

Knock, Knock Opening life's doors

A Pain in the . .

Dealing with low back pain

Pet Peeve Fido's farewell

Plus: The Mindful Bard, The Interviewer, AUSU This Month, and much more...



July 25, 2008

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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.



Sandra Livingston





Pet Peeve

Along with the many pleasures that pet ownership brings, life with Fido or Fluffy can be messy. Besides all the training, grooming, hairballs, and muddy paws, there's another dilemma—what to do when a beloved pet is at death's door and needs to be euthanized.

It's a situation that Pet Heaven Funeral Services has been helping distraught pet owners deal with—and that has resulted in charges against the company by Ontario's College of Veterinarians.

Shelley and Eric Blechman, who own Pet Heaven, "collect pet remains from homes, accident scenes and veterinary clinics in the GTA, and facilitate burials or cremations."

No problem there. But they ran afoul of provisions in the Veterinarians

Act by offering another service: recommending vets who make house calls when sick or injured animals need to be put down.

With only six mobile veterinarians in Toronto, and few office-based vets who make house calls, the Blechmans say they are often contacted by distraught pet owners looking for a vet to come to their homes and euthanize dying animals in the comfort of familiar surroundings.

But as an investigator with the College told <u>reporters</u>, that's equivalent to the "corporate practice" of veterinary medicine, something the Blechmans aren't licensed to do.

In spirit at least, both parties are right.

The provisions in the Veterinarians Act prevent pet owners from being manipulated by unscrupulous third parties. In the past, some breeders and pet stores insisted the sale or warranty of a pet be tied to using a specific vet's services—basically, a kickback scheme. By preventing vets from being involved in these types of steering arrangements, the Act is protecting consumers and animals.

Yet Pet Heaven fills a very practical—and compassionate—need. Fluffy or Fido is in pain, badly injured or at the end of a long illness and in their final days or hours. Loading them into a cat carrier (or the back seat of the car) and under the bright lights of a vet's office will cause even more agony. Why not contact a service that can quickly supply a list of licensed vets who will come to your home and euthanize your pet—saving you and your animal even more physical and emotional stress?

While both parties seem well intentioned, it's a compromise that's needed, not a court case, to mend the very real flaws in their approaches. If Ontario's College of Veterinarians prevails, pet owners may be left hunting through the Yellow Pages, wasting hours arranging a house call while an animal lingers in pain.

And if the Blechmans win, it isn't hard to see how others could use the ruling to prey on pet owners, pushing the services of less-than-reputable vets when people may be distraught and not thinking clearly.

Either way, spending time facing off in court isn't going to help those whose interests are really at stake the animals.

HEALTH MATTERS

Behdin Nowrouzi



Low Back Pain

What is Low Back Pain?

Low back pain (LBP) is a common disorder leading to lower back distress. Depending on its clinical manifestations, it can be acute (transient) or chronic (persistent).

Generally, acute LBP lasts less than three months. Conversely, chronic LBP lasts longer than three months and is often progressive.

LBP is widespread, and is the second most common neurological condition in the United States.

The pain may be localized to one area, such as the centre of the back or to one side, or run down along the leg. Symptoms may include pain in the back, buttocks or legs, soreness, stiffness, muscle spasms, and limited mobility that results in decreased functioning.

LBP is the most common and expensive musculoskeletal disorder in industrialized countries. Back pain has taken on the proportions of a veritable epidemic, counting now among the five most frequent reasons for visits to physicians' offices in North America.

LBP is a frequently occurring health problem with substantial economic impact due to work-related absenteeism and long-term disability. In contrast to the financial and health burdens of LBP, there are only a few reports of effective preventive interventions. Occupational physicians play an important role in return to work management of patients. However, the management of LBP by these specialists has hardly been examined.

Moreover, a review of employment outcomes of interventions for LBP concluded that clinical interventions are not effective in decreasing time to return to work. Approximately four out of five Canadian adults will experience at least one episode of back pain. LBP is most common in adults between 30 and 50 years of age.

Anatomy of the back

The back is a complex structure of muscle, bone, and other tissues that provides trunk and neck stability. The musculature of the back is extensive and incorporates a large area of the body from the pelvis to the top of the neck. The back is made up of 33 bones and five sections: the cervical spine, thoracic spine, lumbar spine, sacral region, and the coccyx.

