

THE VOICE MAGAZINE

January 20, 2006
Volume 14 Issue 3



Course Exam

Sociology of Environment and Health

Crohn's

Helping family member cope

Odds, Sods and Vague Hopes

For 2006

Plus:

Lost & Found

The Good Life

Dear Barb

Chronicles of Cruiscin Lan

AUSU This Month

International News Desk

Turning the Pages

and much more...

Plus: Poetry fiction feature

Welcome To the Voice PDF

The Voice interactive Table of Contents allows you to click a story title to jump to an article. Clicking the bottom-right corner of any page returns you here. Some ads and graphics are also links.



articles

COURSE EXAM - SOCI 348

THE VOICE FICTION FEATURE - Poetry by ...

ODDS, SODS AND VAGUE HOPES FOR 2006

Katie Patrick

Jennifer McNeil

Bill Pollett



columns

LOST & FOUND - Bismillah (Elephant in the Room)

TURNING THE PAGES - S is for Silence

THE GOOD LIFE - The Power of Art

DEAR BARB - Helping family member with Crohn's

CHRONICLES OF CRUISCIN LAN - The rescue

FROM WHERE I SIT - Did You See These, part 2

Bill Pollett

Elizabeth Cousar

Janice Behrens

Wanda Waterman St. Louis

Hazel Anaka



news and events

INTERNATIONAL NEWSDESK - Big Brother is Watching

SCHOLARSHIPS AND AWARDS

VOICE EVENT LISTINGS

CONFERENCE CONNECTIONS



from the readers

LETTERS TO THE EDITOR

CLASSIFIEDS



We love to hear from you! Send your questions and comments to voice@ausu.org, and please indicate if we may publish your letter.

THE VOICE MAGAZINE

1200 10011 109th Street
Edmonton, AB T5J 3S8
800.788.9041 ext. 2905

Publisher AU Students' Union
Editor In Chief Tamra Ross Low
Copy editor Jo-An Christiansen
News Contributor Lonita Fraser

Regular Contributors:

Debbie Jabbour, Karl Low, Mandy Gardner, Rebecca Brewer, Katie Patrick, Hazel Anaka, Bill Pollett, Janice Behrens, Barbara Godin, Wanda Waterman St.Louis, John Buhler, Zil-E-Huma Lodhi

THE VOICE ONLINE:
WWW.AUSU.ORG/VOICE

The Voice is published every Friday
in html and pdf format

Contact *The Voice* at:
VOICE@AUSU.ORG

To subscribe for weekly email reminders as each issue is posted, see the 'subscribe' link on *The Voice* front page

The Voice does not share its subscriber list with anyone

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

© 2005 by The Voice



SOCI 348: Sociology of Environment and Health

Another new Athabasca University (AU) course, SOCI 348 - Sociology of Environment and Health, just opened this past December. This course, which examines key issues in environmental health, also addresses the potential links between industry toxins, such as pollution, and evidence of diseases in our environment. Course author and professor, Dr. Ella Haley, indicates that SOCI 348 focuses, in particular, on the environments "where people live and work."

Sociology of Environment and Health consists of eight units that explore connections between environment and industry. Units one and two provide students with the tools necessary to approach the subject with confidence. Over the next unit, students explore "epidemiological health social units" followed by a unit focusing on cancer and its potential link to living and working in toxic environments. Unit 5 looks at "ethical issues related to the funding of science in environmental health controversies and corporate crime," says Dr Haley, as students are introduced to the parties responsible for maintaining healthy environments, such as governments, corporations, and scientists. Students also explore issues related to agriculture and "military-industrial complexes," discussing issues common to the communities on the "rural-urban fringe." SOCI 348 also focuses, says Dr. Haley, in particular on the computer industry, looking at its environmental effects from a global context. Additionally, sprinkled throughout the course are multi-media resources to "make the course come alive," Dr. Haley notes.

Student evaluation in Sociology of Environment and Health consists of three assignments (worth 20 per cent, 5 per cent, and 35 per cent, respectively), as well as a final exam worth 40 per cent of the course grade. For each of the three assignments, students are given a topic to expand their knowledge of course-related topics through writing essays of approximately ten pages in length.

When students have finished SOCI 348, their learning adventure in the sociology of environment and health does not have to stop there. Dr Haley encourages students with an interest in the field to continue pursuing studies through SOCI 426, which continues in the same vein and offers students the opportunity to "present their published work at conferences, publish it ... and share it with NGOs [non-government organizations] and community organizations."

For more information, visit the SOCI 348 syllabus located at the following web site: www.athabascau.ca/html/syllabi/soci/soci348.htm

AT ELECTION TIME

MAKE YOUR VOICE HEARD...

Every election is an opportunity to express your point of view. And every voter has an equal say. Those who vote make their voices heard.

COUNT YOURSELF IN... VOTE

www.elections.ca

Elections Canada

EC 34232 (EN/FR) Photographed by [unreadable]



TURNING THE PAGES

S is for Silence

Elizabeth Cousar

As a holiday gift, my husband kindly bought the next installment in a series I've been enjoying for years. *S is for Silence* is the next in Sue Grafton's series about private detective Kinsey Millhone. In this nineteenth volume in the series, Grafton tries something a little different.

The Kinsey Millhone series is set in the fictional town of Santa Theresa, California, where Miss Millhone has her office and her one-car-garage-turned-apartment. This book is no

exception to that rule. What Grafton has done here for the first time in the series is introduce a series of flashbacks as clues for the reader.

Personally, while I enjoyed the flashbacks as short stories and glimpses into the events that happened thirty-four years before Kinsey opened her investigation, I found it hard to keep track of what Kinsey did and didn't know about the original events surrounding the disappearance she was investigating. When the end of the book came, it was not easy to determine whether I'd been given enough information to figure out the who-dunnit on my own, or if Grafton had pulled what I call a 'Scooby-Doo' (because, in the Scooby-Doo TV series, the writers never gave the audience a fair shot at figuring out the culprit's identity and in their final exposition, the characters always referred to events and clues that the audience had never seen -- totally unfair!).

