

UNIVERSITY OF CALGARY

# gauntlet

VOLUME 52 | ISSUE NO. 15 | OCTOBER 6 | 2011

# OCCUPY CALGARY

Why we ought to take to  
the streets, opinions pg. 11



# STUDENTS' UNION HAPPENINGS

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#### The Cover

Photo and design by Remi "Chögyam Trungpa" Watts

#### Golden Spatula



— Justin Seward —  
"Wanted alive, preferably"

First, to all of you who wrote in last week: no, the Golden Spatula award is not one of those mock old-west wanted posters, like the kind you'd see in a Clint Eastwood film, even though the rewarddees are probably worth lots in bounty cash. Rather, the Spatula is an opportunity for us to recognize journalistic rabbititude. This week we would like to thank Justin Seward for all the photo-mo-graphing, sports reporting and karaoke doing. Thanks Justin, you're a champ!

#### Furor Arma Ministrat

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The Gauntlet is the official student newspaper of the University of Calgary, published most Thursdays throughout the year by the Gauntlet Publications Society, an autonomous, incorporated body. Membership in the society is open to undergraduate students at the U of C, but all members of the university community are encouraged to contribute. Opinions contained herein are those of the individual writers, and do not necessarily represent the views of the entire Gauntlet staff. Editorials are chosen by the majority of the editorial board. The Gauntlet is a forum open to all U of C students but may refuse any submission judged to be racist, sexist, homophobic, libelous, or containing attacks of a strictly personal nature. We reserve the right to edit for brevity. Grievances regarding the Gauntlet follow a three-step process which requires written decisions from the Editor, the GPS Board of Directors, and the Ombudsboard. The complete Grievance Policy is online at: <http://thegauntlet.ca>. The Gauntlet is printed on recycled paper and uses a swaguar-based ink. We urge you to recycle/milk the Gauntlet.

#### Letter Policy

Letters must be typed, double-spaced and received by Monday at 4 p.m., and must include the author's name, student ID number, telephone number and signature. Letters will not be printed if they include attacks of a strictly personal nature, statements that discriminate on the basis of race, sex, or sexual orientation, or libelous or defamatory material. All letters should be addressed to "Editor, the Gauntlet," and be no longer than 300 words. The Gauntlet retains the right to edit submissions. Letters can be delivered or mailed to the Gauntlet office, Room 319 MacEwan Students' Centre, or sent by email to [editor@thegauntlet.ca](mailto:editor@thegauntlet.ca).

# Raising taxes, shrinking waists

Fatty food lovers in Denmark cleared supermarket shelves last month before prices of their favourite sinful treat became leavened with an extra fee.

On Oct. 1, Denmark raised prices of butter, milk, cheese, oils and other products containing more than 2.3 per cent of saturated fats. In the first move of its kind, a 'fat tax' is being applied in a long-staged war the Danish government is fighting against a rising obesity rate. The tax is an extra 16 Danish kroner, or about three dollars for every kilo of saturated fat. Approximately 12 cents will be added to a bag of chips, 39 cents to a small package of butter and 40 cents to the price of a hamburger.

Food industries complain the taxes will be an economic disaster. But will this tax actually affect consumer tendencies?

An independent Copenhagen supermarket worker said in the *Vancouver Sun* "If people want to buy a cake, they will buy it."

A tax on unhealthy food is not a new regiment. In 2004, Denmark made it illegal for food to contain more than 2 per cent trans fats and in 2010 taxed sugary food. Many European countries have tantamount measures, but in lieu of combative action against obesity, the real predicament is what Canada is doing to fight alongside its European neighbours.

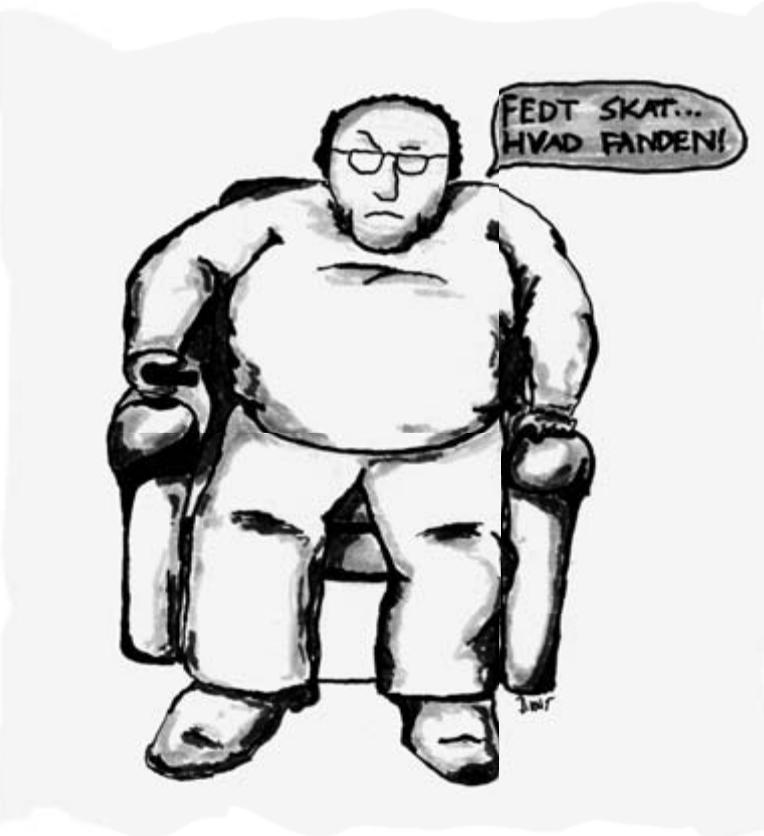
While 10 per cent of adult Danes are considered obese, that number looks small compared to over 25 per cent of Canadians.

Starting in 2012, five Canadian provinces' public schools (Ontar-

io, Nova Scotia, New Brunswick, Prince Edward Island and British Columbia) will be completely rid of junk food. The Healthy Schools for Healthy Foods Act has proceeded in banning fries, energy drinks and even instant noodles from being

to make healthy choices.

In 2001, 23 per cent of Canadians over 15 years old were smokers. A tax was applied in an attempt to lower smoking rates. The price of cigarettes in Canada varies significantly between provinces, but



sold on school grounds.

Whether or not a price hike will deter consumers from indulging in fatty foods, the revenue from the Danish 'fat tax' will go towards obesity-fighting measures, funding projects for health awareness. Educating the population is the only way to fight obesity, because more often than not consumers do not know how

makes up 63–70 per cent of the total price. The U.S. surgeon general reported that higher prices result in lower rates of consumption. A 10 per cent price increase should result in a two to three per cent drop in the number of smokers. The report also states that higher tax will deter teenagers from smoking.

According to Statistics Canada, 17 per cent of children over the age

of six are in the overweight category. That is a lot of unhealthy kids who will inevitably turn into unhealthy adults — there is no question that something needs to be done.

Taking junk foods out of schools, although a commendable attempt, is not the entire solution. Students will walk across the street and pick up their snacks elsewhere. Kids need to be equipped with the tools to make healthy choices. Unless junk food is eliminated all together, taking them out of schools will not change their habits. If anything, kids will take the opportunity to stock up outside of schools. In a choice between a chocolate bar and an apple, Canadians need to choose the apple. Eating less junk food reduces the risk of developing serious health problems like cardiovascular diseases, high blood pressure and diabetes.

In 1993, Health Canada estimated that the societal costs attributed to smoking were around \$1.1 billion. In the same year, revenues from taxes on cigarettes were around \$2.6 billion. If a tax does indeed deter consumers, the amount saved in health-care costs would be monumental.

Fast food will always be around the corner. Moving it around the block will not stop Canadians from growing horizontally, but equipping then with the will to pick a healthy option will. If Canada is really serious about health, it should start following the footsteps of our slimmer and obviously more health-conscious European neighbours.

Gauntlet Editorial Board

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# Funding for the WRC potentially redirected

Students will go to referendum on October 25, 26 and 27

## Riley Hill

Gauntlet News

University of Calgary students will be heading to the polls October 25–27 to vote on the current student levy on the Women's Resource Centre. The referendum will decide whether the Students' Union will stop charging a levy on students, in light of new money made available with the introduction of the controversial General Non-Program Fee. Currently all full-time U of C students pay \$1 to the Women's Resource Centre, and all part-time students pay \$0.50. This grossed approximately \$45,000 for the centre in 2010.

