

THE VOICE

MAGAZINE

Vol 25 Issue 19 2017-05-12

The Many Facets of Mom

All things to All People?

Defying the Odds

When to Ignore the Numbers

It's Time to Get Dirty..

in the Garden! (What were YOU thinking?)

*Plus:
Technical Observations
Green Eyed Monsters
and much more!*



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LETTERS TO THE EDITOR



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

Hey! Did you know the Voice Magazine has a [Facebook page](#)?

No kidding! We also do the [twitter](#) thing once in a while if you're into that.

EDITORIAL**It's Striking.****Karl Low**

Mother's Day is this Sunday. If you waited until after the weekend to read this week's Voice, I hope it went well for you. I'll likely be sending a fruit bouquet one again. After all, who doesn't like a nice selection of ripe fruit, with some of them dipped in chocolate? It's an easy gift, and, just as important, I know it's something she doesn't already have, because she ate the one I sent the year previous.

It sounds kind of lame, but you'd have to know my mother. Both of my folks, actually. They were the kind of people who, if they needed something, they'd go and get it, and if they didn't need it or it wasn't useful, they generally didn't want it. I should probably go visit her as well, as she only lives a few blocks away from me, but that comes with its own set of complications. Suffice it to say that, while I'm grateful to my mother, to both my parents, for what they did for me while I was growing up, Mother's Day isn't my favorite time of year.

Beyond Mother's Day, however, you may be wondering about the recent news that the AU Faculty Association voted 87% in favor of creating an immediate strike fund of \$200,000 and increasing their union dues by 0.2% to go exclusively to the strike fund. Does this mean that they're planning to strike in the next collective bargaining round, and students should be worried? Personally, I don't think so. This is a response to a change in the Post-Secondary Learning Act that will allow Post-Secondary Faculty unions the right to strike, rather than simply having arbitration mandated. The union never had to worry about striking before, so they had no funds put away for it. When the legislation changed, the union realized it couldn't very well back up a threat of a strike if it meant that none of the union workers would be able to survive without working for any length of time. So this action strikes me as something they're doing just to put themselves in a reasonable bargaining position. It doesn't mean they want to strike, but it does tell the negotiators that it is a possibility and should be considered as such while they're negotiating.

As it is, however, the AUFA is still in a poor position when it comes to bargaining in this fashion. Even if the faculty strikes, the majority of our courses are taught by tutors, who come under a different union, so wouldn't necessarily strike along with them. And that's assuming that you're one of the students who actively uses their tutor in the first place. (If you're not, you really should consider becoming one. Yes, I did most of my courses without much contact with the tutors, but that was my own loss. The few I did contact almost always impressed me with how much they knew and were willing to speak about the subject material.) This means that even if the Faculty were to strike, it wouldn't necessarily halt, or even significantly slow down the university from the view of the average student.

In the meantime, be sure to check out both our Feature Article for Mother's Day, as well as an article about that most spring time of occupations—gardening. It could even save you a few bucks. And don't forget our interviews, humour, and insights. Enjoy the read!

A handwritten signature in black ink, appearing to read 'Karl', with a stylized flourish at the end.

The Many Facets of Mom

Barbara Lehtiniemi



My relationship with my mother has evolved through the decades. Growing up, Mom was the nurturer, the teacher, the kisser of scraped knees. During my teen years, Mom was the disciplinarian, the nagger, the barrier between me and all the mistakes I could make. When I grew up and became a mother myself, Mom was the coach, the babysitter, and the font of motherly wisdom.

There are many facets to my mother. While her underlying character is steady, she is ready at a moment's notice to step outside of her comfort zone, especially when her children are involved.

Here are a few moments that reveal some of the many facets of my Mom:

Mom the heroine.

When I went to elementary school, the only kids

who were bussed to school were those from rural areas. All the in-town kids walked, which was perfectly safe because the streets were crawling with school-bound kids. My school was just under a kilometre from home, which seemed like a long hike for a short kid.

One snowy afternoon, I missed the wave of kids walking home because I stayed behind to slide down the snow piles next to the school's parking lot. By the time I headed home, a blizzard was raging and soon I was swallowed up in the white swirl. I trudged my lonely way through the driving snow, trying to make sure to follow where the sidewalk used to be.

Out of the white nothingness ahead of me, a figure emerged like an apparition. Bent double, the wind whipping her coat around her legs and her hand shielding her eyes from the blinding snow, my mother had come to find me. She led me home through the wall of white. Four kids safe at home, and my Mom had walked through a blizzard to find *me*. Mom would brave anything to make sure her kids were okay.

Mom the tiger.

I've never thought of Mom as being particularly assertive, but she could have an iron will when the situation demanded, especially when her kids were involved. On one family trip to PEI, she had reserved seats for the whole family at the Charlottetown Festival's production of *Anne of Green Gables*. When we arrived at the theatre box office, however, our tickets for the sold-out show had been assigned to someone else.

With a gaggle of kids and a husband in tow, Mom would not be moved. She'd dragged us all thousands of kilometres to see this play, and we were not leaving so they'd *better find us some seats pretty darn quick*. She must have been convincing because we watched *Anne of Green Gables* from one of the front rows, alongside local dignitaries. Don't mess with my Mom.

