

THE VOICE

MAGAZINE

Vol 18 Iss 44 2010-11-05

Tick Tock

Time for a change

Home Alone

Poet in exile

All That Jazz

Ben Jaffe

*Plus: From Where I Sit, Cruiscin Lan,
Green Light, 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
S.D. 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.



EDITORIAL

Christina M. Frey

If I Could Turn Back Time . . .

*"This thing all things devours:
Birds, beasts, trees, flowers;
Gnaws iron, bites steel;
Grinds hard stones to meal;
Slays king, ruins town,
And beats high mountain down."
J.R.R. Tolkien, *The Hobbit**



Time: the very word is an enigma, and the concept has intrigued thinkers and artists since the dawn of history. Writers, poets, and musicians constantly express a longing for the past, a yearning for a slower present, or a view into the years ahead.

Every fall, those locales that observe daylight saving time (DST) do indeed have that often-coveted ability to turn back time—at least, an hour's worth. Unfortunately, far from granting insights and clarity, it disturbs sleep patterns, disrupts schedules, and wreaks havoc on farming operations.

For most North Americans, the clocks will move backward during the wee hours on Sunday morning. But why do we put ourselves through this self-torture twice yearly? Is it because it fulfills some social obligation—to either conserve energy or aid farmers?

Wrong and wrong.

The concept and implementation of DST have always been controversial, and not just because of the temporary inconvenience of lost sleep. A 1922 *Yale Law Journal* [article](#) recognized that the idea of a daylight saving time law is at once both a local and a society-wide question. It also raised another interesting issue: whether a majority of urban vs. rural voters (and vice versa) could influence local and national policy on DST.

Over the past few years, new controversies have arisen. Most significant is the changing view on the once widely-held notions of daylight saving time and energy conservation. In the light of research from the past few years, our old ideas of DST and energy are being questioned, and they're not emerging unscathed.

The DST-energy connection is an idea that's been tossed around since the 18th century, when Benjamin Franklin wrote an essay in the *Journal of Paris* suggesting that observing a form of daylight saving time would reduce the use of candles in the summer.

On paper, it seems to work. By moving the daylight hours to a time when more people would be awake, wouldn't it cut down on energy use and consumption, reducing our reliance on electricity and oil and helping to protect the planet?

In actual practice, perhaps not so much. The problem is that when we talk about energy consumption, daylight, and basing our daily activities on the sun, we're looking at the daylight-energy relationship in a vacuum. We're wearing blinders, failing to see the wider picture that would be clearly visible if we were looking from side to side.

For example, a 2007 study by researchers at University of California - Berkeley directly challenges the energy-saving concept. The study, which coincided with the United States' extension of the DST time period by a month, points out that the simulation models used to project energy savings are based on outdated information from the oil embargo-era 70s. The results, they claim, have lost relevance due to the possibility of other social factors of the time and because of changing energy usage norms (for example, the modern prevalence of air conditioning).

Interestingly, the study also cites the Australian experience from 10 years ago. In 2000, the Australian government added two months to the daylight saving period in order to deal with the Sydney Olympics. The temporary change only applied to part of the country, and the Berkeley study compared the energy use between two of the states that did not host the Olympics: Victoria, which changed its daylight saving period, and its neighbour, South Australia, which did not. Surprisingly, the state of Victoria did not save energy through its increased DST period. In fact, it may even have used more.

Other studies have reached similar conclusions (for example, those involving the recent switch to DST in certain holdout areas of Indiana). So much for energy consumption.

And then there's the helping farmers myth. In fact, many farmers have in fact lobbied—and still do—for the repeal of the observance. In this integrated age, when many modern farmers have to synch their day with the city world, DST can cause disruption to farming by disturbing farm animals' feeding schedules and creating crop harvesting dilemmas.

If these aren't enough, other studies have cited still further negative societal results from the promulgation of DST: weeks of sleep deprivation for so-called "night owls" and a rise in cardio-related deaths immediately after the switch from standard to daylight time are two striking examples.

But what about Benjamin Franklin? If you read his original essay dealing with the daylight saving concept, you might detect more than a hint of sarcasm in the writing.

The problem is that . . . we're looking at the daylight-energy relationship in a vacuum. We're . . . failing to see the wider picture.



