

THE VOICE MAGAZINE

Volume 16 Issue 28
July 18, 2008

Life Amongst the Bougainvillea

The end of a season

AU Profiles

Carol Poszgai

Health Matters

Skin cancer

Plus:

*From Where I Sit,
The Interviewer,*

AUSU This Month, and much more...



CONTENTS

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.

Features

Editorial	3
-----------------	---

Articles

AU Profiles: Carol Poszgai	4
Life Amongst the Bougainvillea	6
Careers: Occupational Hygienist	7
Health Matters: Skin Cancer	9

Columns

The Mindful Bard	10
The Interviewer	11
From Where I Sit	12
AUSU This Month	15

News and Events

Did You Know?: AU Library E-Books	5
Pages: New Fiction Release for Voice Editor	11
Click on This	14
International News Desk	17
Education News.....	18

From the Readers

Letters to the Editor	2
-----------------------------	---

**The Voice
Magazine**

www.voicemagazine.org

1213, 10011 109th
Street NW
Edmonton, AB
T5J 3S8

800.788.9041 ext. 2905

Email voice@ausu.org

Publisher
AU Students' Union

Editor-In-Chief
Tamra Ross

Managing Editor
Sandra Livingston

Regular Contributors

Hazel Anaka
Erik Ditz
Lonita Fraser
Christina M. Frey
Mandy Gardner
Barbara Godin
Wanda Waterman St.
Louis
Zil-E-Huma Lodhi

The Voice is published
every Friday in HTML
and PDF format

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

© 2008 by *The Voice*

LETTERS TO THE EDITOR

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



EDITORIAL

Sandra Livingston



A Game of Chance

Appearances can be deceiving, especially when it comes to age. It seems to be the one thing we'd all like to change, and sometimes take drastic steps to do so.

Whether we're changing our hair, our clothes, our faces, or even the way we act, there's no shortage of ways to turn back the clock (or push it ahead a few years, depending on whether you're 16 or 60).

Short of having proof of someone's biological age, the waters of how-old-do-you-think-I-am can be muddy, which makes it all the more ridiculous that a Rogers Centre employee was recently fired for getting it wrong—and that the company that fired him uses a serving-age guessing game to terminate staff.

Wayne McMahon, 61, was a Rogers Centre server, a popular fixture in the stadium's 100 level for nearly seven seasons, attracting customers with his signature "Ice, coooooold, beeeeeer" call.

As the [CBC](#) reports, McMahon was recently fired for serving beer to one of those customers. Not because the man was under the legal drinking age (he was 22, a full three years in the clear), but because McMahon didn't think the customer *appeared* to be under 30.

The 22-year-old was a mystery shopper (a person used to measure service) hired by Aramark, the American company that operates concessions at the Rogers Centre. Company policy requires any customer who appears to be under 30 to present identification to staff, and that's where McMahon went wrong.

But did the company go too far in firing an employee based on a highly subjective measurement—especially when that employee has already passed six previous secret-shopper tests? Yes.

First of all, how does the company set the standard for employee perceptions? Looked at by a teenager, a 25-year-old man can appear physically mature. Put that same man in front of someone in their forties or fifties, and you'll probably get a different opinion—by its very nature, nothing but a subjective guess about a stranger's appearance.

Second, context can play a large part in guessing someone's age. Does the company monitor its mystery shoppers' methods? Put that 22-year-old shopper in casual clothes, a ball cap, and have him act carefree and he may appear younger than he is. But if he tends to wear conservative clothes and be someone with a serious demeanour, he may easily pass for 30.

It's understandable that Aramark and other hospitality servers need to be vigilant about alcohol and minors. Besides their social obligation, fines are steep. Under the *Liquor Licence Act*, anyone convicted of supplying alcohol to a minor faces a fine of up to \$200,000 and a year in jail, while incorporated licensed establishments can be fined up to \$500,000 for the same offence.

And with so much at stake—for both employees and employer—it seems that decisions should be based on more than just guessing games.

AU Profiles:

AU Profiles: Carol Poszgai

Christina M. Frey

For working mom Carol Poszgai, obtaining a bachelor's degree is so important that she's made time to do so even while raising three toddlers.

Carol, now in her final semester of Athabasca University's Human Resources and Labour Relations post-diploma program, explains how her long-term goals are helping her combat the temptation to procrastinate.

Carol began studying with AU several years ago after earning her three-year diploma from Georgian College in Barrie, Ontario.

"I . . . wanted to have a more specialized degree," she says. In college, she had taken primarily business administration; although her interests lay more in the human resources area, there was no HR program available. "I started working after college, so I didn't have time to go back to school," Carol says.

That's where AU fit in.

"I loved the idea of studying on my own time," Carol explains. She also loved the fact that the post-diploma program took 66 of her diploma credits, leaving her with only eight or nine courses needed to complete her bachelor's degree. Since then, she's been working slowly and steadily on her remaining requirements.

