

Volume 10 Issue 12
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the VOICE

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THE VOICE

VOLUME 10 ISSUE 12

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QUOTE OF THE WEEK:

"It is never too late to be what you might have been."
--George Eliot



A Bug In Your Ear...

**JOINT Calgary-Edmonton Conference
G6B The People's Summit
June 21-25, 2002 University of Calgary**

On June 26 & 27, 2002, the leaders of the world's most industrialized countries, the G8, will meet in Kananaskis, Alberta. They will make critical decisions that will have global impact. Past G8 Summits have consistently failed to offer an effective means for individuals, civil society or even other states, to provide input to, or engage in, meaningful dialogue with G8 leaders.

We believe, therefore, that an alternative forum, offering a means for the views and concerns of all of the world's peoples to be expressed and considered, is sorely needed. As such, from June 21-25, 2002, the G6B (Group of 6 Billion -- reflecting the entire global citizenry) will be held in Calgary, offering a forum to generate and discuss ideas and solutions that will promote economic activities that are beneficial to people living in all parts of our world, but that also reflect full respect for human rights and the environment.

The G6B Conference will offer an alternative view of the planet's future; one, which is not rooted in increased militarism and poverty, and decreased human and civil rights. Committed to bridging the divides and inequalities that exist between the developed and developing world, the conference will bring forward recommendations in six theme areas: trade & economy, human security, health, education, environment, democracy & governance.

The Conference brings renowned speakers, respected experts, and activists from the frontlines of poverty and conflict, together with an anticipated audience of 500, to explore a number of crucial issues and recommendations within the G6B's six themes. Consistent with the priorities of the G8, all sessions will have a special focus on the issues of Africa.

The International Society for Peace and Human Rights (ISPHR) has taken the lead in organizing this conference and is now working with a steering committee made up of other national and local organizations including: Amnesty International, Partnership Africa Canada, Rights & Democracy, CLC, RESULTS, University of Calgary G8 office, and the Calgary African Community.

We would like to invite all individuals and non-governmental organizations that share this philosophy and these beliefs, to join with us in this endeavour.

For more details about the conference and our organizations, please check our website at <http://www.peaceandhumanrights.org/> or contact Lynn Foster @ 403-202-0638 or by e-mail: fosterlf@shaw.ca.

'Rwanda, We Remember'

A memorial for the victims of the 1994 genocide

Saturday April 06, 2002 / Time: 2-4 p.m.

@ Faculte St. Jean, 8406 - 91 Street, Students' Room

You are cordially invited to attend a special memorial to honor the victims of the 1994 Rwandan genocide. Again, as we have done for the past 2 years, we gather to remember the victims of such senseless atrocity, while reaffirming our humanity, our capacity to heal and the diversity of our communities.

There will be a ceremony at which time distinguished Edmontonians will say a few words as to what this tragedy meant to them and how they have committed themselves to ensure that such horrors never happen again, in Rwanda or anywhere else. Our guests include members of the Rwandan community, local poets and artists, municipal and community leaders and citizens at large.

Reception follows.

Sponsored by: RAFIKI Friends of Rwanda Society

For more information, please call:

Nathalie Uwantege @ 475-7729

Leo Campos A. @ 474-6058

PS. RAFIKI Friends of Rwanda Society is a non-profit / non-partisan Society registered in the province of Alberta. Its mission is:

- To provide material & financial support to grassroots community development projects In Rwanda
- To act as a bridge between Rwanda & Canadian Non-governmental organizations (NGO's)
- To Educate Canadians about development issues in Rwanda and Central & East Africa
- To engage citizens in efforts to reduce poverty & illness in Rwanda and Central - East Africa

Human Rights as Global Security: Future Directions for the Charter

A symposium to commemorate the 20th anniversary of the Canadian Charter of Rights and Freedoms

April 25 - 26, 2002 @ TELUS Centre

In 1982, the Canadian government under Pierre Elliott Trudeau repatriated the Canadian constitution and entrenched a series of rights and freedoms in the Canadian Charter. This Charter was inspired by the principles of the UN Declaration of Human Rights primarily drafted by John Peters Humphrey, O.C., a Canadian whose work was an inspiration for those who subsequently pursued his vision through changes to Canadian law. To honour this noble legacy of the Canadian Charter of Rights and Freedoms, the John Humphrey Centre for Peace and Human Rights is hosting this commemorative symposium and public forum.

The theme of the symposium is Human Rights AS Global Security, to accentuate our position that our greatest common security is derived from human rights, not in opposition to them. Accordingly, we have invited leading human rights thinkers who perceive our common security to include the just and equitable distribution of the capacity for well being, derived from cultural, economic, and ecological factors.

Speakers: Warren Allmand, Kathleen Mahoney, Ian Greene, Sheila Greckol, Shelagh Day, Claude Couture, Sharon McIvor, William E. Rees, Linda Bull, Jaggi Singh, Bob Wasylyshen, Rowena Xiaoqing He, and Tsvi Kahana

Exhibit Opening in Conjunction with the Symposium:

"Citizen of the World: John Peters Humphrey and the Universal Declaration of Human Rights," Telus Centre, April 25-May 3, 2002

For more information on the symposium, or to register, log on to our web site: www.johnhumphreycentre.org (or) call Julie at (780) 453-2638

Organized by the John Humphrey Centre for Peace and Human Rights



Counteracting The Slow Metabolism That Results From Fad Dieting

By Tamra Ross Low

As explained in previous articles, too-strict dieting can actually be a cause of weight gain if calories are restricted over a long period of time. The seeming paradox is caused by a defence mechanism within the brain that lowers the metabolic rate when food is scarce. This system - designed to help us survive through seasonal food shortages - is no longer necessary to insure our survival, but nevertheless we must understand what triggers metabolic conservation if we are to break out of the vicious dieting cycle promoted in many women's magazines. Even the writers of Redbook admit "losing weight is not always a simple process because dieting can cause the body to slow the burning of caloriesⁱ." Additionally, "because dieting causes a drop in metabolism, fat loss slows to a whimper (even when you don't eat much) and the fat threatens to return when you resume normal eating patternsⁱⁱ."

