

Minds We Meet Students Like You!

Mensa Mind Have You Got One?

In Conversation With The Honeyrunners

Plus: Music: Meghann Wright Git Yer Yarr On 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

Minds We Meet: Zak Wallace	2 4
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Articles

Editorial: Git Yer Yarr On	3
Mensa Mind: Have You Got One?	7
Music Review: Meghann Wright	11

Columns

Primal Numbers: Slow & Steady	9
From Where I Sit: Health & Money	10
In Conversation: With The Honeyrunners, Part I	13
Gregor's Bed: The Fruitful Marriage, Part II	15
Writer's Toolbox: I'm Talkin' to You, Part II	17
The Study Dude: Learning Outside the Lines	19
Dear Barb: Avoiding the Superficial	22

News and Events

Click of the Wrist	12
International News Desk	14
Did You Know?	21
AUSU Update	24

Comics

Chazz Bravado: 7	True To You		
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www.voicemagazine.org

500 Energy Square 10109 – 106 ST NW Edmonton AB T5J 3L7

800.788.9041 ext. 2905

Email voice@voicemagazine.org

Publisher AU Students' Union

> Editor-In-Chief Tamra Ross

Managing Editor Karl Low

Regular Contributors Hazel Anaka Christina M. Frey Barb Godin Barbara Lehtiniemi S.D. Livingston Wanda Waterman

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LETTERS TO THE EDITOR



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

EDITORIAL



Git Yer Yarr On

You may not be aware of this, but today, September 19th, is "<u>Talk Like</u> <u>a Pirate Day</u>" a lesser known holiday essentially made up by a group of friends that received a mention in a nationally syndicated <u>column</u> and took off. The means of celebrating the day is fairly obvious, add a dash of "Ahoy, me hearty!" to your greeting, a bit of "keelhaulin'" to your expressions of frustration, and replace every cuss word with some variation of "scurvy dog," for starters. Advanced students may choose to speak of Davy Jone's Locker or battening hatches down. The point of the day is simply to remember that there are tons of ways to have a little bit of fun and that, perhaps, not everything needs to be serious or even have a reason.

I was hoping this week that I'd have a bunch of pirate themed articles show up in my mailbox to share with you all, and hinted to my regular writers that such a thing would be quite welcome, but none of them took the bait, so to speak.

Instead, you'll find a new installment of Minds We Meet, and this time

we're interviewing Zak Wallace from Fort Frances, Ontario, Management student and family man, and although he's not a pirate, he does have an interesting collection of things he'd hope to have if he got stranded on a deserted island.

We also have articles exploring how Mensa may not be quite the group you think it is, and S.D. Livingston in Primal Numbers writes about how the desire for speed and results, even in the hard sciences, could be leading us into a world of trouble and missed opportunities. Like the rabbit and the hare, our need to race forward could end up costing us any chance of ever reaching the finish line.

Gregor's Bed this week concludes the article begun two weeks ago, where we explore the combination of Jazz and Avant-garde music, and how the two forms coming together created a lasting impact through Western society. With these plus our regular submissions, including a new music review from Samantha Stevens, another installment from the Study Dude, and advice and thoughtful musings from our regular columnists, I expect everybody will find something to keep their interest this week. Unless you were looking for pirates, like me. In that case, I'm afraid this editorial is about as close as we're going to find.

Next week, I hope to begin publishing a series of bi-weekly articles with career and job-seeking advice, something that everybody needs at some point in their lives. Also, the Voice Survey should be out in the next couple of weeks, to coincide with the monthly AUSU e-mail newsletter. I hope all of you take the time to complete it, if for nothing else the chance at winning a new Samsung tablet. (I like the Samsung one because it has a slot for an external memory card, which, if you're reading a lot of textbooks on it, could be invaluable)

So, here we are, and while I can't force you to, if you could each put a little jaunt in your step and a bit o' yarr in yer inner voice as you read this week's The Voice Magazine, it'd make me happy, and might just make you a little happier too.

Karl Low

MINDS DE MEET A NEW VOICE COLUMN



Zak Wallace is an AU student from Fort Frances, Ontario, in the Bachelor of Management Program. Originally from Duluth, Minnesota, Zak balances his studies with family life (3 kids, plus one on the way) and managing 17 apartments. He works full-time as an Outcomes Support Facilitator, helping adults with developmental disabilities.

Zak was recently interviewed by The Voice Magazine about school, work, and life in general.

Describe the path that led you to AU. What was it that made you realize you wanted to go back to school, and what pushed you into the program you've signed up for?

I had never taken any education after high school. Although I knew it would be a smart thing to do, I never made that jump. My wife and I have always planned to own and operate our own business and I thought this was the time to get the knowledge and understanding I would need. As I looked around at different online schools here in

Canada (since our little town only has so much to offer) the one that kept coming up in my research both online and word of mouth was AU. As I looked through their programs I found what would suit me best. It was history from there. I registered and enrolled within the same month. Because I always enjoyed taking on the task of team leader through school and work, being a manager or running my own business intrigued me. I will learn what I need to know through this program to achieve that.

What do you do like to do when you're not studying?

Besides spending time with the family, odd jobs around the house, and working, I like to play video games on my computer or IOS devices. I spend lots of time playing *Counter Strike Global Offensive* or *World of Tanks Blitz*. I also enjoy making models–anything from tanks and trains to cars and planes.

What are your plans for this education once you finish? How does it fit in with where you want to go?

With the idea of starting a business with my wife (who is studying to be an aromatherapist and herbalist,) knowing how to manage and run a business will be crucial. I figure this degree can help me through life no matter what job I'm in.

Who in your life had the greatest influence on your desire to learn?

My father had the most influence on my decision to get an education. He is a professor at the University of Minnesota Duluth in biochemistry and toxicology. Knowing how an education can help in the long run and how

it has served him and his students-this was huge for him. Although he planted the idea in my mind he did not push me to it. He let me make the decision on my own and welcomed it with open arms.

What famous person, past or present, would you like to have lunch with, and why?