Don't fear, though: not everyone loses. According to Scientific American, the golf industry stands to gain hundreds of millions of dollars each year, as long as DST is observed. Not surprisingly, they and certain "retailers, especially those involved with sports and recreation," are strong proponents of daylight time observance.

Something to think about when we flip the clocks back this weekend.

IN CONVERSATION WITH . . .

Wanda Waterman St. Louis

**Ben Jaffe**

Ben Jaffe is the son of Allan and Sandra Jaffe, the founders of Preservation Hall in New Orleans. It was his idea to create the album Preservation: An Album to Benefit Preservation Hall & the Preservation Hall Music Outreach Program; you can read the Voice review of this album [here](#). Ben also plays tuba in the Preservation Hall Jazz Band. Recently, he took the time to talk with Wanda Waterman St. Louis about his parents, the album, Louis Armstrong, and why musicians wake up in the morning.

How it All Started

Back in the 60s, my parents were considering different cities to live in and New Orleans was at the top of their list. They came to New Orleans to get involved with the civil rights movement and to seek out a lot of the musicians they'd been listening to for many years.

In New Orleans, they got involved with a small community of people who were having these underground jam sessions for aging African-American musicians, in what they called a "mixed social" setting. New Orleans was in the segregated South in the early 60s. We didn't pass our last civil rights laws until 1965.

In the early 60s, New Orleans jazz was a style of music that hadn't received the attention and respect that was due it. It was almost an embarrassment. My parents, not being from New Orleans, came here and immediately recognized this invaluable treasure. Without having any idea of what they were doing, they simply did what they felt they should do, what they enjoyed being a part of.

Preservation

The idea for the album came through friends at our record label. They came to us and asked us if we would consider doing a project to benefit the city. I came back to them with the idea of doing a project that would actually benefit the future of our musical legacy.

Selecting the performers was really just a matter of choosing the artists we felt would understand the project and who'd be excited to be a part of it. We reached out to artists who we respected, who had some sort of connection to New Orleans, and who we wanted to collaborate with.

I definitely think New Orleans music permeates all American music. If you go back far enough, it was popular music coming out of New Orleans in the early part of the last century that influenced the popular music of



the 20s and 30s, so you find New Orleans influences in everything— in classical music, in Stravinsky, in Duke Ellington, in all these forms of music.

Louis Armstrong

There's no way to get around Louis Armstrong. If you're a musician and you don't know who he is, shame on you. And by knowing who he is I mean truly understanding the impact that he had on pop culture. In my opinion, there's no one we can compare him to because he was such an anomaly. He was an African-American who was as popular as anybody today. Here's a man who as an African-American artist was fighting against all of the prejudice and the segregation of the day. He still was embraced and went on to sell millions of records and to be accepted not just as a musician but as an actor and an entertainer. At the same time, he created some of the most lasting music.

Making the Album

There are so many amazing stories linked with the recording of this album: for example, the fact that Pete Seeger showed up at the exact moment that we were rehearsing "We Shall Overcome." That was one of the moments when I literally felt that the ghosts of all of these people who had contributed to this movement in the 50s and 60s were literally brought into Preservation Hall in that moment. The . . . fact that Tom Waits came to New Orleans and recorded Mardi Gras Indian chants with us, the idea that Steve Earle, who had at one time played on the streets of New Orleans, was in Preservation Hall playing with us. With each artist, there was meaning behind their performance and they knew it and we knew it. We had very big shoes to fill.

We're just proud to be part of a project that's meaningful, and that's all an artist can really ask for at the end of the day—for people to appreciate and enjoy the music we create. It's the reason why we wake up in the morning.

There's nothing dated about what Preservation Hall does. It doesn't sound like a museum piece. We're not creating a sound—we're *part* of that sound. We are the direct descendants of people who've played this music since its inception. We've inherited this tradition, and it's part of who we are.



*The Preservation Hall Jazz Band (Jaffe is holding the tuba).
Photo: Shannon Brinkman (2009).*

GREEN LIGHT

News, Tips, and Tricks for a Healthy Planet



City Talk

I've been intrigued by the coverage—and controversy—surrounding the building of what was originally planned to be the world's first zero-carbon city. Located in the desert outside Abu Dhabi, the city of Masdar seems like a shining beacon of sustainability.

