

THE VOICE

MAGAZINE

Vol 25 Issue 24 2017-06-16

Minds We Meet

Interviewing Students Like You!

Reviewing AU's Third Party Review

The Big Picture

Healthy Grubbing

Food Tips for the Busy Student

*Plus:
Never Too Late
Editor of the Year: Inside Scoop!
and much more!*



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***The Voice
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LETTERS TO THE EDITOR



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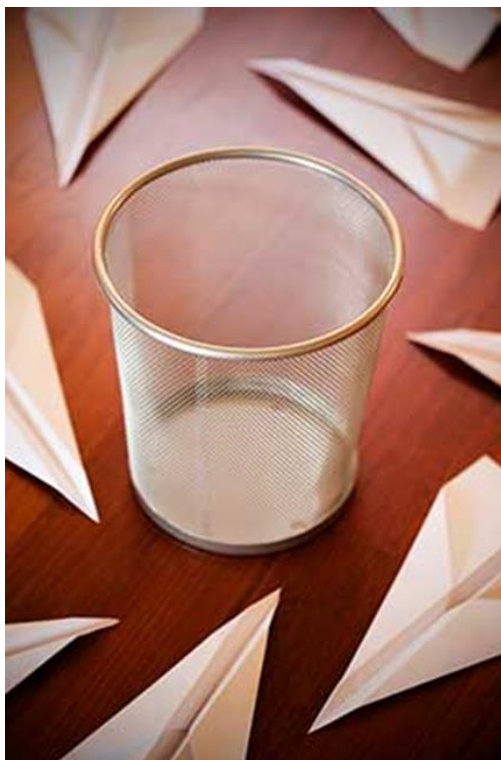
Hey! Did you know the Voice Magazine has a [Facebook page](#)?

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

EDITORIAL

Karl Low

Wait, I'm the Optimist Here?



I was just realizing how long it's been since we had a student interview, so I'm really happy to once again be bringing forward the Minds We Meet column. The variety of students that go to AU is something that never ceases to amaze me, as we all got a taste of last week when we met Louisa Daley, the 93-year-old women who walked across the stage for her Bachelor of General Studies degree. And although someone getting a degree that late in life is rare, Deanna Roney points out that it shouldn't be seen as something unusual—not at AU, anyway—because, as she says, it's "Never Too Late".

So, this week, we have an interview a student from the Human Resources and Labour Relations program, Alicia Gallo, as our feature article.

We also have the first article looking at the release of the AU Third Party Review. Barb Lehtiniemi gives a brief overview of the agreement for those that haven't the time to dig into it themselves. Next week, she promises to return with a more in-depth look at each of the recommendations.

If you're following this story at all though, you've likely seen [the report on the review from David Climenhaga](#) at AlbertaPolitics.ca. David takes a much more pessimistic view of the report than I do, suggesting that neither the town of Athabasca or the various unions within Athabasca will be willing to bend to ensure the university is supported. I have more faith that the people of both of these constituencies will be willing to bend now to ensure a better future for themselves later, which has the odd effect of making me take on the optimistic role instead of that of the cynic, a role I'm much more familiar with. But I do think David might be on to something when he points out that the report calls for AU to submit its plan to the government in 2019, an election year here in Alberta, and one that stands to give the university a lot of leverage when the alternative presented in the report is "if a plan acceptable to the government is not forthcoming, to wind down operations."

As pointed out in the article, the odds of the NDP choosing to wind down the operations of a major university during an election campaign is going to be somewhere approaching zero. And perhaps that's what Dr. Coates had in mind.

Meanwhile, we also have a look at some tips if you're like most students, insanely busy and trying to create health meals while still on a budget, brought to us by a new writer, Xin Xu, and the inside scoop on how The Voice Magazine managed to snag an Editor of the Year award from the Professional Writer's Association of Canada.

And that's still not all, as we have our usual selection of reviews, news, events, life advice, essay tips, and this week we're also resuming The Doppelgänger Cure with Book II. I've gone back and read Book I in "all-of-a-piece" style here on the Voice, and doing so, I think it gains something that got lost in the week by week format, and it left me wanting to read more of the story, so here it is.

Enjoy the Read!

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

MINDS WE MEET



Alicia Gallo has been studying at AU since January 2017. Born in East Vancouver, British Columbia, she moved to the 'burbs when she turned 14 and has been enjoying the small town feel of Maple Ridge for the last 21 years. She commutes an hour and a half every day to Burnaby for work where she is the Vice President of her union. Between her career and raising two small children, Alicia is pursuing a Bachelor of Human Resources and Labour Relations, focusing heavily on industrial relations.

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

My mother. She was a single mom and went back to school when she was 40 focusing on Emergency Preparedness Management. She was a hard-working role model that was a great example of constant self-improvement.

What is your mantra in life?

"It's never too late to become what we might have been"

What has your post-secondary journey looked like?

Prior to AU, I received a Certificate in Management and a Degree in Pharmacology.

What do you like most about online learning?

The flexibility. With two young children and a demanding career, I like that I can choose when to study.

What do you dislike about online learning?

Sometimes the tutor process can be difficult and it's not always easy to grasp a concept through email or a phone conversation.

What has been your favorite or most memorable course AU course?

In the Introduction to Labour Relations course (IDRL 215), we had to watch the video The Final Offer which documented the contract negotiations between the United Auto Workers Union and GM. I had just been at the CLC conference where they had a tribute to Bob White. Having that connection with the video assignment made it that much more enjoyable.

How would you describe your relationship with your tutors so far?

Although the process is can be tedious, the tutors have been patient and support is always there.

How do you keep yourself motivated when it comes to studying?

I set goals with timeframes. As the deadline approaches, I naturally pick up the pace. I have always been a self-motivated individual.

