

THE VOICE

MAGAZINE

Vol 18 Iss 32 2010-08-13

Paraskavedekatriaphobia

Fear is more pain

I dreamed a dream

Who is Johnny Arrow?

Digital divide

Gutenberg vs. the Internet

Plus:

*Gregor's Bed, From Where I Sit,
Sister Aurora, and much more . . .*



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**The Voice
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www.voicemagazine.org

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

800.788.9041 ext. 2905

Email

voice@voicemagazine.org

Publisher

AU Students' Union

Editor-In-Chief

Tamra Ross

Managing Editor

Christina M. Frey

Regular Contributors

Hazel Anaka

John Buhler

Sandra Livingston

Jason Sullivan

Wanda Waterman St.

Louis

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LETTERS TO THE EDITOR

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



RUNNING SCARED

Maxie van Roye



“All of us are born with a set of instinctive fears—of falling, of the dark, of lobsters, of falling on lobsters in the dark, or speaking before a Rotary Club, and of the words ‘Some Assembly Required’.”

Dave Barry

Tonight, to celebrate Friday the 13th, my friends will be gathering to collectively shiver, shake, sweat, and scream their way through *Paranormal Activity*.

I won’t be among them.

The first difficulty stems from that nagging paraskavedekatriaphobia: I’m slightly uneasy about Friday the 13th. While admittedly nothing bad has ever happened to me—or anyone I know—on that day, *you never know*. And besides, there are lots and lots of frightening things which require a healthy dose of terror-driven respect.

For example, horror movies.

Which brings me to point number two: I don’t do horror movies very well. Like, *really* not well.

After watching Alfred Hitchcock’s *Psycho*, I slept with the light on and didn’t shower for days. The mere thought of that film’s creepy shower scene brings on a recurrence of that ablutophobia (fear of bathing/showering), which is unfortunate, as it directly conflicts with my automysophobia (fear of not being clean) and bromidrosiphobia (fear of bodily odours).

I don’t do so well camping, either.

Of course, I could always get clean by standing outside in the rain—assuming it weren’t storming, as my keraunophobia (fear of thunder and lightning), not to mention normal safety concerns, would make this an unpleasant experience. But even if it weren’t, torrents of water cascading down on my head could only serve to aggravate my very real aquaphobia (fear of water), which has already prevented me from learning how to swim.

But it’s a moot point, since the sky’s abundantly clear tonight. Unfortunately, that’s also a trigger for the nyctophobia (fear of the dark) that has plagued me since I was a little kid who begged her mom to keep a night light burning *just in case*.

I draw the drapes and lock myself into the house for safety, although I leave the window open a tiny crack, in case the closeness of the house gives rise to claustrophobia. I shut it after a while, though, because the breeze is giving me a chill, and I have a horror of becoming sick (nosophobia).

So here I am on a Friday the 13th night, slightly dirty and terrified. The curtains are drawn to shut out the dark, and the lights are all blazing, and I’m valiantly struggling with my fear that all the electricity coursing through the walls of the house will cause a short and burn down the place (arsonophobia). I also can’t remember whether I shut the stove off, so I jump up to check that, on the way having a mild panic attack over a small spider grovelling in a corner of the kitchen (arachnophobia).

The walls of my house begin to close in on me. I want desperately to get away from that too-familiar environment (eicophobia), but it's nighttime, and driving in the dark is particularly scary for the directionally challenged, like me. Sure, my phone's GPS could guide me, but it also led me to a prison once instead of my hotel, so I'm not keen to trust it—particularly on Friday the 13th.

I decide to stay indoors, but I can't sit still. The cacophony of the TV and the rustling of the pages of my book and the creaking sounds of the house settling down for the night are making me too jumpy. I'm much too nervous to head for bed, and such a move would be useless, as such situations usually cause somnophobia (fear of sleeping), and fruitless tossing and turning will only create more havoc in my mind.

Then I try to relax my brain. However, fuelled by the nervous terror cycling through my mind, it becomes increasingly focused on the many, many things around me to be feared. The more I think, the more scared I get. The old saying goes that "Fear is more pain than the pain it fears," but what happens when you fear things a little less abstract?

I've become a phobophobe—afraid of being afraid—and my own worst enemy.

I turn, as ever, to journaling. And as I begin to write down my passionate fears and my lingering doubts, they begin to fade into the pages. But something new emerges: the scientific sound of the various phobias conglomerates in my mind in a wild discord, giving rise to a new phantom that haunts the pages of my journal and the dusky corners of my brain.

