

THE VOICE

MAGAZINE

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Lost Links

Love is the bond

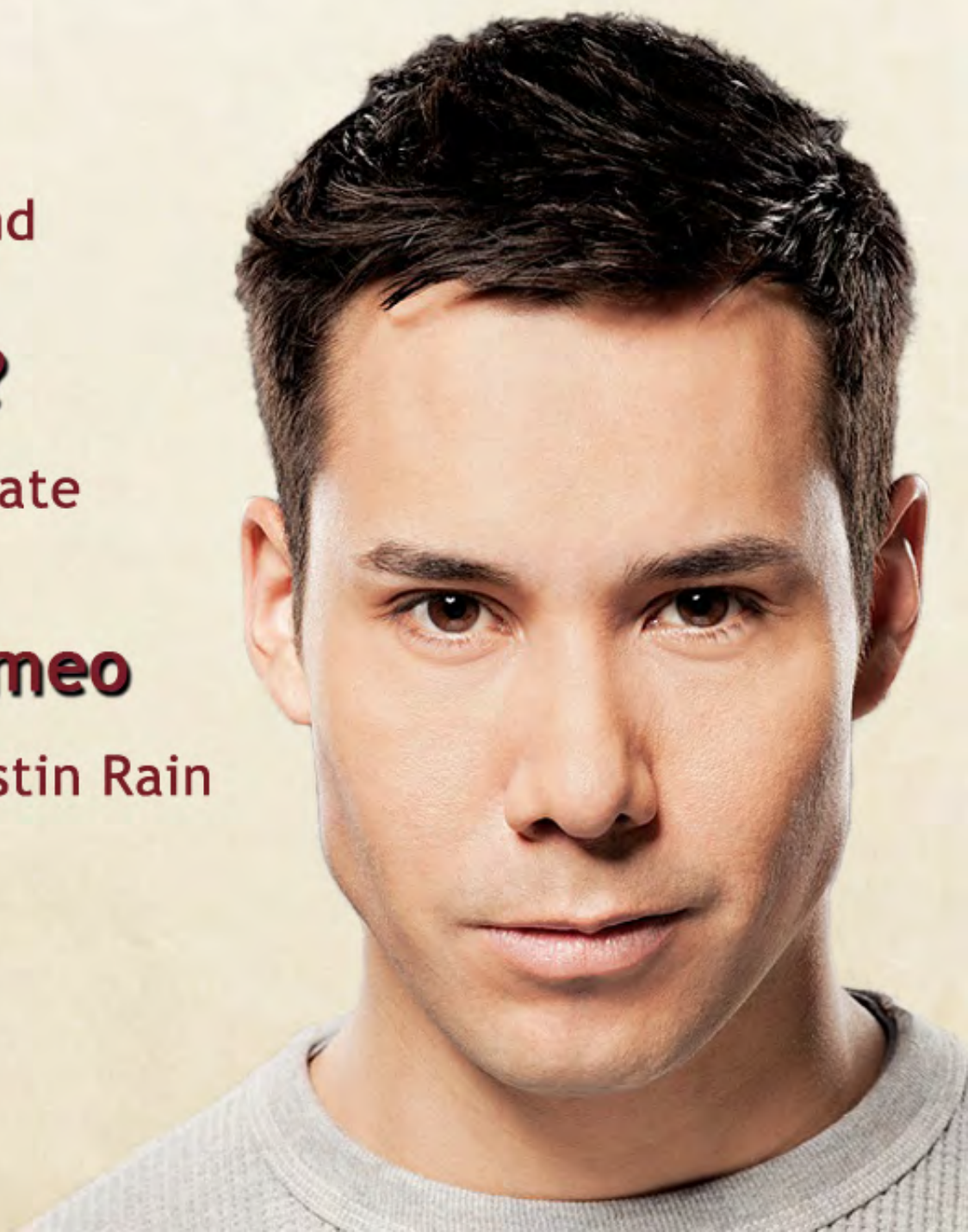
No Veggies?

