

THE VOICE MAGAZINE

Volume 16 Issue 39
October 10, 2008

Health Matters

A cancer primer

This World

Crossing the continent,
part II

In Conversation With . . .

Manafest



Plus:

*Porkpie Hat, Music To Eat Lunch To,
From Where I Sit, and much more...*

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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.



THIS WORLD**Christina M. Frey****Across the Continent in 22 Days****Part II: Dawson City, Yukon Territories to Whitehorse, Yukon Territories**

This is the second instalment in a series chronicling the adventures of the author; her husband, Adam; and two-year-old daughter, Kiersten, as they travelled by car from Alaska to Louisiana in summer 2008.



Historic buildings in Dawson City

Day 3: Dawson City, YT to Stewart Crossing, YT

Dawson City is our first sightseeing stopover on this trip and it's well worth it. It's a fascinating place, especially for history buffs. Using old photographs, historians have restored many of the buildings to their turn-of-the-century appearance, both inside and out. A majority of the local businesses and hotels have kept the frontier-town theme; by law, all new construction must use that look—and the result is a fairly authentic-looking gold rush town. Seeing modern automobiles driving up and down the street gives me a start, as they seem bizarrely out of place.

Not all of Dawson's historic buildings have been restored; in fact, a few have been stabilized and maintained in a half-collapsed state to show what happened when settlers built a heated building directly on top of permafrost. As the ground thawed unevenly, floors sank to different depths and houses collapsed in on

themselves. The people who flocked north for the riches had a few things to learn about Yukon winters!

The highlight of our stay is a tour led by a costumed Parks Canada employee, who explains the historical and cultural significance of Dawson City. It's amazing that a town so remote—many years before highways linked it with Whitehorse and Alaska—could become known as the "Paris of the North."

Despite any cultural brilliance, we learn, Dawson City was foremost a northern town, with frigid winters that took their toll on prospectors unused to the cold. The local undertaker, who wanted all necessary graves dug before the ground froze, would walk around town in the fall, trying to determine who'd make it and who would pass away before spring. Practical, yes—but gruesome.



We also drive out to the claim on Bonanza Creek, where the gold rush started. I'm glad it hasn't been commercialized like so many historical sites. There's a simple sign near the trail leading to the creek, which probably looks just like it did when George Carmack, Dawson Charlie, and "Skookum Jim" Mason discovered gold and made history. Tourists can rent gold panning equipment nearby and try panning in the creek. We see several retired couples out working the "claim," but they aren't having any luck. Any real gold was tapped out long ago!

Before leaving Dawson City, we visit the Northwest Territories visitor's centre. Although the NWT is hundreds of miles away, Dawson City is a short drive from the Dempster Highway, which heads north to Inuvik, NWT. We look at fascinating pictures and for a few moments of insanity, we consider postponing our plans, abandoning our reservations, and attempting to drive the Dempster.



Kluane Lake

However, after reading accounts of the rough road ("lost all four tires and a windshield but we made it"), we rule it out—for this trip, at least. Someday, we'll be back. And we'll bring several tires!

We leave Dawson City in the late afternoon and travel a few hours to a primitive lodge in a small Yukon community. Tomorrow we have a long drive; getting a head start today should shorten that drive a bit.

We'll be traveling south at first, but at Whitehorse we'll turn west, back toward Alaska. The reason for this detour: Kluane National Park.

Day 4: Stewart Crossing, YT to Destruction Bay, YT

Kluane is one of Canada's undiscovered jewels. When we drove through the area in 2006, we were awed by the brilliant, almost turquoise blue of Kluane Lake and the jagged, snow-capped mountains beyond. We swore that someday we'd come back to explore the park. Our original route took us within a couple hours of the park, close enough to call for a detour.

As we drive south, we're on the constant lookout for wildlife along the highway. Although we've heard several reports of bear and moose sightings, we see nothing except a few chipmunks and what might be a fox or a coyote. Kiersten's cranky and seems tired of being in the car. We don't blame her. Fresh air and hiking in the mountains should do us all some good.

Late in the afternoon, we arrive at the main Kluane Visitor's Centre in Haines Junction. They're showing a film on bear country safety, and after viewing it, we have a dilemma. We're still desperate to see a bear, but we're a little nervous about coming across one while hiking. In fact, we're scared stiff. We've learned all the safety tactics, but don't have the industrial-strength bear spray and 12-gauge shotgun they recommend as a last resort. And how do you explain to a toddler that Mr. Grizzly isn't a nice, cuddly bear like Winnie the Pooh?

For all our interest in hiking and camping, I think we're city people at the core. Our ideal bear sighting would be from a car, with foot poised on the accelerator, ready to make the jump from zero to 60.

As we head north toward Kluane Lake and Destruction Bay, the landscape becomes familiar. I was a little worried that after two years of Alaskan scenery, Kluane wouldn't seem as impressive. Fortunately, that's not the case; it is still, in my mind, the most beautiful place on Earth. Sheep Mountain Ridge, which we're hoping to hike the next day, is obscured by clouds today, but we're hoping for clear weather tomorrow.

That night, we have a bit of a medical scare when Kiersten develops a wheezy cough. She's had on-and-off coughing problems since a bout with bronchitis in May, but nothing since we left Alaska. We're a little alarmed because here, on the shores of Kluane Lake, we're miles from any sort of medical centre. If her coughing keeps up, we may have to cancel our hiking plans for the following morning—and that's a best-case scenario.

