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**THE GAUNTLET ALWAYS
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VOLUNTEERS**

We need politicians, not cowboys

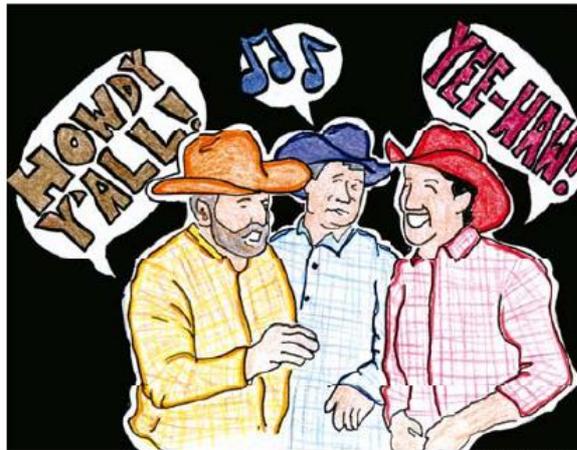
The Calgary Stampede always involves too-hot weather, fried food and Canadian politicians descending on the city to flip pancakes and pretend they're folksy and middle-class.

Stephen Harper, Justin Trudeau and Thomas Mulcair all arrived in Calgary at the beginning of Stampede to win votes by espousing their commitment to average, hard-working Canadian families and wearing plaid.

But I don't care how any of them look in a cowboy hat. I don't care if they like barrel racing, deep-fried peanut butter and jelly sandwiches or parades. I care about their tax policies, their plans for the Canada Student Loan Program and how they intend to fight climate change.

Politics in North America is an endless circus of who can look the most relatable and middle-class. Harper blasts Trudeau for being out of touch with average Canadians. Mulcair's campaign videos emphasize how he was raised on "middle-class values."

When it comes to winning votes, these tactics makes sense. The schtick of a relatable middle-class politician is pursued for an obvious reason — 93 per cent of Canadians identify as middle class, even if they aren't. By appealing to some vague,



MELANIE WOODS

undefined idea of the middle class, politicians are addressing almost all of us.

We need to stop rewarding this disingenuous pandering. There isn't a single elected member of Parliament that is just like you, no matter what their income is.

Politicians are elected to represent us in the House of Commons, where they draft legislation, debate policy and vote on which bills become laws. This is an important job, where individual actions are defined by a specific political agenda.

Tax breaks, housing policy and food subsidies might seem like abstract issues. But the policies that the government puts in place affect our lives — how much it costs to go to school, what kind of jobs will be available, how much food costs, if we'll be able to purchase a house and how much money we pay in taxes. Your life is shaped by the policies of the Canadian government.

We don't all need to know the ins and outs of public policy, but we should stop pretending that politics is a competition of who is the most

down to earth. Politicians have serious jobs, and we should treat the people who do them with the same level of gravitas.

Doing public outreach humanizes politicians and it's always going to be part of their job. And their communications teams will always be quick to publicize these gestures, sharing pictures of Thomas Mulcair holding his grandchildren's hands while watching a parade or Stephen Harper grilling bacon in an apron.

But by showing these images again and again and fussing over who makes the most money, we ignore the crux of what politics is really about — making laws that improve the day-to-day lives of real people.

Do you believe in a \$15 dollar an hour minimum wage? Do you support Bill C-51? What are your thoughts on the Truth and Reconciliation report? These are all issues that will come up during the federal election, and none of them are wearing a cowboy hat.

Stephen Harper, Justin Trudeau and Thomas Mulcair aren't anything like me. I don't need them to be — but I do want them to stop pretending that they are.

Kate Jacobson
Gauntlet Editorial Board

NEWS

PROVINCE »

Edmonton Reggae Festival meets with local LGBTQ community

Fabian Mayer
News Editor

Controversy now surrounds the Edmonton Reggae Festival after it was revealed last week that all three of its headlining artists have incorporated homophobic remarks or lyrics into past performances.

Artists Capleton and I Wayne both have songs that encourage violence against gay and lesbian people, while Queen Ifrica made comments viewed as homophobic during a 2013 performance. Several of her North American performances have been cancelled as a result of the incident.

The Edmonton Reggae Festival released a statement on Wednesday, July 8, saying that the festival does not condone any hate or discrimination and that the artists have been briefed on the festival's expectations.

Edmonton Reggae Festival vice-president Anne-Kay Brown said each artist has a clause in their contract saying if they make negative statements "on the basis of gender, ethnicity, religion, sexual preference/lifestyle, economic status, etc." they will face a \$5,000 fine.

"They have their own views. But that doesn't mean that as a festival that is what we stand for," Brown said. "Our slogan is love and unity, we don't want any discrimination or hate."

Brown believes letting the artists perform under certain conditions may actually help their music become more inclusive.

