

THE VOICE

MAGAZINE

Vol 22 Issue 20 2014-05-16

Meeting the Minds

Dr. Catherine Caufield

Tricks for Tuition

Fu**ing for Fu**ing

Council Connection

No more clubbing!

Plus:

Music Review: Rokit Science

The Writer's Toolbox

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.

Feature

Meeting the Minds: <i>Dr. Catherine Caufield</i>	9
Tricks for Tuition.....	4

Articles

Editorial: <i>It's Bigger than You Think</i>	3
Music Review: <i>Rockit Science</i>	14

Columns

Primal Numbers: <i>Afraid Not</i>	5
Mindful Bard: <i>11 Writers Whose Works Inspired World Change</i>	7
From Where I Sit: <i>Just Gravy</i>	12
Writer's Toolbox: <i>What to End Your Sentences With</i>	13
In Conversation: <i>With Jack Malmstrom, Part I</i>	16
Dear Barb.....	19

News and Events

Click of the Wrist	6
Did You Know?.....	11
Council Connection.....	18
AUSU Update.....	21

Comics

Dysfunctional Love Languages: <i>from the Mouths of Children</i>	20
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***The Voice
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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

Karl Low

**It's Bigger than You Think**

I went to the AUSU Council Meeting this week, you can find out more about what happened there in my Council Connection column, but being there reminded me about how big this institution really is, and how we, sitting here at home doing our courses, rarely get any sense of that. We never see the over 40,000 students that are taking courses along with us, and only talk to a few of the over 1,300 people working there, so sometimes it can seem like this university is a pretty small thing. It's not.

When you go to an AUSU Council meeting, you get to hear some of the back-story that goes on at Athabasca University. There's both good and bad in there. Things like a committee that spends a good deal of time creating a very detailed and involved report about student interactions with AU and once they're done realizing they don't know what they're going to do with it. You also hear things like how certain AU committees are dealing with e-text issues but in the context of doing everything they can to make sure that the e-text providers live up to the promises that were made so that students still have some form of choice.

You hear about how one Councillor happens to have some knowledge of the new AU Interim President, Peter MacKinnon, and is very pleased that he will be here. If you look up some information about him, (our Did You Know?) column has a very small bit, you'll probably be able to understand why. But simply AU being able to entice a man with Mr. MacKinnon's qualifications gives me pause. This doesn't seem like a person who'd be willing to move to a small-town university. And we aren't.

But it doesn't often feel that way, does it? Without the obvious big building, the crowds of students walking around you, AU can often feel very tiny. It's when you start talking to tutors like Dr. Catherine Caufield, as I did for this week's Meeting the Minds, and take a look at the research she's put up, that you start to get a sense of just what AU is. And that can lead to a sense of pride in this university, and consequently pride in yourself for being able to succeed here. Building that sense of pride in our university is something AU doesn't do enough of for us. It's something AUSU doesn't do enough of for us, and, if I'm being honest, it's something even I don't do enough of for us. But hopefully that's changing. This new Council, and some of the changes I'm starting to see at AU, make me think that maybe a corner is being turned. I'm getting a sense of something I haven't had for a while at AU, and that's the feeling that things might start to improve. Oh sure, there are still problems. The draconian exam invigilation rules at the Calgary campus immediately spring to mind, but perhaps things are getting better.

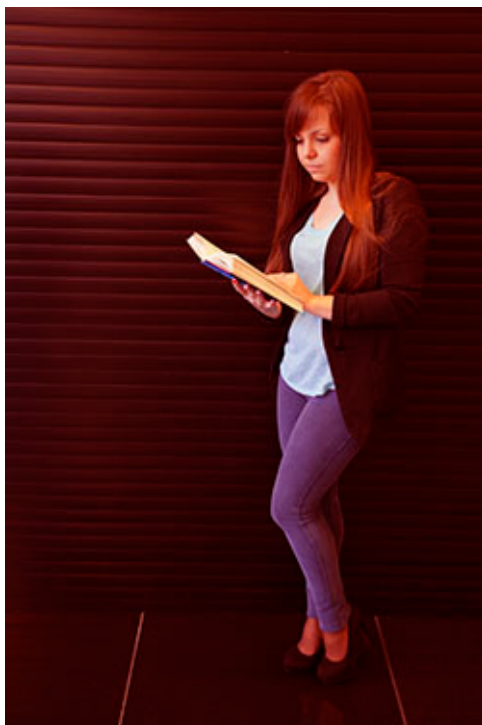
Of course, while they do, you should take a few moments to read the content we've got in this week's *The Voice Magazine*. All of our regular content is returned, along with a music review of hard rock band Workout's latest album, and Barbara Lehtiniemi's look at one of the more unorthodox ways of funding your education. Although I suppose it really isn't all that different from student loans—either way you're probably getting screwed.

Also, be sure to check out the comic this week. It's funny because it's true.

A handwritten signature in black ink, appearing to read 'Karl', written in a cursive, flowing style.

Tricks for Tuition

Barbara Lehtiniemi



It is a truth universally acknowledged that a man in possession of a good fortune must be in want of ... a dinner companion? According to this recent *CBC News* [article](#), rich men and women are available to take young students out to dinner. That's right, students can dine like royalty and get paid for it too. No kidding.

