



THE VOICE

Vol 25 Issue 43 2017-11-03

Minds We Meet

Interviewing Students Like you

The Big Push

The Final Courses

The Fluidity of Success

It's a Moving Target

Plus:

Non-Places

Cooking to Impress 101

and much more!



CONTENTS

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

Features

Minds We Meet: *CaraLee MacLean – Can't is a Sluggard* 4

Articles

Editorial: *The Joy of Free Stuff* 3

The Big Push..... 5

Happy Halloween America: *You're All Addams Family Now*..... 11

The Fluidity of Success..... 19

Columns

The Not-So-Starving Student: *Cooking to Impress 101* 7

The Study Dude: *War on Win-Win* 13

Music Review: *Daniel Barbiero and Cristiano Bocci*..... 14

The Fit Student: *Compassion*..... 15

From Where I Sit: *Focus Vault*..... 17

Dear Barb: *To Serve or Protect*..... 20

News and Events

The Vintage Voice 6

Canadian Education News 8

AU-Thentic Events 9,10

Women of Interest..... 10

Scholarship of the Week..... 12

Student Sizzle 18

AUSU Update 22

Graphic

Mind Blowing Musical Moments 21

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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

The Joys of Free Stuff

Karl Low



Nothing like a contest to make people sit up and take notice. Case in point, the number of subscribers to the *Voice Magazine* have more than doubled since AUSU published our contest to win an iPad mini or one of 25 goodie packages of all new *Voice Magazine* and AUSU swag.

But don't worry, there's still time, and the odds remain better than most other contests you'll find out there. Just subscribe to our reminder list and you're entered. Or if you we're already subscribed, before our new website launch, you can simply leave us some feedback about the new site—what do you like about it? What bugs you about it? Let us know so that we can keep improving, and in turn, you'll be entered in the contest as well. (That said, only one entry counts per person, so flooding my email box won't help your odds at all, sorry.)

Something you, unfortunately, haven't seen much reporting on in *The Voice Magazine* as yet is anything about the most recent hires to Vice-President positions. Over the last few months, AU has hired both a new Provost and Voice President Academic and, most recently, a new VP of Information Technology and Chief Information Officer. I'll save you my rant on

corporate governance models and terminology increasingly being applied to public post-secondary institutions, and instead wish both of them success, and will hopefully be able to provide some in-depth interviews with these people about their backgrounds, new positions, and future goals in an upcoming issue.

In the meantime, this issue we're featuring an interview with a new student, one who entered AU directly after grade 11. And another writer is quickly approaching her graduation. You would think that getting closer to the goal of achieving your degree makes things go easier, but many students will tell you it's the exact opposite. Barb Lehtiniemi gives us her strategies to keep pushing through, something to keep in mind as you near the end of your own program.

And if you like free stuff, be sure to check out our music review this week as well, as the album is available for free download from their site. A warning though, this isn't your typical music. More of a sound-scape. You need to give it some time, but if you do, I think you might find it inspiring for creativity. At least, I've been listening to it for a couple of days now and that's what I've been finding in it.

Plus, of course, we continue to have what you need to know about AU: events, scholarships, AUSU information, what's the buzz on social media, as well as education news and plenty more to keep you thinking and procrastinating at the same time.

Enjoy the read!

A handwritten signature in black ink that reads "Karl". To the right of the signature is a small orange logo consisting of three horizontal bars of increasing length, resembling a stylized "E" or a flag.

MINDS WE MEET



CaraLee MacLean is a first-year student at AU working towards her Bachelor of Commerce with a degree in Accounting. She currently resides in her hometown Plaster Rock, New Brunswick, a village known for its logging and lumber industry and as the Gateway to Mount Carleton Provincial Park.

Why did you choose AU for your degree?

I chose Athabasca because I started university during grade 11 and couldn't go away – distance learning was the best solution. I like that I can learn at my own pace and not feel rushed. Plus, the website is easy to navigate and the courses are explained well

What course would you recommend to other AU students?

I would recommend Business Mathematics (Math244). It is challenging, but teaches great principles that help build a great foundation to be used later in the degree. The one thing that I found frustrating though was not having a video to watch when I got stuck as I am a visual learner.

How do you motivate yourself to keep on track with your studies?

I motivate myself by not letting myself have any entertainment until I get to a certain part in an assignment. When I do reach those milestones, I spend time at the farm or with my family, friends and dog.

What do you snack on while you're studying?

My favourite snack is either Lays plain chips with Italian chip dip or chocolate for when I'm studying.

What is the last novel you read?

