since the return of students to the city in September, Metro Police have stepped up patrols in the downtown and university areas, and they are looking for drunk and disorderly students wandering the streets. Littering, public intoxication, and excessive noise are the focus of their operations in these areas.

This isn't a message not to party, but a warning that if you do you should try and keep it under control. Don't under any circumstances go out on the front lawn of a house or walk around downtown with any kind of open liquor as that can land you a hefty fine. Tossing it before a police officer approaches could land you double the fine for public intoxication and littering.

If you decide to walk downtown or from bar to bar, try and be sure you

can do so without looking like a complete mess. If you can't walk in a straight line maybe it's time to head home or at least call a cab to transport you from bar to bar, because there is a chance if the police see you staggering down the street you will end up spending the night in the drunk tank.

Also, don't urinate on the side of buildings, behind cars, or behind the distraction of a couple friends. Not

only is it gross to think about when you are sober, but it's a good way to attract police attention and again land yourself a hefty fine or in the drunk tank.

It's hard to be the responsible or sober one at a party or bar but in the end remember that your actions could stay with you long after the buzz of that last shot. It may sound like a cheesy line from a movie, but if your friends can't respect you saying no to a drink (or anything else for that matter) maybe they aren't really your friends. If you know you have reached your limit, stop drinking. Don't drink yourself sick, as getting your stomach pumped at the hospital is not a good way to end your night out.

In the end it can be difficult to be good all the time. Everyone gets a little carried away once and a while but if you do spend your Friday night partying at a friend's house, use a little common sense: don't go outside with that open beer in your hand, and casually walk away when the fifth round of tequila shots is being passed around. If you do venture downtown, take a friend you trust and have each other's back. Don't be afraid to tell them they need to slow down, or that peeing on the side of City Hall is not a good idea. They may not take it well at the moment, but they would be much angrier if they woke up with a fine for being drunk and disorderly, or disoriented in the drunk tank or hospital.

Also, when partying off campus in residential neighbourhoods, remember that not everyone who lives in the area is a student. Our university is located in the midst of family homes and it is important to respect those who aren't living the party lifestyle. It may seem like no big deal to be blasting the music and keeping your neighbours up all night, but keep in mind you'll have to walk by their house everyday for the rest of the school year so having them hate you is maybe not the best call.

FOR MORE INFORMATION

Learn more about the Writing Centre online:

<http://www.smu.ca/academic/writingcentre/welcome.html>

Or stop by the office: Burke 115
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ARTS & ENTERTAINMENT

Flogging Molly Interview

NICK MADORE
Arts & Entertainment

Flogging Molly is a Celtic punk rock band that's been around since 1997. They've played venues all around the world and have been a featured band in Vans' annual punk rock and extreme sports festival Warped Tour seven times (including this coming summer). They've appeared on Jay Leno, Conan O'Brien and Jimmy Kimmel. Their 2002 release "Drunken Lullabies" just passed the 500,000 mark this summer, and their newest album, "Float" has been met with critical praise, with the Alternative Press calling it "one of the most

important records of the year, if not the decade" (April 2008, p. 148). So yeah, Flogging Molly is kind of a big deal. They're playing a show in Halifax at The Palace, of all places, on October 14. I recently had the pleasure of conversing with guitarist Dennis Casey (this job has its perks!).

For those poor souls who aren't familiar with the band, can you give our readers a sentence on what you think the band is about? "We are a band from LA that plays loud, fast and furious folk music."

Was Float always meant to be the title track? Does it have any significance or meaning over the other songs on the album? "It was not always meant to be the

title. It is about us being a band for 13 years with the same lineup. Keeping our heads above water. Not letting the bastards drag us down."

Were there any specific influences that drove the band to record Float in Ireland? What was different about recording there? Did it help the creative juices recording there? "Yes Dave our singer moved back to Ireland and we have always rehearsed and wrote in his garage. So we rented a house very close to his and wrote the record in the rented house. We did that in 3 different sessions throughout 2007. Dave also found the studio Grouse Lodge which was in West Meath. It is a beautiful place. The studio was surrounded by farms. It was very secluded. It even has its

own pub which ended up being the cover to the record. I think us living together all in the same house had the biggest influence on the creative end. Once you close the garage door, you could be anywhere. I know Dave was inspired after he moved back there."

Float seems to be the most lyrically-driven and solemn album to date. What influenced the sound of the album? "I think Dave moving back home to Ireland after almost 20 years of living in the US had a big part in that."

The band has toured the world, playing everything from small pubs to huge stadiums. What type of venue does the band prefer? "It doesn't matter as long as there are people there to see the show."

Plans for the future? "We'll do a full Canadian Tour in October and next year we will start writing a new record. We will for sure be doing our annual Green 17 tour in February and March. Then tour tour tour tour..."

Anything else the band would like to say to the fine folks of Halifax, Nova Scotia? "It will be our first time there, we are really looking forward to it. You know how great first times are. We hope to make a lot of new friends." Tickets are \$37.50 (plus I'm guessing a few bucks in additional fees and that nonsense) and are available at www.sonicconcerts.com and any TicketPro outlet.