The SU is trying to eliminate this fee through a referendum, since the university has agreed to cover the WRC's costs with funds from the General Non-Program Fee.

"There's a student services fee the university is now charging students each year," said SU president Dylan Jones. "Through that fee, they're including the cost of running the Women's Resource Centre. So because the fee is now being covered through the student services fee, we're running this referendum so students will not be charged twice."

The money set aside comes from the General Non-Program Fee, a \$450 fee increase for students introduced last year. The fee's purpose was to cover a number of school services, including the WRC. When asked about the money set aside for the WRC, associate vice-provost

of enrolment and registrar David Johnston explained, "the expectation at the time was that the levies would come off and we would fund the three services that had levies." These three services are the Women's Resource Centre, the Disability Resource Centre and Career Services.

"After the mandatory general fee was implemented the university understood that the Students' Union was going to stop charging a levy. They felt that

by student referendum. To reverse a decision made by referendum, it's necessary to hold another — a law designed to hold SU decisions accountable. If the referendum doesn't pass, students will continue to pay the levy on top of the money they're already charged through the General Non-Program Fee.

"If it's passed, we'll still be paying the same \$450 fee to the university, but the cost of running the Women's Resource

**// Because we are still collecting the fee, that money is not being directed to the Women's Resource Centre. We haven't been told exactly where it's going.**

– Dylan Jones, Students' Union president

they had to go to referendum," said Johnston.

Since the General Non-Program Fee's passing, the other two student levies have been dropped through a referendum last year. The levy on the WRC though remains, and the university has decided not to provide funding for the program until the levy is cancelled.

"The commitment we've made is if the referendum agrees to take the levy off, [the fee] will be removed from students' accounts effective winter." The referendum is necessary due to SU by-laws.

Student funding for the WRC was first introduced in 2007

Centre won't be fully utilized," said Jones.

Explaining the General Non-Program Fee, Johnston said "The money for the General Non-Program Fee goes into this general pool, and then is redistributed to the specific services. Because we are still collecting the fee, that money is not being directed to the Women's Resource Centre. We haven't been told exactly where it's going."

When asked about what happens to the money set aside for the Women's Resource Centre if the referendum does not pass, Johnston said the money "goes into the university budget."

The Women's Resource Centre currently receives \$1 per term from each full-time student at the University of Calgary. This may change at the upcoming Students' Union referendum.

### If you vote 'no'

You still pay over \$400 to the SU every year in fees, in addition to the WRC levy fee. This includes health and dental fees.

### If you vote 'yes'

You save \$1 per term, and you pay a \$450 mandatory general non-program fee that goes to the U of C.

### The Students' Union

The SU takes all that money and redistributes it to things like the Wellness Centre and the Student Refugee Program.

### The University of Calgary

The U of C distributes the money to things like Career Services and the Disability Resource Centre.

Funds from the levy go directly to the WRC.

Some of that money goes to the WRC.

The Women's Resource Centre receives annual funding of approximately \$45,000.

If you vote 'no' to eliminate the levy, you still pay \$450 and none of it will go to the WRC and instead will go into the "university budget."

If you vote 'yes' to eliminate the SU levy, you save a dollar.

## Will you vote in the referendum?



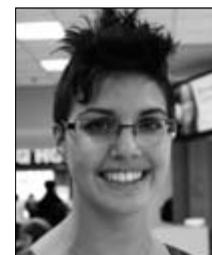
"If I see it I will vote."  
– Daniel Hurtado,  
third-year  
marketing



"Hell yes!"  
– Aleena Mansoor,  
fourth-year  
biological science



"I wasn't planning on voting."  
– Samantha Spender,  
fourth-year student



"Yeah, sure I'll vote."  
– Parvoneh Sahebkar,  
third-year linguistics

## campus quips

# Safewalk in negotiations for new scheduling system

**Amanda Garner**  
Gauntlet News

Safewalk is seeking a new tactic to organize its 23 noble volunteers.

Safewalk coordinator Joey Brocke says they are currently in negotiations with the university's IT department for developing a new scheduling system that will be accessible through the volunteers' Student Centre. The system will make it easier to ensure that there is always a pair — one male and one female — available to escort students anywhere on campus as well within a 10-minute walk.

The easy accessibility of the new scheduling software will simplify changing shifts and guarantee full teams to cover all shifts.

"The new system we are putting together will eliminate the need for endless emailing," said Brocke. "It will remove any confusion that can be caused by awkwardly worded emails and will literally put all the five or six documents that I currently use all into one place."

The current scheduling system is time consuming and strenuous.

"It takes a long time, many dif-

ferent documents and far too many Red Bulls to get the schedule together — and that is a monthly exercise." Brocke said that time could be better spent on program promotion and building a connection between Safewalk and the campus community.

The decrease in time spent scheduling will decrease money allocated to administration and redistribute it to more feasible areas like equipment, advertisements and volunteer appreciation events.

The new project was originally going to be developed by a third party player and put into use for the 2011–2012 school year but has recently been started over in order to ensure the product meets all of Safewalk's needs. The new system is now being developed internally by the IT department and at its earliest, will be in place by January 2012.

"The impact on students, staff, faculty and visitors to campus will be a more reliable system," said Brocke. "If our volunteers have a clearer method of seeing and knowing their shifts, finding replacements and getting shift reminders, it is less likely that volunteers will miss shifts and the more volunteers we have on the



Ben Hilborn/the Gauntlet

Two Safewalk volunteers escort a student across campus.

better the service we can offer."

Brocke said this might be visible through quicker response times and more teams in more locations being accessible to escort campus members to their destinations.

"I would show up and find out that my partner had forgotten about her shift and then not be able to find a replacement. I couldn't go out then

because we have to work in pairs," said Scott Wier, a former Safewalk volunteer.

Safewalk received a quality money grant of \$2,000 from the SU to pay for the implementation of the new system in 2009–2010. Brocke said that when it became apparent that the timeline for the project was going to be larger than originally thought, the

SU granted a re-allocation of some of the funds in order to purchase jackets for the program immediately.

With the 2011–2012 grant application the original \$2,000 was topped up to begin the process of developing the new system.

Negotiation with the IT department are ongoing and the exact cost for the development and upkeep of the program is yet to be determined.

"If we find that the cost is becoming too prohibitive, the project would need to be re-evaluated and any unused funds returned to the SU at that time," said Brocke. "I would definitely say that paying a bit more and waiting a bit longer will be very worth it — the long-term implications of this system have potential to make large changes in the allocation of the annual budget for the program."

When asked how other university Safewalk programs are solving their scheduling problems, Brocke said "I have yet to hear of a comparable software solution being used. Most Safewalk programs in the country have smaller budgets than ours and most have a drastically different system in place."

## Club profile: Young Researchers at the University of Calgary

**Ellen Lloyd**  
Gauntlet News

A new club on campus — Young Researchers — is offering a way for undergraduate students to get involved in research.

Co-presidents Nancy Kamar and Morgan Foret, both second-year students, said the club grew out of their mutual fascination with research. Kamar is studying health science and Foret is in biological science.

"A lot of future collaborations begin when you're a student — why

don't we start as students in undergraduate studies?" said Kamar.

The two began thinking of how they could expand the discussion to include more students.

"I got a lot of emails from students saying how this idea was incredible, how they would be so interested in joining. They were stoked! And that was when we said, 'we have to get this going'"

What started out as a Facebook group this summer met with excellent response and is now a SU sanctioned club.

During clubs week, the group collected an email list of over 60 interested students.

"Our main focus is trying to get biweekly meetings and research paper discussions," said Kamar, adding that they will match the discussions to members' interests.

The club also hopes to plan a wide array of additional activities, from special interest lectures to anatomy lab tours. There will also be networking opportunities.

Fourth-year health sciences student Sarup Sridharan and the club's

vp finance, said he wishes the club had existed when he started his undergraduate degree.

"I think it's great if you're starting out," he said. "I know quite a few people who want to get some research experience aside from the stuff they do in labs. This kind of club should make it easier to find out what research is like at the U of C."

Sridharan got involved with research early on by taking advantage of a mentorship program offered through health sciences, but not all faculties have these opportunities.

"Nancy and Morgan have done a really good job of making this accessible to everybody," said Sridharan. "It's not just medical researchers."

The club has already attracted students from not only science and health science, but also arts, engineering and business. Discussion and collaboration between research-minded students in different faculties is part of the club's long-term vision.