Now graduation is just around the corner, and Carol will be starting her final two courses in August. Her plans include finishing by Christmas or January at the latest, but she's become so anxious to finish, she thinks she might sneak a look at the books before the course start date. "I can't wait!" she says.

Studying with AU has been a "good choice," Carol says, but it hasn't been easy. Being a mother to a three year old and one-year-old twins means that her studying time is limited.

When she began with AU, before the twins were born, "it was easy then," Carol says. Now, her main study time is limited to when the children are in bed. "I find that I either go to bed a bit later or I get up earlier," she notes.

Despite this challenge, she's forged ahead.

"Last year . . . I decided for sure to complete that degree rather than keep postponing it," she explains. The time was right: "I was home with the kids anyways," Carol says. "Busy or not, I just wanted to finish!"

"It may seem like a long road, never ending at times, but the key is to focus and keep going until you achieve what you want."

This drive to finish helps keep procrastination at bay. “If I waste more time then I will not finish on time,” Carol says. “I really want to get the degree!”

Her advice: students should keep their eyes on their long-term goals. “When you feel like there’s no way you can continue, just think of how much better you will feel when you have a degree!” she notes.

Although she says it’s been challenging, Carol feels her studying has been important for her own personal development.

“I had to do something for myself,” she says. Now, she’s anxious to get some work experience in the human resources field after studying it for so many years. While her bachelor’s degree can only help in her career plans, she also recently began a part-time job as an HR assistant.

Another reason she’s looking forward to finishing is the opportunity to spend more free time with her children.

“[My kids] have been very good, but I don’t think I have seen them much in the past year!” Carol says. “It’s time to . . . enjoy [them] . . . they grow up so fast.”

One thing she doesn’t miss is the traditional classroom environment; in fact, she prefers AU’s self-paced format.

“I prefer to be on my own to study,” she says. “I think I get more done, and I can go at my own pace; I don’t have to worry about getting behind schedule or catching up to others.”

The difference was obvious most recently when she took a local classroom-based French course. “I couldn’t concentrate as much . . . and it was long,” she says. “I [didn’t] like the set schedule.”

Working toward a degree may require some sacrifice, but Carol feels that the end result is worth the struggle.

“I don’t regret . . . studying with AU,” she says. “It may seem like a long road, never ending at times, but the key is to focus and keep going until you achieve what you want.”

DID YOU KNOW?



AU Library E-Books

Are you looking for one more reference to take that essay from a B to an A? Need to double check a quotation or page number, but you’ve already returned your books in the mail? Then AU library e-books just might help you find what you’re looking for.

Along with all the great resources available to AU students, the library also offers plenty of items as electronic books (e-books) online. From the AU library [homepage](#), you’ll find the e-books link on the left. Besides public e-book sites such as Bartleby.com and Project Gutenberg, you’ll also find links to a wide variety of online texts available with your AU library login.

From Roman mosaics to sensor technology to literary classics, there’s something for everyone.

LIFE AMONGST THE BOUGAINVILLEA

Greg Ryan



In Tegucigalpa, summer lies over the palm-shrouded streets like a blanket some torpid god has thrown carelessly upon the slovenly city.

The courtyard's metal gate crackles when opened. It's early in the a.m. The day's heat will build, until my nostrils fill with a metallic smell.

I hear the water vendor's groaning cart roll downhill toward the creek at the bottom of the ravine, where the mule will push his muzzle beneath the water's surface and drink.

The night watchmen sit outside the *tiendita* where they sip Coke and watch the gringos pass by in the morning light. I hear the church bells of Santa Maria call the faithful to Mass. A tiny, yellow taxi traverses the cobblestones and spews a cloud of noxious fumes that hang in the still air.

Over the mountains north of the city I see storm clouds rising. The rainy season is here. It's raining up there in the mountains where I don't live anymore. A silver aircraft passes overhead and banks north away from the black clouds piling up along the horizon. Foreigners heading stateside, I expect. A flock of multicoloured parrots land in the bougainvillea bushes beside the terrazzo porch and begin a cacophonous squawking.

On the cul-de-sac where I live, the *casas* are beginning to stir. Families are collectively shrugging out from under the lethargy of a comatose night's sleep. The water vendor cries "*agua, agua.*" On the next street over a *perro* barks, another answers, and the burro standing knee-deep in water brays his displeasure with the neighbourhood dogs.

Hondurans, Nicaraguans, and Miskito Indians haul their wares from door to door attempting to cadge coins from the indolent housewives who examine with practiced eyes the bananas, papayas, pineapples, and household goods for sale. The daily cycle begins anew and slowly but inexorably time slips through my fingers.

