

UNIVERSITY OF CALGARY

gauntlet

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Waterloo doping scandal

Noah Miller
Sports Editor

The University of Waterloo Warriors football team will be sidelined for the entire 2010–11 season following unprecedented steroid testing of the entire team.

The U of W requested all 62 players be tested for banned performance enhancing drugs by the Canadian Centre for Ethics in Sport after learning that Nathan Zettler, a former player, was under investigation for trafficking banned substances.

On Monday, the university, alongside CCES and Canadian Interuniversity Sport, held a press conference to announce the

results of the March 31 tests and subsequently suspended the team for one year.

Urine and blood samples were collected from the team's athletes for a total of 82 samples. During the press conference, it was indicated that CCES is dealing with nine potential doping violations.

One athlete refused testing, two admitted to use before the procedures began, two admitted to use at the sample collection, three samples produced adverse results and one case will be pending additional police investigation.

"This is the most significant doping issue in CIS history, and we're taking it very seriously," said CIS chief executive officer Marg McGregor in a press release. "This situa-

tion illustrates that the CIS doping control program needs to be strengthened to ensure a level playing field and protect the rights of the vast majority of student-athletes who respect the rules and complete clean."

At the time of the Waterloo testing, CCES also conducted doping control tests at the University of Guelph and McMaster University which have yet to return any adverse results.

"Naturally we're very disappointed in the results of the tests, but from the beginning Waterloo initiated testing the team in the belief it was the right thing to do," said University of Waterloo athletic director Bob Copeland in the press release.

This announcement comes only one year after Dinos linebacker Duncan McLean was deemed ineligible to play for two years after he tested positive for anabolic steroids.

Dinos football head coach Blake Nill echoed Copeland's sentiments.

"It's a disappointing scenario. I think that all the CIS coaches, they support our drug policy, they go out of their way to educate their athletes. They want it done right," said Nill. "When something like this happens it's sort of like a kick in the teeth. I feel bad for the coaches at Waterloo and I feel bad for the kids, but I support our drug policy and it's just an unfortunate situation."

[SEE WATERLOO DOPING , page 5](#)



The cost of being the best you can be

The recent suspension of the football program at the University of Waterloo raises questions, once again, about why athletes at every level continue to use performance-enhancing drugs. (See cover story).

The entire Waterloo football team underwent drug testing, a rare occurrence in CIS sports, and was pulled from the upcoming season after nine of the players were found using steroids. Should we really be surprised this happened? All competitive sports immerse athletes in a culture where they are pressured to be at their best all the time, whatever the cost.

The recent NHL playoffs provide an excellent parallel. Players hurl themselves blindly to stop speeding pucks, ultimately sacrificing their bodies in the hopes of hoisting a coveted trophy and being recognized as a standout star, or at least a valuable player. The best received unending praise from teammates, coaches and broadcasters alike.

There is an expectation that ath-

letes be all they can be to measure up to the rest of their team and their opponents. The desire and pressure to be competitive and win at any cost is why players turn to doping. The excuse "everyone else is doing it" never gets old.

Despite a culture of being the best by any means necessary, the arbitrary finger of chastisement is ever-wagging. Granted, this finger wagging is substantiated by well-documented medical evidence linking performance enhancing drugs such as anabolic androgenic steroids to strokes, heart attacks and even shrunken gonads. The athletes who dope think the side effects are worth it — they are capable of weighing the pros and cons of drug use, and choose to use drugs. In most cases performance enhancers do exactly as their name suggests, with side effects as minor as increased acne or chest hair.

When a relatively low chance of getting caught is thrown into the mix, there is even more incentive

for players to turn to drugs to increase performance. Players are capable of cycling their use of steroids so that they're not caught during a period of predictable testing, like after a championship. If more testing is conducted unpredictably, that may deter an athlete from risking his career. However the cost of testing must also be taken into consideration. Heavily regulated testing is inherently costly. For universities to push for athletic excellence — often more so than academic excellence — means they must also take some of the responsibility.

Doping remains a slap in the face to those who work hard to make themselves competitive athletes. In Waterloo's case an entire team was sidelined, though many were not

using drugs to enhance their performance.

Sports have created a hypocritical culture. Athletes are pressured to be competitive and sacrifice themselves to win. It should come as no shock that athletes are willing to do anything and everything to achieve that goal, especially if and when the perceived odds of being caught are slim. For some, the benefits outweigh the costs.



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Research shows meth improves snail memory

Brent Constantin
News Editor

A University of Calgary researcher is looking at the complexities of the human mind in a unique way, by giving crystal meth to snails.

Dr. Kenneth Lukowiak has been investigating the links between memory formation and retention and certain chemicals for over a year and a half. While human neurology is too complex for experimentation at this stage, the dutch snail, with a simple nervous system, offers an attractively slimy substitute.