However, the project has run into difficulties. Local recession conditions and the astronomical costs of creating a new city prototype have slowed the city's momentum. When it does finally open, according to Bloomberg News, it probably "won't be carbon-neutral at first."

And the city itself has become controversial, a symbol of the dichotomy that often exists within the environmental movement. Those who can afford to be green can do their part for the planet: hand over the extra cash and buy hybrid cars, cover their roofs with solar panels, or, according to this *New York Times* critique, wall themselves into a "mini-utopia" like Masdar.

Interestingly, this narrow view of green living—seen as something we need to buy into, whether personally or through our government—isn't shared by the much of the world. In fact, in countries where the citizens aren't flush with money and possessions and modern conveniences, the attitude toward sustainability is completely different. Recycling, reusing, and green living don't need a label, because they're part of normal, everyday life. Things are made from scratch, and items are reused or recycled into new creations. This LiveScience piece is a true eye-opener on what it means to be "green."



DID YOU KNOW? Write Site

As the semester progresses, assignments and essays start piling up. And although many find their coursework stimulating and rewarding, it's frequently the writing process that's the biggest challenge. But there's hope: if academic writing is your Achilles heel—or even if you just want some clarification on when to use a semicolon—consider visiting Athabasca University's Write Site, a fantastic resource offering a wide variety of writing aids.

The online resource, intended both for struggling students and for those who want a refresher, was created to "develop independent writers . . . and . . . encourage and support good student writing across the University."

Resources range from a grammar handbook to guides on the essay writing process and the art of critical thinking and writing. There are also quizzes and drills for further practice.

In addition, Write Site offers personal assistance through its writing coach program. Students can submit a coursework assignment, and a writing coach will provide them with feedback on grammar, mechanics, organization, style, and research and critical thinking skills. Coaches will not edit assignments or comment on their content, however. Further guidelines for the Writing Coach Dropbox can be found here.



Taha Adnan, *Je Hais l'Amour*

Publisher: Éditions Le Fennec, 2010 (Trans.)

Original Arabic Title: *Akraho Al Hob* (Dar Nahda Al Arabia, 2009).

"Seul le poète casse devant le poèm

Moi je ne suis pas un poète

Seulement je ressens la douleur froide et dis

C'est mon feu

Lorsque je tends ma main pour la toucher

Ses flammes de glace me brûlent."

Taha Adnan, "Lentement je creuse une glace vive"

Taha Adnan is a Moroccan who's made Brussels his base camp for a number of years, and his work reflects a preoccupation with defining his personal vision against a conventional romanticizing of the poet in exile.

In these poems, the immigrant and the poet are brothers in the struggle for new identities that always seems to be couched in terms that neither can honestly accept. Meanwhile, both experience a manic swinging between a sense of inferiority that's easily exploited and a grandiose supremacy that's easily embittered.

In true postmodern form, Adnan suggests that exile should not be defined as the simple state of residing outside one's homeland, but rather in the marginalization created by classism, racism, sexism, and poverty. In this sense, the globe is covered with people who may or may not have been displaced from their homes yet who are all living in exile, pushed to the edges by the fortunately situated, and often compelled to deny origins (hence the self) in order to escape this marginalization.

Within Adnan's imaginative landscape the poem itself is a living, breathing character: a challenging foe, a taunting bully, an alluring siren, a shrill taskmaster shaming the poet and causing him to doubt his own vocation, a raucous playmate who calls him away from the mundane, a harsh disciplinarian who forces him to accept it, a delicate elixir at the mercy of the faulty vessels that carry it (whether hard disk or paper), and a jealous wife screaming for his full attention.

The poet is here seen as a kind of prophet on a cyberspace mountain, who perceives the current reality, places it in the



Above: Taha Adnan.

Photo: Martin Caezza.

balance, and for all its bells and whistles finds it wanting. At the same time, the poet also ushers in the future, in this case by compelling the reader to recognize—and recoil from—that reality.

Je Hais l'Amour is a brilliant example of how the primitive, magical voice remains relevant—and resonant—in the postmodern vale of tears.