Recent studies have also shown that the same metabolism lowering effect can occur as a result of too much exercise. According to Chris Aceto of Muscle and Fitness, "Attempts to expend large amounts of calories [by exercising for hours at a time] causes a loss in lean body mass (muscle), slowing your metabolism to a crawlⁱⁱⁱ." Strict dieting combined with excessive exercise is a double whammy that constitutes an eating disorder with significant health risks.

The result of a very low metabolism is that you will burn fewer calories throughout the day (this is your resting, or basal metabolism), and you will gain weight with fewer calories. This occurs because with strict dieting and/or too-intense exercise, "you may actually be training your body to be more efficient, thus allowing your metabolism to adjust to fewer calories and a higher energy output^{iv}." Studies have shown that anorexic women may have metabolic rates that are as much as 50% lower than normal (which may be explained by loss of muscle mass alone). "In addition, studies have shown that women on very-low-calorie diets (800 calories per day) who exercised actually suffered a greater slowdown of resting energy expenditure (60% of pre-diet measures) than women who dieted more moderately without exercise^v."

In simple terms - you weigh more and more while eating less and less. You might shed 8 lbs on a crash diet, but you also might get fatter than you previously were when you go off the diet. This, combined with the bad habits that many popular fad diets teach (ie, large portions, very low calorie breakfasts, and eating packaged foods), can easily lead a slightly overweight woman down the road to obesity.

The key to overcoming the negative effects of this cycle is to diet in such a way as to preserve the metabolic rate, and to concurrently work to stimulate the metabolism to burn more calories while resting. There are a number of factors to consider.

Dieting To Preserve Metabolic Rate:

First, it is important to diet properly. A good diet must supply the body with sufficient calories and nutrients to provide energy for all of your activities. Too few calories makes the body conserve. However, we all know that in order to lose weight, we have to take in fewer calories than the body needs each day. The key here is moderation, and good food choices are also important. One weight loss system that is showing very good results is the product of a Swedish study from the Obesity Unit of Huddinge University Hospital. This cycle diet is based on the notion that calories may be safely restricted, as long as the restrictive period is short and normal eating resumes for a significant time after. The guideline is: "Reduce your calorie intake for two weeks, eat more reasonable portions for up to a month, then begin again"^{vi}." The researchers found that:

Three two-week periods of very strict dieting separated by a month proved better than six weeks of continuous dieting. Initial fat loss was basically the same for all subjects, but the phased dieting produced less muscle fatigue and other side effects. Better yet, weight lost during the very-low-calorie phases stayed off when subjects went back to a less-restrictive low-calorie diet, even when it was for a whole month. Apparently, either two weeks was short enough to prevent some of the drop in metabolism that can occur with long-term dieting -- and the dreaded "fat rebound" that comes after it --- and/or metabolism was restored enough during the less-restrictive periods that fat regain was prevented^{vii}.

Swedish body-builder and medical expert Torbjorn Akerfeldt has had success with a similar plan that he sums up simply: "Eating big for 14 days, then small for 14 days, is better than eating medium for 28 days"^{viii}."

Next week I will discuss another diet that works to maintain the metabolism, as well as how exercise and weight training can significantly increase the number of calories that you burn even at rest.

¹ Salisbury, N. (Sept. 1995). 6 ways to burn fat faster. *Redbook*, Sept 1995 v185 n5 p145(3).

¹ Rowley, B. (Spring 2001) The Two Week Diet: Stop Starving Yourself and Still Lose Bodyfat. *Muscle and Fitness: Hers*. vol. 2, no. 2. P. 98-103

¹ Aceto, C. (April 2002). Don't be Cardio Crazy: Effects on metabolism of drastic caloric expenditures. *Muscle & Fitness*, April 2002 v63 i4 p34(1).

¹ Modugno, B. (Winter 2000). FAQs: Performance Nutrition. *Muscle and Fitness: Hers*, vol.1 no. 4, p.126-9

¹ *ibid*

¹ Rowley, B. (Spring 2001) The Two Week Diet: Stop Starving Yourself and Still Lose Bodyfat. *Muscle and Fitness: Hers*. vol. 2, no. 2. P. 98-103

¹ Rossner, S. (1998). Intermittent vs. continuous VLCD therapy in obesity treatment. *International Journal of Obesity and Related Metabolic Disorders* 22(2):190-192

¹ Sports supplement review, 3rd issue, 261-286. Golden, CO: Mile High Publishing, 1997.



From my Perspective: Smoking

By Debbie Jabbour

The government of Alberta has introduced a hefty new tax on cigarettes and alcohol, and other provinces are following suit. The tax was implemented on cigarettes without warning, and when added to the November 2001 federal tax increase on tobacco products^{ix} brings the cost of a pack of cigarettes in Alberta to almost \$8.00. For the vocal anti-smoking majority this is great news, it gives them yet another weapon in their fight against the evils of smoking by punishing smokers even further and perhaps providing greater incentive to quit. In Alberta, smokers are already relegated into exile when indulging in their nasty 'habit', with no smoking allowed in virtually any public place. Restaurants no longer have smoking sections, unless they do not allow minors (under 18), and the anti-smoking lobby is pushing hard to eliminate smoking in all lounges and bars. But will the new tax result in fewer smokers?

