



See what we had to say
about X-Fest on Page 3

#WelcomeBack #SixYearsAndAMovie

Meet the new editors on page 2. (Spoiler Alert: They're great.)

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Melanie Walsh

Photo Editor

With a passion for capturing life's special moments and events that shape our society, Melanie is excited to return to the Reflector staff to take on the role of photography editor. The journalism student spent her summer interning for CBC North in Yellowknife, Northwest Territories. Melanie is excited to be back at MRU where she will spend her last semester snapping photos around campus and drinking chai tea lattes.



Robyn Welsh

Features Editor

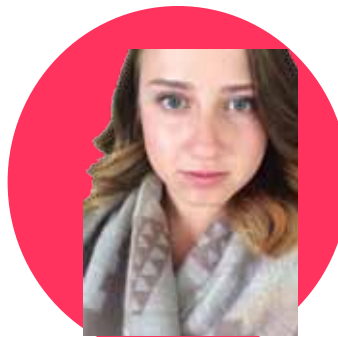
Robyn Welsh is always looking for the perfect quote. She is a second-year journalism student who became a staff writer in her first year. Among her favorite things are grandpa sweaters, stationary, and creative writing. As a passionate feminist, Robyn constantly finds herself questioning double-standards and getting mad at sexist remarks. She constantly craves sushi and can often be found riding around on her motorized scooter or enjoying a cup of coffee down the road at Monogram. Robyn loves art, rainy days, and all things plant-related (just ask the 50-plus plants in her house). She hopes to bring exciting content to the Reflector and is excited to be the new Features Editor!



Brendan Stasiewicz

Sports Editor

I'm Brendan Stasiewicz, my friends call me Staz and I aspire to one day be as great of a man as our gracious publishing editor, Bigoa Machar. Because sports are undoubtedly man's greatest creation, I have spent my three years at Mount Royal primarily writing about everything that occurs on the court, the ice, the pitch, or any other area where athletics take place. Tom Brady (the GOAT) is my hero and Tiger Woods my role model. I sport a +1 handicap on the course and am looking forward to the opportunity to be the new sports editor for the Reflector Newspaper. I'm also a very below-average rapper with absolutely no musical aspirations; but still feel free to check out my NSFW mixtape on Soundcloud.



Nina Grossman

Layout Editor

Nina Grossman is a fourth-year Journalism student. She is excited to take on the role of Layout Editor this year and develop her skills with Photoshop and InDesign. After some time as a Public Relations major, Nina is thrilled to have found her passion in writing and editing. Nina is a lover of all things with caffeine, late homework nights with (a lot of) wine and her cat, Gracie. She loves art, reading and eating and is passionate about politics and social justice. Nina's travels and curiosity about the world led her to journalism. She normally smiles in photos but her hair looked good in this picture so she went with it.

News Editor
Amy Tucker
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Amy Tucker

News Editor

I'm a story teller by nature and a perpetual learner of journalism. I have an affinity with world cultures, languages, souls, and food. As a fourth-year student at Mount Royal University, I'm currently developing my speciality in international reporting. My first steps towards this have been travel - getting to know the world community. I have travelled extensively through Asia including a trip to India this past May. There, I worked on a short documentary-style video on dance as an integral part of life and moral at an orphanage.

While I have an inclination for feature pieces, I have also covered local news with stories appearing in J-Source.ca, The Reflector, MRU Newsroom, and The Calgary Journal. This semester I will be taking on the role of president for MRU's Journalism Society, a student-lead organization which hosts events to discuss journalism best practices and promotes engagement between industry professionals and students.



Brett Luft

Web Editor

Hey, I'm Brett. I'm a fifth-year journalism student here at Mount Royal University. I'm fascinated with culture and technology, and as a result of that I just wrapped up studying for a year at Hirosaki University in Japan. If there's one thing I can say from my experiences here at Mount Royal, it's this: doing something fun with your university experience is the best part about student life. At The Reflector I am the lowly Web Editor. I help The Reflector crew digitize their portfolio while placing an emphasis on breaking news. I tend to write about dank memes and dank meme accessories. Hopefully my humour doesn't fly over your head, and I look forward to sharing our work with the lovely students at Mount Royal University.



Kennedy Enns

Arts Editor

Kennedy Enns is a second-year journalism student and has been writing for The Reflector as a staff writer since her first year. She is thrilled to take over as Arts editor this year and hopes to inspire as many students to become new contributors as she can. Kennedy spends her time writing, listening to sad songs and over-analyzing movies. Her reigning favorite movie is Gone Girl. In her lack of spare time she also runs a feminist arts and lifestyle website with three of her friends (including Features editor Robyn Welsh!) called Vamp Media. She hates writing about herself.



Bigoa Machar

Publishing Editor

My name is Bigoa Machar, part-time journalist and full-time day dreamer. Born and raised right here in Cowtown, I'm an avid League of Legends player, hardcore Toronto Raptors fan, and a self-proclaimed hip-hop head. When I'm not writing or doing any of the above, I enjoy cycling trips along the Bow River, playing pick-up basketball, or reading Spider-Man comic books. Fears include crows, people with bad grammar, and hares.

Meet

the

2016-2017

Editors

For updated news be sure to visit:
thereflector.ca

The Reflector Office is located under Wyckham house. To get in touch with The Reflector staff, stop by during school hours or send us an email. For a list of editor emails go to: thereflector.ca/staff/

REFLECTORIAL

Welcome Back.