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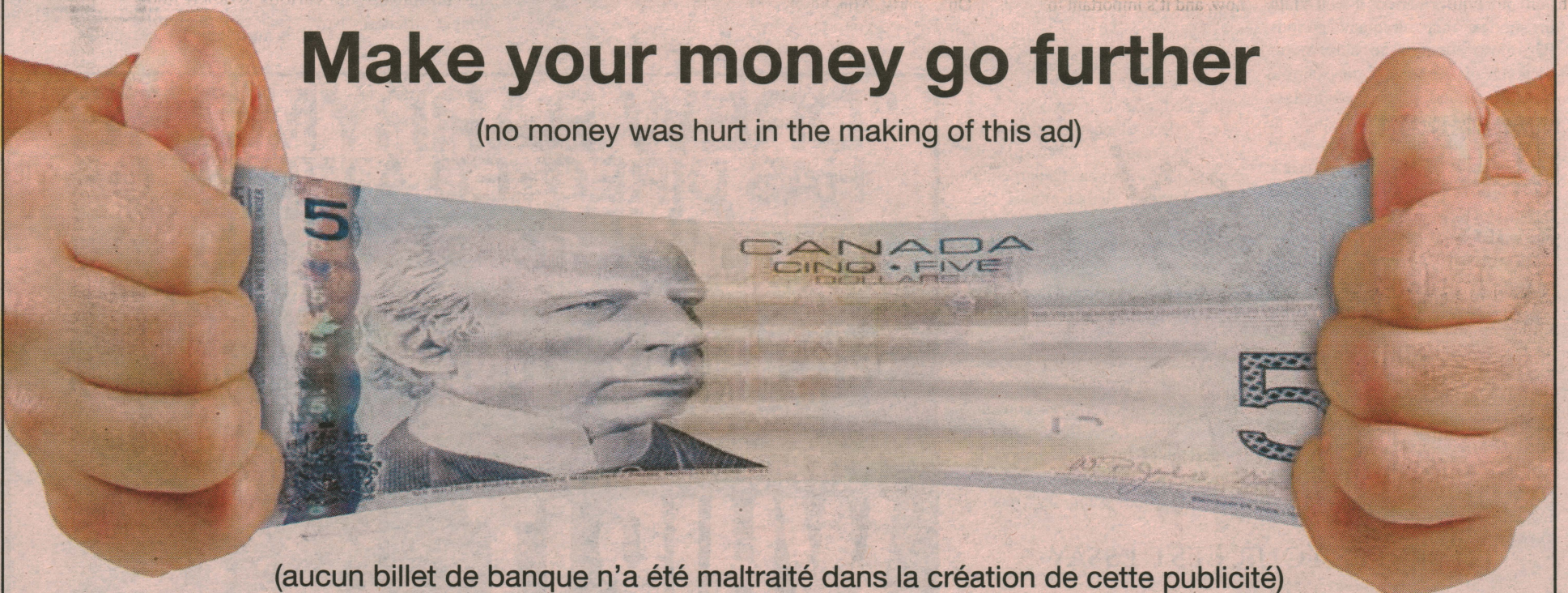


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Rah Rah Interview

NICK MADORE
Arts & Entertainment

Rah Rah is an indie rock band hailing from Regina, Saskatchewan. They're pretty darn good, and you should check them out at www.myspace.com/rahraband (I promise this is the only time I'll encourage you to visit MySpace). Smack-dab in the middle of a cross-Canada tour, they're playing a show here at Gus' Pub on the 11th—Sunday night. Gus' Pub is on Agricola in the North End, and I highly suggest you check out the show. I had the opportunity to chat with vocalist/bassist/drummer Joel Passmore on the phone, and this is what he had to say.

Everyone seems to do everything in the band; everyone plays multiple instruments. Is there any method to the madness?

Not really. Whenever we're jamming, when we're hanging out having fun and somebody starts something, we all just fill in and pick our instruments. I'd say it has to do with the fact that there are six of us, and we don't always get the chance for us all to get together and rehearse, so we fill in the gaps whenever we can. If I'm not around, someone else will play the bass. There is really no method at all.

On stage, do you end up trading instruments?

Yeah. We try to write the sets so we're not always on the same instruments for more than a couple of songs in a row.

Some songs are fairly light-hearted and airy (Tentacles) while others are quite heavy and political (Fuck NAFTA). Is there any one band member who tends to write the more serious stuff and anyone who writes the other crazier stuff?

It's mostly Marshall who writes all the lyrics. I guess it's just how he's feeling, how the song is coming together. He writes from the heart and tries to speak in ways we can all relate to. He tries to make it as universal as possible.

Any inspirations for particular songs? Any that have a good backstory?

'Duet for Emmylou and the Grievous Angel.' It's kind of weird for me to talk about Marshall's lyrics, but for me it's not so much an inspiration but about being from a small town and moving into the big city. We think that song hits home for a lot of people. It's about little promises, love found, love lost, anger, sadness, and we built a story around that.



The album art for your album Going Steady is quite interesting. Who did that?

Our friend Vanessa, who plays in the band. I think she took the 'Going Steady' theme and put something toward that. She put two people holding hands walking toward the big city. And the inside is kind of silly, right? She kept things light. She could have done something else, but sometimes it's fun to just let loose and stay as light-hearted as you can. That's kind of how we all approach our lives right now, and it's important to all of us. On the inside of our cover, we all look like we're at a party and having a great time on the right, and we're having

a terrible time on the left. It's kind of silly but it's how we control ourselves.

What is your favourite song to play live?

It's so weird, it's like on a nightly basis we like very different songs, but I like playing 'Betrayal Pt. 1.' It is usually what we start with. Then 'Tentacles,' you know, people really love that song. 'Duet' is great because then I get to be out front. It's nice to get out from behind the drum set. But the whole set is really what's fun, so I couldn't really pick a best one.

Will you be playing any new songs at the show?

Yeah, definitely. We'll probably split it down the middle. We still want to play songs from the record that's available, but we don't really want to put all our songs in a vault and wait until the record is out.

You started this tour fairly soon after finishing your last tour. Did you not want to take a break?

I think it was more just a timing thing. We got into Pop Montréal, and we had a great time and just wanted to get

back out through Ontario before too long. I think we were already talking about the next tour. We just really enjoy it. Well, we enjoy parts of it.

For the unfamiliar, explain how a Rah Rah live show goes down.

Well, we have as much fun onstage as we can no matter what is happening off the stage. We try to appeal to the people who don't know the band or are waiting for another band to play. We like to watch people have fun, and it's hard not to smile even just a little bit. We try to make it like a children's party. You know, you go to a party when you are six years old and there are toys and games, and then it's over!