I myself am assaulted on my way home from the *grocereteria*. The streets are in deep shadow with darkness hovering over the rooftops. I hurry along trying to outrace nightfall. Two young men come leaping from the shadows, knock me over, grab my hat, and leave me prone amongst a scattering of broken bottles and spilt milk. Other than my cap and pride, nothing else is taken. I sit on the curb a few moments gathering my thoughts before continuing toward home.

Then, a week later, a *Federale*, my Blue Jays baseball cap in hand, appears at my door. My name and address are scribbled on a shred of notepaper hidden in the hatband. Those who attacked me were captured conducting a minor crime spree and when the cap was examined the hidden note came to light. I'm bewildered that an official would go to the effort to return a well-worn cap, but he's curious.

"You have visas to live here?" asks the *sargento*, playing with the holstered pistol hanging by his side.

Ah, think I, reaching for my wallet: the dreaded *mordida*.

Suddenly, the *lempira* isn't worth much anymore. How to survive on funds drawn in local currency? I see defeat in every co-workers' face. Inflation decimates savings. Property values plummet. But the cyclical nature of this country is what it's all about. As do the rains, everything has its season. To be paranoid is to be in country; it is to go native. This is the beginning of the end.

A sad fact: as a foreigner I see things coming that I know I'll never adjust to. I have a different perspective. There are problems that I worry like hell about. I make provisions, take precautions, and tell myself I'll change and adapt.

Only I can't. It's too late. I know my time is past and that what I fear has already taken place. Suddenly my life amongst the bougainvillea is over; I miss it.

CAREERS

Behdin Nowrouzi



Consider a Career as an Occupational Hygienist

What is occupational hygiene?

Occupational Hygiene, or Industrial Hygiene, according to the International Occupational Hygiene Association, is the "discipline of anticipating, recognising, evaluating, and controlling health hazards in the working environment with the objective of protecting worker health and well-being and safeguarding the community at large."

Occupational hygienists are involved in the assessment and minimization of chemical, biological, or physical hazards in the working environment. In Canada, the Canadian Registration Board of Occupational Hygienists is a national non-profit organization used to prescribe standards of practice.

Education and training

An undergraduate degree in any scientific discipline is the minimum acceptable standard to be employed as an occupational hygienist. However, due to the technical expertise required for the position, a master's degree specializing in Occupational and Environmental Health is an asset.

There are currently three occupational hygiene postgraduate programs in Canada. They are at the University of British Columbia, the University of Toronto, and McGill University.

Difference between occupational hygiene and industrial hygiene

There is a great deal of confusion surrounding the differences between occupational hygiene and industrial hygiene. In the United States, the term industrial hygiene is used almost exclusively, whereas occupational hygiene is mostly used in the U.K. In Canada, these terms are used interchangeably.

Typical positions of occupational hygienists

Given the broad description of the position, there are many duties and tasks that might be required for an occupational hygienist.

According to the [Canadian Council of Occupational Hygiene](#) (CCOH), the typical roles of an occupational hygienist include:

- Investigating and examining the workplace for hazards and potential dangers
- Making recommendations on improving the safety of workers and the surrounding community
- Conducting scientific research to provide data on possible harmful conditions in the workplace
- Developing techniques to anticipate and control potentially dangerous situations in the workplace and the community
- Training and educating the community about job-related risks
- Advising government officials and participating in the development of regulations to ensure the health and safety of workers and their families
- Ensuring that workers are properly following health and safety procedures

Job prospects and salary

Graduates of the Professional Graduate Programs are at a greater advantage in procuring employment. The majority, approximately 40 per cent, work in the industrial sector, such as manufacturing, aerospace, steel and mining, and petrochemical industries.

Many also work in the public sector for provincial and federal governments, universities, hospitals, and public utilities. After many years of experience, an occupational hygienist may choose to join a consulting firm. A small minority pursue further degrees, going into a career in research and academia.

The salary for recent graduates can vary depending on the industry in which they choose to work. However, newly hired occupational hygienists generally earn between \$30 and \$35 an hour.

Professional credentials

Those occupational hygienists who meet the minimum amount of work experience and pass the required examinations are authorized to use the designation Certified Industrial Hygienist (CIH). In Canada, the equivalent is the Registered Occupational Hygienist or ROH.

For more information on occupational hygiene as a career, visit the [American Board of Industrial Hygiene](#) or the [Canadian Registration Board of Occupational Hygienists](#).

HEALTH MATTERS

Barbara Godin



Skin Cancer

Summer is finally here and we all want to get out and enjoy the sunshine. However, as we are undoubtedly aware, the sun poses serious risks to our health, and skin cancer has been on the increase in Canada for the last 30 years.

According to Health Canada, in 2005 there were approximately 78,000 new cases of basal and squamous cell carcinomas, as well as 4,400 new diagnoses of malignant melanomas. In Canada, two people die every day of skin cancer.