As the leaves begin to fall just as fast the the temperature, it's time to put down the t-shirt and pick up a textbook. I'm sure most of you are somewhat ticked that summer is over, but fear not. The new school year is a new opportunity to find your second wind in life. Whether it's reinventing yourself, finding new friends or trying something new for the first time, your University career is going to be as good as you make it. Whether you're a new student gracing our campus halls for the first time or coming back for another round, be sure to check out all of the cool things MRU has to offer. From the Super Smash Bros. club to sex toy bingo, there's a lot of quirky and fun opportunities here at the school for you. Take it from me. During my first year at MRU, I had maybe one or two friends that I would sometimes talk to, but for the most part I just stayed to myself. I was stressed out, tired and limiting the potential of how good my university experience could be. I quickly realized this was not how I wanted to live while earning my degree, so I did somethings that were out of my comfort zone, but in the end very worthwhile. Never in my wildest dream did I think I would end up at a place like The Reflector, yet here I am, talking to all of you. Expanding yourself beyond what you're used to is one of the best things you can do to make you feel good about yourself and your situation. So going forward, don't be scared to try something new and exciting this year.

-The Reflector

“The circumstances of one’s birth are irrelevant. It is what you do with the gift of life that determines who you are.”

-Mewtwo

Comments? Visit thereflector.ca or in person at our office in the basement of Wyckham House.



Cat Empire Folk, pictured above, graced the stage at the Calgary Folk Festival earlier this summer. (Photo by Kennedy Enns)

Music Festival Madness

Our cool, summer music experiences

Kennedy Enns, Arts Editor, Amber McLinden, Contributor, and Robyn Welsh, Features Editor

Summers in Calgary have become defined by our different music festivals. From Sled island to Folk Fest, X fest to this weekend's One Love, there is a music festival every month for every genre. No matter what kind of music you're interested in be it electronic, country, pop or alternative there's a festival for you. It doesn't stop there either, we're just a few hours drive or a quick plane ride away from many more. Here the Reflector hopes to give you a taste of what you might have missed and what to look forward to next summer. Showcasing some of Mount Royal student's music festival favorites, firsts and stories about everyone's favorite summer showcases.

Osheaga

I went out of province to Osheaga because, there isn't a lot of festivals that are in Alberta that appealed to me. Osheaga is one of the biggest music festivals in Canada, and it was worth the trip. I'm a student so I did it on a student budget; my flight was discounted, I stayed with a family friend, and I took transit everywhere. I had quite a few friends who also went to Montreal for the festival, which definitely made me want to go more. Of course, the music was a factor. I'm a big hip-hop fan, so seeing people like Future, Skepta and Logic was amazing, and their shows were all a great experience. I decided to go mainly for the experience of

going to a festival that wasn't local, and it was absolutely worth it.

Sled Island

Most of a student's life is trying to do things for cheap, and that's exactly what I had in mind for Sled Island this year. I volunteered to be able to go to the festival, but in the process I actually met some pretty cool people and had a different festival than those that paid for passes. I got to meet employees at Sled, meet lots of like-minded volunteers, and even artists. I did pass pickup simply because I thought it would be the easiest way to get a pass, but after it was over I know I would definitely want to pick something a little more involved, like working at venues. If you're a student who doesn't have 200 dollars to drop, or if you just want to get more involved in the local music scene, I definitely recommend volunteering.

X-Fest

I went to X-Fest this year with very low expectations. There were a few artists that I wanted to see, but none that I was extremely excited about, or that I hadn't seen before. Though the festival seemed to be almost half the size of previous years that I've gone, I was pleasantly surprised. The fewer number of people made for shorter food truck and port-a-potty lines and

less pushing to get where you wanted to go. And many of the artists did not disappoint. The Naked and Famous, The Arkells and The Lumineers all put on amazing performances. Halsey did as well but the bass was so overpowering that you could hardly hear yourself think! The highlight was definitely Twenty One Pilots. If you ever get the chance to see them perform live, take it because they are definitely worth the hype. From drummer Josh Dun crowd surfing with his drum kit, to Tyler Joseph running on top of the crowd in a giant inflatable ball, their energy never faltered. Overall, X-Fest this year was definitely not the best festival I've been to, but it was a lot of fun. If there are artists that you are excited to see, it is worth it to go. Besides, if you're not enjoying the music as much as you thought you would, you can always head over to the beer gardens and get drunk- the music will sound a whole lot better and you'll have more of an excuse to dance like an idiot.

THE REFLECTOR

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COVER PHOTO: Kennedy Enns, Arts Editor

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The Reflector welcomes newsworthy submissions from all students and community members. While the right of editorial comment is reserved for editors of The Reflector, opinion pieces may be submitted as letters to the editor, and may be published on the editorial page as such. The Reflector reserves the right not to publish submissions deemed by the Publishing Editor to be offensive.

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Submissions and letters to the editor should be a maximum of 500 words, typed, double-spaced, and contain the writer's name and phone number. No unsigned letters will be published. Only in exceptional cases, at the discretion of the Publishing Editor, will writers' names be withheld. The Reflector reserves the right to edit submissions for brevity.

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This semester take some time to pursue your dreams, such as taking the chance to study in a foreign country. (Photo by Shaun Henderson.)

Do something different this school year

Taking risks to follow your dreams is an important part of university life.

Brett Luft

Web Editor

Here I am back at The Reflector, nearly one year after I embarked on the most exciting adventure of my life, writing yet another “Back to School” story. As I sit here preparing for my final year of undergraduate studies, I can’t help but reflect on how I made it to this point.

A recap for those who forgot who I am – or for those who never even knew – last year I wrote about what I expected to be the most terrifying, but rewarding, journey of my life. Last Sept. I took an opportunity to study abroad in Hirosaki, Japan.