Despite what I took as a lack of her usual clarity, Grafton still manages to deliver a fun read. As I'm still unsure if she was 'playing fair' or not, I'll have to re-read the book, eventually, to confirm or correct my first impression. If that's what she was aiming for, an audience with a reason to pick the book up more than once, she was certainly successful.

The other novels in this series vary in quality, but I'd recommend them anyway. I enjoy a good mystery once in a while. It's something else to think about and focus on that requires brain power, besides the inevitable school work and I've never felt that Grafton seriously let me down. It's not hard to identify the books in this particular series. They are referred to as her abecedarian series because of their titles, each of which begins with a letter of the alphabet. There is no need to begin with *A is for Alibi* and work your way through to the end though. That will put them in chronological order, but each novel stands pretty well on its own.

I do, however, idly wonder whether Grafton will stop after the 26th installment of this series, or if she has a plan to continue past 'z'. If she does, what would it be? Double letters? Numbers? Punctuation marks?

This book is worth borrowing from the library, but I wouldn't buy it in hardcover unless you need to have the complete set. Wait for the paperback before you purchase.

Reference

Grafton, S. (2005). *S is for Silence*. Kinsey Millhone Mysteries. New York: Penguin.

THE VOICE FICTION FEATURE

Poetry by ... Jennifer McNeil

Remembrance

you and you and you
a tragedy
of soaking locks and floating
layers of dark linen
becoming the river
and staring with empty eyes
at spinning wild flowers and weeds
white limbs swallowed
by murky water

Ophelia they said was mad
and I with her
in love with love and
every flower but
forget-me-nots

one for
you and you and you
a tragedy
of crownflowers and daisies
and swirls of rosemary
tangled with the willow
while ivory hands still cling
to sharp nettles and long purples
blackened with mire
and lingering madness

Christabel

why was she your enemy
that reptilian demoness

with mother lost
she could have been
your comfort

or better yet a goddess
filling you with power
instead of draining it

why on a dark night
when you are mourning
the distance of a violent man
must she be the snake
the temptress

why not just a woman
like you

like me

Some things I'm going to do less of in 2006

- Eating lunch by myself.
- Running for the bus, even when I'm late.
- Making excuses for not keeping in touch with far away friends.
- Making excuses, in general.

In the interests of fairness, some phrases I would like to see in more frequent usage:

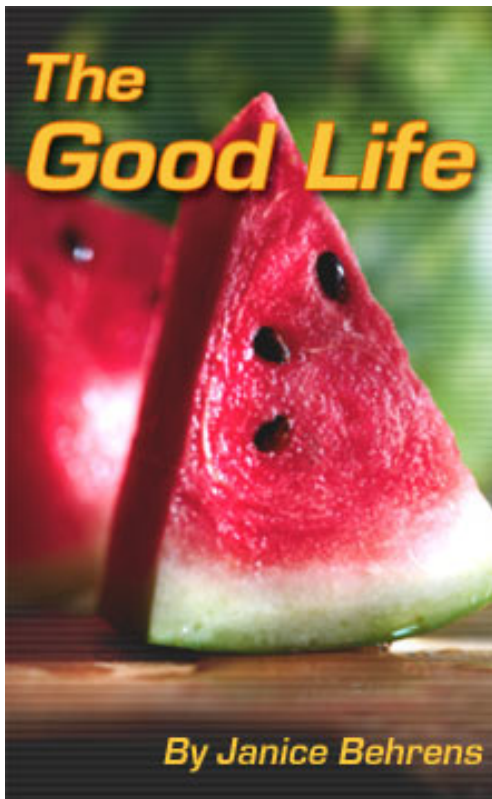
- "Police believe that the victim was a member of a white youth gang."
- "The openly heterosexual performer..."
- "Unconfirmed reports have attributed the act to militant Christian extremists."

Some headlines I would like to see in the coming year:

- "Police Make First Arrest After New 'Anti-Thong' Law Takes Effect".
- Mick Jagger Announces Stones' Retirement, Apologizes To Fans And Admits "Yeah, Well, We've Basically Put Awt Nuffink But Shit Ever Since *Some Girls*, En't We?"
- "Pharmaceutical Companies Proclaim No Reason To Panic Over Latest Influenza Outbreak. Spokesman Assures 'More Chance of Being Killed By A Falling Coconut Than Dying Of The Bird Flu.'"
- "Scientists Confirm Reality Television Contributing To Epidemic Drop in Intelligence Level."
- "Martin Admits To Lack Of Character, Harper Confesses To Hidden Right Wing Agenda. Both Concede Layton Is 'Lesser Of Three Evils'".
- "Pope Admits To Church's History of Narrow-Mindedness, Presides Over First Gay Wedding At The Vatican."
- "Keanu Reeves And Ben Affleck Compete To Play Wooden Title Character In New Live Action Pinnocchio."
- "C.E.O.s Of Top Three Canadian Banks Turn Down Pay Rises, Agree To Contribute One Year Of Their Firm's Profits To Food Banks."
- "Bono Goes Into Hiding, Refuses To Talk To Reporters."
- (Sorry, I know that last one is going a bit too far.)

Some things I'm going to do (or do more) of in 2006

- The Hokey Pokey .
- Watching Canadian films.
- Working my way through the Neil Young and Leonard Cohen song books.
- Sloughing off appointments and obligations in the middle of the week in order to walk along the beach or get together with friends for long, lazy lunches.
- Continue my dedicated pursuits of the perfect barbecued back ribs and handcrafted beer.
- Riding my bike through the woods at night.
- Baking my own bread.
- Climbing trees with my daughter.
- Dancing in the living room with my wife and daughter.
- Giving money to street performers (even if they are bad mimes).
- Swimming in the ocean in the winter.
- Playing board games.
- Acquiring more useless skills and knowledge.
- Taking chances; Relinquishing control.
- When in doubt, saying "yes."