BITE SIZE ENTERTAINMENT

3 Inches of Blood Play Halifax



Yes, Halifax is starting to see a major uprising of awesome live shows, and metal band 3 Inches of Blood is no exception. I've been in touch with their publicist who sent along a few lines about the show. I simply can't put it any better than she did, so I'll just quote her:

"Raised in hell, forged by fire and harder than Krupp Steel, Canada's own heavy metal warriors 3 Inches of Blood return to Halifax October 14 @ Paragon. Expect the band to unleash songs from their latest album Here Waits Thy Doom that will crash, rip and roar like a Medieval skirmish."

Epic. For those of you metalheads who are skipping out on the Flogging Molly show, tickets for 3 Inches of Blood are available at ticketpro.ca and any Ticket-Pro outlet.
New Halo Shooter

Letterman Sex Scandal. Wait, What?

You may have heard by now about a blackmailing scandal surrounding late-night talk show host David Letterman. Apparently a guy named Robert Halderman, an Emmy-winning producer who had worked on 48 Hours was extorting Letterman to the tune of \$2 million. He claimed he knew details about Letterman's affairs with various women and was going to write a screenplay about his actions. When Letterman discovered a package from Halderman in the box seat of his car, he went to the D.A., who set up a sting operation. Letterman wrote a fake cheque for the requested \$2 million and was arrested when he tried to deposit it. Letterman spoke about the incident between his opening monologue and his nightly Top Ten list on Thursday night, where he openly admitted that he had sex with women who worked on the show.

Toy Story 1 & 2 in Theatres, 3D



Childhood/adolescent Disney/Pixar favourites Toy Story and Toy Story 2 hit theatres this weekend with added 3D. Coming in at #3 at the weekend box office, the double feature made \$12,500,000. Not too shabby for a movie that's 14 and 10 years old, respectively. The Toy Story movies are only the latest in a long line of Disney Digital 3D releases, which include original films created in 3D and remastered originals. Upcoming major Disney Digital 3D theatrical releases include December's A Christmas Carol and 2010's Toy Story 3, Tron Legacy, a sequel to the classic science fiction film, and the Tim Burton-directed Alice in Wonderland. The next remastered Disney classic to get the 3D treatment looks to be Beauty and the Beast.

BUSINESS & SCIENCE

MONIQUE JOHNSON
BUSINESS & SCIENCE



And Vogue... And Vogue... And Sushi

MONIQUE JOHNSON
Business & Science

The Bluefin tuna is becoming extinct, because of sushi. Known for its speed, finesse, and intelligence, the Bluefin tuna is the queen of ocean fish. There is a very low enforcement the fishing of Bluefin tuna and the Earth is feeling the pain. Though the numbers may not scare fishermen straight, in two years Bluefin tuna has fell from 1.2 million metric tons to less than 0.2 metric tons.

Due to the popularity of sushi, the Bluefin tuna will soon be a rare item. The fish resides in the Gulf of Mexico, North Atlantic, and the Mediterranean. Japan is the home base for the catch, which is shipped to fine dining restaurants around the world.

The Bluefin tuna is a high profit business: one fish can be sold for as much as \$50,000! The record amount for a Bluefin tuna is \$173,600. I think that one fish was for the Queen of England. Maybe she was craving sushi one day and the company could not get it to her in time to satisfy her craving, so she paid for the first-class jet to and from Japan.

The European Commission is taking the necessary steps to officially label the fish as endangered in the Atlantic and Mediterranean, but has failed. The annual catch of tuna is still a moneymaking extravaganza. Spain, Italy, and Greece that have large fishery plants have been successful with the endangered ban in the Atlantic and Mediterranean. The World Wildlife Fund has estimated that the Bluefin will be extinct in three years if consumption does not decrease.



We're leaving the mental folks to handle their own problems?

MONIQUE JOHNSON
Business & Science

The system responsible for making sure that individuals with mental disabilities are taken care of is worried they are dropping the ball. The staff is overwhelmed because there are not enough workers to deal with the influx of cases. Nova Scotia is aware that they do not have a strategy to deal with this issue; however, they are willing to fix it.

It is very apparent that most of the individuals who panhandle money on Spring Garden Road are schizophrenic. I, myself, during many visits to Shopper's Drug Mart and riding Metro Transit have been in contact with these individuals. Knowing that the proper care is not being provided is scary... literally and figuratively speaking. Most of the mentally ill individuals die of suicide because they are not sure what's wrong with them and are afraid to exist in the world around them.

Schizophrenia Society of Nova Scotia has estimated that 180,000 Nova Scotia's will battle some form of mental illness. There are some measures in place to help raise awareness about Nova Scotians with mental illnesses: www.oneinfive.ca indicates that one in five people will have to deal with some form of the illness, whether minor or on a larger scale. The website has testimonials, petitions for the government, forcing them to create an effective strategy to assist those in need. A parliament bill in the process that will help to create a council made of mental health doctors who will help to advise the province on further actions.

If society continues to push individuals with a mental illness aside, matters will deteriorate. They live among us and interact with us on a daily bases. Knowing that the proper help is not provided or they can act violently at any time towards an unsuspecting man or woman makes life a bit more interesting in terms of trying to avoid the individual.

Stephen Ayer, the executive of the

Is Technology hurting Students?

MONIQUE JOHNSON
Business & Science

We are growing in an era where Google has become a verb. We use it for almost all searches: From images to homework. I would even tell people when they are stuck in terms of looking for answers: "Just Google it." Technology was to be an innovation of education now it seems that it's hurting it. I have not been visited Patrick Power library in a year because

are easier to read. They offer opinion and "answers" that we are too tired to research. They are sometimes easier to read. They don't involve the technology talk that individuals want to stay away from.