I've been hit by hippopotomonstrosesquipedaliophobia (fear of long words).

And so, I'm afraid, have you.

IN CONVERSATION WITH . . .

Wanda Waterman St. Louis

Cochemea Gastelum, Part II

Cochemea Gastelum is a Yaqui jazz saxophonist and recording artist. As a member of Sharon Jones and the Dap-Kings, he backed up Amy Winehouse in performance of and in the recording studio for her album Back to Black. The Electric Sound of Johnny Arrow (recently reviewed in The Voice) is Gastelum's first solo album, and Wanda Waterman St. Louis had the honour of giving him his first interview following its release. Part I of the interview can be found [here](#).



Sharon Jones and the Dap-Kings

The band was basically built around Sharon. There was a band called The Soul Providers. They needed her to do backup vocals, so from there she completely killed it and they just built a band around her. And The Soul Providers eventually became the Dap-Kings.

Sharon is fantastic to work with. She's in the prime of her life, singing the best I've ever heard her. She's an amazing performer; she's 54 years old and she has more energy than any of us.

She's been singing since she was a little kid and she'd been singing in wedding bands for a long time, but she'd been met with a lot of closed doors, and fame had eluded her. But the Dap-Kings are about what's being real and Sharon is the real thing; they recognized that soulfulness. And it took off—real people playing real music on real instruments. It's amazing that that's what stands out these days.

The Dap-Kings and Amy Winehouse on *Back to Black*

Amy is very talented and she wrote some great songs. What the Dap-Kings did was interpret them in an authentic way. Mark Ronson is a fantastic producer and was just able to match them up and make a great album. The timing was impeccable. The Dap-Kings were there to help arrange the songs and just to do what they do, which is to play that music better than anyone else.

The Dream that Sparked *The Electric Sound of Johnny Arrow*

I already had some songs written, but the album was nowhere near completed. At the time, I was having all these dreams about my ancestors. There were a lot of indigenous people in my dreams, and the dreams were very powerful. I've had very visceral dreams ever since I was a kid.

In one of these dreams I was in what I think was a teepee. I was caught between two warring factions of Indians, one an older clan and the other a younger clan. They had arrows and crossbows pointed at each other, and I was right in the middle of it.

The older guy was addressing the younger guy, and he called him "John Arrow." John had long, black hair and he was very muscular and handsome, with a chiselled face like a warrior.

The scene changed and I was walking over this long arc with the older clan. I looked back and saw John Arrow and the younger clan waving to me as I was walking away. Suddenly, I felt like I was going the wrong way, with the wrong people. I just felt it so strongly that I finally turned around and ran the other way, toward the younger clan. When I got to the other side, I saw Johnny Arrow and his crew on a stage playing this *amazing* music.

A woman walked by me and said, "We knew you'd be back."

And then I woke up.

I thought, *My dad's name was Johnny . . .* My father died when I was very young. He was not only a musician but also a sculptor and an artist. I always thought that he had never lived his artistry to its fullest. So the whole idea of Johnny Arrow encompasses a lot. I'm watching Johnny Arrow and at the same time I *am* Johnny Arrow.

Johnny Arrow also represents dreams that haven't been fulfilled yet.

To be concluded next week . . .



Sister Aurora

There's a rainbow dancing in the sky tonight, and I think I'm gonna go outside . . .

#53

I do hereby dub
thee
Sister Aurora,

. . . noblest and bravest
of the Sisters of the
Northern Lights.

And for my part I do
solemnly swear to
keep this covenant
with thee my sisters
forever and a day . . .

. . . or for as long as the
Aurora Borealis
shimmers
in
the
sky . . .

(giggle)



From Where I Sit

Hazel Anaka

I Do

On August 11, Roy and I will drop everything and set aside our work so we can head off to celebrate our wedding anniversary. It's not one of the huge, party-worthy ones, but at big number 37, it's nothing to sneeze at, either. We'll drive for an hour to a nice restaurant and share a meal with my sister and brother-in-law.

I'm not sure we'll take time to reflect on what possessed Roy to ask me out when I was 16 and he was a college boy four years my senior. I don't know if the names Peter (Fonda), Dennis (Hopper), or Jack (Nicholson) will come up, but we may laugh about watching *Easy Rider* during our first date. We may talk about how getting married at 19 and 23 is practically unheard of now, but was the norm way back then. We may marvel that we are still together while so many other marriages have either imploded because of some deal-breaking issue or shrivelled and died from neglect and inattention rather than from any overt action.