Day 5: Destruction Bay, YT to Whitehorse, YT

The morning dawns, and it's perfect. The sun is out, not a cloud in the sky, and the temperature isn't too hot or too cold. Best of all, Kiersten's completely fine—not a trace of a cough. We're grateful there was no medical emergency out here, and that we didn't have to abandon our Kluane hike, especially after coming so close.

The ranger at the local visitor's centre recommends the Sheep Creek trail, which is a four to six hour hike. We're not sure we can do the whole thing, since we want our drive back to Whitehorse to coincide with Kiersten's naptime, but we'll go as far as we can. Our worst habit in hiking up a mountain is that we can't bear to stop and turn around in case we miss something even better up ahead. The last time we went "just a little further," we ended up spending over seven hours hiking along a mountain ridge in Alaska. We promise ourselves that this time, we will turn around at 12:30 p.m., and no excuses.

As we set off along the trail, the first thing we see is a plaque erected as a memorial to a woman—only a few years older than us—who was killed by a bear right on this same trail. It's sobering, and for a moment we reconsider our hike . . . but we keep going. Our wildlife worries seem for naught, though; we don't see any animals except a chipmunk in the parking lot.

Going up the mountain, we get some gorgeous views and photographs. The area is truly breathtaking, and we wish that more people would take the opportunity to see it. Most travellers passing between Whitehorse and Alaska probably drive by without realizing there's a whole park to explore. To our chagrin, though, we get exhausted very fast. The trail is steep, but we've hiked steep trails before. Entertaining Kiersten—who's riding in a carrier on Adam's back—probably isn't helping. Reciting songs, poems, and stories while climbing

a steep incline tends to accelerate breathlessness. And the sun has warmed up the trail—we're sweating in our sweatshirts and jeans.

When we arrive at our halfway time, we realize we're still far from the top. We consider breaking our vow and going on further, but Kiersten wants to get out and walk for a while, so we realize that idea is doomed.

The trip back is much easier—mostly downhill! We're sorry we didn't make it to the top, but even the shorter hike was worth it. Maybe someday we'll be back for more.



That evening, we arrive in Whitehorse. It seems bigger than we remember. It's the largest city in the Yukon, with a population of 20,000, and seems like any bustling town, with stores and restaurants we recognize. We realize we're not used to civilization: even our lodging—an ordinary hotel—feels incredibly modern with something as basic as an elevator!

We stay in that night, as we're tired from all the outdoor activity. I take the opportunity to do laundry, and while I'm waiting for it to finish, I decide to attempt colouring and highlighting my hair. It's a disaster. Apparently, "darkest mahogany brown" translates as "bright burgundy," while "chocolate cherry mousse" highlights are really just orange. I look like Halloween's coming. Worst still, I won't be able to fix it for a few days, and my flaming head is going to distort any pictures. First thing tomorrow, I'll have to dig through the car for the ultimate quick fix—a hat!

ON THE HILL

Sandra Livingston



A Little Substance, Please

With less than a week to go before Canada's general election, many voters are waiting for the knockout punch, a clear moment when the tide turns on a particular issue or comment, when a decisive indicator emerges out of the sludge of rhetoric.

Unfortunately, that sludge is often so impenetrable that those knockouts rely on a more visceral factor: the sound bite or photo op gone wrong.

Take, for instance, the recent leaders' debate. For two hours, the party leaders tossed out

contradictions. On the economy, the NDP's Jack Layton pressed Stephen Harper by citing the loss of "thousands of manufacturing and forestry jobs here in Canada." Harper countered, claiming that, overall, employment is on the rise, that "we are creating jobs in this country, even this slow year we're still creating jobs."

The Green Party's Elizabeth May and Liberal Stéphane Dion are promoting the benefits of a green tax; the Conservatives claim it would be disastrous. And when Layton pointed out Harper's proposed 50 billion in tax cuts to corporations, the prime minister reminded him that the cuts are only one part of a total 200 billion tax cut package, much of it aimed at families and small businesses.

It's one thing to disagree on a point of policy, another to obfuscate the facts. So, short of being a political analyst or spending hours ploughing through Hansard, how does the average voter get the straight goods on this quagmire of contradictions? They don't. And the result, too often, is that an awkward moment caught on film or tape ends up being the deciding factor, the image that sticks in voters' minds.

There was Conservative leader Robert Stanfield's infamous football fumble in 1974, run on the front pages of newspapers across the country; a single, unfortunate frame selected out of many flattering ones, an image some say cost Stanfield the election.

In the 2006 election campaign, much was made of a comment by Liberal aide Scott Reid. In an off-the-cuff remark about the Conservatives' plan to pay parents \$100 a month for every child under six, Reid suggested it was a poor alternative to universal daycare because parents would blow the money "on beer and popcorn." It wasn't the deciding factor in a Conservative win, but it rankled with many voters.

Another example comes from the US election race. Palinisms aside, the leaders have held their own in the debates, but two little words may end up costing Senator McCain more than any disagreement on policy ever could: his reference to Senator Obama as "That one." The condescension in those two words will echo loudly with voters in the polling booth, policy positions aside.

While impromptu moments can give us an honest glimpse into the candidates' beliefs, they're also far too easy to use out of context. Focusing on them encourages an atmosphere of style over substance, the last thing we need as world economies tumble and environmental concerns grow more pressing. Instead, how refreshing it would be to see the candidates and media focus less on the attack ads and sound bites and offer voters what they really need: the clear, complete facts on issues, and a lot more substance over style.