If I could pick one famous person to have lunch with it would definitely be Steve Jobs. Our family grew up with Macintosh computers and as soon as iPods, iPhones, and iPads came out we were there to pick it up. I would love to pick his brain about the incredible ideas he and his team had throughout the years. To be able to ask him what his idea for the future of Apple would be and how they planned to achieve it would be amazing. I would also like to talk to him about the disease that affected him so much and how he was not only able to work through it but keep positive and motivated. This man has had such an enormous impact on so many people's lives in a positive way and I would need to be able to say thank you for that.

Describe your experience with online learning so far. What do you like? Dislike?

So far I enjoy the online learning experience. I like being able to do what I want when I want with the time I have to do it. If it is a slow day I'm able to do more than is required, then on days I'm super busy I'm able to slack a bit and catch up later. I have found some of my courses to be a bit confusing. You start by reading the study guide, it tells you to go and read pages 39-72 in the textbook. So you then look back to the study guide which tells you to complete exercises 1.7 and 1.8, which are not in the textbook but on the website. I find myself trying to figure out what I am supposed to do for the course rather than focusing on the material itself. Over all, though, I would not be able to take a program like this had it not been online.

When was the point where you wavered the most about whether it was worth it to continue your schooling, and what made you decide to keep going?

I have found that at some of my busiest times when I am so caught up in work and family life and rushing to get caught up with school before the end date that I wonder if this was the right decision. Life usually calms down a bit and I am brought back to reality: gaining this education will only benefit my family and me in the long run. I signed up and made the commitment and, like anything else, I need to finish what I have started.

What's your most memorable AU course so far, and why?

... when I am so caught up in work and family life and rushing to get caught up with school ... I wonder if this was the right decision. [But] gaining this education will only benefit my family and me in the long run.

I am still early in my program so to pick a favourite course is tough. I would have to say *Introduction to Management*, ADMN 232, was fun. It allowed me to open my mind to what managers see and think instead of the employee or union perspective. I took this course by itself so I was able to focus fully on it. I scored rather well and will remember the first university course I took.

Describe the proudest moment in your life.

As a father of three and one on the way I would have to say the births of my children all made me very proud. Besides that, the moment that made me feel very proud was when my wife and I closed on our first home. We lived with two children and ourselves in an apartment and always felt crammed. We were not able to pick the paint, flooring, or yard set up. Knowing that now we would be able to do what we wanted with the new house made both of us very happy. I felt as if I could do anything for my family now.

What have you given up to go to AU that you regret the most? Was it worth it?

I have not given up too much to take courses at AU. I miss some time with my family, and I don't have as much time to play games or work on hobbies as I did before. It's a far cry from saying I regret the decision because of this–I chose to follow this path and having the support of my family only makes it easier.

If you were the new president of AU, what would be your first project?

If I were president of AU I would definitely make sure the student union had what it needed to continue to support the students and be there if they need help. I would also make sure we settled the whole e-text debate. No matter what the result, closure would be nice. Knowing that we will pay less for an eBook then a textbook, and having the option to choose one or the other, or both for some.

Describe your earliest memory.

One of my earliest memories would have to be when I was around eight, and I was in our family attic that we had as our games room. It had a ping pong table and foosball table and gymnastics mat. My brother's friend, who was around 16, was trying to teach me how to do a flip onto the mat. He held me while I jumped; I hesitated and tried to not go head over heels. He continued to try to guide me through the flip and I caught my arm and it broke right there. From then on I always gave him a hard time about breaking my arm– everyone else in the room would always give him a funny look, thinking, "why would you break a child's arm?"

If you were trapped on an island, what three things would you bring?

I would have to say a baseball cap (I never leave the house without one,) a *Leatherman* (this would allow me to use the knife and other tools to build shelter,) and a soccer ball (not only to put a bloody hand print on and talk to it every day, but to keep myself busy physically and mentally.)

Describe one thing that distinguishes you from most other people. What is unique or remarkable about you?

One thing that makes me stand out is that I have always been thought to be 6-8 years older than I am. Not only because the way I look but the way I carry myself. I have never seen it but I have had people assume I was 30 when I was 22. Even today coworkers can't believe how young I really am. Good thing, I guess?

What is the most valuable lesson you have learned in life?

My mother always told me "it's not if you *can* but if you *should*." I think about this all the time. I *can* eat that extra dessert or I *can* spend this extra money on something I want, but *should* I? If the answer is yes then you know you have made the right decision. If the answer is no then you may want to rethink the situation.

What do you think about e-texts or the plans to make the university follow a call-centre model?

I am okay with the e-texts idea if it will mean cheaper tuition. I think along with this there needs to be the option for students to choose what format their texts are in. Some have access to e-readers while others may not. I know some people who just can't handle reading on a screen as it causes eye or head issues. There needs to be a way that the school can offer e-texts to those who want it but can continue to send a text book for the others. As far as AU going to a call centre model, I don't agree with this idea. I think most of the students who use their tutor agree that it is more personal. With the call-centre model people will be in the middle of an assignment with a question and have to wait for their call to be returned. This means they will have to put what they were doing aside in order to have their questions answered. Changing students to a number instead of a name will only depersonalize AU and may deter current or future students.

How do you find communications with your course tutors?

I enjoy the communication with tutors. Most of the time it's them contacting me to make sure everything is going well and to extend their hand if I need any help. I find questions get answered in a timely fashion and it's nice to hear from people who have been in the same spot us newer students are.

Where has life taken you so far?

Work mostly keeps me in town, but it has given me several opportunities to travel within Ontario for courses. As a child my father used to travel on a biweekly basis. I was able to see many different places like Mexico, Portugal, Brazil, Costa Rica, and Jamaica. With our soccer club I was able to stay with a host family in Sweden for a week as well. I think traveling to some of these places grounded me as a kid. I learned how some people have to live without the things we think we *need*. As well as seeing how genuinely kind some cultures are, where they would give you anything and everything they had to show hospitality.

What (non-AU) book are you reading now?

When I don't have my nose in a textbook and I feel like reading you will usually find me with a John Grisham book. I have followed his career since I was young. However, right now I am in the middle of reading *The 8th Habit* by Steven R. Covey. He originally wrote *The 7 Habits of Highly Effective People*. He is an expert when it comes to organization in life–knowing how to make yourself self-effective in order to get the important things done first. I would recommend both of these books to anyone and everyone.



Barbara Lehtiniemi

Mensa Mind Have You Got One?