Proof reading is the responsibility of the spell check function that cannot tell the difference between "there" and "their", so a sentence like, "We went over their to access that issue at hand" will not be caught by spell check. The goof ole' proofreading



most of my courses either did not require looking in the outdated books on the 3rd floor, but "research."

There is no solid evidence that computers neither enhance learning nor hurt education, but those who were brought up without the technology era are doing just fine. Looking in a good old book can sometimes assist you on ways technology can, but whose to say that one works better than the other. There have been cases where the writing and research skills of the youngsters were observed to be a failure. Students are just running to Google to solve all their problems. This is also where plagiarism comes in to a great effect. The copy and paste action are like peanut butter and jelly, Sony and Chér, Kool-Aid and Sugar... I think you get the point.

Newspapers and textbooks are slowly being de-valued. Some students may not know what to do if you ask them to research hard-copy sources: they may Google them! The first 5 hits are looked at because they seem to be at the top of the list. Most people are unaware that company pay for their information to be first, second or third on the Google list. Wikipedia has not proven to be a reliable source of information either. There was a debate of who edits and updates this information. I've had a few professors whose students used Wikipedia, but the information was inaccurate. Blogs and discussions boards are the new source of information, as they

function of the brain works better. There are website where you can purchase essays online for \$19.99. Some are cheaper depending on the topic or source of information. Is this plagiarism if you actually bought the rights to the paper? It's almost like the author is handing over the right of the paper to you. Student are experts at downloading the latest songs and video games, but can they master an excel spreadsheet or Microsoft word page. This is where the old folks win, as their writing skills far exceed the young blood. I myself have seen some sad attempts at university essays. The subject-verb agreement and sentence structure makes you want to cringe. You then wonder how they made it to third year of university. Keep in mind that if you need help with writing essays technique, the Writing Center here at our university can assist you. In the long run, your business memos to employees or just regular email interaction will co-workers will improve.

The trust we have in technology should not falter, it's the users who need to smarten up and utilize it wisely not as a source of information dumping or copy and paste, but to filter the information accurately and perform research on the research that is found.

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Advice FROM THE ACE Society

Our old ECON professor used to tell ACE SMU that economics was “the use of scarce resources to fill infinite needs.” We didn’t realize then that he was talking about what our bank accounts would look like at the end of the school year, but it’s fairly easy to use a few monetary tips to ensure that your wallet doesn’t need a bailout. Here’s a quick example that is less ECON and more PSYC: use cash, not credit. Studies have shown that when you can actually see and feel the money that you are handing over, it’s a bit of a harder barrier to cross.

STEPHEN SMITH
ACE Society

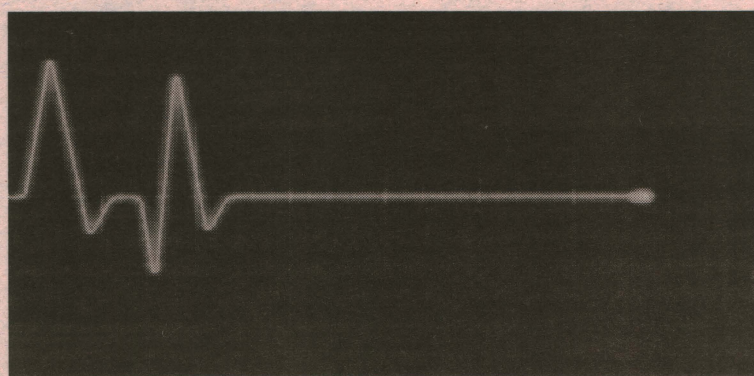
Flatline _____ CLEAR!

MONIQUE JOHNSON
Business & Science

The QEII Health Sciences Centre has issued its fourth overcrowding alert in eleven (11) days! The Code Censuses is issued when there is massive overcrowding. Traffic accidents are on the rise and the hospitals are not equipped to handle the cases. According to CBC news, some patients were left in the hallway for hours due to two occurrences of accidents and other emergency cases. The lack of beds available is a huge issue for Haligonians. With construction at every turn, motorists are in some ways not adhering to traffic sign and caution areas as much as they should. Health Minister

Maureen MacDonald is aware of the problem and is “concerned about it.”

Twenty-four hours after the Code Censuses was released, it was reported that 178 individuals showed up in the emergency room. I’ve been hearing the ambulance more often lately and you just think to yourself, “I hope there is a bed or medical providers available to for this person.” It is scary to think that if you were to get severely injured; you might have to wait a while for medical attention. I’ve had friends who waited for hours just with a bruise or minor injury. This is definitely not an overnight fix as more paramedics and/or trauma medical provider will have to be hired. I am hoping the issue is rectified soon.



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SMU History Society Upcoming Events

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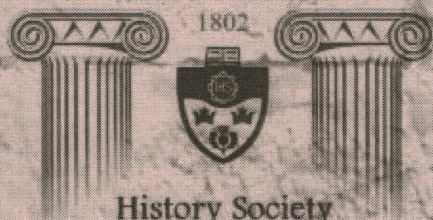
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FEATURES

Feministory: She Works Hard for the Money

HEATHER MACLEAN
Business & Science

October is Women's History Month, and in celebration I will profile some righteous ladies. Since October 7 is the World Day for Decent Work, I wanted to tell you about two women in the labour movement, Madeleine Parent and Crystal Lee Sutton.

Madeleine Parent was born in Montreal in 1918. She first became aware of social inequality when she boarded at the Villa-Maria convent and noticed the difference in treatment between the girls employed as servants and the boarders. As a sociology student at McGill, she became a militant activist in the Canadian Students Assembly in an effort to grant bursaries for low-income students. After university, the driving force of her life was improving the living conditions of workers, especially female workers through union activism.