“The lab is interested in how we as humans learn and remember and forget,” said Lukowiak. “Because we know the complete neural circuit of the snails, we know where the memories are stored and we can begin to ask

questions as to what goes on at the molecular level or the electro-physiological level.”

The experiments look at a behaviour in the snails known as aerial respiration to test their memory. Typically, snails breathe across their skin while under water, but if the oxygen levels in the water are low the snails come to the surface and open a breathing tube. Lukowiak and his research team motivate the snails to extend their tube by putting the snails in a low oxygen environment. Every time the animals come to the surface, they are gently hit with a little stick that causes the tube to close.

“The snails don’t like that, so they learn not to do that,” said Lukowiak. “We put them in the exact same situation again and ask, ‘Do they remember?’ Memory is simple. If you open [the

airtube] 10 times on the first trial and 24 hours later you open three or four, you remembered. If you opened 10 on the first time and 10 on the second time, you didn’t remember. So it’s very, very simple behaviour.”

Lukowiak’s study collaborates with researchers in Washington State studying the process of addiction. Their theory was that people become addicted not only because of the pleasure experienced, but because addicts have a far better memory when high, causing the addicts to want to replicate the process. This led U of C researchers to question what would happen to the snails’ memory if they were given crystal meth.

“Initially I was quite skeptical,” said Lukowiak. “I thought it might block memory. I thought maybe it would just put the snail



Sydney Stokoe/the Gauntlet

Lukowiak examines his snails for signs of memory improvement.

in an altered state so it wouldn’t care what was going on. But that wasn’t the case, the case was: memory was better.”

The experiment brought forward a number of findings. If the snails were exposed to the drug, which was absorbed through the skin after being dissolved in water, 24 hours before being trained to not extend their breathing tube, they had better memory than if they weren’t given any. The results show Lukowiak that there is a link between certain

chemicals and memory formation, which can be used to potentially help people to improve memory or forget.

“If you told me you had problems with memory I’d say, ‘Carry around a pad of paper,’” said Lukowiak. “If you told me you have problems forgetting, you can’t deal with that.”

According to Lukowiak, people suffering from post-traumatic stress disorder, for example, are

see METH SNAIL MEMORY,

page 4

Dinning elected as new chancellor by U of C senate

Brent Constantin
News Editor

The University of Calgary announced former Conservative Party MLA Jim Dinning would become the school’s new chancellor as of July 1.

Dinning was elected as the school’s 12th chancellor on Tuesday by the U of C senate, where he will sit as leader and ceremonial head of the university for a four year term.

“I can’t think of a more exciting time to be joining this vital Calgary institution,” said Dinning in a U of C press release.

The senate selects a new chancellor by forming a selection committee to find and endorse a candidate that meets all the requirements. The senate then ratifies the decision.

Students’ Union vice-president external and senate member Hardave Birk was part of the election process and said Dinning’s established position in the province will benefit the U of C.

“I’m really excited for Mr. Dinning to take over the role,” Birk told the *Gauntlet*. “I think he’s going to

be a great chancellor in the sense that he has very strong connections to the Calgary community and the Alberta community and that’s very important coming in to the role of chancellor.”

In 1986, Dinning was elected as a Member of the Legislative Assembly of Alberta, serving until 1997. In 2006, he ran for the leadership of the Conservative party, attempting to take over for outgoing Premier Ralph Klein before his loss to Ed Stelmach.

In 2002, Dinning was presented

with an honorary degree from the U of C.

Outgoing chancellor Joanne Cuthbertson, who recently donated \$1 million to the Taylor Family Library, said Dinning brings both passion and experience in serving the community to the university.

“Jim’s experience, the value he places on post-secondary education, and his strong ties to the corporate, government and non-profit sectors make him an outstanding choice for chancellor,” said Cuthbertson in the press release.

Besides chairing the senate, the chancellor volunteers their time to improve community relations and

enhance the image of the U of C outside of campus.

The chancellor also represents the school at ceremonial occasions, such as presiding over convocation.

“One of his main functions of chancellor is to lead the senate,” said Birk. “And the role of the senate is to build the image of the U of C and build those connections to the community. I think that’s something that Mr. Dinning will be really good at.”

Dinning told the university he looks forward to working with the president, senate and board of governors, and hopes to “continue raising the bar at the University of Calgary.”



VP Hardave Birk

Recent research shows crystal meth improves the memory of snails. What would improve your memory?

campus quips



“A lot of sleep and maybe some coffee.”
– **Matthew Gantous, general sciences**



“If during spring courses, teachers would space things out and show us more examples.”
– **Lauren Zinke, second-year biological sciences**



“Lots and lots of Pepsi.”
– **John Broathurst, second-year east Asian studies**



“Getting more sleep.”
– **Ayesha Chugh, Western Canadian High School**

Meth snail memory, continued from page 3

a group that would benefit from the ability to forget traumatic experiences.