The Power of Art

When we were children, all of us experienced the pleasurable feelings of creating expression through visual art. Whether we were drawing, modeling with clay, gluing together collages from magazine pictures, or making papier mache puppets, these creative tasks tended to bring about a sense of concentrated bliss, a state of relaxed but intensely engaged mental activity. Back then, none of us worried whether our work was "artistic". We simply did it.

Making art is one of those many childhood pursuits--like uninhibited imaginative and physical play--that leads to a total, life-affirming immersion in the "now". Recently, medical studies have confirmed that creating artwork can indeed be a source of healing and stress reduction, both for children and adults.

According to the faculty of education at the University of Minnesota, "learning to express emotions through creative channels gives the child an outlet for "built-up tension that can be used throughout life...strong feelings can be expressed through art experiences which involve psychomotor activity, such as clay for pounding, paper for tearing and cutting, and nails for hammering. Puppets and dolls provide opportunities to examine reality, rehearse solutions, express

emotions, gain control over situations, and encourage discussion"

(<http://www.extension.umn.edu/distribution/familydevelopment/components/7269ae.html>).

For children or adults dealing with extreme stress or illness, tapping into the world of the creative imagination can be a source of psychological and even physical healing. The Yale Medical Group (the physicians of Yale University) point out that "creating art, viewing it, and talking about it provides a way for people to cope with emotional conflicts, increase self-awareness, and express unspoken and often unconscious concerns about their illness." They point out that, for cancer patients for instance, "participating in art therapy or creating art on your own can be an effective form of distraction." "Many art therapists," they say, "believe this type of therapy works, in part, because of the act of creating art influences brain wave patterns and the substances released by the brain. It helps people express hidden emotions, reduce stress, fear and anxiety, and provides a sense of freedom" (<http://ymghealthinfo.org/content.asp?pageid=P07338>).

According to Dr Olga Gregson from Manchester Metropolitan University, even looking at artwork has the power to reduce stress levels and lighten your mood. As reported by the B.B.C., last year the Manchester City Art Gallery "introduced the 'tranquility tour' aimed at city-centre office workers, allowing people to spend their lunch hour 'chilling out' by looking at hand-picked paintings [that] range from Pre-Raphaelite to modern, abstract works" (<http://news.bbc.co.uk/1/hi/england/manchester/3806785>).

Most of us, certainly me, will never have our paintings gracing the walls of the National Gallery. We may never see our "macrame wall hangings or Still Life With Poinsettia selling for six figures at any auction. That doesn't mean, though, that these pieces shouldn't be adorning our own walls. I believe that every home should have at least one or two works of art prominently displayed (besides the kindergarten pictures attached to the fridge) that have been created by its owners. This is an expression of the personality and creative energies of the people who live there, as well as a path towards living a healthy life. And it sure beats black velvet paintings of dogs playing poker.

INTERNATIONAL NEWS DESK

What's new here and around the world

Mandy Gardner



Big Brother is Watching

Mandy Gardner

How much power should a government have? How about enough to administer a national health care system? How about enough to extract and redistribute wealth from all parts of a country? How about enough to monitor your telephone conversations in the name of national security?

Just weeks after the discovery that U.S. President George W. Bush was tapping phones in the wake of 9/11, it is revealed that British Prime Minister Tony Blair wants to do the same thing (Elliot, 2006). In a speech given after the London bombings of July 7, 2005, the Prime Minister said, "Let no one be in any doubt, the rule[s] of the game are changing" (Ibid.). Indeed! This means he can follow the example of his American ally (and that liberty-pilfering *Patriot Act*), enforce all sorts of laws that infringe on the rights of his citizenry, and justify it all with "July 7th." Step One? The removal of that pesky *Wilson Doctrine*.

Commotion in the House of Commons back in 1966 (sparked by the insinuation that British MI5, Britain's official security service, had the capability to hear secret conversations

between Members of Parliament) led Prime Minister Harold Wilson to reassure his government that "there should be no [phone]-tapping whatsoever" (Ibid). Each subsequent Prime Minister has agreed, until now. Tony Blair is expected to formally announce the scrapping of the *Wilson Doctrine* within weeks, a move that has his Parliament incensed.

Blair's Labour Government has already strained, to the limits, its capacity to trust British citizens, be they elected officials or regular residents. In 2003, Sinn Fein (the political party closely associated with the Irish Republican Army) member Gerry Adams shocked the nation when he announced that a listening device had been placed in a car frequented by himself and other party members. A member of MI5 later admitted to planting the device, a move that was validated by the logic that "since Mr. Adams refuses to swear an oath of allegiance to the Queen, he is not formally an MP" (Ibid).

If Blair does away with even these slight formalities, the country lies subject to some of his most controversial and freedom-impairing legislation yet. Body scanners, phone tapping, Internet spying and traffic tagging have already come into effect, thanks to the *Regulation of Investigatory Powers Act of 2000*. This is the most recent move on Blair's part that leaves the country open to identification cards, increased DNA databases and probably any other technological advances that sound fun at the time.

References

- BBC News (2005, December 19). Bush defends phone-tapping policy. Retrieved from <http://news.bbc.co.uk/2/hi/americas/4542880.stm>
- Elliot, F. (2006, January 15). The politics of paranoia. The Independent on Sunday. Retrieved from <http://news.independent.co.uk/uk/politics/article338692.ece>

AUSU THIS MONTH



AUSU Job Posting - Chief Returning Officer

Deadline - January 17th

The Athabasca University Students' Union (AUSU) represents AU students and their interests. The Union strives for a fair and accessible election process for members to the Students' Council. To this end, AUSU is seeking a student to fulfill the role of Chief Returning Officer (CRO) for the 2006 AUSU General Elections.