Risk factors

Common risk factors associated with LBP include lack of exercise, heavy manual physical work, accidents (e.g., occupational injuries), vibration, smoking, and a family history of LBP.

For instance, it is thought that being overweight places greater pressure and strain on the back and may lead to LBP. Ageing contributes to decreased muscle elasticity and bone strength. Furthermore, the

vertebral discs that sit between the vertebrae of the spinal column lose their flexibility and fluid, diminishing their ability to cushion the vertebrae. Women and men are equally affected by LBP.

Conditions linked to LBP

Sciatica is an ailment that affects the sciatic nerve, a large nerve that runs from the pelvis down the leg. Among other causes, sciatica may be the result of a herniated disc pushing on the sciatic nerve. This pushing causes shock-like or burning low back pain combined with pain through the leg and hip.

A ruptured or herniated disc occurs when the intervertebral discs are damaged by injury, disease, or normal wear and ageing. As these discs wear down, the cartilage can be pushed out into the region of the spinal cord or nerve and cause pain. Research indicates that ruptured discs occur most often in the lower portion of the lumbar region or in the neck.

Other conditions resulting in LBP include spondylitis, osteoporosis, spinal degeneration, fibromyalgia, skeletal irregularities, and spinal stenosis.

Treatment

Treatment is targeted at muscle strengthening, alleviating symptoms, and minimizing pain. Treatments for acute LBP are not meant to cure the problem but rather control the pain and help an individual return to their daily functioning.

In many instances, using non-prescription pain relievers like ibuprofen (e.g., Advil) or acetaminophen (e.g., Tylenol) for a few weeks is the safest and most effective way to help manage and control acute low back pain. Muscle relaxant medication may also be helpful but like all medications they have side effects (e.g., dizziness or sleepiness).

Other approaches to treating LBP include following exercises as prescribed by a health care professional, acupuncture, massage, chiropractic treatment, surgery, biofeedback, or cognitive behavioural therapy.

For more information on LBP, visit the National Institute of Neurological Disorders website.

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,

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



From

T Sit

Where

Hazel Anaka

Knock, Knock

Lately I've been thinking about doors. From a real estate or design perspective clean, eye-catching doors make a great first impression and say come on in.

From a retail or business perspective they must be welcoming despite the height chart or security setup attached to them. From an accessibility perspective they must be wide enough to accommodate a wheelchair, have the automatic opener, and either be at ground level or reachable by ramp.

From a travel perspective, in older civilizations doors can be objects of art with centuries of stories to tell.

Doors are functional. Doors can have peepholes or seasonal decorations. They can be handcrafted or mass-produced. They can keep me in and you out. Or vice versa. But as much as all this is fascinating, it's not what I want to talk about.

I want to talk about the concept of doors opening. Or slamming shut. I want to talk about the art of spotting a door opening or being motivated enough to force it open.

Lately, for me and people around me, doors have been opening. And frankly, my lovelies, it takes courage to step through an open door, to say yes to an opportunity, to take on new challenges, to leave fear and doubt behind.

It takes something more—chutzpah, determination, balls—". . . to believe in yourself when you've got something, and just keep pounding on the door, because if you pound long enough, somebody is going to open it" (Cynthia Weil).

How about keeping it open though?

"If there is a chance in a million that you can do something, anything to keep what you want from ending, do it. Pry the door open or, if need be, wedge your foot in that door and keep it open" (Pauline Kael).

How many of us lose people, things, or chances by not safeguarding what we've got?

Speaking of missed chances, Alexander Graham Bell said, "Sometimes we stare so long at a door that is closing that we see too late the one that is open." We're so distraught because of what we're losing that we miss the red carpet, welcome mat, flashing lights, and wonderful treasure awaiting if only we dare step forward.

Who are we to believe when we're not sure if we should pursue an opportunity or simply let it pass? Coco Chanel, who said "Don't spend time beating on a wall hoping to transform it into a door"?

Or Emerson, who said "every wall is a door"?

I'm now working as an employment counsellor, helping people get into the workforce through either job placement or workplace training. This position was an open door for me. Luckily I crossed the threshold. Many of our clients are people who, for a variety of reasons, aren't able to see or open their own doors. That's where we come in with hands-on help.

Gail Sheehy described that feeling of mastery: "... what a profoundly satisfying feeling when one finally gets on top of a new set of skills ... and then sees the light under the new door those skills can open, even as another door is closing."

All of this is much like working a combination lock. Only when everything is properly aligned does the door swing open.