Interested students can attend a meet-and-greet Tuesday October 11 at 7 p.m. The location is to be announced but will be posted on the Young Researchers website at [ucalgary.ca/ucsy](http://ucalgary.ca/ucsy)



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photo by Scott Rowed



Riley Brandt

## U of C president announces future vision

On September 28th, the University of Calgary unveiled its five-year vision — to be one of Canada's top five research universities by 2016, the university's 50th anniversary. More than 1,000 students, staff, faculty, alumni and community members attended the Eyes High launch, which started with su president Dylan Jones rapping about the vision. Research Infosource ranked the U of C as the number eight research university in Canada in 2010. The five-year vision was developed through Project Next, a consulting project that U of C president Elizabeth Cannon said was the most extensive consultation with students and staff in the U of C's history. The three foundational commitments are to sharpen focus on research and scholarship, enrich the quality and breadth of learning and to fully integrate the university with the community. During the announcement attendees were asked to text in answers to the questions 'How will your life at the university be enriched by Eyes High' and 'what does Eyes High mean to you?' Answers included 'Eyes High means looking not just to the future but to our personal and collective improvement,' 'Beat U of A,' and 'I am never going to give you up, never going let you down, never going to run away and desert you.'

## Class profile: Irish eyes are smiling

Erin Yates  
Gauntlet News

What do Guinness, potatoes and James Joyce have in common? They are all Irish. But Ireland is much more than that. The University of Calgary's travel study to Ireland allows students the opportunity to learn in depth and first hand about the country's origins, history and culture.

Travel 149 Ireland: Myth, History, Culture is one of those travel study courses available to students and has been immensely popular in the past couple years.

"Irish was the dominant ethnicity in Canada at the confederation — not many people know that," said professor Mary Murphy, who runs the travel study to Ireland.

"Huge numbers of Canadian people identify some kind of Irish ethnicity. It's interesting in very many ways."

In addition to traveling from city to city beginning in Belfast on May 4, 2012 and ending with six days in Dublin, students are also getting three and one-half course credits — FILM 301, COMS 401, GNST 501 — applied to their degree.

So be ready to "learn your ass off," as Conall Minter puts it, who went to Ireland in May for his second travel study.

"Students are required to understand and present on a variety of topics, read a number of texts and watch 14 films. It's no cakewalk," said Minter.

The hands-on learning aspect of

the course, however, is exactly the reason Murphy feels it has an edge on traditional classroom learning. "There are things that students see that we could not give them in the classroom that underscore what we've talked about. It's so abstract."

Minter agrees. "How many people can say their classroom was in a jungle or on the streets of Dublin?"

An average of 22 students take part in each tour and three professors are with the group and available to the students constantly over the course of the 21-day trip.

"By the end of three short weeks, many of us had formed friendships that will not be easily forgotten. Many of us still hang out on the weekends," said Minter.

The trip is costly for a student budget. Students should plan to spend \$8,000, which includes "everything but sweaters and beer," said Murphy.

Applications are being accepted and recruitment is underway for the 2012 tour on a rolling acceptance basis as long as spaces remain. The course is expected to fill quickly.

"Lots of people start out choosing Ireland because of the pastoral romantic and fall even more deeply in love with it once we're there," said Murphy.

Minter adds "the best part of singing and clapping along with a traditional song in a 300-year-old pub while getting your classmates acquainted with the taste of Guinness? The entire time you're gaining a deeper understanding of Irish culture!"

University of Ottawa

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# CHIEF NAVAHO

## Calgary hip hop duo to kick ass and take names at That Empty Space



Writer Laura Wan interviews Sean and Matt Sinclair on the roof of Gauntlet HQ last week.

Laura Wan  
Gauntlet Entertainment

Let's face it — Calgary isn't exactly known for hip hop. Our most famous exports are more along the lines of indie and folk darlings Chad VanGalen, Feist, Tegan and Sara, and, more recently, Braids.

But that isn't to say that Calgarians don't know a thing about rhymes and beats. Local rapper Transit broke the cowboy stereotype with his single, "Calgary," this spring. Now we have the brothers Sean, AKA Tiberius Kirk, and Matthew "Casper Buddy" Sinclair, two University of Calgary students working under the moniker "Chief Navaho." With small beginnings in 2008, the pair have recently released a bounty of tracks and videos on YouTube for which they are quickly gaining recognition, being invited to join Transit on two tour dates this fall.

Though primarily fitting in to the genre of hip hop and rap, the two certainly don't want to be labeled as such.

"I hate categorizing [our music] as hip hop, because it's definitely something different," says Sean. "We've always loved hip hop, but I started out as a singer/songwriter, listening to John

Mayer and John Legend."

You might not be able to pick up on those sounds now, but you can expect to hear some R&B and soul influences in the near future.

"Right now the most hip hop part of [our sound] is the drums," says Sean. "We definitely want to start incorporating different sounds into it."

The brothers have extremely different tastes and backgrounds, with Matthew writing poetry since an early age and Sean getting his start singing R&B and pop song covers on YouTube.

Main rapper Matthew describes his influences as both old- and new-school, saying, "I like both — I used to listen to old-school rap growing up, [but my influences are more new-school] now." Their early lyrics are more reminiscent of the Beastie Boys: fun and creative, describing '90s-kid phenomena like Pokémon cards and Nintendo 64.

But this duo should be taken seriously, as they've got big plans for themselves. Rather than aligning themselves solely with music, they've dubbed themselves an artistic collective, much like OFWGKTA and Broken Social Scene, and are planning to branch out with collaborations with other artists, friends, and even a clothing line, called Reggie Leonard. "[We

decided on that name] because our uncles are twins, and their middle names are Reginald and Leonard," explains Matthew.

Friends are as integral as family to the brothers' work, too — their close friend Callum McCormack shoots and directs all of their music and promotional videos, as well as co-produces their tracks.

Chief Navaho has taken an interest in working with local band Pico Tera, an acoustic/indie group from the other side of the musical tracks. It's obvious that the brothers are always striving for "something different." They're making some real efforts to separate themselves from the sounds of other Canadian musicians.

"We wanted to show people that not every rapper that comes out of Canada sounds like Classified," Sean says.

"We don't really want to be like anyone else," he continues. "We could care less whether or not people like it. We just want to do what sounds cool to us and what we like."

This unrestrained attitude certainly sounds a lot like that held by controversial hip-hop artists Tyler, the Creator and Frank Ocean of Odd Future, both of whom serve as inspiration for Chief Navaho. "Seeing them succeed gives us more faith," explains Matthew. "They were just

putting out music that *they* loved," adds Sean.

It's this artistic outlook that translates into Chief Navaho's still-to-be-released EP, *Lofthead*, named for their loft studio they record in. Chief Navaho brings in a motley blend of beats and samples on current tracks "Fries and a Milkshake" and "Intergalactic Shit," the latter of which pays homage to (you guessed it) the Beastie Boys' 1998 Grammy-winning jam "Intergalactic." Some might say the warped tones and drums sound weird, but to them, it's a good thing.

"Weird is good," says Sean of their music. Being called "different" or "new" has the same appeal. It's what they strive for, something next-level and unheard of.

"We're always trying to evolve," Sean says.

Expect a lot from Chief Navaho in the near future, as they put out their EP sometime in November. But they still have room to grow, and Matt and Sean won't be stopping anytime soon.

"My brother and I will always do stuff together."

Chief Navaho performs Friday Oct. 7 at That Empty Space at 4 p.m. as part of the Faculty of Arts Variety Show along with U of C Improv Club, stand-up comedian Ben Cannon and acoustic performers Linda and Julie.

## Concert review: Kings of Leon

Kristyn Pelletier  
Gauntlet Entertainment

Last Friday night on the Saddledome stage, Caleb Followill brushed his hair off his forehead and glared out into the crowd as he pronounced the following: "I am going to let my hair down."

Followill, one part of Nashville four-piece Kings of Leon, would speak few other words to the crowd that night. Instead, the musicians chose to communicate through the roughness of their early southern garage rock sound, smoothed over with slick radio hits and a newly-acquired mainstage swagger.

But before this would happen, their throne was prepared by openers The Sheepdogs. These Canadian boys have come a long way from assembling in their hometown of Saskatoon to recently gracing the cover of *Rolling Stone*. The nostalgic-sounding four-

piece sounded a lot like The Steve Miller Band, with definite influences from many 1970s superstars, such as Burton Cummings of The Guess Who. Their retro vibe nicely juxtaposed the more new-age sound that would be created by the Kings later on in the night.