In 1942 she headed the union movement for Dominion Textile plants in Quebec. It was not easy. The majority of textile industry workers were women, and international unions tended to frown upon this 'disorganized' group. But Parent's worst enemy was Premier Maurice Duplessis, who publicly accused her of being a communist. Despite being arrested five times, Parent kept on fighting, and in 1946 more than 6000 cotton workers succeeded in forming a union.

Madeleine Parent retired from the union movement in 1983, but she maintained her commitment to improving women's lives. She was a founding member of the National

Action Committee on the Status of Women, and actively participated in committees that defended Aboriginal women's rights, and the Women's March Against Poverty, organized by the Fédération des femmes du Québec in 1995. Today, Madeleine Parent still pursues her dream of social justice.

In 1973, Crystal Lee Sutton was a 33-year-old mother of three making 2.65 an hour assembling towel sets at the J.P. Stevens plant in Roanoke Rapids, N.C. One day, her bosses told her she was fired, presumably for spending too much time in the washroom and on the phone. Before she left, she walked onto the production floor and wrote 'union' on a piece of cardboard and held it up. In response, the workers shut their machines down. If this story sounds familiar, it is because Crystal Lee Sutton was the inspiration for the movie *Norma Rae*. The movie is well-known, but the woman who inspired it lived in relative obscurity, although Sutton continued to fight for working people her entire life. Her union organizing led to higher wages, health coverage, and paid vacations for textile workers throughout the South. She was diagnosed with brain cancer in 2007, and she suffered a lapse in treatment while she haggled over her coverage with her insurance company. She once again was fighting a battle of the working poor, but lost the battle when she passed away on September 11, 2009. Crystal Lee Sutton wanted to be remembered as someone who was deeply committed to equality. I hope my little blurb has helped keep her memory alive.

The CRANKY Professor

THE JOURNAL, THE STUDENT NEWSPAPER AT SAINT MARY'S



Bad arguments against a secular Saint Mary's

Saint Mary's University should sever its remaining official ties with organized religion. The argument in favour of this proposal is that these ties serve no good function while causing or threatening harm.

Our remaining ties are merely that six out of 33 members of our Board of Governors are placed by agencies of organized religion, that the Archbishop of Halifax is an official advisor to our president, and that one of our official objects is to emphasize the Christian tradition in education.

Harm our ties cause or threaten to cause is, first, to our mission as a place of inquiry and discussion. They do this by encouraging deference to religion and religious sensibilities. Second, the board is empowered to achieve the object of emphasizing the Christian tradition and, officially, both the university and the faculty union are committed to the integrity of that tradition. These facts put our way of life as intellectuals at risk. Third, students thinking of coming to Saint Mary's might be either encouraged or put off by their thought that we are in some way a religious university.

I've heard but one interesting argument in favour of maintaining our ties to organized religion, the argument I discussed in this column last week. Most of the arguments I've

heard are terrible.

The argument I've heard most frequently is embarrassingly bad. It is that we have these ties by tradition. Well, yes, that's right—but should we maintain the tradition of having ties to organized religion? Why? (Each reason for severing our ties is also a reason for abandoning our tradition of having these ties.)

It's a mistake to think that abandoning a tradition implies that tradition itself is without value. It doesn't imply this, at least if the idea of tradition is the idea of a settled way of life. That removing a tradition would unsettle a way of life is indeed a reason, though rarely a decisive reason, not to remove it. The question is ultimately what would be lost and what would be gained were the tradition abandoned.

Those who mention tradition often add that to sever our ties would be to show disrespect to the founders and builders of our university. It was their faith that moved them to create this institution of higher learning, and they intended it to live and grow within the ambit of the Roman Catholic Church.

There's no inconsistency, though, between respecting those who have bequeathed to one an inheritance they worked hard and lovingly to create and using that inheritance the best one knows how. A home owner, for instance, can think admiringly of those who a century ago designed and built her fine house even as she removes a wall or adds a skylight. Just so, Santamarians today can revere those who passed Saint Mary's on to us even as we work, in light of our current circumstances and needs, to change it for the better.

A final bad argument is that many people would be upset were we to sever our ties with organized religion,

many people, that is, who presently donate money to Saint Mary's. I'd mention in response to this argument that the ties that exist right now are so weak and peripheral that no one who supports Saint Mary's could possibly think she was giving to a deeply religious institution, except that that point would distract us from what's really being said in this argument. What's really being said is that raising funds is more important than the good of the university for which the funds are raised.

If we take up the project of severing our remaining ties with organized religion, we will have to consider the matter how and when. It's not up to us, in the end, to be an entirely secular university. It is up to the provincial legislature. Our politicians, though, have no incentive to change our charter in accordance with our will that it reflect our reality. That is, there is nothing for our politicians to gain by courting those in favour of change while there is something for them to lose by going against those opposed to change. We should, then, put off the project, at least for a while. So goes an argument for caution.

One reason for thinking that we need not be cautious is that the most recent change brought to the legislature, that of having the university itself name its chancellor rather than having it accept the Archbishop of Halifax, went smoothly, with no visible opposition. Even though we are wise to be suspicious of our elected representatives' ability to act disinterestedly in the public good, maybe we are wrong to suppose that those opposed to an entirely secular Saint Mary's will mount an effective campaign.

Either way, our task right now is to make clear, both within and outside the university, the virtues of an entirely secular Saint Mary's.

How to Choose a Laptop

ADRIAN ANDRE
ALEX CLARKE

Gaming video cards are very expensive and can sometimes end up being the most expensive thing inside of your laptop. If you're getting a laptop to play games you should do research on the games, you're going to play and see what you should get. For the ordinary user, the video card that comes with any laptop normally works just fine.

When considering use of the internet, make sure check the Wi-Fi compatibility of your laptop first. Check to see if the laptop has built in wireless capabilities, most do these days. Wi-Fi refers to the name of a popular wireless networking technology that uses radio waves to provide wireless high-speed Internet and network connections. Wireless network refers to any type of computer network that is wireless, with most of today's wireless networks being B or G. You should always get a wireless card that is G. Then you know for sure that your notebook can work on a B or a G network. There are more wireless networks like A and N but G seems to be the standard presently.