Mom the cheerleader.

Throughout my life, Mom has been—and continues to be—my most fervent fan. Every success is celebrated and shared. Over the years, the first thing I would do when I had something to celebrate was to phone Mom. Even now, whenever I get a good mark on an exam, or another article published, Mom is ready to break out the pompoms. Mom loves to see her kids succeed.

These days, Mom is a friend. Both Mom and I are older. I don't need rescuing from bad weather or help getting what I've paid for. But I still need Mom to be a fan and a friend. She is both. Happy Mother's Day, Mom!

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

**Technical Observations****Dakota Soares****FireFox—A Browser by Mozilla**

The second browser in our series, Firefox, is made by the Mozilla Corporation: a company devoted to making high quality open-source products. Mozilla first released Firefox (then called "Phoenix"), fourteen years ago, in September of 2002. It is currently sitting at version 53.0, having been updated for the public late last month.

Firefox has about half a million users worldwide, and was the second most used browser (after Internet Explorer) until Chrome overtook both, pushing Firefox into second place and Internet Explorer into third. It currently makes up about 15 percent of the market according to StatCounter, and is widely used in Africa and Germany. IBM also encouraged its employees to use it as their default browser in 2010.

Firefox has a lot of features and is popular among Linux users as a powerful browser that can be customized and tweaked as needed. Some key features in Firefox include tabbed

browsing windows, incremental finds, live bookmarking, smart bookmarks, private browsing (similar to Chrome's Incognito mode), geo-location, and a download manager. For geeks and web developers, built in tools such as the Error Console (DOM Inspector) or Firebug can be used for testing web pages and for finding errors. Themes can also be added to Firefox, making it highly customizable. Unfortunately, Mozilla plans to discontinue the theme feature soon.

Firefox's power comes from three things: back end implementation of web standards, security, and the highly customizable interface. I will run through these quickly, as they are mainly what sets it apart from Chrome.

Firefox implements a ton of web standards, including HTML4, XML, XHTML, MathML, SVG 2 (partial), CSS (with extensions), Javascript, XPath, Animated PNG images, client side storage, and a canvas element implemented through the Gecko layout engine. More could be added to this list, and even these may sound quite foreign to you. That is fine! As AU students though, one item in that list should have caught your eye is the MathML standard. This is the standard that renders many mathematical notations properly, and helps us as AU students

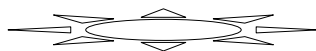
to successfully complete our math assignments. Is it any surprise, then, that the AU Tech Support recommends Firefox? That is the main reason, and is one of the main differences between Firefox and Chrome. Firefox can display math notation better than Chrome can.

Firefox is also a secure browser. Researchers who discover bugs can even get a cash reward of up to seven thousand dollars if they find one. Firefox is often touted as a much more secure browser than the competition. One reason is the rate that bugs and vulnerabilities are fixed is much faster than browsers from other companies. The browser has repeatedly been praised for its security (Ponemon Institute) and is still regarded as quite secure.

In terms of customizing Firefox, the Firefox add-on store has over 8,000 different extensions (add-on programs that can provide additional convenience or information), themes, and plug-ins, making it extremely versatile and easily customizable. In 2015, Firefox updated its backend architecture for extensions to a design that is like Microsoft's Edge browser and Google Chrome.

Firefox is a great all around browser for power users, and is recommended by AU's Tech Center for its compatibility with Athabasca's systems. If you want to check it out, you can download it at Mozilla's website (just Google "Mozilla Firefox" and it will pop up). If you want to try out some add-ons and extensions, clicking on the hamburger menu in the top right of Firefox will give you a pane of options—one of which is labeled "Add-ons". From there you will be able to head to the store and have fun browsing a whole collection of different web apps. Remember that you can get it on your iPhone and Android device as well.

Dakota Soares is an entrepreneur taking his BSc through AU, and has many interests including music, information technology, and chicken producing.



The Creative Spark!

Geeks in Gowns

Marie Well



Make your essay titles thrill like Super Bowl ads. Remember Go Daddy's ad with the supermodel French-kissing the chubby geek? The ad repulsed, but left a mark—a drooled lipstick mark. You, too, can make a (4.0) mark by applying advertising concepts to your titles.

Now ask yourself, what if the geek wore the lipstick and gown? Ah, you are thinking like an ad expert now. So, let's explore title-making fun with Pete Barry's book *The Advertising Concept Book*. Barry's comments appear in bold; mine touch on titles.

What is the benefit? Find just one product benefit to promote in your ad.

Similarly, find just one benefit the professor will receive from reading your essay. In other words, what one benefit – or "so what?" question – does your essay address? Put that single benefit in your title.

If your essay tells top academics' secrets on how to focus, then your benefit might be "Focus with prof know-how." If your essay talks about why good looks increase the odds of extramarital affairs, then your benefit might be "Safeguard yourself from affairs."

Write lists of benefits. Pick the best one. This single benefit will form the starting point of your essay title. This benefit will focus your essay titles.