Some statistics seem to support the idea^x. According to a statement made by U.S. Surgeon General C. Everett Koop, Canadian taxes rising to more than \$3 a pack resulted in youth smoking rates dropping by "almost two-thirds since 1980, with the percentage of teenagers smoking daily dropping from 42 percent to 16 percent."^{xi} This same tax was cut in 1994 in an attempt to curb an unwelcome side-effect -- a surge in cross-border smuggling, with cigarette black market cigarettes soon accounting for almost 40 percent of all cigarette sales in Canada.^{xii} According to the Canadian Cancer Society "public health took a giant step backwards in 1994."^{xiii} Youth smoking rates continued to increase, government tax revenues dropped, and tobacco companies remained the big winners with obscene profits amounting to billions of dollars.

Many see tobacco taxes as discriminatory against low-income and minority populations, since it is among these groups that smoking is most common. A recent series of articles on poverty in the Edmonton Journal printed a picture of a poverty-stricken mother hugging her small child with one arm, while holding a cigarette in the other hand. This, of course, resulted in a spate of self-righteous Letters to the Editor condemning this woman for apparently having money for smokes, yet not being able to adequately feed her child.

Another oddity to the whole situation is that the government relies heavily on tobacco taxes to fund many projects, including anti-smoking incentives. Reducing numbers of smokers could then be seen as having a rebound effect in tax hikes occurring elsewhere to make up the shortfall. Even more bizarre is the idea I heard expressed recently that fewer smokers mean better health and longer life for Canadians - and a resulting heavy drain on the resources of Canada's pension plan and senior services!

Obviously the issue of raising taxes to encourage non-smoking is a complex and multi-faceted one. Those who seem to be ignored in all this are the smokers themselves who

have become targets because of their addiction, an addiction that has been recognized as being more powerful than cocaine or heroin^{xiv}.

These include many young people who have fallen victim to clever multi-million dollar campaigns aimed at hooking them when they are young and vulnerable. These advertising campaigns are wildly successful - studies have shown Joe Camel to be as recognizable a character to 5 year olds as Mickey Mouse! It is no secret that very few people start smoking after the age of 20, since the ages 13-18 are prime years for becoming addicted. Not only is the developing adolescent brain far more susceptible to developing an addiction, youth rebellion and peer pressure exert a powerful influence. A previous government endeavour to reduce smoking through disgusting and graphic pictures and warnings on cigarette packages had little effect among youth. The pictures became 'cool' collectors' items to young people convinced of their immortality.

Stress relief is another commonly cited side effect of smoking, one that perhaps explains its disproportionately high use among the poor. For many, smoking reduces the discouragement and anxiety brought on by the difficulty of their lives. In addition, smoking-cessation resources are often expensive and inaccessible to those living in poverty, making it less likely they will be able to stop smoking.

Far too many non-smokers and legislators fail to recognize the powerful addiction of nicotine, seeming to take the attitude that smokers can be bullied into quitting through regulation and taxes. They see smoking as nothing more than a dirty 'habit' that can be easily broken with just a little willpower, and look down their noses at those living in poverty who seek comfort with nicotine. They fail to acknowledge the reality of physical withdrawal symptoms that can be persistent and severe.

No, I'm not a smoker. But I understand the addiction, and have nothing but admiration for those who struggle to quit. A few years ago as part of a psychology experiment, I tried to see if I could get myself hooked. I was unsuccessful of course, but the experience gave me insight into the appeal of smoking - not only did it ease my headaches, a cigarette is a great stress reducer! My daughter is one of those young people who got hooked at the age of 13. She has tried to quit several times, without success. The increase in cost has certainly been a motivating factor for her, however, and she is now making a serious attempt to break free once and for all. I know how hard it is for her, and I'm doing my best to be as supportive as possible - encouraging her, praising her for her successes, being patient with her moodiness, and reassuring her when she relapses.

Most smokers want to quit. They are well aware of the health dangers to themselves and those around them. Increasing the financial impact of smoking may act as a motivator, but hurting smokers financially is not enough. Quitting is extremely difficult. Those who have become addicted to smoking need help and support in order to successfully break free. Physicians can prescribe tobacco-reduction aids, and there are many good resources through Health Canada, local support groups, and online. Most importantly, smokers need encouragement and understanding from their family and friends. Smoking is not just a bad 'habit'. It is a powerful physical and psychological addiction that requires a great deal of strength to overcome.

www.tobaccostinks.com
www.gosmokefree.ca

<http://www.tobaccotruth.com/>

¹ Government of Canada website, November 1, 2001. "Tobacco Tax Increases to Discourage Smoking." <http://www.fin.gc.ca/news01/01-095e.html>

² <http://tobaccofreekids.org/reports/prices/>

³ C. Everett Koop, U.S. Surgeon General, Washington Post, Sept. 21, 1994; Canada's Non-Smokers' Rights Association.

⁴ The Washington Times, February 11, 1998. "Smoking Up North" http://www.smoke-free.ca/eng_home/news_press_Oct99.htm

⁵ Health Canada



FED WATCH!

By Karl Low

Students Need More, Government Pays Less

The Government of Canada has released an [Actuarial Report](#) on the Canada Student Loans Program. This report is designed to predict what the Student Loan program will cost up to the year 2025 and what kind of effects it will have on students. The results are not pretty.

To start with, the number of students expected to be taking advantage of student loans will rise from 43% of students attending post-secondary to 55%. Or in other words, over half of the students attending will be forced to rely on some sort of government funding that they will eventually have to repay. While there is nothing wrong with this in principle, the difficulty starts to arise when you look at more of the numbers.