The hard drive of your system is where you store all your files and programs. For students, it's recom-

mended getting 100GB of storage or more. The additional cost of 60 GB of hard drive storage is about \$45.

One good reason for getting a DVD drive over a CD drive is: most software are now so large that they are distributed on DVDs, since it only requires 1 DVD disks while it may require 4 to 7 on CD disks. DVD burners have become cheaper so also try acquiring one with a DVD burner, since you might need to make a DVD for personal use as well as some project or store data on it as a backup (like a backup of your hard drive in case your machine crashes). The additional cost of getting a DVD burner from a just a DVD player is simply about \$15.

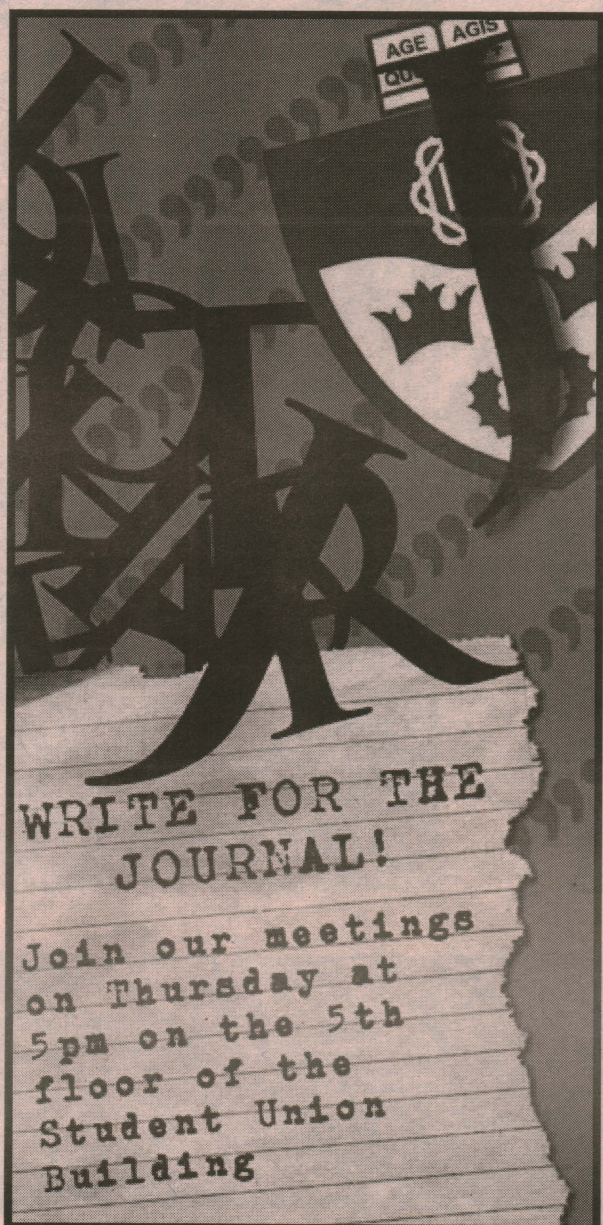
The size of the screen is also very important if you're planning to be walking around a lot with your laptop, you should get a smaller size, (10 inches to about 13 inches). A screen of this size makes your laptop easier to carry around since your laptop will be lighter. If you're planning to watch a lot of movies and still need to carry around your laptop, you should get a 15 to 15.4-inches laptop widescreen. If your laptop going to act as a desktop replacement you should get 17 to 20 inches; this will be the heaviest option. Screen resolution may be as low as 800 x 600 pixels or as high as 1600 x 1200. The more pixels then

the crisper the screen image.

If you're an ordinary user that doesn't need to use a program that was designed for Windows XP you should go with Vista. Vista is still young so it still has a few bugs and issues but Microsoft is working to get them under control; this can be seen in their announcement to release Vista's first service pack in early 2008, hopefully. If you're going to use programs that were designed for Windows XP and have not yet been updated for Vista, go with XP and later update to Vista. Windows isn't the only Operating System out there; there are also Apple Mac OS X Tiger and Linux to decide from, however it's also important to remember that most computer programs are designed to work with Windows.

Most laptop manufacturers give their consumers one year of warranty on the machine, but it's safe for students to get additional warranty in the event that something goes wrong. The cost of additional 3 years warranty is about \$200.

With all these aspects, checked out, you should have a comfortable system to get what you need done for the year. Good luck!



SPORTS

JASON MACDONALD
Sports Editor



An Easy Victory For Saint Mary's

KIMBERLEY DARES
Football Enthusiast

After last weekend's nail-biter of a finish, Friday's Huskies Football game under the lights was a nice change of pace. The Huskies played Mount Allison, currently last in the AUS at 0-4. Although the Mounties put up a strong effort against the Huskies, especially in the first half, SMU still controlled much of the game. Less than 3 minutes into the first quarter SMU Quarterback Jack Creighton completed his first (of 24) passes of the night. Jameek Murray ran the ball putting the Huskies on the board with the first Touchdown of the night. A few minutes later with 8:51 to go in the first quarter MTA answered the Touchdown with one of their own. The Huskies were close to a second

touchdown at the end of the first quarter but were having a hard time completing passes in the MTA end zone. Justin Palardy kicked his first of 4 field goals, for 15 yards with 5 minutes to go. Mount A scored their second touchdown of the night making the score 14-10 for MTA at the end of the first quarter.

The Jones brothers were key in the Huskies second quarter as both Tristan and Devon scored touchdowns. Tristan's came with 9:08 left on the clock, and was followed by a MTA field goal that tied the game 17-17. Devon's touchdown came with 3:13 left and was quickly followed by another successful kick by Justin Palardy. The score at halftime was 27-18 for Saint Mary's.

