

THE VOICE

MAGAZINE

Vol 11 Issue 45
November 5, 2003

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Fall or something like it...

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A SAFE HIDING PLACE

Too scared to leave school?
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THE VOICE

Nov 5, 2003

Volume 11, Issue 45

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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.

RE: The Voice, October 30, 2003

Thank you for the profile on Maggie Davidson. I hate to admit it, but I've been just a tad jealous of Maggie for a long time. Maggie is a hard worker, a student who not only does exceptional coursework, but seems to excel at everything she does. In addition, Maggie also takes an interest in AUSU and her fellow students. She is a keener like me, someone who wants to do the best at everything she does – and she has succeeded very well. Maggie and I stood in line together up at Athabasca this past June, waiting for our turn at the graduation bench – Davidson was only a name away from Jabbour in the line. As we waited, we talked about our aspirations for the future. In grade school, Maggie and I would have been two over-achievers who were always vying for the teachers' attention. In university we are peers who work through problems together and share our goals for the future.

In Maggie's graduation speech (as read by VP Academic Alan Davis) she thanked AUSU for providing a "human face" to the AU university experience. In many ways, Maggie provided the opposite – an opportunity for AUSU to connect with the human face of an individual student. I thank Maggie for her contribution to AUSU during her time at AU and I wish her every success in the future. I know our paths will cross again and I hope she will keep us posted on where she goes from here. Well done, Maggie!

Debbie Jabbour

RE: The Voice, October 30, 2003

Avast ye!

Twass indeed interestin' t'see Karl Low go on account in last week's Fed Watch. For ye lubbers, t'go on account means turning t'the lusty livelihood of pirateer. Great costume, Karl! I was somewhat disappointed, though, to see no reference to "scurvey bilge rats" in your column.

My heartiest thanks to Karl Low for his entertaining and informative weekly FedWatch column.

Shirley Barg

THE VOICE

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frequent contributions

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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.

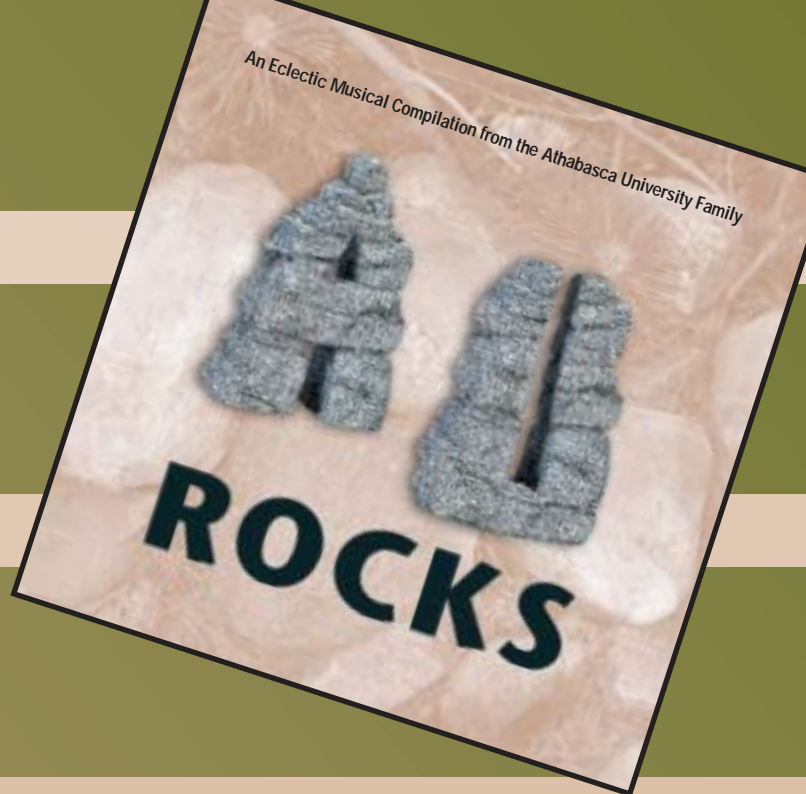
Because there are many questions on this survey, I've arranged for some terrific prizes to be given to the first 12 entrants drawn from the names of all respondents.

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/>



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

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EDITORIAL PAGES

THIS WEEK

NATURE NOTES - Fall or something like it. - What does the transition from summer to winter really symbolize? Zoe Dalton digs for the true meaning of autumn, and it's got nothing to do with turkey!

WHAT DO YOU HAVE TO OFFER BESIDES YOUR EDUCATION - Is a university degree enough? Shannon Maguire talks about ways in which you can fill the gaps in your degree learning, and present an irresistible package to future employers.

A SAFE HIDING PLACE: Leaving the safe haven of university - As difficult as DE study can be, university is still a safe and rewarding haven compared to the uncertainties of the world of work. One day you'll have to finish your degree and move back into the fast lane. Are you prepared?

Making time for Study

Why does it always seem as though study time gets the lowest priority among life's many events? Is it just me, or do most DE students find that time and again, despite best intentions, course work is put off because there is just too much else to do, or because you are waiting for a lull in the endless stream of tasks that seem to keep piling up in life's inbox.

It's ironic, isn't it, that our educations, which represent for many of us one of the greatest financial expenditures of our lives, as well as one of the most significant ways in which we can improve our potential for high earnings and job satisfaction, is nevertheless often left at the bottom of the pile, while less important tasks continue to dominate our waking hours.

I think the reason for this has something to do with the level of urgency attached to many responsibilities. Human beings seem to be genetically programmed to focus on tasks which are the most time sensitive, as well as those which most loudly demand our attention. This is why all human babies are equipped with the ability to produce some of the most jarring and distressing sounds to ever disturb the tympanic membrane. The urgency of the infant squall ensures that baby's needs are met before all others, and it is incredibly effective.

Of course most of the tasks we attend to in a day don't come attached to a blaring siren, but nevertheless, tasks do take on a sense of urgency in many ways. First, there is the time frame in which we know any given task must be completed. People have a tendency to put things off until the deadline is near, because we want to attend first to things that have a more pressing completion date. This is not always reasonable, since we may put off complex and important tasks which require a great deal of time so that we can take our time working on all the smaller but less important things that we feel should be done right now!

Let's face it, humans procrastinate. Often the question is asked as though it's some sort of an anomaly to put things off: do you procrastinate? Hell yeah! Don't you? And if you don't, isn't it a constant struggle to keep on top of things - to continually remind yourself to make the decision to work on something well before it needs to be done?

I think it's time we stop feeling like we're somehow deficient if we chronically procrastinate, and recognize that almost all of us have this tendency. If we figure out why we do this, however, we have a real shot at beating the last-minute blues.

I really think that a sign of maturity is the ability to manage time effectively. I'm going out on a limb saying this, because I know that I could be far more organized than I currently am, but I also know that I'm far more organized than I was ten years ago. Learning to fit everything you want to do into the limited life-time you have available is a difficult and ongoing process that takes years to learn and a lifetime to master. But what could be more vital? How many things do you wish you could fit into your life right now? How many hours would it take to do some of these things? Ok, now be honest. How many hours a week do you waste?

In terms of distance education, I think that everyone will have the tendency to put the work off because there is no specific schedule for how you must proceed on most courses, and your course work will never cry for attention or otherwise remind you of its need for attention. Despite our best intentions (yes, I know, you always plan to start early, get ahead, and finish in record time. Me too.) and the truly inspired pace that you establish in the first week or two of study, before you know it, you haven't looked at your books in weeks and you are feeling so guilty about it you can't bring yourself to look at them again. It goes on like this right up until the last few weeks, when you realize how deep a hole you are in, and then you work like a demon to get those papers in on time (I wonder how many papers tutors get at five-to-midnight on the last day of the month), knowing all the while that the work you are completing is far below your potential.

We have to learn to prioritize tasks based on merit, not time significance. Ask yourself how much time you spend panicking because you are trying to cram four months of reading into a single week, or because you have to run a dozen errands in a single day that you failed to do them when you had plenty of time. Also ask, why is it that I put off tasks day after day because I have no time, and yet find that when the last two weeks arrive, I somehow make the time? The answer is, if you try hard enough, you can always make the time. And when you are not running on empty from playing catch-up all the time, you will probably have a lot more energy too. Last minute work is really stressful!