Protein your plate

Reserve Romeo

A chat with Justin Rain

*Plus:
From Where I Sit
Write Stuff
and much more!*



CONTENTS

The Voice's interactive Table of Contents allows you to click a story title to jump to an article. Clicking the bottom right corner of any page returns you here. Some ads and graphics are also links.

Features

Editorial: Love is the Bond	3
Health Matters: Why Protein?	4
In Conversation with . . . <i>Blackstone</i> , Part III	6

Columns

From Where I Sit: Bad News Can Wait	9
Chronicles of Cruiscin Lan.....	10
Write Stuff: Bookmark This	11

News and Events

Did You Know?.....	8
Click of the Wrist	12
International News Desk	13
AUSU Update	14

From Our Readers

Letters to the Editor	2
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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



Love is the Bond

Human family. Global village. We're all in this together, all intricately connected, right?

But even as we throw around these buzzwords, we often fail to grasp their essence.

A recent *Irish Times* [article](#) brought a whole new perspective to my afternoon. It's a tale of just a few minutes on a tram. The players: several self-absorbed people, and one young man who was everything they were not: open, unreserved, unashamed.

He also had Down's Syndrome.

Yet despite his "disability," he was completely open in a way that few now are. Honest about his feelings. Unashamed to talk about failure or ask for help. Unconcerned about judgment. And convinced—truly convinced—of the good in those around him.

"Love . . . is what bonds us all!" he proclaimed.

And it does—if we're not too afraid to grasp it.

The truth is that despite our protests to the contrary, we're not all that authentic. We filter. We filter our opinions so as not to offend. We filter our personal secrets so as not to embarrass ourselves. We filter our tell-all histories so as to leave the right impression: open and honest, but also judgment-proof.

We're afraid of one another.

The young man in the news story may have Down's Syndrome, but *we're* the ones with the "disability." As a society, we've become emotionally disabled.

We have no trust, no faith in humanity. We don't stop on the street and say hello. We don't smile and wave. We mistrust one another. We take offense easily—even when someone makes a mistake. We look at actions through a cynical lens while still preaching a positive outlook.

The young man got it right: love is what bonds us all. Our disconnect from those around us is symptomatic of that missing love, but it doesn't have to be that way.

As Valentine's Day approaches, we're encouraged to, at least one month out of the year, give some sort of official value to our relationships. Maybe this year we can extend that relationship, that bond, to the rest of hurting society. To the strangers on the street. To the clerk in the store. To the telemarketer. To the guy with differing political views.

Love bonds us all.

HEALTH MATTERS

Katie D'Souza



Why Protein?

When we were young, our parents nagged us to eat our vegetables. Now media coverage has upped the message; it's no wonder that we feel a pang of guilt when passing over the bowl of steamed vegetables with dinner or opting out of the salad option at a restaurant.

But while fruits and vegetables are crucial to the diet, do we ever hear the same fuss made about protein? In this article, we'll explore the ins and outs of dietary protein, including its importance in our diet and the best forms of protein to eat.

A closer look

What exactly *is* protein? Here's the chemical breakdown, if you will: proteins are strings of folded polypeptides, consisting of amino acids strung together. When we consume protein, our digestive system breaks down these polypeptides and releases the amino acids. Amino acids are functionally necessary in the body—without them the body cannot heal and repair itself properly.

Additionally, protein offers basic energy for the body and is a source of essential nitrogen. Protein is also important for blood sugar regulation; instead of raising blood sugar in the same way that refined carbohydrates do, it encourages a slow, steady blood sugar release. This means that adequate protein helps prevent food cravings, which are often sparked by “crashes” in blood sugar levels.

How much?

How much protein is enough? I usually tell patients this simple rule: try to have at least one serving of protein per meal. An easy way to calculate your recommended daily protein intake is to multiply your body weight (in kilograms) by 0.8. For instance, if you weigh 68 kg, your minimum daily protein target should be approximately 54 g protein.