According to the article, over 100,000 Canadian students have registered on the sugar daddy website *Seeking Arrangements*. Students, known as sugar babies, get matched up with older, moneyed sugar daddies or sugar mommies for an exchange of what is described as "mutually agreed-upon expectations."

A spokesperson for the website denies their service is about sex. However, this *Huffington Post* [article](#) from 2011 is more explicit about the reality of sugar baby arrangements like those provided through *Seeking Arrangements* and similar websites. As one student sugar baby in the *Huffington Post* article comments, "if this isn't what prostitution is called, I don't know what is."

The young lady in the CBC article says her sugar daddy, who is married, pays her \$300 every time they go out on a date. "Kelly" says she was forced into this sugar daddy arrangement by the cost of her education. She sugar-coats her unorthodox student financing by claiming it's about making a "connection." Kelly notes that her sugar daddy can take her places that boys her age can't. He makes her feel like a "princess." If that makes it okay, why use a pseudonym?

One aspect that student sugar baby Kelly didn't comment on is personal values. We all have them and surely Kelly does too. It's interesting how flexible personal values can get when one wants something to be just a bit easier. Kelly's values may be different from mine and I suspect they are different from her parents' too, since she admits she hasn't told them about her arrangement. College-student prostitution is nothing new and the standard justification for taking that road is the high cost of education. Now, education is not cheap, but is there a need to cheapen oneself to acquire it?

Most university and college students seem to be getting by without selling themselves to pay their tuition. Sure it would be easier to pay down your student debt by turning \$300 tricks, but is it worth it? Some may argue that a prostitute engages in a simple fee-for-service like any other worker, and that is true. So does a murderer-for-hire, a water-board operator at Guantanamo Bay, and a telemarketer. But that doesn't make those lines of work tempting to many people.

If turning tricks is perceived as a legitimate way to pay for higher education, is higher education worth it? Although a university degree is increasingly necessary for many of today's jobs, it can hardly be construed as a necessity of life. If someone has to sacrifice their personal values to pay for their education, maybe they need to examine whether they can afford it. Not every type of job requires a degree and not many jobs pay the sugar daddy rate.

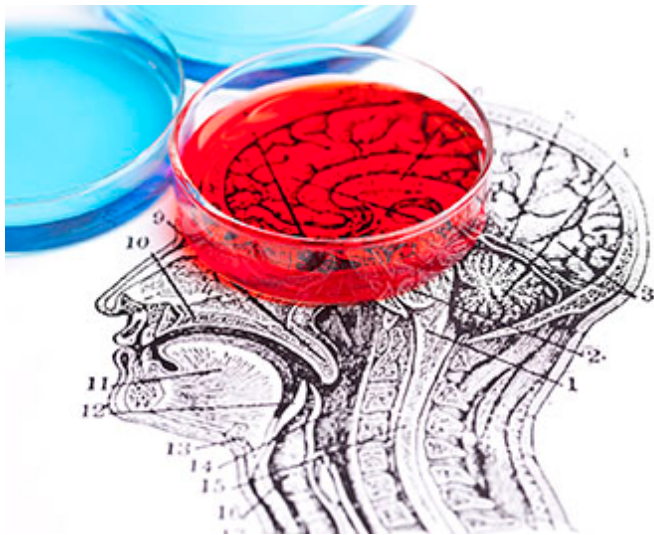
I wonder how well the Kellys of this world are preparing themselves for life's realities. Life is not easy and we seldom get to play princess or prince. Reality is hard work, long hours, conflicting obligations, and difficult choices. Yet there is a satisfaction in paying one's own way without compromising one's values. There's no trick to paying for tuition. It takes hard work, perseverance, and the fortitude to stay true to one's personal standards.

Barbara Lehtiniemi is a writer, photographer, and AU student. She lives on a windswept rural road in Eastern Ontario



Primal Numbers Afraid Not

S.D. Livingston



Fear is a valuable instinct that can save your life, but when that instinct malfunctions, anxiety can destroy people's lives. Now, science might have found a way to turn off your fear genes. The question is, should we really start tinkering with genes to deal with our phobias?

It's a question that, in the not-too-distant future, could be more than academic for the millions of people who suffer from phobias and anxiety. According to the Anxiety Disorders Association of Canada, phobias and anxiety affect "about 12% of all Canadians in any given year."

In the US, the National Institute of Mental Health (NIMH) notes that anxiety disorders affect just over 18 per cent of American adults in a given year. That's roughly 40 million people.

So it comes as good news that scientists might have found a way to end those phobias for good, by altering the genes that regulate fear. As the *Science Alert* site reports, fear-related memories play a key role in "phobias and conditions such as post-traumatic stress disorder."

Apparently, a mechanism that controls certain genes is responsible for a process called fear extinction. In other words, once a particular danger is gone, the extinction process turns the fear response off (or at least way down). But sometimes our DNA doesn't work right and that process doesn't get initiated. The result can be crippling levels of anxiety that, in severe cases, make daily life a misery.

