

THE VOICE

MAGAZINE

Vol 11 Issue 40
October 1, 2003

How to Quit Smoking

You have more options than you think

Privacy and the Internet

Think you're anonymous?

Age, Maturity, Experience

Is there a correlation?

The first ever Voice writing contest!

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published writer! Details inside...

NEW COLUMN: PRIMETIME UPDATE

Plus: Canadian FedWatch!, Flicks & Folios,
Net Nerd's Profiles, Dear Sandra, and news,
announcements and opportunities from your
university and beyond.

THE VOICE

Oct 1, 2003

Volume 11, Issue 40

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We love to hear from you! Send your letters to voice@ausu.org, and please indicate if we may publish your letter in the Voice.

I know not with what weapons World War III will be fought, but World War IV will be fought with sticks and stones.

-- Albert Einstein

THE VOICE

c/o Athabasca University Students' Union
2nd Floor, 10030-107th Street,
Edmonton, AB T5J 3E4
800.788.9041 ext. 3413

Editor In Chief Tamra Ross Low

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www.ausu.org/voice

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Special thanks to Athabasca University's *The Insider* for its frequent contributions

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EDITORIAL PAGES

THIS WEEK

YOU DON'T WANT TO WIN \$300?

There are just three weeks left to enter for the first Voice writing contest. Responses to the non-fiction category have been weak, which is surprising, since so many of you have opinions on how AU could be better run.

C'mon, how hard can it be? Just tell me, in 1500 words or less, what you would do as President of AU. Your chances of winning \$300 are high, and I know you all could use that money to offset this year's tuition increase. Besides, it's great practice for that annual As Prime Minister contest that runs nationally and which has phenomenal prizes.

We've had some great submissions to the fiction category, but I think there are probably even more talented writers out there. If you wish to submit poetry, you can send one or two poems, as long as you come in under the word limit. Our judges can't wait to read all of your entries.

What have you got to lose? Even if you don't win the cash, you might qualify for a secondary prize...

AGE, MATURITY, EXPERIENCE: A CORRELATION? - Wayne was concerned that as a mature student, he wouldn't fit in with the younger crowd at a brick and mortar school. So far, his fears are unfounded.

HOW TO QUIT SMOKING - If Shannon Maguire convinced you to quit last week, read on to learn how.

PRIVACY AND THE INTERNET - Debbie Jabbour warns that everything you do on line leaves a virtual paper trail that may persist for much longer than you think.

MYSTERIOUS PURSUER (short story) - The first fiction offering from Barbara Godin. Enjoy!

ENJOY THE SILENCE

As your not-so-humble editor has been mostly prone and grumbly the past few days with a darned irritating neck strain, not to mention re-organizing the house pending the arrival of a new kitten, I invite you to enjoy the silence this week. I'll have plenty to say next week, including a brief intro to your newest three council members. You can keep an eye on the AUSU website for bios on the new council members as well. Click on the "council" link on the left menu.

Oh, and if you want to enter the Voice writing contest, you'd better make it snappy! There are only 2 weeks until the deadline!

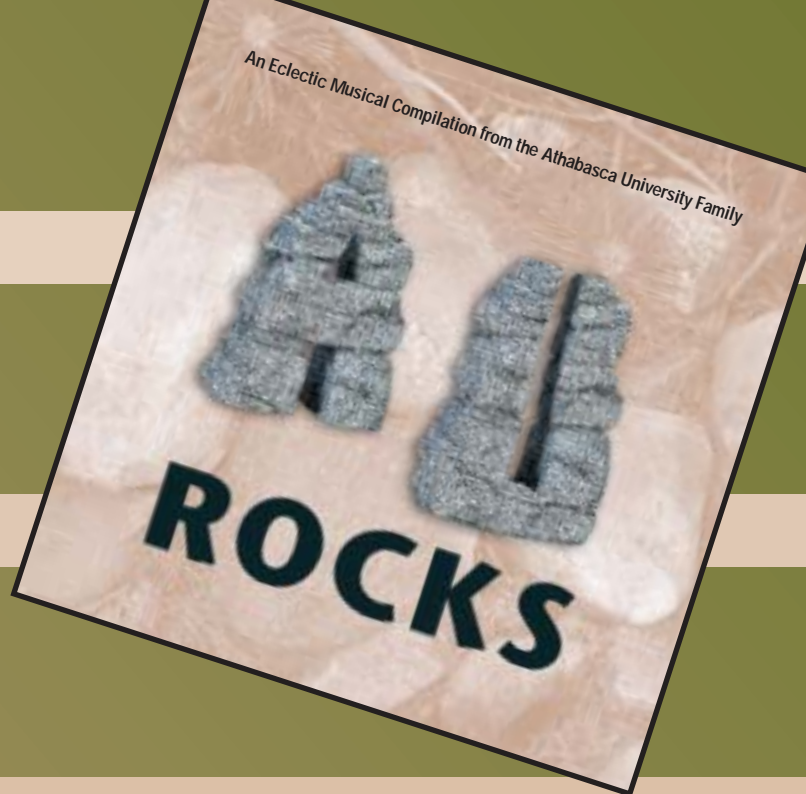
FICTION WANTED

The Voice fiction feature has become popular, but submissions have been slow. Send us your best fiction today, and it might become our next feature.

ATTENTION BUDDING WRITERS

The Voice needs some new Voices! We know you have plenty to say, so why not get paid for it. Send us a writing sample or article for submission and you might be published in an upcoming issue. It's fun, it's easy, and it pays. Contact voice@ausu.org for more details.

Get Your AU ROCKS CD Today!



Andy deLorme

AU staffer, Andy, writes and performs gentle folk ballads accented by subtle harmonies and intricate harmonica lines.
Contact: andyd@athabascau.ca



Erin Sullivan

Erin, an AU Student, provides vocals for the group, *The George Bushes*. This group is noted for its innovative songwriting, crisp harmonies and high-energy performances. *Contact: thegeorgebushes@yahoo.com*

Dave Brundage

Confluence, the versatile Edmonton-based group builds upon the guitar, songwriting and singing talent of English department stalwart Dave Brundage.
Contact: hall4@telusplanet.net, http://www.confluencemusic.ca



Steve Boddington

History Coordinator, Steve Boddington contributes lead guitar, songwriting, and vocal talent to *Hot Cottage* - one of Edmonton's oldest and best-loved blues and boogie bands.
Contact: cottage@powersurfr.com

Dean Foster

Teacher, singer, musician and songwriter, Dean contributes two polished country rock ballads to this collection. Dean is a student in the MDDE program and is the husband to AU Public Affairs staff Omella Foster. *Contact: omellaf@athabascau.ca*



Terry Taylor

Terry writes, performs and records music as a hobby. He plays guitar, resophonic guitar, mandolin, bass, and keyboards and is joined by his wife on vocals. Terry tutors for the Centre for Computing and Information Systems and the School of Business. *Contact: budby@shaw.ca*

Dirk Heydemann

Dirk contributes as a songwriter and guitarist to this Nanaimo-based group, *Amoral Minority*, whose sound is reminiscent of the Doors, The Tragically Hip, and Tea Party. He is the brother of AU Learning Services Outreach Coordinator Angela Heydemann.
Contact: dirk@heydemannphoto.com



Sean Fulton

Sean has been studying, performing and composing music for many years, and currently applies his talents as a composer and piano/keyboard player to a variety of projects including traditional Jazz, Latin, and Hip Hop. Sean is the son of AU English tutor, Seaneen O'Rourke.
Contact: seanfultone@yahoo.ca

Thank you to the Athabasca University musicians who conceived and developed this project.

Proceeds from CD sales will be donated to Athabasca University scholarships.

Pick up your copy at Public Affairs and Communications in Athabasca or an order form is available at www.athabascau.ca/aurocks

Price: \$12 (If CD requires mailing a \$2 shipping and handling charge will be added).



THE FIRST VOICE MAGAZINE WRITING CONTEST!

\$600 in scholarships to be awarded
\$300 each in the fiction and non-fiction categories

Write for The Voice and win money for your education.

The Voice is launching its very first writing contest, with categories for both fiction, and non fiction.

Non-Fiction: In 1500 words or less, tell us what you would do if you were the President of Athabasca University. Feel free to use research or statistics in your article [with proper citations], or write a creative opinion piece. Don't just write a critique of AU - tell us what you would do to make a difference and to make distance education even better!

Fiction: Free form - write a 1500 word or less fiction submission in any genre or any format. Short stories, poetry, a scene from a play, even a comic. Be creative!

Please read the contest rules and regulations and submission guidelines very carefully to ensure you are not disqualified. Good luck!

Rules and Regulations:

- Entrants must be students of Athabasca University. Student status will be confirmed with the AU registrar. Please ensure that the registrar has your current address and contact information.
- All non-fiction entries become the property of The Voice. Winning entries will be published in an upcoming Voice issue. The Voice reserves the right to print non-winning fiction entries at a rate of remuneration in accordance with current Voice freelance submission rates. The Voice may use information from non-fiction entries to create a composite article about what entrants would do as president of AU, or may use excerpts from these entries at any time. No remuneration will be provided for such use.
- All decisions regarding this contest and the selection of winners remain with the judging panel and are final and binding.
- AU, AUSU, and Voice staff or council members are not eligible for the contest.
- Entries will be judged by a panel to be selected by the Voice Editor, and this panel may include: AU students, AU tutors, and/or AUSU council members. The panel will include at least 3 members.
- The Voice Editor will collect articles and oversee the judging, but will not be a judge.
- Entries must be original works which have not been printed or published elsewhere, and must not be course assignment papers or derivatives of.
- Entries must not contain any information that would make the identity of the author evident to judges. To insure fairness, all entries will be forwarded to the judging panel with a reference number attached, but no personally identifying information will be forwarded. The Voice Editor will keep the identity of the authors private until the contest closes. The Voice editor will keep a record of the authors of submissions, and will be the sole owner of this list.
- Entries will not be edited for grammar, spelling, or content, although The Voice Editor may black out any personally identifying information contained within the submission. Otherwise, entries will be forwarded to the judging panel, as is.
- **The deadline for submissions in both categories will be October 15, 2003. The winner will be announced by November 10, 2003. The Voice reserves the right to extend either deadline if necessary.**
- One grand prize winner will be selected in both the fiction and non-fiction categories. If no entries are received in one of the categories, the prize money will be returned to the Voice scholarship budget. Prizes will be awarded in the form of a cheque, payable in Canadian funds.