"I think with each festival and



The Edmonton Reggae Festival is scheduled for September 5. COURTESY ERF

show that they perform, people saying no you cannot sing these lyrics, I actually think it's making them more conscious and more aware of the lyrics that they do write," Brown said.

Local radio stations Hot 107 and Cruz 95.7, along with local TV station Global Edmonton, have suspended their sponsorship of the event as a result of the controversy.

Sierra Jamerson is part of the black LGBTQ community in Edmonton. She had planned to go to the festival but is now unsure if she will attend.

"I'm aware of homophobia in dancehall music, which obviously we condemn," Jamerson said. "I really wish that a vetting process

had occurred before these artists were brought in."

Jamerson said her and other individuals have from the black LGBTQ community in Edmonton have formed a group to ensure their voices are a prominent part of any discussion.

"We really need to make sure that this direction is coming from black LGBTQ people," Jamerson said. "We want to make sure that the space does become safe for everyone to be able to engage with their culture."

According to Jamerson, the Caribbean LGBTQ community now faces backlash as a result of the controversy, including threats of violence

and homophobic comments.

"Mostly what I really want people to know is that right now our community really needs the support of the greater community," Jamerson said.

The Edmonton Reggae Festival met with members of the LGBTQ, black and caribbean communities on Sunday, July 12.

According to a statement signed by festival organizers and activists, including Jamerson, the signatories want the festival to "not only continue but also to thrive and be supported broadly."

The festival called the meeting historic and has agreed to offer space at the event for LGBTQ support organizations to promote their work.

Maurice Tomlinson is a Jamaican-Canadian LGBTQ rights activist who fled Jamaica in 2012 out of concern for his safety. He believes the artists should not be allowed to play in Canada — even if they do not play any offensive songs.

"Until these individuals make a public denouncing of their homophobic lyrics, which they know are harmful, until they're ready to do that then why are we giving them money to go back to Jamaica to continue perpetrating homophobia?" Tomlinson said.

According to Tomlinson, some reggae and dancehall music plays a role in the widespread violence against the LGBTQ community in Jamaica.

"There are so many better artists that are available from Jamaica that produce quality stuff that is not homophobic," Tomlinson said.

short form

Would you vote for a student candidate in the upcoming federal election?



"I'd have to look at their other credentials."

— Julia Weaver, fourth-year psychology



"Yeah, maybe."

— Behnam Dastvareh, first-year PhD engineering



"Yes. They bring a fresh perspective."

— Riaz Ali, fourth-year computer science



"It depends on more than just if they are a student."

— Alanna Wiercinski, fourth-year psychology

Photos: Louie Villanueva
Interviews: Fabian Mayer

TUITION & FEES »

University reverses tuition increases

Fabian Mayer
News Editor

All tuition increases approved last year have been reversed. This includes both the inflation-tied 2.2 per cent increase for all courses and the three faculty-specific market modifier hikes for law, engineering and MBA programs.

The University of Calgary Board of Governors voted unanimously for the move after the NDP government restored post-secondary funding in the summer session of the legislature. Funding had been cut in 2013 and the

spring of 2015 by PC governments. The NDP have also said they will implement a two-year tuition freeze.

Students' Union president Levi Nilson sits on the Board of Governors. According to Nilson, the board was unsure whether it was required by law to reverse the increases.

"It was just good governance. All indications were that institutions were going to have to set their tuition back to 2014-15 levels. They were just being proactive in getting that motion off the books," Nilson said.

Students who have taken classes after the increases went into effect

on May 1, 2015, will receive refunds for the increased rates. Nilson and the SU have been lobbying against the market modifier increases since they were announced in the fall of 2014.

"I'm just glad that it's finally done," Nilson said. "We can be happy that nobody's going to be paying any more tuition fees than they did last year."

He argues that the SU's advocacy played a big role in reversing tuition increases.

"For the NDP to put this specific tuition proposal in their campaign

platform was a direct result of our lobbying," Nilson said.

However, Nilson worries the temporary freeze may result in massive increases when the freeze is lifted. A four-year tuition freeze in Saskatchewan was followed by some of the largest tuition hikes in the country.

"We have to make sure that there's a sustainable solution in place because we've seen it happen in other provinces," Nilson said.

The NDP has promised to consult with students and other stakeholders on how tuition should be regulated in the province moving forward.

University transitions to new campus food provider

Fabian Mayer
News Editor

Students will notice different food options on campus when they return to classes this fall. The University of Calgary is transitioning between food service providers after Aramark replaced Chartwells in the spring.

Aramark will be responsible for the dining centre, some catering and numerous retail locations across campus. Associate director of food and conference services Jill Blackie said the transition has been smooth so far.

"It's a very complex transition after you've had one company for 10 years," Blackie said. "It's gone extremely well."

Blackie said the most challenging part is ensuring people formerly employed by Chartwells are able to continue working on campus.

"We really wanted to make sure that all of those people were well looked after," Blackie said. "I'm really proud to say that there were less than five people who we didn't absorb."