And remember, moderation is still in order. I don't recommend the Atkins diet or any other diets focused on very high protein intakes, since protein overload can interfere with kidney function.

What shall I eat?

What are some sources of good-quality protein? Although meat is an obvious example, there are also many protein-filled options for vegetarians or for those who prefer to reduce the consumption of animal products in their diets.

Whole eggs also offer a balanced protein source, as well as B vitamins (used in a myriad of cellular reactions in the body). One medium to large-sized whole egg offers 6 g protein. If you can't fit scrambled eggs into your hectic morning schedule, protein powder might be your best option. This can be purchased

at health or grocery stores, and is usually made from whey protein isolate or vegetarian protein (usually derived from pea, hemp, or rice). Whey protein offers the highest concentration of protein per serving, usually more than 20 g. However, when choosing whey protein, ensure you choose an isolate form that's been cross-filtered for purity. You'll be ending up with a higher quality protein.

If you're vegan, don't worry; you can still get your protein requirements from plant-based foods like legumes, grains, and seeds. Just make sure you combine them properly.

Dairy is another source of protein; try snacking on yogurt to stave off cravings. Particularly high in protein is the increasingly popular Greek yogurt (it can contain up to 15 g per serving).

If you prefer a plant-based diet, don't worry—you can obtain your protein needs from vegan choices. For instance, ½ cup of cooked tofu offers 20 g protein. The same amount of cooked beans and legumes (like lentils or black beans) can contain up to 10 g protein.

Nuts are another healthy source of protein and contain other nutrients like essential fats. One handful of almonds (¼ cup) contains 8 g protein, and the same serving size of peanuts offers 9 g. Pumpkin seeds and flax seeds are similar.

A caution about vegetable-based proteins, though: they are incomplete proteins, meaning that they don't contain all the essential amino acids. But this problem is easily avoided, and certainly shouldn't prevent you from including plant proteins in your diet. Different vegetarian proteins contain different combinations of amino acids, and all it takes is being aware of which ones complement each other.

There are three rules to make this easy. First, combine grains with legumes. Second, combine grains with nuts and/or seeds; and, last, combine legumes with nuts and/or seeds. For example, this could mean serving rice with lentils, eating whole wheat bread spread with almond butter, or snacking on hummus (which contains chick peas and tahini, or sesame paste). Note that you don't need to make the combinations happen in one meal. Rather, you can have rice at one meal and beans at the next, and still cover your essential amino acid requirements for the day.

It's clear we should include protein in our diets, and it's easy to incorporate proper levels regardless of our food preferences. Examine your own diet; are you getting adequate protein? Is it sufficiently varied and (if you're a vegetarian) combined properly?

Getting sufficient protein can help keep our blood sugar levels on target and our bodies in good repair. Don't pass up that lunchtime salad—but add a serving of protein to make a more body-happy meal.

Katie D'Souza is an AU graduate and a licensed naturopathic doctor. She currently practices in Ontario.



Disclaimer: The information contained in this article is for personal interest only; it is not intended for diagnosis or treatment of any condition. Readers are always encouraged to seek the professional advice of a licensed physician or qualified health care practitioner for personal health or medical conditions.

IN CONVERSATION WITH . . .

Wanda Waterman



Above: Justin Rain (actor). Photo by: Dean Buscher.

Blackstone, Part III

Justin Rain: On Playing Alan Fraser, Part I

Blackstone is a Gemini award-winning Canadian television series based on a fictitious Canadian First Nations reserve. The second season is now airing on the Aboriginal People's Television Network (APTN) and features some of the finest aboriginal talent in North America.