At a Mensa event, you could be rubbing shoulders with an archaeologist, a Hollywood screenwriter, or an international spy.

Mensa, the high IQ society, attracts such a diverse range of people from every walk of life, you can join and give up reading novels for excitement. You meet "the most amazing people with amazing experiences," says Vicki Herd of Calgary. Vicki joined Mensa when she moved to Alberta from Australia. Having recently arrived in Canada, Vicki found in Mensa an instant and vibrant social group.

Believing that you "get out what you put in" to Mensa, Vicki has spent years volunteering for Mensa Canada in various capacities. She's hosted local and national events,

served as the Local Secretary of the Calgary group, and spent ten years as Proctor; where she supervised Mensa hopefuls as they wrote the qualifying test.

The test often proves the biggest hurdle for those wanting to join Mensa. Not because it's particularly difficult (for those whose IQ is in the top 2%, that is.) Just getting people to show up is a real challenge. "People wimp out" after making an appointment to write the test. Sometimes, says Vicki, it takes two years for people to work up the nerve to finally show up and write the test.

Millie Norry was petrified when she took the Mensa qualifying test. "I ate fish every day for a week," she said, hoping it would increase her brain power. Years later, Millie is enjoying her second term as president of Mensa Canada.

Decades ago, the Mensa qualifying test was more intimidating. Those seeking membership used to write two tests of 40 minutes each. Nowadays, Mensa administers a single test which takes only 20 minutes. The test is offered at <u>locations</u> across Canada and the \$90 fee includes the current year's membership dues for successful applicants. Anyone who has already taken a qualifying intelligence test can submit those results under Mensa Canada's prior evidence <u>rules</u>, along with a \$25 fee, and avoid the stress of a further test. While an IQ test is not the only, nor the best, measure of intelligence, it is the only basis of membership for Mensa.

According to Mensa International's <u>website</u>, "there is no one prevailing characteristic of Mensa members, other than a high IQ." Mensa members cover nearly every age range, education level, and occupation. The word Mensa itself, Latin for table, symbolizes Mensa's belief that each member is equal: a member's "race, colour, creed, national origin, age, politics, educational or social background" are irrelevant.

For many members, the acceptance they felt when they attended their first Mensa event was a relief. There is no "in" crowd in Mensa. A new member is never an outsider. Any ideas are acceptable topics for discussion, and no one will ever say "that's the weirdest thing I've ever heard."

What Mensans most value about their membership is that they feel welcomed. "Mensans are just friends you haven't met yet," says one Alberta member. People in the higher ranges of IQ sometimes struggle socially, yet they feel an instant bond with fellow Mensans. Other Mensans "get" what you're saying, according to one Ontario member, "you don't need to explain, or wait for them to catch up."

Far from the widely-held perception that those with high IQs are arrogant know-it-alls, Mensans are often unsure about their intelligence. Many Mensans keep their membership a closely-guarded secret. One member, who took both her undergrad degree in psychology and her Master of Counselling Psychology at AU, says people sometimes have "unexpected reactions" to hearing about her membership in Mensa. Consequently, she is one of those members who is selective about who she reveals her Mensa-ness to.

"I think sometimes people expect Mensans to be super-geniuses," says this AU alumna. That can give rise to unreasonable expectations, especially in the workplace. In reality, most Mensans are average people who often think a little differently. While approaching problems from a different angle can lead to creative solutions, it can also lead to over-analyzing and consequently, the simplest solution can be overlooked. Mensans are not infallible super-humans. "Ben Johnson is a superior runner," says the AU alumna, "but nobody expects him to move that quickly every time he crosses the street."

People with Mensa-qualifying IQs often feel just a little bit different. In elementary and high school, they notice that others don't think quite like they do. They question the accepted methods and sometimes challenge their teachers. Frustrated with the slow pace of school and seemingly illogical teaching methods, they often drop out. In an education-oriented society, this sometimes leaves Mensans playing catch-up later in life, chasing those all-too-necessary credentials.

If this sounds like you, you may have a Mensa mind! See next week's article for details about a discounted Mensa test rate, and free money for students. Barbara Lehtiniemi is a writer, photographer, and AU student. She lives on a windswept rural road in Eastern Ontario

S.D. Livingston

Primal Numbers Slow and Steady



or a clean new energy source.

It's no secret that people want fast results these days. Faster phones, faster food, faster everything. Science is hardly immune—even the supercomputer Watson has been enhanced to speed the <u>pace</u> of scientific discoveries. Sometimes, though, slowing things down can get you much further ahead.

In some ways, it seems like a contradiction. Scientific research in fields from agriculture to astrophysics has brought incredible benefits to humanity. It's eased suffering with new drugs and powered our world with electricity. Accelerating the pace of research means we'll see more benefits even faster—perhaps a cure for cancer,

In spite of our modern mindset that faster is always better, plenty of examples prove that, especially when it comes to our health, that's not always the case. Like with the new drugs that are fast-tracked through the Health Canada approval process. As the *Toronto Star* <u>reports</u>, more than a third of the drugs—close to 35 per cent—that went through the quick approval process "later received serious safety warnings or were withdrawn from the market." That's compared to 20 percent that went through the longer review process.

Perhaps the most well known failure in drug research is <u>Thalidomide</u>. Developed and licenced in the 1950s, the mild sedative also reduced symptoms of morning sickness. Unfortunately, no one took the time to test its possible side effects during pregnancy. The result? Nerve damage in some of the patients taking it, and over 10,000 children born worldwide with severe birth defects, including blindness and missing limbs. The only thing that researchers were slow to do was make the link between the drug and its serious side effects, and it was widely sold in Europe and North America until the early 1960s.

Then there's the more recent case of the lab worker at the US Centers for Disease Control and Prevention. In 2012, in a rush to get to a meeting, the worker accidently infected samples of a mild avian flu with the deadly H5N1—and sent them out for use by other researchers. As *Reuters* <u>reported</u>, the lab worker "rushed through a procedure that required 90 minutes to ensure safety . . . in just 51 minutes."

Naturally, we want scientific breakthroughs to make our lives better. We want cleaner energy, better medicine, and to know the undiscovered mysteries beyond our solar system. We want them to happen fast and we mutter about bureaucracy when scientists mention that a cure or a flying car is another 10 or 20 years away.