What do you like to snack on while studying?

Almonds, berries, and the occasional beer.

Which is better – the book or the movie?

The book is always better. Absolutely.

Where is the furthest place you have travelled?

I would love to say that I have travelled the world, but so far the furthest has been Mexico. I have been four times – twice to Puerto Vallarta, once to Cabo San Lucas and once to Ensenada. I recommend you get a hotel with swim up bars and enjoy the beach to help you relax.

What is your third favourite colour?

Purple. White is my favourite (although I know it's a shade). Purple makes me feel feminine.

Does pineapple belong on pizza?

No. It's a fruit. I like a classic pizza with pepperoni, green peppers and cheese.

What's the hardest choice you've had to make as an AU student?

The sacrifices in free time in the pursuit of higher education. In the end it will be rewarding, but right now all of my free time is for studies.

Laura Nelson is a marketing analyst by day and a bibliophile by night. She is in her final stages of completing her BA with a major in English through AU.

Student Sizzle AU's Hot Social Media Topics**Following what's hot around AU's social media sites.****AthaU Facebook Group**

Carlie wants to know which exams require proctoring and how much to expect to pay. Miranda seeks help choosing a research/stats course and information on course withdrawal deadlines. Ali inquires if a minimum GPA needs to be maintained at AU. Other posts include the famous AU box, Ottawa-area proctors, textbooks that eat keys, AU's 3rd-party review, and courses ADMN 233, BIOL 480, COMP 410, and GOVN 405.

Twitter

@AthabascaU tweets: "Watch the #AthaU17 livestreams! Day 1 <http://ow.ly/rBNI30cwQL6> Day 2 <http://ow.ly/zKJA30cwQNu> Day 3 <http://ow.ly/Oepf30cwQPM>."

@AthabascaUSU (AUSU) tweets: "Join our new AUSU discussion forums! The more students join, the more dynamic the community will become! <http://bit.ly/2ssIMIK>."

Youtube

In addition to videos of Day 1, Day 2, and Day 3 of 2017 Convocation, Athabasca University's channel has the time-lapse Convocation - Set Up and Tear Down.

Reviewing AU's Third-Party Review

Barbara Lehtiniemi



"To achieve great things, two things are needed: a plan, and not quite enough time." - Leonard Bernstein, American conductor, composer, and pianist (1918-1990).

If Leonard Bernstein, quoted above, is correct, then AU is destined to achieve great things. Last week, AU made public the Independent Third-Party Review of Athabasca University. The report, compiled by Dr. Ken Coates of Coates Holroyd Consulting, was delivered to AU on May 1, 2017. AU spent weeks poring over the report before releasing it to the public June 8.

The delay in the report's public release is not surprising. At 74 pages, including appendices, it's a lot to digest. However, for anybody with a stake in AU's future—and that includes students—the report is worthwhile reading. Although the tone is one of optimism for the future of AU, the work required to bring AU into that future is daunting.

While performing the third-party review earlier this year, Coates spoke with AU's community, including administrators, faculty, staff, students, alumni, and external stakeholders: Alberta's Department of Advanced Education, other Alberta post-secondary institutions, professional associations, and representatives of the Town of Athabasca. In his report, Coates writes that AU's president, Neil Fassina was "open, collaborative, and supportive." Coates writes of being "astonished and pleased by the responsiveness of the students, alumni, faculty, and staff of the university." Sprinkled throughout the report are direct quotations from AU students, alumni, staff, and faculty members.

The report notes that, among AU and its stakeholders, "there is considerable appetite for constructive change." That's good, because Coates also admonishes, "change is necessary." The AU community, Coates advises, would like to "get out from under the current weight of uncertainty."

Student feedback, Coates notes, indicates that most found AU through word of mouth, and not through AU marketing efforts. Many of AU's students commented that AU allowed them to achieve educational and career opportunities not otherwise attainable. However, some students express concern that AU's perceived troubled status undermines their credentials.

Coates's report identifies the myriad challenges currently facing Athabasca, including in the areas of information technology, public reputation, instructional models, and program structure. The current AU business model, the report bluntly states, "is not financially sustainable and will not support the institution in the coming decades."

Coates's report intentionally does not focus on the circumstances which led to AU's current precarious position. Instead, the report chooses to concentrate on the way forward and the opportunities available to help AU thrive. The report states that, given "significant changes" to AU's "structure, approach, and program mix", the

institution has the potential to be "viable, sustainable, and highly-relevant." The target, Coates says, is for AU to "flourish" and not merely sustain itself.

But the way forward is not going to be easy, judging by the timelines Coates lays out in the report. Coates concedes the proposed action plan is "aggressive." Under the action plan contained in the report, AU has just one year to re-imagine and re-invent itself for the future.

Alberta's provincial government will need to play a key role in AU's success. The report states that the cooperation of the government is vital. Alberta must work with AU to ensure it has appropriate funding, as well as additional consideration for the provincial government's insistence that AU be located in Athabasca. The report also suggests that AU seek additional monies from the government of Alberta to help with additional costs associated with the review and restructuring.

AU, Coates points out, "is a real asset for the Province of Alberta" but requires "strong and sustained support" from the province to meet its objectives.

While the third-party report is a milestone on the way to a stronger AU, the institution now needs to roll up its collective sleeves and do the work to make Coates's vision happen. AU's future, the report states, "rests in the hands of the Board of Governors, the President, the collegial processes within the institution, and the faculty, staff, and students."

Not clear in the report is what AU's students can do to influence AU's future, except keep calm and study on.

Next week, we'll take a close look the report's recommendations for AU, which include a 15-point action plan and an ambitious timeline.