I suppose we could take inventory. Our greatest asset and biggest contribution to the world is, of course, our two kids. Greg and Hilary are a joy and source of pride. A good set of genes, balanced upbringing, and the grace of God are the likely reasons these guys have turned out so well.

Also on the marital balance sheet are blessings of good health, mutual respect and support, an abiding friendship, love, and commitment to each other. What we've lacked in money or advantage has been slight in comparison to those things that truly matter. Maybe most importantly, we've tried, in a clumsy, mortal way, to model for our children what a good marriage looks like. We've provided roots and stability and now watch with anticipation where they go from here.

As a marriage commissioner for the past eight years, I've met and married my share of couples. My role ends with the ceremony (with all but the closest couples) so I don't know the longevity of these unions. I do know that sometimes, during our pre-wedding meeting, I take pause: I see potential trouble spots.

It concerns me when one person does all the talking and decision making. It concerns me when one person is always acquiescing and the other appears to be a bully or a spoiled brat. It concerns me that despite the trial run of living together, some couples seem immature and intolerant of the one they are committing their life to. Sometimes it seems more time is spent choosing the linens or colour schemes than the vows.

But my role is to officiate, not sanction, so I remain silent. Then I return home to the one I said "I do" to, knowing that I made the right choice for better or worse, from where I sit.



Intriguing New Developments in Alternative Music

The Cybiont Interview, Part II

Cybiont is a New Zealand recording artist whose music and lyrics are inspired by the writings of Joel de Rosnay and by a unique set of personal experiences. He recently took the time to talk with Wanda Waterman St. Louis about his next album, conditions of creativity, and fighting for a better world. Read the first part of this interview [here](#) and check out The Voice's review of Cybiont's second album, Angels & Demons, [here](#).

"The only difference between myself and a madman is that I am not mad."

Salvador Dalí

Milestones

I loved skiing and skating by about the age of three, and by the age of four I was singing my heart out. I fell in love at six, hitchhiked for the first time at seven, got into my first and last physical fight ever at 12, had my heart broken at 14, started a band at 15, became politically engaged at 16, hitchhiked across South and Central America at 18, and then decided to start fighting for a better world.

People tell me it's time I grew up, but I think I might be too old for that now.

The Myriad Conditions of Art Production

Life is a piece of art in itself. We're surrounded by art. From the tiniest amoebas to the biggest supernovas, everything has its own artistic expression. I'm just trying feel all the art that's around, and—hopefully—that can come out as music at this end. I don't believe I need any specific life conditions; I just need life and the ability to open up my heart and my senses to all that's around.

But of course there are things that help the creative process. Good conversation is one . . .

My songwriting and composing usually get triggered by something . . . a sound, a thought, a leaf that rustles in the wind, a bird song, a beat/rhythm made by walking, a piece of metal scraping along the pavement, a book (or even just a title of a book), something that I find being wrong and that upsets, a conversation, a random face hiding a lie or a smile . . . and of course other music that I hear. A couple of the tunes on the album are based on a feeling that was triggered by a synthesizer sound . . .

What really inspires me to make music is the fact that there are those brave enough to bring something new into this world . . . They touch my heart, and often that comes out as music at this end.



Immediate Career Plans?

I have no idea. What I do know is that there are many more songs urging to be composed. It's a bit overwhelming since there are far more than I possibly can manage. I'm currently working on 30 to 40 new compositions, and hopefully half of them will meet the ears and hearts of others. I certainly hope so.

Art isn't much if it remains with its creator. Art comes alive through interaction. So my immediate plan is to finalize the third Cybiont album, initially named *Music For My Living Universe*. The album is likely to be a collection of the widest range of styles put together on one Cybiont album. There will [be] some poppy tunes, some noise music, some almost-danceable beats, and some dark emotions. Also [it will] feature[e] some other artists and some (for me) new instruments such as monochord, sound bowls, Middle Eastern drums, distorted ukulele, effect-based "voice beats," and more. *Music For My Living Universe* should be finished in a month or so.

After that, I'll probably be spending some time helping some organization trying to make a difference in the world and . . . mak[ing] some more music. If the right opportunity comes knocking, Cybiont may also do some more performances.