Blackstone is part of the recent trend to portray the realities of reserve life and the valiant efforts of First Nations peoples to overcome personal demons and the social

effects of colonialism. Cast member Justin Rain studied acting at the Vancouver Academy of Dramatic Arts after spending several years working with the East Vancouver Urban Native Theatre Company. He's had many roles on the stage and in film, including Ayaa: A Hero's Journey, Journeying Fourth, Dance of My Beating Heart, and The Twilight Saga: Eclipse. He also received the Best Actor award at the 2010 Winnipeg Aboriginal Film Festival. Recently Justin took the time to answer some of Wanda Waterman's questions about his personal journey, working on Blackstone, and the constructive power of artistic pursuits.

This week on *Blackstone*, star-crossed lovers Alan Fraser and Sheila Delaronde had it out. They're both good kids, but they belong to families that are feuding with each other. Sound familiar? Modern-day Capulets and Montagues on a First Nations reserve in Western Canada, the Delarondes and the Frasers aren't exactly peas in a pod. Sheila and Alan are each other's best friends and very much in love, but feel compelled to hide their relationship—especially from Alan's dad, Andy, the Machiavellian chief.

On Wednesday night there was trouble in paradise.

"In episode four Sheila and I get into an argument," says Justin Rain, who plays Alan. "She catches me in a lie. I had a lot of fun doing that scene. It was very animated, and we're both expressing ourselves aggressively about our lives and the life I'm becoming curious about and starting to expose myself to—my father's world."

The Shakespearean quality of this particular thread of the plot raises a couple of questions: will Alan and Sheila meet the same end as Romeo and Juliet? And is it possible that their love will somehow bring the two feuding families together?

Justin is thinking positive. “I can see Alan and Sheila—that unity that they have—getting accepted by both families in some way,” he says. “I can’t confirm that, but if it continues I can see Alan or Sheila or both of those characters extinguishing the hate between the two families. I hope something like that happens.”

Like *Blackstone*, the modern-day reserve is a microcosm; when you observe a crisis played out in a reserve setting you’re seeing the same problems that are occurring in society at large but in a somewhat concentrated form, where small populations function under their own small governments, comprised of people who interact with each other in the community every day. The same people are in continuous contact with government agencies to a degree that mainstream society can only imagine, resulting in an unusual degree of political savvy on the parts of band members.

Is Blackstone controversial? Maybe, but that’s okay, says actor Justin Rain: “[Like] all art, it’s meant to provoke emotional responses . . . I’m very grateful to be a part of something so unique.”

“Most people who’ve lived on reserves and have seen the show say that *Blackstone* is really what reserve life is like,” Justin observes. “Others say it’s all a pack of lies. I think *Blackstone* represents both sides of the reality of reserve life—the good and bad. But like all art, it’s meant to provoke emotional responses. It is what it is. I’m very grateful to be a part of something so unique.”

The struggle for survival and harmony in a community where racial oppression has damaged traditional cultures enhances the allure of the dark side, something Justin’s character knows all too well.

“Alan is a lot like me; he’s really trying to be a good person and lead a decent life and not get sucked into all the negative stuff like his father. He’s really more like his mother in terms of aggression. But later on you see him slowly moving to the dark side as he works with his uncle, which is what his father wants.”

Justin’s own personal life once involved a potentially fatal walk on the dark side.

“I went through a bad time in my life when I was in my teens. I was very rebellious and ran away from home and got into drugs,” he says. “Eventually I overdosed and woke up in the hospital with tubes sticking out of me. It was not a good place to be.

“I decided for myself that that wasn’t the life I wanted. When I did decide to come out of it, my mom was there for me. It’s because of her I’m where I am today.



L-R: Ashley Callingbull (actor), Justin Rain (actor).
Photo by: Dean Buscher.

“Now I stay clean by making sure to keep that connection with my creator. I ask for guidance. I pray every morning and ask for everything to be okay and [that] I’ll be able to keep on living a good life. I experience the creator as the small voice in me that lets me know if I’m headed in the right direction or not. The world of acting can be so superficial—all about appearances—that it’s easy to get sidetracked and lose sight of why [I] started in this industry.”