- The Voice reserves the right to add additional, secondary prizes.
- The Voice is not responsible for lost emails. The Voice editor will confirm receipt of all entries by email. Follow up if you do not receive a reply.
- All entrants agree to allow their name and city to be printed, along with their submission, should it be selected as a winning entry. No further remuneration will be paid to the contest winner when their entry is printed.
- Entrants will be asked to sign a standard Release and Indemnity form; each prize winner agrees to release the Sponsor and its agents from any liability in connection with the prizes awarded in this contest.
- Any entrant found to be tampering with the contest results, or attempting to influence any of the judging members, or using any forums or other public communications media to advise others of which entry is theirs will be disqualified; or if The Voice editor determines, at her sole discretion, that any other form of tampering has been attempted, that entrant will be disqualified.
- Where applicable, this contest is subject to all federal, provincial and municipal laws. Contest void where prohibited by law.

Submission Guidelines:

- Your submission must be an electronic file, sent as an attachment to email. Submissions sent as the body of an email will not be accepted. Contact voice@ausu.org if you require instructions on how to attach a file to an email.
- Submissions should be in Microsoft Word format [.doc], rich text format [.rtf] or plain text format [.txt]. If you use a Word Processor other than Word or work on a Mac computer, you can save a file in one of these alternate formats using the 'save as' function and selecting the desired format on the save menu. Contact The Voice editor if you require assistance in formatting your submission.
- All entries must be under 1500 words, due to judging time constraints. Length will be determined by the Word Count feature in Microsoft Word. Your References and Citations section will not be included in the word count.
- Entries should not include unnecessary formatting such as drop caps, graphics [unless the graphic is integral to the work], or unusual fonts. Times New Roman or Arial 12 point font are preferred. Entries must be text - scans of hand written or typed documents will not be accepted.
- All entries forwarded to the judging panel will be converted to the same file format, font style and font size.
- Submit your entry as an email attachment. The email should include the following information: Your full name, your AU student ID number, an email address and telephone number where we may contact you, your home address, the title of your entry, and whether you are submitting a fiction or non-fiction entry. Make sure non-fiction entries are based on the topic question detailed above. Fiction entries can be on any topic you like. Do not include your contact information within your article - but be sure to include a title. Your contact information and article will be coded, and filed separately.
- Entries will be judged on the following criteria:
 - Non Fiction entries: will be judged on originality, creativity, the plausibility of your suggestions, and how well your support your suggestions with data or argument. You will also be judged on the presentation of your article, including professionalism, proper spelling, grammar and syntax, and readability.
 - Fiction entries: will be judged on creativity, entertainment value, and the originality or your writing style. Regardless of the genre you choose, you will be judged on the effectiveness of your piece, and your technical writing skills.



AUSU STUDENT GIFT PACKS NOW AVAILABLE

AUSU students can now order their student gift packs, free courtesy of your students' union.

The packs are filled with AUSU logo items to help you study, relax, and learn more about AUSU.

Contact ausu@ausu.org to order your gift pack today!

HOW TO QUIT SMOKING

Shannon Maguire



Now that you have had a week to consider the reasons to quit smoking that I presented you with in my last article, "[Five Good Reasons to Quit Smoking](#)," you may have decided that you want to quit. The next step in the process is to determine how you are going to stop using a highly addictive substance. Not only will you be battling an extremely strong physical addiction, many of you may also have an equally strong psychological addiction to smoking (Quitnet – Getting Ready). You may find it easier to rid yourself of these types of addictions if you identify the obstacles that you will have to overcome before you attempt to quit and formulate a plan to help you achieve your goal.

Obstacles Along the Way

Physical Obstacles: According to Health Canada, a person who quits smoking may experience any combination of the following symptoms, which are caused by depriving your body of the nicotine it has become addicted to:

- Irritability, frustration, anger or anxiety
- Difficulty in concentrating
- Restlessness
- Increased appetite
- Problems falling asleep or frequent waking
- Slight depression or feeling down

Other physical withdrawal symptoms you may experience are headaches and increased coughing, although these are caused by your lungs trying to clear themselves out and not by a lack of nicotine. These are only possible withdrawal symptoms and some people may not experience any of them. Most people find that the side effects of quitting are the strongest in the first few days after quitting. After 3-4 days the withdrawal symptoms should start to fade and they should be completely gone after 7-10 days (Health Canada – Withdrawal).

Psychological Obstacles: Some people find that the psychological addiction to smoking is harder to deal with than the physical addiction. There are two theories on how people become psychologically addicted to smoking. The first theory is based on the study conducted by Ivan Pavlov where he successfully conditioned dogs to salivate at the ringing of a bell. He achieved this by continually pairing the ringing of the bell with the presentation of food, which naturally caused the dogs to salivate. Over time the dogs learned that the ringing of the bell meant that they would be receiving food. This theory can help us understand why we crave cigarettes at certain times. If you always have a cigarette with your morning coffee your brain eventually associates the morning coffee with smoking and a powerful craving is created. You have successfully conditioned yourself to light up a cigarette with your morning coffee whether your body physically craves it or not (Quitnet – Getting Ready).

The second theory is based on B.F. Skinner's findings that when behavior is rewarded it is more likely to occur again, while behavior that is punished is less likely to occur again. This theory helps us to understand why it is so hard for some people to quit smoking. When you quit you are likely to start thinking about all the good aspects you think you are losing (the positive reinforcers), and at the same time you are being punished with withdrawal symptoms. These conditions are likely to encourage you to keep smoking and discourage you from quitting (Quitnet – Getting Ready).

Overcoming the Obstacles

Now that you are aware of the obstacles you may encounter when you quit smoking you need to formulate a plan to deal with them. The following are several of the methods available to help you:

The Nicotine Patch: The nicotine patch is a self-adhesive patch that releases nicotine into your blood stream and is worn on your body 24 hours a day. The treatment works by allowing you to put nicotine into your blood without smoking. You can then gradually lower the dosage and wean yourself off of nicotine. It takes 4-10 weeks to quit smoking with this product, and it costs an average of \$4/day. Possible side effects of using the patch are skin reactions, vivid dreams and sleep disturbances. These effects can be counteracted by moving the patch to different parts of your body more often and by removing the patch before you go to bed (Quitnet – The Patch).

I highly recommend the patch, but I am a little biased because I finally quit smoking using it. The patch is a great way to overcome the psychological addiction without having to deal with the physical withdrawal symptoms at the same time. After I went 7 days without a cigarette I had overcome most of the psychological need to smoke, which in my case was stronger than the physical addiction. I knew that I still had a strong physical addiction to deal with though because my body had still spent the last 7 days receiving its beloved nicotine. The last thing I wanted to do was wait another 3-9 weeks to see if I could overcome the physical addiction, so I stopped using the patch and decided to deal with the physical addiction "cold turkey."

The first day I took the patch off was worse than all of the bad days I had ever experienced combined. Each day after that got a little better, though, and eventually I returned to normal. Amazingly, the psychological addiction lingered long after the physical addiction was gone. I thought about having a cigarette every hour of every day for about a month. At first I thought I was destined to live the rest of my life thinking about cigarettes, but, thankfully, I was wrong. Over time I stopped thinking about it and now it seems as though I never was a smoker to begin with.

Nicotine Gum: Nicotine gum works the same way as the patch except for the fact that you have more control over the amount of nicotine that enters your body. Instead of having a constant flow of nicotine administered through a patch you decide when you need nicotine and give yourself a piece of gum. This method is not the same as normal chewing gum, however, and if you continually chew the gum the treatment will not work. What you must do is chew the gum for a little while at first to activate the nicotine, and then place it between your cheek and gums and leave it there to do its job. (Quitnet – Gum Use) It takes an average of 12 weeks to quit smoking with this product, and it costs an average of \$5/day. Possible side effects include soreness in the gums, teeth and jaw (Quitnet – Gum).

Nicotine Lozenge: The nicotine lozenge works the same way as nicotine gum, except it comes in the form of hard candy that is dissolved in the mouth (Quitnet – Lozenge). It takes an average of 12 weeks to quit smoking with this product, and it costs an average of \$6/day. Possible side effects of using the lozenge are sore gums and teeth, irritated throat, hiccups and heartburn/indigestion (Quitnet – Lozenge Specifics).

The Nicotine Inhaler: The nicotine inhaler works the same way as nicotine gum and lozenges except for the fact that the nicotine is administered by puffing on a plastic cartridge containing nicotine. 80 puffs on the cartridge is equivalent to smoking one cigarette. Some people prefer the inhaler because the inhaling aspect resembles the act of smoking a cigarette. The nicotine inhaler is only available with a prescription (Quitnet – Inhaler). It takes an average of 6-16 cartridges for 12-24 weeks to quit smoking with this product, and it costs \$45.00 for a package of 42 cartridges. Possible side effects are irritated mouth and throat and upset stomach (Quitnet – Inhaler Specifics).

Nicotine Nasal Spray: Nicotine nasal spray works the same way as the other self administered products listed above, except it comes in an aerosol spray bottle and nicotine is administered by spraying it into your nose. This method may be preferred by highly addicted smokers because the nicotine makes its way into your system much faster than it does with the other products. The nasal spray is only available with a prescription (Quitnet – Nicotine Nasal Spray). It takes an average of 12-14 weeks to quit smoking with this product, and it costs an average of \$5/day. Possible side effects of using the nasal spray are irritated nose and throat, watering eyes, sneezing and coughing. These symptoms usually subside after the first week (Quitnet – Nasal Spray Specifics).

Bupropion/Zyban: Zyban is an anti-depressant drug that makes some of the physical withdrawal symptoms of quitting disappear. It is not known how the drug achieves this, but studies have shown that the drug helps some people to quit. Zyban is only available with a prescription. It takes an average of 7-12 weeks to quit smoking with this product, and it costs an average of \$2.50/day. Possible side effects are dry mouth, insomnia, shakiness and skin rash (Quitnet – Zyban).