Come up with 10, 20, 30, or more ideas for an ad—brainstorm. That way, you won't fret murdering your darlings.

Similarly, come up with tens of ideas for your essay title.

Why so many? I read in one book that we should murder our darlings. (The words "murder our darlings" represents cutting out our great ideas that don't fit.) I read in another book that we should keep our darlings and find a better place to put them. But, I prefer Pete Barry's advice to create so many darlings that you feel less attached to the ones you ditch.

(Disclaimer: the word "darlings" applies to ideas, not people.)

Choose quantity over quality when brainstorming your lists of ideas. I read studies of two groups of subjects, one tasked to output high quantity, the other high quality. The high quantity group came up with the best quality—by far. So, go for quantity.

Start brainstorming tens to hundreds of ideas for your titles. Write them all down, whether they seem stupid or spectacular. (I find it valuable to list 100 items of anything I wish to brainstorm.) You'll end up with multiple darlings; so, choose the best.

Narrow a wordy ad to one-to-six words.

Make your essay titles six words or less, too. You can, however, add a wordy *subtitle*, but keep the main title short.

Today, I saw an article in the Calgary Sun titled "Sniff" about the retirement of a sniffing-oriented service dog. (I can't recall what exactly the dog sniffed. You can imagine.) But the one word title "Sniff" contained a double meaning. Brilliant.

Act pithy and title your essays with six words or less.

AU-thentic Events

Upcoming AU Related Events

Financial Planning Webinar

Wednesday, May 17, 10:00 to 11:00 am MDT
Online

Hosted by AU's Faculty of Business
business.athabascau.ca/event-details/financial-planning-webinar/
register online at above link

Using NVivo as a Research Tool

Wednesday, May 17, 12:00 to 12:45 pm MDT
Online

Hosted by AU's Faculty of Graduate Studies
fgs.athabascau.ca/news/presentations/
e-mail fgseducation@athabascau.ca to register

Student and Alumni Meet-and-Greet - St. John's

Wednesday, May 17, 5:00 to 7:00 pm NDT
YellowBelly Brewery, 288 Water St, St John's NL

In-person

Hosted by AU
alumni.createand1.com/t/ViewEmail/r/C53E52649EEFD3C52540EF23F30FEDED?utm
RSVP by May 12 to mschultz@athabascau.ca

Online MBA for Executives and the Business of Hockey Info Session

Thursday, May 18, 10:00 to 11:00 am MDT
Online

Hosted by AU's Faculty of Business
business.athabascau.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-2-2/
register online at above link
second session: Thursday, May 18, 6:00 to 7:00 pm MDT
business.athabascau.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-3/

Choose an ad that people either love or hate. Indifference suggests your ad needs work.

If an ad repulses you, it's better than one that leaves you indifferent. Similarly, make your essay titles splashy or sickening—but not boring. But prefer splashy over sickening, sickening over dull.

The preference of sickening over dull explains why some media hounds embrace scandals. But, try to make the world love—not hate—your stuff.

Play with opposites in your ads.

Also, play with opposites in your essay titles. Take famous quotes or business names or anything else in popular culture, and twist them into their opposites. For an ad, for instance, put the Super Bowl GoDaddy geek in makeup and skirt and the supermodel in bare face, a short hair crop, and overalls.

As another idea, this time for an essay on body positivity, take a slogan like "We are what we eat" and say the opposite: "We are not what we eat: We are what we think, say, feel, believe, and do." Opposites add intrigue.

Many ways exist for creating opposites in your titles and ads, according to Peter Barry. Here are a few from his book:

- Make serious ads funny and vice versa.
- Turn negatives into positives.
- Take a popular slogan and negate a part of it.
- Do the opposite within visuals.

Play with opposites in your titles for impact.

Don't reveal too much in ad: leave out detail to make the viewer finish the puzzle. Start with the most obvious version of your ad; then cut enough detail to make viewers think.

For instance, you can make an essay title called "Cutting Corners" followed by a tire skid mark and then begin your essay on finding love during midlife crisis.

(This previous suggestion works well for ads, but if you plan to publish, you'll need a more searchable title. In other words, consider choosing a title-subtitle combo such as "Cutting Corners: Finding Love During Midlife Crisis.")

Now you've got the ad expert touch. So, title your next paper on the benefits of massage for highly sensitive people as follows: "Touched." One word says seven. A paradox? I call it a creative spark.

More AU-thentic Events **Other AU Related Events**

Bannock and a Movie "Stand"

Thursday, May 18, 12:05 to 12:50 pm MDT
Athabasca University, Peace Hills Trust
Tower, 12th floor, Room 1222,
10011 - 109 Street, Edmonton AB

In-person; limited seating

Hosted by AU Centre for World Indigenous
Knowledge and Research

indigenous.athabascau.ca/documentation/sand.pdf

Register by phone (780)428-2064 or e-mail
ivyl@athabascau.ca

Looking ahead...