Position Duties and Responsibilities

The CRO's responsibilities, as outlined in AUSU policy, include arranging to receive, collect, and maintain ballots in a secure location, overseeing the counting of ballots with two (2) Scrutineers on March 17, 2006, notifying candidates of the results, and conducting the appeal process as required. Please include a recent resume and your AU student ID number along with a letter indicating your intent to apply for this position.

Selection Criteria

- Applicant must be currently registered as an AU student.
- Applicant must be bondable.
- Applicant must have strong organizational and logistical abilities.
- Applicant must be able to analyze and apply policy to ensure a fair election process.
- The CRO will be ineligible to run for council in the 2006.
- Familiarity with Microsoft Excel is an asset.
- Candidates must be able to operate out of the AUSU head office located in Edmonton, AB.

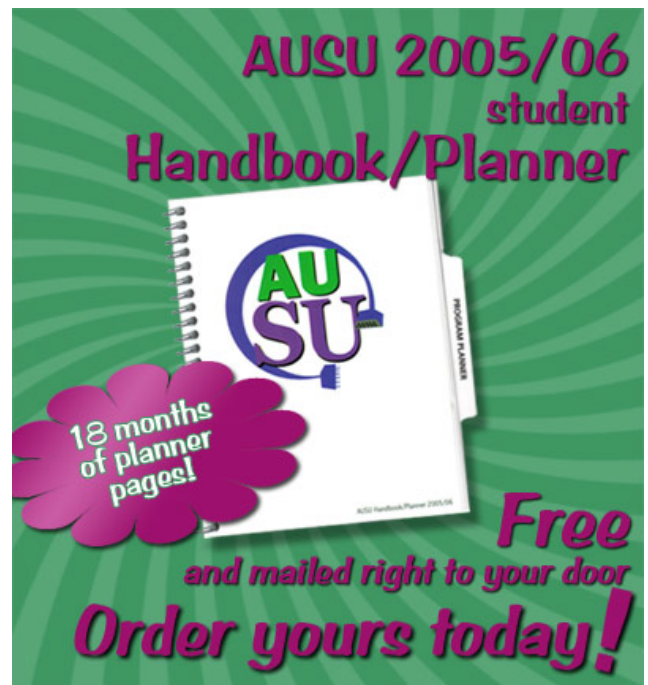
Remuneration - \$500 stipend

Apply to: AUSU, Peace Hills Trust Tower, 1200 10011 109th Street, Edmonton, AB, T5J 3E4 - Phone: (800) 788-9041 extension 2905

E-mail: communications@ausu.org

AUSU Course Evaluations

Would you like to know what students have thought of an AU course? If so, you are not alone. Many students find the input of their peers invaluable when selecting courses or a program of study. AU students may not have cafeterias and hallways in which to share this knowledge, but AUSU has provided an alternative: AUSU Course and Program Evaluation surveys. Accessible through the "Course Evaluations" link on the right side of the top bar of AUSU.org, these surveys ask a series of questions about AUSU courses and programs. Students may rate each course or program only once, to ensure the validity of the results, so you must be logged in to access a survey form. Anyone, however, may view the results. If you haven't already, please rate some courses you have taken so that others may benefit from your experience. Note: these surveys are not the ones that AU distributes with their course manuals. No AU staff or faculty member has access to the AUSU website, nor can they determine who has filled out a survey. Your anonymity is assured.





THE THIRD ANNUAL VOICE MAGAZINE WRITING CONTEST!

**\$1000 in scholarships to be awarded
\$500 each in the fiction and non-fiction
categories**

**Write for *The Voice* and win money for your
education.**

The Voice is launching its third annual writing contest, with categories for both **fiction** and **non-fiction**.

Non-Fiction: In 1500 words or less, write about any issue affecting the environment. You may write about issues in your local area, or global ones. You may focus on the human aspects of environmental change, or the impact on the earth. Feel free to use research or statistics in your article [with proper citations], or write a creative opinion piece.

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

Please read the contest rules and regulations and submission guidelines very carefully to ensure you are not disqualified. It's free to enter. **The length limits are firm and all entries that go beyond these limits will be disqualified.** Good luck!

Rules and Regulations:

