

Musical Desks

A change of place

Yasmina Khadra

Chaque bout de bonheur

Playing with Fire

Words aflame

Plus:

In Conversation With . . .,
Sister Aurora, 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@voicemagazine.org, and please indicate if we may publish your letter.

STUDY SPACE Maxie van Roye



A Clean, Well-Lighted Place

Browse the web, and you'll find a plethora of study advice. Make a schedule. Set goals—but reasonable ones. Study for short periods. Schedule in break time. But most of all, create a study space.

Most "experts" describe the ideal study space as having certain characteristics. Like the Hemingway story title, it should be clean, with good lighting. It should be quiet, spacious, and out of the way of most distractions. But the most important characteristic seems to be that it should be consistent.

A consistent study place: a spot dedicated to homework and the like. A place where you know what to expect from yourself, where you enter knowing that you must now focus and leave all distractions behind.

But apparently, consistently studying in one spot may not actually be the best way to study—and psychologists have known it since the 1970s.

A recent <u>article</u> in *The New York Times* described fascinating psychological research suggesting that, contrary to popular opinion, varying your study location is not only acceptable, it's crucial to a better understanding of the material. It turns upside down much of what I—and many other learners—have believed for decades.

According to scientists, the "brain makes subtle associations between what it is studying and the background sensations it has at the time." This means that studying the same information in different locations gives the material "more neural scaffolding" in the brain.

As a result, you're less likely to forget what you read—making studying more effective.

Using several alternative study locations makes sense, even from a non-scientific perspective. While working independently, it's easy to get burned out or bored. An occasional change of scenery, whether or not you'd normally consider it conducive to studying or writing, can work wonders to rejuvenate you and re-energize your resolve.

When I first set up my study space, I did it by the rules. I tried minimizing distractions. No internet. Tape on the fridge door. Earphones in, music pumping. But each day, after a while, I would find myself getting up from that hallowed spot and wandering away in search of distractions. The problem wasn't my lack of resolve—it's just that perhaps a certain strain of student claustrophobia had settled in. Even just moving the laptop to the couch would make a world of difference. I'd suddenly be energized and enthusiastic about what I was reading or writing. Now, I've made "musical desks" a regular practice.

For example, after working at my desk most of the day, I become more and susceptible to distractions. Then, I bring my laptop to my daughter's dance school to continue there while she finishes her lesson.

Although the waiting room is crowded, stuffy, and noisy, for that hour I find myself studying much more efficiently and effectively than I had been doing in my quiet home just a few hours before.

Changing study locations from time to time can help keep you focused and motivated. And according to psychological research, it even helps you retain material better. It may not be the popular solution, but it appears to result in a more successful learning experience.

And who can argue with that?

CLICK OF THE WRIST: Wrecked

It's been all over the news: the *Titanic* exploration team has been spending the past few weeks off the Maritime coast, exploring the wreckage of the legendary steamer. Their latest offering is an eerie 3-D <u>video</u> of the sunken ship. But the *Titanic* was not the only legend lost in or near Canadian waters. This week's links explore the stories and pictures of these shipwrecks.

Empress of Ireland

Just two years after the *Titanic*'s sinking, another liner went down—this time in the St. Lawrence River. The story of the *Empress of Ireland* is perhaps even more tragic than that of its more famous predecessor. Accidentally rammed by a Norwegian ship during a thick spring fog, the *Empress* sank in just 14 minutes; although there were plenty of lifeboats, there wasn't enough time to launch them. Nearly 70 per cent of those on board perished, including more passengers than lost their lives on the *Titanic*. This PBS special tells the tale, and describes exploration attempts.

The Halifax Explosion

The 1917 accidental collision between a munitions ship and relief ship in Halifax Harbour didn't sink the vessels, but the consequences were far worse. The munitions ship caught fire, leading to a devastating explosion, tsunami, and pressure wave that destroyed parts of Halifax and Dartmouth and killed 1,700 (including many bystanders who had gathered to watch the spectacle). This illustrated piece, from the Maritime Museum of the Atlantic, tells the shocking story.

