

# THE VOICE

## MAGAZINE

Vol 11 Issue 43  
October 22, 2003

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Great prizes to be won

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Oct 22, 2003

Volume 11, Issue 43

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

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## THE VOICE

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I felt like poisoning a monk.

-- Umberto Eco (1932 - ), on why he  
wrote the novel "The Name of the  
Rose."

# ANNUAL READER SURVEY

## **This week The Voice launches its first Annual Reader Survey in years!**

Your input is vital to help the Voice maintain relevance to its diverse audience, and it is also necessary in order to show that The Voice is read and enjoyed by AU students.

At this time, we have no demographics on Voice readers. In order to ensure that the Voice continues to be funded as a priority project of the students' union, we need to show that reader interest is high, and that The Voice is a valuable use of your students' union fees.

And if you happen to feel that this magazine is not money well spent, tell us why!

I am hoping that every Voice reader - be they AU students, staff or faculty - will take a moment to at least fill out the first page of the survey, so that we can establish our reader numbers and demographics. I have not made any field on the survey required, so you can skip items if you like (though you have to go through to the last page in order to submit your form, and you must fill out the first page to be entered in the contest). Please feel free to be as verbose as you like - there is no such thing as too much feedback! The survey will run until November 30th.

Because there are many questions on this survey, I've arranged for some terrific prizes to be given to the first 12 entrants drawn from the names of all respondents.

The first two names drawn will win a fabulous Voice fleece jacket, and the next 10 will receive Voice logo mugs. These soft, thick fleece zip jackets are special Voice purchases, and they only come in the moss-green/navy combination, with a navy embroidered Voice logo. They come in roomy small, medium and large sizes. The mugs are dishwasher safe white ceramic, with the Voice logo on both sides. Sorry, Voice writers are not eligible for prizes, and only AU students may win the jackets.

Click here to fill out the survey: <http://www.ausu.org/voice/annualsurvey/>





# EDITORIAL PAGES

## THIS WEEK

**WORTH THE LOSS - UPDATE** on the progress of AUSU councillor Nicholas Palamarchuk, six months after radical weight loss surgery.

**RECIPES FOR STUDENTS** - Tired of KD? Here are some more quick and simple dishes you can prepare on a student budget.

**LEARNING NOTES** - Course alert. What you need to know before enrolling in PSYC 375!

## WORTH THE LOSS: UPDATE

*Tamra Ross Low*

**AUSU Council Member Nicholas Palamarchuk is winning at losing.**

On June 11th, 2003, The Voice ran an article detailing the weight-loss progress of AUSU Council member Nicholas Palamarchuk following gastric bypass surgery. At that time, Nick was just seven weeks post-surgery, and he was beginning the process of learning to eat with his 'new' stomach. When we last spoke, he had lost an incredible 68 pounds [down from 438], his medication was already down to half, and he'd worked his way up to eating a half cup of food at a sitting.

Eating was experimental, early after the surgery. Nicholas was not sure what foods his stomach would accept, and said that he would usually try new foods while standing over the sink, just in case. At the time of our first interview, Nick was also beginning the early stages of an exercise routine, which consisted of calf muscle exercises performed while sitting, and gentle, half situps.

At the end of that interview, I promised Nick that I would contact him for a follow up article, about six months after his surgery. Many *Voice* readers also indicated that they wanted to know more about how Nick was doing. So here we are, six months after Nick underwent one of the most important [and frightening] challenges of his life, and things are looking great!

To be precise, October 18 marked six months since Nick's vertical banding and gastric 'y' bypass surgery. Last week, he reached one of his goals, which was to lose 150 pounds by the time of this six month milestone. Actually, he lost 151, which puts him at 287 pounds and still losing.

To help him keep progressing, Nick keeps a diary of everything he eats. He further safeguards his health by avoiding tea and coffee (which he says taste like crap anyway) and he has not smoked for six years or drank for two years.

His diet is based around the recommendations of the Canada food guide, and includes the recommended 6 - 8 grain products per day; 6 - 8 vegetables and fruit per day; 2 - 3 milk products per day, and 3 meat and alternatives per day. He also can eat all products that are fat free, ultra low fat, or sugar free, but he says he can't eat "solid meats without chewing 1/2 hour. A steak, I would not try!" says Nick.



**Nick, before his surgery**

He can tolerate raw fruits and vegetables, however, with the exception of celery, but he's likely to feel nauseated or "up chuck" if he eats sweets or alcohol, if he overeats or if he eats too fast. But, he can now eat limited amounts of dried fruits, popcorn, ketchup, and sweetened salad dressing. He still avoids alcohol, and carbonated and caffeinated beverages.

The dramatic weight loss has meant that Nick has had to restock his wardrobe too. He's now wearing pants with a 50 inch waist instead of 63 inches, he's down to a normal XL shirt rather than a 5 or 6XL, and some of his clothing is now size Large.

Nick's also finding joy in some activities, which he says 'normal' people take for granted. Here are just a few of the common - and not so common - activities that Nick now enjoys:

- Bending over and tying the shoe strings on my shoes;
- Washing all parts of my body while taking a shower;
- Walking up stairs without it being a major task (or stopping every 2 steps to rest);
- Walking 1 to 2 miles a day;
- Doing 20 -30 minutes of exercise;
- Fitting behind the steering wheel of my car;
- Sitting 'normally' in a chair;
- Looking down and seeing my toes;

... and the most recent development:

- Going dancing {started my dancing lessons October 3}.

Because of Nicholas' adherence to a healthy diet and exercise plan, he's been able to reduce his medication significantly and many of his health indicators are now improving. He has had hypertension, for which he was on four different types of medication at the maximum doses, but now he's down to 1/4 of what he was taking and will be off medication entirely very soon. His blood pressure is down to 120/64, his cholesterol has been reduced to 3.44, and his resting heart rate is a healthy 68-70 beats per minute.



**Nicholas today, looking great!**



**Nick's goal weight [almost]**

To remain healthy while losing so much of his body weight, Nick takes a multivitamin and mineral supplement daily, gets a monthly Vitamin B12 injection, and he gets plenty of sleep each night. He admits that he has lost most of his muscle tissue through this process, but he is combating this with an exercise regimen to build the muscle back. Not surprisingly, he says that the "last place to lose is my stomach."

The biggest drawback of having gastric bypass surgery, according to Nick, is "forgetting to eat. This [is] something even I had a hard time to comprehend at first. I eat 3 meals a day with 3 snacks in between."

This is a small drawback, however, compared to the benefits that he is only starting to comprehend. Of the changes in his life, Nick says:

*Generally, I have become very outgoing, full of fun, happy and [I] love to wear my new clothing. People have told me that I wear very bright and brilliant colored clothing with a constant happy smile. It is very rewarding to receive compliments, constantly. It helps to live in a*

*community of 520, as everybody keeps an eye on me. My family and friends are my greatest assets.*

*I must say that I have a completely different life style and am enjoying every moment.*

He also revealed that he's been getting lots more attention from the opposite sex, and that in general he is more approachable because he feels so good about himself. I would debate this last fact, only because Nick has always seemed to be incredibly warm and friendly whenever I have talked to him, but I can also say that he is clearly one very happy man, and his positive outlook is infectious.

It's difficult to say what the future holds for Nicholas, because he is trying out so many new things as he rids himself of the debilitating weight. This week it's dancing lessons - next week, who knows? For the immediate future, he plans to complete the few final courses for his Bachelor of Administration - Health Administration degree at AU and then enter the MDE program, which he has a jump on as he is already enrolled in one of the masters level courses.

After witnessing Nick's motivation and determination through this weight loss process, I have no doubt that he'll succeed with his educational goals, and whatever else he sets his mind to in the future.

**To read the first article with Nicholas, see The Voice, v11 i24, or click this link:**  
**<http://www.ausu.org/voice/search/searchdisplay.php?ART=1623>**

**\*\* Please note: Gastric bypass surgery is not right for everyone. Consult your doctor if you would like more information on this, or any weight loss procedure.**



**This column will focus on educational issues affecting post-secondary students. It will address a wide range of topics. Students are encouraged to submit suggestions and educational topics they are concerned about, along with any personal experiences with courses or university situations they feel other students should know about.**

**Debbie Jabbour**

**Course Alert :** A new required course for a BA in psychology at AU is Psych375, the History of Psychology. This is an extremely interesting and valuable course, but it has one major failing that students should know about before registering. The final mark on the course is comprised of 30% on six unit quizzes and 70% on the final exam. There is an option if you don't wish to have 70% of your mark based on the final exam - you can write a biography from a select list of historical figures studied in the course that focuses on why this person's contribution was important to the development of psychology. You can write the exam first, then choose whether you want to take the option of writing the biography and having the exam count for 35% and the biography 35%. The catch is, if you wait until the course end date to write the exam, its too late to opt for the biography. The exam itself is problematic. It consists of 60 multiple choice questions. They are not based on any of the study questions or quizzes. All of them are on relatively obscure areas of the coursework, and require that the student virtually know the textbook by memory. My advice to students before taking Psych375 is

- write the exam well before the course end-date to leave time to take the biography option if you need it
- be prepared that even if you know the material very well from the quizzes, it will have no bearing on the exam.