Still, the idea of manipulating our DNA to regulate emotional responses isn't one to take lightly. Our emotional circuitry is highly complex, and altering certain aspects of it could have serious, unforeseen consequences. For instance, fear is a necessary instinct. It tells us to run at the sight of a tiger, and can send warning chills up our neck even when danger isn't immediately apparent. What might happen if manipulating someone's genes means that their fear response gets turned down a little too low?

Critics could also argue that there are already proven methods to cope with anxiety and phobias. Every day, millions of sufferers find relief through tools like cognitive behaviour therapy and medication. Do we really need to venture into manipulating DNA?

The answer is yes, we do. Or at the very least, we should continue such promising research. Because the simple truth is that many mental health issues are no different than physical health issues. They have biological and chemical causes that, thankfully, researchers are learning more about every day.

In fact, as this fascinating *Telegraph* [article](#) reports, fears and phobias caused by traumatic events might actually alter DNA and be passed down in genes from one generation to the next. Experiments at Atlanta's Emory University School of Medicine showed that, in mice, "experiences are somehow transferred from the brain into the genome, allowing them to be passed on to later generations."

Just as research in the field of gene therapy holds potential for conditions like cystic fibrosis and some types of cancer, science could prove that DNA holds clear solutions to health issues that were once mocked as being all in a patient's head.

To be sure, DNA isn't the only cause of anxiety, and science hasn't found a magic solution to relieve phobias. But fear not—that answer might one day come.

S.D. Livingston is the author and creator of the Madeline M. Mystery Series for kids, as well as several books for older readers. Visit her [website](#) for information on her writing.

Click of the Wrist

Oscars in May

The Academy Awards were handed out months ago, and now we're gearing up for summer blockbuster season. But did you know that the first Academy Awards were held in May, back in 1929? Click through this week's links for a look at Oscar history.

Do Your Research

Need to know who was awarded Best Supporting Actor in 1975? Curious about how many times Steven Spielberg was nominated for an Oscar? The Official Academy Awards Database is a good starting point for your research. AMC's [Filmsite](#) is another good resource, particularly its decade-at-a-glance listings and summaries.

Best Dressed

Some watch the Oscars out of love for film, but fashion mavens and trendsetters focus on the dresses. Oscar fashion has created both trends and iconic classics—and plucked a few lesser known actors out of obscurity. Watch this *Time* video for a look at the Oscar gowns that changed fashion history.

Unforgettable

One of the biggest upsets in Oscar history occurred in 1946, when *The Best Years of Our Lives* actor Harold J. Russell won two Academy Awards for the same performance—one a "special" award for his wartime work and one the Best Actor award that the Academy members allegedly didn't believe he had a chance to win due to his inexperience. Decades later he sold one of the Oscar statues to pay his medical bills, but he has no regrets. This *Boston Globe* article has some great perspectives from an interesting man.

Mindful Bard

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

Wanda Waterman



11 Writers Whose Works Inspired World Change

"I definitely believe that art is the best way to produce social change."

- Pedro Reyes

Instead of doing a review this week I thought I'd write on a topic dear to the Mindful Bard's Heart: the place where the creation of art meets society's need for change.

It's a balancing act. The socially aware artist runs the risk of sabotaging her art and even appearing

annoyingly self-righteous. And after all, isn't a little "art-for-art's sake" necessary to the production of good art?

The answer is a matter of heavily defended opinion, but one thing the following writers prove is that even if it's hard to be both a great artist *and* a great social activist (although a few have managed to do both), one *can* create good art that initiates social change.

The following list is just a sampling, and readers are more than welcome to submit more names.

Although very close in story arc and content to the other gospels, the gospel written by Jesus' apostle **Luke** is widely accepted as the gospel most relevant to social concern. In Luke we find not just the seeds of radical social thought but its blossoming in action; the emancipation of women, social justice and equality, the corruption of power, and caring for outcasts were first given clear and full expression here. This gospel is also beautifully written; its Christmas story is the one most widely quoted.

Even atheists and agnostics have to admit that the ideas passed down to us in Luke's gospel were instrumental in the end of slavery in Europe and the Americas, civil disobedience movements, the emancipation of women, and the creation of social safety nets. In *Cultural Amnesia*, the agnostic, Clive James, points out that humanism would not have been possible without their first having been Christianity.



Harriet Beecher Stowe

Harriet Beecher Stowe wrote *Uncle Tom's Cabin*, one of the most popular books in the United States in the 19th century (second only to the Bible). The book sparked an unquenchable national passion to end slavery by humanizing the characters of slaves and clearly showing that there was no way that the institution of slavery could be rendered humane. Abraham Lincoln is said to have jokingly suggested she'd launched the American Civil War. She was also a vocal proponent of women's rights.

Mark Twain's southern black characters were sensitive, kind human beings and his racist characters were heartless, depraved monsters. His humorous writings were so successful that they granted him a platform for persuading his country that slavery

destroyed a society as much as it destroyed the enslaved, claiming that Lincoln's proclamation freed not only the black man, but the white man as well.