CLICK OF THE WRIST: On A Rainy Day

November has always seemed like an interminable bridge. The excitement of fall has worn off, a dank chill has permanently entered the air, and a gloomy atmosphere often seems to pervade the houses. To shake it off, this week's links explore the beauty that even the most miserably cold and wet weather can bring.

Dark and Light

Rainy and stormy weather may seem like unpopular conditions for a photo shoot, but the possibilities are exciting for photography enthusiasts. Here, web design e-zine *Smashing Magazine* shares some of its favourite rain-inspired shots.

Paint the Sky

And the wet outdoors has always been equally inspiring for artists of the ink-or-brush variety. Gonzaga University's student resource pages showcase images of some acclaimed artwork, including Impressionist Claude Pissarro's rain-inspired *Boulevard Montmartre: Rainy Weather, Afternoon*.

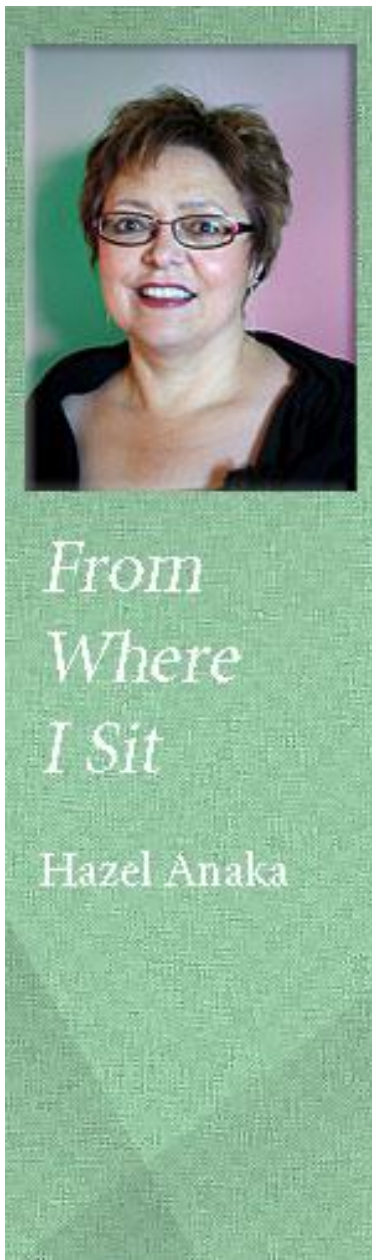
Cold and Dark and Dreary

Henry Wadsworth Longfellow's classic poem speaks to the dichotomy of November: the unpleasant weather is a reminder both of the dreariness of past disappointments and the sunshine of future hopes.

Singin' in the Rain

When there's hope in the air, who minds a little wet weather? Certainly not classic musical *Singin' in the Rain's* (1952) Don Lockwood (played by Gene Kelly). His song-and-dance routine in the film, performed during an onscreen downpour, makes light of the weather and is the perfect cheer-up after a gloomy day.





Dealing with Grief

As a funeral celebrant, I hold an affiliate membership with the Alberta Funeral Service Association. Recently, I attended a daylong Dealing with Grief conference in Edmonton; the keynote speaker was the Australian-born psychiatrist David Kissane. Dr. Kissane is Chairman of the Department of Psychiatry and Behavioral Sciences at Memorial Sloan-Kettering Cancer Center, professor of psychiatry at Weill Cornell Medical College of Cornell University, and author of *Family Focused Grief Therapy*. In short, the man knows his stuff.

I attended hoping I could do some networking with funeral directors. Wrong. Though I did get to meet two Edmonton celebrants, most of the attendees were therapists, social workers, or chaplains. Following my belief that no learning is ever wasted, I stayed and absorbed as much of the information as I could as a non-therapist.

Dr. Kissane believes that there are real benefits to engaging entire families in grief therapy sessions—from the point of diagnosis, through palliative care, to finally the bereavement stage following death. While a particular individual is sick and dying, the entire nuclear family is affected by the event.

He uses a 12-point questionnaire to assess the family relationship by measuring the degree of cohesiveness, communication, and conflict management present. Despite what you may deduce from observing TV families, there are five family types. Roughly half of all families fall into either the supportive or conflict resolving sub-groups that make up the well-functioning group. The sullen and the hostile fall into the dysfunctional group. There is also an intermediate group breaching the two extremes. A genogram, or psychological family tree, is also completed; its essence, it shows generational patterns of behaviour.