HEALTH MATTERS

Behdin Nowrouzi



Cancer and Chemotherapy: A Primer

Cancer is a disease characterized by uncontrolled cell growth and proliferation. In healthy adults, cells grow and divide slowly but under tight control. This is to ensure that the number of cells in each tissue stays the same. Cancer may be viewed as one cell changing and rapidly growing out of control.

This rapid proliferation of cells from one cell to a growing mass of cancer cells is often called a tumour. Under normal conditions, the growth and division of normal cells is tightly controlled

by the activity of certain genes. However, when these genes are faulty or when the mechanisms controlling the activity of these genes is damaged, this balance is compromised.

Moreover, this results in uncontrollable growth and division of cells; in other words, these mutated cells become cancerous. Cancer is caused by mutations in two broad classes of genes: oncogenes and tumour suppressor genes.

These two classes of genes are very important in controlling the cell cycle. The genes themselves do not cause cancer; in contrast, when the genes function normally, genes prevent cancer. It is when some genes become damaged that they can malfunction and cause cancer.

In some tumours, the tumour cells stay in the same place and the tumour stops growing before it becomes very large, often because it simply runs out of space to grow. These are called benign tumours. Under normal conditions, benign tumours are not dangerous. We all have benign tumours, such as moles and warts.

Conversely, some cells are able to invade the surrounding tissue and spread into nearby organs, where they can cause serious and eventually fatal damage. These are called malignant tumours. In many malignant tumours, as the cells spread, they cross blood vessels and may metastasize.

For instance, if they spread into the blood vessel, they get carried around the body and may eventually get lodged in a smaller blood vessel in another part of the body. As a result, the tumour divides and grows again eventually forming a new tumour, called secondary tumours.

Angiogenesis is another characteristic of cancer. Angiogenesis is the establishment of new blood vessels to provide vasculature for the tumour. This provides the tumour with more oxygen and nutrients so that it is able to support its rapid growth. Several therapeutic approaches are targeting the cessation of cell growth by cutting off the nutritional supply to tumour cells. Conventional methods include chemotherapy and this currently plays a significant role in cancer treatment.

Chemotherapy has played a major role in cancer treatment for over 50 years. The cure for cancer is elusive, but chemotherapy has the capacity to slow the progression of cancer, hence prolonging survival and enhancing the quality of life.

Chemotherapy is the treatment for cancer with cytotoxic (or cell killing) drugs. Chemotherapy may be given with a curative intent, or it may aim to prolong life or to reduce symptoms. Ultimately, chemotherapeutic modalities work by impeding cell division of rapidly proliferating cancer cells.

One of the main advantages of chemotherapy is that, unlike radiation therapy, which treats only the area of the body exposed to the radiation, chemotherapy treats the entire body. As a result, any cells that have escaped from the original cancer are treated.

Chemotherapy is useful in treating leukemia and lymphoma that are not confined to one part of the body. Other forms of cancer that can be treated fairly effectively with chemotherapy include colorectal, lung, and breast cancer.

In addition, chemotherapeutic drugs are very effective in slowing down the spread of cancer. Chemotherapy is also inexpensive and provides affordable treatment for cancer patients in need of long-term chemotherapeutic medications. Cancer cells become resistant to multiple chemotherapeutic drugs over time, and drug resistance is a significant challenge to researchers in developing successful treatment chemotherapy approaches to treating cancer.

For more information on cancer and treatments, visit the Canadian Cancer Society's [website](#).

CLICK OF THE WRIST - High Finance

With all the crashing going on in the world of finance lately, it's hard to hear the ring of cash registers. And for most consumers, it's nearly impossible to understand all the ins and outs of Wall Street. To help ease the eyestrain of staring at all that fine print, here's a slightly skewed look at the world of finance.

Secret History of the Credit Card

This *Frontline* report offers a fascinating peek behind the scenes of all that convenient plastic—including the fact that if you pay all your bills on time, the industry considers you a deadbeat.

History of Banking

If you're tired of paying high interest rates at the bank, just be glad you weren't one of those 16th century borrowers paying back the emperor—at rates of up to 45 per cent!

Notorious Bank Robbers

A look at some of the most notorious bank robbers in United States' history. Most of their names have become legend, but their sad endings prove the old adage that crime doesn't pay.

International Currency Map

This interactive map lets you click on any country in the world to see what type of money they use. Now I just need to figure out how many Rupiahs one Maloti is worth.

Credit Crunch Billionaires

If you're worried about your portfolio as world financial markets stagger, just imagine how some of these guys feel. They may be rich, but losing more than a billion dollars still has to hurt.

IN CONVERSATION WITH . . .

Wanda Waterman St. Louis



Manafest

I know I can move on—I gotta dream it.

I know where I belong—come on and sing it!

I know I can move on, I still believe it.

I know I can be strong, come on and sing it!

“Live On” from *Citizens Activ* by Manafest

Manafest is the alias of Toronto recording artist Chris Greenwood. He has toured Canada, the United States, Ireland, and Japan. Recent performances in Japan put him in the top 10 with Madonna, Usher, and Mariah Carey. Last year, his album *Glory* won nominations from both the Junos and the GMA Dove Awards. His recently released CD, *Citizens Activ* produced by Adam Messinger, is his fifth album and his third album with internationally distributed label Uprok Records.

Inspiration

To be creative I need skateboarding, music, God, and my wife. Books that have inspired me are the Bible and *How to be Happy Though Rich* by Peter Daniels.

My favourite albums are Tribe Called Quest’s *Midnight Marauders*, The Beastie Boys’ *Check Your Head*, and Linkin Park’s *Hybrid Theory*. This week I’ve been listening to *Bun B* featuring Lil Wayne, Braille, and 14:40 band. My favourite movies are *Walk the Line* and *Lord of the Rings*. After work I skateboard, sleep, go work out, and eat food.