I think that is the key, not only to a successful experience with distance education, but also to success in life. Once you realize that you can make time and buckle down when you have to, it becomes easier to figure out how to make time before things get out of hand, and you may even get so good at it that you can start doing some of the things you always wished you had time for.

Whenever you think of prioritizing something more 'urgent' over your study time, think about how much you have invested in your education, and ask why you are devaluing one of the most important tasks of your life simply because you aren't on a schedule, or because other tasks [or people] are simply making more noise.

In the changing world of home offices, distance learning, and second jobs, it is time we start to assess our duties based on their importance to our lives, not on their chronological urgency.



www.ausu.org/clubs/aupss

AU Psychology Students' Society



NATURE NOTES:

from the backyard to the biosphere

By Zoe Dalton

Fall or Something Like it

Fall; it's one of those times. It means something different to each individual. On the West Coast it no doubt means rainfall. Here in central Canada the biophysical world has decided that the term means leaf fall. In the north, this season may well bring snowfall. For wild animals fall is a time of preparation, of gathering, caching, building, or maybe just plain leaving. The cold months are coming, and if you're not ready when they hit you won't likely be here to greet next spring's arrival. Luckily, for most of us human Canadians the scenario is not quite so extreme.

What does fall mean to us? And how does it differ from the experience most other life forms go through between summer and winter? We have just passed Thanksgiving, a holiday that has in recent years become quite a contest for who has the biggest turkey (or Tofurkey, as the case may be), the juiciest sauce, the coolest electrical meat cutter. But Thanksgiving is so clearly rooted in taking time to acknowledge what the land has produced, for harvesting, for bounty, for gathering, caching and storing. Much like our furred and feathered friends, fall is a time for revisiting the origin of our livelihoods.

Let's not get all mushy and wax poetic on our relationship with Momma Earth, but fall really is one of those seasons with characteristics worth pondering. It's a time of parallels between human culture and the natural world, perhaps more so than at any other time of year. Our bundling in fuzzy sweaters, close-knit scarves and warming mittens is so clearly akin to the growth of the animal's winter coat. We may not be genetically predisposed to sprouting our own insulation from the follicles, but our eager minds have come up with ways to protect this generalists' morphology of ours from the same elements with which all creatures in these northern climes must soon deal.

We clearly have less in common with the tree, that elegant creature that decides to grace the forest floor, streets and sidewalks with its senescing sun-catchers at this time of year. But it too is preparing, taking this time of transition from warm to cold, from humid to dry, to ready itself for the coming cold. This tree, much like us and the many other creatures that have worked so hard during warmer times to build up supplies, will soon begin to draw on those reserves. Those roots, deep beneath the surface of the ground, below the cruel cold of winter's days, are full of energy, gathered, cached and stored for what the tree, like us, knows only too well is just around the corner.

And what imagination we have drawn on to symbolise this utterly unique time of year, this season whose identity lies more in its transition role than its existence in our minds as an entity unto itself. Thanksgiving, whatever it may have become on the surface, is a time to pause and give gratitude, to recall that this period of change is actually one of the most vital periods in our annual existence.

Halloween, that time of spirits, so perfectly captures the changing mood, the darkening days and the fearful months now due. While we may not know what lies in the depths beneath the busy squirrel's endless activity, the tree's slow changes in form, or the mass organisation of the migrating flocks, our imaginations have given us new realms through

which we relate to the changing world that we and all organisms around us experience in common.

Fall: this is a season of unusual beauty, of rich and vibrant colours, a time when our visual senses are catered to in such a special way. But more than this, fall is a time when our cultural imagination has created for us a reawakening of our direct linkage to a commonality shared by all species in our incredible part of the world. Winter may be coming, but fall is still here, still around us with its message of community, of a linkage, of a place for us in this wild wild world.

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



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, or personal experiences with courses or university situations they feel other students should know about.

Debbie Jabbour

SINGING THE BLUES: Recently, a new series entitled "The Blues" debuted on PBS. Hosted by Michael Scorsese, it takes a look at the history of the blues, through interviews and archival footage. I've thoroughly enjoyed watching it.

The series brought back memories of an AU course, Humn 285: From Blues to Big Bands. It's a great course, one of the most interesting I've ever taken. I'd highly recommend it, except for a couple of problems.

The first is the extremely heavy workload involved. A significant amount of time must be spent listening to music and reading biographies. This is very important, since the final exam involves identifying a piece of music and the artist, and providing other pertinent information about the genre and time period. The time span and number of artists is significant, requiring an excellent memory for details.

The second is that the course coordinator/tutors mark extremely low in comparison with other courses. I've had many students express disappointment with not just the marks they've received on this course, but the indifference and poor tutorial support. You know there is a problem when a student does well in every other course but this, and when there are consistent complaints from many about the way marks are assigned in the course. I'd highly recommend the course, subject to the following:

- Allow plenty of time, its preferable to not take other courses simultaneously to get the best benefit from this course.
 - Don't expect to get a good mark, no matter how hard you work or how well you feel you have done.
-



I don't generally think about my teeth unless some event of memorable magnitude draws mind's attention to mouth. Luckily, I have been blessed with healthy teeth. My father made sure that I had regular fluoride supplements as a child while my teeth were forming and he also instilled my life-long habit of visiting the dentist twice yearly (the maximum allowed under his dental plan at the time) for cleanings and check-ups. I brush at least twice per day, but am admittedly lax in flossing.

As a late teen I was faced with the loss of coverage from my father's dental plan. Not having a plan of my own I became concerned about the potential out-of-pocket expense should my mouth decide to talk back uncomfortably. I was particularly uneasy about my wisdom teeth, having heard countless horror stories regarding the dread-four. I decided to nip the problem in the bud by pre-emptively removing the four of them before my coverage ran out. It took more than a little foot-work before I finally found a dentist who was willing to extract four teeth that weren't even above the gums yet, but my persistence paid off eventually (I can be rather stubborn once my mind is made up). I only began wondering if I had made the right decision when the dentist had placed one knee on the arm of the chair and the other on my chest while he pulled with both hands on the pliers that were attached to something within my frozen mouth. I *knew* I'd made the wrong decision when the pliers suddenly flew out with a loud snap and half of a bloody tooth.

The dentist look rather shocked and said "we'll just leave the root in there." "Like Hell," I slurred, "Get it out now, or it will just get infected later." After some convincing, he complied—breaking my jaw in the process. It was just a little break, but at 11:00 that night (four hours after the freezing had worn off, and after two solid hours of crying) I made my way to the Surrey Memorial Hospital's emergency ward for some much stronger pain killers. Walking-wounded staggered aside and mothers hid their children's faces from the sight of my football sized (and shaped) head as I lurched down the corridor. I caught the first physician that I saw as he came out of a room. Looking up from his clip-board, he emitted an audible squeal and somehow knew what I was after even though the only sounds that I could utter were angry bear-like grunts. He looked at me with a curious combination of pity and fear while writing out the prescription for pure codeine.

Two weeks of lock-jaw later, I was no worse for wear and the pain was fading into a distant, unpleasant memory. Not many weeks later my mind had returned to issues other than teeth. However, about a year afterward, I found myself in a drunken stupor at a friend's house. Someone had told a joke that I can't remember now, but must have found hilarious at the time. I was laughing so hard that I doubled-over on the pool table...just as a fellow drunkard let go his shot. The cue-ball made perfectly clean contact with my top front tooth. Not surprisingly, it broke off and landed on the basement floor. I crawled around the floor searching for my lost part. Sometime later that night I showed up on my mother's porch. She still talks about the toothlessly grinning moron that was me, swaying back and forth and trying to explain that I had found the broken tooth on the floor. I pulled my hand out of a pocket disclosing three hardened pieces of popcorn and some lint. It's almost a tie as to what hurt more; the hangover the next day, or the root-canal preceding the cap that now covers my front tooth.

One might conclude that I have bad luck with my teeth, but these events have been spread over 38 years of life; granted I've only had teeth for 37 of them... The strangest tooth-related experience that I endured was during a drive from Vancouver to Prince George. As I was travelling between Williams Lake and Quesnel, I absent-mindedly nibbled on a finger-nail. Biting through the nail, my teeth came together as is normal when indulging in the disgusting habit. But the fact that half my lower tooth broke off and fell out was anything but normal. Hence the second cap that my mouth sports and the immediate end to my nail-biting habit.