Prolonged grief disorder (or complicated grief) is diagnosed using a set of criteria which includes bereavement longer than six months, symptoms of separation distress, functional impairment (socially, occupationally, and domestically), and other symptoms, including loss of trust, bitterness, numbness, and role confusion. Some of the risk factors of complicated grief include unexpected loss, controlling parents, childhood separation anxiety, early parental death, and ambivalent relationship with the deceased. The cost to individuals and society is high, with increased risk for suicide, poor quality of life, post traumatic stress disorder (PTSD), and depressive or other anxiety disorders.

Through sessions of role playing, we observed Kissane's preferred circular questioning method. So rather than ask the dying father directly how he is doing, the therapist would ask the wife or children how they perceive dad is coping, and so on until all the dynamics and feelings are teased out. This style encourages reflection. Strategic questions that hold potential solutions and stimulate problem solving are also introduced.

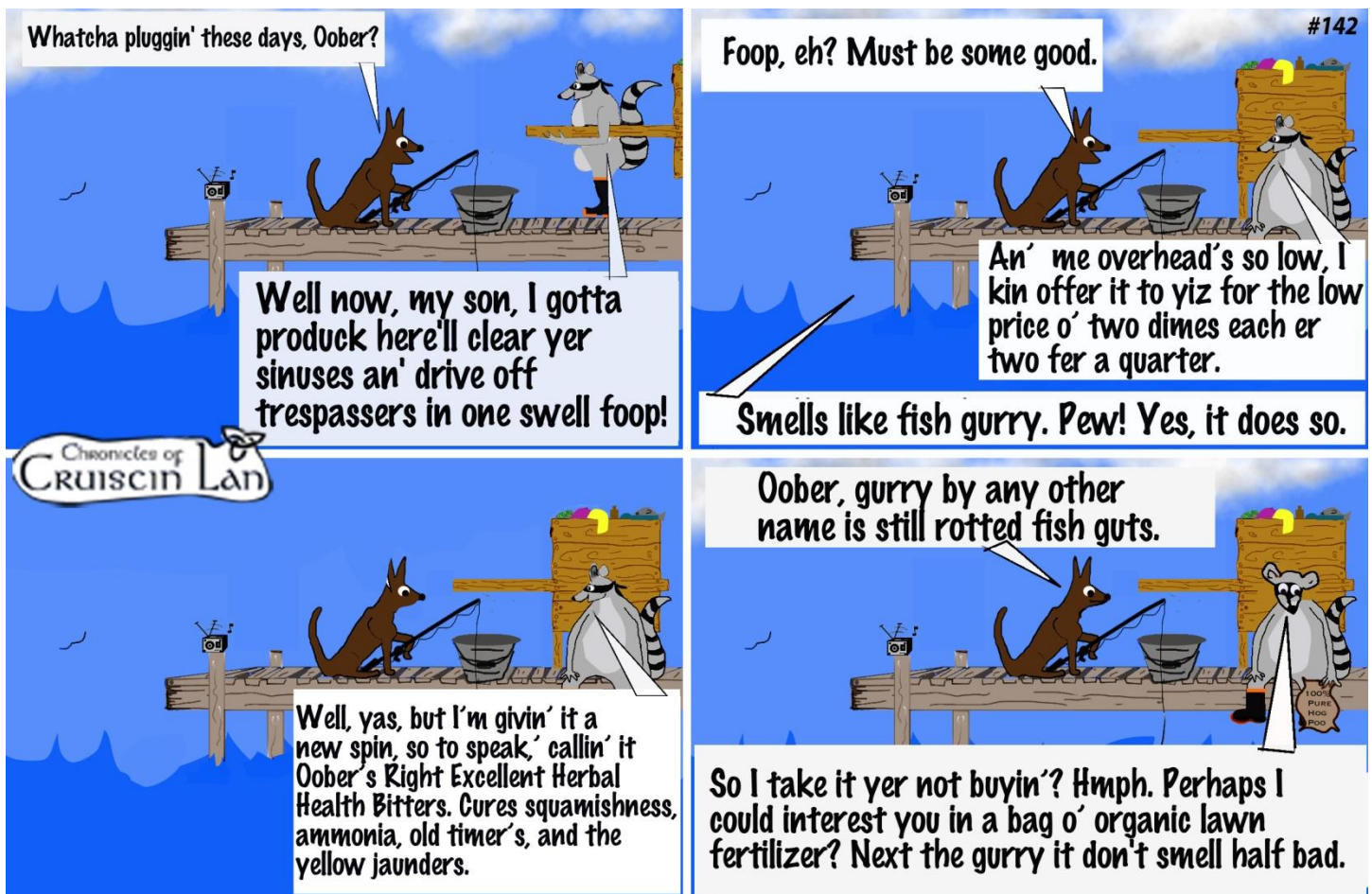
I felt myself drawn into this family drama. There's dad saying, "I'm dying and the thing I need most is to know that you three will be there for each other when I'm gone." Mom is trying to be strong. The teenage son is sullen and saying, "I don't know what's going on." An adult daughter has come back home to help but doesn't know how.