# RECIPES FOR STUDENTS

*Shannon Maguire*



*Kraft Dinner*, otherwise known as macaroni and cheese in a box, is probably one of the most regularly eaten meals among students. When you realize, however, that the meal consists of macaroni covered in butter, milk and a fluorescent orange "cheese" powder you may wonder why the Kraft Dinner phenomenon occurs?

The most likely reasons that I can think of are that you can buy this entire meal for about \$1.00, you can make it in about 10 minutes, there are easy to read instructions on the box that anyone can follow, and it really doesn't taste that bad. Some more extravagant students might even make fancy Kraft Dinner by putting Ketchup on it or mixing in some cut up wieners. I'm not trying to put down the wonderful macaroni treat, which I too eat quite frequently; I am simply trying to point out that many students are in need of meals other than Kraft Dinner that are fast, easy and cheap.

This is most likely because they spent all their money on tuition, they used up all their brain power studying and the last thing they want to do with the little, if any, free time they have is cook. That is why I am presenting this article with my favorite and easiest recipes in the hopes that it will provide students with one or two other meals to make when they just can't eat Kraft Dinner anymore.

## HAMBURGER HASH

**What it is:** Mashed potatoes covered in a hamburger and beans mixture.

### What you need

1lb hamburger  
1 can of brown beans (with pork, with tomato sauce, it really doesn't matter, I usually randomly grab a can anyway)  
4 or 5 large potatoes  
Milk  
Butter  
Ground black pepper

### How to make it

1. Peel potatoes and cut them in half. If peeling potatoes sounds like too much work then you and I agree on something. I found that mashed potatoes taste quite good with the skins on, so why not be adventurous and give it a try. Don't peel the potatoes just cut them in half and then cut the halves in half.
2. Boil the potatoes in water
3. Brown hamburger
4. Nuke beans in microwave for 3-4 minutes
5. When the hamburger is done drain out the grease in a strainer and mix in the beans. Stir the mixture and add black pepper. How much? As much as you want. Cook together for about another 2-3 minutes on medium heat.
6. Mash potatoes while mixing in butter and milk. Put mashed potatoes in the middle of the plate and pour the hamburger/bean mixture on top.



## MEATBALLS AND RICE

**What it is:** Rice with meatballs on top.

### What you need

One box of pre-made frozen meatballs  
Minute rice  
Butter

### How you make it

1. Put meatballs in oven pan and place in oven. For temperature and time follow instructions on the box of meatballs you bought. Usually takes about 10-20 minutes to cook meatballs.
2. Put desired amount of rice in a microwaveable bowl and add water until the rice is just covered. Cook in microwave for 5 minutes. If this article is not handy, Minute Rice also has instructions on the box.
3. Stir butter into rice when it's done and put it on a plate. Put cooked meatballs on top of rice. If you want to get even fancier you could put plum sauce or soy sauce on the rice instead of butter.

## QUESADILLAS

**What it is:** A Mexican dish consisting of cheese, chicken and jalapeno peppers cooked between two tortilla shells and eaten with salsa and sour cream.

### What you need

1 package of chicken cut into strips or chunks, or you can put the effort into cutting up the chicken yourself  
3-4 jalapeno peppers  
Mozzarella cheese  
2 tortilla shells  
Butter  
Salsa  
Sour cream

### How you make it

1. Grate cheese
2. Slice up jalapeno peppers. If you do not like hot and spicy food do not put the peppers on because they are extremely hot. The quesadillas will taste just as good without them.
3. Cook chicken strips in a frying pan with butter.
4. Cover 1 tortilla with grated cheese.
5. Put chicken and peppers on top of the cheese.
6. Put the remaining tortilla on top.
7. Cook in oven for 15 minutes at 350 F.
8. Let it cool for 5 minutes and cut it into slices like pizza. Put sour cream and salsa on top or dip the quesadilla in it.

## PEPPERONI AND CHEESE TRISCUITS

**What it is:** Crackers with pepperoni and melted cheese. These are great for a quick lunch or snack.

### What you need

One box of Triscuit brand crackers (you should use these crackers because they stay crunchy when cooked)  
Pepperoni  
Mozzarella cheese

### How you make it

1. Slice up pepperoni and cheese
2. Put down one triscuit on a plate, put a slice of pepperoni on top and put a slice of cheese on top of the pepperoni. Make as many as you want.
3. Put the plate in the microwave for about 1-2 minutes or until the cheese melts.

## CHEESY PENNE

**What it is:** Tube shaped pasta with cheese, hamburger, mushrooms, green peppers and spaghetti sauce. It may sound like a lot more work than KD, but once you try it you'll see that it is really easy and tastes a lot better.

### What you need

Penne (tube shape pasta located in the same place in the supermarket as spaghetti. It costs about the same as spaghetti too.)

Mozzarella cheese

1 lb hamburger

1 green pepper

7-8 mushrooms

1 can of spaghetti sauce

Ground black pepper

Mrs. Dash brand Italian spices or whatever spices you want (e.g. garlic, basil, etc)

### How you make it

1. Slice green pepper into strips.
2. Slice up mushrooms.
3. Brown hamburger and drain the grease out.
4. Boil penne for 10-12 minutes.
5. Put sliced green pepper and mushrooms into same pan as hamburger.
6. When the vegetables look like they are starting to cook add spaghetti sauce, black pepper and Italian spices. Cook on medium heat until vegetables are cooked and sauce is warm.
7. Grate cheese
8. Put one layer of penne on a plate and cover it with cheese. Put the rest of the penne on top and then put the sauce mixture on top of the penne.

That's all the recipes I have for now, but I encourage everyone else to share their recipes with other students as well. Hopefully, I have given you a few new dishes to keep your meals exciting and quick.

**T-Shirts all in the wash?**

**Buy a new one, from AUSU**



# OLFACTORY MEMORIES

*Wayne E. Benedict*

I've always been impressed with how powerfully connected the nose is to the brain. For example, when my parents divorced I resided with my father while my sisters stayed with our mother in a distant city. Years later one of my sisters was visiting and I gave up my bed to her. As soon as she put her head down she sat bolt upright and hugging the pillow declared it to be hers. She'd recognized her childhood security-pillow from its familiar, albeit years-removed, musty odour. Her being as attached to it as Linus Van Pelt to his blanket, it's not surprising that I never laid head on that pillow again.

I frequently experience vivid memories triggered by my sense of smell. Every time I smell freshly hewn wood, I either recall the many torturous hours that I spent on the drop-sorter or green chain in the sawmill of my youth; or the years spent felling and bucking trees in British Columbian forests. The smoke from burning leaves, grass or wood elicits memories of battling forest-fires or mopping-up slash-burns. When I get a whiff of diesel exhaust my mind returns me to operating thundering locomotives pulling thousands of tons of freight through a lonely mountain pass while others slept the night away.

I suppose it's not surprising that the majority of my olfactory-triggered memories are work-related since I spent such a large proportion of my waking time performing those tasks. What is surprising is that the odours trigger pleasant memories when I consciously know that many of the experiences themselves were unpleasant (to put it mildly). My father has always said that memory has a way of filtering out the bad ones and leaving the good ones intact. I suppose one could relate that to the axiom that "time cures all ills." My experience tends to corroborate that theory.

I experience one recurring olfactory-triggered memory that is more of a compulsion than not. It happens yearly around this same time. I began to experience it a couple of days ago as I walked across the University of Saskatchewan campus. The distance from my parking lot to the College of Law seems like at least 10 miles so I have plenty of time to think and reminisce while I walk. On that day, and every day since, crisp autumn air has assaulted my nostrils. And those odours of decaying leaves and drying grass always call to the hunter within me.