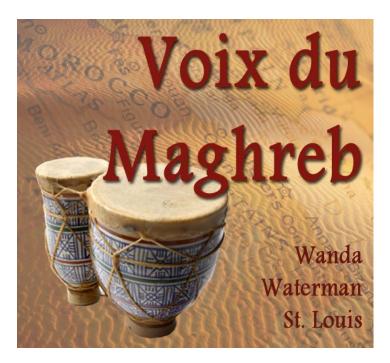
Graveyard of the Pacific

Shipwrecks weren't limited to the East; in fact, Vancouver Island has been referred to as the Graveyard of the Pacific, with at least one "wrecked ship for every mile of coast." This site, maintained by the Maritime Museum of B.C., explains why, and offers stories, maps, photos, and an interactive game.

Edmund Fitzgerald

One wreck that's to this day enveloped in mystery is the *Edmund Fitzgerald*, an ore freighter that disappeared during a storm in Lake Superior in 1975. Because all 30 men on board perished, and the stormy conditions and poor radio communications prevented other boats in the area from witnessing the incident, no one knows exactly why or how it happened. This article discusses some of the theories.





Entretien avec Yasmina Khadra, 1re partie

«Yasmina Khadra» est le pseudonyme de Mohamed Moulessehoul, un écrivain algérien qui a servi dans l'armée de son pays, utilisant ce pseudonyme pour protéger son travail des censeurs durant la guerre civile. Il a quitté l'armée en 2000, parvenu au grade de commandant, afin de consacrer son temps à l'écriture. Il vit à présent à Aix-en-Provence, en France.

Son roman L'Attentat a remporté le Prix des libraires en 2006; la même année, Les hirondelles de Kaboul a été finaliste du prix littéraire international IMPAC de Dublin. Les romans de Yasmina Khadra, traduits à présent en 33 langues, sont connus pour la vivacité de

leurs images, la simplicité et l'élégance de leur prose, ainsi que le courage avec lequel cet auteur décrit les effets de l'extrémisme religieux.

Où avez-vous grandi?

Dans des écoles et cantonnements militaires. A Tlemcen d'abord, une ville historique du nord-ouest algérien, près de la frontière marocaine. Mon père m'a inscrit à l'école des Cadets dès l'âge de 9 ans. Ensuite au collège de Koléa, près d'Alger. Puis dans toutes les régions de mon pays, jusqu'au fin fond du Sahara (le Hoggar), et cela au gré de mes mutations d'officier.

Parlez-moi de votre enfance.

Je ne pense pas avoir eu une enfance ordinaire. A 9 ans, j'étais traité comme un adulte. Je devais me conformer à la discipline des armées, au règlement régissant le fonctionnement des écoles des Cadets. Toujours à cet âge, étant l'aîné de ma fratrie, je me suis retrouvé chef de famille. Non, je n'ai pas eu d'enfance du tout. Je ne me souviens pas d'avoir gambadé ou été chouchouté. Je suis rentré dans la vie comme dans une arène. Il me fallait me battre pour avancer, et subir pour apprendre. Quand je regarde ma fille de 10 ans, je n'arrive pas à croire qu'à son âge j'en bavais déjà.

De quelles conditions avez-vous besoin dans votre vie pour être créatif?

L'armée m'a appris à me débrouiller très jeune. Je réussis souvent à me créer les conditions propices à la concrétisation de mes aspirations. J'ai écrit un peu partout, jusque dans les tanks et les hélicoptères. Lorsque je plonge dans mon texte, je disparais de la surface de la terre. Cependant, j'aimerais bien disposer d'un endroit exclusivement conçu pour mon travail d'écrivain. Pour le moment, j'essaye de me contenter de ce que j'ai. Bizarrement, l'isolement ne m'inspire pas. Je ne crois pas pouvoir écrire loin de mes enfants, par exemple. En voyage, je n'arrive jamais à écrire une ligne.



Votre vie de créateur vous a-t-elle changé?