Here are the numbers: Working every day of our lives to grow as individuals and build our skill sets is first. Noticing and creating and then seizing an opportunity is next. Last but not least is safeguarding what we have while being open to new possibilities.

Sometimes, the biggest challenge is deciding between the prize behind door number one, two, or three, from where I sit.

CLICK OF THE WRIST – Wasting Away

Computers and all those other electronic gizmos are supposed to increase efficiency, helping us get more done while making our days go smoothly. As this week's column proves, the Internet can certainly make spending a day at the office more enjoyable—although maybe not so efficient. Here are some wonderful time wasters to while away those hours in the cubicle.

Falling Sand Game

The possibilities of this mesmerizing little game are endless! Build cities, make random patterns—anything you like with a click of the mouse and your imagination. Just make sure you scroll all the way down to find other neat tools like water, fire, and spouts.

Stuff on My Cat

The purpose is to put stuff on your cat, take a picture, and send it in. Apparently, there are many, many people with that much time on their hands—categories include food on my cat, gadgets on my cat, clothes on my cat, and there's even a sister site: Stuff on My Dog.

Magnetic Letters

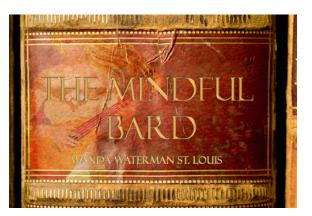
You know those little magnetic letters you can stick on your fridge? Well, how about trying to spell something while other people are playing with them at the same time? You can sit and watch messages from other users or grab some letters and try it yourself!

Draw a House

Not only can you draw a house, you can even put it on a street—then name it and get friends to build their own houses on your street!

String Spinner

There's a more complicated version of this game, but this one's a great place to start. Draw a few simple lines, then click on the Spin Your Strings button below and watch incredibly complex patterns emerge.



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

Book: Jacob McArthur Mooney, The New Layman's Almanac

Publication date: 2008

Publisher: McClelland and Stewart, Toronto

Dream in maximums. Hold on to the top rung until the freeze hits-

someone will be hiring. They'll need you to plow snow, break ice. Nothing I could say about survival would impress you. You make soup on a gas stove that will last six days.

from "A Guide to Chord Progression," The New Layman's Almanac

Don't let the title and cover design fool you-this little book is a collection of delightful experimental poems incongruously (?) packaged as an old-time almanac in the style of an era in which poems were expected to encourage and uplift common, struggling folks like us.

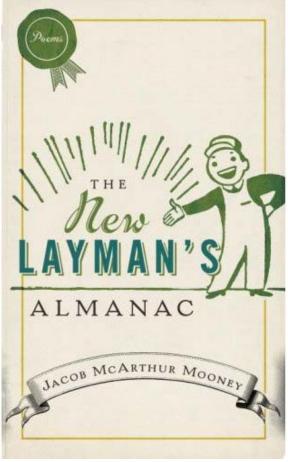
Jacob McArthur Mooney is a Nova Scotian poet who, refreshingly, does not try to impress the reader with a droopy-eyed sensitivity or a misty-rosey view of the poet's life.

He displays a rare sense of solidarity with those living in pain and want, unveiling the riches of their Dickensian lives in a way that upholds their dignity. These are the reasons why I love these poems; there are a few other reasons why they're worth reading.

Twentieth-century culture was guilty of a stigma against the employment of rules and restrictions (a reaction, perhaps, to the excessive Victorian moulding of poetry to standard forms) during the creative process.

But writing without structure no more guarantees work of lasting appeal than does writing with structure.

Incidentally, an interesting thing happens when structure is ad hoc and arbitrary. Far from stifling creativity, ad hoc rules enhance the creative process by opening the doors to chance. And chance, as John Cage demonstrated with aleatoric music, is one of creativity's most generous allies.



One example of arbitrary structure is the choice of book format in *The New Layman's Almanac*. McArthur Mooney groups his poems under typical farmers' almanac headings such as A Guide to Locomotion and A

Guide to Rural Routes, then throws a curve with titles like A Guide to Remaining Sceptical of Your Power as a Voter.

In Appendix A each poem's title begins with a consecutive letter of the alphabet. The poet then makes each word in the poem begin with a consecutive letter of the alphabet. You'll be amazed at what emerges. There are also a couple of contests hidden in the pages, one of which offers as prize a poem written just for you by the poet himself. Really, how much more aleatoric can you get?