If I were in BC I would most likely already have had a moose in the freezer. That is a satisfying event for any hunter, but it has not been the foremost motivation for me to go hunting for many years. Meat in the freezer is more of a valuable by-product of my hunting experiences. All year I look forward to going hunting for the peace and quite of being alone in the woods with nothing but wind, water, and animals as my companions. That annual week or two in the wilderness secures my sanity for the coming year and is the buoy that I aim for when life's ocean becomes stormy and overwhelming. Like Linus and his blanket, or my sister and her pillow, the solitude of the wild is my security.

This year, and for the next several years, I will have to be content to remember hunting in the outdoors of BC. Luckily for me, autumn smells the same in Saskatoon as in Prince George and olfactory-triggered memories are powerful indeed.







As I write this, I'm looking forward to the September 27 wedding of my older brother and his girlfriend of seven years. Weddings are always a big thing in my extended family, since out of eighteen cousins only two have gotten married so far. So, weddings are still a bit of a novelty for us. I still remember some of my aunt's weddings. At my Aunt Elaine's I stood on the stage where the band was playing and lifted my dress over my head. Suffice it to say my behavior at weddings hasn't changed much over the years.

I am looking forward to this wedding, because almost all of my extended family will be there. We are a very noisy group that likes to sing, drink and eat a lot. You can always count on my Uncle Bert to

sit in with the band and sing "Suzy Q", and I'm crossing my fingers that my cousin Brett will get drunk enough again to sing "House of the Rising Sun." The usual dances -- the Butterfly, lots of polkas, and of course the Bird Dance -- will get people off their feet. And we can't forget the reason why most people will be there, the food.

Sure, the celebrity weddings and the Martha Stewart decorated ones look nice, but are they fun? A friend recently went to a wedding where a four-piece string orchestra greeted the guests and a fountain that ran chocolate was available for dipping your strawberries in. But he didn't say if he had a good time. I mean a real good time. The trend in weddings is to have everything look like it walked off the pages of a magazine. But isn't the real meaning of a wedding to celebrate with family and friends?

My grandparents' families were Germans who immigrated to Russia then to Canada. They knew how to celebrate. The wedding was about the people, not flower shops, caterers and photographers. Here, in her own words, is my Grandma's account of the traditional wedding celebration.

## 3-DAY WEDDINGS (HOCHZEIT)

### First Day Wedding Celebration

*Spring weddings started after lent, usually on Easter Monday. A typical wedding began with a "Boller Ouvent" (noisy evening). It was a dance on Monday evening for the young people. The next morning, the wedding took place at 10:30 at the church. After church, the guests gathered for dinner at the bride's home. The bride and groom were escorted into the house with a march played on the accordion. The dinner consisted of chicken noodle soup, hamburgers, an assortment of pickles, bread and for dessert, apple pie and usually jello. Also, the chicken that was used to make the soup was fried with onions.*

*After dinner, the couple and their guests were again escorted with music into a granary, where the wedding dance began. The bride received money that was pinned to her dress each time someone danced with her. Also, the guests would put coins into a bowl to pay for the band. Dancing usually happened in three shifts, because of the lack of room. The young single people made up the first shift, while the other guests strolled outside and visited or were busy inside the house preparing for the supper meal. When there wasn't any more money to put into the bowl the band would stop playing, signaling a shift change. Then, it was the young married couples' turn to dance. After that, supper would be served. A typical supper would be hamburger, hot potatoes, lots of smoked sausage, liverwurst, cold sliced ham and vegetables. For dessert, there would be the cake and canned fruit. When the meal was over, it was back to the granary for more dancing. This time it was the older couples'*



turn. Finally, the women danced together and the men served them wine and kept an eye on them from the sidelines while they visited.

At the end of the evening, the wedding guests "sang off" the bridal wreath. The bride and groom sat on chairs side by side with the guests surrounding them. The songs they sang were, "Holy God We Praise Thy Name" and "Der Goldenen Rosen Krantz" (the Golden Crown).

They dismantled the veil from the bride and took off the groom's boutonniere. This signified that the celebration was over and that the couple would now begin their married life.

## **Second Day Wedding Celebration**

The bride and groom usually would slip away the night of their wedding and the guests would come out looking for them on the second wedding day. They would pick them up with a hay rack complete with a mock wedding group followed by a mock band. The guests then performed a mock wedding in honor of the bride and groom. Another full-fledged dance would begin. For dinner there would be sauerkraut soup, spare ribs, mashed potatoes, lots of sausage, hamburgers and left over desserts.

## **Third Day Wedding Celebration**

The third day of the wedding was the celebration for close family and a chance to clean up and let loose. There was always lots of singing. Decorations were kept simple with a few crepe paper streamers and paper wedding bells.

Now doesn't that sound like fun? As I'm writing this my husband theorized that these weddings were the reason the divorce rate was so low, "After all that work, they couldn't get a divorce." Anyway, as you can see weddings used to be about celebrating, not about storybook brides, twelve tiered cakes and imported orchids. That's why I'm looking forward to my brother's wedding. Not because I can see what dresses the bridesmaids have, or critique the decorations, but to have a good time with people I don't see often enough. And of course, the food.

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Stacey Steele is currently finishing her B.A with a major in Psychology/Women's Studies. She won the most improved math award in Grade 8 and \$50 on a scratch and win once. She lives in Southern Alberta with her husband, two children, two mali uromastyx lizards, and a family of mule deer that live across the road.

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**C A U S**  
**Council of Alberta University Students**  
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CAUS represents university students across Alberta. Visit the CAUS and the Tuition CAUSE websites to learn more about what CAUS is doing to keep Alberta tuitions affordable.

CAUS: <http://www.su.ucalgary.ca/caus/alpha/>  
Tuition Cause: <http://tc.su.ualberta.ca/>

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Dear Sandra,

I have been "single" since a tough divorce two years ago. I loved my husband and he broke my heart by leaving me for our neighbor, a widow. I'm currently enrolled at AU working full-time (5 courses every 6 months) toward a Bachelor of General Studies degree. I don't have much free time but I'm starting to miss the companionship of a spouse, and ok I miss the intimacy too. I want to start dating again. My two children are in their late teens and as I watch them get ready for dates I'm a little envious. I'd like to be dating again, but at 47 years of age I feel like I've been out of the game for too long to get back in again. If you don't know how to answer this one I won't be offended.

**Lonely AU divorcee**

Dear Lonely,

Dating is never easy, no matter how old you are. The human mating ritual is very strange and complex. We get all dressed up and try to sell our personalities and looks to a member of the opposite sex that we barely know. Women act giddy and demure making the man the subject of their undivided attention, men act suave and masculine and will even dance with you and hold the door open for you. When you are suddenly single, you get this strange feeling of fear that you will never be in a relationship again. You want the security, and intimacy, a marriage offers, but to get to that stage you have to start all over again.

It's not so easy "to get back out there," because you never really know where, exactly, you are supposed to go. When you were younger it was probably easier to meet up with single members of the opposite sex because there was a higher proportion of them and they hung out with other friends of yours.

As you age however, the proportion of single people drastically decreases and those friends of yours no longer hang out with singles, they group together as couples. So, where do you go to find a date? I honestly do not know, but I do know that one will not just fall in your lap. And since you are probably like most AU students who spend the majority of their time at home, you are going to need to make a conscious effort to get out where people are or try the personal ads.

I have known a few people "getting back out there" who have used personal ads, a form of pre-approval dating, to find a partner. There are many different ways to connect with someone through personal ads from choosing individuals through a phone-in system to hiring a dating consultant to match you up with someone fitting your pre-requisites with similar interests in your area. Check your local newspaper, the telephone book (under dating services) and even the internet (if you can get over the whole hoopla that has surrounded dating over the internet).

Ok, so preliminaries out of the way, what now? Time to get out of the sweatpants let your hair down and get ready for the "dating interviews." Don't go in assuming that the first person you meet will be the one, or stick with someone who doesn't seem right out of fear that you won't find anyone better.

Like they say there's a lot of fish in the sea. What you find attractive now, probably differs quite substantially from what you found attractive when you were younger, but remember that just as you knew it was right with your first husband you'll know when you meet someone else that is well suited for you.

Finding this someone may take a few dates or it may take many. It won't be easy sailing, but don't give up, something worth having is rarely easy to get. Good luck on your dating and studying!

*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](mailto:smoore@ausu.org)*



**Week of October 24, 2003**

**Amanda Lyn Baldwin**

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

### **Friends**

This week's episode was supposed to be titled, "The one with the cake." However, as luck would have it, the network decided to show an episode from last season in which Ross and Rachel sing "Baby got Back," to Emma in an attempt to make her laugh. Maybe next week we'll have some cake.