Support Groups and Programs: Many people find it useful to quit with other people, so they can support and encourage each other. If you do not know anyone who wants to quit right now there are still resources available that can give you the same kind of support. Health Canada has an online program, called On the Road to Quitting, that will help you formulate a plan to quit smoking and guide you along that plan (Health Canada – On the Road to Quitting). Another Health Canada program, called E-quit, will send you an e-mail each day while you are quitting. The e-mails will contain encouraging messages and tips on how to quit smoking (Health Canada – E-quit). If you are the type that would benefit more by talking to someone on the phone or in person you can phone one of the toll-free quit smoking lines in your area. These lines are manned by trained specialists who will help you develop a plan to quit smoking, refer you to services in your area that can help you quit smoking and answer any questions you have about smoking and quitting. The lines listed below are free for everyone.

- Newfoundland residents: 1-800-363-5864
- New Brunswick and Nova Scotia residents: 1-877-513-5333
- Prince Edward Island residents: 1-888-818-6300
- Quebec residents: 1-888-768-6669 (Quebec Lung Association) or 1-888-853-6666 (Canadian Cancer Society)
- Ontario residents: 1-877-513-5333
- Manitoba and Saskatchewan residents: 1-877-513-5333
- Alberta residents: 1-866-332-2322
- British Columbia residents: 1-877-455-2233

(Health Canada – Lines)

Acupuncture, Hypnosis and Herbal Remedies: These methods have become quite popular in quitting smoking, but they are not recommended as effective ways to quit smoking by the Surgeon General. Any positive effects gained by these treatments are more likely caused by positive expectations – the person believes that the treatment will work and wants it to work so much that he/she will actually make the treatment work to avoid being wrong. Furthermore, treatments such as herbal cigarettes contain just as many harmful chemicals as normal cigarettes (Quitnet – Getting Ready). I can personally attest to the uselessness of replacing real cigarettes with herbal cigarettes because I actually tried this method of quitting once. Not only did herbal cigarettes make me feel like I was smoking the air freshener from my bathroom they did not make my psychological or physical cravings for cigarettes go away at all.

Other Useful Tips: In addition to the quit smoking products and programs there are also several things you can do on your own to make the process easier. When I quit smoking I found the following helpful:

- Keep yourself busy so you do not have time to think about smoking.

- Find something else to do when you would normally smoke. During my breaks at work and school I started getting a coffee instead of having a cigarette. Consequently, I am now addicted to coffee, but I figure it is better than smoking.
- Find something to simulate the action of having a cigarette. This is where people's fear of gaining weight when they quit comes in because instead of sticking a cigarette in their mouth they stick a piece of cake in instead. I found that weight gain could be avoided by using chewing gum and licorice. Every time I couldn't get rid of a craving for a cigarette I would eat a piece of licorice or chew on gum, which is not as fattening as cake.
- Once you feel confident enough keep hanging out in the smoking area. One of my fears was that I would lose the interaction I had of going to the smoking area with my friends. I found that it didn't bother me to keep going out and I ended up having more social interaction by hanging around with the smokers and the non-smokers. This act also tested the strength of my commitment to quit smoking.

Now that you are equipped with the information you need to quit smoking what you do with it is up to you. Everyone is different and the tips and treatments in this article will work differently for each person. In order to successfully quit smoking you need to formulate a plan that you think will work the best for you.

Sources

Health Canada: On The Road to Quitting - <http://www.hc-sc.gc.ca/hecs-sesc/tobacco/quitting/road/index.html>

Withdrawal - <http://www.hc-sc.gc.ca/hecs-sesc/tobacco/quitting/road/withdrawal.html>

On the Road to Quitting - <http://www.hc-sc.gc.ca/hecs-sesc/tobacco/quitting/road/about.html>

E-quit - <http://www.hc-sc.gc.ca/hecs-sesc/tobacco/quitting/e-quit/index.html>

Lines - <http://www.hc-sc.gc.ca/hecs-sesc/tobacco/quitting/index.html#lines>

Quitnet: Quit All Together - <http://www.quitnet.com/>

Getting Ready - http://www.quitnet.com/library/guides/Quitnet/B/getting_ready.jtml

The Patch - http://www.quitnet.com/library/guides/NRT/ThePatch_specifics.jtml

Gum Use - http://www.quitnet.com/library/guides/NRT/NRT_Gum_Use.jtml

Gum Specifics - http://www.quitnet.com/library/guides/NRT/gum_specifics.jtml

Lozenge - <http://www.quitnet.com/library/guides/NRT/lozenge.jtml>

Lozenge Specifics - http://www.quitnet.com/library/guides/NRT/lozenge_specifics.jtml

Inhaler - <http://www.quitnet.com/library/guides/NRT/inhaler.jtml>

Inhaler Specifics - http://www.quitnet.com/library/guides/NRT/inhaler_specifics.jtml

Nasal Spray - <http://www.quitnet.com/library/guides/NRT/nasalspray.jtml>

Nasal Spray Specifics - http://www.quitnet.com/library/guides/NRT/nasalspray_specifics.jtml

Zyban. quitnet.com - <http://www.quitnet.com/library/guides/NRT/bupropion.jtml>

All files retrieved on September 26, 2003.

Primetime Update

Week of September 26, 2003

Amanda Lyn Baldwin

Missed your favorite shows? No problem. Primetime updated gives you the rundown on what happened on TV this week.

Friends: SEASON PREMIERE

Last season, we left off in Barbados with Mike and Phoebe back together, Ross and Charlie as well as Joey and Rachel hooking up, and Monica and Chandler battling a hair explosion. This week, we pick back up in Barbados, actually, on the way home. Monica, Chandler, and Phoebe are eavesdropping on the two mismatched couples.

Ross and Charlie, call off their "escapade" until Ross can ask for Joey's permission. On the other side of the wall, Joey and Rachel contemplate the idea of talking to Ross about their future; however, make the final decision to forget him, which leads to a comedic hallucination scene where Rachel envisions herself kissing Ross but tries her best to ignore it, until finally Joey too is "kissing Ross" and the two part company.

Monica has, since arriving in Barbados, been the target of many hair jokes, and, finally fed up with her gigantic afro, gets her hair braided into corn rows, complete with shellfish beads. The group's reaction to this travesty of a hairstyle is far from approval.

Upon boarding the plane, Joey and Ross, switch seats so that each can sit beside his "secret lover," although neither of them knows what's going on behind the scenes. In the midst of the plane ride, Joey and Ross have the chance to discuss the potential of Ross and Charlie's romance, and Joey gives the OK for Ross to pursue.

When we get back to New York, Mike reveals to Phoebe that while they were broken up, he'd been seeing someone else, who he has a date with that evening. Phoebe agrees that Mike should go, to break up with her; however, while Mike's at the restaurant, he "girlfriend" makes her appearance to Phoebe, at Mike's apartment. Since the girl refuses to leave until knowledge is granted, Phoebe takes the initiative to break up with her for Mike.

Remember Emma? Well, as Rachel's brings Emma back to Ross's apartment there is another attempt to spark a conversation about her newfound admiration of Joey, however, Ross becomes easily preoccupied with a shampoo bottle explosion, and Rachel leaves.

Back at the Bing's apartment, Monica has managed to get her braids stuck to the shower curtain. Chandler bribes her with freedom, so long as she gets the braids taken out. We leave the episode with Rachel and Joey's decision to talk to Ross together, the following day; however he walks in on their "goodnight kiss," as the credits roll.

Friends airs on Thursdays at 8:00pm Alberta Time, on Global (channel 7 in Calgary)

Survivor: Pearl Islands 2nd Episode



We left our pirating adventure with Drake in the lead and Morgan down a member with Nicole gone. Well this week, not much changed. Both teams were suffering from the cold nights and sleep deprivation. On Drake, our very own "Blackbeard," (Rupert) merely laughed at the situation, scoffing that "People are having a hard time in Paradise!"

The Morgan tribe, as they didn't buy any fishing equipment, was hungry, cold, and demoralized. They seemed to take their frustrations out on Ryan Shoulders, by referring to him as "Skinny Ryan," and by overly exaggerating the idea that he physically has nothing to offer. From my perspective, Ryan is one of the most motivated members of the Morgan tribe.

This episode hurled right into a reward challenge which consisted of underwater treasure retrieval. First, all members of the tribe had to swim down, find a treasure, place it in the underwater treasure chest, and swim back to shore. After 5 items had been placed into the large, heavy, wooden chest, all members had to work together to bring the chest to shore. The winning tribe would receive a shovel as well as map of their island, for the purpose of retrieving clues and ultimately their own, hopefully useful and valuable treasure, as well as the ability to send one of their members to the opposing tribe's island to loot one, and only one, item. Can you guess who won? Drake. They got an early lead since skinny Ryan from Morgan couldn't dive down deep enough. At the end of the challenge, the producers decided to show a clip of this pathetic young man with a large strand of mucus dripping from his face. It was a nice touch.

Since their arrival time was too late in the day, and something else about the tide, Drake put off their treasure search, but took advantage of their opportunity to steal an item from the other tribe. After a debate as to whether to take a tarp for themselves, or hurt the other team by taking their water jug (which Rupert is opposed to) Sandra (the Spanish diva) is sent over. After perusing for quite some time, Sandra realizes that Morgan doesn't have much to begin with (not even the aforementioned water jug), and decides to take their tarp. However, in order to do so she must disassemble Morgan's entire shelter, which the present teammates give her no assistance in doing. Their resentment becomes quite apparent when one of the Morgan member's call Sandra a "bitch", though I believe she was perfectly civilized about her task.

The immunity challenge brought more negatives for Morgan. The task was to retrieve three "prisoners" from the other team's ropes, untie a cylinder with engraved coordinates, use the ropes to locate those coordinates from the points of an octagon, and then dig up and raise the tribe's flag. Morgan initially took the lead by untying their prisoners the fastest, but fell behind when the cylinder wouldn't open. Drake's success again meant great losses for Morgan.

With tribal council soon approaching, our barely-clothed friend Osten began to have very negative feelings about the experience, claiming that the damage to his body isn't worth it and "it doesn't matter who you are, you have no control over your body." I, as well as his own tribe mates, find it amusing to contrast his comments with scene of his athletic body running along the beach. Osten makes this plea to skinny Ryan, who agrees to cast his vote for Osten.

At tribal council, the team admits that they have some problems and must straighten out their priorities before they can advance in the game. However, the leader, Andrew, puts emphasis on "tomorrow," for all these changes. Since it's already 6 days into the game, it makes a person wonder how many "tomorrows" there will be.