Starting the night with "Radioactive," Kings of Leon set the tone with the eerie rocker edge they are known for. Frontman Caleb ground out the vocals charging "Crawl," creating the perfect harmony between their harsher gritty sounds and the more elusive echoing melodies of their newer material.

Mid-set, Caleb's few words and standoffish attitude came as no surprise after the recent troubles the band has run into during their most recent tour.

Read the rest of the Kings of Leon concert review at [thegauntlet.ca](http://thegauntlet.ca)

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# ARCTIC MONKEYS HOLLERADO

**two** prolific indie rock bands.  
**one** night.

1. Arctic Monkeys drummer Matt Helders delivers a desperate cry for help via his drum kit. (Alex Solano) 2. Dean Baxter of Hollerado tries to find out how many bass licks it takes to get to the centre of a rock n' roll lollipop at Republik last Thursday. (Amanda Zotek) 3. Alex Turner enchants Brit-pop enthusiasts at MacEwan Hall with his badass pompadour. (Alex Solano) 4. Hollerado rain confetti on their blissfully happy post-adolescent crowd. (Amanda Zotek) Background image: A concertgoer bootlegs a few minutes of the Arctic Monkeys performance, just to say "thanks for the memories." (Callum McCormack) // **See more photos at [thegauntlet.ca](http://thegauntlet.ca)**





spun ALBUM REVIEWS

- TOP 20** \*canadian artist \*\*local artist ▶ sept. 26/11
- 1 **BLITZEN TRAPPER** *American Goldwing* (Sub Pop)
  - 2 **MATES OF STATE** *Mountaintops* (Barsuk)
  - 3 **ST. VINCENT** *Strange Mercy* (4AD)
  - 4 **GIRLS** *Father, Son, Holy Ghost* (True Panther)
  - 5 **WILCO** *The Whole Love* (Anti-)
  - 6 **PINE TARTS\*\*** *Pine Tarts* (Livid)
  - 7 **DAN MANGAN\*** *Oh Fortune* (Arts & Crafts)
  - 8 **GREG MACPHERSON\*** *Disintegration Blues* (Disintegration)
  - 9 **BAD VIBRATIONS\*** *Black Train* (Self-Released)
  - 10 **RAMBLING DAN FRECHETTE\*** *Nothing To Lose But The Blues* (Self-Released)
  - 11 **CLAP YOUR HANDS SAY YEAH** *Hysterical* (Self-Released)
  - 12 **MOGWAI** *Earth Division EP* (Sub Pop)
  - 13 **THE PACK A.D.\*** *Unpersons* (Mint)
  - 14 **CUFF THE DUKE\*** *Morning Comes* (Paper Bag)
  - 15 **MALE BONDING** *Endless Now* (Sub Pop)
  - 16 **THE GOOEYS\*\*** *The Gooeys* (Mammoth Cave)
  - 17 **PETER CASE** *The Case Files* (Alive Natural Sound)
  - 18 **DUM DUM GIRLS** *Only In Dreams* (Sub Pop)
  - 19 **YOUNG ONES\*\*** *Young Ones* (Self-Released)
  - 20 **HRDWTR\*** *Hardwater* (Self-Released)

- JAZZ**
- 1 **THE JIM HEINEMAN'S DREAM BAND\*** *Live@Lorraine's* (Tima Town)
  - 2 **THE FRANCO PROIETTI MORPH-TET\*** *Like The Shore Is To The Ocean* (Bongo Beat)
  - 3 **CORY WEEDS WITH THE TILDEN WEBB TRIO\*** *Just Like That* (Cellar Live)
  - 4 **JOEL FORRESTER/PHILIP JOHNSTON** *Live At The Hillside Club* (Asynchronous)
  - 5 **TURTLEBOY** *Smart Matter* (Songlines)

- FOLK/ROOTS/BLUES**
- 1 **GREG MACPHERSON\*** *Disintegration Blues* (Disintegration)
  - 2 **RAMBLING DAN FRECHETTE\*** *Nothing To Lose But The Blues* (Self-Released)
  - 3 **HRDWTR\*** *Hardwater* (Self-Released)
  - 4 **HUNGRYTOWN** *Any Forgotten Thing* (Listen Here!)
  - 5 **MATT MASTERS\*\*** *All-Western Winners* (Saved By Vinyl)

**SPOTLIGHT ON CALGARY**

**YOUNG ONES**

The Young Ones represent the coming together of a handful of young, up and coming Calgary musicians. Their debut 10" sounds amazing. I can't wait to see what they get themselves into next. [myspace.com/weareyoungones](http://myspace.com/weareyoungones)

- KAT'S PICKS**
- 1 HALLOWEEN ALASKA
  - 2 VARIOUS (THIS MAY BE THE LAST TIME SINGING)
  - 3 MEGAFUN
  - 4 BIRD NAMES
  - 5 SHOOTING GUNS

- LIVE BANDS ON-AIR**
- NO RIVER:** Wed. Oct. 12 - 1:15 pm on *Freewheelin'* (Interview Only)
- THE MAGNETIC NORTH:** Tues. Oct. 18 - 10 pm on *Radio Boys In The Shortwave Mystery*
- TIRED SKIES:** Thurs. Nov. 3 - 10 am on *Mind Folk'd*

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**Bon Iver**  
*Bon Iver*  
(June 21, Jagjaguwar)

Those familiar with Bon Iver's first album, 2008's *For Emma, Forever Ago*, will find that the Wisconsin-based band's signature sounds are preserved on their newest release, along with some welcome new additions to strum your heartstrings.

*Bon Iver* includes much of the same crooning vocals and ethereal sound but moves the band into a more experimental field, weaving a wide array of unpredictable sounds into the tapestry of the album. This time, the quartet throws in moments of grit to offset airy vocals. Darting from folksy to gritty country licks, it's impossible to peg down a single descriptive word for the album. Despite working with a wider range of emotions and instrumentation to allow more variation in sound combinations, the album still maintains a flow from song to song, tying it together neatly.

Departing from singer-songwriter frontman Justin Vernon's "man-alone-in-the-woods" image, this release paints a bigger picture of the artist behind the music. With everything from the nostalgic "Calgary" to the piano-driven chamber-pop of "Wash," this release feels more mature than *For Emma*, moving past the heartbreak and solitude towards the complexities of adulthood.

Sydney Stokoe



**David Guetta**  
*Nothing but the Beat*  
(August 26, Virgin Records)

David Guetta's newest release, *Nothing but the Beat*, combines his recent taste for more Top-40 sounds and some of his hard, old-school beats. If you're looking for an album to throw on for a party, this is your best bet.

There's something in this album for everyone. Guetta offers some softer beats with "I Can Only Imagine," but wcaters to the rhythm connoisseurs with "Lunar." Every song off this album could be a single. He follows a precise formula for making songs, which isn't necessarily a bad thing. Many of the songs have a steady beat, but some do switch it up — "Nothing Really Matters" has three rotating beats.

David Guetta proves with this album that he is the face of pop, and he has chosen incredible artists to feature on this album, which really pushed it into greatness. He features Afrojack on two singles and also shares audio space with vocal artists like Nicki Minaj, Snoop Dogg, Lil Wayne and will.i.am. However, this still left me craving some traditional David Guetta — the real house DJ.

All in all, *Nothing but the Beat* is undoubtedly better than David Guetta's last, 2009's *One Love*. If you're looking for a hard DJ session, though, you're better off trying something else.

Morgan McWilliams



**The Crooked Brothers**  
*Lawrence, Where's Your Knife?*  
(September 23, Transistor 66 Record Co.)

Written on the inside of this album's jacket is this: "If we've ever slept in your bed, floated down your river, renovated your home, rode your bike, or eaten the food you grow, this is for you." I wasn't quite sure what to expect after an introduction like that.

The Crooked Brothers aren't actually related to each other, but this doesn't get in the way of a good band name. Each member of the Manitoba-based trio is multi-talented, singing and playing many different folk instruments over the course of the album, including guitars, banjos, mandolins and fiddles. The vocals feel a tad forced sometimes, but they rarely detract from the music itself.

Underneath the country-folk expectations, this album is a multi-faceted gem of music that blends many genres and emotions together. "Cold As You" and "Winter's Come" are beautifully-written country pieces filled with regret and sorrow. "Up the Mountain," a fast-paced, raucous song of booze and shotguns serves as an interesting counter-balance to chain-gang ballad "17 Horses."