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

### **Survivor: Pearl Islands**

Last week Burton was voted off the island along with his arrogance and a warning that the challenges would no longer be guaranteed as they were when he was involved. And maybe, just maybe, as awful as that would be, he was right.

This episode starts with the Morgan tribe, along with Drake visitor Rupert, being forced to move the shelter as the threat of being flooded is getting larger. This event allows us to contrast Rupert, who is openly critical of the tribe, with Morgan's tribe mates, who spend more time bitching and bickering than they do actually trying to accomplish something. Rupert expresses that he knows why it takes them hours to do things. However, in the spirit of respect and brotherhood, Rupert teaches Ryan O how to properly use the fishing spear, and although they lose the biggest fish, they bring back a bounty for Morgan to share.

On Drake, the teammates, now lacking the strength of both Rupert and Burton, are missing the big guy terribly. They even decide to save their last can of spam for his return. However, all the talk of Rupert brings them, especially Trish, to wonder what kind of information Rupert is providing the other tribe, without being aware of it.

Now on to the reason Rupert is at Morgan in the first place, the reward challenge. It is a retrieval and assembly challenge where tribes must first retrieve 8 ladder rungs that are hidden underwater, then they must send someone into the jungle to retrieve an idol hidden in an old Spanish well, assemble the ladder, and place their idol on top of a designated platform. Both tribes get off to a good start, however, Drake (with Jon manning the rudder) quickly loses control of their boat, which gives Morgan, with Rupert's full participation, the chance to push far ahead.

Morgan takes this chance to leave Drake in the dust as they win the reward, which consisted of their first puzzle piece, the chance to loot an item from Drake, a portable shower, a pot for boiling water, two jerry cans, rain jackets, sponges, shampoo, and conditioner. As the tribe celebrates their victory, Rupert is offered the choice to enjoy the reward and then return to Drake, or to simply return to Drake immediately. He chose the latter, as he calls Drake his "home."

When Andrew comes to the Drake camp to "steal" an item, Rupert, knowing Morgan has only enough food for two meals, suggests that he take a bag of rice (to which he adds more than was previously allotted). Rupert admits that he is beloved by both tribes, but wonders whether it will come back to haunt him.

The immunity challenge involved filling the belly of each person on the island with sea creature smoothies. The ingredient consisted of red shellfish, sardines, razor clams, bleeding clams, sea water, squid, mango, rock oysters, conch, octopus, coconut juice, and a mysterious concoction of which Jeff had control. The wheel was spun, and two random ingredients were put in a blender and pureed. Drake went into the challenge with a strategy, their strongest stomach (Michelle, who you'll remember was part of Burton's alliance) was to pretend to be the weakest stomach, thus tricking the other team into choosing her in the event of a tiebreaker, which was inevitable as the determination of each person allowed everyone to keep down their drink. Of course, Drake's mouths dropped as Michelle easily downed her first shake without a second thought. In the end it came down to Darrah for Morgan, and Sandra for Drake. Both did well on their smoothie, however, Sandra had trouble with the raw, scaly, sardine chaser, and Darrah won Morgan's second immunity.

When considering what was to happen at tribal council, doubts were had by both Sandra (who'd lost the challenge) and Michelle (who'd gone against team strategy). A lovely scene is shown where Michelle is making her plea to Rupert that Shawn, and not her, should be voted out because she does more work and tries harder. However, in the middle of the conversation she runs off the beach and begins to vomit behind a fallen tree. Without even a flinch or frown, Rupert follows her and continues the conversation as she is being sick, and then he shovels sand onto the mess. But the plea was not enough to keep her, and the tribe votes Michelle out of the game.

Events foretold for next week include: one castaway having a sincere talk with a snake, a closely won reward challenge that gives a tribe a little heat and maybe some food, a stunning confession made by an opposing



tribe's member when they come to loot, and immunity weighs on two survivors who carry the fates of their tribes on their shoulders.

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

## **The Bachelor**

Last week we watched as Meredith (voted most compatible) went on a single date with Bob to the beach where the two shared kisses and dinner inside a big sand castle. Then Mary, Kelly Jo and Misty went to a PJ party at a karaoke bar, and all was well. This week we'll see Lee-Ann (voted least compatible) on her one on one date with Bob, as well as Estella, Karin, Jenny, Brooke and Antoinette going on a group date to the water park.

Lee-Ann's date fronts a hefty bill as the date box alone was worth over a million dollars. The evening consisted of a vintage limo ride to the Queen Mary, where they enjoy a private dinner, fireworks, and a classical quartet. The whole night, or at least what is portrayed as the whole night, was spent kissing under the stars. Before returning home, Lee-Ann admits that she'd be shocked if she didn't receive a rose at this week's ceremony.

The next date is the swim date, where the group visits a water park that has been closed just for the occasion. Most of the group is enjoying themselves, with the exception of Karin, who is preoccupied with the reapplication of her make-up as well as her sense that she will not receive a rose. After the park, the half dozen proceed (by bus, which definitely compares to Lee-Ann's transport :) ) back to the house where Bob spends alone time with each of the girls. To Estella, he reveals that he's surprised to be on a five person date with her instead of a one on one.

Going into the Rose ceremony, Bob feels certain that he knows at least 5 of the women who are to be offered roses; however the 6th is still up for grabs. Bob spends more alone time with each woman. He experiences a confrontation from Lee-Ann, who is intoxicated, regarding her negative feelings about living with and sharing a man with other women. She also gives him a warning that if he doesn't intend to keep her until the end, he should send her home. Bob then continues his evening by having a conversation with all ten women at once, in which he expresses the seriousness with which he's treating the situation. After hearing and considering some of the responses to his statements, Bob confesses that all of the roses are now up for grabs.

In the end, Bob offers roses to Mary, Kelly Jo, Lee-Ann, Estella, and Meredith. Lee-Ann admits afterwards that it'll still be hard to share with five other women, however it'll be easier (on everyone) now that Jenny (who Lee-Ann had a confrontation with last episode) is gone. In my view, this chick, as pretty and intelligent as she is, is on the wrong show to have these kinds of feelings.

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

**If there are any other shows you want updates on, or any comments you wish to make, please email me at [abaldwin@shaw.ca](mailto:abaldwin@shaw.ca)!**





## ATHABASCA UNIVERSITY TAKES FIRST STEP TOWARD DOCTORAL PROGRAM

*AU Press Release*

Athabasca University has approved in principle a plan to launch its first Doctoral program.

On September 17, with a nod from AU's Academic Council, the proposed Doctor of Distance Education (DDE) program passed Step 1 of the approval process, paving the way for further development of the plan.

According to Dr. Bob Spencer, director of AU's Centre for Distance Education, the move bodes well for the realization of the DDE. If all goes according to schedule, the program should be ready for its first intake of students by fall of 2005. However, Spencer warns there is still a long way to go and much work to be done.

"There are many steps left," Spencer said. "We need to develop a strategic plan and a business plan to bring forward to the University that would outline exactly how this program is going to be financed and supported. Then there are more levels of approval."

Spencer notes that the implementation of the DDE would advance Athabasca University's reputation as a world leader in research and distance education. As well, he added, the program would cater to "an important niche," and meet an increasing demand.

"Lots of MDE students are graduating and would like to go on and get a doctorate," he explained. "There are beginning to be more options, but not many. Just in the last week we had a number of students call back and say, 'What's going on with the doctoral program?'"

He recalls a recent letter he wrote, recommending one of his brightest and most published former students to the PhD program at Deakin. He would have rather been writing a letter recommending her for acceptance at AU.

"I know of at least somewhere between a half-dozen and a dozen of our grads have been admitted to PhD programs in Canada as well as abroad," Spencer said. "Many have said they would prefer to get a doctorate degree from us."

"I think this is the next natural step in the evolution of the program offering of the University," he added.



### WRITE FOR THE VOICE!

Contact The Voice editor at [voice@ausu.org](mailto:voice@ausu.org) for details on writing for The Voice. Provide a sample selection of writing and preferred genre.

## FROM MY PERSPECTIVE

### Home Alone

By Debbie Jabbour



Today I read the sad news about a New York single mother, Kim Brathwaite, who left her two children, ages nine and one, alone while she went to work. The babysitter had not shown up, and being afraid that if she missed work she would lose her new job as assistant manager at McDonalds, Kim made the decision to leave them alone, trying to stay in touch by phone while she worked the night shift. While she was gone, someone set fire to her apartment and both children died. The mother has been charged with reckless endangerment of her children.