"People have tried all sorts of things to get people to forget and nothing really works well," said Lukowiak.

The crystal meth experiments have also shown that the drug has the potential to bring about quicker memory loss. The snails receive extinction training (a way of blanketing over the learned behaviour of not extending their breathing tubes while under the water) after a dose of crystal meth, which the researchers found was effective in preventing the memories from returning.

"What it tells us is that maybe, if we want to get rid of a memory, one of the things we could do is to find something else that would improve memory and then give you extinction training," said Lukowiak, who admits that finding such a substance is a problem in itself.

"There's another problem too, the extinction training has to be context specific.



Sydney Stokoe/the Gauntlet

A snail's memory is improved by crystal meth.

So if I was teaching you something in this room, on an exam you would do much better if you took the test in this room," he explained.

"Quite often with addiction what happens is that someone becomes addicted to a drug, you put them in rehab, you put

them in a nice place and give them good food. When they finish what do you do? You put them back on the street corner. Right away context specific memory goes back to, 'I want it.' That's one of the problems with trying to break an addiction."

Lukowiak will continue to explore other unknown effects of crystal meth on snails, as he says he "likes his snails too much to give up."

Although the snails may be small, the secrets that Lukowiak hopes to unlock with them are not.

"The main goal of this lab is to figure out what memory is all about at the cellular level," said Lukowiak. "I'd like to be able to say one day, 'To form a memory in a cell, X, Y and Z has to happen. And because that happens then the properties of that neuron change.' We've come close on some of it, but Mother Nature is pretty tricky and doesn't give up her secrets very easily. Which is also good because it means that I still have a job."

Calgarians fight to save historic brewery from destruction

Olivia Brooks
Gauntlet News

History buffs across Calgary are joining forces to try and save an old brewery from the wrecking ball.

In May 2009, Ronald Mathison of Matco Investments applied for a demolition permit for the Calgary Brewing and Malting Co. site, unbeknownst to the surrounding Inglewood community. Mathison filed for demolition because renovating the building was too expensive and the rotting foundation

made upkeep dangerous.

Project Brewery — made up of the Inglewood 1875 Society, the Calgary Heritage Authority, the Chinook Country Historical Society and the Calgary Heritage Initiative Society — printed a pamphlet for Calgarians to voice concerns to the City of Calgary and the Alberta government.

Last Thursday marked the first anniversary of Project Brewery's distribution of Call to Action, the pamphlet with information on the Calgary Brewery and a plea from concerned citizens to preserve it. Lindsay Blackett, the Minister of

Culture and Community Spirit, met with Project Brewery and community members to listen to speaker Brian Vivian. Vivian, an archeologist, was assigned to work at the East Village Project prior to Inglewood's development.

Vivian and his team were surprised by how some of the old bottles some of the team discovered with Calgary labels were.

"We found two major historical sites," said Vivian. "Two dumps dating from 1910 and 1920."

Some early bottles found in the Brewery dump came from glass factories in London, England,

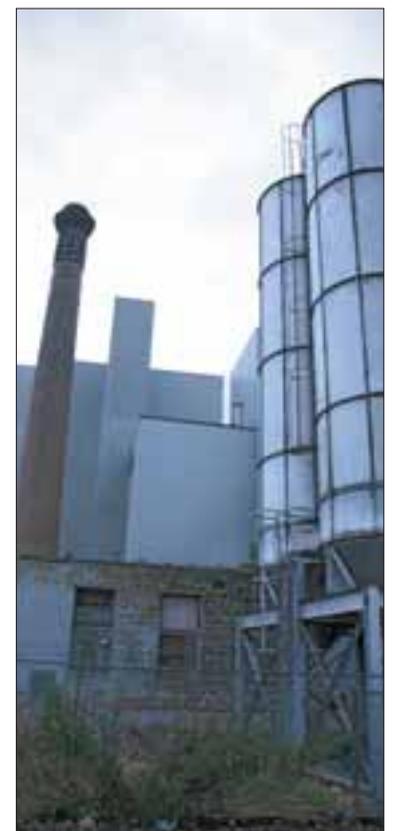
proving Calgary was involved in national and international trade even early in its history.

"Breweries, in the historical sense, are the most important in communities that started in the west," said Vivian. "They were often the first to open once a place had established ... it was the dominant marketing force."

In the early 1900s, Calgary was already well integrated into Canada's trade industry according to Vivian.

Vivian believes preserving the site is a worthwhile project, noting the brewery proved vital for provincial trade in the 1900s. Excavations held in small northern towns near Edmonton found beer caps with the Calgary Brewing logo, showing the development of economic ties the brewery was creating throughout the province.