The last novel I read was *Full Disclosure* by Dee Henderson. Dee Anderson is a Christian fiction writer and I enjoyed that this novel was full of suspense and mystery. My favorite books are often filled with those two things.

What is your number one spot to travel to on your bucket list?

Venice, Italy, but if I had to choose a vacation destination for the rest of my life it would be the family camp. I'm a family person and this camp holds many family memories, especially with my grandparents. I wouldn't want to go too far away from my family for long.

Do you like this time of year?

Autumn is my favourite season with the leaves changing colours, the cooler temperatures and because it is hunting season. I learned to hunt from my grandfather, father and with my brother and I have been hunting for six years. Next year I want to start hunting moose and geese as well. Our family eats all of our hunted game which I enjoy, especially Pepperoncini Goose Meat.

What is your slogan for your life?

"Can't is a sluggard too lazy to try".

(Loosely based on William Allen Butler's quote "I Can't is a sluggard, too lazy to work".)

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



The Big Push

Barbara Lehtiniemi



November 1. This is it—the beginning of the end. I have six months to complete the requirements for my degree, and I've just started my very last course. Within six months, I'll submit the final assignment.

Breaking the plastic wrap on the final bundle of textbooks, printing out the final study schedule, staring at the final six months—it prompts a moment of reflection. Alas, a moment is all I can spare. This course joins three already in progress. The *Big Push* is on!

It reminds me of the time I set out on a 40-kilometre hike. At that time, I had never hiked more than 25 kilometres.

Consequently I had no idea if 40 would prove to be beyond my limit. But my ride dropped me off at kilometre zero and my car was parked at the 40-kilometre mark. I just knew that I had to go the distance, no matter what. And I did.

University studies can feel just as arduous and insurmountable as a long-distance hike. I've never done four courses at a time before. I've seldom tackled more than two courses simultaneously and I've only been juggling three since earlier this year. Can I do four? Just like that hike, it doesn't matter if I believe I can or not—I must! If I want to attend AU's Convocation 2018, I need to be finished my courses by April.

I spent months preparing and psyching myself up for the 40-kilometre hike. I've done the same with my courses. I've planned for a year for this big push. I gradually withdrew from most of my volunteer activities and scaled back on social obligations. I've told everyone I know that I'm unavailable for most activities until April.

Most importantly, I've prepared myself. When I started taking three courses at a time earlier this year, I had to fine-tune my study habits. After five years of taking courses at AU I've discovered what puts wind in my sails and what drags my anchor. I'm organizing my time better, setting aside regular hours for coursework. If I think of some unrelated task, I write it on a to-do list for non-studying time. I use a digital timer to keep me going when I'm flagging, and I log off of social media accounts—most of the time—to minimize interruptions. My husband—bless him—prepares supper on study days and helps keep distractions from intruding into my time.

One positive aspect of working on multiple courses is the ability to switch between them. If my focus flags on one course, I put it aside and work on another. I break down textbook readings into digestible chunks, which I consume at multiple sittings over the course of the day. I can even take a day or two off from one course to focus on another. I set daily and weekly goals for each course to keep me on track overall.

With four courses on the go, there's no time to reflect on what it's taken to get here, nor on where life will lead me after I'm done. There will be time for that later. Right now, my concerns have more immediacy.

Have I fine-tuned enough to get me through these final six months? Can I really do four courses at a time? At this point it doesn't matter and there's no time to worry about it. I'm just busy doing it.

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



Vintage Voice



This week, we look at two ways to counter the November blues:

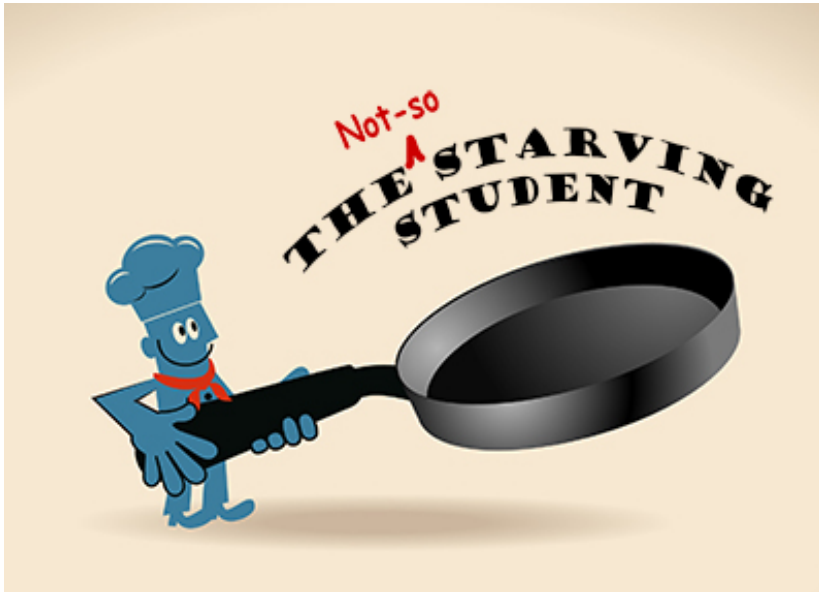
The upside of illness. Bill Pollett turns his man-cold into an excuse to cocoon, indulge, and avoid life. "It's one of those perfect sicknesses" writes Pollett, "the kind where you have enough drippiness and achiness, and just the right amount of fever, to keep your loved ones at the stove whipping up batches of hot toddies..." November Bliss, November 10, 2004.