Accounting Conference—Research, Teaching, and Practice - Edmonton

Friday, May 26, 9:00 am to 4:00 pm MDT
DoubleTree by Hilton West Edmonton, 16615
109 Ave NW, Edmonton AB

In-person; limited seating

Hosted by AU's Faculty of Business

business.athabascau.ca/event-details/accounting-conference-research-teaching-and-practice/

RSVP by May 19 at above link

Introducing AU President Dr Neil Fassina - Calgary

Thursday, June 1, 6:00 pm MDT
Fort Calgary, 750 - 9 Avenue SE, Calgary AB
In-person; limited seating

Hosted by AU

RSVP by May 24 to

CalgaryCommunityRSVP@athabascau.ca or
(403)298-2927

Defying the Odds

Deanna Roney



One thing we learn to do, and do well, at Athabasca University is research. We research everything—largely on our own—whether programs, courses, professors, or researching for our papers within the courses. This ability to dig and dig and dig and find reliable (sourced) information and opinion pieces is vital. However, is it possible to over research something?

In my opinion, yes. When prospective English majors research job opportunities post-grad they will find loads of information about setting that degree aside as a display piece only and getting a completely unrelated job. This

has the potential to sway what you study and encourage students to get something more practical instead. The percentages are unfavourable to landing a job with that degree.

Recently I have been researching publishing information and all information points to dismal odds: 1% (when going the traditional route). These numbers are frightening, the odds of being able to make a living at writing if you manage to get into that 1% are also slim. The odds of being able to land an internship and find a job afterward: slim; making a decent salary: slim. These numbers are daunting they are enough to deter someone from trying to pursue these dreams.

For me, does knowing these numbers stop me? No, but they are distracting. They make me question what I am doing and if I should be doing it. They are enough to cause pause. Over-researching something could stop me from pursuing it. When I started looking for and applying for internships the odds of getting one were small, I had one condition that narrowed down my field of possibility substantially and increased the number of applicants: a remote internship. I'm not moving to New York for six months for an unpaid position (or even paid). But it was something I wanted and there was the possibility of getting one that I could do from home.

I applied to several. And each time I was edged out by someone whose opinions aligned more with the agent's than mine. These positions are a matter of personality fit and qualifications, making them harder to get. But, nevertheless, I persisted, and eventually found an internship which I have been working in for a few months and will be for a few more. It has been incredible.

Had I listened to everything I researched there would have been a distinct possibility that I would have thrown these ideas out the window and found a more practical job in a nearby town. If I had done that, it would have been the end of the dream, between the bookkeeping and adding a full-time job plus commute time, there would have been nothing left at the end of the day to pursue the possibility of an internship, publishing, or various jobs after the internship in the publishing world.

If there is something you want to do, something you are passionate about, then yes, research it and inform yourself but don't let the numbers drive you away. There is always going to be the possibility of failure, but also the chance at getting something you love. Even if it doesn't work out, at least you tried. But don't quit because the numbers are not in your favour, don't walk away from a dream because the chance of success might appear small. Find out what it takes to get into that 1% and fight for it. Put the time spent researching the possibility of success into how to break in and become a success story.

Deanna is an AU graduate who loves adventure in life and literature. Follow her path on the writing journey at <https://deannaroney.wordpress.com/>

Student Sizzle AU's Hot Social Media Topics

Following what's hot around AU's social media sites.

AthaU Facebook Group

Sarah seeks insight on writing a supplemental exam. Renee wonders if construction noise is an issue at the Calgary exam centre. Vicki is looking to buy an HRMT 387 textbook.

Other posts include DegreeWorks, course waiting list, student funding, grad portraits, and courses FMAC 503 and MATH 244.

Twitter

@AthabascaU tweets: "'I knew what I wanted but how could I get there?' After a few educational paths didn't work, this mom found #AthaU; <http://ow.ly/DkZe30bBuOR>."

@AthabascaUSU (AUSU) tweets: "AUSU's Annual Report is now online! Find out what AUSU was up to during the 2015-2016 fiscal year! <http://bit.ly/2pLWdLn>."

@AthabascaUBiz tweets: "Calling all Indigenous business students! Check out financial awards from @Indspire June 1 deadline <https://goo.gl/icuood> ".

Youtube

Procrastinated about Mother's Day? Check out last-minute gifts under \$50 in What to Get Your Mom for Mother's Day, by Blair Thompson.

Women of Interest

Cecilia Payne-Gaposchkin was born May 10, 1900, in Wendover, Buckinghamshire and died December 7, 1979, in Cambridge Massachusetts. She was a British-American astronomer and astrophysicist who is known for the explanation of the spectra of the Sun and more than 3,000,000 observations of stars. Payne-Gaposchkin was the first person to earn a PhD in astronomy from Harvard. Astronomers commented on Gaposchkin's PhD thesis as "the most brilliant ever written in astronomy." Astronomer Henry Norris Russell discouraged her from presenting the conclusions of her thesis, as they contradicted the data at the time. Four years later Russell came to the same conclusion and published it. Although he did mention Gaposchkin's finding briefly in his paper, Russell was often given credit for this discovery.