Students' Union vice-president operations and finance Sarah Pousette recently met with an Aramark representative to outline student concerns.

"We talked a lot about how hot halal options need to be available everywhere on campus," Pousette said. "The other thing we talked about is having students being able to know what's really in their food."

Pousette said they also discussed the importance of longer hours and more variety in the dining centre, where the majority of students living in residence have meal plans.

Blackie said she was excited about Aramark's planned offerings, though she was not yet able to discuss them in detail.

"Many of the items that students, staff and faculty asked for are going to be represented," Blackie said.

She said halal options will be made more available and that renovations of a few retail locations will begin soon.

"We're hoping that the majority of locations are all open for the first day of classes," Blackie said. "We have a couple of challenges with certain locations, but that's the goal."

Aramark is also the SU's main competitor for catering on campus. Pousette said she hasn't noticed differences in sales of the SU's services so far but that she doesn't have issues with the competition.

"It encourages us to provide really good food," Pousette said.

Q & A »

Youngest federal election candidate talks campaigning and the youth vote

Fabian Mayer
News Editor

The youngest candidate running for office in Canada's fall federal election is a 21-year-old University of Calgary student. Ala Buzreba is putting her international relations degree on hold to run as the Liberal candidate for the riding of Calgary Nosehill. We sat down with her to talk about young people in politics and her experience so far.

The Gauntlet: Why are you running and how did you come to that decision?

Ala Buzreba: I've always been part of the Liberal party. I've always been part of the UCalgary Liberals. I volunteered for the party for a very long time. I knew everything about the party and the party represented me, but there aren't enough people that are like me in the current government. I wanted to change that.

G: What do you mean people that are like you?

AB: There's not enough youths, there's not enough women. [In] our current government there's no balance in terms of men and women, in terms of the age. We keep seeing the same people.

G: Why is it important for young people to be involved in politics?

AB: How else are we going to get our voices heard? We need to be there, be at the front lines to make sure they're responding to our issues.

G: What is it like being a candidate so far?

AB: It's a really good experience. I actually recommend it to everybody.



Ala Buzreba is the federal Liberal candidate for the riding of Calgary Nosehill.

LOUIE VILLANUEVA

but they have to understand the work that comes with it. This is not a part-time job, this is a full-time job and a full-time way of life so you have to really be into it. It is challenging, it is hard and you will meet people that won't like you based on who you are and you just have to deal with it.

G: Young people tend to have low voter turnout, what do you think can be done to change that?

AB: You have to get the youth to actually care about an issue. If you look at what the government is doing now, look at youth unemployment rates which are double the national average, you look at the social safety net — our social safety net is not the same as our parents' social safety net. We need a government that actually cares about

us. In order for us to make a difference, we have to vote. Because right now they're seeing that the youth don't vote.

G: What do you think are the most important youth and student issues in the federal election?

AB: Crippling student debt, youth at risk and unemployment are huge ones. The unemployment rate is huge. We're the future generation. We need to find jobs. We need employers to have hiring incentives so that they hire us.

G: How do the Liberals plan to address those issues?

AB: The Liberals do have a hiring incentive for employers to get them to hire youth. Justin Trudeau was a youth critic so he knows a lot about

youth issues. He comes to campuses, he talks to students. He wants to know what they think about and what they care about and that's something the other candidates aren't doing enough.

G: What is the most challenging part of being a candidate?

AB: There is a large commitment in order to do this. You have to be very serious about it. I'm putting school on hold because there's no way I can be in school and be running a campaign. I've had to let go of a lot of things to do this but that's because I really care about it. I care about the government, I care about making my voice heard. It's a good experience but there's a lot to give up.

Edited for clarity and brevity

BRIEFS

Animal rights groups cry foul after four horses die at this year's Calgary Stampede

The Calgary Stampede is over, but the conversation over animal welfare at the event continues. The last day of events saw a horse euthanized after tearing a ligament in the chuckwagon races. This brought the total number of horse deaths to four.

The Stampede said it will review its practices regarding animal safety. Animal rights groups have long criticized the event for its treatment of animals.

Earlier in the week, a competitor was disqualified from the Stampede for whipping his horse excessively

in the calf roping event. The incident marked the first time mistreatment of an animal resulted in a disqualification.

Iran agrees to nuclear deal in exchange for easing of sanctions

Iran and the international community have agreed to a landmark deal on the country's nuclear program. The agreement comes after two years of negotiation.

Included in the deal are limits on the number of centrifuges Iran can possess, the level to which uranium can be enriched and how much enriched uranium Iran can stockpile. In return, the United States and other

countries will lift their severe economic sanctions on Iran.

Iran has always maintained its nuclear program is peaceful but concerns over their perceived desire for nuclear weapons have historically worried western nations.

Both U.S. President Barack Obama and Iranian president Hassan Rouhani hailed the deal as a success. Obama said the deal cuts off any pathways for Iran to gain a nuclear weapon.