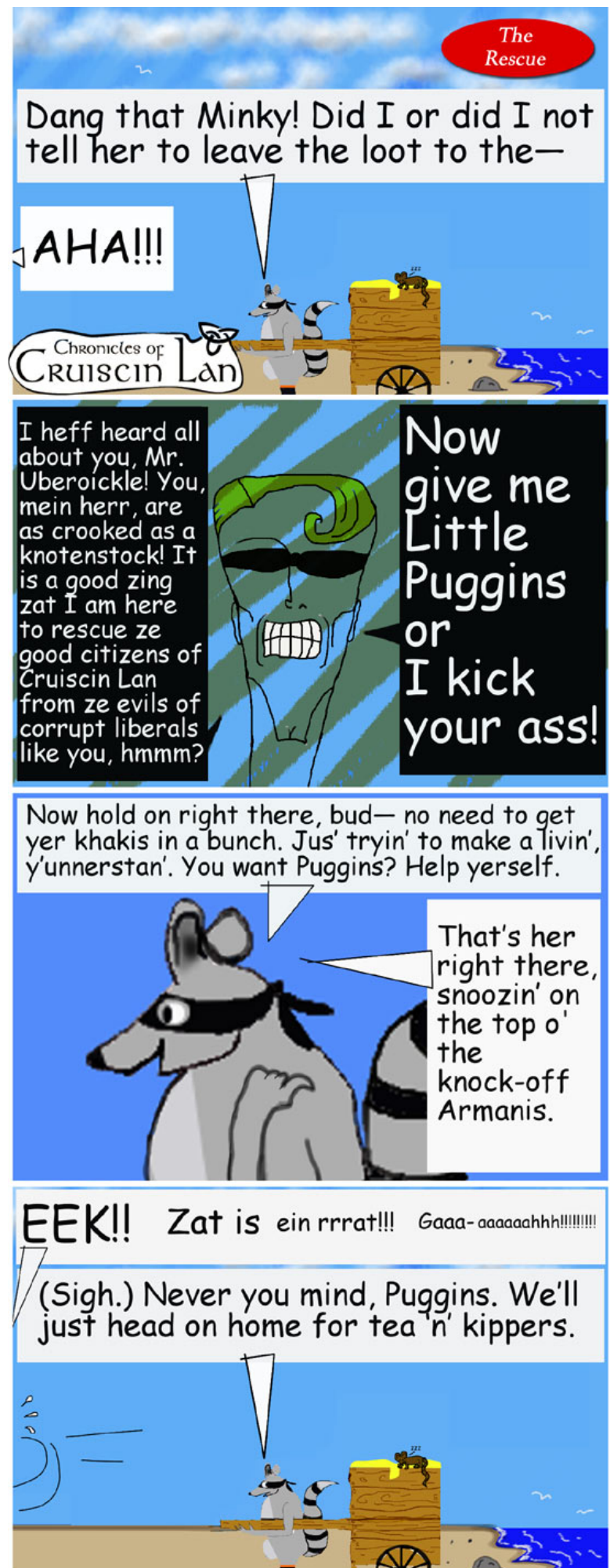
- Entrants must be AU students. Student status will be confirmed with the AU registrar. Please ensure that the registrar has your current address and contact information.
- Winning entries will be published in The Voice. The Voice reserves the right to print non-winning entries at a rate of remuneration in accordance with current Voice freelance submission rates. The Voice may use portions of non winning non-fiction entries in a composite about students' perspectives on the environment without providing remuneration.
- All decisions regarding this contest and the selection of winners remain with the judging panel and are final.
- AU, AUSU, and Voice staff and AUSU Council members are not eligible for the contest.
- Entries will be judged by a panel to be selected by the Voice Editor, and this panel may include: AU students, AU tutors, and/or AUSU council members. The panel will include at least 3 members.
- The Voice Editor will collect articles and oversee the judging, but will not be a judge.
- Entries must be original works which have not been printed or published elsewhere, and must not be course assignment papers or derivatives of.
- Entries must not contain any information that would make the identity of the author evident to judges. To ensure fairness, all entries will be forwarded to the judging panel with a reference number attached, but no personally identifying information will be forwarded. The Voice Editor will keep the identity of the authors private until the contest closes. The Voice editor will keep a record of the authors of submissions, and will be the sole owner of this list.
- Entries will not be edited for grammar, spelling, or content, although The Voice Editor may black out any personally identifying information contained within the submission. Otherwise, entries will be forwarded to the judging panel, as is, with the exception that all entries will be converted to use the same file format, margins, font size and font style to ensure that all entries are equally readable.
- **The deadline for submissions in both categories will be December 20, 2005. The winner will be announced by February 15, 2006. The Voice reserves the right to extend either deadline if necessary.**
- One grand prize winner will be selected in both the fiction and non-fiction categories. If no entries are received in one of the categories, the prize money will be returned to the Voice scholarship budget. Prizes will be awarded in the form of a cheque, payable in Canadian funds.
- The Voice reserves the right to add additional, secondary prizes.
- The Voice is not responsible for lost emails. The Voice editor will confirm receipt of all entries by email. Please follow up if you do not receive a reply in two business days.
- All entrants agree to allow their name and city of residence to be printed, along with their submission, should it be selected as a winning entry. No further remuneration - beyond the contest prize - will be paid to the contest winner when their entry is printed.
- Entrants will be asked to sign a standard Release and Indemnity form; each prize winner agrees to release the Sponsor and its agents from any liability in connection with the prizes awarded in this contest.

- Entrants found tampering with the contest results, or attempting to influence any of the judges members, or using any forums or other public communications media to advise others of which entry is theirs will be disqualified; or if The Voice editor determines, at her sole discretion, that any other form of tampering has been attempted, that entrant will be disqualified.
- No preference will be given to regular Voice writers. Entries will not identify the writer as a regular Voice contributor when sent to the judging panel.
- This contest is subject to all federal, provincial and municipal laws. Contest void where prohibited.

Submission Guidelines:

- Your submission must be an electronic file attached to an email. Submissions sent as the body of an email will not be accepted. Contact voice@ausu.org if you require instructions on how to attach a file to an email.
- Submissions should be in Microsoft Word format [.doc], rich text format [.rtf] or plain text format [.txt]. If you use a Word Processor other than Word or work on a Mac computer, you can save a file in one of these alternate formats using the 'save as' function and selecting the desired format on the save menu. Contact The Voice editor if you require assistance in formatting your submission. Users of older Macs may have to send entries in HTML format.
- Each entrant may submit one entry to each of the two categories
- All entries must be under 1500 words due to judging time constraints. Length will be determined by the Word Count feature in Microsoft Word. Your References and Citations section will not be included in the word count. References should be formatted consistently according to a standardized publishing style guide, such as the American Psychological Association (APA) or the MLA press style.
- Entries should not include unnecessary formatting such as drop caps, graphics [unless the graphic is integral to the work], or unusual fonts. Entries must be text - scans of hand written or typed documents will not be accepted.
- The email should include the following information: Your full name, AU student ID number, email address, telephone number, mailing address, the title of your entry, and whether you are submitting to the fiction or non-fiction category. Make sure non-fiction entries are based on the topic question detailed above. Fiction entries can be on any topic you like. Do not include your contact information within your article - but be sure to include a title.
- Entries will be judged on the following criteria:
- **Non Fiction entries:** will be judged on originality, creativity, accuracy, and how well your support your assertions with data or argument. You will also be judged on the presentation of your article, including professionalism, proper spelling, grammar and syntax, and readability. You may write in journalistic style or essay format.
- **Fiction entries:** will be judged on creativity, entertainment value, and the originality or your writing style. Regardless of the genre you choose, you will be judged on the effectiveness of your piece and your technical writing skills.

Contact voice@ausu.org if you have any questions.