Getting the Beat

My musical background is hip hop, punk, and rock. I get beats from different producers and listen through them until I find one that catches my ear. I then shout out different ideas/lyrics over the beat until I get something that fits.

Other times I’ll sit with a producer and we’ll make the track on the spot, which I then go write to. I like to be alone in a quiet room with no distractions.

A typical rehearsal takes place in my studio having the music blaring, while I’m rapping around the room looking in the mirror. That’s my solo practice. With the band it’s in a basement. We each wear headphones, jamming to the track.



Becoming Manafest

I grew up in a suburb called Pickering, just East of Toronto. I had only one parent and my sister; my dad committed suicide when I was five years old. We moved a lot.

A man from the church my mom went to approached her to see if it was cool if he could be an influence in my life. This guy became like a father to me. He showed me how to build computers, took me camping, biking, and was a real friend. To this day we are close friends and he was the best man at my wedding.



I believe all men and women are equal with different talents, gifts, and abilities. I'm a Christian and have a faith in Jesus.

I came up with the name Manafest on the phone in a kitchen with a friend. When something's made Manafest it's been exposed or revealed. I'm revealing my opinion on life through personal experience and the revelation God has shown me. I believe that life is a journey we are all on, constantly growing and learning. As I learn stuff I think is relevant I put it in my music.

A Part of Something Great

I'm always believing for the best. I had a lot of discouragement growing up so I like to encourage people. We all get down from time to time, but I never stay there longer than an hour. I surround myself with positive influences, whether it's books, music, or people. That helps me stay focused and driven to my goals.

Jeremiah 29:11 talks about God having a plan to prosper his people, to give them a hope and a future. When I was growing up I was always told I'd never amount to anything. When I read that verse it was like God was speaking directly to me, and the fact that he had a plan for my life. Wow . . . most people don't even plan their day let alone a month or next few years.

Isaiah 54:17 says no weapon formed against me shall prosper. Whenever I'm starting to feel a cold coming on I speak this over my life. I don't get sick anymore and have never missed a show from being ill. And never will.

Philippians 4:13 reminds me that I can do all things through Christ who gives me strength. When you know God is for you that's a boost of confidence, to know that anything is possible if you believe.

I believe I've been given the opportunity to be part of something great and that's God's call on my life. We've all been given the greatest gift in the world, and that's the power of "choice." I've chosen to follow the call of God in my life to perform, write music, skateboard, and speak about the experiences I've seen and heard.

THE 2008 VOICE MAGAZINE WRITING CONTEST!



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

The Voice is launching its 2008 writing contest, with categories for both fiction and non-fiction.

We've got over \$1,000 in prizes to give away: one winner in each category will receive a scholarship of one Athabasca University undergraduate course.

Please read the contest rules and regulations and submission guidelines carefully to ensure you are not disqualified.

It's free to enter, but the length limits are firm and all entries that go beyond these limits will be disqualified. Good luck!

Categories

Non-Fiction:

In 1,500 words or less, write about any issue affecting freedom of speech. You may write about issues in the press, in politics, or on a personal scale. You may focus on current issues of free speech, or take a historical approach. Feel free to use research or statistics in your article (with proper citations), or write a creative opinion piece.

Fiction:

This category is open to your imagination! Write a 1,500 word or less fiction submission in any genre or format. Short stories, poetry, a scene from a play, even a comic. Be creative!

Rules and Regulations

- The *Voice* writing contest is open to anyone 16 years of age or older, with the following exceptions: AU, AUSU, and *Voice* staff and AUSU councillors are not eligible to enter the contest.
- 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 perspectives on free speech. No remuneration will be provided for such use.
- All decisions regarding this contest and the selection of winners remain with the judging panel and are final.
- Entries will be judged by a panel to be selected by the *Voice* editors, and this panel may include: AU students, AU tutors, and/or AUSU councillors. The panel will include at least 3 members.
- *The Voice* editors will collect articles and oversee the judging, but will not be judges.

- Entries must be original works that have not been printed or published elsewhere (including online), 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. *The Voice* editors will keep the identity of the authors private until the contest closes. *The Voice* editors 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* editors 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 31, 2008. The winners will be announced by February 28, 2009. *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 certificate for one free Athabasca University undergraduate course. Prize certificates have no cash value.
- *The Voice* reserves the right to add additional, secondary prizes.
- *The Voice* is not responsible for lost emails. *The Voice* editors 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.
- Winners 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.
- Any entrant found to be tampering with the contest results, or attempting to influence any of the judging 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* editors determine, at their 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.
- Where applicable, this contest is subject to all federal, provincial, and municipal laws. Contest void where prohibited.

***The deadline for submissions
in both categories will be
December 31, 2008. The
winners will be announced by
February 28, 2009. The Voice
reserves the right to extend
either deadline if necessary.***

Submission Guidelines

- Your submission must be an electronic file attached to an email and submitted to voice@ausu.org. 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 or .docx], rich text format [.rtf] or plain text format [.txt].

- If you use footnotes or endnotes, type them in at the end of the document, rather than using the endnote feature of your word processor.
- 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* editors 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 in each of the two categories.
- All entries must be under 1,500 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 handwritten or typed documents will not be accepted.
- The email should include the following information: Your full name, AU student ID number (if applicable), 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 of 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.

DID YOU KNOW?