This reminded me of another heartrending story several years ago of an AU student who had left her two toddlers in the bath and gone downstairs briefly. She became distracted, spending longer than expected, and upon returning discovered that the younger one had drowned. At the time my heart went out to this mom - she was like all of us at AU, working hard to improve our lives, with a lot of responsibility and stress on our plate. Yet a moment's distraction had resulted in a lifetime of heartbreak.

Some of us might read these stories and say, "I would never do that." I read them and say, "there but for the grace of god go I." As a single parent, I know how often we are faced with complex, difficult choices in caring for our children, choices that could end in disaster - just as did the situation in New York.

Intact two-parent families are not immune to this either, since any parent can be temporarily distracted when caring for their child, leaving them alone and in danger. But two-parent families rarely have to face the dilemma the New York mom did - stay at home to care for your children and risk losing the only means of supporting them, or leave them home alone temporarily so that you can provide food and shelter for them. Two-parent families have options single parents don't. They have the luxury of choosing whether one parent (usually the mother) will remain at home as the primary child caregiver.

Even if they make the decision to both work outside the home, there is the opportunity to share child care responsibilities between parents, adjusting schedules so that a parent can be at home with the children as much as possible. Mothers in two parent families are generally not worn down by the stress of full parental and economic responsibility and may have more time to be available to watch and care for their children. Two wage earners usually have sufficient financial security to allow parents access to quality child care. This is not to say problems don't occur here either. In the same newspaper I read an item about a Florida nanny who was caught on video nanny-cam beating the child in her care.

There are parents of both types of families who are negligent, who leave their children alone without justification - and such parents are rightly held to accounting for such negligence. Only a few weeks ago we read in horror of a 2 year old in Florida who was left in an apartment when her mother went to jail, and survived for three weeks on dried pasta and ketchup. Closer to home, a few years ago in Calgary an exchange student from Japan abandoned her two infant children, leaving them in an apartment to die. When charged with their murder, a picture emerged of an isolated and stressed single mother unable to cope with bringing up her children alone.

The New York mother was not a negligent parent by all accounts. Kim was a devoted mother who was struggling to make a good life for her children, and according to her lawyer, "guilty of nothing more than being a single mom working a 12-hour shift." In *Bowling for Columbine*, Michael Moore highlighted a similar story, where a single mother was obligated to participate in a work for welfare program, leaving her children in the care of her brother while she worked from early morning to late in the evening. The six year old found a gun, took it to class and murdered a classmate.

Many of us single parents would never take such a huge risk of leaving our children home alone for a complete 12 hour work shift; and in fact all responsible parents are generally vigilant about leaving children home alone, period. But do we leave them for just a few minutes and run down the street on a quick errand? Or leave them for a few minutes alone in the car? I remember the first time I made that error. I had not been a single parent for very long, and had to take my three little ones with me wherever I went. Any parent who has had to bundle up a baby and two small children in winter, and drag them around from store to store, knows just how exhausting the process can be.

On this particular afternoon, we had been shopping all afternoon, and the baby had fallen asleep in the car seat. My final stop involved just running in to the drugstore to purchase one item. Rather than go through all the work involved to take all of them out of the van; I parked right by the door, told my oldest I would be right back, locked the doors, and headed for the store. To my horror, when I emerged, my van was in the middle of the parking lot, surrounded by people knocking on the window. My oldest (only six at the time), had decided to hop into the driver's seat and managed to put the vehicle in gear, causing it to roll down the incline. The crowd of people were trying to persuade my daughter to open the door so they could help, but terrified, she had retreated back into the passenger seat and was not budging. Embarrassed and chastened, feeling sick at having taken such a risk, I left the store and never made that error again. But what if the van had rolled into the path of an oncoming car that day?

In our regular day to day activities, we parents often give responsibility to the older ones to care for siblings in a variety of ways. Single parents, in particular, tend to give greater responsibility to older children out of necessity. At the age of nine, my eldest was quite capable of caring for her baby sister - from diapering to bathing to feeding - since I relied on her to be able to help. I've left an older one in the tub with a younger one for a brief moment, with the admonition to, "just watch your sister for a half a minute while I go grab a towel." Sometimes the phone rings, or another child calls and distracts your attention and it's several minutes before you return. Or I've left the children outside, giving them the responsibility to watch the baby while I run in to get something - again it is easy to become distracted, or a vicious dog on the loose could end up in the yard.

In a shopping mall, how often do you take one child into the bathroom and leave the other outside watching the baby in the carriage, or leave the children unattended in the grocery cart for just a moment - long enough for an accident or kidnapping to occur. There are countless potentially dangerous situations where a moment's inattention could have fatal consequences.

As a working single parent, I shared the babysitting struggle the New York mom did. I was working as a musician on a night shift, and it was next to impossible to find a sitter to cover the late night hours I required. Even when I found someone I thought was reliable, I would sometimes learn after the fact that they had been indifferent or careless with my children; or even worse - were rough with the children, or had raided the liquor cabinet, or invited boyfriends over, or lit candles recklessly.

My babysitting difficulties became so pronounced at one point, that I resorted to taking my young daughters with me to the hotels where I was performing, leaving them in a hotel room for the evening while I worked. I would come and check on them every hour on my breaks, and they had an emergency telephone number, plus strict instructions to open the door to no one. The oldest was already almost eleven years old and I knew she was responsible enough to care for her siblings, and I was just down the hallway, checking in frequently on them, so I felt they were as safe as they possibly could be. But even so - this could have been a dangerous situation had something unexpected occurred. Fortunately I only had to do this for a short time, and managed to find a reliable live-in babysitter who was willing to take care of my children in exchange for room and board. But what if there had been a fire in that wing of the hotel when I was out of the room?

Overall, I don't think I ever did anything that would have put my children at risk unnecessarily, and at the time I made what I thought was a logical decision borne out of a difficult situation with few options. In retrospect, however, I realize that in any of these situations, a tragedy could have occurred. Leaving your children home alone even for a few minutes could put them at the same risk as leaving them home alone for a twelve hour



shift. In only a moment, an unexpected event can occur. It only takes a moment. Then - like the New York mother - not only might I have lost my most precious possession - I might have been facing criminal charges for negligence.

Criminal charges, of course, are nothing compared to the life sentence of having a child die. To lose your children in such a tragic accident is an incomprehensible pain. To yet bear the responsibility of that loss because of a moment's distraction, or because you made a decision to leave them home alone - whether for minutes or hours - is an agony no parent should ever have to endure.

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Movie review: Bowling for Columbine, Debbie Jabbour, *Voice* November 13/02.

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*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.*

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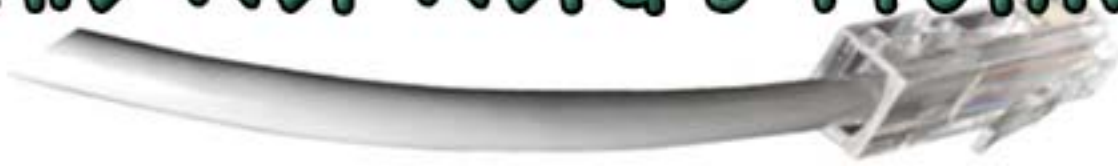
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# The Net Nerd's Profiles



You've seen "The Trouble with Tribbles" a dozen times, and Letterman just doesn't seem as funny now that you know he'll be raising a human being , try... <http://www.accesslearning.com/>

Ok, so these sites aren't technically on the AU webpages, but I did find the links within the halls of AU, so there! Let's face it, as students we tend to watch a lot of TV, and not all of it educational (and no, *Trailer Park Boys* does not count as sociological documentary). With *Survivor*, *Friends* and all the other shows coming out with new episodes it's easy to forego studying and park yourself in front of the TV. Although there's nothing wrong with unwinding once in a while, we all get that post couch-potato guilt and then try to make up for it with a marathon study session.

Accesslearning.com can remedy that. This website is for the Learning and Skills Television of Alberta Ltd. Corporation, and it's basically a link page to Access, CLT (Canadian Learning Television), Book TV, and Court TV. There are also links to services such as The Learning Annex and Telecourse Listings. From the home page I clicked onto the Access link. The Access TV page has tons of info on their programming and services. I have to admit, I don't watch Access very often, so I was pleasantly surprised to see how many different programs they offer. And like their "about" page says, "Many of the programs, including all the dramas, are connected to formal courses of study offered by the province's post-secondary institutions and to the formal objectives of Alberta Learning," so you can watch TV guilt free! The same applies to the other channels you can find on this site. Now you can watch "Smallville" on Access instead of WB, and feel just a little smarter!