According to the report, tuition rates are expected to rise at an average of 3% above inflation each year. In contrast, wages are expected only to rise an average of 1.1%. This means that students are going to have to take out more money on loans just for tuition, and also probably means that future students' payments will be a larger portion of their pay-cheques. In addition, the report says that, currently, about 43% of students on Canada Student Loans have needs that meet or exceed the maximum allowable. By the end of the period under study, they predict that this number will rise to approximately 77%. Or in other words, nearly four out of five students on student loans will wind up being short every month to meet what they need to live. Since we already know that over half the students are going to be requiring student loans, that means that about 40% of students won't have enough money to live on while they go to school and will still be saddled with a huge debt load when they leave.

These numbers are dependant on several assumptions about the future, but perhaps the most disturbing one is that the people making the report assumed that loan limits would not increase over the 25 year period. This assumption may not be true, but I would tend to assume that a group undertaking a report commissioned by the government would have reasonable access to the government's plans in the areas concerned. Is this a

frightening hint of what is intended for post-secondary funding? Perhaps it is time we let our government know that post-secondary education is not a secondary issue. Repeated studies have shown that a better educated populace means a better economy, less usage of health-care and social welfare systems, less reliance on government pension programmes, and a stronger, more tolerant and diverse culture as well. A little encouragement for students, rather than punishing debt-loads, might be in order.

New Research Chair at Athabasca University

Congratulations to [Dr. Olugbemiro Jegede](#) in receiving a [Tier 2 Research Chair](#) from the Canadian Government. This \$100,000.00 award (renewable once a year for five years) will support Dr. Jegede's research in web-based learning. While previously his research was focussed on children, he will now be looking at adult students as well. This seems like a significant step forward, as too often when you mention education to the average person, they think of the K-12 system. More awareness of adult students is probably the first step to our government realizing how important the post-secondary system really is.

April's Fools

Congratulations also go to Alberta MLAs for receiving a [pay raise](#) on April 1, 2002. The government release pins this raise at 3.3%. However, they neglect to mention that the third of that money listed as an "expense allowance" is tax-free, and make no mention at all of the RSP allowance that the MLAs are given. The Canadian Taxpayers Federation pins their [actual salary](#) at an amount almost \$15,000.00 higher.

Interestingly, the RSP allowance was brought into effect with the reasoning that since Alberta MLAs receive no pension for their service on the legislature, they should be given something extra in order to provide for their retirement. Of course, the reason they receive no pension is because that was one of the election promises Premier Klein made back when he started. So is it breaking a promise when you say you'll get rid of a pension plan, but then keep paying the money anyway? And this doesn't even touch the severance package the Alberta MLAs have granted themselves. Were Mr. Klein to resign or be defeated in an election tomorrow, Albertans would have to pay over half a million dollars in severance pay.

I guess we know who the real April Fools are.



Close Call

By Wayne Benedict

During my years working for the Ministry of Forests I became proficient in the use of a chainsaw. The process was neither instant nor was it without incident, and I know that I gave my boss/instructor Neil Campbell more than one grey hair along the way. Classroom time in combination with hours of fieldwork was required in order to become a chainsaw person on an initial attack helicopter firefighting crew. One of the first and most important rules for falling trees is the “two tree-length” rule, which stipulates that no worker can be within two tree lengths of the faller while he or she is felling a tree. Another requires that the faller create at least two escape routes from the base of the tree so that he or she has an alternate means of escape should anything go wrong with the operation. Unfortunately, I broke both of these rules and although I live to write this article, I could have easily been killed both times.

The first instant occurred during one of my training exercises. A separate department of the Ministry of Forests had baited some large spruce trees to attract and kill spruce beetles (this was back in the mid 1980s when the nascent mountain pine and spruce beetle problems were but a shadow of what they are today). Neil was always on the lookout for opportunities to supply his chainsaw operators with falling experience so he volunteered our base—the Northern Initial Fire Attack Crews (NIFAC)—for the job, and that is how several of us found ourselves on the side of a very steep mountain felling bug-baited spruce trees where the average butt measured 36”. One of the trees that I was to fell was at the bottom of a small ravine that sloped steeply down the side of the mountain. Neil stood watching me from a safe distance above and I cleared out the brush from around the base of the tree. It was leaning slightly in the direction that I intended for it to fall—down hill—so it seemed an easy job; maybe too easy. In my exuberance to perform well for my boss (whom I respected then and continue a friendship with today) and thinking the tree an easy one, I neglected to ensure a proper escape route. I made my cuts and the tree began to fall in the exact direction that I had intended; however, there was a windfall lying perpendicular to my tree and it was bridging the two banks of the ravine, setting it about twenty feet in the air where the two made contact. With the windfall acting as a pivot, the butt of my tree tore loose from the hinge-wood and shot backward up the mountainside. I backed-up as the log shot by me only a few feet away but since I hadn’t cleared an escape path, there was nowhere to go. I can recall looking up at Neil, whose mouth gaped open nearly to the size of his bulging eyes. Then it was over- and I wasn’t smeared like a bug on the side of the ravine. From that point on, I spent plenty of time making and familiarizing myself with at least two escape routes before putting chainsaw bar to tree and Neil often reminds me of the close call that could have ended my life but didn’t.

The second incident occurred during my fourth year at NIFAC. I had operated chainsaw for two prior seasons and had been promoted to crew-boss; thus, teaching chainsaw operation had become part of my duties. At the end of a long day my pupil, who was already reasonably acquainted with felling, was about to drop a large spruce tree as he cleared out a landing area for our helicopter extrication. The tree appeared to have a lean in the direction that he wished to fell it, so the pump operator and I moved to an area opposite of the tree's intended landing zone. We were all exhausted after a day of firefighting and I sat down on the ground, bringing my knees up to my chest in a comfortable repose; the pump operator did the same. I had my head turned away from the action as I spoke loudly to the pump operator in order that I could be heard over the noisy chainsaw and past the ear protection that we all wore. Without warning a tremendous crash shook the ground where we sat and, whirling my head around, I found that the tree had fallen so close to me that my feet could touch its trunk when I straightened out my legs. Every one of us was as white as the paper on which you are reading these words and I shook for a long time after.