But it pays to remember that it takes time to get those things right. That research is a slow, painstaking process and that, sometimes, science hits a dead-end and has to go back to the drawing board.

Even if that means waiting over 200 years for a seed to sprout, such as in an <u>experiment</u> that William James Beale started back in 1879. Now that's patience.

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 <u>website</u> for information on her writing.



Health and Money

Somewhere along the way a bunch of us were sold a bill of goods. We were led to believe that as we got older, life would get easier and slow down to a more reasonable pace. There would be time for leisurely breakfasts spent poring over newspaper crossword puzzles. Mid-day coffee klatches with friends. Volunteering for worthy causes. Running marathons.

There would quality time spent guiding, nurturing, and spoiling grandchildren. Not battling scheduling conflicts between play dates (his) and work deadlines (ours). There would be lots of time before his life got regimented with the rigors of a kindergarten schedule. Not so. The impending birth of child number two in late November will further busy everyone's lives. But if anything can hit pause it's the joy of holding a precious baby against one's chest.

I thought there would be time to read all the subscription magazines coming into the house. At this moment I have a stack of forty-one magazines awaiting my attention. And that doesn't count the weekly newspapers and daily Edmonton Journal or required reading.

What about the illusion of people sitting on a patio or deck or dock or wing chair reading a novel? Reading? We were led to believe there would be time to *write* a novel. The best I seem to manage these days is listening to audio books when I'm alone on the road.

Or what about the retirees camped at a lake or hitting the open road, living the good life in an RV? Or becoming snowbirds and spending the worst of our winters in Arizona or California?

We're not lazy people. We've worked hard all our lives. We haven't lived beyond our means. Like much of our Baby Boomer generation we've been adherents of the

delayed gratification principle. If you couldn't afford a new car, ATV, boat, cabin, vacation, cell phone, or stereo system you didn't get one. You waited til other debts were paid off or bought first things first. Or more likely you did without.

Though I can't find proof of it, I'm sure it was author Carol Shields who said that in the average life there would be time to do it all. To work and play and contribute and do all that we truly want to do. At the time I remember being both charmed and reassured by the idea. Now I'm not so sure. Hundreds of times each day we make choices. If I choose to read a magazine I'm not exercising, doing a Sudoku puzzle, playing with Grady, or writing that novel. If I choose to volunteer, in that dedicated time, I'm not traveling or visiting family or working the soil. If I choose Netflix I'm not making money or cleaning or reading.

So, perhaps the answer lies in the quality of our choices. I no longer believe we've got all the time in the world. Now I simply hope our health and money lasts as long as we do, from where I sit.

Hazel Anaka's first novel is Lucky Dog. Visit her <u>website</u> for more information or follow her on Twitter @anakawrites.

Music Review Meghann Wright



second EP. Released in July, it is now available on iTunes.

Samantha Stevens

Album: Meghann Wright

Artist: Meghann Wright

Tough but tender, Meghann Wright's unique blend of daring lyrics and stirring vocals, combined with unparalleled guitar playing, make this songstress one to watch for. Known for her expressive lyrics that capture the diverse emotions behind love and heartbreak, Meghann's music is passionate and dynamic. After releasing her debut album in 2013, Meghann's self-titled album is her

Born to a family of talented musicians, Meghann ventured from her home, in the impoverished part of Hawaii, to New York City to bring her musical talents to an audience eager for something different. With an extraordinary sound, blending between Dolly Parton and Janis Joplin, Meghann has been compared to music legends like Sheryl Crow, Amy Winehouse, and Adele.

Today, Meghann lives and records her music in a small Brooklyn apartment, but she can still be found playing many different venues around New York City. An equally important passion of Meghann's is supporting other unsigned female musicians in New York. This passion led to her creating <u>The City & The Heart</u> in the winter of 2012. In 2013, with The City & The Heart, Meghann organized 14 showcases to raise money for a compilation album featuring over thirty female artists in New York City. Meghann's work will help many other female musicians get the attention and exposure that they deserve.

Meghann's self-titled album is short, with only three tracks, but this album gives the listener a taste of Meghann's raw talent and is more of a teaser. However, fans would be excited to known that there is a full-length album in the works, although at this time there is no estimated release date.

The first track of the album, "Can't Carry Water," resonates with a country-like sound, and at first I wasn't impressed by the song. But as the song plays on, and Meghann's voice grows increasingly emotional, I felt my heart begin flutter. Emotion pours from the sound, and it feels like the music has grabbed hold of your soul and refuses to let go until the song slowly ebbs to a subtle finish. Intrigued by this song, which I found myself loving despite my initial impression, I carried on to the second track.

The second track demonstrates not only Meghann's diverse musical talent, but also that she is a genius at arranging an album. "Cocaine" is upbeat with lyrics that are brutally honest and vulgar, and is a refreshing break from the emotionally charged first track. Obviously, Meghann is very aware of her audience and doesn't want them to delve into an emotional abyss and remain there. This song is the perfect example of adding uncensored lyrics to an energetic beat. The result is a song that sarcastically expresses the anger felt during a breakup, but is accompanied by a rhythm that makes you want to dance and toss your cares out the window.

The final song, "Left my Heart in Brooklyn," ended the album in a bit of a fizzle. After the first two tracks, I was less than enthusiastic about this song. Once again it was great for Meghann to display her versatility as a musician, but the music lacks the lustre that the other songs possessed. Still, I enjoyed the poetic lyrics that brilliantly describe the gut-wrenching and heart-squeezing sadness felt when one is forced to be separated from their loved ones.

Overall, Meghann's second EP gives listeners a taste of the wonderful music that she has to offer.

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

Click of the Wrist

Punctuated

Punctuation: it drives us crazy, but it saves lives (let's not eat Grandma, please!). In honour of this muchmaligned but most necessary aspect of good writing, celebrate National Punctuation Day this September 24. Whether you want to go all-out with your festivities or just take the time to brush up on your skills, this week's links will get the party started:

Plan It Right

From the Official Punctuation Day Meatloaf (really!) to thoughts on integrating NPD into your classroom, the official National Punctuation Day website is a good springboard for learning about and celebrating the lowly comma, period, and exclamation point.

What's In A Name?