Not all world leaders are happy with the agreement. Israeli Prime Minister Benjamin Netanyahu called it a "historic mistake."

The agreement must pass through both houses of the Republican-controlled congress before it can take effect.

Crowded Republican primary field adds nominees

The race to be the Republican nominee for the 2016 U.S. presidential election grew more crowded this week when Wisconsin governor Scott Walker announced his bid. Walker's announcement follows that of controversy-prone billionaire Donald Trump, who joined the race last week.

The number of officially declared candidates is now 15. Jeb Bush, brother and son to two former presidents, is considered the frontrunner for the nomination. The first votes will be cast next February at the 2016 Iowa caucuses.

ENTERTAINMENT

MUSIC FESTIVAL »

Calgary Folk Fest more than acoustic guitars



Kid Koala (left) and Colin Stetson (right) are some of the highlights from this year's Folk Fest.

COURTESY NUDEVINYL



COURTESY MÁRIO PIRES

Grab your oversized tarps and put on your dancing shoes. The Calgary Folk Music Festival is back in town from July 25–28.

The four-day festival brings 74 local and international musicians and comedians to Prince's Island Park, where they'll play across seven stages. Though it's called a folk festival, the artists performing encompass a variety of styles, including blues, electronic, celtic and indie rock.

Artistic director Kerry Clarke says people who don't normally listen to folk music will be surprised by the variety at the festival.

"When people think of folk, sometimes they think it's not for them. For us, folk becomes the atmosphere and the vibe," Clarke says. "It's hard to describe the vibe and experience at the festival and how much you're going to discover new artists."

When selecting artists to play Folk Fest, Clarke says she looks at artistic merit over hometown bias.

"We're trying to pick artists where, if I was booking a festival elsewhere, I'd book these artists from Calgary," she says. But Clarke has some advice for local artists hoping to break into the music scene.

"We're looking for people who write their own songs and are original, who have at least 20 songs in their repertoire," Clarke says. "I would say, play a lot around town and out of town and get some experience with the city."

Clarke says it's not unusual for people to attend the festival without knowing many of the artists.

"I encourage you to figure out who's coming and read the bios, because your new favourite artist might be at the festival," Clarke says. "Sometimes people spend thousands of dollars to go to Bonaroo or Coachella without realizing a lot of those artists are playing here or will be in the next few years."

The festival offers student rates for tickets, with single-day admission available for under \$40 and a festival pass for \$129.

Want to go to Folk Fest, but are unfamiliar with the artists performing? *Gauntlet* staff have chosen four Folk Fest artists with must-see shows.

J.J. Shiplett:

Friday at 3:00 p.m. on Stage 4
Saturday at 10:30 a.m. on Stage 2
Saturday at 3:20 p.m. on Stage 1
Sunday at 10:30 a.m. on Stage 1

Calgary-born country singer J.J. Shiplett will bring his soulful lyrics to this year's Folk Fest. Driven by passionate vocal performances and a willingness to get rowdy, Shiplett's live shows have garnered a well-deserved buzz.

Shiplett released his EP, *The Only One*, in September 2014. The three tracks on the release showcase his detailed songwriting and sincere lyricism. Watching Shiplett combine these tracks with some old

staples will be a highlight of this year's festival.

Shiplett's songs will strike the perfect middle ground at Folk Fest. His lyrics will touch the audience, but the music is upbeat enough for the crowd to get up and dance. With a number of shows throughout the festival, do yourself a favour and find out how good local country music can be.

Rachel Woodward

Reuben and the Dark:

Thursday at 7:45 p.m. on Stage 4
Friday at 4:30 p.m. on Stage 3
Saturday at 10:30 a.m. on Stage 5
Saturday at 1:50 p.m. on Stage 6

Calgary natives Reuben and the Dark headline Folk Fest this year. Fueled with energy from the deluxe release of their latest album, *Funeral Sky*, frontman Reuben Bullock and his bandmates will be performing four shows throughout the festival.

The band's sound is a mix between the moody vocals of Bright Eyes and the harmonic melodies of Vancouver contemporaries Said the Whale. Reuben and the Dark's full-bodied instrumental sound is backed by catchy melodies and heartfelt lyricism.

The combination of new songs and reworked versions of old favourites teases an interesting live set where Bullock and his band play old songs with new flourishes.

With this energy behind them, now is a great time to see the group live. They have four sets scattered throughout the weekend, including a marquee slot on Thursday night. You'd be sorry to miss them.

Emilie Medland-Marchen

Colin Stetson:

Saturday at 6:15 p.m. on Stage 4
Sunday at 1:50 p.m. on Stage 4

Canadian composer Colin Stetson may be the most prolific saxophonist in contemporary music. He's contributed his distinct and hypnotic brass work to artists like Arcade Fire, Bon Iver and Tom Waits, while also building an impressive catalogue of solo albums. His latest work, *Never Were the Way She Was*, is a collaborative album with Arcade Fire's Sarah Neufeld that was recently named to the Polaris Prize shortlist.