Even though the statements made leave open the possibility of either skinny Ryan or Osten's extinguishing their torch, I had it in my mind that willpower should and would exceed physical strength. However, now looking back now, if the tribe really wants to further themselves in the game, and survive beyond any mergers, the physical strength is a necessity. And so the decision was 5:2, with only Lilly and Skinny Ryan voting for Osten, Ryan Shoulders, the 23 year old produce clerk was voted out.

The preview for next week foreshadows and argument between Spanish diva Sandra, and Jon the 29 year old art consultant (including some cuss words!) as well as clip of Drake's search for treasure, and a serious discussion of Osten's position as a sell-out.

Survivor airs on Thursdays at 9:00pm Alberta time on Global (channel 7 in Calgary)

The Bachelor: Season Premiere

First it was Alex, then Trista, then Aaron and Andrew, now it's Bob Guiney, the funny man that appeared on three episodes of "The Bachelorette" and who still remains popular with the public. He's described as humorous and a joker, who doesn't possess the money, good looks, or charm of the preceding bachelor, although he's got incredible charisma and was chosen as this seasons' Bachelor by viewer demand. The extensive update on Bob included the following information:

Bob comes from a small family of four - mom, dad, and sister - to whom his is very close. While in high school and college, Bob was quite athletic (captain of the football team) and also was president of his graduating class. However, a football injury that resulted in knee surgery sprung Bob into a marriage as well as a business, financing mortgages, and he was also in a band. However the business outweighed his marriage, and Bob was divorced. When he appeared on The Bachelorette, Bob was at the height of a drastic weight increase, and has recently lost 30 lbs. He looks great, and seems excited to pursue this new adventure.

Okay, now for the girls on the show. This was about where I stopped watching due to some incredible comments made by one of the shows' producers. A lot of the women seemed to be quite successful in many areas; one was even a member of the fire department. However, the aforementioned astonishing comment consisted of what the selection criteria comprised. "Most importantly, they have to look good in the hot tub." At this point, the show began showing clips of all the girls in the hot tub and on the pool deck, in bikinis, being lathered by lotions and oils. I almost lost my dinner and had to turn off the TV. Maybe next week, it'll be a better, more all encompassing show.

If you're not familiar with the show, the progress will be as follows: In an effort to find a bride, Bob Guiney searches for his dream girl, as he is introduced to 25 single women. On the first episode, Bob will narrow it down to 15 women. On the second episode, he will take five women at a time on three different dates. Then, he will choose to keep eight. After introducing the women to two of his friends, they help him narrow the field to four. Then, with the remaining four, he will meet their families and they met his. Finally, Bob will narrow it to three, and he will go on a fantasy date with each. For the last show, there were only two remaining, and he will select THE ONE

The Bachelor airs Wednesdays at 9:00pm (E/P)

If there are any other shows you want updates on, or any comments in response to my comments, please email me at abaldwin@shaw.ca and I'll see what if I'm interested or if I can clarify my opinions!



Imagine yourself placed in a class full of high-school pupils; you are to be as one of them. Would you feel out of place? What if you were pushing forty and you were to become a student in a class full of twenty year-olds? Do you think you could fit in? Would you try to? Would you even feel the need to? Such were the questions that I asked myself when anticipating my acceptance to law school as a "mature student".

After a month experiencing what I could previously only envision, I am now in a position to make a few observations. First, I am not the only "mature" person attending law school at the University of Saskatchewan; there are even a few students who are a year or two my senior. Therefore, I won't likely be carrying the nickname "Blue" (see the contemporary movie *Old School*) for the next four years...

If our class demographics are representative of the Canadian norm, then it is true that an increasing number of people are returning to upgrade their human capital later in life. However, the fact remains that the vast majority of students in our class are of comparatively recent vintage.

I must admit that I do not relate to the majority of younger students who seem largely enamoured with sports and social drinking events (the pub-crawl, the bush party, etc.). But wait... I have never been able to relate to people engaged in those endeavours anyway—particularly amongst those residing within my own age cohort. Actually, I think the entertainment preferences of the students in my class are proportionally representative of society in general. Obviously, my preference for solitude and a good read over others' entertainment preferences has little or nothing to do with our age differentials.

Law Schools make an affirmative action-based attempt to procure a class demographic representative of society in age, culture, race, experiences, etc... And USask has done an excellent job of it. Bringing together people with diverse backgrounds and experiences benefits the class as a whole, as students can learn from each other and debates are lively. I am thrilled by the fact that many of the young people that I have met have already experienced more than many people twice or thrice their age. One fellow student just returned from several years teaching English in Asia; she wrote her LSAT in Tokyo Japan. Others have backgrounds in teaching, sociology, commerce, psychology, arts, and other professions (or education) too numerous to mention. Obviously, age is not strictly commensurate with experiences.

However, "experiences" and "life experience" can be mutually distinguished. I often find that I am smiling to myself, thinking: "you won't recognize your present beliefs twenty years from now." I gained this perspective from - where else? - personal experience. I have yet to meet a fellow student whom I don't consider to be well-educated, intelligent, and very personable. I like every one of them and I am learning from them and their experiences every day. Already many of them have earned my respect. There is something to be said for being a "mature" student though, as some things can only be learned by living. Infrequently I lament that I didn't make my way here in my twenties, but in reality I wasn't even close to ready for this experience back then. Well I am now, and so are my young friends. I can hardly wait to apply further introspective and observational analysis to our mutual law school experiences.

Wayne E. Benedict has a varied career history and strong links to the Canadian labour movement. He is working part-time toward his Bachelor of Human Resources and Labour Relations at Athabasca University. He is a fulltime first-year student of the University of Saskatchewan College of Law. For a more detailed writer bio, see *The Voice* writers' feature page in "about the Voice". If you would like to send article-feedback to Wayne, he can be reached at wayneben@sasktel.net

FROM MY PERSPECTIVE

Privacy and the Internet

By Debbie Jabbour



Last week I received a phone call that made me stop and think about what I've been writing here for *The Voice*. Although I've tried to write on a wide range of topics that I think will be of interest to student readers, many of my articles tend to be about things happening within my own life. This is not because I'm particularly egotistic, nor do I think my life is anything special that merits being publicized. I write about myself and my family because I hope it may be of inspiration and help to other AU students to realize that I'm just like them - bearing a heavy load of work and responsibility, taking care of home and children, fighting with adversity and unexpected roadblocks, feeling discouraged at times - yet managing to achieve my goals and dreams in spite of it all.

From what student feedback I've received, it seems that I've succeeded in providing this encouragement to many. I also have received feedback expressing appreciation for other topics I've addressed, such as articles on different educational issues. The university has even used one of my articles (with my permission) to assist students in explaining the new grading system.

On several occasions, however, I've received feedback that surprised me. Earlier this year, my daughter's professor wrote to correct a couple of minor errors I had made in reporting on a discussion he and I had during the undergraduate chemistry conference we were at in May. He complimented my writing style, but corrected me in two points - he had received his PhD in the Soviet Union rather than Canada (I misunderstood him on this one); and his interest was quantum/theoretical chemistry rather than analytical (not that I have any clue what the difference is!!) I felt bad because I'm usually meticulous in ensuring the accuracy of my writing. His comments, though, reminded me that many people are reading *The Voice* who are not Athabasca University Students.

This was not the first time I'd realized this, of course. I had the editor of another student newspaper ask me about my daughter's *Popstar* experience that I had written about. An old friend and I rediscovered each other through *The Voice*. My youngest daughter advised me that her friend's mother always reads my articles. In fact, my daughters have all been a bit uncomfortable with me making mention of them in what I write, since they prefer to keep things in our lives private. I'm conscious of this, and try to be careful in what I say so as not to violate their privacy unduly.

But this particular phone call made me realize that although I write my articles for AU students, there are a whole other group of potential *Voice* readers out there. It also gave me a wake-up call regarding the general lack of privacy of anything published on the Internet. The call was from a city councillor in British Columbia. He had been doing some research on the Internet in order to assist his constituency with a problem they are facing, and one of my articles came to his attention. His community has a situation similar to the one mine had when the adult video store opened at the end of my street, and he wondered whether I might be able to steer him towards any information about what had eventually occurred here. I provided him with all the information I had and wished him the best of luck. After I hung up the phone, though, I sat there for a while musing about the improbability of an article published in a small university newspaper ever reaching the attention of a city councillor in another province before the advent of the Internet.

My musing went even further, though, into the whole notion of privacy and the Internet. Those of us who write for The Voice may not always be thinking of the fact that our articles are being published for a potentially world-wide audience - but they are - and we should be aware of that in everything we reveal about ourselves.

It's not only The Voice, of course. Increasingly our personal lives are subject to being published, bit by bit, on the Internet. If you doubt that, try doing a "Google search" on yourself or a close family member. You might be surprised at what turns up - I know I was. If you've ever put your resume on certain online job sites, it can turn up on a search engine. If you've ever written a letter to the editor, you will appear on the Internet if that newspaper happens to publish it in their online version. Certain lists of student awards are published on the Internet. Membership in organizations, both professional and recreational, are published. Many government documents are also published on the Internet. I was shocked and concerned to discover that court documents from tax court proceedings I had been involved in some years ago were published online in their entirety. When I wrote the government to protest, the response was that these are considered public documents and the government has the right to publish them wherever they see fit - including the Internet.

Even when these events are no longer current, they can remain accessible through the caching option on search engines. If you really have the time and energy, you could get a fairly comprehensive picture of what another person has been involved in, simply by surfing the search engines. If you have a personal web page, you are putting yourself out there for the world to read about. Comments made on discussion forums can also create the Internet version of a paper trail. This could provide a great deal of information when combined. Not only are you making your name and location fairly obvious, your discussion forum habits give away a great deal about who you are. If you belong to a local organization, this pinpoints your city. If you post on a forum with a particular medical or social topic, this can indicate your interests, particularly if you also belong to an association that is also relevant. For example, if I posted regularly on a forum about epilepsy, was a member of the Edmonton Epilepsy Association, and if I had written a letter to the Journal about lack of health care funding for children's mental health - you could easily draw the conclusion that I might have a child with epilepsy, when in reality I'm simply a student with a keen interest in the topic.

The incomplete and one-sided nature of this information can lead to harmful misconceptions. For example, an acquaintance had been caught downloading teen porn in the workplace. Out of curiosity, I "Googled" him, discovering that he had been part of a child custody battle in which his ex-wife accused him of sexually abusing their daughter. He had become involved in a public campaign on behalf of himself and other men in this situation, and this ended up on the Internet. Needless to say, it would be easy for me to reach certain conclusions about this man due to this combination of information - and they might not be correct.