I enjoyed reading this collection more than any other recent poetry, in part because it represents a wide departure from the domination of imagism. Rube that I am, I've never come to appreciate the merits of imagist poetry.

I'm not even really speaking of imagist poetry as a whole; rather the kind of imagist poem consisting of a parade of images couched in concrete language that is devoid of meaning and divorced from human concern.

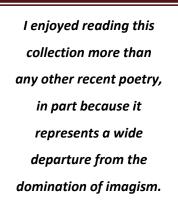
I call it *empirical* poetry for its tendency to include nothing but sensory data accurately recorded. It reads like a botanist's field notes. Check out *any* poem published in *any* major literary review in the world today. You'll see.

Empirical poetry has become the wrinkled old don of modern poetry. Not long after it had lost the lustre of revolutionary newness it was briefly shoved aside by the Harlem Renaissance, the beat generation, the political rants and experiments of '60s poets, and, most recently, the epic jeremiads of rap artists, but it repeatedly swayed its behemoth haunches back into a position of dominance from which it has become very hard to move.

But move it must. We've long assumed that 19th century popular verse, in its naive attempts to uplift and edify, fell short of being art, being overly didactic; if the more pretentious empirical poetry falls short for entirely different reasons, it falls short nonetheless. You can't go back, but you sure can't stay here. You can start by reading this book.

The New Layman's Almanac lives up to nine of The Mindful Bard's criteria for books well worth reading: 1) it is authentic, original, and delightful; 2) it confronts, rebukes, and mocks existing injustices; 3) it makes me want to be a better artist; 4) it displays an engagement with and compassionate response to suffering; 5) it inspires an awareness of the sanctity of creation; 6) it is about attainment of true self; 7) it harmoniously unites art with social action, saving me from both seclusion in an ivory tower and slavery to someone else's political agenda; 8) it stimulates my mind; and 9) 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 <u>bard@voicemagazine.org</u>. For a list of criteria, go <u>here</u>. If I agree with your recommendation, I'll thank you online.





AUSU This Month



AUSU Lock Loan Program

Merchandise Still for Sale

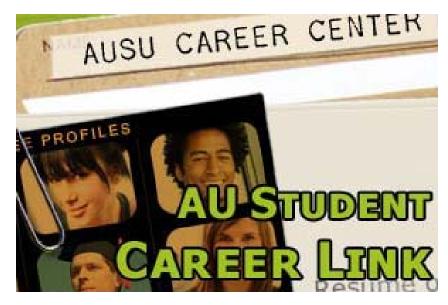
We still have some locks and memory keys available for sale. Both of these were designed with ease of mailing in mind, which means they're small enough to be easily stored pretty much anywhere. The wristband USB key is a unique way to carry around your assignments, online materials, and even emails while 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.

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!

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



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

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SmartDraw[®]

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!

INTERNATIONAL NEWS DESK



they are conducting an investigation.

At Home: WestJet disables credit card readers amid fraud concerns

WestJet passengers arriving at some of Canada's airports may need to leave a little extra time for checking in and catching their flights.

Amid security concerns with the self-serve check-in kiosks, WestJet has disabled the credit card readers on the units, although passengers will still be able to use their ticket reference numbers or passports at the kiosks.

The move is purely a precaution, according to Ken McKenzie, executive vice-president of operations for the company.

"Obviously, it's not something that we want to introduce," he told reporters. However, he noted that customer safety includes "both their physical safety [and] also the safety of their identity, and we thought that this was a very prudent step to take."

Although few details are being released about what triggered the fraud concerns, the <u>CBC</u> reports that Visa Canada has confirmed

"Visa Canada is currently investigating isolated reports of fraud that have a correlation with air travel, in particular at a Canadian airport," a Visa spokesperson said. "We are working with airport officials and the airlines to investigate the situation."

Specifically, *The Globe and Mail* reported earlier this week that Visa is investigating occurrences of fraud believed to be linked with kiosks at Toronto's Pearson International Airport.

The concern over possible credit card fraud at the kiosks isn't likely to help consumer confidence in the wake of high-profile data breaches in recent years. In June, Canada's federal privacy commissioner singled out the data breach at TJX Companies, Inc. (the parent company of Winners and HomeSense) as being especially "staggering" and the "largest-ever online burglary."