Despite calls for the Calgary Brewing and Malting Co. Building to be made a historic site, the Historic Resource Impact and Assessment has yet to provide its recommendation to the province as to whether the site has any historic significance. Until the HRIA finishes their evaluation, neither the province nor Mathison can move forward. The province ordered the HRIA in June 2009 in response to the outcry around the destruction of the brewery, putting a hold on the demolition. Once the assessment is complete, it will be up to the province to decide whether or not to designate it as a Provincial Historic Resource.



Sydney Stokoe/the Gauntlet

The Calgary Brewery site.

"Most of us have found once you designate a site, it benefits the surrounding area, much like the Distillery District in Toronto," said Cynthia Klaassen, the president of the CHI society.

Over the last 10 to 15 years the Distillery District has become a large tourism destination and Klaassen thinks Calgary's old Brewery Flats could become the same.

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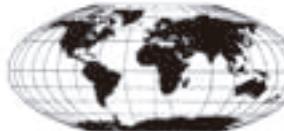
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— Brent Constantin, *Gauntlet* News Editor



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Waterloo doping, continued from cover

Dr. Preston Wiley, a sports medicine physician and associate professor at the University of Calgary, listed a number of reasons athletes turn to performance enhancing drugs.

"There is pressure to do so. Not pressure to use the drugs so much as pressure to get bigger and stronger," said Wiley. "Then there is the internal pressure to make the team. You look at the other teams, they're all big and so you need to be big. It doesn't mean that someone can't be smaller and be good, but most players in football are big guys."

Nill said most coaches know the "proper way" to train. He noted health concerns for young athletes who may feel invincible when choosing to take steroids.

According to Wiley, side effects can include acne, hair growth, shrunken testicles disrupting sperm production, strokes, heart attacks and potentially an uncommon type of liver tumour.

"There is risk, but for a male it's not very high," said Wiley, who added that football seems to have higher rates of substance abuse than many other sports. "The reality is these drugs work or they wouldn't be used. You have to reward those people who get it though

honest work so they are not disadvantaged by somebody who's cheating the system."

Nill pointed out that this event "reflects poorly on the entire program."

"One of the kids' decisions is ultimately going to reflect on the program, on the coaches involved in the program, on the volunteers involved in the program. In this particular case it's shocking."

Nill admitted that he has confronted players in the past, but warned against rumours and hearsay.

"You want your kids to train hard, to eat correctly and when you see them with their gains you'd like to think it's natural. Ninety-nine per cent of it is natural, but it's tough, the only way you can [tell for sure] is test," said Nill.

Internationally, competitive athletes are subject to testing all year long, in and out of their respective seasons. However, this standard does not always translate into the standard for Canadian intercollegiate sports.

"Football is tested generally in season at the finals and sometimes tested out of season, but that's not very common. The reason that's not very common is it costs \$400-\$600 per test, depending on what you test for."

The cost of testing is largely due to thorough regulation. Everything from the peeing and collection to transportation and expert analysis using expensive equipment in an accredited lab requires extensive manpower and time.

"As an athlete you'd want that, but somebody has to pay and if there was any problem in there, a lawyer would make it a null and void test," said Wiley. "It protects the athlete and it protects the system."

Wiley felt testing could be effective without a set percentage of athletes being tested.

"There has to be an obvious and perceived threat that they can be tested at anytime," said Wiley. "Everybody buys into the system. . . . The problem at the end of the day is who's going to pay for it?"

Nill said that he remains confident in the CIS testing program and believes they do a good job.

"I think it's one of the more active programs. They actually get out there and test," said Nill, adding Dinos players have been tested both after big games and during off season in the weight room.

"They're getting it done," said Nill. "They are out there and it's working."

"There's educational programs every varsity athlete is supposed to [complete] at the beginning of the season. There's a video and a few other things. All of that's done," said Wiley. "You have to have an education process you can't just be punitive and policing."

In a June 16 press release, CIS announced that current members of the U of W football program "will be allowed to transfer to another CIS institution and participate immediately."

The release followed a CIS Eligibility Committee ruling attempting to quell questions regarding CIS participation for current UW Waterloo athletes whose tests were clean.

Acknowledging the unique set of circumstances surrounding this situation, the committee interpreted an existing 'Discontinuation of Sport' regulation to allow certain players "the opportunity to transfer without encumbrance to another CIS institution for 2010-11, subject to all other CIS regulations."

A part of this regulation states that Waterloo "football student-athletes cannot be contacted for the purpose of recruiting unless the respective student-athlete has initiated the contact."