Basal cell and squamous cell cancer are the most frequently diagnosed skin cancers in Canada. These types of cancer occur most frequently on the face, neck, or hands. They are slow growing and rarely spread to other organs and, fortunately, are easily removed by surgery.

Malignant melanomas, however, tend to occur earlier in life and progress rapidly. Unlike basal cell and squamous cell cancer, malignant melanomas can occur on any part of the skin, not just areas that are exposed to the sun.

Sun exposure is the main environmental cause of skin cancer, as most skin cancers are the result of exposure to ultraviolet rays from the sun and tanning lamps. Ultraviolet rays cause damage to the cells, which can weaken the immune system and lead to skin cancer.

Skin cancer tends to occur more often in fair-skinned individuals and on sun-damaged skin. Fair-skinned individuals with red or blond hair who burn easily are at increased risk of developing skin cancer, and infants and children are also at risk as their skin is more sensitive.

"When you are sunburned," says Dr. Niels Krejci, an assistant professor of dermatology at the Boston University School of Medicine, "the genetic material in the skin cells is mutated and the cancerous cells can arise."

There are several ways to minimize your risk of developing skin cancer. When participating in outdoor activities look for shady areas, wear wide-brimmed hats and sunglasses, and use sunscreen with a sun protection factor (SPF) of at least 15. Sunscreen should be applied liberally about 30 minutes before going into the sun, and reapplied after swimming or excessive sweating.

Another good preventive measure is to avoid the sun between 11 a.m. and 4 p.m., the hours when it's most intense. As well, some medications can make your skin more sensitive to UV rays, so check with your pharmacist.

Most skin cancers can be cured if detected early. Therefore, it's important to check your skin regularly for any changes in moles, dark patches, bleeding, or crusting.

For more information on skin cancer, visit the Health Canada [website](#) or the [Skin Cancer Guide](#).



Books, Music, and Film to Wake Up Your Muse and Help You Change the World

DVD: *An Inconvenient Truth*

Released: 2006

Directed by David Guggenheim

"When through the deep waters I call thee to go,

The rivers of woe shall not thee overflow;

For I will be with thee, thy troubles to bless,

And sanctify to thee thy deepest distress."

Traditional American hymn

In Cormac McCarthy's post-apocalyptic novel *The Road* a man, leading his young son across a devastated America in search of food and human survivors, finds old newspapers warning of the brewing environmental catastrophe.

He feels a helpless rage toward the leaders (now dead) who had done nothing despite the warnings, as well as toward those who had so scrappily denied the impending doom.

A few years back I was riding a bus through Massachusetts on the way to visit my brother in New Hampshire. As usual I was sitting up front so I could talk to the bus driver, a habit I've kept up since discovering that bus drivers are treasuries of beguiling anecdotes as well as being fairly accurate barometers of public sentiment.

By then global warming was becoming hard to refute, so I pointed out to this bus driver, whose name was Tony, why it was so important for people to use public transport as opposed to driving cars everywhere.

"Yeah," Tony mused. "But here in the United States our economy is so dependent on car sales. It ain't gonna change," revealing one of the many lines of reasoning that has withheld from global warming the vigorous concerted action it has long required.

With several still and moving pictures of our planet Al Gore sets us up to appreciate the numinous quality of the home we've been so shamefully taking for granted. He also underlines an important point: *This is us*, at once enemy and potential victim.



Al Gore's life is a beautiful illustration of how activism can be inspired and informed by experiences of loss. Losing a sister and almost losing a son worked together to create a sense of the preciousness of each human life.

Narrowly (and perhaps not legitimately) losing the presidency also helped Gore to marshal the fighting spirit required of those who would make the world a safe and joyful place for living creatures.

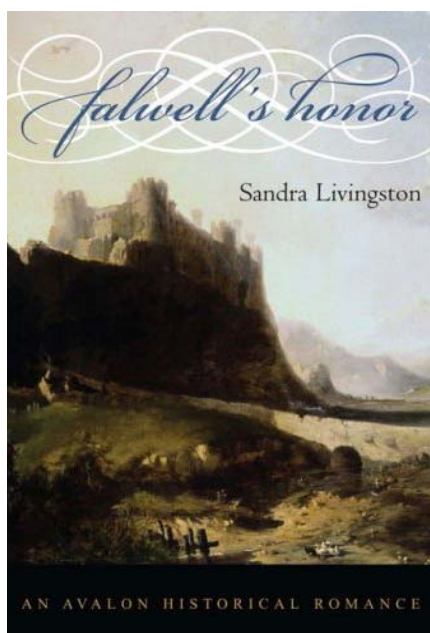
Gore's life is a kind of microcosm of 21st-century activism; deception by governments, covert manipulations by big business, senseless deaths, shattering disappointments, and violent terrorist attacks should never have happened in the first place, and yet they have blessedly resulted in a pool of troopers determined to sacrifice lesser goods to The Good.