(Check back next week for more from Justin Rain.)

Wanda also penned the poems for the artist book *They Tell My Tale to Children Now to Help Them to be Good*, a collection of meditations on fairy tales, illustrated by artist Susan Malmstrom.

DID YOU KNOW?

Ethical Expeditions Field School



Interested in ethno-cultural studies or biodiversity? Appreciate humanitarian efforts? Enjoy travelling? How about experiencing all three—and earning university credit?

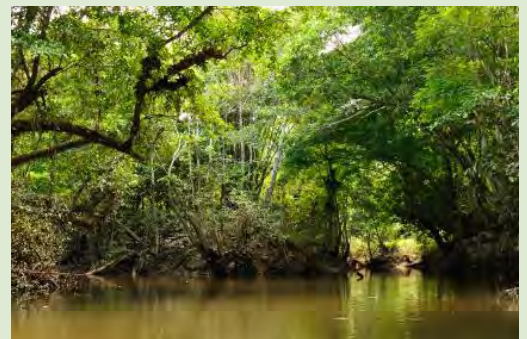
The Ethical Expeditions Borneo Field School is a travel-study program “designed for undergraduate students to gain practical research experience in Ecology and Conservation in one of the world's environmental hotspots.”

The month-long 2012 program will travel to a remote community in the Wehea Forest in Indonesian Borneo. Students will have the unique opportunity to do hands-on research, learning “directly from scientists, local leaders, rangers and NGO’s who are working to solve the complex challenge of protecting the remaining biological and cultural diversity on our planet.”

Previous participants have found Ethical Expeditions to be the experience of a lifetime. Program alumni have even gone on to “[pursue] careers in the conservation and development field.”

The 2012 Field School will run from approximately June 10, 2012 to July 14, 2012. The cost of the program is \$4950 USD (including university credit, educational materials, meals, and accommodations). Airfare to Balikpapan, Indonesian Borneo, is the student’s responsibility, as are other travel-related expenses. Participants can earn four university credits. The program can also be pursued as a non-credit option, if desired (at a reduced fee).

The program is limited to six students, so apply today. For further information, visit the Ethical Expeditions [website](#) or contact Sheryl Gruber at ethicalexpeditons@gmail.com.





From Where I Sit

Hazel Anaka

Bad News Can Wait

Some days I wish bad news still came via smoke signals, carrier pigeon, or a parchment scroll. Or that it was delivered by a rugged man on horseback arriving in a cloud of dust after riding for days across the prairie. I'd wait while an ancient ocean liner crossed the Atlantic, carrying news of someone's death.

Or maybe I'd just prefer not to hear it all. The bad news, that is. Good news can come fast and often.

Some days I just can't handle the instant everything. The non-stop news crawler at the bottom of our television screens could end today as far as I'm concerned. Twitter and Facebook have their place—in the business world. Through Twitter I learned that Jim Sandusky had done something bad. I could have waited until the six o'clock news to hear about the sex crimes. Honest.

Celebrity scandals like the Charlie Sheen meltdown or the Kim Kardashian was-it-really-a-wedding story are one thing. They provide comic relief; an affirmation that we may not have money and fame, but at least we've got common sense. It's a superficial and silly business, and most of us know it.

What saddens me is hearing about the sick and twisted things people are doing to other people. Edmonton's Mark Twitchell luring, murder, and dismemberment case made headlines locally and around the world because the murder mimicked a movie he'd made. More recently, he tried selling celebrity pencil sketches from his jail cell.

We'd barely forgotten those gruesome details when the Dustin Paxton trial for forcible confinement, aggravated assault, and sexual assault made its way through a Calgary courtroom. Prolonged torture left the victim near death. All who heard the details were horrified.

Just this week, a missing 77-year-old farmer was discovered dead and dismembered in rural Alberta. A man and woman have been charged in connection with the case. Police believe he was abducted from his home.