Ke\$ha may have dropped the \$ from her name, but there are some people and places who wear their unique symbols with pride. Check out these people, places, and groups that integrated punctuation marks into their names—you might be surprised to notice an officially recognized Canadian town, which also happens to be the world's only town with two exclamation points in its name.

Weird Squiggles

Think you know your punctuation inside-out? This *mental_floss* article will introduce you to a set of real and fascinating—and sadly mostly obsolete—punctuation marks. I'd love to start using the Snark Mark on online discussion boards...

Back to Basics

NPD isn't all fun and games; it's also a great opportunity for a refresher on the proper use of punctuation marks. The Purdue OWL site has a good overview.



Wanda Waterman

In Conversation With The Honeyrunners, Part I



<u>The Honeyrunners</u> are a Canadian band that plays rock and roll spiced up with Motown, neo-punk, soul, and rhythm-and-blues. Their first single, Jet Set," was featured in a Bacardi ad campaign and their "My Garage" became part of Coca-Cola's project 52 Songs of Happiness. They're currently touring their new EP, titled EP II. Recently the band's keyboardist-vocalist, Dan Dwoskin, took the time to answer Wanda Waterman's questions about the band's musical influences.

What drew you to music in your early years?

Music was huge in all of our families as we were growing up; a lot of sing-a-long guitar nights and stolen vinyl, tape cassettes, and LPs. Thank God

our parents had decent taste. Once you hit thirteen you start to leave the comfort of your hand-me-down music and start developing your own musical tastes. Enter punk, rock, blues, soul, folk, and so forth.

Did you grow up listening to rhythm-and-blues and soul?

Absolutely. I think those were the most prevalent genres for all of us; guys like Ray Charles, Otis Redding, Elvis, Robert Johnson, Howlin' Wolf, Eric Clapton, Dire Straits, Hendrix, Stones, Beatles, Zeppelin, etc. The grittier, the better.

But as time goes by I find myself getting tired of the blues (though it'll never fade away) and leaning towards newer music like The Raconteurs, Jet, Mumford & Sons, Ed Sharpe, Half Moon Run, Young The Giant, Haim, Arctic Monkeys—people who borrow from the elders but put a nice modern spin on it.

What was the best musical teaching that you ever received?

Never be scared of space and silence in your music. Read the book *The Music Lesson* by Victor Wooten; there's far more to it than just learning to play "the right notes."

What was the most mesmerizing musical experience of your life?

I once got called up on stage at Roy Thompson Hall in Toronto to kick-dance with Ladysmith Black Mambazo (Paul Simon's South African backing band from "Graceland"). I've never felt so white in my life. I've also never been so happy.

How did you guys hook up and come up with the idea of doing this kind of music?

We've all played in bands together for years; I think it came down to chemistry—just needed some players that could all sing and play the hell out of their instruments. The kind of music just fell into place. We don't really sit and dictate our genre; it honestly seems to just come out of who we all are.

There's an intense creative energy in your performances. Isn't this exhausting? How do you recoup your strength after performing live or recording?

It takes its toll, but having a solid audience helps with the energy. All in all, it's a pretty incredible feeling, doing what we do. You just have to not get too carried away (eg. if you're playing 12 shows in 12 days) or your body

will shut down on you. We have drinks, hang out and meet fans after shows—seems like a nice way to wind it down. We don't have the funds yet to destroy hotel rooms.

How did you come up with the band's name?

The band name comes from a funny story in Keith Richards' biography, *Life:* he describes a heroin cultivated by naked kids who run through opium fields, covered in honey (the "honey runners"). It seemed so fucked up, that imagery—how could we not adopt it as a band name? It also happened to be a word in the Urban Dictionary.

Also, a sweet little tip of the hat to Mr. Robert Plant and his old band, The Honeydrippers. It was fate.

(to be continued)

INTERNATIONAL NEWS DESK At Home and Abroad



At Home: The Best City for Education and Innovation? Waterloo

Metro is <u>reporting</u> that Waterloo, Ontario, has been picked as the top city for innovation and education by the Conference Board of Canada. The reasons for this pick include the various universities in the area, the number of high-tech start-up firms, as well as the Perimeter Institute for Theoretical Physics.

Tim Anderson, chief administrative officer for the city of Waterloo claims that the academic institutions are the "drivers of our overall economy."

The Conference Board of Canada ranked 50 cities on various criteria, including economy, education, environment, health, housing, innovation, and society. Waterloo was one of five cities that scored at the top position in two categories. The others included Calgary, Ottawa, Richmond Hill,

Vancouver and St. John's.

Around the Globe: "Traditional" Academics Endangered

A policy note released by the Group of Eight, a group of research intensive universities in Australia, notes that while once academics were employed full time for teaching and research, those positions are fast disappearing. The document points out how the two positions are becoming increasingly separated, with most employment growth occurring in specialist researcher positions and casual teaching positions.

<u>Reported</u> by *University World News*, the National Tertiary Education Union responds to the policy note by pointing out that not only is the growth concentrated in these two areas, but that the growth is typically for short-term or project based contracts, and points out that "Cutting-edge research that seeks to solve the big issues is impossible when researchers have to look over their shoulders and write research funding submissions on the basis of achievable outcomes rather than pursuing the hard questions."

They also note that this causes further problems in that the people who write the courses are not the ones teaching them, and those who are teaching the courses have no say in course reviews.

Gregor's Bed The Fruitful Marriage, Part II

Wanda Waterman

The Fruitful Marriage of American Jazz and the Avant-garde, Part II

"Wrapped in a battered sheepskin jacket and peering though Coke-bottle-thick eyeglasses, Sartre lectured up and down the East Coast and was the subject of adoring articles in New York newspapers and magazines. 'One is free to act,' he told reporters, 'but one must act to be free.' Beboppers like Dizzy Gillespie and pianist Thelonious Monk picked up on him, appropriating the Left Bank café-intellectual style the black beret, the horn-rimmed glasses, the wee goatee."

- Lewis MacAdams

What is the "Avant-garde," Really? (continued from <u>here</u>)

The symbiosis was a blessed one. The avant-garde's blurring of distinction between "high" and "low" art

(case in point: Andy Warhols's Pop Art images) opened the door to an amalgamation with jazz, so that by association jazz became avant-garde and the avant-garde became cool.