I've listened to *Lawrence, Where's Your Knife?* five times over the past week, and I still don't know what to expect from it. Even if country isn't your cup of tea, I strongly recommend listening to this album.

Alastair Starke

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NEW UNIVERSITY TELEVISION

# It's time we Occupy Calgary



Remi Watts  
Opinions Editor

"Our politics caught up with who we are," were the words of Alberta's new premier-designate, Alison Redford, touting her election victory. While admittedly it is certainly momentous that a woman has finally come to power, and in such regards Redford's remark is a fair point, it is incredibly embarrassing to hear politicians and media alike believe and announce that our present politics have in any way, shape or form caught up with who we are. In contrast with Redford's remark, I find myself sympathetic to sociologist Jean Baudrillard's astute observation that "today, power itself is an embarrassment and there is no one to assume it truly."

Our political sphere continues to survive on the fiction that it represents we the people, and not the hegemony of capital. In our globalized world held hostage by corporate forces the need to subvert the system and bring about serious and legitimate change has necessarily gone viral. We stand at a juncture in history where through emancipatory enthusiasm we can become the terminal illness that brings an end to a system that has long propagated massive global injustices.

The Arab Spring, Tahrir Square in

Cairo, the acampada in Spain, protests in Greece, London, Iceland and Portugal, the Occupy Wall Street movement and all of the additional Occupy movements are all united in their desire to open up new social, economic and political dialogues and avenues.

In solidarity with the multitude of international movements that have occurred, are ongoing or are yet to come, I urge all Calgarians to stand up on Oct. 15 and show that we too are interested in joining this global conversation of change.

When the self-immolation of Mohamed Bouazizi in Tunisia on Dec. 17, 2010 provided a catalyst for protestors to take to the streets across the Arab world, igniting the Arab Spring, the stations of politics and media were caught off guard. They struggled to make sense of what was happening, what it meant and what brought it about. Watching coverage of these events through mainstream sources reveals that they still don't truly understand.

Fuelled by an ongoing debt crisis, various austerity measures and an enthusiasm boiling over from the Arab Spring, movements for change have seen their opportunity and have broken out across Europe. The ongoing acampada in Spain, wherein thousands of people have gathered and are continuing to camp in Madrid's central squares, began on May 15, 2011. The 'social crisis' in Greece has continued since May 5, 2010. The London protests held on

Mar. 26, 2011 saw upwards of half a million people take to the streets. Early this week on Oct. 2, 2011, some 100,000 people turned up to protest in Portugal. And on Sept. 17, 2011 the Occupy Wall Street initiative got underway, setting up camp in Zucotti 'Liberty' park in downtown Manhattan, which continues to grow larger day by day.



The "Occupy" movement — inspired by Occupy Wall Street — has already spread to San Francisco, Seattle, Los Angeles, Chicago, Boston, Portland (Maine), Portland (Oregon) and is encouragingly anticipated to further spread to most major cities in the western world, including Calgary on Oct. 15.

In reporting specifically on Occupy Wall Street, major American news sources, in trying to explain what is going on, have assessed the situation as Marxism, Post-Marxism, Communism, Socialism, juvenile behaviour, the beginnings of totalitarianism, lefty-nutcase protesting, a non-serious non-event doomed to disaster and on and on and on. The world of media and politics have shown themselves to be utterly confused and somewhat disgusted by the idea of regular, autonomous people camping out on public property to participate in an attempt to create an altruistic, alternative space wherein a dialogue for serious change can be conceived and incubated. In an honest diagnosis of the present political and media culture, their inability to understand seems directly connected to their total reliance on the corporate system of greed which people, such as myself, hope to bring to an end.

The culture of corporate greed has liquidated values, resources and dignity. It has tied itself inextricably into our social and political institutions and has liquidated their cores. Noam Chomsky, in strong support

of the Occupy movement, recently made the following remark:

"Anyone with eyes open knows that the gangsterism of Wall Street — financial institutions generally — has caused severe damage to the people of the United States (and the world), and should also know that it has been doing so increasingly for over 30 years, as their power in the economy has radically increased, and with it their political power. That has set in motion a vicious cycle that has concentrated immense wealth, and with it political power, in a tiny sector of the population, a fraction of 1 per cent, while the rest increasingly become what is sometimes called "a precariat" — seeking to survive in a precarious existence. They also carry out these ugly activities with almost complete impunity — not only too big to fail, but also too big to jail.

The courageous and honourable protests underway in Wall Street should serve to bring this calamity to public attention, and to lead to dedicated efforts to overcome it and set the society on a more healthy course."

The title of Slovenian philosopher Slavoj Žižek's most recent major book, *Living in the End Times*, communicates so much about the state of current society. Our mode of political, social and economic existence has been on a steady decline — just look at our global situation — and it doesn't take much insight to

see OCCUPY CALGARY, page 11

## Who Represents You and Your Faculty? Meet Your SU Team



Dylan Jones  
SU President



When something's wrong in the neighborhood, who you gonna call...? YOUR FACULTY REPS! Yes, all students in all faculties are represented in a formal capacity through their elected Faculty Representatives. It is their job to serve and represent your faculty through the Students' Union.

I am so genuinely proud to be working with such a dedicated group of people. Their passion for serving students is intoxicating! If you run into issues, if you have ideas on improving campus or your academic experience, if you want to know how to get more involved or if you just want

to come out and attend some fun events, your faculty rep is the person you want to talk to. They are your link to your Students' Union and all that we plan and hold throughout the school year.

Over the next few weeks we'll be introducing you to all of them. And hey, who knows, maybe next year you'll be one of them.

### Arts Students Meet Raphael Jacob



Raphael is a fourth year Political Science major and is looking to enter law school after graduation. In his free time he enjoys playing soccer, snowboarding and watching Community. Raphael is committed to the Arts faculty and aims to foster the sense of community and belonging that the Arts are currently lacking. Raphael can be contacted at arts2@su.ucalgary.ca.

### ... and Meet Scott Weir



Scott is a 3rd year Political Science student here at U of C. He is very thankful and proud to have been elected as one of the arts reps and loves shamelessly promoting his faculty and SU services! More artwork, promotion of faculty events, more study space and the Arts Faculty Lounge are only a few of the larger projects he is working on for you this year.

You can contact Scott anytime by text or phone at (430) 988-6949, email arts4@su.ucalgary.ca or add him facebook.com/scott.weir1

### Education Students Meet Michael Mahoney



Born in Calgary, and raised south of the city in Okotoks, Michael graduated in 2009 with an M.A. in History from Oklahoma State University. He is currently in his second year of the B.Ed program and VP Executive of the Education Students Association. Contact Michael at educprep@ucalgary.ca or call 403-969-9876.

The SU will be running a bi-election in the Faculty of Nursing October 25-27 to add the final elected member to our Team.

We are committed to ensuring that you know about all the programs, services and events that your SU offers. So make sure you contact your rep to find out what's happening on campus.

# Occupy Calgary, continued from pg. 11

understand that its end is coming closer and closer. Žižek's "four riders of the apocalypse" come not in the form of their traditional religious conceptualizations, but as forerunners of the "ecological crisis, the consequences of the biogenetic revolution, imbalances within the system itself . . . and the explosive growth of social divisions and exclusions" that will bring about an end-times for capital's hegemony.

Each of the global movements that have gotten underway or are about to start face different issues, different problems, and require different solutions. While people such as myself are all connected by our desire to end the injustices of our corporate society, economy and politics, each location faces a unique challenge. Here in Canada we often play the 'calm' card. You hear platitudes about how easygoing and peaceful we are as a people, as if our very genetics somehow expressed a desire for non-confrontation. This, however, is a mask easily worn by Canadians, allowing each and every

one of us to continually fail in participating as citizens of this nation, and as citizens of this world. We find ourselves in a malaise of mutual indifference.

Furthermore, Calgarians are especially guilty of failing to see their role in the continuing injustices occurring both in our own backyards and on a world-wide scale. The overt racism and exploitation of resources and people by economic and political agendas, the tight grip that capital keeps around our necks, is so often passed over in silence or ignorance by all of us. Calgary is, in many ways, a colonial outpost in the corporate network. So many of those in suits working in our downtown core believe themselves to be autonomous — working in the best interests of themselves, our city, our people. What they are, however, are *compradors* — the privileged middlemen between our vast natural resources and the corporate exploiters abroad. Our resources are extracted, roughly refined then sent elsewhere (generally south) to the benefit of the

ultra-wealthy — exploited like the serfs we are. Corporatist hegemony's social stranglehold and our tendency to apathy has deluded us, bound us, blinded us from the cruel reality in Alberta.