Information on the many academic books and papers attributed to Cecilia Payne-Gaposchkin can be found at the following websites:

https://en.wikipedia.org/wiki/Cecilia_Payne-Gaposchkin

<http://www.documentarytube.com/articles/cecilia-payne--the-woman-who-discovered-what-the-sun-was-made-of-but-never-given-credit>

<http://www.innercirclecorona.com/ceclia-payne-the-woman-who-discovered-the-universe/>

It's Time To Get Dirty .. In the Garden!

Tara Howse



Eating both healthy and inexpensive is always a conundrum for students. Sure, instant ramen is cheap on the wallet but you'll pay for it later in other forms (such as nutritional deficiencies). As we approach summer, our attention to locally grown fare increases as farmer's markets begin to crop up. The local farmer's market is a wonderful place to get introduced to what a fruit or vegetable actually tastes like. It hasn't travelled thousands of miles nor has it been artificially exposed to oxygen to promote colouring (but not ripening). It was picked just recently from the field and is in full flavour. Also: it's cheap.

Are you already a farmer's market regular? It may be time for the next step in your fresh food experience: growing your own. Don't be intimidated. It doesn't have to be difficult or expensive. With minimal effort and a few basic questions, it's easy to get your own mini-garden growing. Whether your backyard is ready for raised garden beds or you just have a spare windowsill, it is possible to grow your own food.

The easiest way to grow your own food is sprouting. This is a quick, space efficient, and cost-effective method. Although you can purchase a tray sprouter, a cheaper way is to start with a wide-mouth mason jar, rubber band, and a mesh or cheesecloth strainer. Buy seeds. Almost any edible seed can be sprouted: alfalfa, chia, quinoa, sunflower, soy beans, mung beans, or broccoli to name a few. Put a handful of seeds in the bottom, cover in water for 12-24 hours, then drain and rinse. Leave it on your counter and continue rinsing the seeds twice a day and (depending on the seed) you should see sprouts in as early as three days. *Voila!* Your first home-grown greens. Sprouts are little powerhouses of micro-nutrients and taste great on salads, sandwiches, or anything else you fancy.

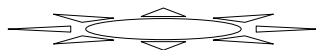
Once you've figured out how deliciously easy sprouts are, you'll want to start growing more. This is the perfect time to go chat up your favourite farmer at the market or contact a local gardening group. I've never met a gardener or farmer who does not like talking about and sharing advice on growing your own food. It's a passion, and people want to help. The first question you should ask is what grows well in your area. That's not to say don't venture out and try something fun or exotic but, for your first time, try something well known to the region (and that you enjoy eating). Common veggies that grow well in Canada include lettuce and lettuce mixtures, kale, spinach, peas, potatoes, radishes, garlic, and nearly any variety of herbs. Herbs are an easy-to-grow option for the first-timer. They take up minimal space and are inexpensive. Lettuces will also do well in containers for the small-space growers. Although tomatoes are a standard first-timer option, growing them from seed is demanding. They are delicate, and a seed set-up will have you buying heat lights and heating pads.

Purchasing seeds from a local farm or garden centre that specializes in locally grown and developed-for-your-region seeds will increase your chances of success. You can also find seedlings, such as the tomato, that can transplant well into a sunny situated pot on your deck. But seeds and seedlings you purchase at large chains

(e.g. Walmart, Canadian Tire) have often travelled quite a distance under uncertain conditions, may not be acclimated to your local climate, and will often contain invasive species which will wreak havoc on your lawn and the larger ecosystem.

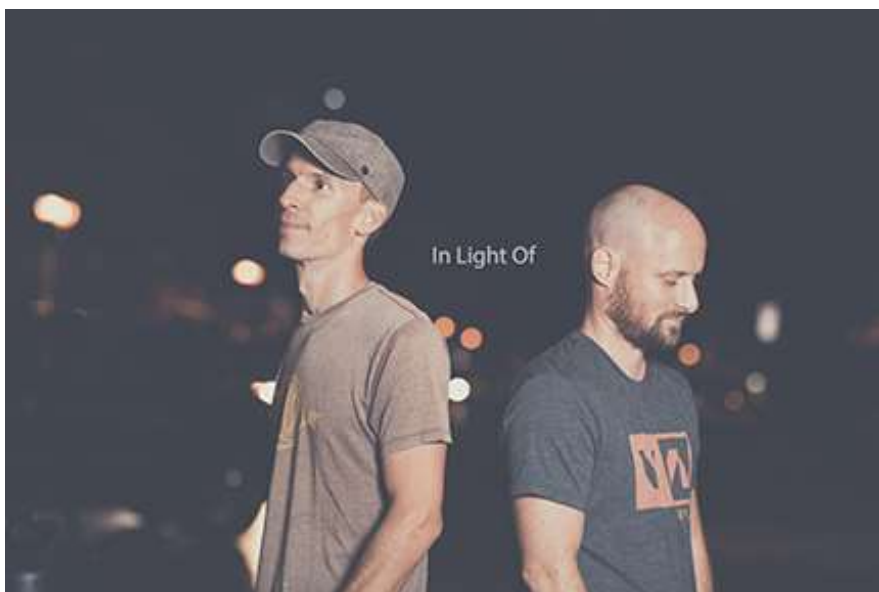
Growing your own food is an excellent option to supplement your groceries. You'll get excellent value from your investment, providing you with fresh and healthy alternatives.