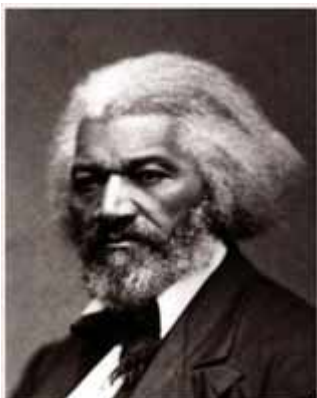


Charles Dickens

Charles Dickens wrote in such vivid detail of the suffering of the poor and the egotism of the rich in England that the British government was eventually forced to cave to public opinion and bring in reforms to end workhouses, close debtor's prisons, and ameliorate the wretched living conditions of the poor. An ardent advocate of social reform, he has since inspired writers all over the planet to openly address problems of social inequality.

D.H. Laurence is best known for his frank portrayals of sexual affairs, but much of his work was dedicated to addressing the oppressive and sexist class system in Victorian society. His portrayal of sexual freedom was to some extent an illustration of social emancipation. His opposition to social inequality led to a national change in attitude that improved conditions for the laboring class in England.

Henry David Thoreau's writings persuaded readers of the importance of liberty, justice, and our duty to hold ourselves accountable to our deepest convictions. His essays on simplicity, ecological stewardship, and the importance of green spaces continue to shape the ideas of today's social innovators.



Frederick Douglass

Frederick Douglass's accounts of his personal experiences as a slave and his eloquent speeches were instrumental in ending slavery in America. But even before the American Civil War he persuaded Great Britain to end slavery at home and in the colonies (including Canada).

Upton Sinclair's "muckraking" prompted reforms in the food industry and led to professional standards being implemented for journalists to prevent the publication of corporate-serving propaganda.

Gabrielle Roy's depictions of the lives of the black, Irish, and French inhabitants of the St. Henry district in Montreal were a wakeup call for Quebec, leading to the social reforms enacted during Quebec's Quiet Revolution in the 1960's.

Anne Frank gave a loving, forgiving, imaginative human face to the millions of people annihilated by the Nazis in Europe, fueling tireless efforts to make amends and to ensure that such a thing never happen again.

Alan Paton's sensitive characterizations of black South Africans and the injustice of segregation raised world awareness and helped to bring down apartheid. In addition to producing a highly influential body of excellent written work, he also found time to be a dedicated social activist.

*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.*

MEETING THE MINDS

A **NEW** VOICE COLUMN



Dr. Catherine Caufield started tutoring for AU in December of 2013 in the Religious Studies department. She currently has approximately 25 students under her wings in RELS 204 and 380.

Dr. Caufield kindly consented to be interviewed by The Voice Magazine, and here's the gist;

What brought you to start in your field and tutoring for AU?

I had a natural affinity for this area since I was a child. I was drawn to the myths, the stories, the rituals, and the ideas of it. Initially I trained as a nurse however. Then in the '90s, after I had been working in the critical care area for about 7 years, reorganization and restructuring came

and I lost my job. While waiting for things to improve so that I could resume full-time nursing again, I decided to do something I had always been interested in. So I enrolled in the Religion and Culture program at Wilfrid Laurier University. After completing 10 qualifying courses (because my undergraduate degree was in Nursing), I was able to go forward. My nursing degree helped keep me out of debt while I studied, getting my Masters at Wilfrid Laurier and then my Ph.D. in Religious Studies at the University of Toronto. It was not my plan, but things just kept opening up for me in the area of teaching and research. Back in 2002 I accepted an appointment with the Faculty of Nursing and then with the Faculty of Arts at the University of Alberta. I was there for almost 11 years before coming to AU.

What are the common pitfalls you see students running into?

Taking the course for the paper rather than the knowledge. I hope that students find some kind of passion in the material. While it's important to get a letter grade and meet the criteria for their degree, when the focus is singularly on the letter grade you can forget that the material actually means something to people and the courses can help you figure out what it is.

For instance, if you don't have a religious background, then it's important to recognize that religion is centrally important to billions of people around and that it's part of how they shape their lives and be in the world. If you're just taking the course to fill a requirement on your degree list, then you might miss the significance of that not only for them, but also for us here too.

Similarly, if you are from a religious community, then it's important to recognize the broad diversity that exists not only between but also within religions. You might live with a particular way of being in the world and be

comfortable with that, but others can live very differently, and be just as comfortable in their way and so it is about discovering how to talk about that.

Sometimes it's difficult to understand the full range—back in 50s there was a sense that religion caused so much damage and was so harmful. That it was coming out of ignorance and that it was going to disappear when people matured and faced facts. But religion has not gone away. By the 80s it became apparent that not only was it not disappearing, particular forms of it were gaining adherents. These tended to be Manichean, fixing things into the black and white of "this is how it is." This happens in other contexts besides religious ones too of course. And much, but not all, of the media participates in creating and reflecting certain uncomplicated images. Many of the moderate voices within religious communities and Islamic and Christian communities have tended to be marginalized because of it.

There's richness in plural contexts. There's arguments made by Beiser that when communities have that diversity they attract high-level businesses because the cultural life is richer in those communities. A broad background of religion in a community can have a positive effect economically on a community because of the kinds of activities available that make it interesting and enjoyable to live there.

What is interesting to you currently in your academic field?