It is the enthusiasm for emancipation from corporate hegemony that ties our movements together. Our brothers and sisters who have camped, are camped and will stay camped in the plazas of Madrid, parks across America, central squares of Arab capitals and the streets of Greece believe that now is the time to start the conversation. Revolutions of the past doomed themselves to the repetition of history through traditional modes of coercion, incomplete methods of representation and a tendency towards violence. The global injustices we currently face, propagated by the behemoth of capital that enshrouds us, can be brought to their ends through encouraging, incubating and realizing the conversation started by the global movements.

This time that we, as Calgarians,

can begin our own version of this conversation that redefines our social space, bringing an end to injustices at home and abroad. As a press release from Jason Devine, an individual assisting the organization of Occupy Calgary put it:

"Occupy Calgary is a movement with no appointed leadership structure. It is an exercise in participatory democracy, where all members discuss, debate, and make decisions. Its decision-making process takes place through consensus and voting . . . While we share many of the issues raised by our sisters and brothers in the U.S. [and abroad], Calgary is a unique place with problems that are specific to it. Participants of Occupy Calgary are already developing a collective critique of our local society and our various demands for change . . . Each movement has something to say."

It is in the wake of the end-times of corporate greed's hegemonic control that an emancipatory enthusiasm like we are seeing across the globe can become capable of taking root, starting the essential conversations and creating the opportunities for the changes we need.



If you would like to know more or get involved with Occupy Calgary then visit their Facebook page or attend the following planning meetings (all to be held at The Old Y, 223 - 12 Avenue SW):

Wednesday, Oct 5, 6:30 p.m.

Saturday, Oct 8, 11:00 a.m.

Tuesday, Oct 11, 6:30 p.m.

Friday, Oct 14, 6:30 p.m.

Don't forget, It gets underway on Oct. 15, 2011, Banker's Hall, noon.

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# Flynn, Fracas make it into the Hall of Fame

## Canadian university football recognized

**Justin Seward**  
Gauntlet Sports

The Canadian Football Hall of Fame announced its new inductees during Hall of Fame Week in Calgary on Sept. 14–17. The likes of Danny McManus, Joe Montford and legendary coach Don Matthews were among the ranks. For the first time in decades, two football legends, Chris Flynn and Gino Fracas, were recognized for their accomplishments.

Flynn starred for the St. Mary's Huskies in Halifax from 1987 to 1990 and is the only Canadian Interuniversity Sport player to be inducted into the Hall of Fame.

"Chris is the only player in CIS history to win three straight Hec Creighton Trophies and he did it in four seasons," said Michel Belanger, manager of communications and media relations for the CIS. "People have [asked] 20 years later why CFL teams didn't give him a shot. He was one of the most dominant players in CIS history."

There has not been anyone to break Flynn's three straight MVP wins, but some players have come

close. "The closest one would be Eric Lapointe. He won in 1996 and 1998. Some people said he could have won in 1997, but he was injured. There are a couple of players that came close to Chris [Flynn]," said Belanger.

"Flynn would have added to his records if he would have stuck around for a fifth CIS season," he said.

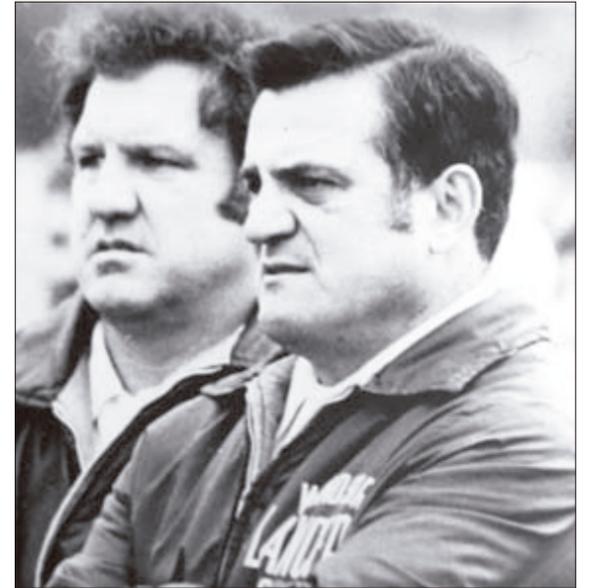
Although it has been 20 years since he dazzled football fans across Canada, Flynn has changed the culture of football in Canada and has put CIS on the map.

Gino Fracas, who recently passed away, was inducted for his contributions as a CIS coach. "He's more of a builder than a coach. He was the very first coach at the University of Windsor when they started up their program," said Belanger. "He was a teacher and has the respect from former players and colleagues and was a professor."

Fracas was nominated in the builders category, a category strictly for individuals who have contributed to the development of football by building CIS football programs.



George Ghiz/ Canadian Football Hall of Fame and Museum



Canadian Football Hall of Fame and Museum

Chris Flynn (left) and Gino Fracas (right) are inducted into the Canadian Football Hall of Fame for their achievement in Canadian university football.

"Gino [Fracas] had longevity, as he coached for a long time, and he also won two Yates Cups with the Western [Mustangs] as a player," said Belanger. "He led the University of Alberta to three league championships in four years and led the Bears to the Vanier Cup in 1965."

The legacy lives on with both of these icons in football. Fracas and Flynn both made a huge

mark on Canadian football history.

"We are thrilled that [Fracas's] legacy will carry on through his induction into the Hall of Fame," said Gord Grace, the University of Windsor director of athletics, in a Sept. 16 press release. "He was an icon at Windsor and his contributions to the sport of football were truly outstanding."

The Canadian Football Hall of Fame has many greats inducted,

but for CIS players and coaches to be mentioned under the same breath as McManus and Matthews is an honour.

"That's huge and people have to remember it's the Canadian Football Hall of Fame and not the CFL Hall of Fame," said Grace. "It was a huge statement bringing back the Canadian Football Hall of Fame as junior players and amateurs will be inducted."



Courtesy of Mike Van Tighem

## Dinos bring home medals

The Dinos cross country squad is off to a good start. In the first race of the season, the women's team started the day in Saskatoon on Oct. 1 by capturing a silver medal behind a tough University of Saskatchewan Huskies team. The women were led by Grace Kary in second and Faye Stening in third. The men's team also came out strong and captured gold in the team race. Gareth Hadfield led the way for the Dinos with a fourth place finish.

# Breast Cancer...

*not just a disease of older women*



**Facts**

- over 900 young women (15-39 years) are diagnosed with breast cancer every year in Canada
- over 100 young women with breast cancer die every year in Canada
- breast lumps are the most common symptom
- breast cancer does not always start as a lump
- breast cancer can spread
- breast cancer in young women is often very aggressive
- early detection saves lives

Shanna (Shan) Larsen was only 24 when she lost her life to breast cancer

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# Effah is off and running

**Kristyn Pelletier**

Gauntlet Sports

With files from Erin Shumlich

Sam Effah is the fastest man, not only at the University of Calgary, but in all of Canada. Competing in track for only four years, Effah clocks in at 10.06 seconds for the 100-metre dash — only four Canadians in history have a faster record.

With the London Olympics just around the corner, Effah is con-

stantly training. He still finds time, however, to volunteer for Right to Play, an awareness campaign promoting teamwork and sport to “improve the lives of children in some of the most disadvantaged areas of the world by using the power of sport and play for development, health and peace.” The international humanitarian and development organization promotes change in war-torn countries and is working towards equal opportunities for children around the world.

On Sept. 16–18, Right to Play and Canadian Interuniversity Sport joined a “go shoeless” initiative, where teams competed shoeless, to raise awareness for those who do not have access to sports and proper sporting equipment around the world. Together, over 30 universities, including the U of C, went shoeless to help “create a healthier and safer world through the power of sport and play.”

In a press release, Robert Witchell, Right to Play’s Canadian

national director, said “we’re proud of this meaningful campaign that not only supports every child’s right to play, but allows Canadian athletes to enrich their educational experience and create a safer and healthier world through sport.”

The *Gauntlet* caught up with Effah to chat about the Olympics, school, Right to Play and more.