The untimely death of a loved one especially can be a turning point in how you see reality and your place in it. It can motivate you to take on any comers in the fight for global well-being. As the hymn quoted above suggests, your deepest pain can enrich, hallow, and enable you in a way that little else can.

An Inconvenient Truth lives up to seven of *The Mindful Bard's* criteria for films well worth watching: 1) it confronts, rebukes, and mocks existing injustices; 2) it renews my enthusiasm for positive social action; 3) it gives me tools enabling me to respond with compassion and effectiveness to the suffering around me; 4) it displays an engagement with and compassionate response to suffering; 5) it inspires an awareness of the sanctity of creation; 6) it stimulates my mind; and 7) it poses and admirably responds to questions which have a direct bearing on my view of existence.

The Bard could use some help scouting out new material. If you discover any books, compact disks, or movies which came out in the last twelve months and which you think fit the Bard's criteria, please drop a line to bard@voicemagazine.org. For a list of criteria, go [here](#). If I agree with your recommendation, I'll thank you online.

PAGES



New Fiction Release for *Voice* Editor

Along with her duties as Managing Editor with *The Voice*, Sandra Livingston writes in a variety of genres—suspense, literary fiction, and young adult.

Recently, one of her novels was acquired by [Avalon Books](#), New York, and published in April.

Falwell's Honor is a historical romance set in the turbulent days of Tudor England as the young Elizabeth ascends the throne; the adventure takes a French heiress and the son of an English earl on a chase from the wilds of Essex to the streets of Paris as they uncover a conspiracy to overthrow the new queen.

Sandra's next book is scheduled for completion in September, and we'll keep you posted on more publishing news!

The Interviewer

It is the ninth decade of the twentieth century...

written and illustrated by Wanda Waterman St. Louis

Caramel Baby: Radio Head



Working as station manager at CKDU has left Reuben musically jaded but has intensified his search for Ur Songs...



...those weirdly beautiful tracks that propel him from one album, one musical form, to another, making him say, yeah, like that but more, until finally reaching a climax of audio pleasure that grants him a short but ecstatic reprieve from the horrors.



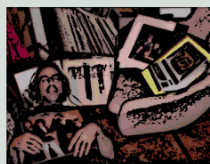
He's recently discovered northern Mississippi modal blues, hearing in it everything desirable about the standard Chicago twelve and sixteen bar blues...



...which could be heard in Halifax on any downtown street corner on a Saturday night...



...but finding in it another element besides, his own sweet sexual avatar, a revelation of the shadowy beauty of his own libido.



Today he'd heard a snippet of something that had once again made him say,

'I'm taking that baby home with me tonight.'



He meets Dale on the way home and almost shows him the album, then thinks better of it.



Rural blues music makes Dale uneasy.



Dale likes Motown and soul, which Reuben intends to explore soon.

Reuben brings the album into his room and puts it on the turntable first thing.



IT'S A SIXTIES FIELD RECORDING OF SHARECROPPER R.L. BURNSIDE...



...PLAYING HIS GUITAR AT HOME WITH KIDS BANGING ON POTS AND WHISTLING AND SASSING.

THIS IS IT, EVERY BREATH TAKING TRACK AN UR SONG, THE SUM AND PERFECTION OF ALL HE'S EVER HEARD.



NOW HE CAN DIE. BUT FIRST TO WATCH THE NEWS.

next: On the Radar



*From
Where
I Sit*
Hazel Anaka

Walk, Run, Crawl

About 25 years ago I took the emergency medical technician-ambulance course via distance learning through SAIT. Studies included anatomy, with a 1983 textbook called *Structure and Function of the Human Body*. Today it looks decidedly dated; low-tech and textbooky.

My 2002 *Atlas of Anatomy*, on the other hand, is richly illustrated and meticulously labelled. Want to know what a supraspinatus muscle looks like? Check page 64. How about a look at the anterior cruciate ligament of the knee, on page 72?

And my 2007 copy of *The Human Body Book* and DVD is full-color, high-tech. The DVD supplements the book with stills, video, and the ability to enlarge images—a fun way to learn.

Luckily, the human body hasn't really changed since the first edition of *Gray's Anatomy* was printed in 1858. My copy is the 1995 version and has the heft and look of an ancient medical textbook with all the indecipherable polysyllabic words you'd expect.

I've also got *Anatomy for the Artist* (an artists' reference), which includes 142 full-page plates drawn by Jeno Barcsay.

But none—*none*—of this compares with the Body Worlds exhibit we visited today at the TELUS World of Science. Edmonton (and us by extension) is so lucky to be able to host this world-class exhibition of real human bodies.