The faller had cut too much of the hinge-wood away and the tree had broken off at the butt causing it to fall uncontrolled. I, in my state of fatigue and complacency, had forgotten the two tree-length rule and it had nearly cost me my life. I experienced many other scary chainsaw related incidents during my years of firefighting and private logging but the two fore mentioned brought my life the closest to its end. Now I rarely start up one of my saws without picturing those close calls, causing me to go through my mental safety check-list before and as I work.



Nature Notes: From the Backyard to the Biosphere

Echinoderms and Thoughts on Time

By Zoe Dalton

Have you ever looked at an echinoderm and thought: is that really an animal? Actually, maybe your first thought is – what the heck is an echinoderm, anyway? The group of animals known as Phylum Echinodermata includes such familiar creatures as star fish, brittle stars, sea urchins and the less familiar sea cucumbers and sea lilies. If you've ever spent time by the seashore or at an aquarium, you've probably been witness to one trait ubiquitous in this group: these guys move slowly! In fact, the apparently sedentary nature of echinoderms easily leads one to privately class these creatures with such "lower life forms" as plants.

Even scientists viewed these animals as a type of creature apart – at least until an unexpectedly useful piece of technology came along: that of time-lapse photography. Viewed in our own impatient time frame, echinoderms are painfully slow and their lives seem nothing short of boring. With their activities sped up to our own time, however, these ancient animals suddenly spring to life. Similar to birds or mammals at a kill, star fish can be seen to scramble as a group to a fallen meal; they will scurry hurriedly away in all directions when a higher predator arrives on the scene. And when meeting on the

ocean floor, these curious, eyeless, headless animals will greet one another by gently touching limbs.

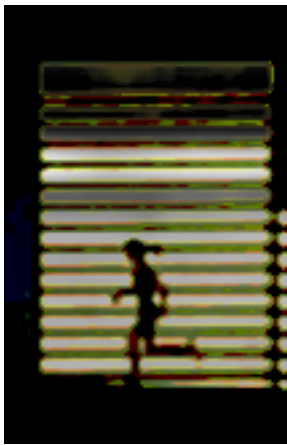
Of course, none of this intriguing social behaviour is observable when viewed through our own version of time. The starfish sitting on the beach appears to be little more than a colourful, interesting, decorative blob.

One of the most fascinating points of watching echinoderm life in fast forward is that our own perception of these animals changes dramatically, despite the fact that the animals themselves are acting just as they always do – we just didn't know what that meant before. When perceived as motionless blobs, little interest can be mustered for either the existence of echinoderms in the present or their preservation in the future.

However, when our understanding grows and the lives of these creatures are revealed to us in a way that we both comprehend and relate to, our respect for their existence suddenly increases. With a track record including survival through five mass extinctions, and a current distribution throughout every ocean in the world – from the seashore to the depths of the ocean - these little marvels deserve our respect.

The echinoderm version of time reveals one hugely important lesson about our place in nature: there is so much understanding that we, with our limited perceptions and views of the world, can miss. Something as simple as time-lapse photography can transform our view of echinoderms from meaningless creatures to animals that we relate to and wish to preserve. Not every organism in this enormously bio-diverse world will have its nature advantageously revealed to us through a given technology. But if there is one fundamental change that we as humans can make to help preserve in this marvelously diverse world, it is this: we must acknowledge our lack of knowledge. Behind every species that we just don't get, is a life that makes sense in its own habitat; one that fits just right into its own complex, larger ecosystem and one that is an essential puzzle piece in the biosphere that we all share.

Zoe Dalton is a graduate of York University's environmental science program, and is currently working towards a Master of Arts in Integrated Studies with Athabasca U. She can be reached for comments or questions at zk_dalton@hotmail.com



SURVIVOR!

By Mark Gueffroy

I am a survivor of emotional, physical, sexual, and spiritual abuse. As a young child, I was sexually abused by another male in the private school that I attended. Afraid of being rejected by my friends, parents, and other family members, I did not tell anyone about the incident for more than 3 years. Those three years were endless days of inner torture, feeling guilty while I knew that I was not to blame. I spent most of my childhood ashamed and desperately seeking the acceptance of my peers, afraid that they would find out about my dark secret and I would be alone.

As I grew older and became a teenager, I developed a fear of my abuser. Although there was little possibility that he would be able to re-victimize me, I was afraid of showering alone because he “might crawl through the bathroom window and hurt me or kill me.” Reality told me I was safe from further abuse by my attacker, but I was unable to reconcile my feelings of intense fear with my knowledge of reality, and insisted that my mother or father stand outside the bathroom door while I showered.

During my late teens, I developed a need for physical intimacy with other males. I felt that I needed to be loved, and the only way to meet that need was to be involved with someone. I ran from relationship to relationship, giving my body to any man that would give me the physical attention I longed for.

While attempting to resolve the feelings that were a result of this sexual trauma, I was also a victim of emotional, physical, and spiritual trauma. My father had been unable or unwilling to resolve his own childhood trauma, and as a result, abused his son through ignorance of a more appropriate method of resolving his emotions. An incident seemingly insignificant and unimportant would escalate into physical violence and emotional battering. He also used the Bible and religion as a method of achieving what he wanted and needed, selfishly unwilling to consider the needs of those around him.