Dear Barb:

A family member has recently been diagnosed with Crohn's disease. I wonder if you could provide a bit of information about this condition. Is there a special diet individuals need to follow? I'd like to know what types of food to prepare or what other things I can do to make this person more comfortable. Any help would be greatly appreciated.

Bonnie - London

Hi Bonnie, thanks for writing.

Crohn's disease has been steadily increasing over the last 20 to 30 years. It affects both men and women equally and the age of onset is generally 16 to 21 years of age. Approximately 20 per cent of individuals with this condition have a close family member with some version of irritable bowel disease.

Crohn's disease is an inflammation of the small intestine, but it can affect any part of the intestinal tract. It is often referred to as a form of inflammatory bowel disease (IBD). The symptoms are similar to irritable bowel syndrome and ulcerative colitis. The symptoms of Crohn's disease include diarrhea and pain in the lower abdomen, frequently in the lower right area. Crohn's disease mimics other intestinal disorders, therefore at times it is hard to diagnose. Other signs of this condition can include weight loss, fever and nutritional deficiencies. The nutritional deficiencies are usually a result of poor absorption of vitamins and minerals due to the nature of the condition.

The exact cause of this disease is not known, but it is not emotional in nature, as it was thought to be at one time. Complications from Crohn's disease may include skin conditions, arthritis, kidney stones and gall stones.

Tests to confirm Crohn's disease include blood tests and an upper gastrointestinal (GI) series, which consists of an x-ray of the intestinal tract after ingesting a liquid that will cause the intestinal tract to be visible on an x-ray.

Individuals suffering from this condition may experience long periods when they are symptom free. However this disease almost always reoccurs at various times throughout one's life. Therefore, a person suffering from Crohn's disease may require ongoing monitoring by a doctor or other health professional.

Some common treatments for Crohn's disease include drug therapy, nutritional supplements and in some cases even surgery. There is no specific diet to control or prevent this condition. Certain foods may trigger the symptoms, such as dairy products, spicy food, alcohol and high fiber food. Research in this area is ongoing and is providing useful information about treatment options, not only for Crohn's disease, but also for other inflammatory bowel conditions.

Again Bonnie, thanks for writing. I hope I have been able to provide you with some information that will allow you to understand what your family member may be experiencing.

E-mail your questions to advice.voice@ausu.org. Some submissions may be edited for length or to protect confidentiality: your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place of professional advice.



Bismillah (Elephant in the Room)

Waking up to the clock radio, the first news of the day is all about bodies mangled by bombs in Pakistan. Women and children are reported buried under the rubble. A few minutes later, a spokeswoman for an environmental group is playing "connect the dots" with tsunamis, landslides, tornadoes, hurricanes, drought and floods. Closer to home, there is another call for increased homeland security. Somewhere off in the distance there is the low ominous rumble of tectonic plates, shifting.

Driving out to a dinner party in the Fraser Valley, the news is one catastrophe after another. The weight of them is filling up the car until we almost cannot breathe: the body of the teenage girl; the victims of gunplay; the disappeared hostages; the homeless man frozen to the railroad track; the right wing agenda. Fortunately, we're able to find a classic rock station. We sing along to *Stairway to Heaven* and *Carry On My Wayward Son*. We sing along to Bohemian Rhapsody ("Bismillah! We will not let you go!).

Getting close to Chilliwack on the highway, the smog is hanging like a greasy brown pork pie hat over the acid-etched landscape. The air smells like kerosene and diesel fuel. I think of all of the people inside the shrouded hospital, hooked up to whirring respirators.

There is a luminous red river of brake lights stretching ahead of us into the distance, moving at glacial speed. The HOV lane is empty except for us and one other car--a rusty white Corolla--so we make good time.

At the party our talking and talking is all post-apocalyptic, post-ironic. We wonder whether Jon Stewart will be a good host for the Oscars. We debate whether U2 started sucking after the Joshua Tree or after The Unforgettable Fire. We talk about Howard Stern and Tom Green and Desperate Housewives and celebrity chefs. We talk about mortgage rates and the pros and cons of different investment vehicles. We compare the merits of pinot and merlot. Somebody does a great Stephen Harper imitation. Somebody else does George Bush. We step outside to smoke a joint and we phone our babysitters to make sure they're not getting drunk. Death sits in the middle of the room on a Persian carpet, Elephant-sized and silent. At the dinner table, we pass the gravy boat back and forth, back and forth. The clock strikes twelve. It's witching hour for someone.

AU E-LETTERS UPDATE

AU launched the e-letters project on December 15 to enable undergrads to view registration, withdrawal, extension, exam and final grade letters online. The response to the program has been monitored by AU staff in these initial weeks.

The response rate so far has been high. Business Analyst Patricia Soluk reports that so far 6120 students have opted to receive e-letters, while 3080 have chosen to continue receiving their letters by postal mail. AU staff are also impressed with the new program as they note that this allows them to send out letters much more quickly and alert students to important changes immediately. However, AUSU notes that students must make certain they log in to MyAU regularly to check for letters if they wish to receive new information as soon as it is released. A primary benefit of this new program is that e-letters will be retained online so you can retrieve the information any time you need it without waiting to call the university during business hours.

AU hopes to convert more letters to e-letter format and to bring the graduate centers on board as well.

Did You See These, 2



From
Where
I Sit

Hazel Anaka

In a follow-up to a recent column by the same name, here are some more snippets from the *Edmonton Journal* and the *National Post*. I spotted these crazy, inane, sad items during a marathon read of about ten newspapers that piled up in my absence. Here it goes.

In a January 4th story in the *Edmonton Journal*, I read about Ottawa's managed alcohol program (MAP) at one of the city's homeless shelters. Every hour between 7:00 a.m. and 10:00 p.m., like clockwork, 17 participants are given either five ounces of wine or three ounces of sherry as a way to manage their alcoholism, reduce incidents with police, and visits to emergency services. Despite the small size of the study and lack of a control group, results appear encouraging. Is this a reasonable solution for homeless alcoholics? Perhaps it's the best we've got at the moment for a troubling problem with a huge human and societal cost.