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



The Mindful Bard

The A-Z of Separating People from their Money



Wanda Waterman

At the End of This Film You'll Probably Want to Buy Less, and That's a Good Thing

Film: *The A-Z of Separating People from their Money*

Director: Hermann Vaske

Released: 2017

A blond man wearing fringed leather and riding a galloping horse is met by a band of Apaches; one dismounts with him and takes his hand, calling him "my brother." The Indian tells the blond man that he's heard a great ball of fire will soon be making its way toward them. The blond man says he was just

coming to warn him of this. How did he know? The Indian takes out a newspaper whose headline announces the construction of a railway across the desert.

It's a German advertisement for a prominent daily paper. It's a scene that sticks in your head, replaying again and again, and it might just be enough to persuade you to buy that paper.

This artsy documentary, full of cameos with brilliant and exciting people, bejeweled with stylised blurry sixties technicolour scenes, narrated by the late Dennis Hopper in possibly the best acting he's ever done, is nearly three hours long and at times difficult. But not to worry; I'm here to tell you what it's about.

In a series of clips and short interviews structured on the alphabet ("H" is for Hollywood, "J" is for jealousy, "P" is for propaganda, and so on) we learn that to separate people from their money one must suck out pieces of their souls as well.

Why? Well, it appears that we humans are so tightly connected with our wherewithal that to be persuaded to use it to purchase anything beyond the most basic elements of survival we must experience threats to our security, freedom, tranquility, imagination, creativity, taste, self-esteem, integrity, and many other accoutrements of our humanity. We can also be tricked into experiencing positive sensations about something that may not be that good for us.

Capitalism isn't about you tilling a field and trading your extra potatoes to me for a pair of winter boots. It's about me persuading you to give up more of your potatoes in exchange for my boots, either by convincing you that my boots are worth more potatoes or that one pair of my boots is simply not enough for you. That's where advertising takes over.

The advertisers' goal is to get you to part with your extra cash. And once that's gone their role is to stir up longings so powerful that you're willing to go into debt, or even go without some of the necessities of life, to own the sizzle of that steak they're proffering. No matter how much love Joe Camel, Ronald McDonald, and Tony the Tiger seem to be exuding, it's more about helping them than helping you. (If you don't believe me, take a hard look at what they're trying to sell you.)

Now you know. But don't think this means you shouldn't watch the film, which is kind of like sitting around for hours figuring out what's wrong with the world in the company of your smartest friends. It's a long, drawn out affair, but it's also one of the most mentally stimulating explorations out there, forcing you to examine materialism, globalisation, greed, the profit motive, and where you stand in the whirlwind of marketing strategies.

Film award magnet Hermann Vaske is known for taking on ambitious projects of social commentary and cultural deconstruction in which he draws clever sound bites from iconic personages. Without being dogmatic he lets us explore important ideas by pulling personal opinions from the mouths of those we adore—David Bowie, David Lynch, Malcolm McLaren, et al—as well as by staging the most interesting little vignettes and giving Dennis Hopper some amazing monologues.

The film is presented from an almost brutally masculine point of view (director Joe Pytko's capitalist observations are particularly heartless), and it would grate if this weren't actually the best way to present the cold, obscene, amoral, and cynical reality of the world of advertising.

The A-Z is a remake of the TV series that came out in 1998 (which is why everyone looks so young) but that the director has tweaked and prodded to make more filmlike, more all-of-a-piece, and it works well as such, if a trifle lengthy. I can't seem to find out why Vaske decided to rerelease this material now, but I have a hunch that, back in the day, the film didn't quite get the attention it deserved and that Vaske recognised that we're living in a world far more likely to understand and act on the message.

Hopper begins the film by saying that everything we use has a dollar value. But, if anything, the film points in the opposite direction, suggesting that perhaps our time, our freedom, our essential originality, and our very humanity, are pearls beyond price.

The A-Z of Separating People from Their Money manifests six of the Mindful Bard's criteria for films well worth seeing.

- It's authentic, original, and delightful.
- It poses and admirably responds to questions that have a direct bearing on my view of existence.
- It stimulates my mind.
- It harmoniously unites art with social action, saving me from both seclusion in an ivory tower and slavery to someone else's political agenda.
- It inspires an awareness of the sanctity of creation.
- It makes me appreciate that life is a complex and rare phenomena, making living a unique opportunity.

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



The Creative Spark!

Grow a Shakespearean Beard

Marie Well



Do you dream of writing like Shakespeare on uppers? I'd like to write with a multiple personality disorder: a circle of Edgar Allen Poe, James Patterson, and, by necessity, me.

Writing can be like music, I was told, even if someone can clunk out the basic chords, there's something more to being a virtuoso. And I agree. I don't write like a classical pianist—not like someone with an MFA in English. The best claim MFAs.

Sadly, nonfiction writers can have lower standards than fiction writers, he said. Nonfiction writers impart info, so they can get a hall-pass for writing like wishy-washy wordsmiths. The motivation to read is more in what they're saying than how they're saying it.

So don't be lazy, he told me. Read classics. (Dull classics.) Read them like textbooks. Discover the techniques, the tones, the rhythm, the vocabulary—the music.

But, I'm a rules girl. So, he wisely advised to read Strunk & White. Yet, one more rule book wouldn't sparkle my wand: I've read a dozen books on how-to-write. Plus, I read Strunk & White twice. Still, my wand smolders in a casino that never cashed out.

And don't seek shortcuts, the editor told me. No, an easy-way-out isn't my way. To prove my point, I pulled out a classic novel shelved in a corner, blinked at a page, coyly closed the book—and stared instead at Google.

On Google, I discovered that it takes 10,000 hours of reading classics to get the gist. That means, if I read the classics for one hour daily, in 27 years, I'd get the hang. So much for the 10,000-hour rule.