By now you must be wondering what prompted me to write about teeth this week. As I mentioned at the beginning of this article I rarely think about my teeth, but a memorable event occurred lately that caused my ever-restless mind to set its sights at dentition. Don't worry I still have all my teeth; less the wisdoms, of course. Actually this is a pleasant tooth-story. I have been to dozens of dentists over the years, the vast majority of which I would classify as very good at their craft. However, last week I visited a dentist who turns the craft into an art.

I chose my new dentist from a list of those who form the University of Saskatchewan "Student Dental Network" because the method was more rational than throwing a dart at the yellow pages. After registering, I was taken on a tour of the office where the plastic wrap on every touchable surface was pointed out to me. I was told that it was changed out between every patient whenever touched. Then x-rays were taken of my teeth. In the past, six exposures would cover my entire wrack of choppers, but I'm pretty sure that each and every tooth got its own this time.

From past experience I expected that my teeth would then be checked and cleaned, but I was surprised to be led into a small room to await the dentist. It turned out that the little place was a layman tooth college and I was given an absolutely riveting course on teeth, tooth diseases, and their prevention. After fifteen or twenty minutes I was led back into the office where earphones were placed on my ears and a remote control was thrust into my hand. For the next hour or so, I flipped through the 50+ channels available on the ceiling-mounted television placed for my entertainment, while the dentist plied his trade.

Leaving the dentist office, I wobbled on jelly-legs and felt more like I'd spent an hour and a half under the care of a massage therapist than a dentist. To top it off, my wife nearly fell over when she saw how white my teeth had become from just one treatment. After a trip to the mirror, I had to agree. I've marked my calendar for six months hence and will then be waiting on the door-step of my new dentist's office—hopefully not before then though...

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 under 'About The Voice'. If you would like to send article-feedback to Wayne, he can be reached at wayneben@sasktel.net

Let us never forget those who
gave their lives...

To save ours.



Courtesy Korey McCumber / The Baron

WHAT DO YOU HAVE TO OFFER BESIDES YOUR EDUCATION?

Shannon Maguire



Have you thought about what you want to do when you complete your post-secondary education? There are numerous students, including me, who actually have no idea what they want to do, while other students have already picked the actual company they want to work with and have even staked the place out and picked the office they hope to get.

I believe, however, that there is a danger in worrying too much about which career you want and not worrying enough about what you need to do to get a career. Many people believe they have already addressed this problem by enrolling in a post-secondary education program. Sometimes, however, a diploma or a degree on its own is just not enough to get the career you want.

Why is this, you ask? One single educational program does not always give you everything that employers are looking for, so it is important to research the career opportunities available to you in order to find out what you can do to make yourself more attractive to potential employers.

The first thing you should do is take a look at the diploma or degree you are pursuing and find out what careers are available to people in this area. For example, I am pursuing the Bachelor of Professional Arts Degree with a major in communications, and I have discovered through research that some of the careers I could pursue are communications, public relations, and marketing positions.

A good way to find out about possible careers is to find out if there is an association that serves your discipline. These associations will often allow you to join as a student member, but even if you do not want to join you can still gain information about what kinds of careers you can pursue by looking through their brochures or websites. I found a lot of useful information about communications related careers from the International Association of Business Communicators website (www.iabc.com) and the Canadian Public Relations Society website (www.cprs.ca). You can also search the internet or visit the career section in your local public library. One really good website I found is called Wet Feet (www.wetfeet.com/asp/careerlist.asp). It is a really good place to get a comprehensive definition of various careers. Another useful website is www.jobfutures.ca, which allows you to look up possible occupations alphabetically, by area of study, or by interest.

Once you have discovered what careers are available to you it is a good idea to find out what employers are looking for when they choose people for these careers. One way to do this is to look at actual job postings in the newspapers or on websites. Using this approach I found out that a lot of communications careers require writing, website, and desktop publishing skills.

Another approach is to find someone working in the field and ask them for an informational interview during which you ask them questions about their career in general as well as the company they work for. This is also a way to make a good impression on a company you may wish to apply to later on and to meet people who work in your field. Once again associations are always good sources of information about potential careers and they are also good places to meet people who work in your field. Wet Feet lists the types of activities that may be required in certain careers, and the Job Futures website contains valuable information on the level of education and what skills are necessary for a particular career.

Now that you know what an employer may be looking for you still have to determine if your educational program will give you that skill or if you have to obtain it somewhere else. Unfortunately, I will not be learning desktop publishing or advanced website skills in my degree program, so I will be taking a few courses in these

subjects at private career colleges. A tip I picked up to prepare for communications careers from Wet Feet is to get work experience in writing by writing for the school paper.

Another good way to obtain the skills you need and to gain valuable work experience is to volunteer, or get an internship. You can often find volunteer positions in associations or with non-profit or government agencies. The city you live in may also have a volunteer center that can set you up with a position to suit your needs. A good place to find work experience and internships is www.jobs.gc.ca. This website contains information about the Government of Canada's Federal Student Work Experience Program and Internships.

Researching and preparing for a career can mean the difference between getting the job you really want and just getting a job. If you are still not convinced that it is in your best interests to do more than just complete a post-secondary educational program then consider this. Imagine you are an employer who wants to hire a new employee for your Public Relations department.

One of the resumes on your desk is from a university graduate with a communications degree, but no related work experience or computer skills. The other applicant also has a communications degree, but he/she has also taken courses in website construction and maintenance, and desktop publishing. He/she has also written for their university's newspaper, and worked as a student through the Federal Student Work Experience Program in the Federal Government's Public Relations department. Which applicant are you going to call first?

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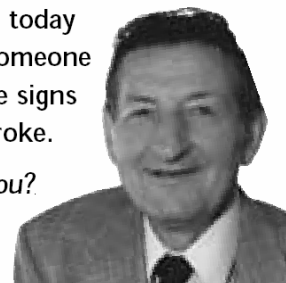
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Walter Gretzky, Stroke Survivor

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TROUBLE SPEAKING

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loss of speech or trouble
understanding speech

VISION PROBLEMS

Sudden loss of vision,
particularly in one eye, or
double vision

HEADACHE

Sudden severe
and unusual headache

DIZZINESS

Sudden loss of balance,
especially with any of the
above signs

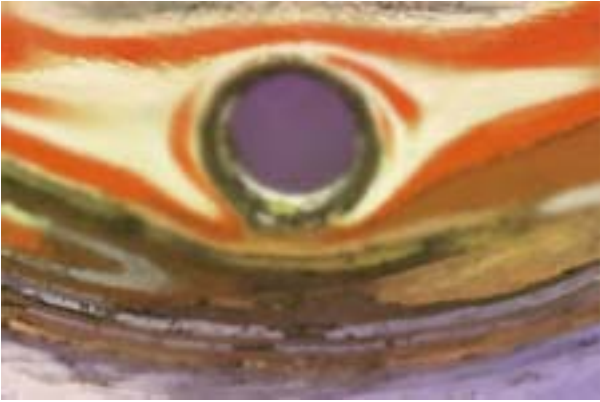
Call 911
or your medical
emergency number
immediately.



1-888-HSF-INFO
(1-888-473-4636)
www.heartandstroke.ca

A SAFE HIDING PLACE?

Rebecca Flann



Perhaps I am having a slight panic attack - overreacting just a little bit. Last week, as I realized I should graduate with my English degree within a year, I became overwhelmed with the thought of looking for a job. I hadn't anticipated graduation sneaking up on me, as it is something I have been working towards for so long. All the same, there I sat slightly startled by this nearing milestone and slightly angry at the thought that the work was not even half over. In fact, I decided the work was only just beginning. Instead of essays and exams, I'll be dealing with interviews and promotions. That's when the idea struck me - school is a safe hiding place. Is it possible that I don't

want to graduate?