While my journey wasn’t short of scary moments – at one point I ended up in a Japanese hospital for 10 days (!) – taking that first step ushered in some of the highest points in my life. I met amazing people, I overcame incredible odds and I became more humble from every mistake I made along the way.

I also learned a language that I never expected to learn, and created opportunities to extend

my career internationally once I finish university. At this point it might sound like I’m bragging, but there is a lesson to be learned from my university story: post-secondary doesn’t have to be a boring chore.

My story is one of many exciting stories at Mount Royal University, and like other students doing crazy things, my story reached its peak because I challenged myself and did something unexpected.

I didn’t sit down on the first day of university and say, “I’m going to study hard for three years, maintain a good GPA and study abroad in my third year.” In fact, I didn’t even know what program I wanted to be in when I started university.

So how does this relate back to you, dear Reader? Well, it’s simple. Whether you’re an Open Studies freshman or a senior student ready to enter the workforce, take an opportunity to do something exciting for yourself.

In my first few years at MRU, I found I was always doing what others expected of me. I would spend hours writing a paper that I wasn’t passionate about so I could pretend to be as smart as the next person, or outside of school I’d take extra shifts so my coworkers might appreciate me a little bit more.

But I never took opportunities to do things I wanted to do. Now I know better, because I’ve realized that my university life is my story.

So I’d like to echo that previous sentiment: do something crazy this year. Attend a study abroad seminar so you can live your dream in the United Kingdom, join that Smash Bros. club that you’ve always wanted to or take a day off work to see your favourite band.

Whatever you decide to do, make 2016/17 about you, because your friends will still be there to support you along the way, and you might even make a few new ones in the process.

Making friends

An introvert’s guide to surviving residence

Cameron Mitchell

Contributor

For those who have never experienced it, residence is a unique environment that can be pretty daunting, especially for us introverts. Amongst a seemingly constant sea of parties, nightmare roommates, and cooking for yourself – not to mention actual schoolwork – it can sometimes be hard to find your footing. For an introvert, making friends might seem like an overwhelming task.

Here are some tips for meeting people and making the most out of your residence experience.

When you first move into res, it feels like everyone is a stranger. Small gestures are the key to breaking the ice. Prop your bedroom door open. Smile at the people you pass in the halls. Walk to class with your roommates or neighbours. Odds are, they’re just as terrified as you, so taking steps to bridge the gap will make socializing easier for everyone involved.

The first week in residence always involves a lot of events to welcome new students. From the Back to School Bash to Club Days, there are countless ways to get out the door with your fellow residents. Given that many of your neighbours will be just as nervous as you are, these events provide the perfect situation for mingling.

Try asking your Residence Advisor (RA) if you have any questions about events over the first few weeks. As well as being able to inform you about upcoming events, your RA is a great resource for making friends. They can introduce you to the other members of your community and could become your friends themselves!

Parties can be another fun and easy way to get out the door, but they can also be intimidating. The hard-partying university student stereotype is not an inaccurate one. For some, partying comes naturally as a way to mingle with new people. For others, especially introverts, partying can be alien and intimidating. Many first year students feel a lot of pressure to party, even if they don’t want

to, or end up shying away from parties all together.

The key to partying in residence is to understand what you enjoy and what sort of situations you are comfortable with. If you love partying, great, you’ve come to the right place. If not, try going to one in the first week or two, just for an hour. If it doesn’t appeal to you, then you never have to go back. There are many other ways to make friends in residence, and you should never feel pressured into a situation that will make you uncomfortable. The trick is figuring out what sort of people you want to hang out with, and what you want to spend your time doing.

One of the things I found hardest about moving into res was balancing my attempts to meet people with making time for myself. Something as simple as sitting in your unit’s common area, porch, or front lawn is an easy resolution to this, since it forces you to interact with your roommates while doing things like reading, studying, or watching TV.

For people who are naturally introverted, it’s important to balance the often stressful act of engaging strangers with taking time for yourself to cool down. Not every moment has to be about meeting people. It’s okay to spend an evening watching Netflix!

Being an introvert is hard in any environment. It’s especially hard in residence, and a lot of people experience difficulty finding their place. Just keep reminding yourself that a certain level of discomfort is something everyone goes through over the first few weeks.

Residence is an adventure, and finding your place is part of that adventure. Some of the friends you make will last a lifetime. Don’t close any doors, but make sure you stay true to yourself. Try following these tips, or make up your own as you go. Everyone’s residence experience is different: figuring out your path can sometimes be difficult, but it is always rewarding.



If you plan on going Pokemon hunting at school, be sure to pack an extra battery pack if you have one. (Photo by Brett Luft)

Catch 'em All at MRU

Keep your sanity this semester with Pokemon Go at MRU.

Brett Luft
Web Editor

Summer is over. The theme of late nights have shifted from lit parties to writing essays. But for the sake of sanity, let's take

up a new hobby this semester: Pokemon Go. Chances are if you were breathing during the summer – if you weren't, keep a low profile until Halloween next month – the Pokemon Go craze impacted your life in

one way or another. Luckily, Mount Royal University has enough Pokemon content to keep things interesting between classes, but not too much to completely take over your life.

PokeStop on Campus

Mount Royal has a few good locations to refill those pesky Ultra Balls, but the best places are Recreation – which has two PokeStops – and the Starbucks sitting area – which has another two stops. While these places might not be ideal study areas because they tend to be high traffic areas, they are good locations to go to with a group of friends because they're not expected to be quiet.

If you're looking for a nice place to study and collect on some PokeStops, the Memorial Courtyard between the T-wing and the library is also a PokeStop. If your GPS is friendly, it might even be possible to not only reach this PokeStop from a quiet study area in the library, but also during a painful lecture in any of the classes on the perimeter of the courtyard.