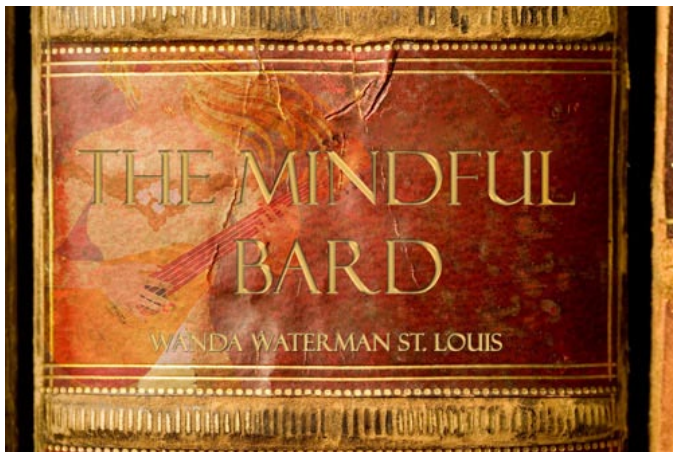


Convocation Photo Album Online!

If you're in the mood for something bright and colourful before the leaves begin to turn, you don't need to look any further than AU's Convocation 2008 [photo album](#).

There are more than 70 photos of AU grads, along with their reflections of what made their education journeys special. You'll also find photos of honorary degree recipients and other special guests who attended the ceremony at the AU campus from June 12 to 14, and links to more detailed write-ups about them.

There's also a link to [previous convocation photo albums](#) (all the way back to 2002), so you never know who you might catch a glimpse of!



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

DVD: *Atonement*

DVD Release: March 18, 2008

Theatrical Release: December 7, 2007

Starring Keira Knightley, James McAvoy, Romola Garai, Saoirse Ronan

Directed by Joe Wright and based on the novel by Ian McEwan

A young girl is shocked and dismayed when she secretly observes what she takes to be a shameful act between two people she loves. She isn't ready for what she sees and so experiences it as a violation of her consciousness. Her resolve tightens as cognitive dissonance throws her neurons into a whirlwind, and a series of arbitrary events leads to an accusation that robs the two people she loves of their happiness.

Briony, the girl, is even at this tender age a writer. She has been disciplining both her perceptions and her imagination and training herself to inhabit the bodies of others in order to feel what they feel. When it comes to crafting a fiasco, she is especially well equipped.

Make no mistake; the young writer is every inch the vengeful god willing to damn the unrighteous to a life of misery with a word from her lips.

Another problem is of course that reality is profoundly unjust. The innocent suffer, the guilty go free, women are ravished, the poor are humiliated, and the powerful wallow in corruption. It isn't a world in which to toy with reality.

The charmed and sheltered world that falls away in the wake of Briony's falsehood, lovely as it is, is a world of irritating upper-class twits who speak of liberating the lower classes while they leave the servants straining over heavy luggage.

But the world that replaces this insular stateliness isn't pretty; it's a place of war, squalor, backbreaking work, and foul smells.

As a young adult Briony is a lonely god grieving the loss of a world which, in a sense, she both



created and destroyed. Briony seeks to do penance for her false charge through nursing, trading Cambridge for a life dressing wounds and scrubbing bedpans. She sees nursing as a means of undoing her wrong although in the end it is writing which for her comes the closest to rectifying the imbalance she created in the world.

Briony's public service is in no way an abdication of herself, or of her writing self; she is told by the head nurse that there is no Briony, only a Nurse Tallis, but she tells a dying French soldier, "*Je m'appelle Briony!*" She continues to write secretly while studying nursing.

Entering any kind of public service is not alien to the writing life, and is often a necessary part of the mindful writer's journey. It is one of the things that can save writers from the artistic self-absorption that sickened the symbolists and silenced so many writers during the Holocaust.

The writer is often one who is unhappy with the world as is and eager to reinvent it, or even to create other worlds entirely. This mindset sometimes mutates into an infantile God complex in which the writer feels entitled to the invention of reality.

To some extent reality is in fact what you believe it to be; the problem comes when others do not share your sense of that reality. Conflicts of certainties have power to destroy because they tend to strengthen in polarity as time goes by, which is why the writer's obligation to express her personal, individual perception of the world *as she truly sees it* is every bit as significant as any claim to artistic freedom.

Atonement manifests eight of The Mindful Bard's criteria for films well worth seeing: 1) it is authentic, original, and delightful; 2) it makes me want to be a better artist; 3) it gives me tools which help me 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 the true self; 7) it stimulates my mind; and 8) it poses and admirably responds to questions which have a direct bearing on my view of existence.

ELECTION 2008



Don't Just Sit There

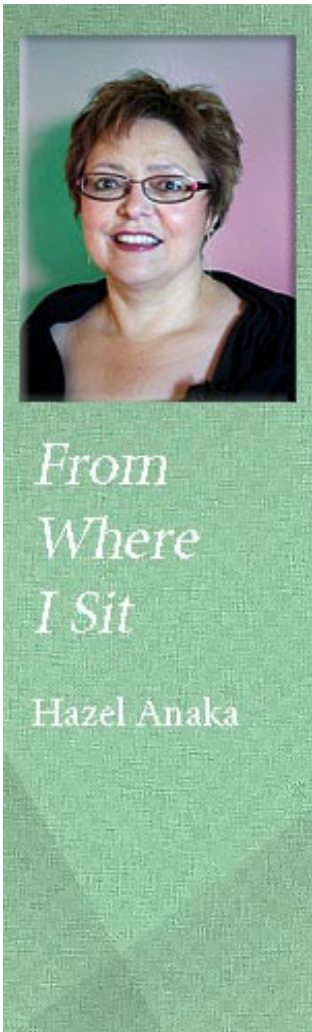
On October 14, Canadians will vote in the 40th federal general election. If you're still not sure whether you're registered to vote, or have any questions about the process, here's what to do:

To find your electoral district or for more information, visit the Elections Canada [website](#), contact your local [Elections Canada](#) office, or call their toll-free number at 1-800-463-6868 (1-800-info-vote).