Stetson shines in his live performances, where he has a commanding presence. His mastery over his craft is astonishing and Stetson manages to build immersive soundscapes even when playing solo. Having perfected the art of circular breathing, he never needs to stop playing to pause for a breath and is also able to seamlessly add vocalizations to his music.

These impressive techniques add mesmerizing touches to Stetson's already stellar music. He's sure to present one of the wildest sets of the festival.

Jason Herring

Kid Koala:

Friday at 8:55 p.m. on Stage 4
Saturday at 10:30 a.m. on Stage 1
Sunday at 1:50 p.m. on Stage 4

On the surface, Kid Koala seems like an odd choice for a folk festival. Claiming he makes folk music definitely stretches the definition of the genre. The award-winning Canadian turntablist, also known as Eric San, creates cheeky, energetic electronic music that incorporate samples from obscure old movie and manipulated '50s blues tracks.

San has always brought ambitious performances to the stage. His recent multi-disciplinary work, *Nufonia Must Fall*, consists of a graphic novel, soundtrack and stage show. San isn't afraid to dabble in a variety of creative mediums to expand his artistic and musical repertoire.

This is especially apparent in *Vinyl Vaudeville 3.0*, the live version of San's 2012 album, *12 Bit Blues*. San is bringing this renowned show to Folk Fest in its only performance of the year. The show features robotic singing puppets, dancing robots and a live construction of a working cardboard gramophone on stage. Regardless of the genre of his music, Kid Koala's set is sure to be a whimsical spectacle you won't want to miss.

Liv Ingram

HiFi Club celebrates 10 years of EDM

Jason Herring
Entertainment Editor

After the HiFi Club opened in early 2005, the venue became a staple in Calgary's music scene, hosting underground and innovative electronic dance music (EDM) artists.

The venue is now celebrating its 10th year by hosting a series of parties. HiFi manager Sarmad Rizvi says it's interesting to see how the EDM scene has grown since the club opened.

"[EDM] hit a bit of a wall in the mid 2000s. But it found its resurgence in 2008 when dubstep became popular. Calgary always mimics what happens in other parts of the world, so we began to get more venues promoting electronic music," Rizvi says. "I don't think back in the day we thought electronic shows would happen at the Big Four or the Saddledome. The scene's gotten a lot bigger since we started, which means more competition in our industry."

Even though the EDM industry has grown more competitive since HiFi opened, Rizvi says the surrounding scene hasn't had a big effect on their business.

"I feel like we've carved out a pretty good niche for us here, so it doesn't really affect us. We try to keep on the underground side of music anyways," he says.

Rizvi started working at HiFi a few months after it first opened, also acting as a talent buyer for the venue. He says the best part of the job



The HiFi Club has provided a venue for underground electronic music in Calgary for 10 years.

LOUIE VILLANUEVA

is being able to influence the music scene in Calgary.

"We pick music we feel deeply about. When we hear something we really love, the first thing we do is find out who the booking agent is for what we're listening to. It's an amazing perk, to be able to promote shows of the music you love," Rizvi says.

Though HiFi has been able to book most of their desired acts, Rizvi says the venue still has a bucket list of artists they want to bring to

Calgary.

The club will be able to cross one artist off its list when famed electronic musician Jamie xx comes to town on July 22 for the first of HiFi's anniversary parties.

"Jamie xx was at the top of our list, but when I booked him I didn't know he had an album coming out," Rizvi says. "After we booked him there was an onslaught of releases and videos and collaborations from him. It couldn't have gone any better."

Jamie xx's set is the first 10th

anniversary show at HiFi. Though no other concerts have been announced, Rizvi says he's working to finalize two or three more shows.

When asked what he expects from the club over the next 10 years, Rizvi has an easy answer.

"We just signed another 10-year lease, so we don't see it going anywhere," he says. "We're a great place that allows Calgary to listen to new music and helps bring new music into the market. We just want to keep doing what we're doing."

NEW THIS WEEK »

Ant-Man — Marvel's latest blockbuster is about a man who literally becomes an ant. The movie will feature Paul Rudd being very small.

Paper Towns — This movie is another adaptation of a John Green book about a quirky boy who falls in love with a tragically misunderstood girl. Can't wait for this every year ad infinitum.

Currents — The new Tame Impala album is here to give us what we've all been missing in our lives — drugged out Australian psychedelia.

So You Think You Can Dance: Season 12 — Auditions and Vegas week are over, which means it's time for another season of rip-roaring dance competitions. Also, Jason Derulo is a judge and he keeps inexplicably dancing on stage every week.

Go Set a Watchman — Give the new Harper Lee book a read. I heard it was published with her express consent, isn't terrible and won't tarnish a great author's legacy.