A nice opportunity for any students relying on public transportation is the West Gate's bus terminal. This area is also a PokeStop, so when you're waiting for your bus you can stock up on PokeBalls.

Paint MRU Blue

Mount Royal students are also privileged thanks to two gyms on campus. Recreation is no longer exclusive to those looking to lift, as it doubles as both a real gym and a Pokemon gym. Now trainers can get their training on; no sweat required.

Mount Royal's second gym is

located at the pond. While this might not be a good location during the winter time, it is convenient for those looking to get some fresh air before the first snowfall.

One thing to keep in mind when capturing gyms at MRU: our school colours are blue for a reason, so if you're not representing Mystic, you probably should head over to the University of Calgary.

Playing it Safe

Finally, one thing to keep in mind while playing Pokemon Go: safety first. I always recommend playing with a group of friends, because not only is it safer, but it's a lot more exciting.

If you do find yourself alone late at night catching Pokemon at MRU, don't forget to sign in at the security desk. On the note of security, let's try to not abuse the Safe Walk program as it's designed for people looking to stay safe at night. There's no need to bug security to be your gaming buddy.

Being careful around lures late and night and always keeping an eye on your surroundings are key elements to happy gaming. For a full list of tips to playing it safe on campus, check out the MRU Security blog.

Your Back To School sex guide

Stay safe in the sack this year

Hanna Deeves
Sex Columnist

Ah yes, back to school, a time for learning, growth, fun, and maybe even some experimenting. Whether you're thinking of playing with your sexuality or not, you can always try new things. That's what university is for right? Let this be your guide on how to keep safe while doing so.

Let's start with an obvious basic - protection. Use condoms, keep up on your birth control, consider getting an IUD, use Plan B if you have to, etc. Make sure you know what birth control methods work for you and your lifestyle. Talk to a doctor if you have to. But remember, condoms are the only thing that have a shot at protecting against STIs.

Please make sure you are using your condoms right. It only takes two seconds to check

the expiration date. Figure out which way it unrolls – you're supposed to throw it out and grab a new one if you try to put it on backwards. Don't use oil based lube because it will chew through your condom.

Get checkups as needed. Talk to your doctor about how often you should be getting tested. And don't be afraid to talk to a medical professional if you think something might be wrong. Also familiarize yourself with all the available resources. You could visit the Wellness Centre here at MRU, or the Calgary Sexual Health Centre.

Now, safe sex is more than just preventing pregnancies and STIs. There are other ways you need to take care of yourself. Healthy communication is necessary for a good sexual experience whether

you are with a long term partner, or it's a one-time deal. Make sure you communicate your needs, wants, likes, what you are and are not comfortable with, and what is off limits. Come up with a safe word if necessary. This not only ensures safety, but it also means you will have a better time over all knowing just what each other needs to have a good time. Why spend the time having sex if it isn't going to be as good as it can be?

Party responsibly. It's an unfortunate reality that bad things can happen when we are intoxicated. Use the buddy system and try not to go to parties or out to the club by yourself. And if you do go alone, make sure that you tell someone where you are going. Unwanted situations are less likely to occur when you are

prepared. And obviously, never drink and drive, you can't have sex if you die in a car crash.

Your mental health is important, and just as much a part of sex as your physical health. If your head isn't in the game, it's not going to be a good time. Sex is only a stress reliever if it is not stressful. Don't do anything you don't want to or let anyone, friends or potential partners, tell you what to do. And never let anyone make you feel bad about your choices. Whether you sleep with a new partner every night, or you are saving yourself for someone special, there is no right or wrong way to have sex. It sounds like common sense, but we tend to forget this. The best sex happens when you are relaxed. If you're stressed out, you might not be able to get off,

sex might be painful, and you might not perform as well as you want to.

Finally, take the time to educate yourself. If you have concerns about anything - from "I have a really hard time getting aroused" to "I can't orgasm without getting my hair pulled, is that normal?" - don't be afraid to seek answers. You'll probably be surprised at how many people are the exact same way. Knowing you have no reason to worry will help you have a better time during sex.

If you have any questions, I would love to answer them for you. Just shoot me an email any time sexcolumnist.reflector@gmail.com

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Ryan Goldmond (above) will be bringing the rest of Mother Mother to the U-Fest stage this year. (Photo courtesy Wikimedia Commons)

U-Fest 2016

*Back to School doesn't rule out fun.
Check out U-Fest 2016 Sept. 9.*

Amber McLinden

Contributor

It's that time of the year again. Even after four months of summer, it somehow still seems like the fall semester has come too quickly. No matter how gloomy this might make you, there is a light at the end of the

tunnel. Mount Royal University and the Students' Association of Mount Royal University are hosting U Fest, an annual welcome back event to MRU, and this year's headliner is Vancouver based band Mother Mother.

Mother Mother is no stranger to Calgary. They made an appearance on the Coca Cola stage at the Calgary Stampede

this year, and have made stops here on previous tours. Mother Mother's charm, energetic shows, and consumable alt-rock means that the city can never get enough of this band. Their latest album, *Very Good Bad Thing*, brought hits like "Get Out The Way", "Monkey Tree" and "Modern Love". *Get Out The Way* and *Monkey Tree* both peaked at number 9 on the Canadian rock/

alternative charts in 2014, with *Modern Love* reaching 18 in 2015 on the same chart.