According to a recent article in the *Globe and Mail*, several Warriors' team captains who tested clean will hold a press conference in an attempt to reverse the university's decision June 17.

opinions

Apples and oranges, but not on the first date

Jaya Dixit

Gauntlet Opinions

It's the story of so many dates: a meal and a conversation at a restaurant located somewhere on the spectrum between dive and high-end, or somewhere between fast food and healthy. Increasingly, the choice of venue has led to a boiling, bubbling debate about what food choices reveal about those who make them. Whether your date is vegan, vegetarian, dairy-free, gluten-free, omnivore, locavore or none of the above, is there something about what they order that should cause you to pause and marinade on what characteristics those choices disclose?

Hardly strangers, but scarcely intimate, our first date was mostly a success. He ordered a hamburger, fries and salad, but it was more complicated for me. I scanned the menu and inquired about whole wheat buns, salad dressings and water temperature, knowing all the while that I was likely frightening this simple boy from Wisconsin with my food neuroses. It was with some trepidation that I finally ordered a chicken sandwich on white bread.

Years later, I told him that the

sandwich had represented my first departure in years from rigid dietary habits. I shunned all things that could not be classified as lean protein, whole grain, healthy fat or water. He laughed and told me that he had been so relieved on that day (now five years ago) when I had ordered more than just a salad.

That hamburger-eating date is now my spouse. When we met, he had scarcely eaten more than two spices in his life: salt and pepper. I come from an East Indian family with a passion for food, have a sister with culinary training and experience as a pastry chef, and had my own over-developed sense of dietary morality.

While some would call our pairing and food histories a case of dating suicide, others might say that we made room on our lifestyle plates for each other. As restaurant and food choices become increasingly scrutinized for assessing a couple's lifespan, do food habits really mirror a person's life choices, or mirror our own food prejudices? In dining with my companion, I reconsidered my own food morals and realized that a single meal is not the best indicator of a person's commitment to the en-

vironment, their food politics or their lifestyle choices. Although it is arguable that a person's food choices may reveal hints about their lifestyle, and compatible lifestyles are more conducive to successful relationships, does a single, clinical meal provide sufficient grounds for judging a relationship candidate? In this case, it didn't. In fact, if I had judged my date based on a first date meal and decided that his restaurant choice was not aligned with my commitment to certain food ethics, we might not have made it to a subsequent date.

So, what did that first date tell me about my companion? Not only was I impressed by my date's ability to balance his gym-habits with the occasional treat, but I was inspired to develop a more flexible variant of "healthy" eating. Over the years, I had my first filet mignon (not a bad entry into the world of steak) and he had his first mango. True, one's moral compass manifests itself through a number of symbolic gestures. But perhaps instead of considering the menu a scorecard for a second date, we could consider that presenting a date with an election ballot might present better odds for assessing the metrics of compatibility.

Sure, your date's food habits could be a deal maker or a deal breaker, but why not use it as a

launching board for a more direct route to their bottom line: a conversation.

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Still hoofing it after 16 years

courtesy Eric Landmark

The members of Deerhoof get into a brouhaha over whose turn it is to pick the music.

Laura Bardsley

Gauntlet Entertainment

When I was four years old, Deerhoof were already cool. Now, after 16 years, 12 records and five former members, the solid quartet of John Dieterich, Satomi Matsuzaki, Ed Rodriguez and Greg Saunier

er continue to blow the minds of listeners everywhere. Matsuzaki's vocals have the haunting quality of a half-forgotten dream as they float over the unorthodox guitar, keyboard and drum sequences of the other members, creating something completely unreal.

Obviously, after 16 years and so many member changes, one

would assume that the original 'Deerhoof sound' would be lost in the chaos. Saunier disagrees.

"In our case, I wouldn't say that we've lost our origins, but that we never had any — we were already confused, right from the first day," says the drummer. "I've always been in the band with other people whose favourite bands are completely different from mine."

Rodriguez elaborates, explaining that because of each member's different tastes, the band compromises to create a unique end result. Their most recent record, *Offend Maggie*, is a perfect example — the album was written separately by all the members and then pieced together during group practices.

"Each song is a little bit different," says Rodriguez. "The end result never, never ends up being what you thought it would be and what you brought in."

The unexpected is what makes Deerhoof so good and the members know this. Of course, there's some preparation involved with every record, but Rodriguez says that the band embraces any miscommunication.

"Even before we started work-

ing on this new record we'd talk about it endlessly," he explains. "These are the elements of what we're doing now that maybe we're tired of or want to change. We'd go into the practice space and realize that this one word means com-

pletely different things. We'd reach that [common ground] and then it really feels like something special has happened."

Not only is their music full of the unexpected, but so are their live performances. Deerhoof are known for their on-stage improvisation and ability to mash together songs, entertaining both the audience and performers. When asked about the improvisation, Rodriguez responds with laughter and enthusiasm for the amount of flexibility they demonstrate on stage.

// In our case, I wouldn't say that we've lost our origins, but that we never had any — we were already confused, right from the first day.

— Greg Saunier, Drummer

and thought it was special."