**The Gauntlet:** What has been your greatest accomplishment so far in your career as a professional athlete?

**Sam Effah:** I guess my greatest accomplishment is my personal best in Florida last year — it was against guys who won medals at world meets. To be able to win medals against guys who have broken the 10 barrier is huge — a lot of them have been on the Olympic stage. But my proudest moment was winning Nationals in Calgary. I won it the year before, but because it was here it was in front of a home town crowd, I had the support of the university, friends, family and teammates around me.

**G:** What are some of the goals you set for yourself as a high school athlete transitioning to a collegiate and professional athlete?

**E:** I have always had a lot of goals with sport. I always wanted to play

football and I didn’t know that track would be number one. I now want my goal to be the Olympics and I want to make that a reality next year. My goals are less progressive — my goals have always been the Olympics. Along the way there are going to be stepping-stones like the University Games and World Championships. But if you want it, you really just have to shoot for it.

**G:** Considering your success and interest in other sports, like varsity football, why track?

**SE:** I had the same coach in high school that I have now and she just had faith in my expectations and talents. And from then, I just took on track fully from my first year until now.

**G:** How does it feel representing Canada on the world stage?

**SE:** It’s cool representing Canada, but I am doing this for the one goal. I am glad people are supporting me and watching me, but the crowd is not what pushes me. In order to perform, I can’t think about the pressure of the country and I have to do it for myself. Ultimately, it is me against seven other guys on the track, but that being said, when I think about the big picture, outside of the track itself, the support I receive is really outstanding.

**G:** How does it feel when you

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## GPS GENERAL MEETING



**THE GAUNTLET PUBLICATIONS SOCIETY**  
will hold its annual general meeting on  
**THURS. OCT. 27 AT 6:00 PM IN MSC ESCALUS**  
Any *Gauntlet* member may attend. All questions should be directed  
to Business Manager Evelyn Cone at 403.220.7380.

gauntlet

## Join the SU Team!



The **Students' Union (SU)** at the **University of Calgary** is looking for enthusiastic individuals who enjoy a diverse, exciting and rewarding workplace. The SU has full and part-time openings for:

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If you're interested in joining us at the Students' Union, please submit a cover letter and résumé to [resumes@su.ucalgary.ca](mailto:resumes@su.ucalgary.ca).

are training with your teammates on the Dinos track team as a role model and as a teammate?

**SE:** It's a good feeling having people look up to me, but these are my teammates, we push each other in training. We are all training and are competitors against each other. We are all training towards the same goal, so once we are on the track, it comes down to individual goals and those goals are met when we push each other in practice. As a team, we help each other prepare for the big meets.

**G:** What are the key aspects of

your training that have contributed to your success?

**SE:** Brenda, my coach, is great support. Her program definitely works for me and other people on the team. Amonn [Nelson], who also runs for world meets, is a huge part of Dinos track and she [pushes the team]. I get a lot of support from my family and friends. I have a lot of support within my neighborhood; a couple years ago they did a fundraiser for me that helped me compete on the world stage.

**G:** With the 2012 London Olympics coming up in the next

year, what goals do you plan on accomplishing?

**SE:** My ultimate goal is to win a medal next year. It is going to take a lot of work, but I feel with the situation I have in Calgary, it is possible. I just need to stay injury free and train smart.

**G:** How does your life outside of running influence your success as a whole?

**SE:** Running gives me ambition to excel in school and in anything I pursue. But within the sport itself, it is definitely a great lifestyle because it keeps me active and the friends and people in my life are involved in track and sports. It is a busy lifestyle and it is something I enjoy. I have to keep focused — it affects my lifestyle because a lot of the time I am away.

I train most of the day, but when I am not training I am with friends or studying. It's like having a full-time job. A lot of people work, track is my job.

**G:** Has your lifestyle changed due to the upcoming Olympics — are you more focused?

**SE:** My balance has not really changed, I am trying to stay focused. I have been successful doing the same training techniques, with the same work ethic. I just



Gauntlet file photo

**Sam Effah is the fastest man in Canada.**

choose not to change things. If it ain't broke, don't fix it.

**G:** What are some of the things you do off the track that keep you grounded?

**SE:** I am involved with Right to Play and I like to coach. I coach Dinos youth and that involved a lot of volunteering. I volunteer at events that promote Right to Play and I am an athlete ambassador.

**G:** What is it that has motivated you to give back to the community around you?

**SE:** I give back because I want to — it is not an obligation. I do this because I enjoy the program because it helps others. As a volunteer with Right to Play, I hope to get Dinos track more involved with philanthropy, as well as other varsity teams at the U of C. Committing to a sport at a collegiate or international level is all-encompassing, and I think there is a lot to be said for those athletes and teams that give back to the community that supports them.

The Dinos this week	
Friday, September 30	
<b>MEN'S HOCKEY:</b> Dinos 0, U of M 2 (in Calgary)	
<b>MEN'S SOCCER:</b> Trinity Western 1, Dinos 1 (in Langley)	
<b>WOMEN'S RUGBY:</b> Dinos 34, UBC 1 (in Vancouver)	
Saturday, October 1	
<b>WOMEN'S SOCCER:</b> Dinos 1, UVic 1 (in Victoria)	
<b>MEN'S SOCCER:</b> Dinos 2, UBC 3 (in Vancouver)	
<b>WOMEN'S FIELD HOCKEY:</b> U of A 1, Dinos 1 (in Edmonton)	
<b>MEN'S HOCKEY:</b> U of M 2, Dinos 0 (in Calgary)	
Sunday, October 2	
<b>WOMEN'S SOCCER:</b> Fraser Valley 0, Dinos 1 (in Abbotsford)	
<b>FOOTBALL:</b> U of A 7, Dinos 61 (in Calgary)	
<b>FIELD HOCKEY:</b> U of A 1, Dinos 1 (in Edmonton)	
<b>WOMEN'S RUGBY:</b> Dinos 31, UVic 15 (in Victoria)	

# CJSW ON-AIR GUIDE

	SUN	MON	TUES	WED	THURS	FRI	SAT		
5:30	cjsw echo chamber	some velvet mornings	morning joy	syncopation nation	morning joy	my two cents flat	tea time with annie (continued)	5:30	
6 am								6 am	
6:30								6:30	
7 am	alternative radio	breaking the tethers	am mixtape	the morning after	soapbox derby/ the get up	the house blend	democracy now!	7 am	
7:30								7:30	
8 am	counterspin						bunte welle german	8 am	
8:30	eritrean radio	morning mix — with BBC updates on the hour from 6 am - 9 am every weekday							8:30
9 am	hrvatski radio croatian							9 am	
9:30								9:30	
10 am	radio pilipino filipino	her royal opinion	outside the lines experimental / classical	instant gratification: revoked!	mind folk'd roots	up for it	calgary vietnamese radio	10 am	
10:30								10:30	
11 am	buscando america spanish	students' union weekly	cjsw presents	alternative radio	democracy now!	narrowcasted news	hellenic melodies greek	11 am	
11:30								11:30	
12 pm	deztination worldwide	roger that	the via lactea caboose	freewheelin' sponsored by republic	pillage the people/ my public shame	daydream dance party sponsored by beatroute magazine	speaking in tongues roots	12 pm	
12:30								12:30	
1 pm	contramandatum						double entendre preserves	1 pm	
1:30								1:30	
2 pm		the new classics	white lodge/ black lodge	off duty trip	truffle shuffle	my allergy to the fans sponsored by tubby dog	flip your wig	2 pm	
2:30								2:30	
3 pm	knotted roots						music to my ears	3 pm	
3:30								3:30	
4 pm	mental illness	aubrey's shindig sponsored by the drum & monkey	electric company	halfway home sponsored by local 522	alternative to what?	road pops sponsored by ftd weekly	level the vibes	4 pm	
4:30								4:30	
5 pm								5 pm	
5:30								5:30	
6 pm	breaking techniques	french transe en danse	desi vibes	carnival mix	that's so gay!	musiquarium	voice of ethiopia radio oromia	6 pm	
6:30								6:30	
7 pm	mind grapes	south louisiana gumbo roots	tombstone after dark roots	the blues witness roots	folkcetera roots	the dubble bounce	oh africa!	7 pm	
7:30								7:30	
8 pm	katharsis	yeah, what she said	artslink	writer's block		full moon funkalicious	nocturnable	8 pm	
8:30		fat beat diet		lift the bandstand	noise experimental / classical	dirty needles		8:30	
9 pm			least side story					9 pm	
9:30								9:30	
10 pm	that's classical? experimental / classical	the spin evolution	radio boys in the shortwave mystery	good character req./ estate sale	funk senden	what will the neighbors think?	megawatt mayhem metal	10 pm	
10:30								10:30	
11 pm		each one teach one	urban sex	am i right??	the twisted brainwring	remote emissions		11 pm	
11:30								11:30	
12 am	translucent dreams	sweet chin music	twilight banter	blue collar bravado	bass ackwards metal	dna	attention surplus disorder	12 am	
12:30								12:30	
1 am	sunday night groove school					the mix up		1 am	
1:30								1:30	
2 am		the third rail	the freak show	the robotic uprising	rage cage metal			2 am	
2:30								2:30	
3 am	straight on 'til morning					tea time with annie	latin beat	3 am	
to 5:30								to 5:30	