Lest you believe the crazies only live in Alberta, a January 14 *Edmonton Journal* story covered another torture trial happening in Toronto. In that case a woman and her boyfriend tortured her husband over a three-month period.

Part of me knows psychopaths have always walked among us. They are not confined to horror books or to



big or little screens. Another part of me wants to know if there are more of them now, doing even more horrific deeds, or if the incessant instant coverage of crimes just makes it feel that way.

Short of unplugging everything (television, radio, computer, phone) and never reading another newspaper, what is the answer to protecting ourselves from the onslaught? The complexities of the issue don't escape me. There is no quick or easy fix for damaged human beings, mental illness, copycats, and those seeking notoriety. This I know.

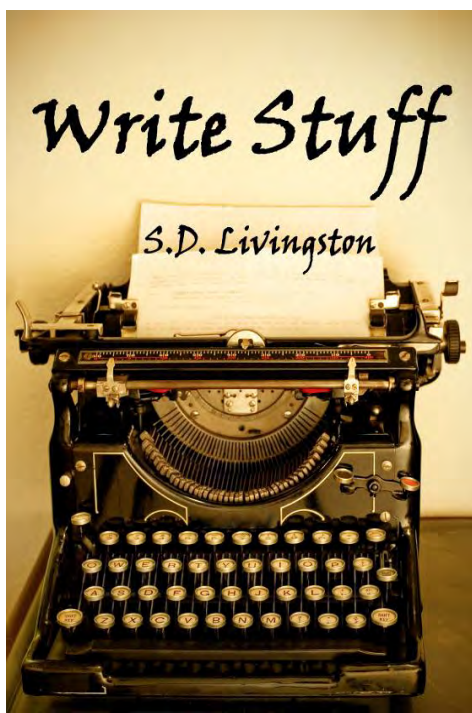
But is it wrong to wish for smoke signals and slow boats? Bad news can wait, from where I sit.

Hazel Anaka's first novel is *Lucky Dog*. Visit her [website](#) for more information or follow her on Twitter @anakawrites.

CHRONICLES OF CRUISCIN LAN

Wanda Waterman





Bookmark This

If you've ever rummaged through dusty hardcovers in your grandma's attic, you've probably seen a bookplate. These decorative labels, usually pasted inside the front cover, say something like "This book is the property of Anne Shirley." Charming relics? Maybe, but you probably own a similar accessory that could have the next generation puzzled: bookmarks. This week, we look at the beauty of the lowly bookmark, an item that could soon disappear in our increasingly digital world.

Most of us have used bookmarks for so long and so casually that we barely glance at them anymore. And with any old slip of paper serving the same purpose, it's not surprising that we overlook the artistic care bookmarks used to be created with.

The Bookmark Shop's site [notes](#) that, because books were originally very rare and therefore valuable, bookmarks were created as a way to "mark one's place in a book without causing its pages any harm." According to The Ephemera Society of America's [website](#), one of the first references to bookmarks is from 1584, "when the Queen's Printer, Christopher Barker, presented Queen Elizabeth I with a fringed silk bookmark."

From the original materials of silk or ribbon, bookmark design eventually expanded to include virtually any material a creator could imagine: cardboard, wood, metal, tortoiseshell, and even bone. Not only were bookmarks useful for readers, they also inspired the artist's—and advertiser's—imagination.

Over at [Mirage Bookmarks](#), you can get a glimpse of both the weird and the wonderful. There's a vintage woven bookmark featuring Mao Tse-Tung, as well as a promotional bookmark for the 1937 Paris Exposition—officially known as the Exposition Internationale des Arts et des Techniques Paris. Then there's a handmade leather bookmark, created as a Christmas gift in 1946 for some now-unknown reader.