CLICK OF THE WRIST – Scaring Ourselves To Death

Halloween's the perfect time to get spooked, but scary books and films need not be limited to one day a year. What better excuse to give yourself an additional good scare than a Friday the 13th weekend?

Read All About It

There exist countless lists of the top scary books, but this CNN article from several years back includes a good mix of old and new. From Stephen King to Edgar Allen Poe, there's some frightening literature out there—if you've the stomach for it!

Scary Show

If you like a good scary film, one of *Entertainment Weekly's* top 20 "Scariest Movies of All Time" is sure to please—or frighten. Although it misses some of the older classics, the list is still worth checking out.

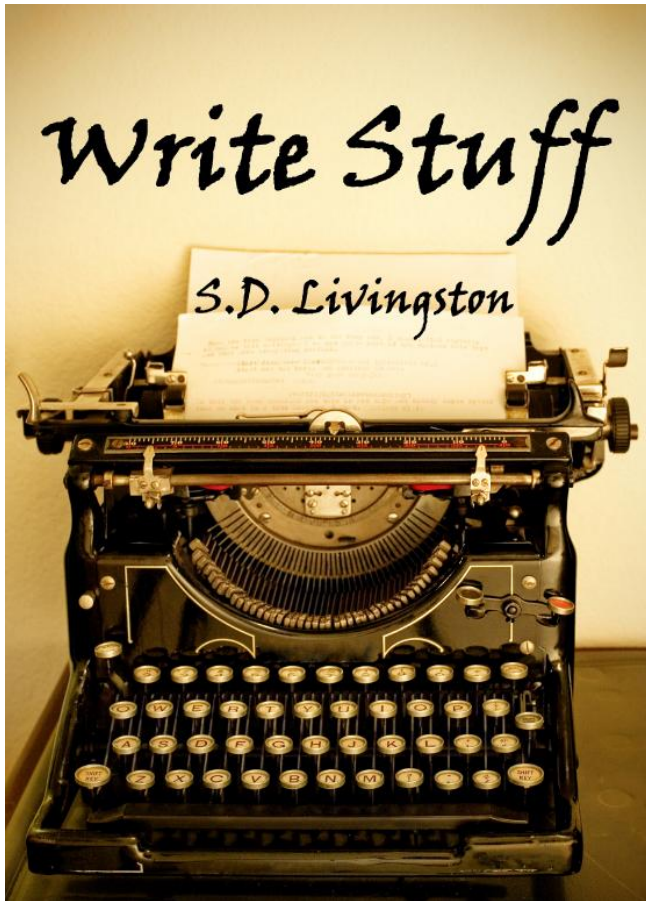
The Original

If modern horror isn't your style, consider immersing yourself in the granddaddy of all horror movies: German silent film *Nosferatu*. Long since passed into the public domain in many countries, this 1922 gem from F.W. Murnau is available online in its entirety.

In the Genes

Horror genre a little too much for you? Blame your ancestors. According to this article in the *Daily Telegraph*, behavioural research suggests there's actually a gene that controls your reaction to the scary stuff.





Wealth and Words

It was a pretty exciting chain of events that got started in the 1600s, wasn't it? You know, back when technology levelled the playing field of the written word, making it something for rich and poor alike.

From Gutenberg to railways to public libraries, it sparked a glorious mash-up of developments that let everyone get into the game, whether they wanted to discover the classics or devour the latest headlines. But today, as technology races onward, taking faster and sharper turns, I can't help wondering: will the cool new digital advances split readers into haves and have-nots once again?

It sounds a little alarmist until you remember that the revolution in reading was all about access. Alongside political and religious shifts, mass production meant books gradually became as common as table salt. Kids could buy comics with pocket change. Libraries lent everything from bestsellers to magazines for free (and still do). It wasn't hard to find heaps of used paperbacks for a quarter, or even a dime, apiece. Information and

ideas flowed freely, and so did innovation.

So how can the shiny new digital world limit people's access to books and magazines? After all, ordering a copy of the latest Stephen King novel is as simple as clicking a few buttons on your screen, and there's no end to free online news sites.

The problem is that all this digital content has added a layer that didn't exist before. There's plenty of interesting stuff to read, but increasingly, you've got to have a machine to read it with.

Take e-books. They're fabulous things. They save trees, are fast and easy to download, and you can carry a gazillion of them around with you. (Well, okay, but it *feels* like a gazillion, doesn't it?) Unless, of course, you can't afford that expensive machine to read them on.

