

ON THE Big screen

at Capitol Theatre
entertainment@nnsi.com

Movies screening for the week of Friday, July 2, to Thursday, July 8.



Grown Ups

PG

Adult men act like juveniles in this comedy. Nightly Fri. to Tues. at 7:15 and 9:40 p.m. Nightly at 7:15 and 9:30 p.m. Matinees Fri., Sat., Sun., Tues. and Thurs. at 1:30 and 3:50 p.m.

The Twilight Saga: Eclipse

PG

The brooding vampires and sexy werewolves are back. Tuesday, June 29, at midnight Nightly at 7 and 9:40 p.m. Matinees Fri., Sat., Sun., Tues., and Thurs. at 1:15 and 4 p.m.

Toy Story 3

G

The third instalment of the groundbreaking animated franchise. Nightly Fri. to Tues. at 7 and 9:20 p.m. Nightly at 6:45 and 9:20 p.m. Matinees Fri., Sat., Sun., Tues. and Thurs. at 1:45 and 4:10 p.m.



Tim Edwards/NNSI photo

David Strauss band members Aaron Callas, left, Caleb Harrison, and Jon Soderberg play to a crowd at Somba K'e Civic Plaza on Friday, June 11.

David Strauss hits the stage

Hometown musicians enter scene with all-original tunes

by Peter Varga
Northern News Services

ONE OF YELLOWKNIFE'S newest bands has come together just in time for the summer season.

When they first formed to jam on a piano a year ago, a trio of young musicians found they were hitting the

right notes – and the band David Strauss was born.

"We were at a piano, and all three of us were sitting and playing on it at the same time," said Jon Soderberg, 20, recalling the impromptu jam session at a friend's house last summer. The group toyed with the

idea of creating a band.

"I just said 'Strauss,' just because I thought it was a funny-sounding word."

Current bandmate Caleb Harrison added the name "David" to the name – and the idea grew from there.

"I guess it had come through subconsciously in

my head. I had studied philosophy. David Strauss was a German theologian of the 19th century," said Harrison, 19.

The trio includes Aaron Callas, also 19, whom Harrison has known since elementary school. All three skilled pianists also play a variety of other instruments.

A summer of jamming last year was merely enough to bring the group in tune as a band and find their

own unique blend of piano and acoustic guitar-based sound. The bandmates then went off in different directions outside Yellowknife in the fall – Soderberg and Callas off to university in opposite ends of the country, and Harrison off to travel Europe for a year, before starting studies of his own.

After a year of keeping in touch, exchanging ideas for lyrics and tunes via internet, the three have drawn back together with a new momentum. Since coming back home, the band has sharpened the work created out of jam sessions last year into coherent, original songs.

"We've got more structured lyrics," said Soderberg. "We're now looking to get people to hear those."

"We're working on the performance aspect of the

band," Harrison explained. "but we're hoping to get some recordings up."

The band has already seen some success since reuniting in Yellowknife just two months ago. David Strauss has secured a place in the Rock the Folks lineup this month – a concert geared to showcase the best new musical talent in and around Yellowknife. They were also finalists in Music in the Park, a band

contest put on at Somba K'e Plaza by city hall this week.

"We've been very well-received by the audience and the judges," Harrison said of the band's recent success at Music in the Park. "It's been a really great feeling to get good feedback on our music."

"It was our first live show, I would say, apart from our living-room gigs. And it was a really great atmosphere to get started."

As part of the Rock the Folks concert on July 15, the band is in the running to be included into the 30th annual Folk on the Rocks music festival.

"It's kind of a big deal to be playing at that, for our community," Harrison said of Yellowknife's biggest musical event. "We're looking forward to that next step."

Capsule Comments

with Stephen Gwilliam



- Mumps is a preventable viral disease. There were fewer than 400 cases of mumps in all of Canada in the early 1990s but between 2007 and early 2008, there were over 1200 cases reported... mostly in Alberta, Nova Scotia and New Brunswick. The group most affected were young people aged 20-29. Mumps vaccine is the best way to prevent getting mumps.
- Discovering new antibiotics is an ongoing job. There is a push on in Europe and the U.S. to develop ten new antibiotics by the year 2020 to combat certain bacteria that are becoming increasingly resistant to the antibiotics currently in use. Antibiotic resistance is encouraged when patients don't finish all the medication prescribed for an infection. When you receive an antibiotic, finish it completely.
- Pregnant ladies often have questions about what medications they can take for minor health problems like headache or heartburn. Playing it safe is the best advice. For headaches and minor aches and pain, acetaminophen is a best choice. For heartburn, simple antacids are good. Taking the ones with calcium carbonate in them will help keep calcium levels up for the baby.
- Just a reminder about sunscreens. The SPF rating refers to blocking of UVB rays only. Be sure to look for sunscreen preparations that have an extra ingredient that blocks UVA rays, too. Look for names like zinc oxide, titanium dioxide or avobenzone. Remember to reapply your sunscreen after swimming or profusely sweating.
- Whether it be a choice of sunscreen or a pain or heartburn medication, we are here for you. We hope to see you in our pharmacy soon!

Sutherland's Drugs

Corner of
50th St. & 50th Avenue
Yellowknife, NT
867-873-4555

#ARP
PHARMACY



musical
evolution

July
16 to
18

CANADIAN NORTH
seriously northern
presents

FOLK
ON THE
ROCKS
YELLOWKNIFE, NWT



VOLUNTEERS NEEDED!
Donate your time and
talent for a weekend pass
- stop by our office or
sign-up online.

CALL FOR TWEENERS

To celebrate our 30th anniversary, we are looking for odes, poems, spoken word rants and original songs about the Festival - 'one-hit-wonders' included! Show us the magic of metaphor, the humor of hyperbole, give us a wild ride of wit, wisdom and wonder, or tug at our heartstrings!

Auditions will be held on Monday, July 5, 6-8 pm at the Mainstage onsite.

For more information, visit our website or email art_director@folkontherocks.ca.

For more information, visit
folkontherocks.com

Phone: (867) 920-7806
Email: info@folkontherocks.com

Don't miss this milestone anniversary
- it's not every day you turn 30!

Purchase and print festival tickets at yktix.com. Tickets also available at Birchwood Gallery and Sutherland's Drugs in YK.