But even more fascinating are the creations at [Silver Bookmarks](#)—a stunning personal collection of over one thousand (mainly) silver works of art. Some contain valuable stones, others are exquisitely carved, and some feature delicate moving parts such as clips and springs.

If all these examples give you a new appreciation for the unsung bookmark, don't despair that e-readers will make them vanish forever; these pedestrian little items might not disappear as soon as you think. On the photo-sharing site Flickr, there's a [group](#) set up specifically to share original bookmark art. And the official Warner

Bookmarks are more than just placeholders—some are works of art. Can you imagine using a bookmark made of tortoiseshell or bone, or one with "delicate moving parts such as clips and springs"?

Brothers shop even has a set of Harry Potter broomstick bookmarks to tempt younger readers.

Still, for all the bookmark love that still exists, it's not hard to envision a very near future in which the need for bookmarks has disappeared as surely as illuminated manuscripts. I think I'll hang onto that first-edition Nimbus 2001 bookmark after all.

S.D. Livingston is the author of several books, including the new suspense novel Kings of Providence. Visit her [website](#) for information on her writing (and for more musings on the literary world!).

CLICK OF THE WRIST

Super Bowl Sunday

Whether you like football or just enjoy an excuse to eat junk food, chances are that Sunday will see you tuning into the Super Bowl game at least once. But after a couple hours of off-and-on play, boredom might set in. Try clicking through this week's links for some football entertainment—and education.

Name of the Game

In North America, we call it football. In Europe, football is what we call soccer. And where does rugby fit into all this? This *Slate* article on the history of football, soccer, and other similar sports clarifies the confusion.

From End to End

If commentators throwing about terms like “fourth down” and “illegal pass” confuse you, read through the NFL's Beginner's Guide to Football. It's a crash course for the complete newbie and explains enough for you to figure out just what's going on during the big game.

Thirty Seconds

Who needs the game? For many watchers, the Super Bowl is all about the commercials—and businesses pour millions of dollars into crafting what they hope will be a memorable spot. This fascinating site takes you back through almost 50 years of Super Bowl commercials.

Worth the Money

It's no secret that placing a commercial during the Super Bowl game can cost millions—for just one airing. Is it worth the cost? According to this Purdue University study, maybe not.



INTERNATIONAL NEWS DESK



At Home: (Lego) Man in Space

Move over, high-tech robots and cameras: space travel has a new face. And you might just find his brother in your kid's toy box.

As the CBC [reports](#), two Canadian high school students recently “launched a Lego man more than two dozen kilometres above sea level — and they have the pictures to prove it.”

The Grade 12 students worked on their design for several months. The toy's transportation device, a capsule, included four cameras and a GPS-equipped cellphone and was carried by a weather balloon.

Snapping photos the whole way, the Lego man, Canadian flag in hand, reached heights of 24 km above the earth before the balloon popped. The capsule—“with their astronaut intact”—landed “more than 120 kilometres from the field where it was launched.”

The “eye-catching images” were recorded and can be seen on the CBC news story.

Around the World: Solar Cleaner

What goes up must come down, but that only applies within the earth's gravitational field—as the tens of millions of pieces of space junk floating just outside earth's atmosphere prove. However, it looks like nature may help fix humanity's mistakes this year.

As *National Geographic's* Daily News site [reports](#), “[the] recent uptick in solar flares and other activity on the sun . . . has been helping to clear out space junk.”

The increased solar activity has caused the planet's thermosphere—its upper atmosphere—to increase in size and extend its density further into space. This “causes [orbiting space junk] to lose energy and fall into a lower orbit,” NASA scientist Nicholas Johnson told reporters.

The junk, which includes “broken satellites, rocket parts, and other human-made materials trapped in orbit,” will continue to fall faster as the sun approaches its next solar maximum in 2013. Which is good news for the cleanliness of space, but not necessarily for us: “most of the objects that fall from [the] sky are vaporized before they hit the ground, [but] some pieces are large enough that they could survive reentry and pose threats.”