The best service offered by accesslearning.com is the telecourse listing. This listing shows what program corresponds with the course you're taking. For example, after clicking on the link to the telecourse listing, you search for a show by clicking what school you go to, then browse through what programs are on and what course they relate to. Granted, not all courses will have a corresponding TV show, but you still can find something interesting to watch. The listings also go well into 2004, so get out that calendar!

Accesslearning.com is a great resource for us TV addicted students, and for anybody just a little tired of the usual mind numbing programming offered by the major Networks.

**Neat Stuff:** This site also has an online video catalog for educators in Alberta. And for all those budding Tarantino's out there, you can find information on their production facilities. The Access site also has a kid's site, and contests. This site was extremely easy to navigate, and no pop-ups or annoying banner ads (I almost missed the little marketing devils).

**Not so Neat Stuff:** Do you have cable? How about Bell? Oops! Sorry, better check listings on the CBC.

**Rating: \*\*\*\*\*/5** I love TV, and I love this site. I didn't realize how many programs these stations offered. Finally an excuse to watch TV: "We have to watch this.. it's for my course".

Love a good conspiracy theory? Find out the truth at [www.thesmokinggun.com](http://www.thesmokinggun.com)

Yes, aliens have landed, there was another gunman on the grassy knoll, Cobain didn't shoot himself, Marilyn was poisoned, and Survivor is fixed (well at least the last one....Jenna?). No, I don't have a hat made out of tinfoil, I don't hand out pamphlets about the end of world, and I don't have my radio tuned to Art Bell every weekend (well not always), but I do love a good conspiracy theory, which leads us to the Smoking Gun.

This website is not dedicated to conspiracy theories or rants about the government, it is dedicated to the truth. The truth is something we conspiracy theorists are always seeking but rarely find. The Smoking Gun gets all of its information from the great American loophole, The Freedom of Information Act, and they claim that everything presented is 100% authentic.

This website has a team of researchers looking for that little nugget of information that everyone else forgot. Each week they have a featured document. For example this week, they reported on the New York Post report on the win the Sox had on the Yankees. Unfortunately, the Post was wrong since the Yankees beat out the Red Sox in the 11th inning. To find other past features, click on archives. I chose to read "Arnold's Secret 'Pumping Iron' deals." They give us the story complete with the scanned documents related to this story. Most of what thesmokinggun.com reports on, comes complete with the legal documents to read.

Although a lot of the articles pertain to celebrities, many are the weird and wonderful tales of everyday folk. Articles such as "Get Wed or Get Whacked" and "Phone Sex Etiquette by the Book," are found within celebrity exposes such as "Jerry Garcia, A Dead Man's Touch of Green" and "David Duchovny's Ticket to Ride." You can also sign up for e-mail updates on their features, and you can check out the mugshots of the famous and not so famous. From Paul Reubens to Darryl Strawberry and everyone in-between you'll find the mugshots that shocked the world (Hugh Grant) or the ones that no one's ever seen (Alexei Yagudin).

The Smoking Gun is a unique website, in that it has lots of celebrity gossip and it's all based on authentic documents! They have a vast number of archives, all the documents to back them up and the site is void of all advertising. Tabloid without the lies, the Smoking Gun won't be getting any lawsuits.

**Neat Stuff:** I'm in heaven this week. Not one but two websites that are very well organized and absolutely no ads! A cool feature of this website is the backstage area. They have compiled the tour riders (backstage demands) of 134 different artists. What does Blink 182 need all that Polaroid film for?

**Not So Neat Stuff:** The only drawback of this site can be the smug sense of satisfaction you get after visiting it. Although these celebrities may have the fame and fortune, we common folk are still better than they are.

**Rating \*\*\*\*\*/5:** Must be the extra marshmallows in me Lucky Charms. I don't know if it's because of a good mood, or just that this week I've found the rarity of two excellent sites. [www.thesmokinggun.com](http://www.thesmokinggun.com) gets five stars. To find out why, go visit it.



# AUSU THIS MONTH

## ATTENTION AU UNDERGRADUATE STUDENTS!

### Bill 43 Info Forum

Tuesday, October 21, 2003

6:30pm Mountain Standard Time

Alberta's proposed Post-Secondary Learning Act (Bill 43) will directly affect students of all post-secondary institutions in Alberta, including all Athabasca University undergraduate students living in Canada.

Come to the AUSU Bill 43 Forum to hear what's happening with Bill 43 and take part in the question and answer period. Students living in Edmonton and area are invited to attend in person at the AUSU office. All other students may attend via teleconference. Call or email the AUSU office by noon MST, October 21 to book a toll-free line.

Forum location - 2nd Floor, North Tower, 10030 - 107 Street, Edmonton

Office contact - ausu@ausu.org Edmonton local: 497-7000 Toll-free: 1-800-788-9041 ext 3413

## LEGISLATIVE COMMITTEE CALL FOR VOLUNTEERS

The AUSU Legislative Committee is looking for active members who can help us create and change AUSU policy for the benefit of all our members.

We need volunteers who have a good sense of right and wrong, who are able to understand policy documents, who can extrapolate well to predict likely possibilities of policy decisions, who are willing to speak up, have their ideas heard and debated, but most importantly, who are willing to get involved in the process.

Volunteers should also be VERY comfortable with email, have reliable email access that can handle attachments, and a copy of Word 97 or something compatible, as the revision tool is used extensively for final drafts.

The current AUSU policies can be found at this site: <http://www.ausu.org/bylaws/policies.php>

Interested people can mail the Legislative Committee chair at [klow@ausu.org](mailto:klow@ausu.org), or contact AUSU Council.

## 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](mailto:smoore@ausu.org).

## 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](mailto:smoore@ausu.org)





## Star Trek: The Eugenics Wars Book Review

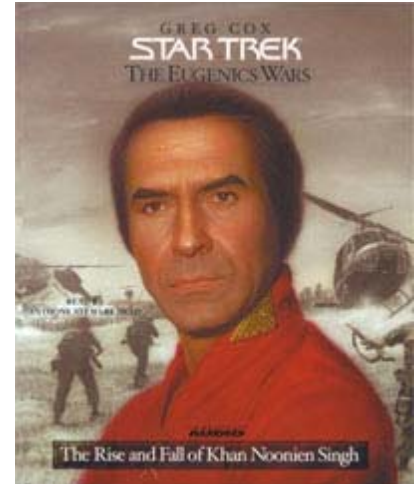
By Laura Seymour

The subtitle tells you where you're headed with this book: "The Rise and Fall of Khan Noonien Singh."

Anyone unfamiliar with the theme of this 2001 book is probably not a viewer of the *Star Trek* films or original series. The brilliant character of Khan was played intensely and magnetically by *Fantasy Island* TV star, Ricardo Montalban in both the original series and later in the second *Star Trek* feature film.

Khan has handed out hellish dreams for Captain Kirk. The book is true to the original series episode that birthed the Khan character.

Obviously author Greg Cox felt the character deserved some more attention since he provides two volumes of much talked about backstory that gripped me from the first page.



In the story, Captain James T. Kirk is reviewing Earth history that is some 300 years old. Khan was first shown on the series episode, "Space Seed", coming out of a hyper sleep situation on a "hijacked" cargo ship that had been in space for hundreds of years. Most of his superhuman followers on board made it as well but a few were unable to be saved due to mechanical problems. Khan became a true terror on board Kirk's ship since he was a superior creature created by genetic tinkering.

The tinkering is exactly where we start in the book. Is Khan a creature worthy of two volumes? I will quote my husband's buddy who commented at a recent party where the book was on a coffee table. "So the guy reading it said it was a really good read." Okay, I'm not sure those were the EXACT words out of Darrel's mouth but they are the general gist of the remark! (Apologies Darrel!)

The book begins a short while after the TV episode left off – starting in 1974. It actually ties in several plots from the old series as well as true moments in Earth history and does an amazing job of showing us the early years of Khan. I hope that actor Ricardo Montalban knows about these books as it is well written and a true homage to his brilliantly-played bad guy.

Do many of us ever think how much the historic moments in our world create the future? Probably not. This book does a great job of making us take a heads up.