Election Canada's website also offers a [section](#) for young voters. It's got all the details about getting on the voters list, FAQs, and info on where and how to vote. For voters who are deaf or hard of hearing, there's a TTY service at 1-800-361-8935.

For the latest on changes to the Canada Elections Act, including requirements for proof of identity and address, click [here](#).

On October 14, you can choose to go red, blue, green, or orange, but whatever you do, don't just sit there.



Best Bet

Well, my lovelies, it's time for another potpourri of disparate thoughts on people, places, and things. Fragments that will never grow up to be whole columns. Mini rants that let me spew without bursting a blood vessel. A collection of thoughts that reflect just how frenetic and mind-blowing are the daily stimuli bombarding us.

Despite the foxiness of Sarah Palin's glasses, she's not ready for the world stage. If 72-year-old John McCain is elected and dies during his term she goes from arm candy to numero uno. I didn't know the White House offered a training program; I thought you needed to bring something to the table. But hey, what do I know?

Today's evening news spotlighted some guy who spray-painted his initials and some symbol on three Edmonton storefronts. Sorry, TKM—if you want your name on a building or three you've gotta do it the old-fashioned way like The Donald did. Don't be a jackass vandal, be a property developer.

The Divine Liturgy of Saint John Chrysostom I heard in church on Sunday asks for prayers for the government and armed forces. I find it incredible that centuries after this document was created we are still praying for peace but acknowledging that the armed forces need our prayers as well. War is as old as mankind and not likely to end in 2011.

No reasonable person can support the concept of war but we must continue to support our troops through prayer, awareness raising, conversation, yellow ribbons, and gratitude.

The outcome of the election in our federal riding is a foregone conclusion in which Leon Benoit, PC, will be re-elected. As such, it's not easy to get amped-up about getting to the polls and marking the big X.

I watch and read election coverage on the national and provincial stage and am alternately dismayed and amused. There are the tried-and-true campaign tricks of mudslinging, big ticket announcements, photo ops, and what seem like hourly opinion polls.

This amuses me because I've seen it all before. The cynicism and mindset of Canadians (especially Albertans) will keep voters home in record numbers and that dismays me. The sad part is that those aforementioned armed forces are dying for our right to vote and still some of us can't get our asses off couches or bleachers to do the right thing. Shame on us.

Could it be my decision to finally get into the stock market that precipitated the biggest crash since September 11? Don't know, just asking. Coincidence, perhaps? It'll be easy to buy low, I guess, with stock prices dropping like stones. There's certainly a lot of hand-wringing and ink being spilled on this story and it ain't over yet.

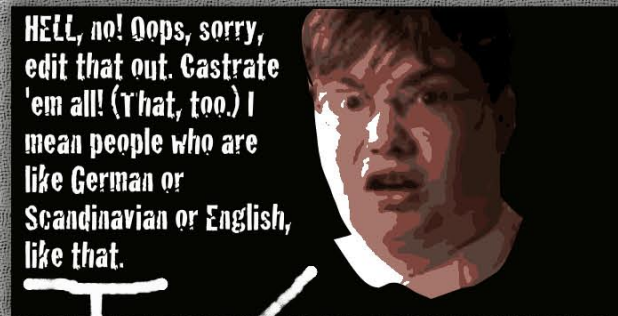
The best bet is to respect property, pray, vote, buy low, and send Sarah home, from where I sit.

The Interviewer

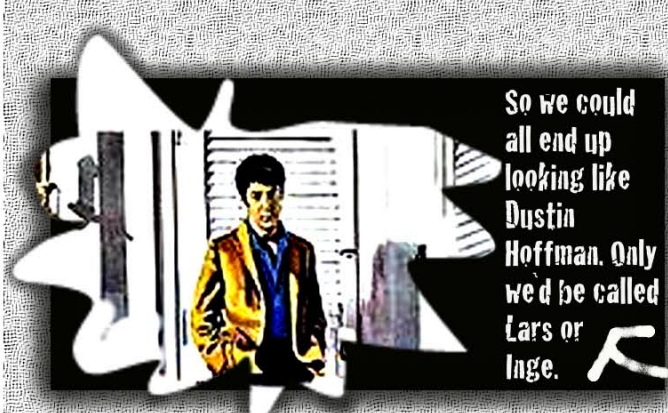
It is the ninth decade of the twentieth century...