I'm just finishing a book project that is the culmination of my 6 years in the Faculty of Arts researching and teaching in the interdisciplinary space between Religious Studies and Latin American Studies. *Azan Fugue: The Neomystical Subject in the Voices of Three Jewish-Mexican Women Writers* is a work of literary criticism looking at a selection of fictional narrative that integrates ideas drawn from Jewish mysticism. An interesting point: Mexico is not entirely Catholic, they have a substantial Jewish community and significant literary output. There's also been a real resurgence of interest in people like Teresa of Avila, and I've been looking into that as part of this project.

More recently, my work has moved into the area of religion and healing. I've published one article in the area; it can be accessed on [research gate](#). I've been examining specifically collaborative efforts by Aborigines and religious groups, asking the questions like "what are they doing together to bring about healing?" It's a dicey political field—some of the stories challenge the dominant narrative such as the whole history of the residential schools. It's focused on a particular perspective but, as is so often the case, there are multiple stories there.

And outside the field?

I'm a single mom with a daughter involved in professional ballet and a son who is into karate and the Edmonton Youth Choir run by Dr. John Wiebe. Doing my own work and supporting them in their development doesn't leave a lot of time for much else!

What is your opinion on AU's move to e-texts so far?

I'm a bit old-fashioned. E-texts increase accessibility which is important, particularly given tremendous outreach to remote areas such as students in northern Ontario and or Ireland. But I enjoy the feel of a book in my hands. There's an aesthetic value as well. Some of the old books with their bindings and the way they were printed are really beautiful.

How about the shift to a call-centre model?

I'm very new to Athabasca University, but it does seem problematic. For someone who's been in the field for over 20 years, there's a lot of study and learning that takes place over time and to have that reduced to kind of a clerical function is not only discouraging to the effort that's been put in, it really reduces how important that

experience is. It ties in to that pitfall we talked about earlier. The one that supports the view that you come in, collect your A's and get the diploma or degree. It seems to me this feeds that factory idea of education.

What do you think of social media use?

It's difficult to monitor, so it's not as safe in terms of what it is that you're actually accessing. When things come under the umbrella of the library they are assessed by librarians, who know what scholarly literature is. Therefore when you access these materials you can have more confidence that they meet academic standards, although you still need to use your own assessment skills that you are learning through your program at AU.

There's also a problem with accrediting people over social media. Accreditation is a measure of security as to what it is that you're getting. But on social media that's very difficult to do. You can't be sure that the people you're accrediting are who they say they are. For instance, I just signed in to twitter and to sign in one needs to pick five people to follow. I saw that there are people claiming to be an author I esteem; however, I knew upon reading their twitter feeds that definitely none of them were him. It becomes a question of reliability. Unless you're very familiar with the field it can be difficult to rely on someone's assertion as to who they are and so what they know.

So, if you're looking up things about Islam or any other religion and you're just relying on social media you could get a particular perspective reinforced. Academic literature should be broader based and neither polemic nor apologetic, which is often what you find through social media.

What do you think AU needs to do to improve in future?

They need to hire more professors. They only have a small professorial contingent right now.

As a tutor I'm paid per paper, per student. It is thus becomes for the instructor a situation somewhat like that of the students just trying to collect letter grades for a piece of paper. Piecework discourages learning or expanding your knowledge. When there are stable working conditions the scholar has time to research and, more importantly, the mental space, to focus on the material and then to bring that new knowledge to the students.

DID YOU KNOW?

AU Has a New President (For a While)



Athabasca University recently announced the hiring of a new university President. Mr. Peter Mackinnon, former president and dean of law at the University of Saskatchewan will be serving as AU's Interim President until June 30, 2015, or possibly slightly longer as there is the possibility of extension.

Among other positions, Mr. Mackinnon has previously chaired the Association of Universities and Colleges of Canada, and the Canadian Association of Law Teachers. He is also an Officer of the Order of Canada, and a Queen's Counsel. Athabasca University currently has no law degree programs.



The True Price of Freedom

In the days leading up to the May long weekend the annual spring roundup has begun. After skipping last year, my sister, mother, and I are gearing up for our yearly multifamily garage sale. Sherry lives right in town so we use her address to capitalize on the location.

If everyone is as sick of this loooong winter and reluctant spring as I am there should be a lot of pent up interest in getting outdoors and rifling through other people's bargained-priced castoffs. So far, I haven't had the luxury of time to go treasure hunting myself. Nor did I want to freeze my butt off.

We bought a newspaper ad and hung posters in three or four communities to publicize the sale. The posters highlighted a few categories of goods (household, tools, perennials) and named big-ticket items like an oak dining set and our two leather chairs. My posters ended with the smart aleck line: "If you want it, we have it. If we don't have it, you don't need it."

It's that attitude that sets our sale apart. It's a game. We have fun. We are hard-sell but in such an over-the-top way that people laugh even if they don't spend a dime. Our sale day poster should bring a smile: "Our prices are in ink not stone. Reasonable offers considered."

It's funny how it goes. Things that were keepers last time, and for all the times before, are now fair game as they go on the sales block. Did we wait too long to let them go? Will anyone want the set of Cobra two-way radios? At first, they were great when we needed to talk to each other as we combined in the fields. But when we got cell phones they became redundant. Hopefully someone will want them as high quality walkie-talkies for their kids.