The other kind of blues. Busby LeClair counters the miseries of the modern world with soul-soothing soul music. "There's nothing worse when you've got a bad case of the down-and-outs than being forced to endure the company of some upbeat Anthony Robbins-type asshole who doesn't even have the decency to admit that he's as scared as the rest of us", writes LeClair. Turn That Smile Upside Down, December 1, 2004.

The Not-So Starving Student

Cooking to Impress 101

Xin Xu



Have you had your eyes set on a potential partner for the longest time yet they're unresponsive to your cues? Or maybe you're in a relationship but you're wondering what to do to show your affection. Since the dawn of civilization, cooking and dining has been a way for us to show appreciation—to celebrate and to admire another being. Lady and the Tramp fell in love over a plate of spaghetti. Most modern first dates revolve around the restaurant scene. Even if you're not looking to woo, there are plenty

of reasons to plan an important dinner for a few distinguished guests. Here are some tips on how to make them feel special.

Make a menu

Designing a menu shows dedication. It also allows you to plan what appetizers, entrees and desserts you plan on serving. For beginners start with a three-course meal, but if you feel confident with your cooking expertise, feel free to entertain the VIP guest with a four or five course. There are many templates available online that will give your personalized menu an elaborate touch. Better yet, if you're a creative individual try creating your own layout and borders. The other person will appreciate the extra thought and effort you put in.



Hit the stove

Even if you're uncomfortable with serving food to yourself, let alone another person, rest assured that online recipes will save you from your insecurities. A friend of mine recently made a romantic three-course meal—including an appetizer of bacon-wrapped asparagus, broiled lobster tails and a no-bake cheesecake—for his significant other. At the end of the day, it's more about the effort rather than the final product.

Set the mood

To complete the whole package, you want to set the mood with the right lighting and decor. My personal favorite includes scented candles, bouquets, or even the simple use of wine glasses or mason jars even if no alcohol is served. Prepare for some jaw-dropping reactions from your guest when you both sit down for dinner.





Make a toast

Before eating, prepare a short line or two to deliver a message. The toast does not have to be formal but could be short, simple and to the point. Like the bacon to the asparagus, it wraps up the contents of the event and creates a much greater impact on the person. If the idea of a toast brings out the nerves, write a short message in a card and offer it to your guest before they leave.

Clean up after your guests

Unless your guest is your mother, there's no escaping the cleanup process. Equally important as starting the meal, you want to end the meal with a bang. No guest wants to be left to scrub the dirty dishes so it's imperative you show the initiative to do so. By tidying up, you're also sending the message that you alone are responsible for the entirety of the meal and no help was sought.



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



Canadian Education News

Scott Jacobsen



Bragg family Music Education Contributions

Mount Allison University said, "The Department of Music at Mount Allison University is celebrating the announcement of a \$1-million endowment for the program. The new funds, announced Oct. 27, will help support performance and experiential learning opportunities for Music students."

John Bragg founded the Bragg Women Music Opportunities Fund. Bragg is a Mount Allison University alumnus and previous Chancellor. He and Judy Bragg

support the student performance programs as well as the touring ensembles.

"Music and music education have always played an important role in my family," John Bragg said, "I am pleased to recognize Bragg Women in my family who have made lasting contributions to music education."

Federal Funding for Particle Physics

UNBC reported on the national research laboratory for particle and nuclear physics in Vancouver, called TRIUMF. Japanese and Canadian scientists have finished work on the Ultracold Neutron (UCN) facility, which is a new experimental facility.

The Canada Foundation for Innovation gave \$5 million to help researchers build a modern experimental facility alongside the recently completed UCN facility. The research facility will be led by efforts from the University of Winnipeg, at \$3 million; the University of British Columbia, at \$1.8 million; and the University of Northern British Columbia, at \$0.2 million.