I bought the tickets online months ago when I first heard about it. Even Roy, who is admittedly squeamish, was not repulsed by any of the exhibits. The show is tasteful, clearly and simply labelled, and a life-altering experience as far as I'm concerned. There's a beauty to how the specimens are mounted, lit, and displayed. The fabric banners with quotes about bodies and anatomy from philosophers, artists, and scientists add another dimension to the experience.

The atmosphere, at least when we were there, was mostly reverential. People move slowly, deliberately, whisper to each other, point discreetly. I was offended and annoyed when a bratty toddler broke the silence over and over again with "Look, Daddy." Daddy must have been deaf or just plain stupid for not shutting her up or leaving her at home. This is not the place for little kids or pubescent boys who for the most part are lacking the social graces to observe without smirking, poking each other, and missing the whole point.

We spent nearly two hours there and I could've stayed longer. I have suffered long and hard with sciatica and now have a visual of that huge, pesky nerve that originates at the base of the spine and travels down the back of the leg. It's about the thickness of a piece of twine.

I was shocked at how small the bodies appeared. Granted, some of us have more padding than others.

I also didn't know kidneys were so small and a liver so large. I handled a real lung and am awed by the tiny bronchioles that make my every breath possible. Smokers have to be shocked by the tar-blackened lungs on display.

The vascular system is mind-boggling. Having undergone shoulder surgery I was intrigued by both the muscular and skeletal makeup of that area.

Inexplicably, I cried in the room devoted to the pregnant female with fetus. To see the development from not much more than two cells to a full-term baby is nothing short of miraculous.

Display after display reminded me of someone: the hernia, the ovarian cancer, the emphysema, the enlarged prostate, the cirrhosis of the liver, the plaque in arteries, the cross-section of an obese person, the smoker's lungs.

I didn't leave empty-handed. I now have the Body Worlds book and DVD for my library. Maybe I'll use it as a reference or simply a reminder of the gift and miracle of my life. Walk, run, or crawl to the exhibit, running until October. You'll never be the same again, from where I sit.

CLICK ON THIS – Thissenthat

Lonita Fraser

The variety of paths and left fields and tangents that the human mind can take is a never-ending source of amazement and joy to me. Whenever life seems to be getting a little bland, a trip through the wild works of the web is a perk.

Musical Furnishings

You know all those times your mom read you the riot act for drumming on the dinner table? Wouldn't this just drive her 'round the twist? Why yes, that is my mean streak showing. I say that with a smile.

5 Different Types of Gardening

If gardening didn't seem so much like work, some of this stuff would be very cool to try.

Top 75 Most Memorable Movie Quotes of All Time

Interesting list, except that number 5 is a myth. That line's never used in the film.

Swedish Furniture Name Generator

Apparently, I'm a chair.

Katrin Sonnleitner

Amongst other neat little projects, Katrin shares the know-how on making a Persian-style rug out of jigsaw-shaped pieces. Secretly, as a child, I wanted a jig saw so I could make my own puzzles out of wood. Now I want a 10 thousand dollar pipe bender.

Arborism

Trees? Not just so! They are branch patterns based on fractals. So cool. It appeals much to my geeky side.

AUSU This Month



Merchandise Still for Sale

We still have some locks and memory keys available for sale. Both of these were designed with ease of mailing in mind, which means they're small enough to be easily stored pretty much anywhere. The wristband USB key is a unique way to carry around your assignments, online materials, and even emails while you're on the go. With a 1 gigabyte capacity, it can even handle a good chunk of your music collection, and the design means you no longer have to worry about losing it. *The Voice* memory key has less capacity (512 MB) but the dark, flip-top design is classy enough to accompany you anywhere.

AUSU Lock Loan Program

Still running, and still popular, the lock loan program can allow you to rest easy knowing your valuables are safe if you're taking an exam at the Calgary or Edmonton campus. The locks can be set to any combination, and are loaned to people without any deposit, but we ask that you please remember to reset them to 0-0-0 before returning them so that we can continue this program.

Employment Site is here!

Many of you will already have seen the link to our new employment site on the front page, and while there are not a lot of employers in evidence yet, it's a great opportunity to get your resume, skills, and talents in there. The Personnel Department is busily working on finding employers who could use your unique abilities as a distance education student. Be sure yours are available to get the early opportunities!



Appointments

AUSU VP External, Barb Rielly, has stepped down from her position as chair of the AUSU Awards Committee, and new Councillor Bethany Porter has taken on the role. Council wishes Bethany good luck in this position, which can involve making some hard decisions.

Increasing AUSU's representation within AU, VP Finance and Administration, Sarah Kertcher, has been appointed to AU's integrated learning centre steering committee. This committee will examine the possibility of integrating all AU sites in the Edmonton Area into one building. Sarah will ensure that the committee keeps concerns of our members with respect to ease of access and exam conditions as well as AUSU's own special needs for storage and physical office space well in mind.