My mother was also emotionally abusive, and would openly criticize my father in my presence. Some of these incidents would also escalate into physical and often emotional violence. I felt as if I had to be the referee or mediator and ensure that neither my mother nor my father resorted to physical violence, and more than once I contacted the police. My mother would leave for weeks, sometimes months, taking me away from the situation that caused me so much emotional pain, and then return to my father, dashing my hopes for a more “normal” life. I would escape to the neighbours and become involved in the community to avoid being at home.

My parents have now moved to South Korea, where they teach English to university students and businesspeople. I am in the process of healing from the trauma experienced during my childhood, and refuse to use the experiences as an excuse for my behaviour as a young adult. Is it possible to fully recover from trauma and abuse? I certainly hope and

pray that it is, and I strongly believe that a person with enough determination to succeed can be healed. It is a constant process requiring the support of friends and acquaintances, but happiness is possible.

This article is dedicated to those who have taken the first step toward healing, and are experiencing the emotions that the healing process surfaces. God bless you on your journey toward emotional health and happiness!

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NEWS FROM THE CANADIAN CANCER SOCIETY

**April is Canadian Cancer Society's
Daffodil Month**

Prevention Key to Fighting Disease

As the Canadian Cancer Society launches its annual Daffodil Month Campaign in April, the need for continuing support from the public remains strong. Not only will one in three Canadians be diagnosed with cancer in his or her lifetime, but cancer remains the leading cause of premature death (death earlier than the average life expectancy).

"This is one of the especially tragic aspects of this disease," says Gary Semenchuck, President, Canadian Cancer Society. "Cancer is always a devastating disease, but it's especially tragic when people with many productive years of life ahead of them die prematurely. With the continuing generosity of Canadians we will do all we can to ensure that no Canadian has to fear cancer."

"We have made great progress in the fight against cancer and we know that the next 10 to 20 years will bring even greater advances," says Julie White, Chief Executive Officer, Canadian Cancer Society and the National Cancer Institute of Canada. "An area of great promise is prevention of cancer. It is of paramount concern to us and is the cornerstone of our mission. We are committed to finding out as much as we can about preventing cancer and delivering this information to Canadians as quickly and clearly as possible."

White adds that up to 70 per cent of cancers could be prevented through lifestyle choices such as adopting a healthy diet rich in fruits and vegetables, choosing not to smoke or quitting, and avoiding overexposure to the sun.

"There is also mounting evidence about the importance of physical activity in preventing cancer," she says. "The most definitive evidence is for colorectal cancer, but new evidence has recently come to light about the convincing role of physical activity in preventing breast cancer. This is the type of vital information that we strive to uncover through our research."

Advocating on behalf of Canadians is another important thrust of the Society's prevention activities. Through its advocacy efforts - such as lobbying for smoke-free environments across Canada - the Society helps create societal change that will support Canadians' healthy lifestyle choices.

"In addition to tobacco smoke we are committed to protecting Canadians from other environmental contaminants proven to increase risk of cancer," says White. "For instance, we are calling for a ban on the use of carcinogenic chemical pesticides for cosmetic use on lawns and gardens as there is compelling evidence that some commonly used pesticides cause cancer. We are very concerned about the environment. People should not be exposed to known carcinogens."

In addition to funding activities to promote prevention of cancer, donations raised during April will also fund:

- important research that will uncover vital answers about this disease;
- dissemination of information about all types of cancer;
- support services for people experiencing cancer.

"We are able to carry out our essential work in the fight against cancer because of the generous donations we received from Canadians," says Semenchuck. "By investing in us, Canadians can rest assured that inroads will continue to be made, and that fewer people will have their lives tragically cut short because of this disease."

The Canadian Cancer Society's door-to-door campaign has been a springtime tradition in communities across Canada since 1948. The Campaign is launched each year with Daffodil Days, which take place on different days in different communities across the country. This year's Campaign goal is to raise \$18 million. During the year, the CCS also raises funds through gift planning, special events and In Memoriam gifts, bringing total donations to approximately \$118 million.

Information about local Canadian Cancer Society events during April is available by contacting local offices listed in the telephone book or by visiting www.cancer.ca

Watch for the following events in April:

- Thursday, April 18: the release of Canadian Cancer Statistics 2002 - a report card on cancer progress in Canada;
- Wednesday, April 24: an announcement of this year's newly-funded cancer research grants made possible by Canadian Cancer Society funds.

The Canadian Cancer Society is a national, community-based organization whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer. Together, Canadians and the Canadian Cancer Society are making cancer history.



B.C. scraps distance learning

**By Kevin Groves, B.C. Bureau Chief,
British Columbia Bureau**

VICTORIA (CUP) -- The B.C. Liberals have slashed a program that offers post-secondary education off campus.

Over the next two years, all programs provided by the Open Learning Agency (OLA) will be discontinued or transferred to post-secondary institutions across the province.

"These programs are primarily for students who might not meet the requirements for [university] admission or can't take the time to go through the admission process of a university because they're working," said Cindy Underhill, a spokeswoman for the University of British Columbia's distance education department.

Before the changes, the OLA ran a separate college and university as well as the Knowledge Network, an educational television station. The agency serves between 15,000 and 22,000 students each year, which amounts to about 2,600 full-time students throughout B.C.

The OLA kindergarten to Grade 12 courses, career and college preparation, as well as university courses will be incorporated into correspondence programs offered at the University of Victoria, Simon Fraser University, UBC and other post-secondary institutions in the province.

It is still unclear how the programs will be integrated.

"As of yet we haven't received any new information," said Don Black, a spokesperson for the OLA.

Black said the government wants to adopt a distance education approach where member universities work closer together.

"I would imagine this is to ensure that work in online learning is coordinated, rather than duplicated," he said.

Privatization could be one of the routes the government may take to administer B.C.'s distance education programs in the future, said Black.