In yet another inexplicably cruel and unthinkable act, a teenager from White Rock, British Columbia is being sought for allegedly shoving a senior into traffic as he stated, "Do you want to die?" Luckily, the man escaped injury when an approaching car was able to stop before hitting him as he lay on the road. Yessiree, you can make your mama proud with that sort of Hollywood line and stupid stunt.

An AIDS research institute in Melbourne, Australia had its missing teaspoon study published recently in the *British Medical Journal*. After they ran out of teaspoons, they set out to determine "where have all the bloody teaspoons gone?" After five months of study, results are inconclusive, though some visitors to the medical journal's website theorize there may be a correlation with the socks that go missing from dryers. I say, what fun, old chap. What a great way to save your sanity in the serious world of disease research.

In more research news, a Halifax university is studying the issue of rudeness and incivility in the context of the workplace. They want to know if co-worker incivility causes us to respond with more rudeness of our own. Their theory is that "little bits of incivility lead to a larger reaction that escalates into something that's truly a conflict." Low level incivility includes whispered private conversations during a meeting, not refilling the copier with paper or the water cooler when empty, overly familiar tone in emails, etc.

After a life filled with tragedy, notoriety and media attention, 70-year-old former stripper cum porn star Candy Barr is dead. Her life included molestation by a male babysitter, her mother's death when Candy was aged nine, a harsh stepmother, and marriage at age 14 to a safecracker. From befriending Kennedy's assassin, Jack Ruby, to killing the second of four husbands, from being named by Playboy magazine as one of the most desirable women in the 20th century, to writing poetry while in jail -- Candy Barr did it all.

Sort of makes election coverage pale in comparison, from where I sit.

* Reprinted with permission. References may be out of date.

SCHOLARSHIPS & AWARDS

Contributed by Zil-E-Huma Lodhi

Get Out of Debt Scholarship:

More and more people worldwide are finding it harder to afford to go to college because they're in debt. Many students work full-time, get financial aid and if they are lucky, grants. Even so, they're still in debt, and they can't seem to get out of debt regardless of how hard they try. That's why we created the Get Out of Debt Scholarship.

We give four \$500 annual awards to help students hampered by debt to continue their studies, and you can apply online now. We created the award in 2003 as a once-a-year award, but based on the number of great applications we've received, we now grant four awards. To be eligible for the scholarship, you must be attending or planning to attend a college, trade school, technical institute, vocational program or other post-secondary education program in the 2005-2006 academic year. If today's date is between: The current deadline is:

January 16 - April 14, April 14

The \$500 Get Out of Debt Scholarships are being offered in honor of all the people who simply need a little help with their higher education bill due to credit card and other debt. \$500 may or may not keep you out of debt consolidation or credit counseling, but it certainly can't hurt. Good luck to all applicants!

Web site: <http://www.straightforwardmedia.com/debt//debt-faq.html>

Mesothelioma Memorial Scholarship

Established in 2003, the \$500 Mesothelioma Memorial Scholarships are offered four times per year to honor the thousands of people who have died from mesothelioma due to exposure to asbestos, as well as the thousands of patients who are newly diagnosed with the disease every year.

We offer one \$500 scholarship every three months, and you can apply online now. The schedule of awards and application periods is as follows:

If today's date is between, the current deadline is:

May 16 - Aug. 15 August 15

Aug. 16 - Nov. 15 November 15

Nov. 16 - Feb. 15 February 15

Feb. 16 - May 15 May 15

Web site: <http://www.straightforwardmedia.com/meso/mesothelioma-memorial.php>



Voice Events Listings

On and off campus events worldwide

To list events in your area, e-mail voice@ausu.org with the word "events" in the subject line.

alberta

LIFE & TIMES OF THE MOTORCYCLE

Now until September 17, 2006

Wetaskiwin, AB - Reynolds-Alberta Museum

10:00 AM - 5:00 PM

Adults \$9; Seniors \$7; Child \$5; Family \$25

under 6 is free - 1-800-661-4726 - ram@gov.ab.ca

<http://www.reynoldsalbertamuseum.com>

Visit 'Life and Times of the Motorcycle', an extraordinary exhibition featuring 150 of the most influential motorcycles in the past 100 years of motorcycling.

SISTERS, SUCH DEVOTED SISTERS

Jan 25-29 - Edmonton, AB -780-420-1757

8:00 PM - 10:00 PM - Catalyst Theatre

info@catalysttheatre.ca

<http://www.tixonthesquare.ca>

Additional Information: Takes you on a descent into the Glasgow underworld where drag queens bitch, pigeons explode, drugs are plentiful and pornography and murder are everyday occurrences.

ON THE TOWN

January 27 to February 04, 2006 - Edmonton, AB

8:00 PM - 10:00 PM - John L. Haar Theatre

Adults: \$13 (\$16 at the door)

Students/Seniors: \$8 (\$10 at the door)

780-420-1757 - <http://www.tixonthesquare.ca>

The hilarious tale of three American sailors with 24 hours leave who take their bite out of the Big Apple. As they hit the town looking for love, good times and enough memories to last the next six months at sea, trouble is never far behind. Join the talented students from MacEwan's Theatre Arts Program as they bring this classic musical to the stage under the direction of Program Chair Timothy Ryan. Memorable musical numbers from the Leonard Bernstein catalogue include New York New York, Come Up To My Place, Lucky To Be Me, and Some Other Time.