Mother Mother is headlining, but there is no shortage of amazing acts opening the day. U Fest promised to give an opening spot to a student band, and it seems MRU overwhelmingly wanted that spot to be given to local band Bad Animal. Their dynamic and enthusiastic take on rock has captured the hearts of Calgarians, and Mount Royal students as well. Joining them is Ria Mae, with recognizable singles such as "Gold" and "Clothes Off". She has no shortage of accomplishments, including a 'Single of the Year' nomination at the 2016 Juno Awards.

T. Nile is the third person announced to play, bringing a folk spin on electro-pop with her newest album *Tingle & Spark*. Lastly, DJ DOSR1 was announced as the fourth act, a student DJ who's Facebook page describes his music as "lo-fi party music/jazz/bass".

This year U Fest promised to step up their game, and they have stayed true to their word. Students get in for free, there is a licensed drinking area, and lots of prizes. An outdoor festival just can't live up to Calgary standards if there isn't food trucks around, so those will be around as well. Come join Mother Mother, one of the biggest headliners to grace the stage of U Fest, and have some final summer fun.

OUT'N ABOUT

Music:

Five Finger Death Punch will be making their way to the Grey Eagle Resort and Casino on Sept. 11. Tickets are on sale through the Casino's website.

Theatre:

The world famous Book of Mormon is stopping through Calgary from Sept. 9-11. Tickets are going fast and are selling from Ticketmaster

Culture:

The Calgary Zoo's Illuminasia festival is coming back for a second year, this time with more lights and lanterns to celebrate East Asian culture. Tickets can be bought through the Zoo's website

Sports:

The Calgary Hitmen continue their pre-season as they play Kootenay Ice on Sept. 17 at the Saddledome. Get your tickets through the Hitmen website

No Man's Sky falls flat on its face

Not GOTY material at all.

Bigoa Machar

Publishing Editor

After being hyped up at gaming conventions and expos for almost two years, consumers around the world were more than excited to get a copy of No Man's Sky. The game, put together by British publisher Hello Games, promised an open universe that allows players to discover and explore new planets and galaxies. While it sounds good in theory, the game's release unfortunately couldn't live up to the standards the developers imagined.

I played the game for a couple of weeks to see for myself, at let me tell you it was a royal disappointment.. Made for the Playstation 4, the two consoles don't have the hardware to run the game smoothly. It's very choppy and laggy, with the game crashing many times during my experience. This was the most frustrating part, as the game would crash or freeze every 30 minutes.

When the game did work, my goodness was it beautiful. Each planet has it's own colour scheme

and aesthetic. The colours work well and the animations are smooth and crisp. It's an absolute marvel to look at, and this is definitely No Man's Sky's strongest point,

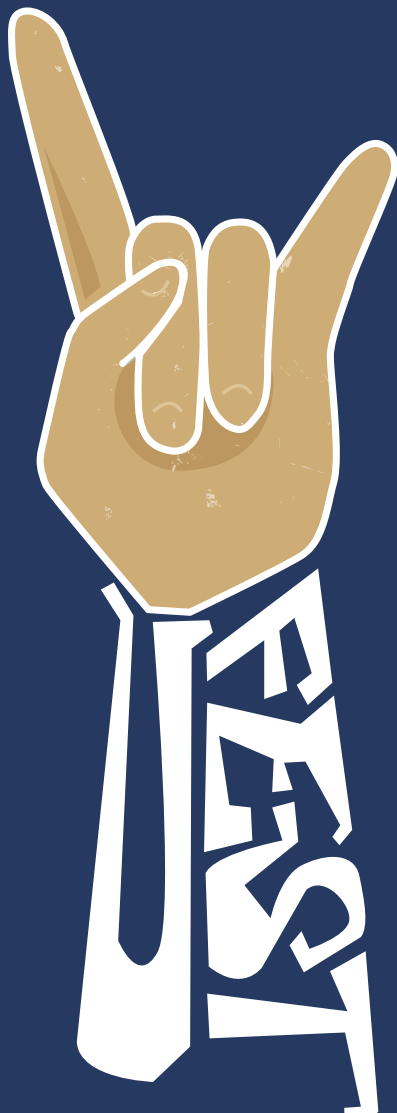
After flying around to a few planets and collecting some resources, I realized the entire objective of the game, in particular the lack thereof. Currently, No Man's Sky has no missions or endgame whatsoever.

"[The game] has the width of an ocean with the depth of a puddle," says Joe "AngryJoe" Vargas in his YouTube review of the game. Fans across the internet have been complaining about certain features, like planet diversity, have been mysteriously taken out of the game that were originally promised. What was made to be an immense adventure for players turned into a routine, mundane task that loses its fun after the first couple of hours. So unless drastic changes are made, stay away from No Man's Sky for the time being.



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Noise 101

Wildin' out Calgary band finds new fans as they continue to find themselves

Bigoa Machar

Publishing Editor

Using classified ads in newspapers or online is a pretty nerve-racking experience when looking for something to buy or sell. For Jesse Kohn, he found something way better than a cheap couch or a dirty apartment. He found Trevor McLeod, drumming extraordinaire and the first piece of his dream band.

"When I had the idea of starting a band, I went out on Kijiji to look for drummers. I found Trevor and when we got to jamming, everything was clicking really well," says Kohn.

After the two hit it off so well, they went looking for the strawberry to their chocolate and vanilla to make the perfect neapolitan. Enter their current bass player, who goes by his stage name, Rex Darr.

"We didn't have a band name yet, but everything was going well. We wanted to keep it rolling so we started auditioning bass players and it wasn't going so well until Rex joined."

Darr, who was working on another music opportunity at the time, says the stuff that Kohn and McLeod were doing was right up his alley and decided to take the plunge.

"We had him over for an audition and it was awesome," says Kohn. "We knew almost right then and there that Rex would be our bass player."