After all, when you say you are a student you often get more respect than if you had said you are a waiter or waitress or even a stay-at-home parent. If you are low on funds, as a student, it is somehow okay. You have a good excuse - tuition is so costly. If you aren't working, but you are going to school, you still earn a certain amount of society's approval. If you are working, but not exactly in the job you wanted, it is again more acceptable if you are a student than if you are not.

For the most part, school is seen as a transitional phase in life. It's understandable if you are not where you want to be, because you are still making your way there. Essentially, as students, we are granted certain leniencies that others are not. Perhaps we are given these leniencies because students represent some sort of potential. Being in school suggests that maybe you are on your way to somewhere better than you are now. As long as you are a student you have a safety net to fall back on and your indecision is understood. Like rookies on a sports team, the expectations aren't quite so high.

Of course, while you are a student life feels anything but easy and safe. I am one of the many students who doesn't know what exactly I want to do when I graduate. This fact often taunts from the sidelines like a child sticking its tongue out at me. I've read many articles on what you can do with an arts degree (a good one by Stacey Steele is in *The Voice* [vol 11 issue 35](#)) I've taken quizzes and aptitude tests. I've focused on resume writing and tried researching various career choices. I'm almost ashamed to admit it, but I'm still stuck. The only way I think I can decide is to get out there and try different jobs, and what's wrong with that?

Graduation is intimidating because it really represents testing your skills and challenging your education. You're forced to ask yourself, now that you've done all the work to complete your degree, was it really worth it? The answer of course, is inconclusive and at times very frustrating - it is worth what you make of it. I think I will graduate and pound the pavement with the countless others who have just graduated. Rejection is better than cowering beneath my pile of books. Besides, maybe the safety net actually did help me, and hiding out for the six years it will have taken me to get my degree will enable me to rise to the challenge. If not, there's always serving tables and my masters degree.

T-Shirts all in the wash?

Buy a new one, from AUSU





Dear Sandra,

Since starting studies at AU, I've been experiencing severe constipation. Is constipation related to stress? Can you suggest anything for constipation?

Worried in Ontario

Dear Worried,

Well it's not everyday that people write in to ask about poop. I remember in an introductory cultural anthropology course textbook it stated that the ONE thing all cultures agreed not to eat was human excrement. Whether its difficulties with diarrhea or constipation, pooping is a taboo topic that people don't often like to discuss with each other, or even their family doctor.

Our bodies need to cleanse themselves. Defecating excrement is a natural part of life, however just as we get a fever to warn us that we are ill our bowel movements can also signal malnutrition, illness, disease, stress, allergies, or a diet low in fiber or too high in refined, industrialized foods, etc...

Often people refer to constipation as not being "regular", but what is defined as regular? According to an article on laxatives in *Alive*, a healthy lifestyles magazine, it takes about 12-18 hours for food to move through the digestive system. So logically, one should be having a bowel movement 12-18 hours after they eat. So if you eat twice a day, you should be pooping twice a day.

Many experts believe that our modern day diets, consisting primarily of highly refined industrialized foods like white bread, pasta, and sugar (you know, all the good-tasting white stuff), along with too much cheese and other animal products, are to blame for the estimated half of the population of Canada that suffers from constipation. There is hardly any fiber in these refined foods, so there is hardly any bulk, and by the time this food reaches the a large intestine, it's hard and lacks moisture. To answer your question though, yes stress can contribute to constipation. As your body adjusts to a new schedule, a hectic lifestyle, or stress, it can confuse the bowels causing constipation.

I'm not a medical professional, but I would suggest relaxation or stress management techniques to help your body adjust to the stress of studying. Also, increase the fiber in your diet through natural sources like whole wheat, beans or fruits and vegetables (we all know prunes are associated with good bowel movements), or by using over the counter products like Metamucil. If the constipation persists please contact your doctor.

Source:

Alive Magazine (October 2003). Laxatives. p. 162. Visit www.alive.com for more information on leading a healthy life.

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

Primetime Update

Week of October 31, 2003

Amanda Lyn Baldwin

Missed your favorite shows? No problem. Primetime Update gives you the rundown.

Friends

Last week Rachel ordered a penis cake (it was supposed to be a bunny) from the bakery for Emma's first birthday and the show was centered on the party itself, which Emma slept through. This week, well, Andrew forgot to tape it for me, as I was busy. I'm told, however, that Rachel's sister moves in with her and Joey, and takes her niece (Emma) to get her ears pierced. After being convinced to vouch for Monica and Chandler, Joey is introduced to a thesaurus in his attempt to write a letter to an adoption agency. The end, which I did catch, brings a proposal catastrophe, but Phoebe and Mike are finally engaged.

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

Survivor: Pearl Islands

Last week on *Survivor*, Trish was voted out for backstabbing my man Rupert. This week, Rupert expresses his anger towards Jon for going along with the evicted castaway in her plan to oust Rupert. The two yell for a while, but eventually apologies are exchanged, only for the good of the tribe. On the other side of the coin, the Morgan tribe spend their free time complaining about their lack of protein (they can't fish) and thinking about past tribe-mates.

This week's challenge is entitled "Pirate Prison Break," and along with it comes THE BIGGEST TWIST EVER! A third tribe is entered into the game - the Outcasts - comprised of Drake's and Morgan's discarded members, who are eager for revenge. The plan is that if either (or both) teams lose to the outcasts, those teams will go to tribal council and vote someone out, while at the same time, the outcasts (Nicole, Skinny Ryan, Lill, Burton, Michelle, and Trish) will go to tribal council and vote one of themselves back into Drake and/or Morgan. If Morgan wins, Drake will go to council and vice versa, as usual.

In the challenge, one team member has to rescue the rest of their tribe from cages by digging under them, and then building a pole to reach for keys (hung outside the cages). The first whole tribe to cross the finish line with their flag wins.

So, with Burton vs. Shawn vs. Andrew, the Outcasts get off to an early lead which eventually gives them the victory, and both Drake and Morgan have to attend an unplanned tribal council, to be followed by the re-entry of two previously cast-off castaways.

The Morgan side of things is quite easy, although unbelievable. Osten checks out. He asks his tribe-mates to send him home and, forgoing the voting process completely, Osten's flame is snuffed and he walks the plank. He explains his priorities and compares his body to a car that has run out of gas. ARG!!! Jeff's disgust is made apparent by his comment that with so many people trying to stay in the game, the tribe is better off without someone who wants out.

Drake also has to choose a member to send home this week. Since Rupert, Sandra, and Christa make up the majority, they decide that it is only fair to give both Shawn and Jon a chance to explain why they should stay. As the two have been arguing constantly on the island, many negative things are said about the opposite, and

Jon even makes his vote for Shawn with only the words "F#@K You" as a comment. When the votes are tallied, we say good-bye to Shawn.

Next week, we'll find out who the Outcasts vote back into the game. Previews for next week show two castaways making amends, while another shows resentment at the turn of events. And wonderful Johnny Fairplay creates a master plan, but how will it play out?

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

The Bachelor

Last week we said goodbye to Lee-Ann. This week, Bob goes on hometown dates with each of the four women left, and meets their loved ones.

We start with Mary, in Tampa. They spend the day just hanging out, and Mary talks of their children and the future she has planned. Bob admits, to us not her, that he's not sure if he's at that point of his life just yet. When they go to meet her family, Bob is confronted by the English-Cuban language barrier. Mary, her brother, and her sisters must continually translate. There is one point where Mary's father is talking about how special his family is to him - so special that he wishes only good things - and the whole family is moved to tears, leaving Bob bewildered. Mary also has a heart to heart with her sister Carmen, who expresses her fear that Mary's heart will be broken. After dinner, Mary and Bob go back to Mary's house and get romantic. After they part, Bob realizes that he may not be able to give Mary what she's looking for.

The hometown date with Kelly-Jo's family is an exciting and energetic one, which reflects Kelly's personality. The family, all girls, is overly excited to meet Bob, and all have great fun in his company. But when the fun isn't enough, Kelly's mom takes Bob aside. Instead of the 3rd degree that Bob expected, he gets told what a special woman Kelly's mother believes her to be. The couple heads back to the hotel where they talk and kiss. After he leaves, Kelly tells the camera that she'll be heartbroken if Bob doesn't offer her a rose.