Cox's theme would make late *Star Trek* TV producer, Gene Roddenberry, pleased. Cox has captured the original characters easily and the descriptions and dialogue are right on the money. We easily imagine the late actor, DeForest Kelley, a.k.a. Dr. McCoy, muttering his complaints about traveling by transporter beam, or being annoyed at tinkering with genetics. Cox uses the series' characters to swing us into the book's plot, where a colony on a planet wants a meeting to impress the Enterprise to speak on their behalf for acceptance into the Federation. They hope that their brilliant genetic skill and the artificial atmosphere they created on their planet will make the Federation interested in their work. Kirk, of course, can't forget the last run in with genetics he

had...with Khan Noonien Singh. Khan was a genius, a superman, and a tyrant. Naturally Kirk is worried that another genetic tinkered colony will make the same mistakes that Khan and his followers did.

Where did Khan come from and how was he engineered? That question comprises the beginning of the book. Cox has taken the vague suggestions from the original episode and the film and filled in the details. He keeps true to type and makes the likelihood of the underground facility in India sound amazingly possible. I found myself wondering if there were enough nuts in the world to really pay for super children to be engineered with DNA tweaking but I found myself convinced with one simple line of dialogue.

Cox states that the rich will pay almost anything for *thier* to children begin a change in the bloodline to enhance the family gene pool. It was worded in a way that made me accept that quirkiness of the rich. I have seen some stories of *very* odd people out there who will pay for all kinds of things the rest of us might see as fantasies of the paranoid. So, who knows what's real and what's just the subject of a Science Fiction book?

Cox has added in new characters to make us aware of his creative mind, including a mother for Khan. A brilliant scientist, Dr. Kaur is all too human but a driven woman with a determined mind.

Also added are her flunkies, which include a nervous oriental character who easily fumbles and bumbles when women show him attention and a token big "gorilla" who turns into a physical brute to invite some danger into our world.

Cox also addresses the mistakes of genetic tinkering by illustrating both simple and severe mistakes in some of the created creatures.

We get a chance to refresh our memory about characters from other episodes and I respect how Cox has put them together with clear connections between them. I found myself eagerly turning the pages and reluctantly putting down the book when other duties called. Volume One is well worth the time to read. Check it out at the library in Calgary or search your local library for it.

I have purchased the second book, in paperback, and am eager to finish off a current book to get back to see the next volume of Cox's writing. Hopefully the next volume will stand up to this fine text. I'll write a second review later and let you know. Hope you'll read this book and enjoy it too.

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*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*



### How to Sink 62 Million Dollars

The Provincial Government of British Columbia is investing 62 million dollars in underwater research facilities. The North-East Pacific Time-series Undersea Networked Experiments project is, according to the description, "Thirty undersea laboratories ... connected by 3,000 kilometres of powered fibre-optic cable." But it's not life under the sea as you might imagine it. The laboratories are all remote controlled by researchers on the shore. Information gained by this 62 million dollar bundle of wires and equipment is supposed to "lead to earlier warning of earthquakes and tsunamis, more accurate estimates of commercial fish stocks and improved models for climate prediction."

The sixty-two million is split between British Columbia and the rest of Canada via the CFI or Canada Foundation for Innovation. In addition, the University of Washington, NASA, the Monterey Bay Aquarium Research Institute, and Woods Hole Oceanographic Institution are also all involved. So we can see that this project is quite major.

I understand the need to research the ocean, we've hardly touched it, after all. And I certainly understand the need to know more about the tectonic plates in the ocean, as people continue to move to places that they know are going to fall into the water at some point in the likely not-so-distant future. I even applaud the idea of making the observations and pictures available to the public in 2007 as they say will happen via the internet. These are all wonderful things.

But 62 million dollars?

This is in the face of tuitions that have risen 70% since 2001. Research is a good thing this is true, but seeing as how small colleges such as the Northwest Community College has already seen an enrolment drop with the increased tuition, this seems like another case of short-sightedness. British Columbia's Ministry of Advanced Education is robbing British Columbia of the researchers of tomorrow in order to pay for a sexy sounding research project today.

Let this be a lesson to you AU graduate students. If you want funding, make sure your proposal has the following bullet points:

- Uses high-tech materials such as "powered fibre-optic cable" Powered even! Why that's much better than the regular old unpowered kind, right?
- Hearken back to the age of 50s science fiction by being able to refer to things like "underwater laboratories", even if they're really just instrument and electronic packages, and nobody could ever actually enter one.
- Be able to cite international partnerships. Include some relatively unknown but serious sounding corporations and institutes, as well as a very well known name if possible.
- Always, always, always be sure to spend a good amount of time on your research project's title. For instance, this one is the North-East Pacific Time-series Undersea Networked Experiments, that shortens to the very snappy sounding "NEPTUNE" project. What politician could refuse putting our funding (and hence, their name) to The NEPTUNE Project? It just sounds important and meaningful, doesn't it?



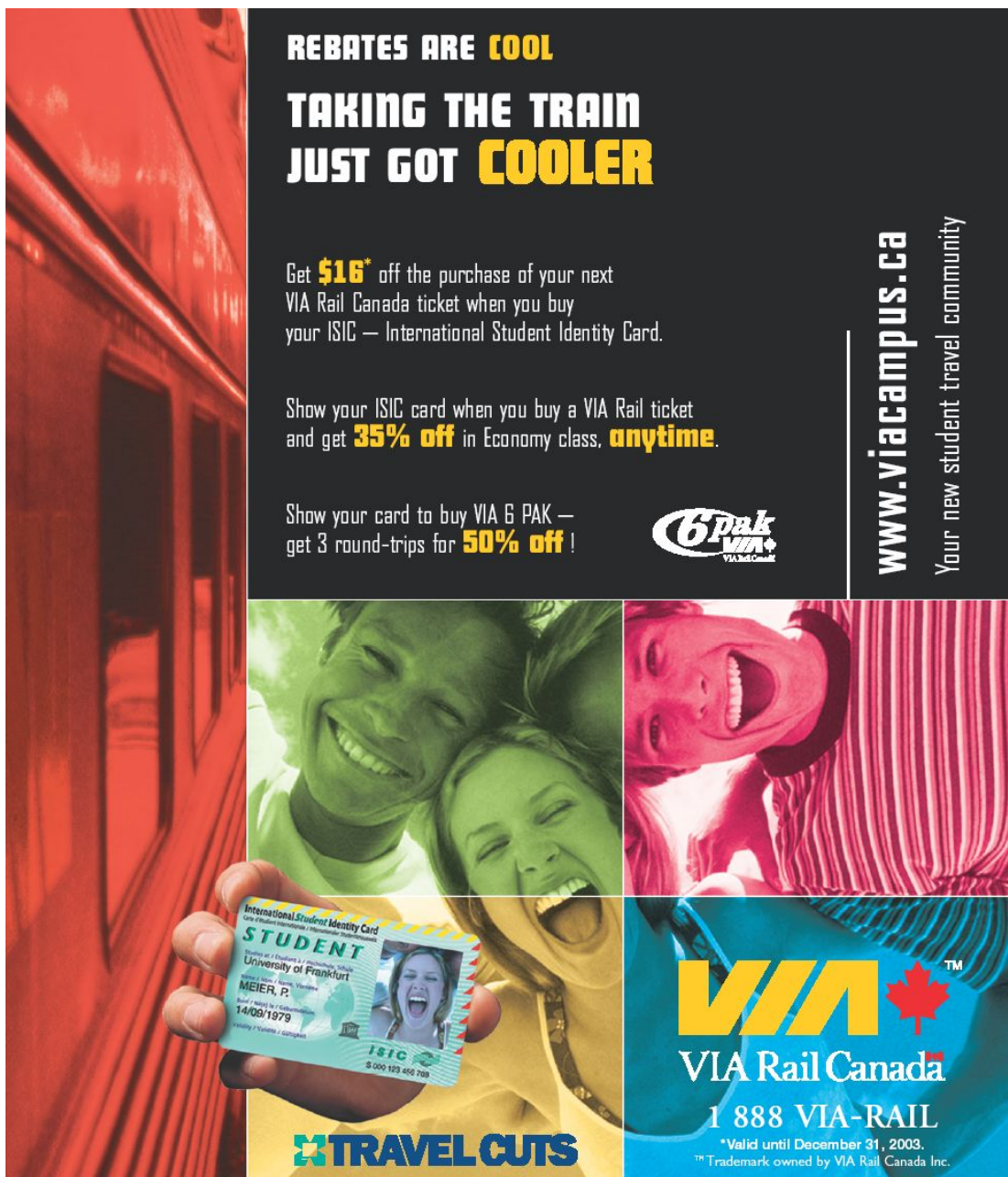
Perhaps I shouldn't be so bitter. Who knows, with this vast deep-sea network in place and available over the internet, maybe BC students can find a suitable place to deep-six Premier Campbell.