The MyAU steering committee sees two new AUSU representatives, President Karl Low, and VP External Barb Rielly, joining to provide their input on how MyAU could be better structured to meet your needs. If there's something that's been bugging you about the MyAU system, now is a great time to call or email our office and let them know. We'll be sure to bring your concerns forward.

SmartDraw Program Continues

If you haven't yet, you might want to download a copy of SmartDraw. AUSU has purchased a licence agreement to supply the award-winning SmartDraw software to all AUSU members (current undergraduate students). To access this deal and find out more, visit the front page of our website.

SmartDraw allows you to create a wide range of graphics for your assignments and submit them electronically in a Word file. You can also place your graphics in Excel or PowerPoint files, or export them as TIF, GIF, or JPEG files to make a web graphic or even a logo. Just a few of the graphics you can make include Venn diagrams, genetics charts, graphs, organizational and flow charts, and Gantt charts.

For any course that requires charts that cannot be easily created in Word or Excel, this should be a real time saver and make it easier to submit all portions of an assignment by email. Remember, though, that you should always check with your tutor to find out if there is a specific format he or she prefers. Your tutor does not have to have SmartDraw to view these graphics, however.

Installations under this program are good for one year. The package includes both the Standard and Health Care editions of SmartDraw.

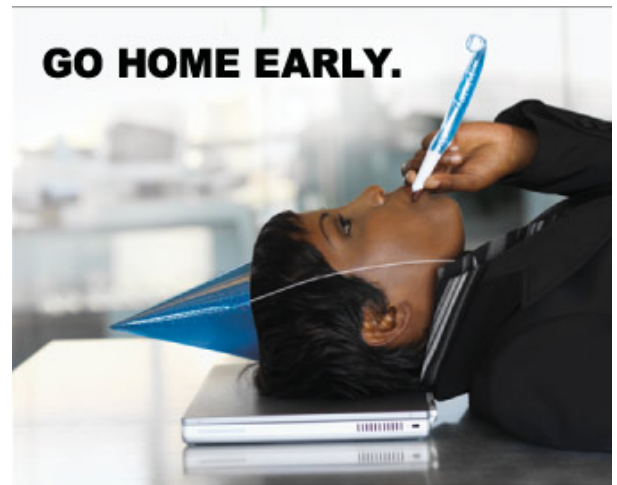
AUSU Handbook/Planner 2008 has a few copies left!

We still have a number of copies of the 2008 AUSU planner available. We're getting closer to the end of the year, however, so our supplies are steadily decreasing. We've added a few enhancements this year, including cheat sheets for common citation styles, a clip-in page-marker ruler, and a funky fridge magnet to remind you to get your weekly dose of *The Voice*.

As always, we're excited to know what you think of the planner, and especially want to hear of any improvements you think could be made.

Chat with a Councillor

Have a beef? Want to know where your \$8 per course goes or who's trying to make it work for you? Check out the AUSU chat times on our front page. Every Councillor has agreed to spend an hour each week making themselves available to you for your questions, concerns, or just to shoot the breeze while you take a break from your studying. It's not only a great way for you to learn more about what AUSU can do for you, but for us to learn what you want from AUSU. We hope to see you there!



Create professional-looking flowcharts, timelines, graphs, and more, in minutes, all by yourself. Then go spend some quality time with your family.

Free for AUSU members. Visit www.ausu.org



SmartDraw

INTERNATIONAL NEWS DESK



At Home: Canada ranks tops for cancer survival rates

In spite of the increasingly dismal stories about the state of Canadian health care, it seems this country is still one of the best places to be when it comes to surviving certain types of cancer.

A recent international study, the CONCORD study, compared survival rates in 31 countries for four cancers: prostate cancer, breast cancer in women, and colorectal cancer in both men and women.

As the [CBC](#) reports, Canada consistently ranked among the top countries when it came to estimated five-year survival rates for those cancers.

The news is especially heartening because the study found large variations between countries, and “even within some nations’ borders.”

In the overall rankings of patient survival rates, the study places Canada second for breast cancer, third for prostate and for colorectal cancer in women, and sixth for colorectal cancer in men. The study will be published online as well as in the August edition of the *Lancet Oncology*.

The study’s principal author, Dr. Michel Coleman, is a professor of epidemiology and vital statistics at the London School of Hygiene and Tropical Medicine.

“Canada is an interesting example,” he told reporters. “What we think is quite striking is that for all of these cancers, the survival in Canada is high and pretty uniform. There isn’t much difference between the Canadian provinces.”

The Canadian data represented 58 per cent of the country’s population, and was pulled from cancer registries in Nova Scotia, Ontario, Saskatchewan, Manitoba, and British Columbia.