Then comes the pity card. As Meredith is neither beautiful, intelligent, nor charismatic, but rather has a very blah personality all together, the date with Bob includes going to her recently passed grandmother's gravesite, where she breaks down and receives Bob's sympathy. When he meets her family, it's interesting how he toasts to them, rather than Meredith, and offers condolences for their loss. He then questions if his connection with Meredith is based on real feelings, or just grief.

Last we head to Estella's house, where the two collapse on the couch and relax until Estella's mother arrives. Mom questions Bob about the kind of woman he wants, and his answer of one with a big heart takes her breath away. During dinner, Bob asks Estella if she's still unhappy about Bob dating her friends, and she replies that it was just a momentary thing. Estella and her mom grab the chance to talk alone, and mom reveals her opinion that Bob is worth chasing after. When mom leaves, the couple share a kiss goodbye as Bob too hits the road.

At the rose ceremony there is much talk of the difficulty of the upcoming decision. As the young lovers are not allowed to socialize with one another, only with the host, we are quickly made aware of Bob's decision to keep Mary, Kelly-Jo, and Estella. Meredith doesn't even cry. She says she's angry that Bob put the woman he really wants into the limo, and regrets that she never got to show him who she truly is. Personally, I'm glad she's gone. The sympathy card is always so pathetically fake.

The Bachelor airs Wednesdays at 10:00pm Alberta Time on ABC

If there are any other shows you want updates on, or any comments you wish to make, please email me at abaldwin@shaw.ca!

CANADIAN FED WATCH!

NEWS ACROSS THE NATION...

By Karl Low



Silver Linings

Last week, I pointed out some potentially disturbing decisions by the newly elected Provincial Government of Ontario. This week, it looks like I may have jumped the gun. I'm sure there'll be plenty of opportunity later to find something wrong, but at the moment it looks like the new government might be headed in the right direction.

One of the things that the previous provincial government did was remove the idea of elected school trustees to oversee the administration of the school boards. No doubt it was more convenient to have people who the government appointed or, to be more specific, people the government could fire, in charge of making the decisions for local school boards. The new government has officially turned this around, and has announced that elections for the school board trustees will be held on November 10th.

Congratulations Ontario! It looks like your choice was a good one, as it is already starting to put more of the power back into your hands.

I just wish I believed that Alberta was watching.

Common Sense for Private Schools

Even better, the Ontario Provincial Government has also gone on to say that this fall they will be removing one of the 'innovations' of the previous government that I wrote on a number of times.

To be specific, they will be eliminating the tax give-away for people who choose to send their children to private schools. As a brief recap, the Progressive Conservative government that just left passed a bill that allowed parents to reclaim some of their expenses for sending their children to private schools. The justification for this was that parents shouldn't have to be burdened with paying for the public system when their children aren't making use of it. Of course, as soon as you take a look at any family that has no children going to school at all, this idea falls apart, as they certainly are not exempt from paying taxes.

All this rebate was for was to encourage the creation of more private schools. In essence, taking away from the public school system to encourage the development of for profit schools. The government of the time promoted it as trying to support free choice for parents, but unless private schools do not bother to charge their fees until tax rebate time, this theory doesn't hold water. Only those who could afford the schools in the first place would be able to gain the advantage of the rebate.

In addition, private schools are not like public schools in that they don't have the option to refuse acceptance to children who are too difficult to teach for whatever reason, be it a disability, a behavioural problem, or simply not being the top of the grade. This means that the public schools would still be forced to take these children, who are often more expensive to teach, but they'd have less money to do so.

All in all it was a winning plan only for the wealthier parents who used private schools. Now since Liberal beliefs tend to fall around the idea that public services are good, it seems then that the rebate was more likely to benefit the wealthier Conservative parents who might then donate to the Conservative party.

So hey, that's win-win as far as the government is concerned right?

I guess the Liberals didn't think so.

Words of Wisdom

His Excellency, John Ralston Saul, husband of the Governor General of Canada, has made a speech at the University of Moncton entitled "Francophone Communities in the Face of Globalization". It's a very good read if you want to see an unusual take on the issue of Globalization.

According to his excellency, globalization is an experiment that has failed or is failing. He points out some excellent points about the rise of the French language in communities throughout Canada at a time when globalization was supposed to be removing such differences.

I have noticed this myself, as even in Calgary it seems there is a growing number of French speaking people. I hear them more on the bus or when I'm out at the mall. Eventually I'm going to have to break down and take a language course to learn how to speak it myself. We're a bilingual country, after all, it only makes sense to know both official languages.

His Excellency goes on to point out how New Brunswick is also at the forefront of social experimentation in Canada today. This also matches with what I have seen, as it is New Brunswick that seems to be making the most aggressive strides toward distance education, for one thing. In fact, New Brunswick celebrated the tenth anniversary of TeleEducation NB last week.

After reading his speech, I believe that he makes a persuasive argument, not only about the nature of globalism, but also the nature of minorities in Canada, and the relationship between public schools and universities. He points out that Universities should become involved in public schooling – lending their support to public school issues, and thus creating a more seamless education right through post-secondary.

Read his speech. It's well worth the time.

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.



The advertisement features a bright green background. At the top, a red circle contains the text "Want to STOP smoking?". Below this, a lit cigarette is shown with smoke rising from it, represented by a series of red dots. At the bottom, a red rotary telephone is depicted. The text "It's easier with HELP." is written in a large, bold, sans-serif font, with "HELP." in red. At the very bottom, a red banner contains the text "Smoker's Help Line 1-866-33AADAC" in white. In the bottom right corner, there are logos for AADAC (Alberta Addictive and Abuse Detoxification and Counselling) and the Alberta Health Services logo with the tagline "HEALTHY FIRST". The website "www.aadac.com" is printed in small text at the bottom left.

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FROM MY PERSPECTIVE

Smallville

By Debbie Jabbour



Just as it is for most AU students, "free time" is not a term I'm too familiar with. A favoured free time activity for me used to be reading, but after years of obligatory textbook reading I seem to have lost that enjoyment. It's downright difficult to even sit down with a novel anymore, and instead of being able to devour a complete book in one sitting, I find it very hard to concentrate. Watching television is another free time activity AU students don't have much time for. At convocation "relax and watch TV" was a popular choice in answer to the question "what will you do now that you have graduated."

Ironically, during the past few years, I've watched more television as a free time activity than anything else. I think its because I can watch TV and do other things at the same time. Come to think of it, I rarely sit down and actually watch TV - I'm always multi-tasking. I have a mini black & white that I keep in the kitchen to watch the news while I prepare meals. I often do schoolwork, organize bills, or sort laundry in the living room while watching television. If there is a show I really want to see, I tape it and watch it later so I can save time by fast-forwarding commercials, usually with a textbook in hand at the same time.

What kinds of things do I watch? I enjoy movies but don't tend to watch them much because they take too long. I'm a big fan of satire, cartoon satire like *The Simpsons* or *South Park*, *Family Guy* or *The Oblongs*; and I try to always catch *Mad TV*, *Saturday Night Live* and *Royal Canadian Air Farce*. The history channel is a favourite, as are biographies. I watch sitcoms such as *Friends* and *Just Shoot Me*, mostly because they are ubiquitous on late night television and do not require my full attention. *That 70's Show* is an engaging comedy and a great trip back into my teen years. I also enjoy the oldies re-runs, especially the original *Star Trek*, *Bewitched*, the *Lucy Show*.

I have no interest in reality-TV shows like *Survivor*, *Joe Millionaire*, *Big Brother*, etc. - although I tend to get the gist of what is going on by reading updates and catching pieces when channel surfing. And I do not watch prime time drama, with one exception.

About a year and a half ago, I happened into the living room when my daughter was watching a new program called *Smallville*. I had noticed some of the media hype on the program, and assumed it was some kind of re-done attempt at *Superman*. As a youngster, I loved Superman comics. In fact, I loved comics in general - and had an extensive collection. Superheros were my preference - *Superman*, *Green Lantern*, *The Fantastic Four*, *Supergirl*, *Wonder Woman*, *X-Men*, *Spiderman*, *Batman*; and like everyone else on the planet I had a huge collection of *Archie* comics too (in fact we still maintain a stack in the "reading" room down the hall!).