Bebop granted the avant-garde a kind of grounding in social concern, a connection to the roots from which jazz had emerged—field hollers, ragtime, dixieland, blues, etc.—which granted the avant-garde a kind of legitimacy in the larger world that normally it doesn't enjoy.

The music of tenor sax players Archie Shepp and Pharoah Sanders contained elements of work songs, Dixieland, blues, and the rural African American experience, even as they began a slow move away from these roots in a bid to recreate jazz in the image of their generation.

The socio-historical context of jazz meant that shock had no value. The innovations of bebop and free jazz were dismaying to jazz fans and swing musicians alike, but they weren't shocking and didn't provoke the same kind of social outcry as had Dadasim and Pop Art, for example.

But how did they meet?

After WWII slowly became the cold war, jazz musicians started copying Sartre's manner of dress. Perhaps the rapport began to develop because of the experiences of black soldiers in Europe during World War II, during which they would have had their first exposure to European modes of dress, dance, and demeanor, but an American "cool" style began to emerge, a style heavily influenced by the classic tastes of certain European intellectuals who also later visited the USA to present their radically new philosophical ideas. Jazz musicians started copying Jean-Paul Sartre's manner of dress, and thus the black beret, black-sunglasses, and black turtleneck eventually became synonymous with free jazz.

The connection to avant-garde intellectual European culture wasn't just superficial; Thelonious Monk explored existentialism, and Zen Buddhism, which practically manifests cool in a bottle, started becoming known. The

move toward artistic freedom at the same time entailed a refusal either to be subservient to mainstream "progress" or to be exploited by purely commercial interests.

Cool was a necessity for black American artists, an ego defense whose only purpose was to help them keep on creating and exploring in relative freedom. Cool meant fearless innovation while abdicating conflict and stress. This was one proof that cool was inseparable from the avant-garde.

The Downward Slide

The sad demise of Charlie "Bird" Parker and many other bebop musicians at the hands of "Sister Smack" was one inevitable outcome of a subculture that embraced drug use to stay cool, and was then forced to stay cool to avoid arrest for possession of narcotics. What's really sad is how Bird's tragic death was glamourized—as if burning out in this way was the price demanded by the laws of cool.

What created the separation between jazz and the avant-garde was that many of the old school bebop and free jazz succumbed to death, drugs, and despair, while the new school was enthusiastically embracing fusion jazz, a subgenre that can be called progressive, but not avant-garde, even by a long shot.

Then the avant-garde became postmodern and floated back off into space. Thus the wedding of cool and the avant-garde became a historical episode rather than an ongoing development. Its repercussions, however, changed the course of modern world culture.

Giving Birth to the Sixties

The explosion of cultural and social change that happened in the sixties had its roots in the joining of jazz and the avant-garde. Cool and the avant-garde needed to join forces; cool needed the glamour and prestige of the avant-garde and the avant-garde needed the artistic rigour and substantiality of jazz. So the marriage of cool and the avant-garde in America was the spawning ground for the next stage in American culture. It inspired innovations in the arts in the sixties, making art both avant-garde and accessible at the same time.

There were other repercussions as well. Jazz musicians were among the first Americans to refuse to be drafted to the war in Vietnam. Their utterly original and flamboyant stye of dress was a precursor to the outlandish outfits adopted by preppy college students who decided they were now flower children. And jazz musician drug abuse inspired a generation of experimentation with all manner of hallucinogenics.

The Future

With every fresh new movement it's only a matter of time before the vultures swoop in and start making the equivalent of Gap ads based on Jack Kerouac's novels. The bad boys and girls become the popular kids and lose their groove. So there will always be a need for a new generation of movers and shakers in the arts.

American jazz musicians now come with advanced degrees from Ivy League universities, and avant-garde movements are often little better than elitist theatre. Youth movements are subcultures of nostalgia like Steam Punk and Goth.

The next wedding of cool and the avant-garde is most likely to come from another country. We're already seeing marked innovations in the realm of jazz in other countries and a mixing of different styles and genres; the places where jazz rhythms originated are now producing their own new takes. Perhaps this is because musicians in other countries feel marginalised in a way that today's American jazz musicians can't imagine.

The new cultural explosion is not likely to be America, but America can always claim right of authorship to the amazing history that's already been written.

References:

Writer's Toolbox

I'm Talkin' to You, Part II

MacAdams, Lewis. (2001) *Birth of the Cool: Beat, Bebop, and the American Avant Garde.*, New York: The Free Press Garlitz, Dustin. (2004, October) <u>Outstanding Avant-Garde Tenor Saxophonists</u>

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



Christina M. Frey



In last week's <u>column</u>, we looked at nouns that directly address the person or thing you're speaking to. We learned the general rule for these nouns of direct address: set them off with a comma or pair of commas, depending on where they're located in the sentence.

The general rule is easy enough to understand when you're writing dialogue. When you apply it to correspondence, though, things can get tricky. This week we'll sort out some of those situations and offer suggestions on how to handle them.

Good Morning!

One of the trickiest direct address issues involves sentences with short greetings or salutations, like "hello" or "good morning." The general rule still applies; use commas to set off the noun of direct address...

Example A: Good morning, Amrit, and welcome to our Investors

Group family.

Example B: Goodbye, Sarah.

...even in this situation:

Example C: Hi, Ricky!

Did Example C surprise you? It may look strange, because on the surface "Hi, Ricky" seems similar to "Dear Ricky." However, they are very different.

"Hi, Ricky" involves an interjection ("hi") and a noun of direct address ("Ricky"), while "Dear Ricky" doesn't have an interjection at all; "dear" is an adjective that describes "Ricky," as in "My dear Ricky." In fact, the whole phrase "Dear Ricky" is a noun phrase that's used to directly address the recipient. The main sentence that goes with that phrase of direct address would be the first line of the correspondence.

Letter Perfect

So what does this mean when you write a letter? Must you style your greetings "Hi, Ricky" or draw down the wrath of the grammar gods?

Not necessarily. In informal correspondence, the general rule is that there are no hard and fast rules. Even the *Chicago Manual of Style* editors suggest that starting out your emails with "Hi Sarah" instead of "Hi, Sarah" is perfectly fine:

Example D:

Hi Sarah,

Got the key—thanks!