written and illustrated by Wanda Waterman St. Louis

Caramel Baby #13: Tall Blond Jew



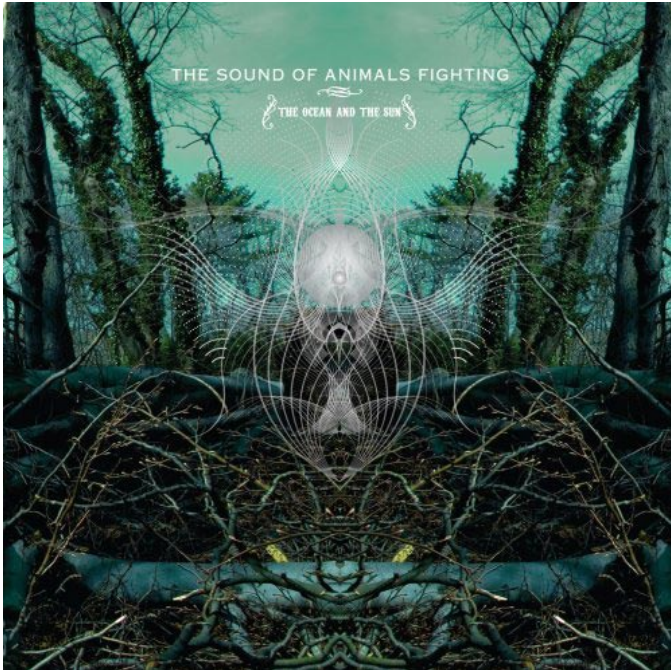
Regular guys crave sirloin!



Next: Truth Smarts

MUSIC TO EAT LUNCH TO

Mandy Gardner

**The Sound of Animals Fighting – *The Ocean and the Sun*****Release Date:** September 9, 2008**Label:** Epitaph**Tracks:** 9**Rating:** 4

This recent release from Epitaph Records, headed up by Bad Religion's Brett Gurewitz, is another voyage into the unknown by the largely underground band The Sound of Animals Fighting.

The Ocean and the Sun features masked band members who represent various new wave bands, and each is known as a different animal that corresponds to his mask. The name of the band is meant to make

audiences think about how the different aspects of life and earth come together, not always in a violent way, but perhaps a necessary and at times unfortunate respect.

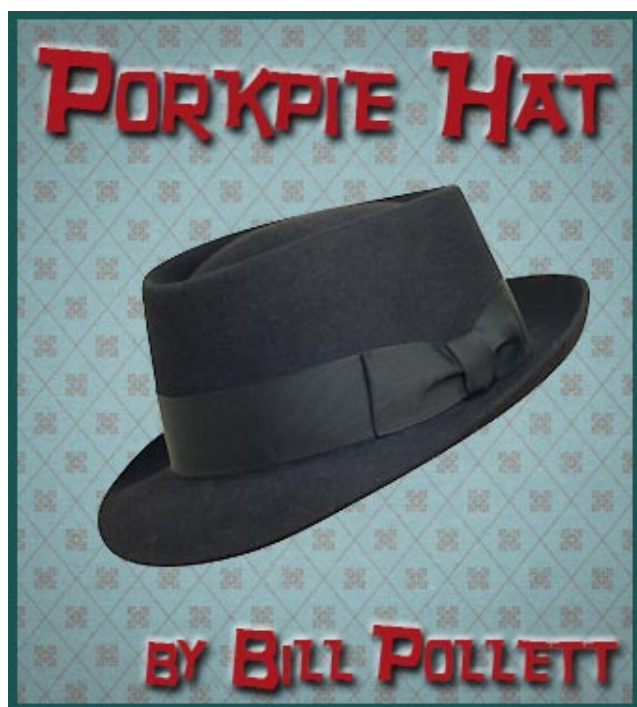
This is the sort of music that could be compared to modern new wave compositions like those of Strunz and Farah, but with an edgier sound due to the dark lilt of the melody and a somewhat rock-alternative vibe to the drum line.

An almost astounding number of instruments are called into play at any given moment in a song, making the music neither predictable nor entirely akin to any other band or genre of music in particular. The use of these various wind, string, and percussion instruments, coupled with the eerie effect of the masked musicians, does set the music apart from a sometimes harsh backdrop and creates a somewhat ethereal atmosphere.

Epitaph Records is well known for spinning out punk bands and other similar recording artists within punk's outer genres, but for many of us it is difficult to acknowledge a band like The Sound of Animals Fighting as something Epitaph would or should have an interest in. Nevertheless, the band has amassed a very enthusiastic fan base, some of whom feel that *The Ocean and the Sun* should be this year's most highly touted release.

Is it worth the money? The answer to this question depends on how you take to new wave music, or perhaps even modern dance and art. Since the tracks are very much up for individual interpretation and truly do offer some insight into the inner workings of our society and planet, there is something to be gained by patient listeners; whether or not you can get into the eclectic harmony of the music is another matter entirely.

The Ocean and the Sun may present a new spin on music, an innovative look at life, and the opportunity to judge the music without pinning labels on unknown musicians, but I found the album too much work to listen to. I realize this is unfortunate, but if you feel up to the task, The Sound of Animals Fighting could really blow you away. How the album will affect you is anyone's guess.



Unblinking

Rummaging through the attic, a woman comes across a cookie tin filled with Kodachrome photographs. She finds pictures of herself triumphantly waving sparklers in a summer night, tobogganing down an Ontario hill.

She finds pictures of herself lacing up roller skates, riding her older brother's too-big bike.

She looks at pictures of herself when she was a cowgirl, six years old, in a backyard as large as all the prairies. She has a hat with rhinestones, a turquoise bandanna, a silver star pinned to her chest.

Years after these pictures were taken, she would find herself looking for approval in the faces of others. She would find herself in small, tight places, in rooms filled with shadows and mirrors.

But in the photographs that she holds in her middle-aged hands, she is fearless, untrembling, bloodied, unbowed, on the lookout for evil, ready to travel. She is rough-and-tumble, standing her ground in vinyl snakeskin boots, unblinking in the midday sun.

On the same night, at the same time, half an hour after a fist fight in the hockey rink parking lot, a man sits in his car in the driveway of his suburban home. He is bleeding from a cut beneath his right eye; his shirt is wet with beer and blood.