Je n'ai pas changé d'un iota. D'ailleurs, je n'ai pas intérêt à changer. Je suis mon meilleur repère. Certes, la notoriété est pesante, mais je fais avec. Je suis Bédouin, les feux de la rampe ne sauraient me détourner de la lumière de ma condition, une lumière faite de raison, de lucidité, de discernement. Je sais qui je suis, d'où je viens et de qui je tiens. Je suis heureux de me faire des milliers d'amis dans le monde. Mes ennemis ne m'intéressant aucunement; je tente de me réjouir de chaque belle rencontre, de chaque preuve d'amitié, de chaque bout de bonheur.

Certains livres, albums ou films ont-ils été des points de repère dans votre développement créatif? C'est-à-dire, ont-ils inspiré votre évolution et votre travail?

Bien sûr. J'ai toujours dévoré les livres, adoré la musique et je suis passionné par le cinéma. Ma vie militaire était tellement plate, insipide, obsessionnelle qu'il me fallait rêver tous les jours, toutes les nuits, tous les instants. Aussi, chaque livre me proposait une évasion, chaque chanson apaisait mon âme et tous les films m'arrachaient à la monotonie carcérale des casernes pour me catapulter à travers d'autres territoires, pleins d'intensité et de rebondissements. En littérature, je suis la somme de tous les auteurs que j'ai lus. Certains m'ont marqué, à l'instar de Steinbeck et Malek Haddad, d'autres m'ont éveillé à des éléments essentiels de la créativité. J'ai aussi beaucoup aimé la bande dessinée qui m'aura initié au sens du détail et de l'image.

La semaine prochaine, dans la seconde partie de l'entretien, Yasmina Khadra parlera de l'idéologie, de l'Islam, de même que de l'extrémisme religieux, ses origines et ses antidotes.



DID YOU KNOW? The Literature Network

Looking for the text of an elusive Edna St. Vincent Millay poem? Can't quite recall the source of that Shakespearean quote?

Consider visiting <u>The Literature Network</u>, an online "tool for reading, searching, and discussing works of classic literature." With close to 3,000 full-length books and nearly 4,000 shorter works (including poetry and short stories), it's a fantastic resource for both students and lovers of the written word.

In addition to reading the classics online, visitors can use the site's search feature to locate a particular word or phrase in an author's works.

And there's more: besides searchable access to the full texts of classics from Plato's *The Republic* to Beatrix Potter's *The Tale of Peter Rabbit*, The Literature Network includes author bios, literature forums, and a database of quotations.

Although The Literature Network is free to use, users can also choose to subscribe to the site for an ad-free browsing experience.

IN CONVERSATION WITH . . .

Wanda Waterman St. Louis



Kilmore Place

Kilmore Place is a Vancouver indie-folk band that has shared the stage with The Dudes, Hey Ocean!, and Hedley. The musicians are Ryan Bacchus (vocals, guitar), Bryce Wagner (keyboard/piano), Greg England (guitar), Marcus Abramzik (bass), and Eisa Godoussey (drums). They spent the summer touring their second EP (extended play), ...What Happened?, across the country. Recently, guitarist Greg England took the time to talk with Wanda Waterman St. Louis about life, songwriting, and the sanity-producing power of simple

pleasures.

If I Had a Time Machine . . .

I grew up in a rural area of Langley, not far from Vancouver city. Our house was perched on a hill and had an amazing view. I have no brothers, but was neighbour to a family of six children, five of them boys. We built an eight-story tree fort on the side of the hill. Their father was a lumber broker, so we had an endless supply of wood. In the summers we would live there, bring our girlfriends there, drink, and play music there. If I had a time machine, that's where I'd go.

A Need for Cheeriness

I need to be cheery. Many writers tell me their best work follows a tragedy, but I find I usually write best when I'm in a chipper mood, even if it's tragedy I'm writing about. I often write in the middle of the night as well, so solitary confinement is key to not disturbing a landlord, roommate, girlfriend, etc.

Being in Tune

Writing gives you way too much information about yourself, things you didn't even want to know. I think that in pursuing something creative like music, you become very in tune with how people react to things, what works where and what doesn't, and how people respond. The challenge is to not let that influence . . . override your creative decisions, which is probably why so many bands and artists flop on their sophomore efforts.