Next, I wrestled with existential questions such as *Why can't I find rulebooks for writing classics?* By "rulebooks", I mean, books bursting—not with quotes—but with rules. Instead, I found a handful of webpages ranting on theme, story, and character—the stuff that matters for movies, and less for nonfiction. Worse yet, have you ever flipped through a how-to book on graphic design to see nothing but pictures? When artists open their mouths, you'd think that cartoons, not words, popped out. Same with writers. Except, writers speak not in cartoons, but in quotes from the classics.

But, before you grow a Shakespearean beard, try reading rule books on writing ads. Pete Barry gives rules for ad body-copy in his book *The Advertising Concept Book*:

- Avoid using long, lofty words. If it's got more than two syllables, try shortening it.
- When writing body copy, have a common thread strung from title straight down to the last word. If you force the thread, try another.
- Start your writing with your most exciting tidbit. Maybe you've got a shocker? Open with it.
- Make your opening line refer to your title.
- Alternate between short and long sentences. Mix it up to make it musical.
- Break most sentences with embedded clauses into two sentences. That rule holds for body copy, not classics.
- Take several physical steps back from your writing. Does the shape of the white-space and paragraphs look pretty? It should in the ad world.
- Read your ad (or essay) out loud. Does it flow nicely? It should in the ad world.
- With body copy, slip in sentences without verbs or subjects. (Make full sentences in your essays, though.)
- Pervert your copy by starting some sentences with "and" or "because." Only do so if it adds rhythm, emphasis, etcetera. (Don't overdo "buts" and "so's.")
- Alliteration involves the same sound at the start of several words. Use it.
- The rule of three says a list of three satisfies the most. Try adding alliteration to your list. (Still-life paintings work best with three objects.)
- When using two items, contrast the pairs. Make them opposites such as "To be, or not to be." Add alliteration if you can.
- When you write, do like Bill Bernbach. In other words, pretend your audience is an "uncle [you] had met, but rarely saw" (p. 243).
- Make your final line do any of the following: make a call-to-action, refer to the title, conclude with a fact. At the very least, make readers smile with your parting words.

Now for a final existential question: Where was Strunk & White when Shakespeare needed 'em? A paradox? I call it a creative spark!

Editor of the Year

The Inside Scoop

Barbara Lehtiniemi



"Karl exemplifies all that an editor should be: a mentor, approachable, on-point with language and grammar, and above all, genuinely interested in and supportive of his writers." - from nomination for PWAC Editor of the Year.

The Voice Magazine's own Karl Low has been selected by the Professional Writers Association of Canada (PWAC) as 2017 Editor of the Year!

As one of *The Voice's* regular contributors, I was delighted to see the recent award announcement from PWAC. I was doubly delighted because I'm a member of PWAC and was the principle nominator. As such, I'm in a position to give *The Voice* readers the inside scoop.

When PWAC put out the call for nominations this spring, I knew immediately that Karl exemplified the qualities described in the award criteria. According to PWAC, the Editor of the Year award "promotes outstanding Canadian editors and mutually respectful writer-editor relationships." The judging criteria included an editor's respect for their writers, excellent editing skills, effective communication, openness to ideas, and ability to work with writers to "bring out their best."

I've been a contributor to *The Voice* for almost four years and I've worked with Karl regularly to develop articles, pitch ideas, and help keep the magazine's content interesting and relevant to AU students. I felt Karl exemplified the spirit of PWAC's award and decided to nominate him. But I needed help.

I approached two of *The Voice's* other writers, Deanna Roney and Carla Knipe. Both responded within minutes, eager to help. I meant to contact more writers because I was certain others held Karl in the same esteem as the three of us did. But, as too often happens, the nomination deadline snuck up on me and so the task was up to me and my two co-conspirators, Deanna and Carla.

It was easy to come up with reasons why Karl deserved this award. The challenge was in the writing: crafting a compelling case to make this nomination shine above all others. With input from Deanna and Carla, I composed a three-page nomination. Since editing is far more than eliminating typos and correcting grammar, our nomination focused heavily on the editor-writer relationship. Excerpts follow:

Karl must surely have the most unenviable editorial position. Part of *The Voice Magazine's* mandate is to provide writing opportunities to the students of Athabasca University. Since many of the contributors to *The Voice Magazine* are novice writers, Karl faces what few editors do: a revolving stable of writers of varying abilities, strengths, and interests.

Karl encourages new writers to submit articles for consideration. He works with inexperienced writers to strengthen their articles, provides detailed feedback and suggestions, and coaches them through the process from draft to published piece.

That he manages to nurture writers on top of the demands of publishing a weekly magazine is astounding. Yet Karl is never abrupt or dismissive. He's willing to hear pitches for any article or series topic, balancing the needs of the readership with the goals of the writers. Karl encourages his writers to experiment, to find their voice, to grow.

Karl walks novice writers through every stage of the process. From writing and editing, to understanding publication agreements and copyright issues, Karl is a valuable resource for writers. He is approachable and answers all questions thoroughly and patiently. He gently pushes writers to expand their abilities in research and interview techniques, and to keep growing as writers.