Both of the band's upcoming Sled Island shows are sure to be impressive. Rodriguez says that the band's other visits to Canada have been positive, and specifically mentioned the infectious excitement and lack of "dark feelings" during shows.

One can only expect great things from a band who has influenced artists like Women, Of Montreal and Sleighbells, and performed with the likes of Radiohead, Bloc Party and the Flaming Lips.

Deerhoof are performing twice during the Sled Island Music Festival. More information can be found at sledisland.com. More artist previews will be published online at thegauntlet.ca over the break.



Folk Fest turns 31 *sans* midlife crisis

Andy Williams
Entertainment Editor

For about a week each year, the Calgary Folk Music Festival transforms the idyllic Prince's Island Park in the heart of downtown into its own little village. With an expected turnout of 53,000 attendees, artists, support staff and the festival's 1,600 volunteers, the atmosphere in the park is unforgettable.

"It kind of takes care of itself, we are lucky that way," explains the festival's artistic director Kerry Clarke. "The site is beautiful, the river, the trees, being downtown — it's got its own atmosphere. Then we add music in there and some of the other things we do that animate the site, like making it in to a small village with the port-a-potties and the beer gardens and the craft and food vendors."

That's not to say that the whole festival plans itself. The organizers

have to provide interesting programming that is both fresh for returning festival-goers, while simultaneously guarding the sense of atmosphere that makes the Folk Festival so special.

"We mostly hire artists that haven't played at the festival before. I mean we have a few artists that have performed before, but that's one way to keep it fresh," Clarke says. "We are always exploring new artists and new styles, but we also always have a core. We're going to have some bluegrass and some blues and some country and some world music too. The combinations of how you put artists together helps change it up every year."

Festival organizers have found success again with their approach — this year's lineup boasts performances by The Avett Brothers, St. Vincent, Swell Season, Dan Mangan and Roberta Flack. The shows sold out last year and are on pace to sell out again.

But Clarke believes that it's important to ensure that the Festival doesn't become a victim of this success.

"People think because it's a park, that festival space is unlimited," she says. "We want it to look good and for the artists to have lots of audiences members there, but at the same time we want people to be comfortable too. Some people are coming for the first time, and some people are very loyal and come year after year, and it's only fair to these people that it is comfortable."

It's this thoughtful approach that has made the Folk Fest internationally renowned, and a stalwart in the Calgary summer festival line-up. The festival is in its 31st year and shows no signs of slowing down.

The Calgary Folk Music Festival runs from July 22-25, in Prince's Island Park. More information and festival passes can be found online at calgary-folkfest.com



Gauntlet file photo

This year, Folk Fest boasts 1,600 volunteers.

Podcasts, a great way to while away your summer



Remi Watts/the Gauntlet

Andy Williams
Entertainment Editor

It's summer — that time of year when university students swear that they won't learn anything, and if they've made the mistake of signing up for spring and summer classes, they will only attend begrudgingly. If you are looking for a way to kill time this summer — or avoid homework — podcasting may be the best way to do it. The rise of podcasting has mirrored that of its namesake, the iPod, and it's easy to see why. Podcasting is a means of distributing digital content in

an episodic form, and its popularity has surged because of its accessibility. Unfortunately, this accessibility has been a bit of a double-edged sword. Podcasting suffers from the same problem that plague blogging — oversaturation by droves of people with nothing particularly important or exciting to say. Enter the *Gauntlet*, with an introduction to some of the better podcasts out there.

This American Life

It's hard to define what exactly *This American Life* is. The show deals with many topics, and each episode has three different stories

that approach a weekly theme in a different way. Themes are sometimes succinct, like the episode about economics and the recent financial crisis, but they can also be as broad as an episode about long shots. The stories are great and the episodes are well thought out and well-produced. The show is hosted by the wonderful Ira Glass with new episodes released every Sunday night.

Hardcore History

Dan Carlin, the host of *Hardcore History*, reminds his listeners at the beginning of every show that he is not a historian, but rather a fan of history. It shows. Carlin covers a variety of historical topics — from the Eastern Front in World War II, to the Punic Wars, to a series on the his-

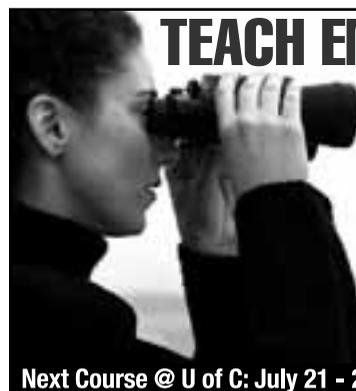
tory of Globalization — with enthusiasm and passion. The shows are easy to listen to and Carlin does a great job of covering both the background of the issue and the issue itself. The only downside to his approach is that you don't always know where his information is coming from and he has a tendency to sensationalize the issues. The shows don't have a specific schedule, but you can download older episodes for free once you subscribe.