Trainwreck — This Amy Schumer film about a girl with commitment issues will probably be a perfectly pleasant romantic comedy. Then again, it's directed by Judd Apatow.

LOCAL FESTIVAL »

Do-it-yourself cycling festival pedals into downtown Calgary

Jason Herring
Entertainment Editor

As cycling in Calgary thrives with newly opened downtown cycle tracks, the city's do-it-yourself bicycling festival, Cyclepalooza, returns for its fifth year.

Cyclepalooza is a community-organized ten-day festival that gives anyone the opportunity to organize events. While a few events are run by festival staff and sponsors, most are set up by cycling enthusiasts.

Organizer Signe Bray says festival staff generally let the community dictate the way the festival looks.

"[Cyclepalooza] was inspired by similar festivals in Vancouver and Portland. Some folks thought it would be fun to bring this kind of do-it-yourself biking festival to Calgary," Bray says. "Anyone who would like to can organize and post events. We have minimal screening, but we do very little editorial control over the events themselves."

One festival event is the Funkadelic Radio Ride, a nighttime downtown ride where cyclists are encouraged to bring their own radios and collectively tune into the Fullmoon Funkalicious show on CJSW. At the closing event, cyclists will gather at Prince's Island Park to take turns trying to hit a pinata while riding their bikes.

Bray says the cycling community is excited about the growing acceptance of cycling in Calgary.

"The cycle track pilot project was a huge victory for all the people who worked really hard to get it developed. We're really excited to see how it develops beyond that, but we're all loving riding and using the new infrastructure," she says.

Cyclepalooza is running later in summer than it has in past years. The festival usually takes place near the end of June. Bray says the organizers wanted to see whether there would be an attendance dropoff, as Calgary Stampede ran concurrent with the

opening of the festival, but the first few events were still successful.

"It's the first year we've had [Cyclepalooza] at the same time as Stampede and we were curious to see, but I don't think the attendance was affected too much," Bray says. "It seemed like most of the usual suspects were there."

Bray says one of the biggest benefits of a festival like Cyclepalooza is being able to connect with like-minded people in Calgary.

"If you're interested in cycling but don't know many other people who are into it, Cyclepalooza is a great way to connect with other people who are interested in bikes," Bray says. "If you're unsure, take a leap and give it a try!"

Cyclepalooza will take place at various locations throughout Calgary from July 10-19.

For more information on Cyclepalooza, visit cyclepalooza.ca



Newly opened bike lanes are causing a cycling resurgence.

LOUIE VILLANUEVA

NEW MUSIC »



Son Lux
Bones
June 23, 2015 (Glassnote)

Although *Bones* is the fourth album from Son Lux, the brainchild of American musician Ryan Lott, this is the first time the artist has band-mates.

After 2011's *Lanterns*, Lott worked with drummer Ian Chang and guitarist Rafiq Bhatia to add depth to the album's live performance. Their collaboration was successful, and Chang and Bhatia have become permanent additions to the project. The trio are so in sync that it sounds like they should have been there all along.

Lott's arresting voice breaks through a thick wall of baroque

noise in album opener "Breathe In." When Lott sings "you have only just begun," his words are a primer for the album. The music is still Son Lux's unmistakable hazy indie rock, but Lott begins exploring new themes and styles.

As Bhatia's guitar fades from the track, the sound is replaced with a booming, distorted piano and the first bars of "Change is Everything" begin. As *Bones* moves fluidly from inorganic to organic sounds, the dichotomy of Son Lux's classical influences and digital instrumentation shine through, making

the single one of *Bones*' best. The beautiful backing track is supported by Lott's powerful lyrics. His words often sound deceiving, making his real intentions ambiguous.

The album follows a natural progression. Each song builds on the last as Son Lux crafts a technically adventurous soundscape. But this progression doesn't always work. The track "White Lies" abruptly takes on a club vibe that feels ill-placed and inconsistent with the rest of the album.

The musicians' classical back-grounds shine through in "Now I

Want" as Lott and a choir trade gorgeous vocal lines.

The influence is even more prominent in the subtly epic orchestral arrangement of the album's final track, "Breathe Out." The ending of *Bones* also establishes a beautiful symmetry in the album. True to the title, the song feels like a deep exhalation.

Overall, *Bones* is an excellent release that marks an exciting new evolution in Son Lux's already stunning discography. This album is well worth exploring.

Liv Ingram



Little Boots
Working Girl
July 10, 2015 (On Repeat Records)

Gone are the days when British electro-pop singer Victoria Hekseth, better known as Little Boots, had to work under the cookie cutters of the big label pop music industry.

Little Boots released her third album — aptly titled *Working Girl* — on her own label, On Repeat Records. The album explores Hekseth's pursuit of success and struggles in a male-dominated music industry, expanding on the themes presented on last year's *Business Pleasure EP*.