I've downloaded songs onto iTunes so I'm able to part with some music CDs. It isn't as easy to let movie DVDs go—especially since some of them may be Hilary's. The whole book question is another sticking point. I've got some duplicates, and others I could part with, but they are notoriously poor sellers at garage sales.

As I prowl around the house opening closet doors and kitchen drawers I need to get real in my assessment of what we really need and how often we use the item. Do I really need sixteen steak knives when we prefer chicken or fish? Do I need my old Rolodex when my smart phone holds my contacts? Should I keep the thirty-six inch trampoline because Grady may jump on it twice a year? Why do we still have the oars and foot pump when the inflatable dinghy was sold years ago?

Making money and knowing our things will live on with someone else are two good reasons to go through all this. Rethinking buying habits and reclaiming some much-needed space are just gravy, from where I sit.

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

Writer's Toolbox

What to End Your Sentences With

Christina M. Frey



"I don't know whom I'm going to give the role to."

"That's the ladder he walked under."

"It was a foolish thing to argue about."

"What should I end this sentence with?"

What indeed? These sentences all end with a preposition, something that makes many English teachers cringe. But why is this considered unacceptable—and what's the current rule?

Grammatical?

Surprise! Despite what you might think, ending a sentence with a preposition is not considered a grammatical error in the English language. Repeat: it's not an error. In fact, it's often preferable to

placing preposition and object together, which can be overly formal and make your writing sound stiff and forced.

Origins

In Latin, it's ungrammatical to end a sentence with a preposition. Not so in English, and many experts say that this pseudo-rule has always been an error. In fact, Fowler's 1926 *A Dictionary of Modern English Usage* calls it a "cherished superstition."

Regardless of its history, most grammarians agree that this "rule" has no place in today's usage. "I don't know to whom I'm going to give the role" may have been preferred one hundred or even fifty years ago, but now it sounds stilted (and, many would argue, obsolete).

Have it both ways

But although there is almost universal acceptance of this practice, some holdouts remain. If your professor or supervisor still frowns on ending sentences with prepositions, the solution isn't necessarily to simply transpose the preposition elsewhere in the sentence and give it an object. In the interests of clear, concise writing, it's usually better to rewrite the sentence to avoid the preposition entirely.

Let's take a look at two of the sentences from the beginning of this article:

Example A: "I don't know whom I'm going to give the role to." This is perfectly acceptable in today's usage, though some might object.

Example B: "I don't know to whom I'm going to give the role." This is acceptable as well, but it's a bit formal; rewriting the sentence would make it even stronger and more direct.

Example C: "I don't know who should get this role."

Example D: "What should I end this sentence with?" Again, this is grammatically correct. In fact, changing it to work with the "rule" can result in a stilted, awkward construction:

Example E: "With what should I end this sentence?"

It's better to rewrite the question to avoid the issue:

Example F: "How should I punctuate this sentence?" Or, depending on the meaning of the sentence:

Example G: "Should I end this sentence with a period/exclamation mark/preposition?"

No rule

Once again, there is no grammatical rule that bars you from ending a sentence with a preposition. But if for some reason you are required to do so, don't just link up the preposition and object if it'll make the sentence stiff. Rewrite the sentence so it conveys the same meaning directly—and slip an anonymous tip under the superstitious grammarian's door.

Christina M. Frey is a book editor and a lover of great writing. Chat with her on Twitter about all things literary @turntopage2. Or visit her [website](#)



Music Review Rockit Science

Samantha Stevens



Album: *Rockit Science*

Artist: Workout

Straight from Brooklyn, New York, comes the rock and roll band Workout with their second album *Rockit Science*, which was recorded in New York with Vacation Island Music. Their first self-titled album was released three years earlier and can only be purchased either in New York City or on the band's [website](#). The four piece band brings back the days of old style rock and roll with the musical stylings of Queen, Twisted Sister, and David Bowie, so if you're a rock fan definitely check these guys out.

Their album is full of life, vigour, and songs that you'll find yourself humming long after you've listened to them. The first track of the album, "Life Is a Nightmare", will make you

tap your feet to the brilliant rhythm, that is, unless you break out into full on dancing like yours truly did! Despite the pessimistic lyrics of the song, which holds true to the tradition of rock and roll, I find myself falling in love with the bass guitar playing that sets the mood perfectly for the song.

The rest of the album features the versatility of the band, demonstrating that not only are they able to play many different styles of rock, but that they can rival bands such as Wolfmother with their intense electric guitar sound.

It is nice to see how much they incorporate their musical influences. The track "Are You Ready?" vibrates with vocals that sound a lot like David Bowie. Workout is not out to redefine rock and roll, instead the band is striving to remind us what rock and roll fans love about the musical genre: epic face-melting electric guitar, heart throbbing bass, aggressive drums, and vocals that make you want to sing, dance, and love the music.

Also, be sure to check out the video for "Life Is a Nightmare." Not only is there some great cinematography of Brooklyn, but the video captures the overall tone and message of the song. Featuring a Cher impersonator, the video is imaginative and thought provoking, and I found myself smiling and loving every second of the video. I can definitely see myself watching this video and singing along on those bad days.