Music, Then Words

I like to let the music write the words. Music first, words second. At first the lyrics are all gibberish and scat, and they might stay like that for hours. Eventually, the scat turns into lyrics, and hopefully the lyrics turn into some meaning. If I'm lucky, the words keep coming and a song is born. For every ten songs started, I probably finish one. It's my filtering process. I figure if it didn't get finished, the inspiration just wasn't

there and it wasn't meant to be.

All of our songs come from life experiences. I like to be poetic at times, stream of conscious[ness] at other times. Many songs off of ... What Happened? deal with the theme of growing up and the changes that go along with that. When you're older, everything seems smaller, less precious. When you're young, you don't notice little things like if you're hot or cold, tired or hungry, what time it is. Summer lasted forever when I was 10. A lot of the new songs play to those themes in some way.



On Codes

A utilitarian philosophy is as close as I get to a religious code. Organized religion baffles me; so many people are so sure about their religion, yet there are so many different varieties, all claiming proprietary validity. Seems like a bold choice, but maybe that's what I don't understand about faith.

The Push Toward Sanity

It's my social conscience that led me to being a musician. Playing and performing is something I love and feel I'm good at, and hence is the best way I can bring people together and make them happy. I think that being a musician, you can see how simple we all are, you see how easily we forget that it's usually the simple pleasures in life that make the biggest push toward . . . our own sanity. We get caught up in our jobs and responsibilities when all we really want is a drink, some company, and a good conversation.

Green Light





As the last lingering summer weather fades away, it's time to start preparing for the fall. And what better way to welcome the new season than with a good fall housecleaning?

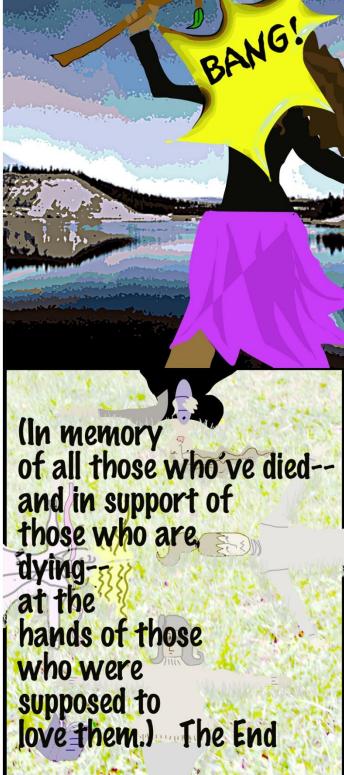
Unfortunately, the products that provide that invigorating smell and streak-free shine may not seem quite so clean when you look at the results in a larger context.

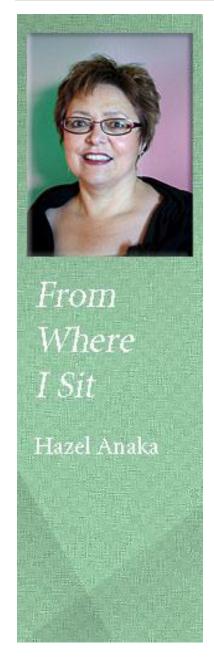
The fact is, many popular cleaning products are in fact "dirty"; they release fumes, pollute the air, and coat surfaces with a toxic residue. Worse, the chemicals they contain may remain in the earth's waterways, affecting whole ecosystems.

But *National Geographic*'s Green Guide blog's green cleaning resource pages can help you choose (or even make!) cleaning products that are safer for you, your family, your pets, and the environment. To green your fall cleaning, be sure to check out the main cleaning page and the product buying guide.









How I Spent My Weekend

If a teacher asked me to write about "how I spent my weekend," I'd have a doozy. First, some background.

On September 4, I felt light-headed while showering. I sat on the edge of the tub until I felt better. I chalked it up to a case of nerves before my first funeral as a celebrant, and didn't think about it again.