In that case, more than 94 million credit and debit cards were exposed to fraud after a major computer security breach, in part because the company "collected too much information, kept the data for too long and relied on weak WEP encryption technology to protect its wireless local networks."

In Foreign News: IOC bans Iraq from Beijing Olympics

The International Olympic Committee (IOC) announced on July 24 that, because of interference from the Iraq government, Iraqi athletes will be banned from competing at the 2008 Beijing Games. Iraq's Olympic committee contravened the IOC charter in June and was placed under suspension.

As the <u>CBC</u> reports, the IOC charter requires "national Olympic committees to be free of political influence."

However, in June the Iraq government replaced several of its Olympic committee officials with its own appointees, who had not been recognized by the IOC. Iraqi officials claimed the old committee was no longer legitimate after "four of its 11 members were kidnapped in Baghdad in 2006."

Hussein al-Amidi, general secretary of the Iraqi Olympic Committee, confirmed news of the decision. "This morning we were informed of the final decision of the International Olympic Committee to suspend the membership of the Iraqi Olympic Committee," he told reporters.

A team of five Iraqi athletes was scheduled to complete in Beijing. However, amid the impasse with the IOC, Iraqi officials missed the July 23 deadline to submit a squad for the Games.

The places of the Iraqi athletes will now be offered to athletes from other countries.

EDUCATION NEWS

Laura Carlson



Ontario presidents' contracts made public

Contracts reveal big perks for post-secondary elites

WATERLOO (CUP) -- In accordance with the Freedom of Information Act, the Information and Privacy Commissioner of Ontario has declared that the full employment details of university presidents across the province must be made public—a decision that has sparked controversy on some campuses.

The release of these documents follows a two-year battle between Hamilton's daily newspaper, *The Spectator*, and McMaster University over the contract of the school's president, Peter George.

Though McMaster's administration initially planned on appealing the decision, which ordered the university to release the contract, they changed their mind in late June and decided to comply.

Kevin Crowley, the director of news and editorial services at Wilfrid

Laurier University in Waterloo, Ontario, explained that after the full employment disclosure was granted at McMaster, *The Spectator* approached the other institutions in the province and asked for their presidents' contracts.

"Laurier decided we wanted to be as transparent as possible—those are the rules—so we provided [Laurier President Max] Blouw's contact to *The Spectator*," said Crowley.

Though the issue has garnered a lot of national media attention in the past few weeks, Crowley noted that Wilfrid Laurier in particular hasn't received much community feedback since they released Blouw's employment details.

"To be honest, we haven't had any reaction to it," said Crowley. "To compare Blouw's contract to others in Ontario, he has a competitive one, but . . . if you compare it to the others, it's very reasonable."

Blouw's earns \$300,000 a year, which is less than the region's other two post-secondary presidents.

University of Waterloo president David Johnston's annual salary is \$458,500, and John Tibbits, president of Conestoga College, makes \$310,500 annually.

However, one presidential contract in particular that has come under great scrutiny is that of McMaster's George, which is what prompted the Freedom of Information request in August of 2006.

Last year George made \$504,792 (the highest university president salary in Ontario) and is also set to receive a special payout of \$1.4 million to be paid over 14 years, plus a \$320,000 annual pension (not including benefits) when he retires.

Aside from high base salaries, the contracts have revealed that presidents are typically entitled to many perks, such as large performance bonuses, interest-free loans, and regular paycheques even after they retire.

In Blouw's case, his extras include a \$50,000 signing bonus, an annual housing allowance of \$18,000, a \$9,600 yearly vehicle allowance, and a membership to Westmount Golf and Country Club.

Laurier also picked up the tab for all of Blouw's moving expenses, as well as his legal and real estate fees when he moved to Waterloo from British Columbia this past summer.

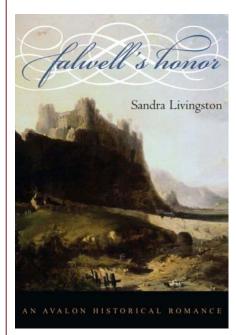
At the end of his five-year term Blouw is eligible for one year of paid leave and is entitled to five weeks of vacation yearly.

Crowley attributes these employment terms to the high skill level required to operate a university.

"There are very few positions that require you to have such a set of skills," said Crowley, adding that that universities need to stay competitive to attract such individuals.

"Those people are hard to come by."

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 <u>Avalon Books</u>, 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!

CLASSIFIEDS

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

THE VOICE

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