I'm not sure there is a solution to the problem. Already most of us have plenty of Internet baggage that will never go away. Certainly it's prudent to be careful about what kinds of things we deliberately put on the Internet, and I will continue to be even more careful about what I write in The Voice. But there is not much we can do about external organizations and bureaucracies that choose to publish our names and other personal information on the Internet.

A few days ago I read about a family historian who has been extensively researching her family. She has found that the so-called "black sheep" of the family are a wealth of information for research, whereas those who keep a low profile and do little of note are far more difficult to research, since they never do anything newsworthy. This gave me a little bit of solace. At least, somewhere down the road, my great-grandchildren will be able to discover plenty about me, whether it is good or bad!

Debbie is a native Edmontonian, and a single parent with four daughters. She has worked as a professional musician for most of her life, and has enjoyed a rich variety of life experiences - with many more to come! Debbie is working towards an eventual doctorate in psychology, and currently serves as the president of the Athabasca University Students Union.

AU Profiles:

AU Student: Lindsay Jardine

Tell us about where you live:

This week I live in Vancouver. Next week I will be living in my hometown, Fort St John

Do you have a family, kids or pets?

I have parents named Oliver and Julie, 3 teenage sisters named Lacy, Lanessa and Leslee and 2 cats named Putty and Elsie.

When did you first learn about AU, and how are you liking the student life/distance education?

I like the independence, but sometimes, like today, I need help getting motivated.

What are your goals as a student?

To graduate, then get a job that pays enough money for me to not worry about bouncing rent cheques, do some travelling, buy a truck, and make a down payment on a house, all within the next 5 years (Is this possible?).

Can you tell us about the AU Courses you are taking at the moment, or a favourite course?

I am finishing my last year of the Bachelor of Administration degree with a major in Organizations. I did two years of Business Admin at GPRC right after high school, and found the diploma qualified me to be a receptionist.

Do you work? What do you do?

I have been working as a contract/temporary receptionist in downtown Vancouver since January. Great job for a student, I can usually do homework at work and get paid \$12/hour to read my text books!

What are your hobbies or other interests?

I just did my first sprint triathlon this past August, and I intend to do another one or two next summer, so I run and swim a lot. I also do yoga and play slow pitch baseball, ride a bike occasionally, walk, sunbathe, listen to music constantly and read.

Do you have any advice or words of wisdom for other students?

Don't go out drinking with your friends on a weeknight if you have to work the next day, even if it is a special occasion, like your going away party. It is just not worth it.

Anything else we should know?

I am moving back to my small hometown of 16,000 people next week after having left right after high school in 1997. It has slowly dawned on me that family is more important than good weather, great shopping, beaches, beautiful glass skyscrapers and even hanging out with friends. I have a huge extended family back home, and I miss them terribly, especially my sisters, so I'm giving up the city to live in a small redneck town and hang out with my sisters.

Thanks Lindsay! Best of luck in your new / old home town.

Have you been profiled in the Voice? If not, contact voice@ausu.org and share your story!

Po'Girl

Karl Low

Po'Girl

Jericho Beach Music

Ingredients:

- 2 voices with great harmony
- 1 part Lilith Fair folk
- 1 part Mississippi Blues
- 1 generous helping of slow jazz
- A pinch of old-fashioned banjo tunes

Mix with some strong soul roots and simmer slowly over a steady heat.

Sprinkle in some harmonica, clarinet and a bit of mandolin for seasoning.



The result is *Po'Girl*. This tasty Canadian dish works best for taking out on the porch or steps or for when you want to remember the hot, lazy, dog-days of summer.

Easy going down. If you like sultry vocals over jazz or blues, with a bit of the backwoods flavour, you'll find Po'Girl is certainly a treat. Unfortunately, none of it will stick with you for long, and probably the biggest fault of this dish is that while you enjoy it at the time, you tend to forget it shortly after.

Losing the food analogy, **Po'Girl** is actually a group composed of Trish Klein (perhaps better known as a member of the **Be Good Tanyas**, an alternative-folk trio with a nostalgic sound) and Allison Russell (from the celtic folk band, **Fear of Drinking**). These two come together with a mix of folk, blues, jazz, and soul that works in this self-titled album.

While none of the tracks blend all of these together at once (thank goodness!) the influences can be heard under each of their tunes and arrangements, though each has its special focus. The first track, "gone in pawn", for instance, is a definite blues track with a bit of the hillbilly twang, while at the other end of the scale, the hidden tune at the end of the track "lullabye" (after a good four minutes of silence following the first section – I hate tracks that do that) is a slow jazz tune like might have been heard in a sexy nightclub in Chicago many decades ago.

The second track, "bad luck baby", is an great piece of soft urban blues, somewhat reminiscent of Alicia Keys but with all of the artifice removed. Instead of layer upon layer of studio production, Po'Girl presents this piece in its unadulterated beauty. From there we move into the "city song", which is about as close to a straight folk song that you might find on this album. It also happens to be one of the best pieces of harmonizing on the album.

Speaking of vocal harmonies, one drawback of the album is that there simply aren't enough of them. For some reason, they seem to reserve it mostly for within a chorus or for short emphasis here and there throughout the verses. This is really a drawback, as the two voices produce a wonderful sound together. Enough to make you wish that you could hear more of it.

Not willing to be content with blues, jazz, soul, and folk, Po'Girl also throws in some banjo and Celtic influences, most clearly defined in the song "Shameless" where the banjo and woodwinds are particularly evident. You would think that the introduction of this tune would be jarring when compared to the rest of the

album, but the production is professional and smooth enough that it is not the jarring experience you'd expect on first hearing about it.

In fact, the production quality throughout is quite good if you like your music smooth. Don't look for any hard edges or raw strings with Po'Girl, because you simply won't find it. Neither the music nor the production leaves any of it in. The sole exception is the song "malaise days", where a tiny bit of the edge is left on the plucking of the strings, and even an off-key note or two shows up. Unfortunately, it's almost too obvious that these little remnants are contrived simply for the effect of the song – which work to rob it of most of the effect.

The bottom line? If you like jazz or enjoy a bit of Louisiana style Blues, you'll probably enjoy Po'Girl. If you want to feel like you're sitting on the edge of the creek near the end of summer, you'll find this album is a good start. On the other hand, if you're looking for music that will have you humming or your toes happening well after the album is ended, you might want to keep looking.

For more info and some samples, you can also check out their website at <http://www.pogirl.net/>.



Looking for info on the breeding habits of the naked mole rat? Try www.findarticles.com

Findarticles.com is a free database of magazine and journal articles. They have articles dating back to 1998 (you know, way back then) from over three hundred magazines and publications. Sometimes the AU library or your local library just doesn't have the resources you need for papers, but a journal database such as this one can fulfill those needs. For example, a fellow AU student was having trouble finding sources for her research paper on art therapy. There were a whopping 2 or 3 books at the AU library, and about the same amount at her local library. After typing in "art therapy" in the search box on Findarticles, I came up with 221,881 items related to art therapy (too bad she's already done her paper).

You can do a general search, view subject listings or see the comprehensive publication list by alphabetical order (which also includes a lot of Canadian mags, YAY!!). The publications range from Contemporary OB/GYN to American Handgunner (remind me to renew my subscription). Overall the site is easy to use and very extensive, a good tool for research on virtually any subject. For that information on the breeding habits of the naked mole rat click here: http://www.findarticles.com/cf_dls/m1169/1999_August-Sept/55466310/p1/article.jhtml. Fascinating stuff.

Neat stuff: Findarticles.com is not limited to scholarly searching. You can find information on just about anything here. After typing in "Nickelback", I came up with 103 articles, enough to satisfy my Chad Kroeger jonesing.

Not so neat stuff: Be careful what you wish for. Some of the articles found will not relate to the subject. Like a lot of search engines, articles will come up that just happen to contain a word you typed in. After searching for Kids in the Hall, I found a lot of articles relating to kids and halls but not what I was really looking for (Scott Thompson where are you?). However, placing the phrase in quotes will ensure that you get that exact phrase, and not just a bunch of single word searches.

Rating: ***1/2 / 5 I like this website and it is a great resource for students, but the amount of unrelated articles on quite a few of the searches put a sour taste in my mouth.

Need to book a band for your nephew's bar mitzvah in Nunavut or you just know a label will sign your heavy metal accordion band, you need www.kickinthehead.com

From their mascot, the beaver with an attitude, to their motto "true north strong and loud," kickinthehead.com is quintessential Canada. According to their bio, kickinthehead was developed to "help people achieve a greater appreciation for **Canadian** music." I love this site, but all gushing aside here's the bits and parts of it.

The main feature of this site is the searchable band database. What's different from other databases is that the bands add themselves and their own information. You can then search for band/artists by a search engine, geographic location or alphabetically. For example I clicked on Alberta (which has 569 bands listed), from there I go to Edmonton (which has 189). Number 93 are a sister duo called *Hush*. They (and other bands) add their own info under the categories of genre, news and events, year founded, members etc. They can also have a link to their official website. Hush's site is at www.geocities.com/hush_twin and they are not a bad group (Ok, ok you caught me in a shameless plug).

Anyway, brazen nepotism aside, there are 4654 bands listed on kickinthehead, and every province and territory is represented. Most of the bands are unsigned, and a lot of links to their own sites or mp3's available for listening. You can also click on the link "gigs" and see who's playing in your area.

For the struggling musician this website is a respite from bossy agents, greedy managers and snooty A&R people. There is an exhaustive listing of record labels and contact information. Hint#1- Most of the labels have contests for free stuff. Hint#2- Most labels don't have their criteria for sending in demos in a visible part of the site, look in the FAQ section.

Check out the classified section on KITH for used instruments or musicians (there are a lot of out-of-work guitarists). Basically there's something for everyone on this site, whether you're a music fan or looking for a break. Kick In The Head has tons more stuff in there, so check it out! (by the way, there are no decent Bar Mitzvah/Wedding bands in Nunavut).

Neat Stuff: Kick in the Head has a bi-weekly newsletter you can sign up for. They also have Chat Attack's daily music news listed and monthly features.

Not so neat Stuff: There is an unholy amount of dead links on this website. To their credit they do have a *report dead link* button you can click on, but it gets annoying (maybe I should start reporting the dead links?).