## Summer Students and Labatts, Now Federally Funded!

The Honourable Minister Jane Stewart announced funding of almost a quarter million dollars for the Labatt People In Action program. Unfortunately, the program is not quite as fun as we might hope. The program is designed to allow summer students to "create their own summer jobs while working within 93 charities across Canada."

So 130 students got to set up projects to help out various charities in their communities and pay them for making those projects work. The total cost of the program is split around the half-half mark between the Government of Canada and Labatt's breweries. So the charities win, the students win, and, because of the advertising and good-will that Labatt can leverage from this, they win as well.

So go ahead and have a cold one. You may be helping someone you know.



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**TRAVEL CUTS**



## **NEWS FROM AU**

### **Contributed by The Insider**

#### **Friends and colleagues meet at the Learning Services Conference**

As record numbers of AU tutors and staff members descended on Edmonton's Chateau Lacombe for the 2003 Learning Services Conference, many had but one thing on their minds - meeting up with old friends and putting faces to some new names.

The annual two-day Learning Services Conference - still referred to by some as the Tutor's Conference - is one of the rare opportunities for many far-flung tutors to interact face-to-face with colleagues and old friends.

"I was looking forward to coming up here even though I was tired," noted Science tutor Robert Changirwa, who drove in from Calgary for the event. "I knew I was coming here."



Besides meeting up with colleagues, Changirwa noted he has been looking forward to the opportunity to compare notes with people who do the same thing he does; provide academic guidance to students from a distance.

"I always wonder, 'Are you doing the same? Am I going the extra mile or not?'" Changirwa said.

This sentiment is echoed even among organizers of the event, who noted this conference's 220 registrations are a significant increase over an annual average of 180-190.



"I look forward to the interaction with the tutors and seeing people talking together," noted Learning Services Coordinator, Cindy Kilborn, who chaired the conference's organizing committee. "As a distance education institution, I don't see enough people face-to-face. I'm looking forward to renewing friendships. You talk business over through the year. I want to ask people about their families and their lives. I'm looking forward to meeting tutors and asking, 'How are things going?'"

She added that events like the Learning Services Conference are more important than ever, as staff and tutor numbers continue to climb. Close to 100 tutors have been hired in the past year to keep up with rising enrolments.

"Some tutors are replacing others, but not a lot," Kilborn explained. "Our enrolments are going up. We're just expanding."

Kilborn noted that this year's conference featured a number of adaptations, such as duplicate sessions, that allowed participants multiple opportunities to take in the sessions that most interested them.

One change Hartley Waldman, CCIS tutor, noted he hopes organizers will one day consider is moving the event to Athabasca. Even though he's graduated from AU, Waldman still hasn't had the opportunity to see the main campus.

"I'd love to head on up there because we're all remote from the University," he said.

## Energy tangible at Festival of Learning



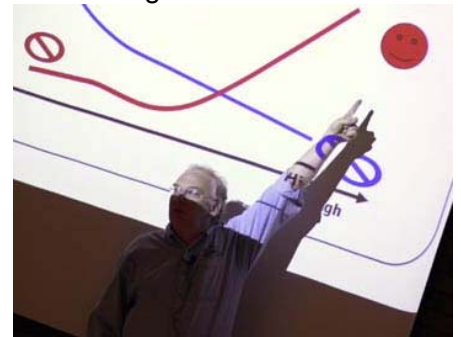
Things were abuzz Saturday, September 27, when the second annual Festival of Learning hit the halls of Athabasca University's main campus.

Over 100 adults and children from Athabasca and area joined friends and neighbours to enjoy a day of free workshops, children's activities, displays, food and fun.

"We are just thrilled with the community's response to the Festival of Learning this year," noted Public Affairs Marilyn Bittorf, who sat on the planning committee comprising 14 Athabasca organizations devoted to the concept of lifelong learning.

"We wanted to improve on last year's attendance and we certainly achieved our goal. With around 150 attendees, the energy in the halls that day was tangible."

Besides workshops on topics like container gardening, beating stress through humour, auroral activity in Athabasca and life in Palestine, the Festival of Learning offered fun activities for kids, like a science scavenger hunt put on by Science Outreach-Athabasca, puppet shows, face painting and card making. According to Bittorf, the Festival of Learning did all it was designed to do.



"We had two main goals," she said.

"One was to plan a day of fun for people to enjoy with their family and friends. The other was to demonstrate that learning doesn't necessarily mean books and degrees, that learning can happen in pottery class or in discussion with neighbours.

"I think we accomplished that," she added.

Organizers are meeting later this month to discuss the third annual Festival of Learning. Bittorf noted that festival attendees provided a lot of valuable feedback that will be incorporated into next year's plans. She is certain the festival can generate the same sort of enthusiasm next year.

"We are so grateful there were so many people who were willing to contribute their time and energy to the Festival of Learning," Bittorf said.

"We have so many people to thank; the presenters, the volunteers who provided children's activities, those who set up displays and demonstrated crafts, Mike Cardinal for kicking things off. This wouldn't have happened without their generosity."







## THE SIRC RESEARCH AWARD

### CALL FOR SPORT RESEARCH PAPERS

The Sport Information Resource Centre (SIRC) leads the world in sport, fitness and sports medicine information provided through their bibliographic database SPORTDiscus. For 30 years, SIRC has been identifying, organizing and disseminating sport and fitness information through a variety of products and services.

In commemorating 30 years of excellence, SIRC is pleased to announce the creation of the SIRC Research Award. From basketball to goalie masks, zippers to pace makers, coaching to volunteer development, Canadian research has changed the world of sport. The SIRC Research Award will recognize Canadian innovations in sport related research.

For more information how to qualify for this award, please visit:

[www.canadiansport.com](http://www.canadiansport.com)

**Celebrating  
Canadian  
Sport Research**

**La célébration  
de la recherche  
du sport canadien**

Photo by: Andrew Dobrowolsky, McGill Sports Info Office

**SIRC**

Photo courtesy of CAWWS / Photo gracieuse de l'ACAFS - Mariela Hiedra Photography

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# SCHOLARSHIPS & AWARDS

For scholarships available through the Athabasca University Students' Union, see the AUSU website at [www.ausu.org](http://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](mailto:awardsinfo@athabascau.ca).

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## 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.athabascau.ca/iso/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](http://www.global-learning.de/g-learn/cgi-bin/gl_userpage.cgi?StructuredContent=m1301)
- **ISIMD 2004** - Jan. 5 - 7, 2004 - Istanbul, Turkey - "2nd International Symposium of Interactive Media Design." Details: <http://isimd2004.yeditepe.edu.tr/>
- **LEARNTEC 2004** - Feb. 10 - 13 - Karlsruhe, Germany - 12th European Conference and Specialist Trade Fair for Educational and Informational Technology. Details: <http://www.learntec.de>
- **ICDE 2004** - Feb. 18 - 21 - Hong Kong - 21st ICDE World Conference on Open Learning and Distance Education. Details: <http://www.ouhk.edu.hk/hk2004/>

## 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>
- **WITHINSIGHT 2004** - January 21-24, 2004 - Ottawa, Ontario. Details: "A four day forum for the discussion and exploration of prominent Canadian issues based on an interactive format of communication with current Canadian leaders. Open to post-secondary students from all across Canada and from all disciplines. Applications are due by November 3rd." [http://www.withinsight.ca/en\\_site/index.html](http://www.withinsight.ca/en_site/index.html)

**Know of an educational conference that is not on this list?**

**Contact [voice@ausu.org](mailto: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](mailto:voice@ausu.org) for more information.

## LEGISLATIVE COMMITTEE CALL FOR VOLUNTEERS

The AUSU Legislative Committee is looking for active members who can help us create and change AUSU policy for the benefit of all our members.

We need volunteers who have a good sense of right and wrong, who are able to understand policy documents, who can extrapolate well to predict likely possibilities of policy decisions, who are willing to speak up and have their ideas heard and debated, but most importantly, who are willing to get involved in the process.

Volunteers should also be VERY comfortable with email, have reliable email access that can handle attachments, and a copy of Word 97 or something compatible, as the revision tool is used extensively for final drafts.

The current AUSU policies can be found at this site: <http://www.ausu.org/bylaws/policies.php>

Interested people can mail the Legislative Committee chair at [klow@ausu.org](mailto:klow@ausu.org), or contact AUSU Council.

## THE VOICE

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## THE VOICE ONLINE: [WWW.AUSU.ORG/VOICE](http://WWW.AUSU.ORG/VOICE)

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