Dr. Coleman noted that Canadian cancer survival rates are not only similar nationwide, but are also “pretty high on a global scale.”

Data from Australia, which has a universal health care system comparable to Canada’s, yielded similar results.

Overall, the best breast and prostate cancer survival rates were recorded by the United States, while Japan held top spot for colorectal cancer survival in men, and France for colorectal cancer in women.

An interesting comparison to Canada’s figures is those of the United States. While the States had the best, or among the best, overall survival rates, there were wider variations nation-wide, with some American patients faring much better than others.

Dr. John McLaughlin, vice-president of population studies and surveillance for Cancer Care Ontario, called the study's findings "extremely useful," noting that "Knowing where we do measure . . . is the beginning of us being able to improve on it for every program related to cancer."

In Foreign News: Militant actions curb polio vaccine program

In many cases, the physical effects of armed conflicts are obvious. But news this week that militant actions may be causing a rise in polio is a reminder that those effects spread far wider than bombings and gunfire.

As the *Turkish Daily News* [reports](#), an eight-month-old Pakistani girl has recently tested positive for polio, likely due to the effects of militant activity on vaccination programs.

Anti-polio vaccination teams working in the area where the girl lives, Pakistan's Swat Valley, have been subjected to beatings and intimidation by militants.

Prior to the diagnosis of the baby girl, the last known case of polio in the area was reported in 2003.

Khalid Nawaz, with the World Health Organization, told reporters that the vaccination program in approximately half the Swat Valley has been disrupted since September 2007, when fighting began between militants and government security forces. Threats to health workers have been one of the results of that conflict.

A tenuous peace deal has now been brokered between the government and militants, and health authorities are hoping to resume vaccinations in the area.

EDUCATION NEWS

Scott Fenwick

Study reveals university graduates are more susceptible to depression

A graduate's transition into major life roles can lead to feelings of anger and anxiety

EDMONTON (CUP) - While many recent graduates may think that the stresses of university life are behind them, according to University of Alberta researchers, stormier times may lie ahead.

A study published in May found that recent graduates' likelihood of experiencing anger and



depression increase in the years immediately following graduation.

According to the research, the timing of a major transition in life, such as moving away from home or becoming a parent, is linked to increased stress.

"For the person leaving home too soon, it may just be too many challenges all at once for the individual to cope with," said Nancy Galambos, a psychology professor at the University who led the study.

Galambos says the severity of depression and anger depends on what a person can rely on to help cope with the stress of transition.

That means there's no magic age for a smooth transition. For instance, the better a person is at talking with and getting help from friends and family, the better they will be at dealing with their troubles.

"Some people have none of that kind of support, and they probably do worse-off on average," Galambos said, adding that support can be as practical as lending money or helping find a place to live.

"If the young person has . . . social support, financial support, [or] a good place to live when they move out, then that transition will be less stressful," she said.

Susan Duxzynski, who graduated from the U of A in 2005, can relate. Her biggest cause of stress after graduating with her second degree was the long search for a job in her field. She looked to her friends and family for a shoulder to cry on.

"You're focused on such a small goal range that . . . people get tired of hearing you gripe," she said.

"They try to be supportive and give you options, but really, you don't want to hear options. You want to have a non-verbal sounding board that absorbs all of your negative energy."

In fact, telling a distressed person what to do can make the situation worse.

According to Dr. Steve Knish, a counsellor at the U of A's Health Centre, just listening to people can help them deal with stress.

"Typically, when we're overwhelmed, our focus gets very narrow, and we don't see things that are happening," he said. "[When listening], we like to get into coming up with ideas too soon on what to do. This can turn someone off or shut someone down."

Yet despite the possible drawbacks, when it comes to managing stress, both Galambos and Knish still recommend that people rely on their friends and family to help them get through difficult situations.

"I think the first thing that's really important is that people connect with their support networks, that they don't isolate themselves or try to handle it themselves, and that they look to see who their resources are," said Knish.

Galambos added that while depression and anger in study participants dropped significantly in the seven years after graduation, good mental health depends on the ability to handle stress.

"It's up to the individual whether and when they should cross certain transitions, and that is going to depend on the individual and the kind of support he or she has."

CLASSIFIEDS

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

THE VOICE

1213, 10011 109th Street NW, Edmonton, AB T5J 3S8 -- Ph: 800.788.9041 ext. 2905 - Fax: 780.497.7003 attn: Voice Editor

Publisher Athabasca University Students' Union
Editor-In-Chief Tamra Ross
Managing Editor Sandra Livingston

Regular Columnists Hazel Anaka, Erik Ditz, Lonita Fraser, Christina M. Frey, Mandy Gardner, Barbara Godin, Wanda Waterman St. Louis

Contributors to Listings Zil-E-Huma Lodhi, Lonita Fraser

www.voicemagazine.org

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