As a Superman fan, I knew every aspect of the Kal-El/Clark Kent story; his history on Krypton, and his relationships with people on earth - the Kents, Lana Lang, Lois Lane, Lex Luthor, etc. When the first Superman movie came out, I eagerly went to see it, but was disappointed. Christopher Reeve fit the role of Superman, and the movie was great fun, but it just did not seem to re-create the legendary comic book superhero I had envisioned and was not true to the original philosophy. The intent seemed to be almost farcical, an attempt to place Superman's values into a modern world of nuclear war that just didn't quite make the mark. I didn't like the Superman TV series either, although I thoroughly enjoyed *Batman* (Zap! Pow! Holy Birthday Cake, Batman!)

I was always disappointed with Superman in the comics when he left Lana Lang behind and instead pursued a relationship with Lois Lane. I don't recall the comics ever really explaining why Lana Lang left the picture, but I know I always felt strongly that she was the right one for Superman, not Lois. The final straw for me was when Superman became intimate with Lois Lane in Superman IV - that; along with the producers' incomprehensible decision to make Superman susceptible to water rather than kryptonite, ensured that I would not watch another Superman movie - a decision made easy by the fact that no more were made!

The Smallville hype sounded to me like just more of the same. Superman growing up, learning about the man he is destined to become, all placed in a modern setting. Sounded like just another attempt to re-visit the superhero legend, another Superman knock-off movie. Was I wrong! That evening, I sat down with my daughter and watched the show for the first time. I don't recall which episode it was, but I was hooked within the first few minutes. Smallville is a brilliant piece of work, not just for Superman fans, but for anyone who enjoys unusual and well-written television drama.

The series takes us into the life of a young man who is just in the process of learning about who he is, testing his powers while developing relationships with all the key players in his life both current and future. Casting is inspired. Everyone in Smallville has been affected by the mysterious meteor shower that brought Kal-El to earth in different, yet eminently believable, ways. Lana Lang, portrayed by Vancouver's stunningly beautiful Kristin Kreuk, perfectly portrays Clark Kent's first love, the young girl next door who has lost her family in the meteor shower. She is independent and strong, loving Clark Kent, yet understanding that he has many complex layers.

Clark is portrayed by Tom Welling, another highly talented actor who makes you believe he IS Superman. He struggles with his need to be an ordinary teenager, yet blessed with extraordinary abilities; trying to live by the moral tenets the Kents have instilled in him, yet knowing his heritage and destiny is outside this planet. Michael Rosenbaum's Lex Luthor is exactly who we would have expected Lex to be as a teenager - superrich, struggling to become more powerful than his psychologically manipulative father, bearing deep psychological scars of his own due to the meteor shower and his resulting hair loss. His relationship with Clark Kent is often tense, fraught with misunderstandings and mistrust - yet they have a very deep bond that makes you realize they are opposite sides of the same coin in many ways. He's also incredibly hot!

While I find these three actors to be the most compelling on screen, the supporting cast is no less capable. John Glover plays a slightly creepy Lionel Luther, who we are both drawn to and repelled at the same time. John Schneider, as Jonathan Kent, is a loving, caring father who helps his most unusual adopted son cope with his abilities and still maintain his sense of moral rightness. I'm not a huge Alison Mack fan, but she is great as Chloe Sullivan, the over-curious high school newspaper editor and alternate Clark Kent love interest. Edmonton makes a contribution in the person of Eric Johnson, who plays Whitney - the quarterback who always interfered with the relationship between Lana and Clark during high school in the comics. Of all the characters, probably the only one I'm not fond of is Annette O'Toole. I did not like her portrayal of Lana Lang in Superman III, and in her role as Martha Kent, for me she is the least believable and interesting of the characters in Smallville.

The show itself is a fascinating foray into what Superman's life must have been like as a teenager, and it brings the story alive - making you believe that Superman really could have existed. Unlike the movies, where we were given disjointed attempts at maintaining the Superman legend, Smallville stays true to the "facts," and presents them in a way that takes you back into the pages of the original comic book and draws you into the angst that Kal-El must have dealt with growing up as someone "different" adopted into an alien environment. At the same time it is a story of a small town where unusual people have unusual experiences and find very human ways of coping.

Smallville introduces all the different people who will be part of Clark's future as well as the past (Perry White appeared in last week's episode and I'm suspicious that Chloe Sullivan may become re-invented as Lois Lane). Episodes are often based on events surrounding the influence of the meteor shower on other people - young people like Clark, Lana and Lex, who have been endowed with strange and unpredictable powers and effects from the kryptonite. Some of the victims respond positively, others become twisted. Each episode gives us another tantalizing little bit of information about the relationship between Clark and Lex - where Lex turned to evil and things started to go bad; as well as the relationship between Clark and Lana - why they eventually don't end up together.

Throughout each episode we are treated to a wonderful musical soundtrack, beginning and ending with the haunting theme song "Save Me" by Remy Zero; and including music by R.E.M., Metallica, Papa Roach, Weezer, Third Eye Blind, and Coldplay, just to mention a few. Some of the tunes are classics, some of them are originals, most of them are unusual versions of well-known songs, such as, "Walking in Memphis" by Lonestar, "Time After Time" by Eva Cassidy and my personal favourite, "Don't Dream its Over" by Sixpence None the Richer.

For a Superman fan this show is an absolute treat, but it's an excellent watch for anyone regardless of whether you ever read the comic book or not. I've been frustrated recently because our local ITV Channel 7 had dropped the series, so we missed many episodes during the last season. KTLA and WPIX carry the series on Sunday and Wednesday. To my surprise, a few weeks ago I was pleased to discover that Access TV is now showing new episodes of Smallville Monday nights - as part of an Athabasca University Communications Studies course!

Knowing that Athabasca University considers the series valuable enough to include in a course helps to alleviate any of the guilt I may feel at dropping my schoolwork for an hour a week to watch the latest episode. But I'd do it anyway - and I'd encourage anyone who has not had the opportunity to watch it to do so. It helps if you have a background in Superman comics, but its not necessary. I see by the clock that its now 5 PM on Sunday, Smallville on WPIX is calling me!!

Superman Homepage:

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

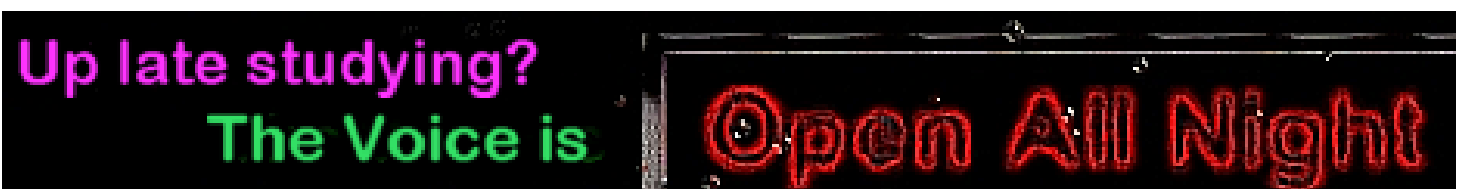
Smallville Ledger

<http://www2.warnerbros.com/web/smallville/ledger/home.jsp>

KryptonSite

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

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.





ARSENIC AND OLD LACE

Film Review

By Laura Seymour

This is one of those brilliant classic black and white films that, thankfully, Hollywood hasn't yet redone. The story centers around the likeable Cary Grant (as Mortimer), who has come home to see his favourite aunts and found they are having a quiet funeral for a gentleman who was renting one of the rooms in their house. The poor fellow died and they have to have a Christian ceremony to say goodbye properly. Well certainly anyone could understand that—until of course we find out that the lovely old aunts have been murdering these men (13 they think, although they argue on the number) with their tainted elderberry wine. These men are lonely travelers with no family, so the women decide they can't go on suffering like they are. They mean well but... it's not quite the right way to handle the situation—especially when Mortimer finds a dead body in the window box.

This film includes Hollywood favourite Jack Carson, a Manitoba born actor who was so hunky and talented that everyone loved him. I admit I really enjoyed much of the late actor's work.



Josephine Hull plays one of the ditsy aunts to absolute perfection! She is one of those actors with an unforgettable face but a name you don't usually remember... sort of an earlier version of "Janice" on *Friends*. Can you tell me the actress' name? I thought not, but you remember her face and laugh!