The album takes from early '90s

deep house, modern pop and disco. Clad in a pastel power suit, Hekseth effortlessly layers synthesizers over drum machine loops to create simple, infectious tracks.

Working Girl begins with a cheeky recording on an automated voice messaging system, immersing listeners into the corporate-themed album from the start.

Though the upbeat and powerful one-two punch of "No Pressure" and "Get Things Done" start the album off on the right track, they cause the album to peak early.

Working Girl continues with a

set of songs previously released on *Business Pleasure* late last year. This is disappointing for fans expecting new material and feels like filler in an already sparse album.

Tracks in the middle of the album, like the dreamy "The Game" offer pleasant but forgettable electronic grooves.

Working Girl's penultimate track, "Paradise," is one of the album's catchiest songs. While the lyrics in the song lack depth, it doesn't matter. This track will stay in your head for weeks.

The album closes out with the single "Better in the Morning," a synth-filled ode to hangovers after a night out. Catchy and carefree, the track ends the album on a high note.

Working Girl is a solid record, but it contains too much filler. But fans who have followed Hasketh since her departure from the 679/Atlantic record label will be satisfied by the impressive departure from her old label, and fans of electro-house music will be intrigued by her daring pop.

Derek Baker

STAFF PICKS »

JULY 16-23

Thursday, July 16:

Enjoy a leisurely bike ride, have a picnic and learn about urban beekeeping with ABC Bees as a part of Cyclepalooza. The event is free — if you dress in a bee-related costume.
Place: Calgary Resource Centre
Time: 5:30 p.m.

Thursday, July 16:

Recover from the Calgary Stampede with a hangover picnic featuring music and local vendors.
Place: containR in Sunnyside
Time: 6:30 – 8:30 p.m.

Friday, July 17:

Theatre Calgary presents Shakespeare at the Bow, a pay-what-you-will

waterside play showcasing recently graduated actors. The troupe is presenting *The Tempest*, a comedy about love, family and forgiveness.

Place: Prince's Island Park
Time: 7:00 p.m.

Friday, July 17:

Catch some movies at the India Film Festival of Alberta, including the critically acclaimed *Peter Panjali*, a film about a priest who leaves his home and family in search of work.
Place: Globe Cinema
Time: 7:00 p.m.

Saturday, July 18:

The East Village holds their fifth annual Rock the Walk mini-festival,

featuring food trucks, venues and sets from local artists like Napalm-palm and the Lovebullies.

Place: Riverwalk Plaza in East Village
Time: 10:00 a.m. – 6:00 p.m.

Saturday, July 18:

Bring a mat to the park and enjoy some yoga in the sunshine, organized by Shift Outdoor Yoga.
Place: Riley Park
Time: 10:00 a.m.

Sunday, July 19:

Market Collective takes over the Chinese Cultural Centre. Local vendors will sell art, jewelry, food, home decor and clothes.
Place: Chinese Cultural Centre
Time: 10:00 a.m. – 6:00 p.m.

Sunday, July 19:

The Calgary Turkish Festival celebrates Turkish culture with live music, dancing, food and Henna tattoos.
Place: Eau Claire Market
Time: All day.

Tuesday, July 21:

Stage West Theatre presents *Rumours & Dreams*, a show that examines the storied history of the classic rock band Fleetwood Mac.
Place: Stage West Theatre Restaurants
Time: 6:00 p.m.

Thursday, July 23:

Sit back, listen to live music and enjoy a few glasses of wine at the Summer Wine Festival.
Place: Kensington Wine Market
Time: 7:00 p.m.

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weather permitting

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Every Saturday from June 27 – August 29, from 11 a.m. – 3:30 pm. The tent will be set-up between the wading pool and the playground.

- Have fun with reading, games and crafts.
- Enjoy the outdoors.
- Children of all ages are welcome and must be accompanied by an adult at all times.

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HEALTH & WELLNESS »

Personal trainers trump online fitness gurus

Emilie Medland-Marchen
Gauntlet Sports

Should you start your fitness journey with CrossFit? Going vegan? What about a paleo diet? With so many fitness buzzwords floating around online, it's hard to cut through the noise and get to the root of fitness — improving your health.

With the Internet, it seems anyone can tout themselves as a health expert, regardless of their actual qualifications. All you need is a decent body and some social media skills to gain a following as a fitness guru.

What happened to the real experts? In the case of personal trainers, they're alive and well.

Personal trainers are fitness experts who, unlike the Internet crowd, have the certificates to back up their claims. They provide the knowledge needed to develop a dedicated training regimen, while also addressing a variety of musculoskeletal, strength and endurance-related problems. Personal trainers can be pivotal in advancing personal fitness goals by helping with motivation and supervising technique to avoid injury.

The Active Living program on campus offers a personal training team for University of Calgary students.