And thus, a band was born. But, like every good band, they needed to find something that makes them unique and special. A name and logo are usually a good place to start, as Kohn says the process of finding both was quick and easy.

"I was sitting around with my girlfriend when I proposed the name 7's Wild and she thought it was a cool name," says Kohn. "I ran it by Trevor and he said it was good. She drew the logo up for me and we used it."

From rehearsals to recordings, McLeod says the band gives him an opportunity to do what he loves with two of his best pals.

"When I punch out at the end of the day, I'm happy as shit when I get to sit behind my drum kit and meet up with the boys," says McLeod. "Now I'm living."

Despite music being a passion for the three of them, Kohn says it is still something they take very seriously and at times it can get very stressful.

"There's ups and downs to it too. Sometimes, one of us may not be feeling like practicing, but overall this is really what we live for."

This motivation and keep on keepin' on has led the band to new horizons, most notably the recording of their first album, *Renegade*, which came out this year. McLeod says his time away from the studio has made him miss it very much, while Kohn says it a tough, yet rewarding process.

"If you're a musician, then going to the studio is your thing and you want to go lay down what you have. But it can be frustrating at times," says Kohn. "One of the things I had to get used to was playing to a metronome, which I haven't done in years. I felt confident, but nervous at the same time because you want to do your best."

Kohn goes on to say that the technical sides of recording is also a challenge for any musician, but is just another obstacle you have to climb over to reach success.

"Our sound engineer, Ian Dillon, pushes us so hard, especially me on vocals," says Kohn. "The first day was pretty much a write off because I couldn't get it right and after sleeping it off and trying again the next day after considering what he said then I nailed it."

The album, which is a seven song project, combines a hard rock sound with elements of traditional metal and punk. Darr says the band has combined their collective music knowledge into their current product.

"When I first started playing in 7's Wild, I was playing in a Jazz band as well at the time, so I would incorporate little runs and other sounds into our music," says Darr. "Sometimes it would fit and sometimes it wouldn't, but every song we play has a little bit of everything in it. It's not straight rock, there's punk, metal and a little bit of blues

as well mixed in."

Another aspect of having an album is actually selling it, something the band says they've recognized the hardships that come with it and taken it on.

"The music industry on the label side of things is going through a reformation as far as distributing music. It's so easy to get tracks online," says Darr. "Not only is there streaming, but your album could be online ready to be pirated the day after you release it."

As it stands right now, Wild 7's remains a strong, independent band that don't need no label. Kohn says this is where the band wants to be, as rushing into something could be potentially harmful.

"A lot of new bands get suckered into bad deals with shady labels without realizing the consequences. You just have to be patient and really recognize how the times are moving."

As the band continues to learn and expand their fanbase, McLeod says he hopes to keep the fun and happy-go-lucky attitude of the band a priority.

"I've been in a lot of bands, but this is really my true roots. For me as a drummer, I've finally found a band that I really click with."

Rather than following the footsteps of other bands, Kohn says he wants him and the members of Wild 7's to carve their own journey to musical success.

"If people compare us to bigger bands, I take it as a compliment because those bands do well, so they think we're doing well," says Kohn. "We don't want to be the next Pantera or AC/DC, we just want to be the first 7's Wild."

7's Wild will be playing live at Distortion on Sept. 16 and at Nite Owl on Sept. 22. Also, check out the *Renegade*, now available for purchase through their Bandcamp page.



Rex Darr (Left), Jesse Kohn (Middle), and Trevor McLeod (right) make up 7's Wild. Photo: 7's Wild Facebook

Carly Rae Jepsen

Emotion:

Side B's

Interscope

Score: A+



Photo Courtesy of Wikipedia

"Emotion" by Carly Rae Jepsen is my absolute favourite pop album in recent years – probably even this decade. When I heard about "Emotion: Side B," I was super excited and I expected only the best from the album. From the first few seconds of "First Time," I knew that Carly Bae had once again delivered. Side B continues from where Emotion's love affair with 80s synth-pop left off, although it's a bit shorter than its older sister.

Side B's eight tracks clock in at about 28 minutes, but although it is short it is definitely that sweet,

sweet musical candy that you'd expect from your home girl, Carly Rae. Each track fits the theme of the rest of Emotion by focusing heavily on the ups and downs of love. You could say it's a roller-coaster ride of EMOTION. (Insert pity laugh here. I appreciate it. Really, I do.)

Side B is easily the album of the summer. Check it out.

— Brett Luft

blond



Photo Courtesy of Wikipedia

Frank Ocean

Blond

Boys Don't Cry

Score: A-

(Reprise)."

Ocean's narrative flow runs deep honing in on issues such as race, drugs, love, and love-lost, and the albums subdued instrumentals are the perfect antithesis to the brash, carnival-like beats that have become the norm in contemporary hip-hop.

While it may lack some of the diegetic intimacy of 2011's *Nostalgia, Ultra.*, and the punch of *Channel Orange*, *Blond(e)* is a suiting contribution to Ocean's already pristine discography.

Is it the avant-garde masterpiece some were expecting after such a wait? No, but it's a pretty solid album from someone with the weight of the pop music industry on his shoulders.

— Alec Warkintin

Travis Scott

Birds in the Trap

Sing McKnight

Grand Hustle

Score: B-



Photo Courtesy of Wikipedia

Birds isn't going to disappoint anyone, which perhaps is its biggest flaw. The biggest surprises are the features after the first listen, and after that, nothing. It's a massive album, perhaps overstaying its welcome at times, but it's music to party to, and who doesn't like that? All of the songs are good, yet most of them might

as well be genetic clones of each other.