Example E :

Hi, Sarah!

Got the key-thanks!

This exception only applies to informal correspondence. However, there's little room for confusion—if the letter or communication is too formal to use "Hi" as a greeting, stick with the general rule.

Example F:

Dear Professor McGonagall,

Thank you for meeting with me this afternoon.

The Case for Colons

As with all direct address nouns or noun phrases, an address in correspondence is followed by a comma. There's one exception, though: in more formal correspondence, a colon is preferred over a comma after the greeting.

Example G:

To Whom It May Concern:

Enclosed is my application for . . .

We've covered nouns of direct address and punctuation of direct address, and discussed some of the unique challenges of using both with correspondence. Next week we'll wrap up the mini-series with some notes on capitalization issues that may arise when using direct address nouns. Which is correct, "I want some ice cream, mom" or "I want some ice cream, Mom"? Answers (and an explanation) in a week!

Christina M. Frey is a book editor, literary coach, and lover of great writing. For more tips and techniques for your toolbox, follow her on Twitter (@turntopage2) or visit her **blog**.



Study Tips from a Semi-Anonymous Friend

There is nothing more that The Study Dude wants than for you to always cherish your self-worth and growth potential, especially if you are a student with ADHD, a learning disability, or any other kind of disability. You are powerful role models with powerful insights on overcoming marginalization, should you ever wish to share them.

Well, in these articles, as The Study Dude, I'll try to give you the study tips you need to help make your learning easier. I'll also give you straight and honest opinions and personal anecdotes—even the embarrassing ones that you wouldn't ever dare read about from any other study tip guru.

Today's study tips are based a reading of the book *Learning Outside the Lines: Two Ivy League Students with Learning Disabilities and ADHD Give You the Tools for Academic Success and Educational Revolution* by Jonathan Mooney and David Cole.

Disability Considerations

I developed an energy-sapping anxiety condition during the final stint of the Master of Arts program while working full-time. Although avoidance is not considered a strategy for managing anxiety and other conditions, I find that sometimes gearing your education and work-life so that they fit better with your passions and strengths is a win-win strategy. Jonathan Mooney and David Cole (2000), former students with a learning disability and ADHD, respectively, corroborate this view.

A friend of mine had severe test anxiety and tried to find as many classes as possible that didn't rely on heavy grade weightings for the exams. While the majority of psychologists would say that gradually confronting fears head-on is one of the best strategies for overcoming anxiety, I'm not as quick to believe this mainstream convention.

Here are some great strategies for making your education fit your strengths, whether you have ADHD, a learning disability, anxiety, or any other type of condition:

- Ensure that you have all the disability accommodations that meet the criteria of your particular condition. For instance, extra exam time or the ability to postpone an exam if you have a full-blown panic attack before the exam even starts. Make sure everyone is aware of your accommodations prior to going to the exam.
- Aim for project based learning if exams are challenging for your particular disability. Doctors and nurses, while also heavily exam based, offer a lot of practicum and internship opportunities. Request to do an alternative project based assignment in place of an essay or exam. Explore creative arts classes, writing classes, science classes, or speech classes that emphasize "doing" as opposed to taking exams or writing essays.

- Think of those times when you were most passionate about learning and try to get courses that invoke ٠ those responses most similarly. Don't worry as much about grades, but think about where your heart was at its peak in terms of passion.
- Pitch a proposal for an independent study and see if a professor will supervise your endeavour. This is ٠ a great way to individualize a course so that it meets your desires most spot-on.
- Although I never heard of this ever occurring, why not design your own major and pitch it to the officials to see if you can forge ahead with it. You can select a hodgepodge of courses and cater them to your learning interests.

(Mooney & Cole, 2000)

The Study Dude is most passionate about learning when watching instructional videos on Adobe software, but alas, Athabasca doesn't offer a creative arts program. However, it might be possible to pitch a directed study that utilizes creative Adobe software for a task such as, say, instructional design (another passion of mine).

Why and How to Review an Exam

The Study Dude never once reviewed an exam other than to pinpoint what went wrong and to redo the question. However, after reading Mooney and Cole's (2000) book Learning Outside the Lines, I found some very fascinating reasons why you should always review your exams--surprising reasons I never would have otherwise even fathomed looking for.

So as not to delay the good stuff, here they are:

- Inspect test structure and how each component is evaluated. The structure will assist you in how to • approach exam content studies for the next examination period.
- Determine whether the questions are largely or partially taken from lectures as opposed to readings. This will give you a better sense of where to especially focus your attention when doing your nightly homework.
- Determine the questions you got right and what method you used for studying for them. This is an indicator of what study approaches are most savvy for your particular needs.
- See what you got wrong and determine what study habits led to the lower performance in those areas. • Determine how you can approach similar types of questions in the future. Go to the index of your book, look up the subject matter for that question, and be sure to review.
- Find out which types of exam questions (i.e., multiple choice, essay exams, short answer, true and • false) you were weakest and strongest on, and strategize a means to improve the areas where you have shortcomings. For instance, if essay questions leave you with lower marks, create strategies for how you can better create an outline in the first few moments of the exam and how you can better structure formulaically the paper.

(Mooney & Cole, 2000)

The Study Dude never thought to review the exams other than to figure out the right answer for any wrong answers made. However, the above strategy is excellent for familiarizing yourself with the types of information you'll need to know and the resources you will need to spend the most time examining.

Reading and Problem Solving for the Soft and Hard Sciences

The Study Dude was the highest performer in most of the university math classes I'd taken. However, I tackled the problems over-and-over again—perfecting them—without getting enough context. As a result, years later, I have, shamefully, forgotten even how to do the most rudimentary math tasks and can hardly describe in words what a derivative and an integral are.

Yet, The Study Dude wants there to be a light at the end of the tunnel for all of you scientific types.

Here are some tips for how to handle science related problems:

- Look over your study questions in detail before reading the actual text. Read the directions carefully and underline any action words and highlight any key words (usually boldface or italicized or in a chapter end list of terms).
- Skim your notes for an overview of the subject, keeping an eye out to highlight any additional key words that you become aware of.
- Take these key words and look them up in the glossary, index, and table of contents, then read two of the paragraphs above and below the paragraph itself as well.
- Read the intro and conclusion of the chapter, keeping your eye out for the key words, and get a sense of the overall content.
- Peruse as much of the chapter as you need to be able to get a sense of mastery on the subject.
- Go back and answer the study questions.