Another face you'll recognize right off is Hollywood scary guy, Peter Lorre. A gentle soul in real life, his pop-eyes and oozing voice made him a favourite to be cast in the role of any character who was minorly or majorly evil.

Cary's Mortimer has just eloped with his perfect lady, played by Priscilla Lane. He rushes home to tell his family (the aunts and brother) and she needs to tell her family too. Prior to running off for their honeymoon Cary finds a few problems at the house might need a bit of fixing.

Mortimer's brother thinks he's Teddy Roosevelt (a US President) and constantly has to charge the enemy up and down the staircase with a bugle. Naturally! Teddy believes the goings on are from yellow fever and the basement is the ...well... the Panama Canal. Must be fun being crazy!

Well, if you think there are enough crazy characters and that this is a tough to follow plot, then you haven't seen the film. There is also Mortimer's older brother, played by Raymond Massey, who has just been released from prison. He has to deal with the man *he's* murdered and work with his plastic surgeon played by Peter Lorre. So now the train to Niagara Falls is looking like a dream for poor Cary—ehhh Mortimer! Oh, now I'm getting confused!

Mortimer decides to blame Teddy for the murders (since everyone knows he's nuts) and send him off to live at a mental sanitarium named Happydale, citing "Insanity runs in my family – it practically gallops!"

The aunts won't allow anyone to blame their dear Teddy, so since Mortimer thinks it's best –they decide to deal with the law themselves.

But before all of this works out there are too many plot twists to name! I'd rather just tell you to watch this loveable old film and warn you there are too many belly laughs to warrant your throwing popcorn down your throat merrily! Director Frank Capra keeps the laughs coming in a steady stream!

The pacing is nearly frantic, giving no one a chance to relax. Nowadays no one does films like this. We're too involved in character studies, sex, and blowing huge objects up! This film will remain a classic...and should.

Arsenic and Old Lace is just shy of an absolute scream! I'd love a copy of this for my collection...and no doubt you would too! This film is not for those who have just lost a loved one. It has "twisted" and "black" humour. Be aware.

For those of you who are ready and willing to watch this crazy laugh fest I really hope you enjoy it.

Check out more of Hollywood's memorable actors at the site below:

<http://www.what-a-character.com/cgi-bin/main.cgi?indexby=film&title=Arsenic%20and%20Old%20Lace>

Grab some great pictures and information on the film off this site:

http://crazy4cinema.com/Review/FilmsA/f_arsenic.html

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).

ATTENTION PSYCHOLOGY STUDENTS



Every Monday from 9:30 - 10:30 AM MST and Wednesday from 7-8 PM MST the Athabasca University Psychology Students' Society gets together to chat about issues pertaining to the world of psychology at AU.

To Join the chat, go to the AUPSS website, accessible through: <http://www.ausu.org/clubs/index.php> [you must be logged in to AUSU] and select the discussion forum link, from there click on Psychology at the top written in blue and choose the General Psychology Chat. NOTE: You need to be registered in a psychology course to access the AU psych discussions.

Hope to see you there!

Sandra Moore

Athabasca University Psychology Students' Society

The Net Nerd's Profiles



Can't find that course on Soil Sciences at AU? Try www.distancecanada.ca

Athabasca University is hands-down the most comprehensive post secondary distance education institution in Canada. It has the largest selection of courses and programs in Canada, and suits the needs of thousands of students nationwide and abroad. But did you know almost every university in Canada also offers distance ed courses? Distancecanada.ca highlights these courses and programs at the various universities across the country. This website is a joint project of CAUCE (Canadian Association for University Continuing Education) and OCULL (Ontario Council for University Lifelong Learning), so although there are schools from across Canada represented, it does have a lot of Ontario schools.

When you first get to the home page, you have a few options: Search Courses, Search Programs, view a list of Participating Universities, browse Learner Resources, read the FAQ, or check out Quick Reports.

For the sake of this review, I'm a student searching for a biology program (just curious what other universities offer, since biology is often the hardest subject to take from a distance, with all the labs and such). First I search for courses. You have a variety of search options, but I left all the fields blank for the complete list of Bio Courses (right under "biology", in the course offerings is "breastfeeding"... if anyone has taken a university course in breastfeeding, please let me know where, but I can't promise I won't laugh). I ended up with thirty-seven course selections. There are a lot of codes, but you can click on an abbreviation to see what it means. I clicked on "Infectious Diseases" from the U of Windsor and got all the course info and university contact info for that course.

Next I decided to check out what masters programs are available. There were a whopping ten results, so then I checked out bachelors programs. Hmm.. 28 results. Something doesn't seem right here. The learning resources have some merit, but the AU counseling services have tons more resources. There are probably more programs available than are listed on this site, but check it out if you want to add more variety to your distance ed course selection.

Neat Stuff: On the learning resources page is a list of other distance ed databases such as *University Online* and *Canada's Campus Connection*. Remember this page on this website, it's probably the most valuable page I saw.

Not so Neat Stuff: Ok, cover your ears!! ARGGGG! This is one VERY incomplete database if I ever saw one! Simon Fraser University in Burnaby wasn't on there, but they have an excellent selection of distance programs and courses available. BC Open University wasn't on there either. Athabasca University wasn't even on there, so that tells you something about this website.

Rating: **/5 I gave one star for the well organized layout and navigation, and one star for including the universities they did. For the record, I'm being very generous. A distance education database of distance ed programs and courses and the forerunner in distance ed was nowhere to be found. Check out this site for the links to other databases.

If you think Stephen Hawking is sexy and every episode of Battle Bots is in your video library, then check out.. www.eskimo.com/~billb

Just a warning, don't type in just "eskimo.com" unless you want new internet services. This is eskimo.com/~billb. Ok, got it? I am not a science person - *so* not a science person - but I have an open mind. This website is for the science hobbyist. I figured this out because of the huge letters saying "SCIENCE HOBBYIST" on the home page. There is a lot in here, so I'm just going to highlight a few of their pages. I've spent a half hour in this site and haven't even gone through half of it.

It is very family friendly, yet I found it clever enough for adults (or those of us pretending to be). I found this website to be nothing I have ever seen before. No, there aren't any cool graphics or cartoons, all the text is in Times New Roman, and there are no big words (that's very important to me). Lots of neat links, tons of quirky information.....I'm trying to explain it, but I can't. You'll have to check it out to see what I mean.

On the home page, there's an invitation to new visitors to check out "GOOD STUFF." I thought this would be a simple introduction to this site. That was a half hour ago and I'm still in here. So far one of my favorite parts is the "Evil Genius' High Tech Practical Jokes," though I don't think I'll try any. Still, it's nice to know the information is there if I ever want to (for example, the Metavoltage Body Charger). Under "screwy ideas" you can find the web author's list of "what if" projects, like "Lex Luthor's Death Ray."

I had to check out the Nerd/ Misfits Resources. From there I found out who the sexiest geek alive is (did you know Vin Diesel used to play D&D?), saw where I was on the Geek Hierarchy (I'm somewhere between Sci Fi fans and Trekkies who speak Klingon), and found a whole ton of websites otherwise known as Geeksites. Very interesting.

Lots of stuff for kids on here, like science fair resources, homeschooling links and a ton of other stuff. I have to admit there is just too much stuff here, you'll just have to visit the site and see what I mean!

Neat Stuff: NO ADS!! (I'm having a love affair with caps today, sorry). Other than that there are too many neat things in here to list. Check them out.

Not so Neat Stuff: For the anal retentive person (like me) this site is overwhelmingly disorganized, but at the same time that's also one of its endearing qualities. This site also relies a lot on other links and web rings, but I don't know if that's necessarily a bad thing.

Rating: **/5** I'm going out on a limb here by giving this a four. That's because I haven't sifted through all the information on this website. Like I said, I am not a science fanatic or wasn't even just a little interested, but this website made me want to find out more. I'd recommend it to anyone, science geek or not. Now excuse me while I go rent *Revenge of the Nerds*.

Missing out on all the deals?

www.ausu.org/services

Get an AU ID card, today!