Rating**/5** I do love this website, and I don't see how anyone couldn't, but the dead links kept irritating me and I think the site could be organized better. All that aside, KITH proves the Canuck music scene is diverse and rockin' (I swear I haven't used the word "rockin'" since I was twelve and I promise you I won't do it again).

BOOK LOOK: Carol Shields' "Unless"

Antonia Cruz

Unless

Carol Shields

Random House Canada

321 pages, \$35.95

ISBN: 0-679-31179-3

"Unless you're lucky, unless you're healthy, fertile, unless you're loved and fed, unless you're clear about your direction, unless you're offered what others are offered, you go down in darkness, down to despair" (p. 224).

Reta Winters finds herself in the unfortunate state of "unless", when her oldest daughter (Norah) decides to live on the streets of Toronto at the tender age of nineteen. As a concerned mother, Reta retraces the path of Norah's life through a series of flashbacks, while she continues her career in Orangetown by writing a bestseller ("My Thyme Is Up"), based on the events surrounding Norah's disappearance.

Growing up, Norah is seen in Reta's eyes as a well-behaved child, who had a lot of potential. Yet, Reta wonders why Norah would leave her family, friends and academic pursuits to lead a troubled life.

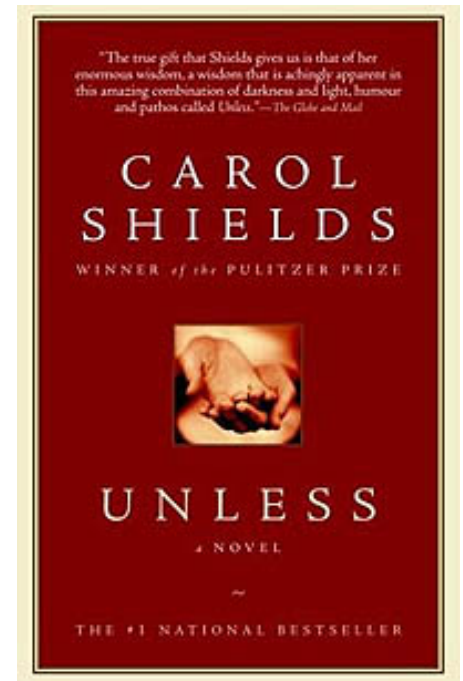
On the street corner of Bloor and Bathurst, Norah is found dressed in torn and ratted clothing simply holding a sign written in black magic marker on cardboard, with the word: "Goodness." During the day, Norah begs for change, while at night she is taken in by a local shelter. Concerned family and friends also pray and make frequent trips to Norah's street corner, hoping she will return back to her home soon.

Several months pass and Norah continues to live on the street during the long and cold winter months. Reta begins to give up hope of Norah ever returning home. Nevertheless, she deals with her loss of Norah by finishing her novel in time for publication.

Just when Reta is about to give up on Norah, events in "Unless" slowly take a turn for the better. Ironically, Reta and the rest of the family find Norah's intentions for "Goodness" during one cold and winter night. The *real* reasons behind Norah's disappearance are known, as Norah makes a healthy recovery from her illness.

Overall, Shields shows her best work in what appears to be her tenth and final book. In this heart-wrenching novel she conveys many words and emotions to readers, which effectively reveal a mother's everlasting love for her daughter. For example, for the title of each chapter, she uses transitional words and phrases like "Here's", "Already" and "Not Yet", to describe the chain of events surrounding the plot of the novel. In addition, by using the city of Toronto, a "darker side" of the city is revealed, making readers aware of an ongoing problem in dire need of attention.

Despite being more a fan of Carol Shields' previous work, I would recommend "Unless" for everyone to read. In particular, I would especially like to recommend this book to mothers and daughters, who would benefit from a book dealing with this important life relationship. I give it four and a half bookmarks out of five. A truly fantastic literary work, indeed!



AUSU THIS MONTH

Special Bylaw AGM to be held October 15 1800 MST. For details go to: www.ausu.org.

AUSU IN PERSON DISCUSSION GROUPS

Getting together physically with fellow AU students adds to your university experience. Other students will be able to understand and relate to the joys and frustrations of distance learning. It's also a way to stay abreast of information relating to AU and the Athabasca University Students' Union.

See the Coffee Groups web page on the AUSU site, at <http://www.ausu.org/coffee> for a list of groups.

Anyone interested in starting up a group in your area (anywhere in Canada, from small towns to major centres) please contact SANDRA at smoore@ausu.org.

NEW CLUB COMING SOON

The AUSU Business Students' Club will be starting up soon. Watch the AUSU website for details, or contact rwagner@ausu.org if you would like to join.

CHAT WITH AUSU ONLINE

If you have a question for AUSU, or would like to get to know your council, drop by the chat-room [accessible through the 'Message Forums' option on the AUSU home page www.ausu.org. You will need an AUSU web site account.] **Times are MST**

Mondays at 8:00 PM Councillor Karl Low

More chat times to be posted soon...

FEATURED TUTOR ON THE AUSU WEB SITE

Petra Spires

French Language

Petra Spires has been a French tutor at Athabasca University for the past three years. She has students in five levels of language study and finds it rewarding to follow her student's progress throughout the duration of their studies. She particularly enjoys having contact with students from across the nation (and continent).

Read more at: <http://www.ausu.org/tutor/index.php>



NEEDED – VOLUNTEER MENTORS FOR NEW STUDENTS

Do you remember your first few months at AU? Do you remember all the questions you had and the confusions you encountered? Every month at AU there are close to 1500 new registrations and these new students will be in the same boat you were once in. How about helping these students out by offering to be an AUSU mentor? AUSU mentors are "experienced" AU students who are willing to provide a little guidance and support to new AU students. If you are interested in participating in this new venture of AUSU's or if you'd like more information please contact Sandra Moore at smoore@ausu.org

Mysterious Pursuer

by Barbara Godin

Ellen stood anxiously at the bus stop, her eyes darting nervously back and forth. She searched the streets for the shiny black car with the tinted windows. Not wanting to draw attention to herself, she attempted to move with ease. Panic shook her body, as she stepped nearer to the curb and gazed down the street hoping to see the bus. Instead she saw it. The black car parked a short distance down the street, the circular headlights glaring like arrows piercing her soul. Ellen wanted to scream. She tried to calm herself. Please Lord make the bus come soon - Ellen prayed silently to herself.

Within seconds the bus arrived. Ellen walked straight to the back of the crowded bus. Tired, drawn faces encircled her. She couldn't help but look out the back window. There it was, the third car behind the bus, she swallowed hard and turned away.

The force of the bus stopping propelled Ellen forward causing her to bump into the lady with the red blazer, who abruptly gathered her bags and pushed her way toward the open door. Ellen dropped into the still warm seat. Staring straight ahead she fought the urge to look back. She knew the car would still be following. For almost two weeks now she had been pursued by this same mysterious vehicle. Ellen took a deep breath as her apartment building came into view. She reached up and pulled the cord for her stop. Without looking around she hurried to the entrance. Once inside her apartment she hooked the chain and double locked the door, feeling safe within her own four walls. As she quickly drew the blinds, a bright glare caught her eye. There it was on the street below- the sun shining off the chrome mirror on the driver's side.

"Why me! Why! What does this person want from me?" Ellen cried out in frustration.

That night, as in every night for the past two weeks, Ellen's sleep was plagued with terrible visions of being kidnapped, beaten, even killed. Just before her demise she would wake up, her nightgown drenched in perspiration. In the morning she rushed to the window, hoping the whole thing had been a bad dream. There it was, the eerie sight of the lone black car waiting like a vulture. Who was inside? The smoky windows prevented her from seeing. Feeling helpless Ellen searched her soul for any clue as to who might want to do this to her. Was it any of her friends, ex-friends, boyfriends, ex-boyfriends? The answer was always the same unremitting no. Ellen had very few friends, her focus has always been her career, as she was often accused of being a workaholic.

Ellen wanted to tell her parents, but knew she couldn't. They were getting on in years and their health had been failing recently. Jennifer was the only person who knew.

"Ellen you've got to report this to the police." Jennifer's words were insistent.

"I don't want to make a big deal about it."

"Come on Ellen. There's obviously some weirdo in that car. Who knows what he'll do next."

Ellen thought about what Jennifer had said. She knew she was right. The next morning she called the police department and made an appointment to meet with an officer at her apartment. That evening a gentle rapping disturbed Ellen's tormented thoughts.

"Who is it?"

"It's Officers Brennan and McGee."

Ellen looked through the peep hole. There stood two middle age men.

"How do I know you're police officers?"

Suddenly her view of the officers was disturbed, by a silver badge accompanied by a picture of the man who was speaking. She opened the door.

"Miss Jackson?"

"Yes."

"I'm Officer Brennan and this is Officer McGee." He couldn't help but notice a subtle beauty about Ellen as she smiled slightly. She shook each of their outstretched hands.

"Sorry about the uniforms. We felt due to the nature of the situation it would be best if we came in plain clothes. We didn't want to draw any undue attention to ourselves."

Officer Brennan asked questions while Officer McGee took notes. As Ellen told her story, she felt somewhat relieved to be finally disclosing it.

"Is the car outside right now?"

"Yes I believe so."

"Would you mind going to the window to see if you can identify it for us?"

Ellen apprehensively went to the window.

"Yes it's there. It's right across the street."

"Okay on our way out we'll get the license plate number. You did you say you weren't able to obtain the number did you not?"

"No I'm sorry, I never even thought of it."

"That's okay. You get a good night sleep Miss Jackson." Ellen smiled, feeling somewhat safer now.

"We'll let you know if we learn anything about this guy." Officer Brennan closed the door as he left. Ellen immediately locked the door, then finished her dinner and went to bed.

After another agonizing night's sleep Ellen awoke with a throbbing headache. There was no way she could go to work. She looked out the window and there it was, like a vulture it stood, nameless, faceless waiting for its prey. After calling work Ellen tried to rest, but was startled by the ringing of her phone.

"Hello."

"Hello Miss Jackson." Ellen recognized the voice.

"Oh hello Officer Brennan. Have you got any news for me?" She asked apprehensively.

"Well actually yes. The car belongs to a David Miles, he lives at 108 Glengarry here in town."

"David Miles?" Ellen questioned.

"Does that name mean anything to you?"

"No, nothing. I don't know anyone by that name. What does he want with me?"