Jeff Kitura is a personal trainer and former world-class speed skater who was a member of the Canadian National Team from 2002–11. Now retired, he's a certified trainer with his gym, Kitura Fitness. Kitura works with clients from ages 11–17, and sees personal training as a valuable addition to a healthy and active



Jeff Kitura believes personal trainers are crucial in helping to improve physical literacy, especially for students.

"I think that being literate academically should be one with your physical literacy," Kitura said. "I've had several guys who are engineers that I have trained, that can solve any math problem you can send at them without a calculator or any help. But they can't even lift a weight properly. I think there's something wrong with that picture."

Personal training helps to establish a routine that complements a student's busy schedule. In elementary school, daily physical activity is considered a necessity. But as students continue with higher education, this value falls by the wayside. It's common for students to let their physical fitness falter. Coupled with unhealthy

eating and sleeping habits, this neglect can result in a poor lifestyle that persists throughout adulthood.

Academia and athletics seem to be two separate worlds that can't be integrated. Kitura thinks this is a big problem.

"People are getting winded going up the stairs to MacHall. There's something askew with the way our culture is looking at health. Basic physical skills are neglected. Rather than health, we place a lot of value in wealth."

Students also sit at desks all day, which can lead to posture problems and other health defects.

"You're going to find that a student will be very hunched, with rolled in shoulders, a closed chest,

and not utilizing their lungs like they should," Kitura said. "So opening up the shoulders, doing some thoracic stuff, obviously core strength too, is very important. But it's amazing how much your hips and your legs are involved in that as well. If your hips aren't stable and you don't have a good pelvis, you're not controlling what basically holds up your whole frame."

But fear of these potential health risks can't be the only reason to get more active. Physical activity should be part of everyday life.

The term 'physical literacy' is used in sport science and medicine to describe a person's ability to complete a range of basic physical movements and exercises. This includes the ability to

bike, swim, run, squat and lift weights correctly. Like academic literacy, these skills are basics that students can build on.

Unfortunately, this concept isn't emphasized in childhood development. As an adult, it becomes difficult to develop these skills, which are required to maintain a healthy lifestyle and find joy in physical activity.

For adults with gaps in their physical literacy, personal trainers can have a significant impact. They help lay the foundation of basic skills that build up to other exercises. Once this foundation is developed, working out becomes more fun, less inconvenient and more of a routine.

But what about the biggest concern to university students — affordability? Seeing a trainer three times a week can be pricey for students, ranging from \$60–100 a session. Kitura says that affordability can be an issue when it comes to hiring a personal trainer, but there are options that make it cheaper.

"Working out as a group is going to be easier because you'll have that social support as well as the help with the cost," Kitura said. "But I don't know if you can really put a cost on health. If someone feels that they don't have the habits to get themselves training, even a few sessions with a personal trainer is going to go a long way and just kick the door in to get started. There's a few basic exercises that you can get used to, and you can go a long way with them."

If you really want to get serious about your health, hiring a personal trainer is an excellent first step.

HEALTH & WELLNESS »

Ballet barre emerging as Calgary's newest health trend

Carlyn Stilling
Gauntlet Sports

I was the kid in ballet class who tripped and took out all the other little ballerinas in the dance circle. Needless to say, ballet and I don't get along.

When I started to see that "ballet barre" classes were the latest fitness trend, I cringed. These classes are all around Calgary and the most popular ones even have waiting lists for their extra clients. So I figured there must be something to it.

University of Calgary ballet barre instructor Stephanie Vahaaho talked about the myths behind this latest trend. Although I thought the classes were purely ballet-based, many are a fusion of various different fitness components.

"Barre fusion combines blended elements of pilates, core conditioning,

classical ballet and resistance training on and off a barre," Vahaaho said.

The class is typically broken into three components — barre, arms and core. The U of C's barre class has more of a fitness-based feel to it, rather than focusing only on dance. Vahaaho believes these classes are popular because they appeal to both those interested in dance and those seeking the health benefits of a traditional exercise class. Ballet barre develops strength, muscle tone, coordination and flexibility while promoting proper posture, joint flexibility and lower back stability.

Vahaaho assured me that you don't have to have a dance background to participate — they even allow ballet school dropouts like myself.

Those with injuries can also take part, as the instructors modify the program to fit participants' limitations.

Each person can adjust their workout to their own level and modifications are always an option.

The class sizes are usually small, with 12–20 students. Both men and women take part, with many using the class to supplement other fitness activities. Vahaaho suggests up to two classes per week to see results.

You don't even need the leotard or the tight bobby-pinned bun. Vahaaho recommends wearing whatever exercise clothes you normally would, as well as socks with grips on the bottom or bare feet. Other equipment like free-weights is provided, but you should bring a yoga mat and towel.

The U of C's summer class offerings will run until August 25. They cost \$80 for the full program, and will continue during the Fall and Winter semesters from September 14 to December 7 for \$110.



Ballet barre is more than a traditional dance class.

COURTESY ANGIE CHUNG