THE MAGIC OF MOZART

January 27, 2006 - Calgary, AB - 8:00 PM

Jack Singer Concert Hall (EPCOR Centre for the Performing Arts)

Adults \$30 - Seniors and Students \$25

Children 12 & under \$15

<http://www.kantorei.ca/kantorei-05-2.pdf>

Join Mount Royal Kantorei, with special guests 11-year old pianist Jan Lisiecki and Calgary soprano Edith Pritchard, as they celebrate the 250th birthday of Wolfgang Amadeus Mozart. Featuring Kyrie, Exsultate, jubilate and other Mozart classics.

manitoba

WONDERFUL WEDDING SHOW

Jan 20 to Jan 22, 2006 - Winnipeg, MB

11:00 AM - 6:00 PM

Winnipeg Convention Centre

\$11.00 + agency fees

Ticketmaster, 780-3333 or ticketmaster.ca

204-943-7469

deanna@showtimeproductions.ca

<http://www.wonderfulweddingshow.com>

Additional Information

5:00 PM - 10:00 PM on Friday

11:00 AM - 6:00 PM on Saturday & Sunday

maritimes

ST. JOHN'S CIRCUS: GROUP PRACTICE

St Johns, NF - Tuesdays - Mun Athletics building - FREE

<http://nick.wirelesszero.net/cgi-bin/juggling/YaBB.cgi>

Everyone's a Star! Juggling, Unicycling, Magic, Clowning, Poi, Diabolo, Fire, and whatever YOUR skill(s) is!

Tues At 7:00 PM - Thurs At 7:00 PM - Sat At 2:00 PM

Sessions usually run about 3 hrs...

123 SENSE

St Johns, NF - Saturdays - 12:00 PM - 5:00 PM

Eastern Edge Gallery, 72 Harbour Drive

free entrance

709-739-1882 - <http://www.easternedge.ca>

Jean Klimack (Winnipeg); Dave Yonge (B.C); Tania Lewis (NY/Newfoundland)

These three artists present in different mediums (video, drawing and photography) odd senses of the everyday, urban myths and gentrification.

To list events in your area, e-mail voice@ausu.org with "events" in the subject line.



GEOLOGY FOR NON-GEOLOGISTS - HOUSTON

March 6, 2006 - March 9, 2006

Houston, Texas, USA

<http://www.peice.com/eventdetails.aspx?event=102400&ref=Allconferences&frfi=16734>

This popular four-day course will provide non-geologists with a practical understanding of the principles used by petroleum geologists in the search for oil and gas. The session will include both the scientific background and the practical applications of geology. The tools, techniques, and vocabulary of the petroleum geologist will be emphasized throughout the course. A complete set of course materials and lunches are included.

Delivery Method: Classroom Training

Fee: \$ 1995 USD

CEU: 3.2 Continuing Education Units

PDH: 32 Professional Development Hours

INTERNATIONAL CONFERENCES ON SHAMANISM, ENLIGHTENMENT, AND SACRED SEXUALITY

Jan 20-24/06 - Santa Fe, New Mexico <http://bizspirit.com>

Some of our presenters are Raphael Cushnir, Alberto Villoldo, Joyce and Barry Vissell, Brant Secunda, Leonard Shlain, Juliana Dahl, and many more. The Message Company creates blocks of hotel rooms for you at a discounted price. All the rooms are on the Plaza.

MINDBODYSPIRIT MEDICINE PROFESSIONAL TRAINING PROGRAM

Jan 29 - Feb 4, 2006 - Berkeley, CA <http://www.cmbm.org>

The most comprehensive mind-body training program in the United States, using a unique, small-group model for healthcare professionals who want to integrate the best of MindBodySpirit medicine into their clinical practices including medicine, psychology, nursing, social work, or other healing profession, or into medical school education. Become a better healer, and find more meaning in your work through this experiential, science-based program. Continuing education credits and partial scholarships available.

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.

PUBS UofC

**Prairie
Universities
Biological
Symposium**

40th Anniversary Conference
BY students FOR students

University of Calgary
Feb 23-25, 2006
Registration \$22, Banquet \$20

Banquet at the Calgary Zoo
Guest speaker: Dr. Robert Barclay

SUBMIT YOUR ABSTRACTS NOW!
Deadline: Jan 10, 2006

Registration & information:
<http://homepages.ucalgary.ca/~pubs/>

classifieds

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

AMAZING U.S. SUCCESS STORY LAUNCHING IN CANADA

Lucrative part time income. We are creating marketing teams to represent major businesses offering Tier 1 brand name services and products. We are seeking motivated business-minded individuals. No Experience Required - Unlimited Training and Support. Contact Bonnie at 780-481-4945 - or email: darger@telusplanet.net

Need some extra \$\$\$\$?
Part Time Days, Nights, Weekends!!
♦ Inventory Takers/Supervisors
♦ No Experience Necessary
♦ Paid Training, Paid Travell!!
♦ Competitive Wages!!
♦ Reliable Vehicle required
♦ Advancement Opportunities!!
♦ Hiring Canada wide!!
Call Today!! 1-800-450-1784
or On-Line: www.rgisinv.com
RGIS Inventory Specialists
<i>Equal Opportunity Employer</i>

THE VOICE

1200, 10011 109th Street, Edmonton, AB T5J 3E4 -- Ph: 800.788.9041 ext. 2905 - Fax: 780.497.7003 attn: Voice Editor

Publisher Athabasca University Students' Union

Editor In Chief Tamra Ross Low

Reference/copy editor Jo-An Christiansen

News Contributors Lonita Fraser, Zil-E-Huma Lodhi

Regular Columnists: Janice Behrens, Wanda Waterman St. Louis, Debbie Jabbour, Karl Low,
Katie Patrick, Hazel Anaka, Bill Pollett, Barbara Godin

Contributors to listings columns: Zil-E-Huma Lodhi, Lonita Fraser

THE VOICE ONLINE: WWW.AUSU.ORG/VOICE

The Voice is published every Friday in html and pdf format

Contact *The Voice* at: **VOICE@AUSU.ORG**

To receive a weekly email announcing each issue, see the 'subscribe' link on *The Voice* front page. *The Voice* does not share its subscriber list
Special thanks to Athabasca University's *The Insider* for its contributions

© 2005 by The Voice