All style, no substance. Too much of the same thing. It leaves me wanting to know what else the birds in the trap sing, other than Rodeo?

— Paul McAleer

CP Women's Open takes Calgary

Thousands of fans, millions in donations and tons of fun at the 2016 CP Women's Open

Brendan Stasiewicz
Sports Editor

"Woah, it must be Burt Reynolds or something."

The classic Happy Gilmore quote the fictitious golfer said when rival golfer Shooter McGavin pulled up in a limo could be used to sum up the crowds around the 18th green on Sunday of the CP Women's Open. Except these crowds were all screaming (at least when the the patriotic "quiet, eh" signs were down) to see Canadian phenom Brooke Henderson.

Calgary hosted Canada's National Championship on the LPGA Tour for the first time since 2009, again at Priddis Greens Golf and Country Club from August 22-28. In 2009 crowds were dispersed somewhat equally to see the LPGA talent, however there was no 18 year old major champion from Canada that time around.

After watching Henderson up close, two things became apparent... she's got major talent... and major obligations now that Canadian golf hopefuls already slate her as being one of Canada's greatest athletes; even before she's reached the legal drinking age in BC.

Henderson's autograph line starting at the 18th green and neared the security guards at the clubhouse following play of each of the four tournament rounds, equating to over a half hour long signing session every day.

And this was just two days removed from representing Canada at the Olympic Games in Rio. The fact that Henderson went through all the stress and pressure of the two long weeks and still managed to earn a 14th place finish in Calgary is astounding.

While on the grounds I heard

some whispers of the ladies not being as "flashy off the tee" as the men on the PGA Tour; but the more I watched I realized that they didn't have to be. They were able to shoot lights out scores through precise iron play and a dominating short game. Not only this but they still drove the ball off the tee further than near any weekend golfer, male or female, that I've ever seen.

On Sunday evening it was Thailand's Ariya Jutanugarn that came out ahead, besting the field by four strokes. Her score of 19 under, which included an astounding 27 birdies over the duration of the four day tournament, was her fifth tournament win in her past 10 events; ridiculous.

While Jutanugarn took home the trophy, perhaps the biggest winner was the Calgary Children's Hospital, benefactor of the events many donations. The CP Has Heart campaign succeeded in every way, ending up donating \$2-million to the hospital. About half of that donated by Calgarians themselves.

Give yourself a pat on the back, Calgary.

2017's rendition of the tournament will be taking place at Ottawa Hung and Golf Club. Be sure to check out their website to keep up with all of the updates.



Brooke Henderson shows off her swing at Priddis Greens Golf and Country Club. (Photo by Brendan Stasiewicz)



Henderson was one of 156 competitors at this year's CP Women's Open. (Photo by Brendan Stasiewicz)

#s

15 minutes is how long it took for the Toronto Raptors to sell out their pre-season game against the Denver Nuggets at the Saddledome

0.5 games ahead is the current lead the Toronto Blue Jays have in the A.L. East over the Boston Red Sox

\$35.4 million is the value of Florida Panthers forward Jonathan Huberdeau's six-year contract extension

4 games is how long the New England Patriots will be without their star quarterback Tom Brady to start the season

10 Commandments of Fantasy Football

Everything you need for draft season.

Bigoa Machar
Publishing Editor

Much like Apple's terms and conditions that nobody reads, everything in the world that matters has a set of rules. Fantasy Football is no exception. If you're like me, Fantasy Football season is bigger than Christmas, with many beers to be had and hundreds of dollars to be won. But if you're being peer pressured into playing Fantasy Football because everyone else is doing it, fear not. I am your shining beacon of hope on what you should and shouldn't do when drafting the perfect team.

1. Running backs and Wide Receivers are thy god and thou shalt have no other gods before them

RB and WR are the single most important positions in all of Fantasy Football, and if anyone tells you otherwise, they're a damn fool. Always focus on finding the best of these two positions early on in the draft. Dedicate your first three or four rounds to these gods, and you will reap the blessings of the Odell Beckham Jesus.

2. No, seriously, draft lots of running backs

Whenever I watch the show Hoarders, I can't help but cringe a little bit when I see just how much of one thing a person can have. This concept is thrown out of the window completely when it comes to running backs in fantasy football. In the NFL, RB's are by far the most prone to injury out of anyone else. One or two of your RB's are more likely than not to go down during the course of the year, so be sure that you have at least four or five on your roster at all times.

3. Quarterbacks are the faces of a team, but not the backbone

Despite a QB's pretty boy looks and swagger, they aren't the best value picks. Although QB's are the highest scoring position in Fantasy Football, there's 32 of them in the league and only one spot on your roster. Depending on the size of your league, the Eli Mannings and

Jameis Winstons of the world are still gonna be there in the later rounds, so feel free to stock up early on other positions and take a QB later.

4. Thou shalt not take the name of any player in vain

"Latavius Murray? Never heard of him, so he must not be worth my pick," said the idiot that took Matt Forte in the third round. Seriously, you casual fans will crush your office pools if you do a little bit of research on lesser known players. Sites like ESPN and Yahoo all hire Fantasy Football experts for a reason; because these nerds know their shit. Advanced stats, projections and expert advice can be your best friend when it comes to finding hidden gems in the depths of the free agent pool.

5. Remember the waiver wire day and keep it holy

Fantasy Football doesn't end on draft night. In addition to changing your roster on a week to week basis, camping out on the waiver wire can make or break your team during the season. Finding players on hot streaks or replacements for injuries is one of the things that separates the good fantasy football players from the bad. Last year for me my waiver darling was Austin Seferian-Jenkins and the year before it was Odell Beckham Jr. Both of these fellows single handedly won be some matchups, so be sure to camp that waiver wire harder than the line for parking passes at the school.