"Many of *The Voice's* writers are just beginning their writing careers. Karl takes the time to build up their confidence and their skills and he also challenges them to become better writers. It is a lot of work to edit their pieces with an eagle eye week after week; my goal is to not have any edits from Karl in my piece—but that rarely happens! But while a weaker writer might respond to the criticism with indignation that their work is being "torn apart" to that degree, writers who are serious about their craft will look at that criticism as a gift in order to make their writing better, and I think this is the case with Karl's editorial direction. I feel that this has reflected positively in the overall direction and quality of *The Voice* and the reason why the writing team continues to take their mandate as writers reflecting on the AU student experience very seriously." - Carla Knipe

"When I first took the leap to submit my work to Karl for consideration in the magazine it was an article that was not worth publishing. Instead of simply sending me a rejection, Karl offered me a critique and advice on how I could improve my writing. The next article I sent was approved. That was about two years ago, and since that day I have been a regular contributor to *The Voice Magazine*. If he hadn't taken that moment to help me, to give me feedback, I wouldn't be where I am today. Working with Karl has instilled a confidence in me to submit work elsewhere, to have faith in my craft, and he's encouraged me when I'm concerned a concept might be too risky." - Deanna Roney

AU-thentic Events

Upcoming AU Related Events

AU Leadership and Management Development (LMD) Info Session

Tuesday, June 20, 10:00 to 11:00 am MDT
Online

Hosted by AU's Faculty of Business

business.athabascau.ca/event-details/athabasca-university-leadership-management-development-lmd-information-session-4-2/

register online at above link

AU Manufacturing Management (MMC) Info Session

Tuesday, June 20, 5:00 to 6:00 pm MDT
Online

Hosted by AU's Faculty of Business

business.athabascau.ca/event-details/athabasca-university-manufacturing-management-mmc-information-session-4-2/
register online at above link

Bannock and a Movie "Bridgewalkers"

Friday, June 23, 12:00 to 1:07 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/bridgewalkers.pdf

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

Not only do writers improve their craft with Karl's assistance, but they feel valued doing it. As Carla Knipe reminded me, "Karl appreciates his writers. He regularly says 'if it weren't for you, I wouldn't be here and *The Voice* wouldn't exist.'" Karl regularly sends words of gratitude to writers, individually and as a group. As a writer, it doesn't get any better than that.

As a final note, having had the occasion to work with other editors, I can say that Karl is the standard against which all other editors are measured. A writer's job is never easy, but having an editor as competent as Karl makes the process of writing a pleasure.

Congratulations, Karl!

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

*(Note: I generally don't like tooting my own horn, but it was pointed out that this could be good for *The Voice Magazine*, and might attract some attention and new writers. I'm always up for that!. – Ed.)*



The Fit Student Cherish Your Scars

Marie Well



Would you delight in a facial scar or a missing eye? Some people do. Consider war veterans whose scars merit valor. These veterans take pride in telling the tales behind the bullets. Yet, we all have wounds, whether they pierce our hearts or our bodies.

When I took a graduate teaching assistant training course, a former TA led the session. He said something like, "Never give up. You can have people say the worst things about you. You can have all your friends turn on you. You can feel so much despair that you consider quitting not just the program, but life. But, it can make you stronger—a martial artist even. It can make you more beautiful—like a model. The media might even print your side of the story. You can quit an academic program, and find success in another." He went on and on about the benefits of never giving up. Then, he turned to me and held his gaze, as I uncomfortably looked away. He was talking about me.

But he missed the ingredient that made life not just livable, but remarkable—namely, a wise, compassionate friend. This friend taught me how to fight mentally through martial arts. He taught me to smile and show positivity in the face of adversity. And he shared his spiritual poetry—and called it "sharing a sandwich with the friend who came to school without a lunch." He's now my boyfriend.

Once, as my boyfriend trained me to spar martial arts, he scolded me for not trimming my toe nails. Rightly so. You see, a sharp toenail can slice the skin. We resumed sparring, and suddenly, his sharp toenail pierced my leg, drawing blood. An accident. My love-wound still shows a half-decade later. And I cherish it.

A wound can symbolize love, valor, or resilience. Maxwell Maltz in his book *Psycho-Cybernetics: Updated and Expanded* reveals secrets behind the scar:

- A disfigured man might feel shame over his scars while a war hero feels pride.

- Don't form a scar (or a callous) when someone hurts you emotionally. In other words, don't stop trusting or loving others.
- When we try too hard to protect ourselves from hurts, we make ourselves more vulnerable.
- Don't let your scars reduce your self-image. Don't ever view yourself as someone less likable, someone less worthy.
- Instead, see yourself as someone liked, wanted, accepted, and able. See yourself as one with others. See yourself rich with knowledge. Accept yourself as you are. (These are the traits of self-fulfilled individuals, according to Combs (as cited in Maltz)). When we view ourselves as worthwhile, everyone gains.
- When dealing with others, act generously, accept shortcomings, work well with others, enjoy others' company.
- People with positive self-images overlook most "digs" and "cuts." The people with lower self-esteem feel heightened sensitivity toward slights. So, try not to exaggerate the harm of threats, and try not to feel "threatened by every innocent remark" (p. 171). Let the "deeper emotional wounds ... heal faster and cleaner, with no festering sores to poison life and spoil happiness" (p. 171).
- Try relaxation exercises. When we feel relaxed, we have no room for fear or anger.
- Forgive others completely. Don't say, "I forgive but will never forget." That just means you never forgave. Instead, forgive as if the wrong never happened.
- Forgive yourself. Never hate yourself. Never dwell on guilt. Let go of the past. Merely let past mistakes guide your future success.
- When you hurt, don't close yourself off to others. Continue to be vulnerable. Most youthful people over 40 act "cheerful, optimistic, good-natured" (p. 183).

When I stepped on stage to claim my undergrad degree, one student knocked off my cap while another shoved me. Wearily, I mustered a good-natured smile. You see, I understood that one day my positive ways would bring peace. Similarly, your positive ways will do the same.

So, let the masters teach us how to graciously heal our scars.