"We are hoping to find that out when we talk to him. We'll be going over to his house later this evening. Try to stay indoors until we find out what David Miles has on his mind."

Ellen agreed. She looked out the window. There it was. She hated that car, she wanted to rush down there and scream - LEAVE ME ALONE! Somehow she felt even more frightened knowing the name of the person inside.

Who was David Miles and what did he want with her? Ellen spent the day in her apartment pacing nervously to and from the window. It was almost 10 o'clock when she went to bed enduring another restless night. As soon as she got up in the morning she looked out the window and was startled to see the car was nowhere in sight. Perhaps the police had scared him off. In that instant the phone rang.

"Hello."

"Good morning Miss Jackson, Officer Brennan here. Officer McGee and I would like to escort you to

work this morning. What time do you usually leave?"

"Around 8:30. Why? What's happened?"

"Oh there's nothing to worry about. This is just a precautionary measure."

"Did you talk to this David Miles? What does he want from me?"

"Yes we did but now is not the time to talk. We'll discuss it with you later."

When they arrived Officer Brennan avoided answering Ellen's multiple questions.

"Now we want you to go to work the same way you do every day. Use the same route." Officer McGee said as they followed Ellen toward the elevator. She pressed B for basement. As soon as the elevator door opened to the parking garage the officers instantly moved in front of Ellen, almost like a shield. Within seconds she felt herself being pushed, then heard a deafening bang. Officer Brennan was enveloping Ellen behind a cement pole. Officer McGee was perched, gun in hand, behind another pole. Ellen was frozen in fear. Seconds later she heard the roar of a car. Then she heard a barrage of gunshots and a loud crash. Ellen buried her face in Officer Brennan's chest. The only sound left was that of a car horn screaming.

Officer Brennan pulled away. Ellen looked up. Her eyes resting on a haunting sight. The shiny black car was wrapped around a pole. The dark windows were all but gone. Fragments of glass still framed a jagged windshield, inside she could see a blood stained man's face, his body lying lifeless across the steering wheel. The horn was deafening. Office McGee gently pushed the body back from the steering wheel.

Ellen searched the face. Nothing was familiar. She was overcome with anguish. Why did this horrible thing happen to her? She turned questioningly to Officer Brennan.

"David Miles was a troubled man. That became painfully apparent from our conversation with him yesterday."

Ellen didn't know what to say. Without them she feared she would have been dead. She couldn't believe how quickly it was over. Weeks and weeks of torment over in a matter of seconds.

Ellen stayed home from work for the next few days. Jennifer came over to check on her.

"Ellen aren't you at all curious why this maniac was after you?"

"Yes."

"Then call the Police Department and insist on some answers."

"I guess I should."

The next morning Ellen called Officer Brennan. He came over that evening.

"Were you able to find out why David Miles was after me?"

"Yes, we think we know." Officer Brennan knew Ellen deserved some answers. He reached into his inside jacket pocket.

"Here, have a look at this." He handed her a snapshot. Ellen felt as though someone had knocked the wind out of her. The woman in the picture was almost a mirror image of herself.

She searched the face, the eyes - the only difference was that the woman in the picture had longer hair than Ellen ...

"Who is this woman?" Ellen asked when she was able to regain her composure.

"This is a picture of David Miles' estranged wife Judy. She could be your twin."

"Oh my God, he must have thought I was her!" Ellen gasped.

"Well the story goes that Judy Miles took their three children and disappeared. Prior to her disappearance Judy Miles charged her husband with assault. Apparently this wasn't the first time she had

called the police. David Miles was not a stable person. His wife leaving just seemed to push him over the edge."

Ellen listened intently as Officer Brennan continued.

"Apparently after she left, David had a complete breakdown and has been in and out of psychiatric hospitals since. Many people had overheard him say he would kill his wife if he ever found her."

"So he thought I was his wife. "

"Seems that way."

A few days later Ellen decided she needed to see her parents. She put her suitcase in the trunk and headed up north. She was trying to imagine how her parents would react when she told them what had happened. Her parents had always been very open about the fact that she had been adopted. However, up until now Ellen had never had an interest in finding her biological parents. Her life had been secure and happy. She didn't want to complicate things. Could it be possible that she was a twin? Could Judy Miles be her sister?

Mr. and Mrs. Jackson greeted their daughter with open arms. Ellen had always felt loved and special. They had a leisurely lunch, as Ellen tried to conceal her nervousness. When her father went to lie down, Ellen felt this was the opportunity she had been waiting for. She wanted to wait until she was alone with her mother. Her dad had a heart attack last year and Ellen was fearful of putting any extra stress on him.

"Mom, leave the dishes and come and sit here with me."

Mrs. Jackson could see the concerned look on her daughter's face.

"Is there anything wrong love?"

"Mom I want you to look at this." Ellen handed her the snapshot.

"Oh you look kind of funny in this picture dear."

"Mom this isn't me."

Ellen went on to explain everything that had transpired in the last few weeks. Mrs. Jackson was in tears when Ellen finished.

"Mom I need to know the truth. Was I a twin?"

Mrs. Jackson hesitated momentarily.

"Yes dear you were. You were one of twin girls. Your father and I felt so bad that we couldn't adopt you both."

"Why didn't you ever tell me?" Ellen interrupted.

"You were never interested. Every time I brought up the subject of your adoption you didn't want to hear about it."

Ellen knew her mother was right, she had never asked and didn't care about her biological family. But now she did care. She had a sister, a twin sister. Ellen was now ready to find the answers to the questions she never ventured to ask before.

On Sunday evening she packed her car and headed back to London. Upon leaving, her mother asked what she was going to do.

"I'm going to do the only thing I can do. I'm going to find my sister."

"Be careful dear." Mrs. Jackson understood what her daughter had to do.

"I love you Mom."

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Our Friend The Atom Book Review

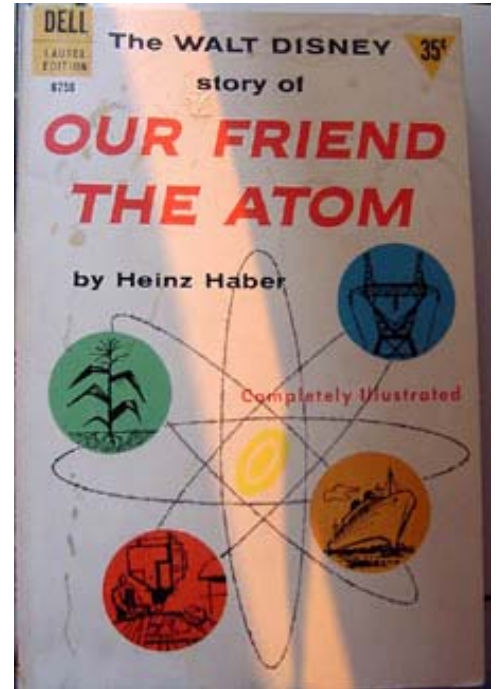
By Laura Seymour

I recently signed up for a 6-credit course in Anatomy and Physiology from AU. Those of you who know the course may know how intense it is. Quite a head full! I'm taking it for a couple of reasons.

First, while I'm getting a B.A. with a major in Psychology, I continue to do Craniosacral Therapy as my main form of healing. This involves a great deal of anatomy information and I often find myself a little lost in the neurology portion of the intensive courses I attend twice yearly.

Second, I'm required to have a science credit in my B.A. program and frankly the Astronomy and other science-based courses just don't ring my bell.

The course includes intensive information on the functions of the human atom. I admit my brain was trying to snooze while I read the sections on this subject, so I found myself wondering how on earth I could get through this in a test. If I can't pay attention to the text –what happens in absorbing the final information??



In our courses in Psychology we will probably touch on Carl Jung's Synchronicity theory at some point. I have already bumped into it in the craniosacral courses I mentioned and by elective reading. It constantly amazed the participants in my most recent craniosacral course, that we kept running into the synchronicity theory in action during our class. I personally have a wedding anniversary of June 14th; the client I'm working on had a life-changing car crash on the same date.

People would go over and talk to someone and give a brief history of their life and mention cities and occupations. The person they were talking to had the same occupation and worked in the same city!! It got kind of freaky after a while.

The book, *Our Friend the Atom*, by the Disney Corporation was a case of synchronicity. As I read the anatomy textbook I thought of finding help on the subject of atoms and its complex history and walked into a Co-op store. I always browse books so I stopped at the book swap. I found this book and flipped through. Pow! Instant help.

It's a good read too. I wouldn't say it is written for the small fry that a Disney book usually is aimed at. The history of atomic energy is presented in a straightforward and intelligent manner. I don't think this is the topic of reading for little Cindy while she's trying to fall asleep in her crib! Yet if you have older students trying to make sense of those pesky courses in DNA or understand how to build an atomic bomb in your garage—this is a helpful book.

Some of the needed background on the discovery of the atom is covered and while it's painted in a very “the atom's our best friend” light, it is well written and clearly presented. The fact that it's not written in science mumbo jumbo is always helpful.

Radioactivity is also covered so we are able to understand some of the extra areas of the science which might use an atom in producing heat or blowing up pesky enemies!! (Please understand the issue of book I have is dated 1962. That's six years and seven printings after this book first came out! The world was very different then).

Information on Madam Curie and her work is introduced and the theory of Brownian Movement is explained in a concise manner. The many scientists' work being paraphrased in the book is helpful in reiterating textbook responses for assignment questions I am slogging through in the Anatomy and Physiology course.

Maybe you are doing the nursing course in AU and you want a little help thinking about x-rays and how they came about? It's here. Frankly I never knew about the x-ray because I was part of a group of students in school who habitually nodded off in science class. Go figure how I managed to get 90s in final exams?! Maybe I was absorbing information while sleeping!

The information in the book includes topics such as basic information on the sun. When I'm working on an assignment I like to have as many good sources as possible. I think even an astronomy student might want to look into this book.

Of course the basic electron, proton, neutron stuff is also here. The topic is brought together well and turns into a quick and interesting read. I think maybe you're getting the idea that I'm a fan of the straightforward information source –right? Guilty as charged.

Are there any drawbacks to this text?

Well, yes. In this day and age where young kids are now completely "grossed out" over black and white movies there is a solid drawback. In this version of the book (a tiny pocketbook) there are only black and white drawings but it is a good job and some of the drawings are kind of helpful.

I am also aware of a version of this book that is harder to find (except for pricey amounts on Ebay!) that is illustrated in color.