Furthermore, like the rock bands of days gone by, Workout strives to challenge the conventions of society that exist today. This unruliness is evident in the video. When I first began watching, I was immediately reminded of Twisted Sister. Workout's choice of actors and setting make the viewer think beyond the music and realize that there are issues and situations out there that most don't consider or aren't willing to think about. Truly, Workout is a band made up of rebels that know how to bring to light the struggles of day-to-day life with music.

I am so happy to see a rock and roll band that not only draws from the classics, but also adds a flare of their own as well. This is definitely one band that I would love to see live one day. I have a feeling that they would put on a great show.

Samantha Stevens is an aspiring writer who loves combining her love for literature with photography, painting, music, and all creative pursuits.

In Conversation With Jack Malmstrom, Part I

Wanda Waterman



Jack Malmstrom is the swing clarinetist who put together Jack's Cats, a vintage-style jazz sextet based in Halifax, Nova Scotia, that also includes keyboardist Gordon Fader, guitarist Dylan Quinn, bassist Mark Roberts, drummer Dave Skinner, and vocalist Kitty Farmer. The project, which quite successfully revives the "pre-bland" portion of the big band era in music, has also attracted the participation of some of the best jazz names in Atlantic Canada, including Holly Arsenault, Adam Fine, Mike Lee, and Kevin Cox.

Their debut album, Low Down Dirty Swing, comprised of both matchless instrumental

arrangements, standard covers, and original tunes, will be out this month. Recently, bandleader Jack took the time to talk to Wanda Waterman about his fascination with vintage jazz and his long and winding road to Low Down Dirty Swing.

Obsession with Period Expression

Jack Malmstrom's obsession with the 1940's goes back to his childhood in California, where he set up his own backyard "swing nightclub" retreat inside a refrigerator box and sat for hours with a transistor radio tuned to vintage jazz stations. He recounts on one occasion being taken to Disneyland and being so mesmerized by a jazz musician that he was deaf to his parents' urgings to come along and see Mickey Mouse. This obsession led him to an intense desire to produce those sounds himself.

Life got in the way of his jazz dreams until adulthood, however, when he finally began pursuing his dream of becoming a jazz musician by seeking out some good teachers and applying himself to the 10,000 hours of practice allegedly required to create a professional musician.

"There wasn't a chance for me to learn music during my childhood," he admits, "but I was always obsessed with mid-twentieth-century popular culture and slowly began to see jazz, and the clarinet in particular, as perhaps the purest expression of the period. This interest grew into a passion in early adulthood, and by my mid-thirties I'd finally carved out the opportunity to begin musical instruction.

"I hope that's encouraging to any adults who think they're too old to pick up an instrument," he adds.

The Dual Appeal of Vintage Jazz

Jack points out that vintage jazz has a dual appeal: "It can be a celebration of American culture's ideal of individual iconic invention or an expression of class, racial, or gender angst. It has a fascinating, almost architectural, formalism. At the same time, it's just damn good party music. My job is to help it flow out of my band mates and offer it to our friends in the audience."

Reanimating a Lost Culture

"I've always thought that time travel, if possible, would actually feel like culture travel. Push the button on your time machine and you arrive in a vaguely familiar country— the sky, grass, and trees might look unchanged, but the locals are wearing their own unique clothes, speaking in a somewhat foreign tongue, and engaging in their peculiar customs.

"At Jack's Cats' performances I stand at the edge of stages gazing out across darkened rooms filled with Lindy-hopping fans while our elegant vocalist, Kitty, croons some catchy tune and the band beats out a swingin' rhythm. A lost culture has been reanimated and it's just the most exquisite sensation of time travel imaginable.

"But we're not strict historical re-enactors, and it's our hybrid of past and contemporary culture that's turned out to be most exciting and interesting."

The Artistic Benefits of Long-term Cultural Immersion

"Somebody supposedly asked the artist James Whistler, 'How long did it take you to paint that?' and his reply was, 'A lifetime.'"

"I think endless, constant, cultural immersion is essential. I was very fortunate to have studied with master woodwind instructor Leo Potts, from whom I learned the fundamentals of what music is. But knowing how to play your horn is just a tiny part of the job of bandleader."

A Miscellaneous Yet Appropriate Education

Jack Malmstrom's life looks like that of a Renaissance man, branching into several different fields whose benefits now converge to make Jack's Cats a success.

Jack studied fine arts in university and was an accomplished painter for years. The transition from visual art to musical performance was almost seamless. In addition his work in advertising gave him the leadership skills he needed to run a tight musical ship.

"My days as a student of visual art now help me communicate about human nature in another non-verbal medium—music; my years as an advertising agency creative director taught me how to lead a team of creative professionals to accomplish tangible goals.

"Time spent making mistakes as a small-business entrepreneur has proven invaluable. Leading the Cats draws upon all my life's skill and experience, but it's hugely exciting and invigorating to be running flat out, at my full artistic, intellectual, and physical capacity."

(to be continued)



Council Connection

Karl Low



This month at AUSU Council, I was happy to note that Council has officially moved away from the consent agenda format used at the past meeting to a format where the executive and committee chairs go over the highlights of their full reports to Council. This change makes the meetings very useful to average students who might want an idea of what Council is doing with AUSU's money, or for those who want to find out some behind the scenes information about what is currently happening at Athabasca University.