Women of Interest

Rita Levi-Montalcini was born April 22, 1909, in Turin, Italy, and died December 30, 2012, in Rome Italy. In 1986, Levi-Montalcini won the Nobel Peace Prize in Physiology or Medicine, along with colleague Stanley Cohen, for the discovery of nerve growth factor (NGF). In 1936 she graduated of the University of Turin, but her academic career was halted by Mussolini's 1938 Manifest of Race and the implementation of laws barring Jews from academic and professional careers. As a result, she set up a laboratory in her bedroom and continued her study of nerve fibers. In 2001 her political career began and she went on to serve in the Italian Senate as a Senator for Life. From 1961 to 1969 Levi-Montalcini directed the Research Center of Neurobiology of the CNR (Rome) and, from 1969 to 1978, she directed the Laboratory of Cellular Biology. At the time of her death she was the oldest living Nobel recipient.

Rita Levi-Montalcini's awards and honors are numerous. Additional information can be found at the following websites:

https://en.wikipedia.org/wiki/Rita_Levi-Montalcini

https://www.nobelprize.org/nobel_prizes/medicine/laureates/1986/levi-montalcini-bio.html

<https://www.scientificamerican.com/article/finding-the-good-rita-levi-montalcini/>

Healthy Grubbing for the Busy, Budget-sensitive Student

Xin Xu



Athabasca students lead busy, eventful lives and deserve the right nutrition to fuel their day to day activities. While the occasional ramen meal might be acceptable, here are the latest tips and hacks to healthy eating on a time crunch and budget.

- Does preparation time seem like a burden? Try preparing the lunch or dinner days in advance and refrigerate the contents in plastic food containers. The next time the Tim Hortons wait is too long, try preparing your own sandwiches and soups ahead of time. Of course, packing a lunch might seem overwhelming, but it doesn't

have to be! Weekends may be the prime time to dedicate to packing for the 5 days of the week. Obtaining a stash of plastic, single-serve food containers is a must. You can easily load your salads, soups, and snacks for the following week.

However, one problem encountered over the years when meals are prepped in advance is the bane of consuming food without variety. Challenge yourself by packing variety. Use a fridge calendar to monitor the package date to keep your lunches fresh.

- Replace a big lunch with smaller, spaced-out snacking sessions. Research has shown snacking not only keeps our stomachs feeling full, but reduces the chances of obesity(Keast). So the next time you're going for the combo meal at McDonald's, try for a pack of pistachios or a bag of mandarin oranges instead.
- Less is more. Imagine purchasing a new home. One home is small, fully furnished, and ready-to-live vs, a large home with frequent leakages and recurring problems. Which would you pick? Similarly, nutrition stresses quality over quantity. In my freshman year of university, I would dedicate a coupon book to spending less and eating more. As you might guess, the plan was a disaster. Not only did I feel unmotivated and unenergetic following a high-fat diet, but it lead to series of stomach and metabolic issues. In hindsight, opting for smaller serving sizes of quality food might have saved myself the discomfort. In combination with effective snacking, selecting for quality can truly be the holy grail of healthy dieting on a budget
- Stuck on a meal plan? No problem. While you might be limited in your food options. There's always a way to be conscious about what you bite into. Inquire about the ingredients, read into the menu often presented at college cafeterias to understand what you're offered. Remember when your mother asked you to be less picky about what's on your plate? This time, you're doing exactly the opposite. Except focusing on only the healthier options. French fry days might not be an awful idea, so long as it's not on the plate five days of the week.
- Despite what experts say about processed foods, a select variety may be of equal nutritional value to whole, unprocessed foods. For example, canned tomatoes can't be healthier than the hand-picked tomatoes on vine found at your local supermarket, right? In reality, tomato paste has higher

concentrations of lycopenes, a biological molecule that protects against a series of cancers, from lung to prostate cancers. This antioxidant is well-known for its capacity to counter the negative effects of cholesterol as well (Giovannucci).

- Despite higher salt content in canned products, there are a few that hold their value. One general rule, however, is that the lower the number of processing steps, typically the healthier the food. Frozen fruits, for example, require minimal processing besides freezing, thus can be a great source of vitamins for the busy scholar.

References

Keast, D. R., Nicklas, T. A., & O'neil, C. E. (2010). Snacking is Associated with Reduced Risk of Overweight and Reduced Abdominal Obesity in Adolescents: National Health and Nutrition Examination Survey (NHANES) 1999–2004. *The American journal of clinical nutrition*, 92(2), 428-435.

Giovannucci, E. (1999). Tomatoes, Tomato-based Products, Lycopene, and Cancer: Review of the Epidemiologic Literature. *Journal of the national cancer institute*, 91(4), 317-331.

Xin Xu is a post-graduate health-science AU student, aspiring clinician, globe-trotter, parrot-breeder and tea-connoisseur.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: For the Love of Curling Scholarship

Sponsored by: Curling Canada Foundation

Deadline: June 30, 2017

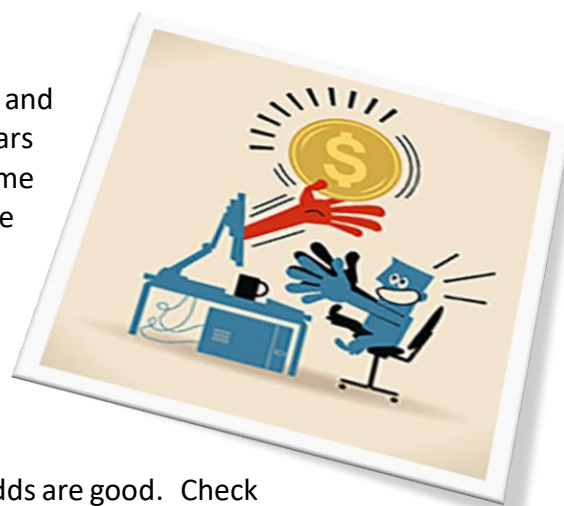
Potential payout: \$1000 each (13 scholarships)

Eligibility restriction: Applicants must be involved in curling and registered on the Canadian Team Ranking System; must be 23 years of age or younger as of Dec 31, 2017; and must be enrolled full-time for at least two semesters in a Canadian university or college. See full [eligibility requirements](#).