AUSU UPDATE: JANUARY 2012**Bethany Tynes, President****Happy Holidays from AUSU!**

As the holiday season draws to a close, we hope you've had a chance to rest and relax with those who are important to you—and maybe even squeeze in a little bit of homework time!

Election Timelines Finalized

As we move into the new year, Council is also very pleased to announce that our 2012 election timelines have been finalized! We'll be hiring a Chief Returning Officer (CRO) in January, and on February 6, a Call for Nominations will be released, giving you all the information you'll need to run for AUSU Council, 2012-2014. Nominations will remain open until February 20, and campaigning will occur between Feb. 21 and March 2. All current students

will be able to vote online March 3-6. Joining AUSU Council is a great way to serve your fellow students, as well as gain valuable leadership experience, so I encourage you to consider running in our upcoming elections. If you don't have time to commit to being on Council yourself, though, you can at least get involved by reading about the candidates and casting an educated ballot.

Awards Policy Changes and Updates

Council has recently reviewed and revised many of our standing policies, and some exciting changes have taken place, particularly in our policy on Scholarships, Awards, and Bursaries. While previously, many of our awards were offered twice yearly, in November and May, we're now going to be offering our awards more often—some will still be offered year-round, while the remainder will be available on a quarterly basis. We hope that this will make sure that more students are eligible, and don't miss out on awards just because of the way their course start and end dates line up with our awards dates. And we've also increased the number of some awards given, as well! You can find all the details on our [website](#).

AGM Dates Coming Soon

Each year, AUSU ensures that an independent third-party auditor is hired to check over the organization's financial records and governance. The auditor's findings are then compiled and submitted to the members—you, our AU undergraduate students—at an annual general meeting. This meeting takes place by teleconference, so you can participate from almost anywhere, and is open to all current members. Members of the AUSU Executive will present updates on the year in review, in addition to the financial

documents. There will also be motions to update a few outdated bylaw and policy points. A date for this year's AGM has not yet been finalized, as we await the final documents from our auditors, but as soon as a date is set, an agenda will be drawn up and posted on our website. Keep your eyes open! We'd love to have you join us!

Have you heard . . .

. . . that our brand new 2012 Student Handbook/Planners are now mailing!? Yes, that's right—they're hot off the press! Some of the information in these little books is priceless when it comes to helping AU students navigate the university and our services—but they're free for you, just for being an AUSU member! We even mail them right to your door. All you have to do is ask!

. . . there's a new AUSU website on the way? We want our site to provide dynamic content and updates so that it's a place that you, as an AU student, WANT to visit regularly! If you have suggestions on content you'd like to see on our website, please get in touch with us to share your ideas.

. . . that AU is currently re-examining their course materials model? Currently, the cost of all undergraduate courses includes access to the necessary textbooks, and these are usually mailed directly to your door. This is convenient for many students, but many others have asked for the opportunity to look for bargains elsewhere, or to buy and sell used textbooks. What about you? How do you feel about the course materials system at AU? AU is asking students for their opinion! Email us your thoughts on student textbooks and learning resources, and we'll make sure that they're voiced in the appropriate committee!

. . . about our SmartDraw program? After much discussion, we've decided that this is a valuable service to students, so we've renewed our licenses for 2012! SmartDraw is a software package that allows students to create high-quality charts and graphics, and to insert these into a file type of their choice. Get your copy today, and let us know what you think.

Get in touch with us

Have comments or questions about AUSU or anything in this column? Feel free to get in touch with AUSU President Bethany at president@ausu.org. You can also email our office at ausu@ausu.org or call 1.800.788.9041 ext. 3413. We'd love to hear from you!

This column is provided by AUSU to facilitate communication with its members. The Voice does not write or edit this section; all content has been exclusively and directly provided by AUSU, and any questions or comments about the material should be directed to ausu@ausu.org.

CLASSIFIEDS

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

THE VOICE

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