Wait Wait... Don't Tell Me!

The aptly named news quiz show is a must subscribe for anyone with an interest in current events. The show is hosted by Peter Sagal and Carl Kasell and has a rotating panel of three guests. The format of the show varies,

but always consists of a series of games. One of the best games is "Bluff the Listener", wherein each of the guest panelists recounts a bizarre news story to a phone-in listener, and the listener must decide which of three stories is real. The true answer is often more bizarre than the made up stories. The panelists are hilarious and the show is an easy and

see PODCASTS, page 8



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TOP 20

* canadian artist ** local artist
for the week of June 7, 2010

- 1 **THE BLACK KEYS** *Brothers* (Nonesuch)
- 2 **VARIOUS** *Made In Iceland 3* (Iceland Music Export)
- 3 **BATTLE SNAKES** *On Fire '99* (Transistor 66)
- 4 **THE LONELY VULCANS** *Night Date* (Transistor 66)
- 5 **THE NEW PORNOGRAPHERS*** *Together* (Last Gang)
- 6 **BAND OF HORSES** *Infinite Arms* (Brown/Fat Possum/Columbia)
- 7 **SANS AIDS*** *Got Ideas b/w Flashlights* (Pop Echo)
- 8 **THE BRAINS*** *Zombie Nation* (Stomp)
- 9 **HOT LIVE GUYS*** *External Culture For Internal Barbarians* (Transistor 66)
- 10 **SLEEPY SUN** *Fever* (All Tomorrow's Parties)
- 11 **TYSEGALL** *Melted* (Midheaven)
- 12 **CHRIS PAGE*** *A Date With A Smoke Machine* (Kelp)
- 13 **THROWAWAYS**/SPASTIC PANTHERS**** *Split 7"* (Handsome Dan)
- 14 **TWIN SISTER** *Color Your Life* (Infinite Best)
- 15 **LOS SAICOS** *Demolición* (Munster)
- 16 **THE SADIES*** *Darker Circles* (Yep Roc)
- 17 **THE FLAMING LIPS & STARDEATH AND WHITE DWARFS** *The Dark Side Of The Moon* (Warner)
- 18 **DAMIEN JURADO** *Saint Bartlett* (Secretly Canadian)
- 19 **CASIOKIDS** *Topp Stemning Pa Lokal Bar* (Polyvinyl)
- 20 **THE SAVANTS*** *Absolver* (Transistor 66)

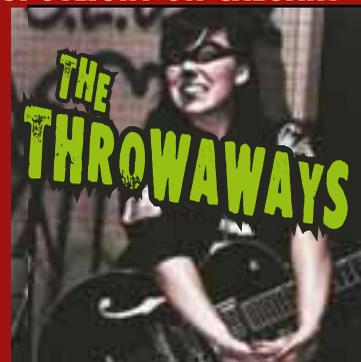
JAZZ

- 1 **JEFF DYER & BILL BRENNAN*** *After Hours* (Self-Released)
- 2 **THE CLAUDIA QUINTET WITH GARY VERSACE** *Royal Toast* (Cuneiform)
- 3 **PAUL DUNMALL & CHRIS CORSANO** *Identical Sunsets* (ESP Disk)
- 4 **TYLER HORNBY**** *A Road To Remember* (Chronograph)
- 5 **IDEAL BREAD** *Transmit: Vol. 2 Of The Music Of Steve Lacey* (Cuneiform)

FOLK/ROOTS/BLUES

- 1 **RICK TAYLOR*** *Lucky Room* (Volunteer)
- 2 **JILL ZMUD*** *As We Quietly Drive By* (Self-Released)
- 3 **THE BLUE SHADOWS*** *On The Floor Of Heaven* (Bumstead)
- 4 **CORB LUND*** *Losin' Lately Gambler* (New West)
- 5 **OLIVER SCHROER & THE STEWED TOMATOES*** *Freedom Row* (Borealis)

SPOTLIGHT ON CALGARY



Here's a sweet all girl band you'll want to get some vinyl from. I just saw them in Victoria actually playing and they do grll-punk like it was meant to be done. Sweet and violent. myspace.com/thethrowawaysreallysuck

SUMMER CONCERT SERIES

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★ LYNN OLAGUNDOYE

RADTASTIC!

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Dr. Horrible wants you to sing along

Brent Constantin
News Editor

This Saturday, Joss Whedon fans will be able to dust off their pipes as the Plaza Theatre hosts a midnight screening of *Dr. Horrible's Sing-Along Blog* and *Buffy The Musical*. The double feature is presented by Calgary's Hole In The Wall Studios, which also screens such cult favourites as the *Rocky Horror Picture Show*.