What's required: A completed application form, a maximum 2-page essay about curling, a transcript copy, and two letters of recommendation.

Tips: Fewer than 50 applications were received last year, so your odds are good. Check out [last year's winners](#) for inspiration.

Where to get info: www.curling.ca/foundation/youth-scholarships/



Never Too Late

Deanna Roney



I read a book recently about Grandma Gatewood: *Grandma Gatewood's Walk, the inspiring story of the woman who saved the Appalachian Trail*, by Ben Montgomery. Grandma Gatewood, or Emma Gatewood, decided one day to go for a walk and chose the Appalachian Trail, a 2050-mile-long trail. The first time she hiked that trail, and the first time she took a trip such as this, was when she was 67 years old. She took a handmade bag, and a few provisions, no tent, no sleeping bag.

As someone who loves to go into the backcountry, I couldn't imagine doing it without the relative comforts of somewhere warm and dry to sleep. Or, for that matter, proper footwear. Grandma Gatewood didn't take these along; she went through several pairs of shoes. But she did it, through flood waters from a hurricane that devastated part of the country, despite trail markers that disappeared, and ignoring a bad knee. She decided that she wanted to walk this trail, now that her children were out of the house, and so, she did. One foot after the other.

I was watching the convocation ceremonies this week. And I saw a woman receive her second degree at 93 years old. It reminded me a bit of Grandma Gatewood. What is the point of education or adventure if not to better yourself? And it is never too late to better yourself. It would have been easy for these women to say, no it is too late, my chance is gone. But your chance is only gone if you give up on it.

Gatewood finished that trail, one step at time—sometimes she miscalculated where she was (she was never lost) and had to backtrack. Sometimes she needed to wait for help from others, but she never stopped. When the flood waters were too high she tied off to a couple of young Navy men who were walking the trail too, and they helped her along—eyes forward, river up around her shoulders, she pushed forward. The Navy men wouldn't admit until years later during an interview, but they were terrified.

All it takes is one step, one course, one assignment, and momentum forward. Even if sometimes there is backtracking and side trails it all adds to the experience and to the knowledge that you escape the trail or university with.

One course went wildly off track for me, there was miscommunication between tutor and course requirements. I had read them, I had asked, and when it all went to hell I argued my point. It may have cost me some points in my GPA but I got the credit. I got that step forward. Some steps are harder than others but they are all worthwhile.

Maybe you think it is too late to start a new career or to take an adventure, you're worried about the time it will take or the courage it requires. If it is what you want, if you want that degree or if you want to hike 2000 miles through the wilderness, then take that step. If you start now, you are that much closer to being finished—but if you let yourself worry about it, and convince yourself that it is too late and that you can't do it, then you'll never get there. The only thing standing in your way is you.

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



Running Away From Home

Sometimes a person just needs to turn his back, avert her eyes, throw caution out the window, and just jump in the car and rip out of the yard with tires squealing. Forget the acres of grain *still*, *God help us*, lying in swaths that are now under water. Forget the flowerbed prep that never happened. Likewise the grass springing up before our very eyes or the weeds going to seed. Forget the unidentifiable fuzz growing in the fridge or the dust bunny orgy under the furniture. Postpone tackling your home-based business to-do list because working evenings and weekends isn't good for the soul.

If you can manage to all that guilt-free, you can spend some quality time with your family. Go to a ball tournament in Sherwood Park and see your seven-year-old grandson bring in two runs, be called out when a fly ball is caught, make that metal bat pay when he connects. Feel bad when he makes an error or gets shale burn on his palms. Be shocked at how tall he's has grown, how athletic he is. Learn he's off to a couple of golf tournaments in Denver at month end even though he loves hockey best, golf second, ball third. Bring him two-foot long Nibs licorice as a treat after "real food."

Go back to the house and get tackled and hugged to pieces. Discover that Kade's high chair is no more and he eats (or not) at the big table. That he still has a favourite place to plant himself in the living room as he fills his diaper but that peeing in the potty now happens routinely. Notice that his vocabulary is growing but realize closed captioning would come in handy when no one understands a thing he says. Oh my *Dod*, he's funny except when he says, "No way, Jose" in that oppositional way unique to two-year olds.

Find out that Carrie's gall bladder operation incisions are healing quite well. That Greg now has a work visa and was in Texas for a week building the customer base. That the junket to Denver will be a road trip...are we there yet? And that to save the sanity of the parents, they're willing to let the boys minds turn to mush—courtesy the WiFi in the Denali truck. Two days of video games and movies, anyone?

We hear that the landscaping of the acreage continues and that the zero-turn John Deere mower will be traded in for one Grady can operate. That Grady's August birthday will involve a climbing wall and that fancy fidget spinner

moves are harder than they look.

Nothing we could have done at home today comes close to what we saw, felt, heard, and learned by leaving home and "scheduling" this visit. Another reminder that time marches on, that memories don't happen accidentally, and that relationships are only as good as the effort they receive. Running away from home may be the best decision you can make, from where I sit.



Dear
Barb

Barbara Godin

Mind the Gap

Dear Barb:

I just graduated high school and I'm not sure what I want to do next. My parents are supportive of whatever my choice is. Most of my friends are going to college or university, but I'm not sure which program I want to go into. I don't want to waste my money on a program that I won't use in a career. A few of my friends are taking a gap year just to figure out what they want to do. I am seriously considering doing that, except I don't want to end up a year behind my friends. It's been suggested that I take some online courses, so I can work and figure out what I want to do without being behind when I do return to university or college. What are your feelings on a taking a gap year? Some people have said if I take a year off I will end up not returning to school. I'm anxious about making the wrong decision. I need some advice, thanks, Jay.