Tara Howse is in the BPA - Criminal Justice degree program with AU. With aspirations to continue her education, she is looking into AU's Master of Arts - Integrated Studies degree



In Conversation ..with In Light Of

Wanda Waterman



In Light Of is a Canadian post-rock duo that crafts wise and soothing sounds by trading musical ideas via smartphone. In preparing to create a set of tracks, Sandy Johnston would send Jason Greenberg song ideas and then Jason would refine them, flesh them out, and send them back. Their first single, "Bless Your Heart," became the opening track of their debut EP, Little Treasures, released in November 2016. Sandy Johnston and his wife recently welcomed the birth of their second child, so Jason Greenberg was nice enough to answer our questions about the duo's unique collaborative method and musical style.

Your music is deeply comforting but never complacent. Did you actively cultivate that or did it just develop as part of the musicmaking process?

There really isn't much thought in moulding the music into what it turns out being; we try to let things turn out how they turn out without much planning. Sandy and I work well together because our styles blend nicely without really deciding the direction of the music. It just turns out how it turns out and we both are generally happy with the result.

Describe your musical backgrounds.

Music has always been a massive passion of mine, I studied piano from a pretty young age, and finally at age 14 I finally took up guitar, fell in love instantly, and never turned back. Since then I've pretty much devoted my life to music. We both played in various bands growing up, but we didn't know each other at the time. I went to school for music and have been working in various capacities in the music industry since I graduated. Sandy has had more of a part time role in the music world with his various music projects.

What was the most mesmerizing musical experience of your life?

Personally that would be playing my first show with my first band June, and also when I wrote my first indie electronic song, "Turning Point," for my personal solo artist project Repose; that was a turning point in my life, as the name states.

If you had to give your music a genre, what would you call it?

Ambient post-rock with folk and indie electronic influences. Sandy comes from more of a folk and indie rock background, and I come from a more ambient, indie electronic and post rock background. So add all that together and you have In Light Of.

What's the story behind "Bless Your Heart?"

The original ideas for "Bless Your Heart" were recorded the same day a close relative of a good friend (of Sandy's) passed away. She was famous for her unrelenting sweetness and her tendency to shout, "Bless your heart!" upon recognition of a loved one in her presence. The title only seemed fitting.

Is your work influenced much by personal pain or trauma?

It's really hard to know exactly where the music comes from, especially with instrumental music, since it just flows out and it's a mystery where exactly the influences stemmed. For me, personally, music seems to be my outlet to clean out my system so to speak. I've noticed my music is becoming more positive and hopeful throughout the years, so it looks like things are getting nicely cleaned up.

What conditions do you require in your lives to go on being creative?

Time is the biggest hurdle these days. I had a daughter eight months ago and Sandy just had his second son, so things have been a little hectic. I guess I can appreciate making music more when time permits. As I write this, my daughter is in my lap trying to hit all the keys on my laptop (haha). Sometimes the same happens when trying to write music, which can definitely yield some interesting results when she's hitting the piano while I'm playing.

What do you feed your muse? Are there any books, films, or albums that have deeply influenced your development as an artist?

Listening to music is always the best way to feed my muse. Some go-to albums include Apparat– *The Devils Walk*, Helios– *Eingya*, and Phoria– *Bloodworks*, to name a few.

Travelling has always been my biggest form of inspiration, and I try to leave the continent at least once a year to keep things flowing.

If you had an artistic mission statement, what would it be?

To try not to control the music stylistically and to do whatever possible to allow it to flow out on its own as this process should be as natural as possible without trying to make it fit any pre-derived preconceptions.

Tell us about your current and upcoming projects.

We are both working on two projects at once. My personal project is Repose and I'm currently working on my third album. Sandy's other band is Dark Mean. We also have our next In Light Of album in the works, but it's still a ways away.

Wanda also writes the blog The Mindful Bard: The Care and Feeding of the Creative Self.

The Fit Student

Marie Well

Green Eyed Monsters are Prone to Cataracts



Have you ever felt jealous of another student's GPA? There's no need.

In a logic class lecture hall that contained nearly 500 students, the prof handed back exams. After he handed out the papers, he announced, "Two people cried when they got back their exams: the person with the lowest grade and the person with the highest but not perfect grade."

We all went into an uproar. Jealously. We scathed the blubbing snob, that is until I looked down at my .5 deduction from an otherwise perfect paper—and realized he was referring to me.

No-one needs to feel jealous about my perfectionism. Later on, due to that perfectionism, the mental blocks of anxiety hit me daily. If in a room of kindergarteners tasked with tying their shoes, I would have gotten the lowest grade.

And no-one needs to ever feel jealous anyway. Not whether you get a fail while everyone else gets an A+. Not whether your husband elopes with the nanny. Not whether you sleep, hungry, under the Peace Bridge while your estranged celebrity ex strums guitar to a full-house in the Saddledome. Not ever.

Why? Because your feelings of jealousy always harm you. Jealousy never benefits you—and never protects you.