6. Draft Tight Ends playing for rookie Quarterbacks

Speaking of Austin Seferian-Jenkins, one of the tricks I learned about Fantasy Football is that Tight Ends are a lot like pacifiers. In the same way that a baby finds solace in a pacifier to stop crying, Tight Ends help rookie QB's deal with the jitters of playing in the NFL. Seferian-Jenkins, Gary Barnidge and Delanie Walker all put up crazy numbers because young QB's needed that safety net to help them out. This year, Tight Ends like Lance Kendricks, Zach Ertz, and Virgil Green could be guys primed for big

years, so keep an eye out for them.

7. Kickers and Defences can wait

While they are still very important parts of a team, kickers and defences both only take up one spot each on the team, much like Quarterbacks. With a small difference in points between the first and twelfth best kickers in the league, you can usually find quality in rounds 10-12 at that position. Same goes for defence.

8. Good quarterbacks make good players

In some instances, certain players will be the benefactor of a good system. With someone like Drew Brees, Philip Rivers, and Carson Palmer all throwing for more than 4,500 yards last season, someone has to be catching those balls, regardless of how good they are. That means that guys like Brandin Cooks, Keenan Allen, and Michael Floyd could be worth way more than what they're valued at. Hell, someone like Chris Hogan or Marvin Jones Jr. could pop off all because they play for throw-happy teams.

9. The pool gets deeper when more people go swimming

In larger leagues around 12-14 people, waiver wire Wednesday gets more lit than a Knoxville's party bus. Quality players are harder to come by in the later

rounds and if you're not careful, you could be stuck with a scrub for the first few weeks. Keep that in mind as you draft and always try to stay ahead of your opponents.

10. Handcuff wisely, my friends

As good as Adrian Peterson is, he's not the running back he once was. Now sitting at the ripe age of 31, Peterson's body, more importantly his legs, don't seem to hold up to the once pristine standards they were once held at. That beings said, his backup, Jerick McKinnon, is primed to get a decent amount of carries if you're short at running back and could get some work on third down. Drafting backups to injury-prone players may feel like a dirty strategy, but it is a good one. Guys like CJ Spiller, Alfred Morris and Spencer Ware are fantastic picks in deeper drafts and should be considered accordingly.

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Sunday countdown

Three storylines to keep in mind for the upcoming NFL season

Bigoa Machar
Publishing Editor

Sunday's are about to get a million times better with the opening of the NFL season right around the corner. After a busy offseason, here's a few things to look for when the opening kick the pigskin goes through.

New city, old name

After being gone for the past 22 years, the Rams organization packed up their home in St. Louis and bee-lined for the bright lights of Hollywood. With nothing much expected of the tea, as far as on field talent, it'll be interesting to see how the team does back in their original home. With rookie Quarterback Jared Goff taking a backseat to the starting job, Rams fans can look forward to another electric year from second-year running back Todd Gurley. Even though his rookie year was cut short due to injury, Gurley was still able to rack up 1,106 yards and 10 touchdowns in 12 games last year. Expect Gurley to continue where he left off as he continues to prove himself as one of the most productive backs in the league.

Water under the bridge

Before the start of the pre-season, experts were predicting the Minnesota Vikings to compete for the top seed in the NFC as one of the powerhouses in the conference. An unstoppable running game combined with a brick wall of a defence is usually a recipe of success. Unfortunately, that recipe was unfortunately ruined as starting quarterback Teddy Bridgewater went down with a gruesome knee injury in practice and is now out for the year. In order to compensate for the loss, Vikings' management went out and traded the team's first round draft pick to acquire Sam Bradford, who will be filling in Bridgewater for the year. Expect the Vikings to rely on their running game now more than ever as they look to live up with their astronomical standards.

#FreeBrady

In what's been a ridiculous situation that's plagued football

fans for almost a year, New England quarterback Tom Brady has been suspended for the first four games of the regular season because league commissioner Roger Goodell has nothing better to do but investigate year-old allegations. Regardless of the situation, the Patriots will have to make do in the meantime, and making do takes physical form in young quarterback Jimmy Garoppolo. Garoppolo, who has never started an NFL game in his life, will be baptized by fire as the Pats take on the elite defense of the Arizona Cardinals in the first week of the regular season. It'll be interesting to see how Garoppolo handles the limelight, but don't expect the youngster to produce at the same level that Brady does. Patriots fans should be happy with a 2-2 record at the end of these four weeks.

Daks out for Harambe

Speaking of rookie quarterbacks, Dak Prescott of the Dallas Cowboys will be front and centre on America's team after Tony Romo's latest injury could force him to sit out for the entire season. The rookie out of Mississippi State won't be left out to dry however, as the Cowboys are more than stacked at other positions. We're already aware of what star receiver Dez Bryant is capable of, as well as fellow rookie Ezekiel Elliott will look to lead the ground attack for the Cowboys. On top of all this, Dallas boasts arguably the best offensive line in the entire league, so Prescott will have time to make those crucial decisions during each game. Expect the Cowboys to fight for playoff contention in the NFC East.

So be sure to keep an eye out for all of these thigs come kickoff. You can always guarantee football season to be filled with drama and suspense. At the time of writing this, the Patriots are the current Vegas favourites to win the Superbowl come February, but only time will tell who will live up to the expectations and who will crumble under the pressure.

New England Patriots quarterback Jimmy Garoppolo (pictured on the right) will look to lead the Team in Tom Brady's absence. (Photo courtesy Wikimedia)



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