In a later post-death session, with dad's empty chair front and centre, we see the wife coping with her anger and her ambivalence to the death of her philandering husband and with the fact the children knew nothing of the problems in the marriage.

This role playing was so real, it was spooky. It reminded me of the secrets, verboten topics, and "elephant in the room" gatherings that characterize most families. It reminded me that we seriously harm ourselves and others with lies, omissions, and avoidance. It reminded me that we need healthy, truthful, supportive relationships with our loved ones, day in and day out. And if we do that, we're well-positioned to weather the storm of grief. All good reminders, from where I sit.

CHRONICLES OF CRUISCIN LAN

Wanda Waterman St. Louis



INTERNATIONAL NEWS DESK



At Home: Friend of a Friend

Facebook: the ubiquitous social phenomenon has gone from a small online gathering space to a vast network to a hit movie. Users old and young are drawn to the ability to stay in touch, retrieve old connections, and keep up with their friends' antics. Now, there's a new use in town: crime investigation.

Facebook for detectives? Sort of. As the *National Post* [reports](#), staff at an Ottawa-area sports apparel store used the social network to identify who had stolen a cap and collectible jersey from the shop.

The store owner suggested researching the profiles of those who "liked" the store's Facebook page. And although eyebrows were raised at the idea, the staff found their man in "just 15 minutes."

The staff discovered that "the perpetrator was a Facebook friend" of one of the store's Facebook fans; by matching his photo with the images on the store's security video, the police were able to recover

the stolen merchandise and identify the thieves.

Ottawa police Chief Vern White was intrigued by the recovery, telling reporters it was "impressive." Currently, the police are working on a "social media program . . . [that uses] Twitter to get details of robberies and other crimes out quickly." But the use of Facebook to accomplish similar goals is a new idea.

Good news for store owners, police, and the law-abiding public. But here, the thieves learned a lesson: "be careful who your friends are — at least on Facebook."

Around the World: The Bagel Test

It's the stuff of TV legends, urban myths, and the like: a person unwittingly tests positive for drugs after eating poppy seed cakes or muffins. But apparently it can happen in real life, with devastating results.

As *Time* magazine [reports](#), a new mom "recently lost custody of her newborn after the poppy seeds dotting her bagel yielded a positive drug test." The mom had eaten the bagel the day she went into labour. Allegedly, the poppy seeds contained in her snack gave rise to a positive result for opiates during a routine blood test, and several days after the birth, "child welfare workers came to her house, seized her infant and placed the baby in foster care."

Although eventually the false positive was discovered and the child returned to the mother, the event raises questions about the legitimacy of drug tests that "do not employ specialized labs that can determine the source of the drugs - poppy seeds versus heroin, for example."

It shouldn't come as a surprise. Ten years ago, British researchers published a study suggesting that eating poppy seed cake would result in discernable opiate levels for 24 hours. At the time, the study's authors wrote that "Great care should therefore be taken when interpreting the data produced when screening for opiates."

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.



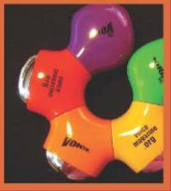



For any course that requires charts that cannot be easily created in Word or Excel, this should be a real time saver and make it easier to submit all portions of an assignment by email.

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.

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, S.D. Livingston, Jason Sullivan,
Wanda Waterman St. Louis

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