But wait, you say. E-book software works on personal computers and smart phones too. And it's free! Yes it is—but that still won't do you much good if you're one of the millions of North Americans living below the poverty line, in a household where smart phones and laptops are an unimaginable luxury.

For now, access to paper books remains simple. But think a digital-only future is the stuff of fiction? Some publishing insiders predict hard-copy new releases will vanish as early as 2015, with publishers moving to digital-only formats. In fact, Dorchester Publishing announced a similar move just last week.

And e-books form only part of the divide. With more and more "paper" book sales moving online, even giants like Barnes and Noble are feeling the digital heat. On August 3, the mega-retailer's board announced its decision to put the company up for sale (part of a larger strategy, wrote *The New York Times*, to focus on "the growing digital side of the business").

Once again, it throws an extra barrier between reader and words. If you want to buy a book—at least from Amazon or Chapters Indigo—you need a computer (though some online bookstores still let you order by phone).

So should we halt this move into the digital realm? Of course not. There are far too many benefits, including text-to-speech and extra-large fonts for readers with vision loss.

But we can't forget that crucial element of the reading revolution: access. If books, magazines, and newspapers revert to the domain of the wealthy, it will curb the potential of society as a whole—the last thing we need in this information age.

Eventually, prices will come down, and you'll find e-readers on sale in the bargain bin. Until then, though, we need to support ideas and programs like this new one at West Vancouver Public Library: on July 12, they became the first library in Canada to let people borrow e-readers.

With major public access systems like the Toronto Public Library offering more and more content in digital form, it's vital to keep those lines of access open for everyone. Because gaps between rich and poor have always existed, but the joy of reading—and the availability of information—shouldn't be among them.



DID YOU KNOW? MIT OpenCourseWare

If you're seeking supplementary material for your courses, familiarizing yourself with background subjects, or considering studying a new topic for personal enjoyment, you'll be excited to learn about Massachusetts Institute of Technology's ("MIT") [OpenCourseWare](#) initiative.

The donations-funded online resource, which is free and requires no registration, includes materials from two thousand courses previously taught at MIT. Course topics range from aeronautical engineering to music and theatre to women's studies—and everything in between. New

courses are constantly being added, and older courses are frequently updated to reflect new studies and information available.

Materials available depend on the course: there are lecture notes, online textbooks, image galleries, and audio and video lectures. Many of the courses also include assignments, quizzes, and exams along with solutions and sample answers for students who want to check their learning progress.

Students can access the courses online, or download the relevant files for offline use (video components must be downloaded separately).

You can't earn credit for courses completed here; MIT OpenCourseware "is not a credit-bearing or degree-granting initiative." However, it is a fantastic resource for teachers, students, graduates, and all those with a love of learning.

AUSU UPDATE



Convocation 2010

AUSU wishes to congratulate this year's graduates, whether attending Convocation in person or by distance. We wish you the best of luck in your future pursuits. You are an inspiration to all AU students!

AUSU Executive Election

AUSU has recently held its internal election for the Executive. We wish to congratulate Barbara Rielly (President), Bethany Tynes (Vice President External and Student Affairs) and Sarah Kertcher (Vice President Finance and Administration) on their election and thank those that ran for their willingness to serve.

Internal elections are being held to determine committee membership and we expect that all will be in place shortly. Our new Council is taking its bearings and has already begun to set the direction for this term.

Student Issues

AUSU recently completed a compilation of reported student issues covering a two year period; all issues were recorded in such a way as to ensure that student information remains protected and private. This effort confirmed what we long suspected; that tutor problems were the single biggest issue faced by our students (56 of 120 complaints).

Outdated course materials and errors in texts continue to be reported as well as were exam issues, slowness of the transfer process, and the scantiness of information in School of Business FAQs. Over that two year period there was a decrease in the number of complaints about student financing, exam request problems, difficulty registering in more than six courses, and materials shortages for courses. Kudos to AU for improving in those areas. Now if we could only get the Tutors' Union to the table . . .

New 2010 AUSU Handbook/Planners – Arrived!

Finally! People have already started receiving the new planners in the mail, and we're currently shipping them out as fast as the orders come in. Full of useful information about AUSU, writing styles, course grading, great finds online for your studies that you may not have known about, as well as having places to write down your phone numbers, keep track of your assignments, and, oh yeah, a year's worth of calendar to plan out your schedule too. We'll give one free to each AUSU member just for the asking.