Listening to a song playing on the radio, he remembers being seven years old, soon after his father's death. He is up in his mother's bedroom, wearing a white silk dress and a string of fake pearls. There is a radio on the dresser, Deep Purple singing "Highway Star." Coming downstairs, finds his mother crying in the living room. She is sitting on the couch, head in hands. He sits down beside her, and puts his arm across her shoulders. She turns to him, and he says something that first makes her stop crying, and then start to laugh.

Years later, he will fill the space between himself and others with hurtful words and actions. He will lose the honest words that might have made his wife turn around on her way out the door. He will tear his skin on shattered mirrors; break his knuckles on plaster walls.

On this one night with his then-alive mother, though, he finds the right words. He is truthful and fearless, complete and completely unselfconscious. He fills a kettle with water, and puts loose tea leaves in a pot. He holds his mother's hand, and they sit in the lengthening shadows, linked by love, linked by kindness, knowing without speaking.

On opposite sides of a great city, two strangers begin to remember.

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.

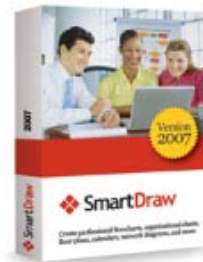
Chat with a Councillor

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.

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 **SmartDraw**

INTERNATIONAL NEWS DESK

Mandy Gardner

**At Home: Saskatchewan Needs Workers to Support Boom**

Saskatchewan is booming and they need workers—lots of workers.

Saskatchewan's Premier Brad Wall was off to Ontario last week to spread the word that there are plenty of jobs (about 10,000 of them) waiting for people who need work. These jobs encompass everything from the service industry to the oil and potash industries right through to the agriculture industry.

According to [CTV News](#), Premier Wall explained that the major banks have made predictions that the province of Saskatchewan will soon be the leader in gross domestic product (GDP) and the province's growth is expected to continue indefinitely.

Saskatchewan put in a big appearance at the National Job Fair in Toronto in an effort to get the word out to attendees that Saskatchewan is a place to consider working and living.

With an audience of recently unemployed Ontario workers and immigrant workers, the word is spreading and Saskatchewan is

now being considered in a new light by Canadians who are looking for a place to work and settle down.

It's an option that many have simply never had before as Saskatchewan has suffered in the recent past from a stagnant economy with little to offer for employment and long term stability.

In Foreign News: The Rain in Spain is Missing

There is a relentless drought in Spain this year that is currently on record as the worst the country has experienced in 40 years. While Spaniards deal with water issues regularly, the lack of rainfall this year has plunged them into a heated debate about overall water management there.

Spain currently employs 950 desalination plants that allow them to turn seawater into potable water. Yet even the two million cubic metres of water that comes from those plants is not enough to keep up to the demands after three years of continued drought conditions.

As if living with major water shortages isn't enough of a problem for the country, Spaniards are now bickering over the best way to manage the problem. While more desalination plants seems like an easy answer, there is major opposition to more plants due to their environmental impact as they emit carbon dioxide into the environment.

Another possible solution being argued over is diverting water from rivers, but opponents insist the environmental damages could be far worse than those from the proposed desalinization plants.

To further complicate matters, many there believe that the price for water in Spain is too cheap, encouraging wastefulness of the precious resource.

EDUCATION NEWS

Nicole Wray



Website hatches graduate careers

TalentEgg.ca connects students with corporations

WATERLOO (CUP) - Like many students graduating from university, Lauren Friese found herself facing the daunting challenge of finding a meaningful career.

Instead of being overwhelmed, Friese embraced this prospect and is now the founder and president of Talent Egg—a career hub for students looking for meaningful entry-level careers, summer jobs, or co-op opportunities.

“I had no idea how to get a job after university without having a connection. I didn’t feel like I was given any direction at university,” said Friese. “It was a common problem.”

After graduating with an arts degree in economics from Queen’s University in Toronto, then moving to London, England to get her master’s degree, Friese noticed that the UK boasted “all sorts of

websites that could help students move into the workforce.”

“I thought I could bring this model home,” she said. Friese’s realization of this idea came in the form of Talent Egg. Unlike other job-search sites, Talent Egg has a distinct focus on finding users a career with a company they are excited about.

“The core difference is the focus on a career—your first career out of university,” said Friese. “Talent Egg is for your first role after graduation, or a meaningful summer job. We are focused on the company, and the culture of the company, rather than a specific job. Top employers, top opportunities—not just jobs.”

Without any solid job connections, it can be extremely difficult to secure an interview with a company that you may be interested in working for. Talent Egg is about promoting your soft skills, and translating these as assets to potential employers.

The website allows you to create a “talent card” that will show potential employers your top life experience, your top academic experience, the career areas you are interested in, the core skills you possess, and your references. With a talent card, you are able to seek out potential employers, and employers are able to send you personalized e-mails.

“My personal belief is that [if] resumés when coming out of university are focused on the wrong thing, they can take your focus away from core skills and what you can really bring to the role,” said Friese.

Friese is passionate about Talent Egg being an outlet where “students can express themselves and say what life experiences they have had that would make them good candidates for a job.”

An arts student herself, Friese is a shining example of the value of soft skills obtained with an arts degree. “I want arts students to know that there is a place that they will be seen as meaningful candidates,” she said. “Intelligence, not knowledge; that is my personal passion in this project. I don’t have a business degree and I am running a business.” Talent Egg has a roster of about 85 employers. This number is growing by roughly two companies a day.

CLASSIFIEDS

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

THE VOICE

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