On September 10, I went down to the laundry room, took a load of clothes out, put another in, and walked back upstairs. My legs felt leaden, my heart was pounding. I managed to make it to the bed before I dropped. Eventually, I got my second wind and carried on. Saturday, I felt weak and light-headed again; I didn't think I could drive the 30 kilometres to the wedding I was to perform that afternoon. For the first time in nearly a hundred weddings, Roy had to drive me. I managed, with the help of adrenaline I think, to perform the ceremony. I had a hard time walking up the incline from the park to our car. Roy helped me the last 20 feet or so before I dropped down on the back seat. Next stop, the emergency department of a hospital about an hour from home.

It seems my hemoglobin (or red blood cell) count had dropped to 78. Since the normal range is between 120 and 160 grams per litre, this was not good. The decision was made to do a blood transfusion. But because my blood type is AB Rh positive and only present in 2.5 per cent of the population, it needed to be ordered from the blood bank. On Sunday, I showed up at the emergency department to begin what would be nearly a 10-hour stay to receive three units of packed blood cells.

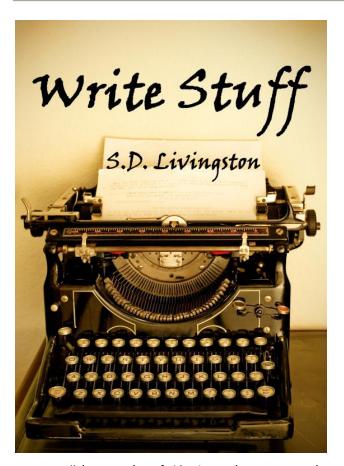
When the doctor mentioned a transfusion, I remembered the tainted blood scandal of the 1990s and knew enormous (and expensive) steps had been taken to ensure the safety of the blood supply. I also knew that in 2007, when my hemoglobin hit 73, it took months of iron supplements to bring me

close to a normal range.

That scary score, which makes a person vulnerable to heart attack or stroke, also triggered about a year's worth of tests which, through a process of elimination, attempted to determine the cause and rule out things like cancer. So I've had three abdominal ultrasounds, two colonoscopies, two endoscopies, a barium swallow, a Meckel scan, a capsule endoscopy, an MRI, consults with a hematologist and an internal medicine guy, and monthly blood work. The conclusion was Cameron's erosions, associated with a large hiatus hernia, and a prescription for Prevacid for the rest of my life.

So, what happened this time is anyone's guess and no doubt the start of another mystery worthy of TV's Dr. House.

Some good reading material and the knowledge that drop by drop by drop, my lifeblood was being restored, made my Sunday bearable. Heartfelt thanks to the donor(s), from where I sit.



Like Words to a Flame

On the surface, the original plans of Pastor Terry Jones to burn copies of the Quran on September 11 were about religion. About protesting the "very dangerous and very radical" elements of Islam, as he <u>told</u> The New York Times. But at heart, the since-cancelled protest was about the same thing that's fuelled every other book burning in history: the fear of, and urge to eliminate, opposing ideas.

The premise is simple. If you can silence ideas, you can quash dissent (or at least minimize it). And when nobody's protesting, you can do what you like. It was the driving force behind Spain's torching of thousands of Mayan codices in the 16th century, everything from religious texts to astronomical charts to financial records. It resulted in the almost complete destruction of a culture's recorded history.

The Nazis, too, knew how powerful the written word is in sustaining ideas—and ideals. Britannica Online documents that in May 1933, just four months after Hitler came to

power, "thousands of Nazi students, together with many professors, stormed university libraries and bookstores in 30 cities throughout Germany to remove tens of thousands of books written by non-Aryans and those opposed to Nazi ideology." The books were demolished in bonfires.

But even if you disagree with the contents of a novel or religious text, there's one thing that's far more dangerous than what their pages could ever contain: the suppression of ideas by burning those books.