Joan Collinge, a spokeswoman for Simon Fraser's distance education department said privatization could work if administered properly.

"The effect on students would depend on the extent to which the new service provider would be willing to work with the institutions," she said.



Find freedom in wired world, Lightman tells students

By Sonni Bruner, The Varsity

TORONTO (CUP) -- Something as simple as turning off a cell phone can lead to the development of a better world, Alan Lightman told students at the University of Toronto last Wednesday.

The respected physicist, novelist and Massachusetts Institute of Technology professor delivered a lecture entitled "The World is Too Much for Me: Finding Private Space in the Wired World."

Lightman discussed how an obsession with the speed of technology contributes to a loss of silences and inner reflection, as well as a lack of privacy. He emphasized that while technology is beneficial, we need to be able to unplug from it to consider what is really important in life.

"I believe that if we're not able to spend time in our inner lives," Lightman said in an interview prior to the lecture, "which is where we think about our morals and our values, then essentially we are amoral."

"On the national level, I think of whole nations like people. If the citizens in the country can't listen to themselves then I don't believe the country as a whole can [listen to themselves]. This also impacts its relations with other countries," he said.

While there may be no obvious solution to the problem of the increased pace of life due to technology, Lightman claims that a crucial part to tackling the problem is acknowledging that it exists.

"The key, it seems to me," Lightman told the crowd, "is awareness. We must become aware of the choices."

These choices involve taking small steps such as not answering the phone during dinner or leaving the cellular phone at home while on vacation.

"I believe that all of these technologies can be used to benefit us, but they can also be abused and we need to be more conscious of the way we're relating to the world around us," Lightman said.



Newfoundland proposes tuition cut, would be second in two years

By Nadya Bell, The Muse

ST. JOHN'S (CUP) -- The Newfoundland government has pledged to ease the burden of pricey tuition fees for the province's university students.

The government announced \$3.5 million in its provincial budget last Thursday to decrease the cost of university education. The government suggested the money be used to reduce tuition fees at Memorial University by 10 per cent -- a drop of \$297 per student each year.

The reduction would be the latest instalment of the 25 per cent tuition decrease promised by Premier Roger Grimes during his leadership campaign last year.

Both Memorial University and student groups have praised the announcement.

"I'm very pleased that additional resources are being provided to help students with their financial difficulties," said Memorial president Axel Meisen.

Liam Walsh, chair of the provincial chapter of the Canadian Federation of Students, was also pleased. He says the government is following through with its promises for education.

"[Government] is starting to look at education as more of an asset and less of a liability," he said.

However, the tuition-fee decrease did not impress NDP leader Jack Harris.

"We've got a huge student debtload, [but] there's no imagination or creativity being used here. They're just continuing on with the reduction," he said.

Randy Collins, the NDP post-secondary education critic, says the tuition cuts did not go far enough to support rural students. He says government should be working toward free tuition.

However, the final decision on how the funds are spent will be made in a roundtable discussion between student leaders, university administrators and the government.

Memorial student union president Kirk Wiseman says students will be pushing for a tuition reduction in the upcoming discussions. He also says student groups will continue to lobby for the remaining five-per-cent reduction Grimes has promised.

Wiseman said he is disappointed, though, that the decrease is still not extended to international students.

He is also concerned that a roundtable discussion gives the university too much power over the spending on money that comes from public tax dollars.

With files from Steve Durant and David Skinner



ENLIGHTENING INFORMATION!

A Healing Process September 11: Dealing with the Backlash

Were you affected by the horrific events of September 11? Do you think / feel racism against certain groups has increased since the tragedy? Would you like to share your thoughts & views about it? If so, you are cordially invited to attend any one of the following Edmonton community meetings...

Thursday, April 04, 2002
12:00 - 1:30 p.m. in the Lounge Room
Host: Millwoods Welcome Centre for Immigrants
@ 335 Tower 2 Millbourne Mall, 7609 - 30th Avenue

Friday, April 05, 2002
12:00 - 1:30 p.m. in the Board Room
Host: Family Centre (Northside)
@ 513 Hermitage Road

Wednesday, April 10, 2002
6:00 - 8:00 p.m. in the Board Room
Host: University of Alberta, International Centre
@ 172 HUB International, U. of A. Campus

Thursday, April 11, 2002
5:30 - 7:00 p.m. 6th Flr., Board Room
Host: Edmonton Multicultural Society
@ the Stanley A. Milner Library (Downtown)

Tuesday, April 16, 2002
12:00 - 1:30 p.m. Room 7-269
Host: Grant MacEwan College

@ City Centre Campus

Sunday, April 28, 2002
2:00 - 4:00 p.m. East Room
Host: Edmonton Immigrant Services Association
@ 11240 - 79 St. / Cromdale School (in French)

Additional community meetings will be scheduled for your convenience. If you wish to attend and bring a friend along, you are most welcome to do so.

For further information:
Ernest or Charlene @ 425-4644
e-mail us at: naarr@compusmart.ab.ca

Events co-ordinated by the Northern Alberta Alliance on Race Relations (NAARR). Please visit our web site at: <http://www.naarr.org/>



COMMENTARY AND FEEDBACK! LETTERS TO THE EDITOR

Thanks to all of you who have been providing us with such great feedback on The Voice. Please continue providing your opinions, comments and support; any submissions can be sent to tmoore@ausu.org

Accepted letters to the editor have not been edited, nor do they necessarily reflect the opinions of The Voice staff, AUSU, or Athabasca University.