The second half of the game was dominated by the Huskies. In a scene reminiscent of the first quarter with

less than two minutes into the third quarter Hardwick scored a touchdown. MTA then tried for a field goal but it was unsuccessful. Creighton completed his pass to Doherty for another SMU touchdown bringing the score to 41-18 at the end of the third.

The last quarter of play belonged to SMU kicker Justin Palardy as he kicked two successful field goals for 38 and 12 yards respectively. These field goals brought his total to 56, tying the all time AUS record for field goals (CIS record currently stands at 70, set between 1990-94).

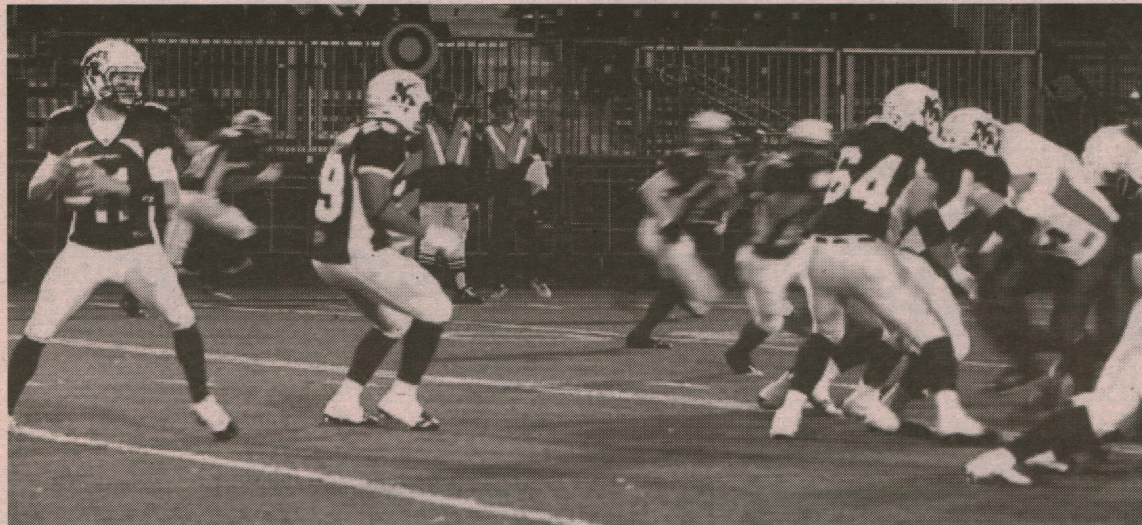
The final score was 47-18 for Saint Mary's. The take on Mount Allison next weekend at 7 pm. The Huskies don't return to Huskies stadium until October 23rd when they take on St.FX under the lights.

AUS vs. NCAA

BRAD PALMER
Contributer

This past weekend five members of our Huskies Cross Country team competed in the 18th annual Murray Keatinge invitational. The course which was run on the University of Maine, Orono campus allowed for some very competitive times. St. Mary's, Dalhousie, St. FX and UNB represented the AUS conference. This meet has hosted some of the fastest distance teams in North American history, including Stanford, Yale, Harvard, and other top Canadian and American Universities. Third place in the 5k woman's race and the top CIS runner was SMU athlete, Ashley Ryer. Ashley's 2009 campaign is following a year of injury and running faster than she ever has, Ashley looks to finish this season among the top Canadian athletes. On the men's side, rookie Joel Bergman led our Huskies on the 8k race with a 15th place fi-

nish (26:25). Bergman represented Nova Scotia this August at the Canadian Summer Games and continues his athletic and academic excellence wearing maroon and white. David Knowland a native of the meet's host state, Maine, followed with a time of 27:46. The home air allowed him to pass David Brown (UNB), Chris Bergan (Holy Cross Mass.), and Kyle Tramble (St. FX) in the last mile. Bradley Palmer and Tyson Churchill were our other Huskies who crossed the finish line with times of 28:19 and 28:42. Veteran SMU runners Palmer (Halifax) and Churchill (Yarmouth) provide the depth needed to compete at this level of competition. All five Huskies ran personal bests. Missing this weekend from injury were other top SMU runners, Bradley Orchard, Kelsey Daley, and Christine Carey. 26 of the top 50 male and 15 of the top 50 female runners were AUS athletes. The men's race was won by Dalhousie elite, Russell Christie.



Surf-town Nova Scotia

JASON MACDONALD
Sports Editor

I recently received an invitation from Jill and Nico Manos of the East Coast surf school to take a surf lesson and write about my experience for The Journal.

Jill and Nico have been offering surf lessons for the last 4 years, operating their shop first from home and more recently from the NSLS room at Lawrencetown Beach, outside Dartmouth.

As a first time surfer I found that this was probably the coolest thing that I have done in a long time and thanks to Jill and Nico it is becoming

something that more and more people have access to.

The surf school operates most of the year and caters to first time and beginning surfers. The lessons offered are very professional and are designed to maximize the time spent in the water during your one hour lesson. Your instructor will begin by getting your board and wetsuit picked out (East Coast surf school mostly uses foam long boards for their lessons with the length depending on your weight). After you have donned your wetsuit and booties you will travel down the beach to begin the short dry-land portion of your lesson. This is the point where Jill showed me how to paddle out and stand up on the board.

Once you feel comfortable with the

standing part it's time to get wet, though thanks to the wetsuit even when the water is in the single digits you stay pretty toasty warm (after the initial flush). After you've gotten accustomed to the water the next important part of the lesson is getting out deep enough to catch waves and surf. According to Jill "surfing is 90% paddling" and boy was she right, you can only walk out so far before it gets too hard to keep going and you have to hop on your board and start paddling. After a couple minutes of paddling it was time to start looking for likely waves to try and catch, this

isn't nearly as easy as it sounds, to get on the wave you need to know where it's going to break and be able to read "set waves" i.e. 3 or 4 in a row. Once you have found a likely wave to catch you need to start paddling like mad to get in front of it. Here is where having an instructor is invaluable, Jill would point out the best waves to catch and tell me when to start paddling.