Sofia Price in her book *Jealousy: How to Overcome Jealousy, Insecurity, and Trust Issues* prompts you to drop all jealous feelings forever. Price gives the following tips on why jealousy destroys, and why abandoning jealousy builds:

- Instead of feeling jealous toward other people's accomplishments, revel in their successes. The more you admire someone's good fortune, good looks, or great character, the closer you come to modeling those traits for yourself.
- When you express jealousy over someone else, you are expressing your own feelings of inferiority. In other words, jealousy makes you look smaller than the other person—and makes the other person look even better. But you have no need to feel small. So, let go of jealousy when it tugs.
- Even if you discover your husband cheated on you, don't feel jealous. Jealousy does nothing but impair your ability to think and react. Without jealousy, you can handle the situation with a clearer mind. (Do express boundaries at the start of a relationship, though.)
- Jealousy makes for volatile relationships. And no-one wants to spend time with an angry partner. If you fill your love-life with jealousy, you're likely to send your partner packing. Instead, give your partner more and more freedom. Loosen the leash.

- Perhaps you discover your husband is having an affair with another woman. By befriending the other woman, you have a better chance of understanding and handling the aftermath.

I hope you discovered, as I did, that jealousy never mends, but always destroys.

As a final piece of advice, I've learned to never feel jealousy toward family. Always embrace their successes, their strengths, and their reputations. Boast about them. Never tarnish them. After all, whether we like it or not, our families reflect on us.

Similarly, when in teams at school or work, let go of any jealousy. Let each person's strengths and achievements reflect on the group—and on you—like starbursts of sunlight.

After all, green-eyed monsters are more prone to cataracts.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: James Pon Memorial Award

Sponsored by: Foundation to Commemorate the Chinese Railroad Workers in Canada

Deadline: May 31, 2017

Potential payout: \$200 to \$500

Eligibility restriction: Applicants must be enrolled in a program at a Canadian college or university for September 2017.

What's required: A 1000- to 1500-word essay related to the history of Chinese people in Canada, along with a [cover page](#).

Tips: Read the [essay criteria](#) carefully and check out the [website](#) for details about Chinese Canadian history.

Where to get info: www.mhso.ca/tiesthatbind/scholarship.php





Count Me Among Them

Our son hasn't played minor hockey in more than twenty years. Back then having a kid in hockey was not a cheap proposition. Minor hockey fees and equipment were direct out-of-pocket expenses and easy to tabulate. Less so, were the fundraisers; fuel to get to practices, games, and tournaments; hotel rooms, and all those meals of burgers and fries consumed in arenas and restaurants across northeastern Alberta.

If anything, relatively-speaking, it's only gotten worse for guys like Grady playing in a big minor hockey system like Strathcona County's.

Then and now, critics say that hockey is for the privileged. Indeed, there are charities and resale shops and corporate donations in existence solely to make sure that any kid who wants to play can. There is compassion. How often do we see TV footage of a critically ill child getting their dying wish granted by spending time in a pro team's dressing room or on the ice with players?

Hockey is more than a game. It's part of our national DNA. We have a storied past and moments of glory (or heartbreak) that mark our collective psyche. We remember the Canada-Russia series of 1972. We mourn the loss of Mr. Hockey and his ilk. We're pained when the greatest players eventually have to hang 'em up.

Some of us jump on and off a team's bandwagon depending on the state of play. Some hang on, for generations, to teams who haven't won anything real in fifty years. Some show exasperation and anger by calling for player trades and wanting GM and coach heads to roll. Some are endlessly patient during the 'rebuilding' phase and cut the young ones years of slack.

In Edmonton, there is no shortage of critics. People are angry with Daryl Katz and the deal the city cut for the Rogers Place/Ice District project. There are those who believe that as long as there is a pothole or a homeless person, nothing good or big or aspirational or entrepreneurial or, egads, frivolous and fun can exist. There are people who don't understand how economies work. Just because we

can't afford something, doesn't mean it's overpriced. My values may not jibe with yours, but they're equally legit. I can't afford season's tickets but I sure as hell don't begrudge those who can. They keep the local economy humming and bring joy to us either directly or vicariously. Some are ticked off that the games are only available through satellite packages. So, watch at a friend's or go to a bar or listen to the radio. Just quit your bitching.

Most of us are enchanted by what we see with the Oilers' dream run through the playoffs. Even when we get mad at the refs or the smugness of the Getzlaf crew or the passes get sloppy or the clock runs out. Or we lose a heartbreaker. Or we're too nervous to chant.

This Cinderella run has energized the city, fans, businesses, families, and anyone smart enough to recognize joy comes in all guises. Count me among them, from where I sit. Go Oilers Go!



Dear
Barb

Barbara Godin

Cooking up Negativity

Dear Barb:

I have a family member that visits occasionally and often she stays overnight. I have noticed that, when she leaves, some of my baked goods are missing and I am pretty sure she is the one taking them. I love to bake and often have lots of homemade cookies and desserts to offer when people visit. This particular family member always raves about my baking. I just find it strange that she would steal from me when I would be perfectly willing to give her some to take home if she asked. It seems like such a sneaky thing to do. What would be the best way to handle this without hurting her feelings or embarrassing her? Thanks Julie.