Producer Phillip Liesemer says that even if audience members

don't know the words to the musicals, they can still sing along with the lyrics on screen. But those who come are also encouraged to do much more than sing.

"People will be shadow-casting," says Liesemer. "It's not a cast as in auditions or anything, just anyone in the audience that wants to go up on stage and lip sync along and perform on the stage."

The event has proved quite popular and is now in its fourth showing. Participation is similar to the *Rocky Horror Picture Show*, where audience members become

part of the performance, wearing costumes and calling out lines during the show. Liesemer attributes the success of the events to the freedom those attending have when surrounded by other fans.

"It allows them to explore aspect of their personalities that they might not experience in everyday life," says Liesemer. "People who might feel uncomfortable at school or at work expressing their individuality, it gives them a place where they're able to go without anyone making fun of them."

With reruns of the original *Buffy the Vampire Slayer* series now playing on Much Music, Liesemer hopes the event will bring out younger fans watching it for the first time, but he also expects that the usual crowd will return for the show.

"The Joss Whedon fans don't seem to think just because they've seen it once they don't have to go back, so it's a lot of repeat business."

Tickets are available online at www.holeinthewallstudios.ca and at the Plaza Theatre.

Podcasts, continued from page 7

entertaining way to keep up with politics and current events.

Radiolab

Radiolab is a show both scientific and philosophical in its approach. Hosts Jad Abumrad and Robert Krulwich tackle a broad range of topics, from terrorism and fundamentalism, to the adoption of a chimp by an American scientist in the 1970s. The show is powerful. Each episode is well

thought out, well-researched and well-produced, and it's easy to tell that Abumrad and Krulwich truly enjoy the work they do. The show is in its seventh season and old episodes can be downloaded for free.

The Ricky Gervais Show

Ricky Gervais and Stephen Merchant debuted on the radio before their brainchild, *The Office*, became an international hit.

Their original debut was short-lived and in 1998, the two were fired. Fast-forward to 2003, when the duo paired up with producer Karl Pilkington to take another crack at the airwaves. The original format of the show featured call-ins, guests and listeners' letters, but as Gervais and Merchants' discussions with Pilkington became more and more bizarre, the spotlight shifted. The trio decided to launch a podcast focused on Pilk-

ington's inane theories about everything. Pilkington is absolutely hilarious — often inadvertently — and is constantly lambasted by Merchant and Gervais for the silly things he says. The trio have strange but explosive chemistry and the show is full of laughs. Though they are not publishing regularly, occasionally news episodes surface, and they already have five seasons in the bank.

s p u n ALBUM REVIEWS



Born Ruffians
Say It
(Warp Records)

The Born Ruffians don't want to start a flame in your heart; they just want to set the world on fire. Or so they say on the track, "Retard Canard." The artistic and melodic freedoms in their second full length album, *Say it*, are just ducky. An apt onomatopoeia for the first single, "What to Say," would be 'ooooo-eeeeee,' and the slinky bass line provides a reason to bob your head.

Say It is a lovely composition of origi-

nality and complexity. However, the simple charm present in the vocals and bass grooves for some of the songs, such as the play-on-single, "What to Say," provide the perfect balance for the sonic pallet.

If you like Vampire Weekend's vocal charisma and addictive waltz modes, it's guaranteed you will love this album. Before you can put your finger down on any one attractive element of this music, you're falling in love with another. From

front to back, track-to-track, *Say It* is incredible.

This album is a synthesis of so many sounds and so much creativity — the lovely melodies and instrumental diversity particularly stand out — it will make you question your musical tastes if you regularly confine yourself to any other genre.

..Mike Tofin



Pineapple
Pineapple
(Independent Release)

Psychedelic photoshopped band-and-grizzly album cover? Check. Song titles like "Snoodle," "Wahow," and "Happy B-Day 2000x"? Check. Liner notes written in first person? ("I wrote the songs, sang them and played guitar.") Check. Combine these ingredients and you have the makings for a thoroughly unpleasant first impression — and it doesn't get much better.

With relentlessly bright and colourful instrumentation and Cameron Dilworth's

'charmingly' atonal voice, this is a sickeningly sweet and all-too-cute pop album. It's true that Pineapple craft some genuinely catchy hooks here and there in their self-titled debut, but there's only so much of the music you can take in one sitting. The bizarre lyrics also contain a surprising amount of profanity, which does nothing for the album.

The band employs a series of auditory gimmicks — retro electronic instruments are used abundantly, bleeping and blooping

far beyond the level of novelty. Similarly, the band's falsetto la-la-las and woo-woo's drive the songs that much further into overkill. Pineapple overstays its welcome despite being composed of competent musicians. As you listen, you get the impression that it's all a big joke at your expense, and the home-made music videos work to confirm that. Nausea ad nauseam.

..Richard Lam