So you're in front of the wave and paddling, what next? I suddenly felt a huge rush of speed, and here is when I was told "stand up!" It's a sudden rush of energy as the wave carries you in and hopefully you will be able to get your feet underneath your body. I wasn't so lucky; although I got to my knees once or twice I was too far back on my board and ended up falling off.

Surfing sounds like the kind of sport where you would be quickly discouraged by repeated dunking in the ocean but it isn't. Every time I fell off it was more incentive to try it again, and see if I couldn't do better.

Besides being a lot of fun and really good exercise the surf community is a very friendly one; The other surfers I encountered at the Beach were more than willing to say hello and share tips or stories.

If you're interested in taking a surf lesson with the East Coast Surf school contact them at www.ecsurfschool.ca or call 902-449-9488 the night before you would like your lesson and they will meet you at the beach. Lessons are \$77 per person and include Board, Full wetsuit, and one hour of instruction. Full-day rentals of a board and wetsuit are \$30. Students get 20% off lessons and rentals until 1 Dec 2009.

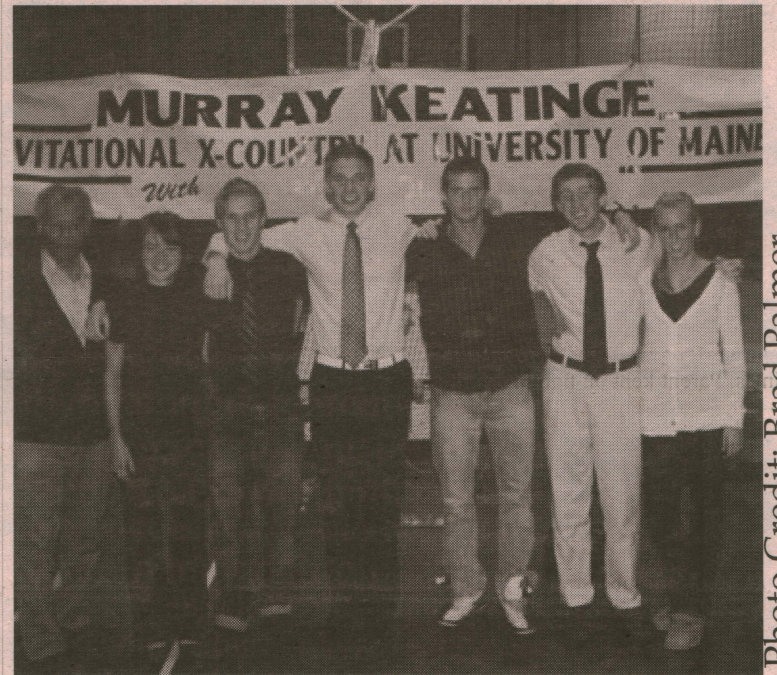
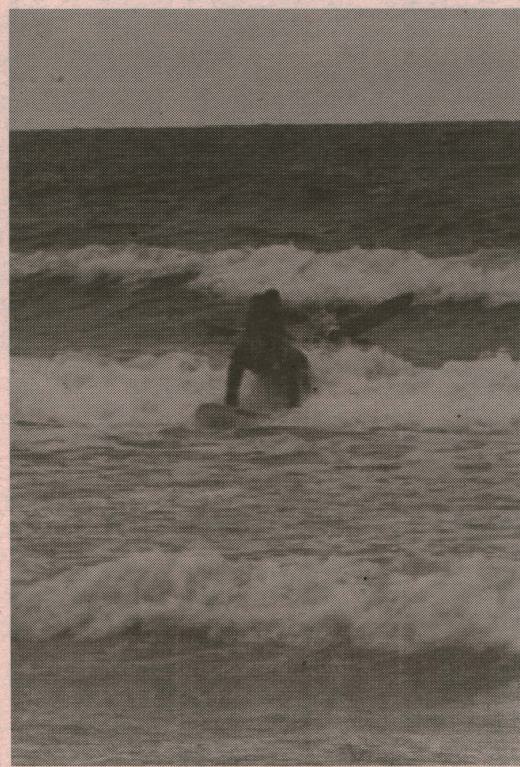


Photo Credit: Brad Palmer

Write for the Journal
INTERESTED IN WRITING FOR THE JOURNAL? JOIN OUR MEETINGS ON MONDAY AT 10 AM IN THE JOURNAL OFFICE ON THE 5TH FLOOR OF THE STUDENT UNION BUILDING

Asshole of the Week!

This goes out to all the people who don't think before acting, who act in ways that are inappropriate for public settings and who think that their actions have no consequences for those around them. People who don't realize that what they are doing is wrong are the biggest assholes out there. What is wrong with you people? Did your parents not raise you right or are you making a conscious effort to be a dickwad? If the latter is the case, don't you think that your dickwaddery would be better applied to, oh I don't know, bettering yourself and those around you?

This goes out to Jon Gosselin, clearly the biggest jackass of the week. If he thinks it's okay to withdraw \$200,000 from his and his estranged wife's, Kate's, joint bank account then he is most definitely a bigger jackass than anyone thought possible. After declaring to the world on Larry King, just last Thursday, that he has "to learn from [his] mistakes and move forward," Jon decided it would be acceptable to breach his and Kate's divorce guidelines. Jon, if you really want to make Kate look bad, don't leave her with a \$1000 dollars and all of the public's sympathy.

Photo Credit: Jason MacDonald

Photo Credit: Kimberley Dares

Huskies at Home

You can find scores and more at
WWW.SMUHUSKIES.CA

Wednesday 7 October
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