The image shows a screenshot of a web form for applying for an AU ID card. The form includes fields for 'Student Identification & Library Card', 'Name', 'ID Number', and 'Date of Birth'. A small photo of a student is visible on the right side of the form. The text 'Get an AU ID card, today!' is overlaid on the bottom right of the advertisement.

AUSU THIS MONTH

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, 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.

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

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...

NEW CLUB COMING SOON

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

WHERE'S THE TUITION FREEZE?

Government policy shifts on tuition and insurance glaring



Edmonton, October 30, 2003 – Alberta's Premier Ralph Klein announced today that his government plans to intervene with a rate freeze on auto insurance while Bill 43, the proposed *Post-Secondary Learning Act* (Bill 43) seeks to remove the 30% cap on tuition and create a framework that would allow tuition to continue increasing faster than inflation.

"While the government is freezing auto insurance rates, it is seeking to ensure tuition increases will outpace inflation for the next 30 years with Bill 43," stated Shirley Barg, CAUS Chair. "According to the government, caps are the answer in one area, while they claim more 'flexibility' is the answer for out-of-control tuition rates. It makes no sense. High tuition fees are a problem that negatively affects 200 000 students in Alberta, and even more families and future students. Given how important higher education is, I can't believe the government is rationing access based on

the ability to pay."

Statistics Canada cites new figures today that show Canada's knowledge economy increasingly requires post-secondary education, particularly for professional occupations.

"It is conceivable that in the future, most, if not all jobs will require some form of post-secondary education," stated Chris Samuel, CAUS vice-chair. If there's value in an auto insurance freeze, there is great value in a tuition freeze."

Students across the province are rallying public support against Bill 43 and the proposed changes to the Tuition Fee Policy. The changes would allow post-secondary institutions to raise tuition above the 30% tuition cap. The government has previously created and scrapped caps of 12% and 20%.

The Council of Alberta University Students (CAUS) represents over 80 000 Alberta undergraduate university students.

For more information, contact:

Shirley Barg, CAUS Chair
780 461 4948

Melanee Thomas, CAUS Executive Director
780 492 1976

U. of Winnipeg Students Vote on Tuition Fee Reductions

Canadian Federation of Students, news release - October 30

Winnipeg – Students at the University of Winnipeg have been voting all week on the question of whether they support the progressive reduction of tuition fees. The vote is coordinated by the Canadian Federation of Students, as part of a national campaign calling on governments to fund access to college and university.

"The Tuition Fee Vote 2003 campaign is designed to create dialogue on campus about tuition fees, access and funding for education," said Meeghan Gavin, Manitoba Chairperson of the Canadian Federation of Students. "We hope to send a strong message to the provincial government that it must strengthen its tuition fee policy by legislating the freeze on tuition, expanding the policy to cover ancillary fees, and scheduling further fee reductions."

Added Gavin: "Many students were shocked that, despite the tuition fee reduction and freeze, fees have risen significantly in some faculties and programmes in Manitoba. The Canadian Federation of Students is providing

students with a chance to express their point of view. The response so far has been tremendous: students have been streaming to the voting booth all week."

The Canadian Federation of Students opposed votes on fee increases last year in the Faculty of Law and other faculties, and is calling on the provincial government to reverse the fee hikes. The Federation argues that the student vote in the Faculty of Law, which has been used to justify a 91% tuition fee increase, was unfair and should not have been recognised by the Province. In the U of M poll, the students who were eligible to vote would not be affected by the hikes and students were told by senior university officials that the fee hike would increase the prestige of the law school and the value of their degree.

The results of the University of Winnipeg vote will be announced on Friday morning, October 31, 2003. Similar votes at the Collège Saint Boniface and Brandon University will take place early in the winter semester. Tuition Fee Vote 2003 is part of a campaign leading up to a National Day of Action for Lower Tuition Fees, February 4, 2004.

With 70 member associations and 450,000 members across the country, the Canadian Federation of Students is Canada's national student movement. <http://www.cfs-fcee.ca/>

U. of W. Students Vote 96% in Favour of Fee Reductions

Canadian Federation of Students, news release - October 31

Winnipeg – Students at the University of Winnipeg have registered resounding support for the progressive reduction of tuition fees. The results of a vote coordinated by the Canadian Federation of Students, as part of a national campaign calling on governments to fund access to college and university, were tallied late last night:

96% voted Yes to the progressive reduction of tuition fees
1457 ballots cast

"The message of Tuition Fee Vote 2003 is clear: further tuition fee reductions have widespread support among students," said Meeghan Gavin, Manitoba Chairperson of the Canadian Federation of Students. "Contrary to last year's votes in certain faculties at the U of M, a broad base of students has shown strong support for tuition fee reductions."

The Canadian Federation of Students hopes that the vote will put pressure on the provincial government to reverse the tuition and ancillary fee hikes that have eroded the tuition fee reduction and freeze policy since it was implemented in 2000/2001.

"The Doer government must improve the tuition fee policy by continuing to provide adequate funding to colleges and universities, legislating the freeze on tuition, expanding the policy to cover ancillary fees, and scheduling further fee reductions. Students should not have to vote on tuition fees – the Province should do its job as a policy-maker. Doer should protect and expand the tuition fee freeze and reduction."

The Canadian Federation of Students opposed the vote for a 91% fee increases last year in the Faculty of Law and condemns the continuing tuition and ancillary fee hikes that have been allowed in certain programmes across the province. The Federation is concerned that fee increases undermine the effectiveness of the tuition fee policy in improving access to education and will cause sticker-shock that will result in limited or distorted participation in programmes with high fees, such as law and dentistry.

Similar votes will take place early in the winter semester on other campuses in Manitoba. Tuition Fee Vote 2003 is part of a campaign leading up to a National Day of Action for Lower Tuition Fees, February 4, 2004.

With 70 member associations and 450,000 members across the country, the Canadian Federation of Students is Canada's national student movement. <http://www.cfs-fcee.ca/>



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

**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

www.canadiansport.com

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

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.

WESTERN CANADA REGION FELLOWSHIP AWARD

Value: \$3,000 each [2]

Deadline: December 1

Notes: Awarded to residents of Western Canada including Manitoba, Saskatchewan, Alberta, British Columbia, Yukon and Northwest Territory west of the Hudson Bay. Female students enrolled in post-graduate studies at Canadian universities. Preference given to those staying in Canada one year after completing studies

Instructions:

Letter of reference required

For more information please contact the administrator below

Contact Information:

Soroptimist International of the Americas (Western Canada Region)

Web Site: www.wcsoroptimist.org/





CUTC 2004 (Canadian Undergraduate Technology Conference) **January 22 - 24, 2004 - Delta Toronto East Hotel**

The Canadian Undergraduate Technology Conference (CUTC) is about technology, innovative ideas, and the people who turn these ideas into reality. The Canadian Undergraduate Technology Conference was started in 2000 by a few visionary students from the University of Waterloo, and is now in its fifth year and continues to be organized exclusively by university students from across Canada.

The last four conferences sold out, each bringing together approximately 500 students from 20 universities across Canada from every aspect of technology. The three-day conference features hands-on workshops and seminars featuring leading speakers from industry and academia. Filled with events such as ThinkTank, TechExpo, CareerExpo, TechPanel, TechShops and TechTours, all of this is made possible by the generous support of our past sponsors, including Bell Canada, Redknee, Microsoft Canada and IBM Canada Ltd.

We are excited to announce that Glenn Edens, Vice President of Research and Director of Sun Labs, will be a keynote speaker for CUTC 2004. Other speakers include David Kirk, Chief Scientist and VP of Architecture at NVIDIA, who will give a glimpse of future graphics technologies and explore the factors that make inventors out of engineers, and Ray Mowling, past president of Monsanto and currently the Executive Director for the Council for Biotechnology Information, who will be speaking about genetically modified foods.

For more information, visit our website at <http://www.cutc.ca> or contact info@cutc.ca.

Contributed By AU's *The Insider*

- **ONLINE EDUCA BERLIN 2003** - December 3-5 - Berlin, Germany. Details: 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

- **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

Know of a 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.

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, or contact AUSU Council.

THE VOICE

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Editor In Chief Tamra Ross Low

THE VOICE ONLINE: WWW.AUSU.ORG/VOICE

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