At this meeting, AUSU Council voted to eliminate the clubs program. This program, which was started almost 10 years ago and provided forum-space and a customized web-site for students who were interested in forming an AUSU Club, has apparently not been used very much by students. The most active club, The Student Mom's Club, has had no posts in their forum since 2011. Council pointed out that the club is still active, but has moved its operations to Facebook. While AUSU will no longer be hosting their forums or web-pages, the hope is to establish some sort of directory that will be used to help students find these groups that can provide them with assistance or simply a sense of community with other AU students.

Other policies that Council examined were the Planning and Schedule Policy, the Temporary Employee Policy, and the Staff Professional Development Policy. As a personal note, these particular councillors seemed to be taking an active role in their duties, with pertinent questions being raised on most of the policies.

Council also revised the Terms of Reference for the Media Committee, in the process renaming it to the Member Engagement and Communications Committee. It was felt that the old committee's mandate (primarily to assist with the development of AUSU media and communications) was too restrictive and more in the realm of what staff should be doing. The new terms of reference will have the committee looking for more active ways to make students, like you, feel more a part of a full university experience.

During this meeting, AU's new interim president was announced, with AUSU President Jason Nixon stating he felt very positive that the university went to an outsider for this interim position rather than appointing an insider already from Athabasca University. Councillor Shawna Wasylyshyn pointed out that she had been going to the University of Saskatchewan while Mr. MacKinnon was president there and felt that this was quite a positive move for Athabasca University, suggesting that she felt Mr. MacKinnon seemed to be a very student focussed president while she was there.

Also announced during this meeting is that AUSU is currently short one member. Last election, former Councillor Evan Schmidt ran for a seat on Council and was elected. However, there was a motion of removal pending against Evan during the election that resolved after voting day and caused Evan to be removed from Council and placed as a member not in good standing, thus ineligible to serve on Council. Details of this can be seen in the March 31 Council Meeting Minutes. It was noted during that elections several weaknesses in the AUSU elections policy. AUSU has hired the former CRO, as the person with the most experience with using the AUSU Elections policies, to review and suggest revisions along with AUSU's attorney to Council for changes to the policy.

Once the policy has been changed, AUSU will be holding a by-election to fill the vacant seat.

See what you miss when you're not there? The next AUSU Council Meeting will be June 11th, at 5:30pm MST



Dear Barb

Barbara Godin

Dear Barb:

Hi Barb, my husband's friends are driving me crazy. They come over at all times of the day or night! I have asked them to call before they come, as we have two young children who are often in bed when they show up. As well, I am taking courses at AU and I save my studying to do when the kids are in bed. My husband doesn't mind his friends coming over and says that if I don't like it then it's up to me to work it out with them. I don't agree with him, I think since they are his friends he should be dealing with them. When I tell them to call first they just brush me off, as my husband doesn't back me up. This is causing problems between us. Do you have any suggestions on how I can get this to stop?

Tiffany

Hey Tiffany:

I agree that your husband should be the one to tell his friends to call before they come. They are intruding on your family time. Your husband doesn't want to be the heavy in this situation; therefore he is leaving it up to you. You need to be firm with your husband about and let him know that these are his friends and he needs to tell them to call first. If it is not a good time for them to visit, perhaps your husband could meet his friends at a coffee shop or at their house. Hope this helps!

Dear Barb:

I was adopted as an infant. My parents have always been caring, loving people and I have had a great life. But I've always had this nagging desire to find out whom my biological parents are and why they gave me up. The problem is that I'm reluctant to share my feelings with my parents because it might upset them. My parents have been open with me about me being adopted, but they haven't offered anything about my biological parents. As well, I do have some health issues and I would like to find out if there is a genetic link. I'm not sure how to broach this subject with my parents. I would appreciate any advice you could offer. Thanks, Derrick.

Hi Derrick:

Thanks for your question. Most people who are adopted have a natural curiosity about their biological parents. You have a right to know who your biological parents are, especially if there are health issues that could impact you. You need to sit down with your parents and share your feelings. You may be surprised by their reaction. Since they have always been honest with you about your adoption, they obviously weren't trying to hide anything from you. Perhaps they were just waiting for you to bring up the subject. On the other side of this issue, you need to be prepared for your biological parent's reaction. They may not be receptive and view your presence as a disruption to their lives, especially if they have not shared your birth with others in the family. On the other hand, you may find them greeting you with open arms and willing to answer all your questions. Hopefully your adoptive parents will support you no matter what the outcome is. Good luck on your journey Derrick.

Email your questions to voice@voicemagazine.org. Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place of professional advice.

Comic

Wanda Waterman

~ Dysfunctional Love Languages from the Mouths of Children ~

GIFTING

I'll love you if you buy me a Wii U.

QUALITY TIME

If you don't pay attention to me I'll hold my breath and DIE!

WORDS OF AFFIRMATION

Why don't you give me up for adoption so I can be in a rich family and have everything I want?

ACTS OF SERVICE

I'm making you a birthday cake from bubblegum and cheese puffs. You can clean up the kitchen tomorrow. It's your birthday!

PHYSICAL TOUCH

WE MAKE A GREAT ACROBATIC TEAM, DAD!

WRITTEN BY WANDA WATERMAN

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