(Mooney & Cole, 2000)

The Study Dude found another eBook on how to study math, and the gist of that book was to understand the context of each mathematical application. The above approach will help you to get a good sense of what is needed to solve the relevant chapter problems without spending a lifetime pouring over the textbooks, although if, and only if, you have the time, The Study Dude recommends reading every word.

So, there's nothing to fear. The Study Dude is determined to make right for you all the wrongs I made in grad school—one A+ at a time.

References

Mooney, Jonathan, and Cole, David. (2000). Learning outside the lines: Two Ivy league students with learning disabilities and ADHD give you the tools for academic success and educational revolution. New York, NY: Fireside.

DID YOU KNOW?

Your 15 Minutes Awaits!



Every AU student has a story, and we want to hear yours! *The Voice Magazine* will be publishing profiles of AU students from across Canada and around the globe. Being at a distance doesn't mean we can't help other students be inspired, and maybe your story is the one that will give somebody else the motivation they need.

If you can spare 15 minutes for a telephone or e-mail interview, contact *The Voice* at voice@voicemagazine.org. Also, we'll make sure to get you some nifty *Voice* swag just for participating!



Avoiding the Superficial

Dear Barb:

Karen and I have been good friends since grade school, but lately I find that she has changed. She began to change after she split up with her husband. She lost a lot of weight and started working out, which are all good things, but she has also had breast implants and additional cosmetic surgery. Karen not only looks like a different person, she acts like a different person. I find it difficult to spend time with her, as she just wants to talk about her latest procedure and how good she looks. I am not jealous, but I don't have anything in common with her anymore, however she keeps calling and wanting to come over. I agree to get together with her because we both have young daughters and they like to play together. How can I distance myself from this relationship without causing a major rift between us? Thanks Sara.

Hey Sarah:

People often change after a relationship ends. Karen may be trying to find herself or searching for a new image. Often this change impacts close relationships. She may eventually settle down and return to the person you knew or she may maintain her new image. It might be a good idea to distance yourself from this relationship while this transition takes place. Perhaps you could explain that you understand she is going through a difficult time, but that you are not comfortable with the change in her. Recommend that at this point in your lives a bit of space may be necessary. She might take offense or even want to end the relationship. If

you are not prepared to take the risk that she may choose to end the friendship another option would be to avoid her for a while and see how things play out. Relationships come and go throughout our lives and we can't always control the outcome. Good Luck Sarah!

Dear Barb:

I am wondering if I am being a little too superficial. I am 40 and my hair is on the thin side so I got a hair extension that I add to my pony-tail to make my hair look thicker. I don't have long luscious eye-lashes anymore, so I purchased extension-type mascara that makes my lashes look super long. I don't do botox or plastic surgery and don't plan to as I feel it is a little phoney, but is what I am doing bordering a phoney look? Valerie

Hey Valerie:

Great Question! There is nothing wrong with enhancing your appearance. Problems arise when a person believes changing their appearance will raise their self-esteem or alleviate depression or actually change who they are. No amount of surgery can accomplish that! On the other hand, have you talked to your physician about thinning hair, as there are many medical conditions that can cause this, including thyroid and autoimmune issues. As well, excessive use of chemicals on your hair can contribute to hair loss.

If everything physical checks out, go ahead, Valerie, enjoy your hair extensions!

Email your questions to <u>voice@voicemaqazine.orq</u>. 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.





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AUSU Featured Groups & Clubs

Group Name: AUSU Student Moms' Club Where: Facebook

Members: 140

About: Members are moms taking all types of AU courses. There is support, encouragement, venting, and advice on course content, study tips, "how do you do it," and just about anything else.

Activity: Multiple posts daily with lots of post replies and discussion.

Great AU Finds Online

Counselling Assessments – Am I Ready for studies in ...? Counselling Assessments – A series of review modules to test your skill in a variety of subjects (currently there are assessments for English, math, chemistry, Microsoft Access, and computing science). Use these to determine if you need to brush up on a subject before diving in to a course, or just for fun. Also, Mapping Your Future helps you choose an occupation.

For links, see: http://counselling.athabascau.ca/assess yourself.php



This Week at lynda.com

lynda.com experts have curated playlists to get you started. With hundreds of lists on a variety of subjects, there is something for

everyone. Visit the playlist center for more information and enter the playlist title. This week's featured list:

Explore Web Content Writing

As distance and online students here at AU, you are likely doing some web writing on the side. If you are operating a blog, business website, or creating recreational web content then this playlist may be for you. Learn how to maximize your rhetoric to be compatible with search engine algorithms and to be an effective communicator

IMPORTANT DATES

- Sept 10: registration deadline for an Oct 1 start date
- Sept 10: ausu council meeting
- Sept 30: extension deadline for Oct 31 contract dates.
- Oct 10: registration deadline for an Nov 1 start date
- Oct 13: Thanksgiving: AU closed
- Oct 31: extension deadline for Nov 30 contract dates.

via online and digital platforms. Lynda.com has all sorts of resources for eager learners! What you will learn from this list:

- Business storytelling and article writing
- Writing Fundamentals: The craft of story
- Leading with stories
- SEO fundamentals
- HTML essentials training
- Web semantics

Courses: 7 Duration: 14h 25m Skill Level: Beginner

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Featured AUSU Member Service

Smart Draw

AUSU has partnered with Smart Draw to provide members with their award winning business graphics software. This is a \$297 package is free for one year, only for AUSU members.

Smart draw allows users to create a wide range of charts, diagrams and other business graphics that can be dropped in to Microsoft Word or Excel files. This makes it easy for students to include professional diagrams in their assignments for AU classes.

To get more info on how to get this software for free, visit AUSU's website at ausu.org/services/smartdraw.php

Note: SmartDraw CI is the latest version. If you are upgrading an earlier version, email us for instructions.

CLASSIFIEDS

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

THE VOICE

500 Energy Square - 10109 – 106 St NW - Edmonton AB - T5J 3L7 Ph: 855.497.7003 - Fax: 780.497.7003 attn: Voice Editor

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