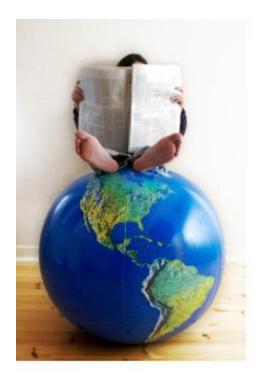
Tyrants of all stripes—religious or political, Christian or Muslim, powerful or fringe—have used the tactic. Imagine (those of you lucky enough not to have lived through it) a society where no one is allowed to disagree with authorities. Where you can't write a blog or post your thoughts in a forum. Or, if you've got the time and energy, write a book about it. Nor can you find any books to help you weigh conflicting opinions. Because whether your leaders are corrupt or foolish or simply have different beliefs than yours, all the books that dare question them have been burned.

It's the kind of oppression that has flourished under regimes in countries like Iraq and Afghanistan, and plenty of others. The very type of oppression that, supposedly, Western forces are fighting to eradicate. Somehow, the irony seems to have escaped Pastor Jones.

It's understandable that every rational human being remains horrified and angry about the mass murders of September 11, 2001. Just as it's understandable that the families of more than a hundred thousand Iraqi civilians feel the pain of losing loved ones through violence—both at the hands of occupying Western forces and insurgents. Go ahead, point your finger in any direction. Heaven knows there's enough aggression and atrocities to go around.

We can disagree with a religion or ideology all we want. We can even fight in the name of freedom and democracy. But as soon as we start burning books, we've lost the battle.

INTERNATIONAL NEWS DESK



At Home: Compounded Stress

School, work, family, and that driver who cut you off in traffic: all are sources of stress in varying degrees. But does it ever seem as though stress snowballs—some days, nothing fazes you, but on other days, the slightest annoyances really get to you? According to researchers at the University of Calgary's Hotchkiss Brain Institute, it's all in your head—literally.

As the CBC <u>reports</u>, certain stressful events can leave an "impression on your brain," making you more sensitive the next time a potentially stressful situation arises. The imprint "can last anywhere from three to 10 days."

While the imprint is still present, you'll have less tolerance for new stressful events—which may add more imprints, compounding the problem. In fact, scientists believe that permanent damage may be caused: those who have a lower tolerance for stress are people whose

"systems have been 'primed,' or left with a stress imprint," more often.

Chronic stress results in a myriad of health problems, including "depression, memory loss and fatigue."

Getting stressed out about all this? Don't; researchers hope that in the future, there will be drugs that "target . . . the initial stress marker and remove . . . it" to help stop the cycle.

Around the World: Doctor Cockroach

Everything in nature seems to have a purpose—except maybe cockroaches. Those intimidating, scuttling pests thrive on dirt, decay, and humidity, and have even been known to survive nuclear explosions. But don't get out the bug spray too quickly. A new study suggests that cockroaches, although often associated with disease, could possibly save us from it.

As the *National Geographic Daily News* reports, cockroach brains contain "natural antibiotics" that can kill the resilient MRSA bacteria and certain *E. coli* strains. Scientists have been searching for a cure for these and other disease-causing bacteria which are "resistant to traditional antibiotics."

As the University of Nottingham's Simon Lee, co-author of the study, told reporters, the antibiotic molecules found in cockroach brain tissue are a "very clever defense mechanism." These built-in antibiotics are what allow the insects to withstand dirty conditions.

Still squeamish? Cockroaches aren't the only insects with life-saving possibilities: certain locusts "may also have the same bacteria-killing molecules." In fact, the study suggests that "the insect world . . . may be teeming with new antibiotics."

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.

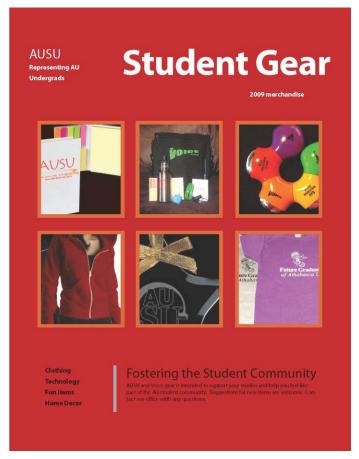
SmartDraw Program Renewal

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.



CLASSIFIEDS

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

THE VOICE

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