Hi Julie:

Thanks for your question. I agree with you that is a bit of an odd thing to do. Obviously, she doesn't want to ask you if she can take some baked goods home, however she must realize that you know that she is taking these items. Next time she comes for a visit, early in the visit casually mention that that you are going to prepare a package of goodies for her to take home. By saying this you are not putting her in a confrontational situation and nothing more needs to be said about it, as long as you remember to prepare her take home goodies.

Dear Barb:

What can I do about a friend who is so negative she is driving me crazy? When we get together all she does is complain about her family, our friends, and her coworkers. If I try to point out something positive, she tells me I don't know the whole story. I'm

starting to wonder why we are even friends. I don't know if I have changed or she has. I have been trying to live a more positive lifestyle, so maybe I just didn't notice this about her before. I really do not look forward to getting together with her. Do you have any advice on how to best deal with a Negative Nellie! Thanks Happy Hanna.

Hi Hanna:

Negative people can be very difficult to spend time with. I guess you have to try to understand where the negativity is coming from. They may have learned it in their family, or they may have experienced a lot of negativity in their own life, which makes it hard to see the good in this world. Although understanding where it comes from is not going to make it any easier on you. A suggestion may be to keep your visits brief. If they ask why you don't want to spend more time with them, be honest. Tell them how you feel, often people aren't aware of their own personality issues. Be prepared for their reaction. It's very difficult for some people to confront their own issues, so you may be putting your relationship in jeopardy. Or you may choose to counter their negative remarks with a positive one. Negativity can be a comfort zone for some people and in that case change has to come from within them. Great question!

Follow Barb on twitter @BarbGod

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.

CHAZZ BRAVADO, MALE FEMINIST: A Brief History of Chazz

CHAZZ BEGAN WITH ERICA JONG'S DISCOVERY THAT MANY MEN CLAIMED TO BE FEMINISTS BECAUSE

IT HELPED THEM GET LUCKY.



HE WAS FURTHER INSPIRED BY MY BROTHER BEN'S ATTEMPTS TO ANNOY HIS WIFE.

I think if a woman is truly liberated she won't mind bringing her husband a beer!

IT WASN'T FUNNY. TOO MANY MEN HAD ALREADY BEEN TELLING US HOW TO BE MORE FREE.



FUNNY HOW THEIR SUGGESTIONS SEEMED TO BENEFIT THEM MORE THAN US.

CHAZZ IS ALSO THAT SPECIAL GUY WE ALL KNOW WHO JUST CAN'T SEE HIMSELF AS OTHERS SEE HIM.

OF COURSE BEN HAD TO SERVE AS MODEL. WE CONSIDERED IT POETIC JUSTICE.

Show more skin!

Support me and take care of my house!

Sleep around!



Not a Hawaiian shirt!

Shut up and put it on.

BEN'S KIDS THOUGHT CHAZZ WAS THE BOMB. THIS WAS A PROBLEM.

I wasn't listening, but I think you got it, chickypoos: Chazz Bravado— lady's man, cool dude, and male feminist!

DO NOT try to be like Chazz!

Chazz Bravado is the role model from hell!



WANDA WATERMAN



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IMPORTANT DATES

- **May 14:** [AUSU Council Meeting](#)
- **May 15:** [June degree requirements deadline](#)
- **May 28:** [Deadline to apply for course extension for July](#)
- **May 28:** [Deadline to apply for course extension for July](#)
- **Jun 8-10:** [AU 2017 Convocation](#)
- **Jun 10:** [Deadline to register in a course starting July 1](#)
- **May 15:** [July degree requirements deadline](#)

Student Lifeline – Mental Health Support

Every year, one in five Canadians will experience a mental health problem, whether it's a struggle with depression, anxiety, addiction, severe stress, or another issue. And millions more will be affected by a mental health issue in someone they love.

Contact **Student LifeLine** any time, 24/7 at **1-800-567-2255 (TTY:1-877-371-9978)** to speak to a caring, professional consultant for expert advice and confidential support.

This is a FREE service for all AUSU members!

You can also log in to www.lifeworks.com (username: **AUSU**, password: **wellness**) to access a wealth of helpful articles and resources.

Fill out our Survey for a Chance to Win!

We need your feedback! We want to know how we can best serve you, our members, and make sure you have a positive experience with AUSU and at Athabasca University! [Please fill out AUSU's Services Survey](#).

Over \$500 in prizes will be given away to members who fill out [our survey](#)! Prizes include gift cards to a store of the winners' choosing (**2X \$100, 4 X \$50, 4 X \$25**) and some great AUSU swag!

Deadline: Wednesday, May 24, 2017

AU Services Survey



AUSU Emergency Bursary

Did you need a **supplemental exam** or **course extension** due to extenuating circumstances? Struggling with finances?

Apply for AUSU's **Emergency Bursary**! Applications accepted anytime. Find out more on our website [here](#).



CLASSIFIEDS

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

THE VOICE

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