Remember, though, we only print a limited number of these each year, so when they're gone, they're gone.

Let 'em Know who Represents for You!

AUSU logo mugs, hoodies, USB keys, and much more are all available for sale from our office. Also, used locks can be purchased at half price! Check out our merchandise catalog on our front page. You should

check out our hoodies in particular—made in Canada and 100% bamboo, we're offering them for just barely over our cost, and they're both durable and comfortable.

And if you have new little ones in your family, or know somebody who does, check out our baby onesies. Made by American Apparel, these onesies are high quality and let folks know your kids are growing up to great things as a "Future Graduate of Athabasca U"

AUSU Scheduling Meeting with Tutors' Union – Not really an Update

Some things resist change. We're still waiting for a response from the Tutor's Union as to when we might be able to meet with them to discuss ways that AUSU and the Tutor's Union can work together to ensure that students are getting the contact they need. Unfortunately, they haven't yet replied, so we're stepping up our campaign to get in touch with them. If you want to help, the next time you're talking to your tutor, ask them if they know when the Tutor's Union will meet with AUSU so that the groups can work together on common issues.

Our statistics we've been collecting from the forums and your calls show that issues with tutors - specifically the amount of time taken for marking assignments and exams are your number one concern. Help us help you.

SmartDraw Program Renewal

Some of you who took advantage of our program to provide SmartDraw software to members have been getting notifications that your software license will soon be expiring. Fortunately, AUSU will be continuing this program, so if you haven't already, go to the AUSU home page to download the newest version.

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
Representing AU
Undergrads

Student Gear

2009 merchandise

Clothing
Technology
Fun Items
Home Decor

Fostering the Student Community

AUSU and Voice gear is intended to support your studies and help you feel like part of the AU student community. Suggestions for new items are welcome. Contact our office with any questions.

INTERNATIONAL NEWS DESK



At Home: Libraries on the Go

Is a trip to the library impossible with your heavy schedule? In the future, there may be a more convenient way to obtain a copy of the latest bestseller: automated book lending machines.

As the CBC [reports](#), the city of Toronto hopes to set up its first “library ‘vending machine’” at Union Station, the city transit system’s busiest hub.

The touch screen-based interface will be user-friendly, allowing library patrons to “swipe their library cards, check out the items they are interested in and return them to the kiosk by the due date.”

The project was initiated by the Toronto Public Library, which is looking forward to the community-wide benefits such an installation will allow. According to the Toronto Public Library’s director of branch libraries Anne Bailey, the kiosk’s purpose is not solely the convenience of borrowers. “What it does is . . . allows you to make

library materials more available to audiences and areas where you might not be able to put in a library branch,” Bailey told reporters, adding that the kiosk “will also introduce new people to the library.”

But if you prefer a more traditional browsing experience, don’t worry; bricks and mortar libraries aren’t going anywhere. “A kiosk like this doesn’t offer a range of services like a full branch does,” Bailey told reporters.

The kiosk should begin serving library patrons in 2012.

In Foreign News: Bubbles Under the Sea

A group of Swedish divers recently had reason to celebrate their discovery of a long-sunken ship. And what better way to do so than by opening a bottle of 200-year-old champagne found far below the surface of the Baltic Sea?

As *USA Today* [reports](#), the shipwreck, located in the Baltic Sea, is believed to contain “[a]bout 30 bottles.” The divers brought one of the bottles to the surface to test—and to enjoy.

Although the champagne’s age is still being verified by various lab tests, diving instructor Christian Ekstrom, who has consulted experts, is “confident” that the bottles date from the 1780s. If Ekstrom is correct, the newly-discovered bottles will have the distinction of containing the “the world’s oldest drinkable champagne.”

Dark and cool, the deep sea can often make “near-perfect storage conditions.” As wine expert Carl-Jan Granqvist told reporters, “If it’s the right atmosphere outside, and inside the bottle the cork is kept dry in the middle; it keeps itself.”

How does centuries-old champagne taste? As Ekstrom told reporters, it was “fantastic,” adding that the taste was “very sweet . . . with a tobacco taste and oak.”

CLASSIFIEDS

Classifieds are free for AU students! Contact voice@voicemagazine.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

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Editor-In-Chief Tamra Ross
Managing Editor Christina M. Frey

Regular Columnists Hazel Anaka, John Buhler, Sandra Livingston, Jason Sullivan,
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