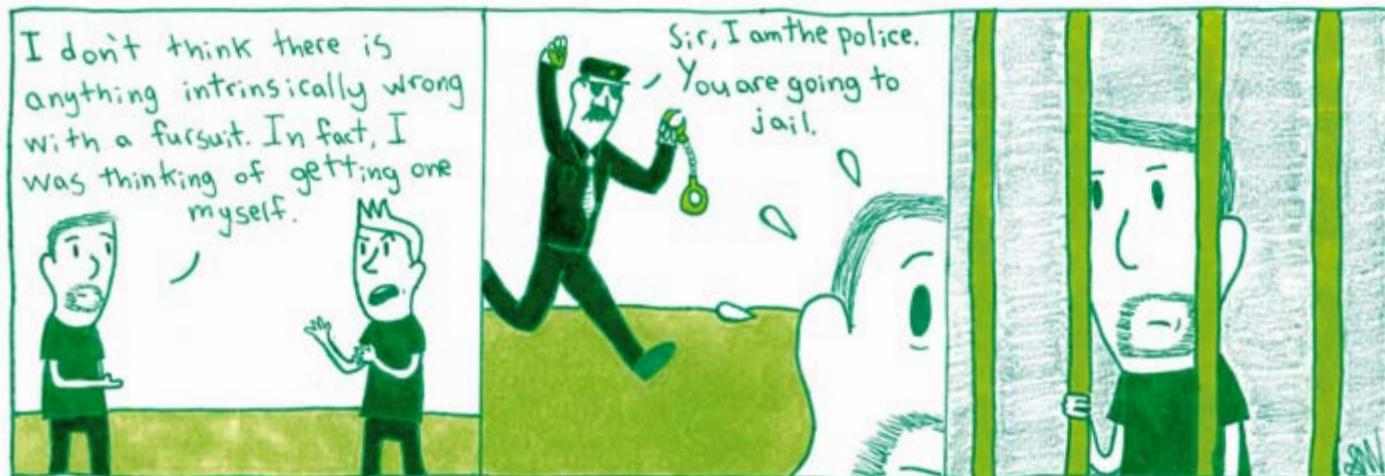
**CJSW** is programmed and largely operated by a volunteer force of 200+ but we are always looking for new members of the Calgary community to join and help out! To find out more about how you can contribute, visit [www.cjsw.com](http://www.cjsw.com).

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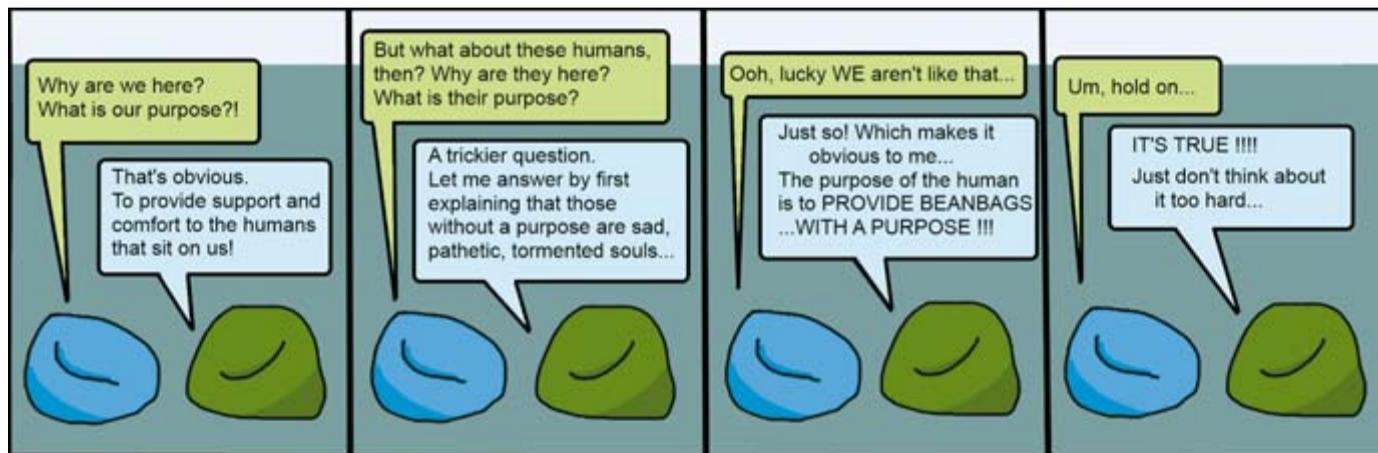
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"If you don't get the joke, Google 'yiff'."

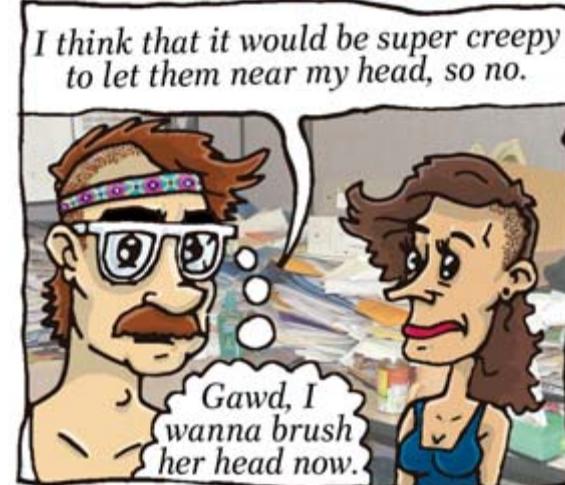
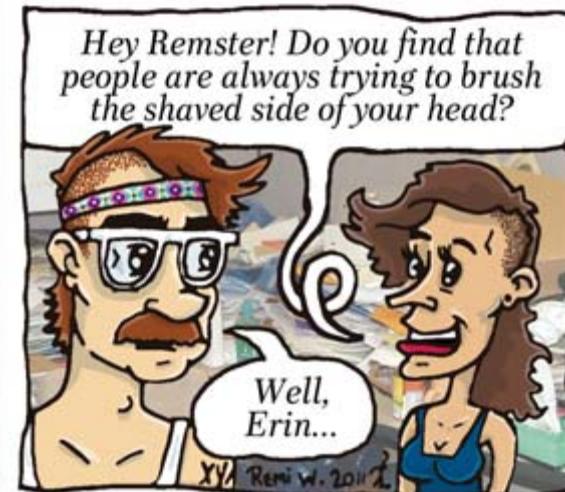
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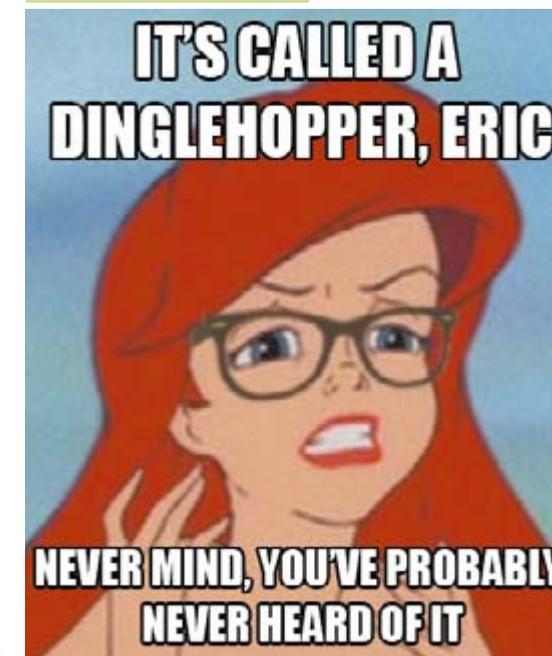
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