Hi Jay:

An excellent topic. Taking a gap year has pros and cons. Often students are burnt out from high school. If you've been putting your all into your studies, plus participating in competitive sports or other demanding activities, you most likely are burnt out and need a break. You may have been concentrating on your studies so much that you haven't given a lot of thought to your future. Often following a year-long break, students are anxious to get back to college or university as they have had some time to find out what their options are. A gap year provides you with time to think about yourself and what you

enjoy doing. Perhaps you have been focusing on a skill, like football or hockey and you believed this is the direction your future was going to take, but perhaps because of an injury or some other reason, this no longer is an option and you have to reassess your life goals. If you do take a year off it is important to make the most of it. Find a full-time job doing something you like, or, if you can afford it, spend some time traveling. Also do some volunteer work, this will help you find your true passion. As you mentioned, enrolling in online courses that you can apply toward a degree will keep you in the learning loop while you are out of school. If you spend your gap year doing nothing but sitting around watching Netflix all day, you have basically wasted a year of your life and this will not have been a beneficial experience for you. More students are deciding to take a year off and there is no data to support the theory that if you take a year off you are less likely to return to school. Basically, if your heart and soul are not into college or university, then you are just wasting your money, or your parent's money. Taking a year off will energize you and get you more focused on what you truly want to do with your life. Also, because you will be a year older, you will be more equipped to make more mature decisions. There are pros and cons to both sides, but my feeling is that it's not a good decision to go to university if you are not fully invested and ready to put your heart and soul into it. Hope this was helpful and good luck on whatever you choose to do Jay.

Follow Barb on twitter @BarbGodin

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Two weeks into the reconstruction of America and what do I miss about the past?



The Flotsam's vinyl record library--so huge and poorly organized that it took weeks to find what you wanted.



Alas, the Flotsam's been dispatched to bring back the insurgents from the colonies. Lucky them.

On the Flotsam Alan and I had used vinyl night to pass on secret maps.

I'd create a map showing an underground route into the Inland Empire. Whenever a song mentioned a person or place I'd tap in a Morse code to signal right, left, caution, or a long walk.

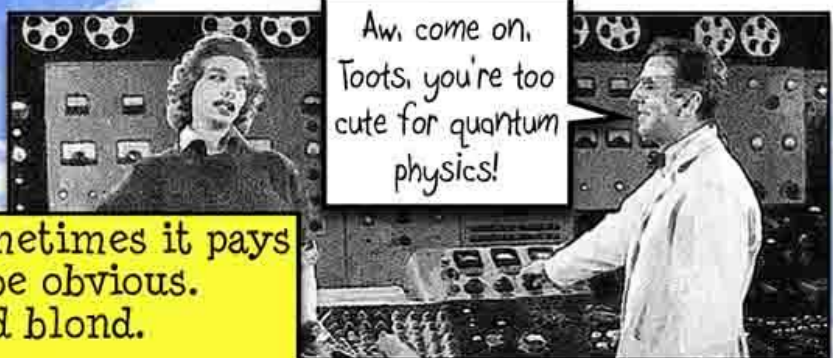


I'd also draw a map to look like I was simply doodling.



The code sounded like tiny scratches. Our comrade on earth would recreate the map from the recording and verify it from a screenshot of my doodle-map.

Sometimes it pays to be obvious. And blond.



Anyone with a good hi-fi could have picked up the transmission and figured it out.

But reconstruction requires leaving some things--like espionage and vinyl--in the past. For now.

But they didn't.

1

The Doppelgänger Cure, Book II
Wanda Waterman



This space is provided free to AUSU. The Voice does not create or edit this content. Contact services@ausu.org with any questions.

IMPORTANT DATES

- **Jun 30:** [Deadline to apply for course extension for Aug](#)
- **July 10:** [Deadline to register in a course starting Aug 1](#)
- **July 11:** [AUSU Council Meeting](#)
- **Jun 14:** [August degree requirements deadline](#)
- **Jul 31:** [Deadline to apply for course extension for Sept](#)
- **Aug 8:** [AUSU Council Meeting](#)
- **Aug 10:** [Deadline to register in a course starting Sept 1](#)

AU 25th Anniversary Rebranding

AUSU is celebrating its 25th anniversary! AUSU was founded in 1992 as the first students' union in the world to represent distance education students.

In honor of this milestone, we are updating our logo to be better represent AUSU as the Athabasca University Students' Union!



Please contact services@ausu.org with any questions.

Election Policy Update

AUSU council is proposing changes to **AUSU Policy 3.01: Election, Referendum, and Plebiscite Management - Election Conduct**. The motion to accept the changes will be voted on during the July Council Meeting.

Date: Tuesday, July 11

Time: 5:30pm MT

The meeting agenda and teleconference instructions will be posted to our website [here](#) at least 3 business days prior to the meeting. All members are welcome to attend!

The policy changes can be viewed online [here](#).



Congratulations to Karl Low!

AUSU would like to congratulate The Voice Managing Editor, Karl Low, for winning [2017 Editor of the Year](#) from the Professional Writer's Association of Canada.



AU Third Party Report

The Independent Third-Party Review of Athabasca University charts a sustainable future. It was released on June 8 with positive support from the Government of Alberta. Find out more and review the report results online [here](#).

The future is in our hands.

INDEPENDENT REPORT CHARTS
SUSTAINABLE FUTURE FOR UNIVERSITY.



CLASSIFIEDS

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

THE VOICE

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