This book is hard to find but in opinion a good addition to learning about a heavy science subject. Good luck.

Laura Seymour first published herself, at age 8. She has since gone on to publish a cookbook for the medical condition Candida. She is working toward her B.A. (Psyc).

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CANADIAN FED WATCH!

NEWS ACROSS THE NATION...

By Karl Low



Saskatchewan, Heal Thyself

Wary of the so-called "Brain Drain" of medical professionals, Saskatchewan has embarked on a plan to ensure that they manage to keep their health care workers.

The next instalment of this plan was recently announced by the Saskatchewan government, and the program seems to be ramping up. The program is one where the Saskatchewan government presents bursaries to medical students, on the condition that once they graduate, they stay and work in Canada for a minimum number of years. These programs seem like a great idea to me. After all, without this program, the government is still supporting those students who take Canadian medical programs and then move down to the United States to practice, it's just that we are not

receiving the benefit of that money.

I don't advocate throwing good money after bad, but in this case, it seems that the additional money provided turns it all to good. This most recent announcement indicates over 230 students have accepted the bursary, and a possibility of as many as 250 students taking advantage of it over the year. Having a bursary like this available not only help Saskatchewan keep the doctors it trains, but it actually encourages more students to train as doctors.

With an aging population, a shortage of doctors in the near future is a distinct possibility, both from an increased demand as well as the retirement of many older doctors. By planning ahead like this, Saskatchewan not only protects themselves, they help all of us as well by bringing more health care workers into the market place.

Perhaps the best thing about this program is that it is evidence of a government actually thinking past the next budget and the next election. Something that seems to take place far too little in the halls of our politicians.

Alberta, Heal Thy Aborigines

Not to be completely shown up by their NDP neighbours to the East, the Government of Alberta also has a bursary program in place for Health Care workers. Except Alberta's program is missing two key components that the Saskatchewan solution has. To begin with, the Alberta program is only available for aboriginals. The second difference is that the Alberta program has no post-graduation requirement.

These two changes, while seemingly minor, change the entire character of the bursary. By limiting the bursary to aboriginals, the Alberta government has very effectively limited the potential of the program to really be of benefit to all Albertans. The tighter focus shows that this program is not to help the state of education in the province as a whole, but simply to help one disadvantaged group. While there's nothing wrong with this in itself, it could have been so much more.

The second change, that of no requirement post-graduation, means that this bursary program is a much more traditional mode of funding. If those who take advantage of it subsequently move to the states following their graduation, it has become a case of good money following bad. While I'm a strong supporter of public

assistance to people who need it, I'm also a strong supporter of that assistance being used or given in a way that benefits not only the people who receive it, but the rest of the province as well.

Education is one of those areas where it is so easy to see that public funding is not only benefiting the individual but benefiting the province too. The only time there is a loss is when the education is not used to the benefit of the people in the province that subsidize the education, so why does our government leave the door open for this kind of action when Saskatchewan has already shown a way to deal with it?

The Results of Deregulation

Once again the Alberta Government is offering rebates to its citizens if the price of gas rises too high for the average consumer. Notable in their press release is the lack of any mention of why gas prices are continuing to spiral through the roof. It wasn't too terribly long ago that Premier Klein was busily telling Albertans about the wonderful benefits deregulation would bring to us all. We were promised lower gas prices, more efficient service, and more choice to give the citizens the ability to deal with the gas companies on a more equal basis.

Instead, we've seen gas prices shoot through the roof, with no signs of reversing the trend. We've seen two years in a row where the government has had to set aside extra money to pay the gas companies because of the fear of a general public revolt if we had to line the pocketbooks of the gas companies directly. More choice? Every plan I've seen has been one to lock in your gas price for the next five to ten years, often at a rate that's ridiculously high to begin with, in hopes that it will protect you if the price of gas continues to rise.

I pay more for gas now in the summer than I did in the winter three years ago. Thank you de-regulation and thank you Premier Klein. About the only benefit I see to the entire thing is that it really does encourage trying to save on gas. Of course, there's only so much you can actually save, as how often your furnace goes on depends more on the weather outside than anything most people can do inside.

Of course, most of the Alberta taxpayers, being the cattle they are, simply moo contentedly at receiving the rebates instead of thinking back to before deregulation when there was no need for rebates. Few of them seem to realize that this money they're getting back is only money they paid in the first place – money that instead of funding actual energy efficiency improvements for the average citizen, is instead going to pay the directors and shareholders of the gas companies, folks who have a decided stake in seeing that we do not become more efficient.

De-regulation can be a wonderful thing, as a free-market is great at handling short term desires. For necessities like heat, medical care, or education however, we have to remember that the market isn't really free. If you need to heat your home, you need to heat your home. You can't simply say "Oh I'll wait until the price drops."

A native Calgarian, Karl is perpetually nearing the completion of his Bachelor of Arts with a Major in Information Studies. He also works for the Computer Sciences Virtual Helpdesk for Athabasca University and plans to eventually go on to tutor and obtain his Master's Degree.





Dear Sandra,

I have an odd question. The other day I was over at an acquaintances' house while she was preparing supper and I was horrified to see her using dish soap to clean her vegetables!! Am I the only one who thinks this is odd? Or have I been inadequately cleaning my vegetables for the last forty years?

Y. from Regina

Dear Y,

Yes, using dish soap to wash veggies is a little odd and a little unhealthy as well. It can leave a film on your produce and a soapy taste that may even leave you with an upset stomach. Some people take food hygiene to the extreme. I know of a woman who boils the tops of all her canned goods before opening them, because as she says "you never know who has touched the top of that can."

For the record, a cool rinse with tap water is all your veggies need before serving or cooking them. A good scrub with your fingers or a veggie brush may be required for carrots or potatoes, but even if you don't plan to keep the skin on, rinse just in case as bacteria or other scary things may pass from the outside in when you cut the veggie. Many companies now sell pre-packaged vegetables that claim to be "ready to eat", but if you doubt the authenticity of that statement a second rinse won't hurt. When preparing leafy veggies like cabbage or lettuce, where little critters can hide among the leaves, follow this method: Discard the outer layers and place the leaves in a bowl of cool water with 1 to 2 tablespoons of vinegar, stir for 20 seconds, then let the leaves soak for a minute or so, dump the water and repeat. To be honest I do not know why this done, but it's my grandmothers advice and I have yet to find a bug in any leafy salad I prepare.

I once heard that almost a quarter of all food poisoning cases are caused by contaminated produce. To keep your stomach free of produce-borne illnesses make sure you sterilize veggie brushes, use separate cutting boards for meat and produce and wash your veggie crisper once a week (easier said than done, I know, but at least do it monthly) with hot, soapy water and of course RINSE your veggies before serving them!

Sandra

I WANT TO HEAR FROM YOU! TELL ME YOUR TROUBLES. YOUR CONFIDENTIALITY IS ASSURED.

This column is for entertainment only. Sandra is not a professional counsellor, but is an AU student who would like to give personal advice about school and life to her peers. Please forward your questions to Sandra care of smoore@ausu.org

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SCHOLARSHIPS & AWARDS

For scholarships available through the Athabasca University Students' Union, see the AUSU website at www.ausu.org



Athabasca University Awards and Scholarship Information

The Office of the Registrar would like to advise students of pending deadlines for scholarships and awards:

Award Name: Bursary Program for Indigenous Students

Value: \$varies

Program: School of Business programs

Basic Criteria: Students of Indigenous Heritage

Application Deadline: On-going, contact Paulette Windsor at 1-800-788-9042, ext. 6149

Award Name: Athabasca University Distinguished Alumni Award

Value: \$500

Program: All AU Programs

Basic Criteria: Graduate of an AU Program

Application Deadline: October 31, 2003

Award Name: Athabasca University Access Fund for Students with Disabilities

Value: \$Varies

Program: All AU Programs

Basic Criteria: See web page

Application Deadline: October 31, 2003

Award Name: Athabasca University Mildred Rowe Weston Memorial Scholarship

Value: \$600

Program: All AU Programs

Basic Criteria: First time student to any post secondary program

Application Deadline: October 31, 2003

Award Name: Jason Lang Scholarship

Value: \$1,000

Program: All AU Diploma and Degree Programs

Basic Criteria: Full-time Resident of Alberta

Application Deadline: October 31, 2003

For more information on the specific criteria for these awards, please visit the AU website at:

<http://www.athabascau.ca/html/depts/registry/studawrd.htm>

Applications for these awards can be obtained by calling the Office of the Registrar at 1-780-675-6705 or by email at awardsinfo@athabascau.ca.



CONFERENCE CONNECTIONS

Contributed By AU's *The Insider*

- **ADETA Fall Workshop** - "Keeping it Simple for the Learner" - October 1 - Olds, Alberta. Details: <http://www.adeta.org/>
- **AU Learning Services Conference** - October 3 & 4, 2003 - Edmonton, Crowne Plaza Chateau Lacombe. Details: <http://intra.athabasca.ca/lso/LS.php?task=conference>
- **NAWeb 2003** - Ninth Annual Conference on Web-based Teaching and Learning - October 18-21 - Fredericton, New Brunswick. Details: <http://naweb.unb.ca>
- **EDUCAUSE 2003** - November 4-7 - Anaheim, California. Details: <http://www.educause.edu/conference/annual/2003/>.
- **ONLINE EDUCA BERLIN 2003** - December 3-5 - Berlin, Germany. Details: http://www.global-learning.de/g-learn/cgi-bin/gl_userpage.cgi?StructuredContent=m1301

OTHER CONFERENCES

- **CAPDHHE [Canadian Association for the Prevention of Discrimination and Harassment in Higher Education]** - To be held in Calgary, October 29 - November 1, 2003. <http://www.capdhhe.org/conference2/index.htm>

Know of an educational conference that is not on this list? Contact voice@ausu.org with the details and we'll list it in Conference Connections.



classifieds

Classifieds are free for AU students! Contact voice@ausu.org for more information.

EDMONTON COFFEE GROUP:

Hello fellow Edmonton AU students!

We will be holding our next coffee group at 7:30 PM on Wednesday October 8th at the (107th street 104th Ave) Tim Hortons.

We hope to see you there!

THE VOICE

c/o Athabasca University Students' Union
2nd Floor, 10030-107th Street, Edmonton, AB T5J 3E4
800.788.9041 ext. 3413

Editor In Chief Tamra Ross Low

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