Tammy Moore

SCHOLARSHIP NEWS

**STUDENTS OFFERED \$ 346,000 IN CASH AND AWARDS FOR SHARING
VISIONS ON IMPROVED CANADA**

- Top Prize of \$70,000 to be Awarded to National Winner -

Toronto, On (March 4, 2002) — The As Prime Minister Awards announced today that it is again challenging students to present innovative ideas and solutions for charting the future course for Canada. The Magna for Canada Scholarship Fund will award more than \$346,000 in cash prizes and internships with Magna International Inc., Canada's largest supplier of automotive systems and components.

This year the As Prime Minister Awards program calls upon full-time undergraduate or graduate students from colleges, universities, or CEGEPs across Canada to prepare an essay answering the question:

"If you were the Prime Minister of Canada, what political vision would you offer to improve our living standards and ensure a secure and prosperous global community?"

Now in its eighth year, the program has grown consistently in popularity year over year; over 800 students from across the country participated in the 2001 program.

All entries are judged on the merit of innovative and workable solutions.

From the entries, 10 finalists are chosen and invited to present their essays before a distinguished panel of judges. The overall national winner is selected based upon his/her ability to express new, solution-driven ideas.

The deadline for essays is June 3, 2002. Program details are available through www.asprimeminister.com or by calling 1-866-AS-THE-PM.

All winning student essays are published in a special book entitled @stake "As Prime Minister, I Would..." .

The Magna for Canada Scholarship Fund was established in 1995 by Magna International Inc, to empower students to express their solutions for building a better Canada. \$1,000,000 has been placed in a charitable trust on behalf of the scholarship fund. The program is also sponsored by The Fair Enterprise Institute, a non-partisan and non-profit organization founded to provoke dialogue and debate and propose innovative solutions to improve the living standards of Canadians.

Global Village Backpackers Banff

Our hostel opened June 1, 2001 right in downtown Banff. Formerly the Woodland Village Inn, we are a unique hostel as all our rooms have ensuite bathroom facilities. We have a hot tub, sauna, internet access, kitchen facilities, pool table, tour desk, TV room, bike rentals, laundry facilities, lounge and a large outdoor courtyard patio.

A majority of our rooms are spacious 4-8 bed dorms. We also have, what we call, semi-private rooms. Each has a double bed in a loft above a 4 bed dorm. You share the washroom facilities with the dorm.

Room rates

October 1, 2001 - April 14, 2001

Dorm Beds	\$25.00	\$22.00
Semi-private	\$55.00	\$51.00
Weekly rate in a dorm room	\$129.50 (non-refundable)	

All prices include taxes and linen. Discounts are available to travelers carrying YHA, ISIC, VIP or GO cards.

2001/2002 Ski packages

3 Nights/2 days - only \$169
3 Nights shared accommodation
2 days ski passes (Lake Louise/Sunshine Village/Mount Norquay)
Transport to/from ski hills
Free pancake breakfast daily.

6 Nights/5 days - only \$369
6 Nights shared accommodation
5 days ski passes (Lake Louise/Sunshine Village/Mount Norquay)
Transport to/from ski hills
Free pancake breakfast daily.

We require credit card details to guarantee reservations.
We welcome group bookings. Please call the hostel directly for details.

Cheers

The Staff at the Global Village Backpackers Banff

449 Banff Avenue BOX 398

Banff AB Canada T1L 1A5

1-403-762-5521 Toll-free in North America 1-888-844-7875 fax 1-403-762-0385

Are you an Artist? AUSU supports the arts!

AUSU is interested in purchasing original works of art from students for use in promotional purposes. These promotions may include: gifts from AUSU to graduates at convocation, tokens of appreciation for volunteers, special presentations, etc.

The works of art must:

- be created by an AU Student
- be within a value range \$0-\$500.
- be accessible or easily transportable to Alberta

If you are an artist of any kind who creates a product you feel we would be able to use for such a purpose, please contact djabbour@ausu.org. Supply a brief description of the art object, a picture if you have it, and its market value.

WRITE FOR THE VOICE!

Contact Tammy Moore at tmoore@ausu.org for details on writing for The Voice, providing a sample selection of writing and preferred genre.

ⁱ Salisbury, N. (Sept. 1995). 6 ways to burn fat faster. *Redbook*, Sept 1995 v185 n5 p145(3).

ⁱⁱ Rowley, B. (Spring 2001) The Two Week Diet: Stop Starving Yourself and Still Lose Bodyfat. *Muscle and Fitness: Hers.* vol. 2, no. 2. P. 98-103

ⁱⁱⁱ Aceto, C. (April 2002). Don't be Cardio Crazy: Effects on metabolism of drastic caloric expenditures. *Muscle & Fitness*, April 2002 v63 i4 p34(1).

^{iv} Modugno, B. (Winter 2000). FAQs: Performance Nutrition. *Muscle and Fitness: Hers*, vol.1 no. 4, p.126-9

^v *ibid*

^{vi} Rowley, B. (Spring 2001) The Two Week Diet: Stop Starving Yourself and Still Lose Bodyfat. *Muscle and Fitness: Hers.* vol. 2, no. 2. P. 98-103

^{vii} Rossner, S. (1998). Intermittent vs. continuous VLCD therapy in obesity treatment. *International Journal of Obesity and Related Metabolic Disorders* 22(2):190-192

^{viii} Sports supplement review, 3rd issue, 261-286. Golden, CO: Mile High Publishing, 1997.

^{ix} Government of Canada website, November 1, 2001. "Tobacco Tax Increases to Discourage Smoking." <http://www.fin.gc.ca/news01/01-095e.html>

² <http://tobaccofreekids.org/reports/prices/>

³ C. Everett Koop, U.S. Surgeon General, Washington Post, Sept. 21, 1994; Canada's Non-Smokers' Rights Association.

⁴ The Washington Times, February 11, 1998. "Smoking Up North"

⁵ http://www.smoke-free.ca/eng_home/news_press_Oct99.htm

^{xiv} Health Canada