Dr. Elie Korkmaz, a UNBC Professor of Physics, said, "The CFI funds will be used to build, support, and maintain the infrastructure specific to the n-EDM experiment...The UNBC group will be involved in many aspects of the experiment, but primarily the design, building and testing the magnetic field systems and sensors."

AU FPSC-Approved Core Curriculum Courses a First

AU became the first educational institution to offer Financial Planning Standards Council (FPSC)-Approved Core Curriculum courses for an online degree program. Eight courses have been approved so far, Insurance Journal reported. Students who take the courses can qualify for FPSC Level 1 Certification in Financial Planning as well as working towards a Certified Financial Planner (CFP) certification. These are part of the Bachelor of Commerce program.

The Dean of the Faculty of Business at AU, Deborah Hurst, said, "Many of our students see great value in earning the Certified Financial Planner designation...It's a certification that is increasingly relevant and we expect demand for CFP professionals to increase dramatically across Canada."

Students are to take the core FPSC-Approved Core Curriculum courses. Following this, they take the FPSC Level 1 Examination in Financial Planning. If the students pass, they can apply for the FPSC Level 1 Certification in Financial Planning.

With the completion of the FPSC-Approved Capstone Course and the CFP examination plus three years of "qualifying work experience," the students could apply for CFP certification.

AU-thentic Events

Upcoming AU Related Events

Leadership and Management Development (LMD) Info Session

Tues, November 7, 10:00 to 11:00 am MST
Online

Hosted by AU Faculty of Business
business.athabascau.ca/event-details/athabasca-university-leadership-management-development-lmd-information-session-4-2-copy-copy-copy/

register online at above link

Manufacturing Management (MMC) Info Session

Tues, November 7, 5:00 to 6:00 pm MST
Online

Hosted by AU Faculty of Business
business.athabascau.ca/event-details/athabasca-university-manufacturing-management-mmc-information-session-4-2-copy-copy-copy/
register online at above link

Building Alberta through project innovation symposium - Edmonton

Wed, November 8, 1:00 to 4:00 pm MST
Citadel Theatre (The Club), 9828 101A Avenue NW, Edmonton AB

In-person

Hosted by AU Faculty of Business & PMI Northern Alberta Chapter
business.athabascau.ca/event-details/building-alberta-project-innovation-symposium/
register online at above link

BComm/Certified Financial Planner (CFP) webinar

Thurs, November 9, 5:00 to 6:00 pm MST
Online

Hosted by AU Faculty of Business
business.athabascau.ca/event-details/bcommcertified-financial-planner-cfp-webinar/
register online at above link

McMaster earns \$1 million for Anthropology Department

Daily News stated the Department of Anthropology at McMaster University was given more than \$1 million to bring in the best graduate students to study and research skeletal and physical anthropology. Victor Koloshuk, in honour of his late wife Shelley Saunders, made the donation.

Saunders was an internationally renowned biological anthropologist. "It is satisfying to be able to continue Shelley's legacy and to support her deep commitment to the students and the department she cared so much about," says Koloshuk.

This gift will set forth the *Shelley Saunders Scholarships in Anthropology*, which is "a fund aimed at supporting graduate students in the field of skeletal and physical anthropology." Saunders put the steps in the foundation of the scholarship in the days before her death, which Saunders took steps to establish in the days before her death in 2008 – a testament to her commitment to teaching.

Professor emerita Ann Herring, who was a friend and colleague, said, "She really wanted to open up opportunities not only for people, but she really respected the kinds of ideas that her students had – she wanted to make it possible for them to pursue their ideas and pursue their dreams."

Scott Douglas Jacobsen is the AUSU VPFA. He works with various organizations, and runs In-Sight: Independent Interview-Based Journal, and In-Sight Publishing.



More AU-thentic Events

Keeping Organized as You Search

Wed, November 8, 5:00 to 6:00 pm MST
Online

Hosted by AU Library

library.athabascau.ca/orientations.html

no pre-registration required

The Research Itinerary Series - Session 3

Wed, November 8, 6:00 to 7:00 pm MST
Online

Hosted by AU Faculty of Graduate Studies

fgs.athabascau.ca/news/presentations/

e-mail fgs@athabascau.ca with your student number to register

Alumni and Student Mixer - Halifax

Wed, November 8, 6:00 to 8:00 pm AST
Celtic Corner Public House, 69 Alderney Dr, Dartmouth NS

In-person

Hosted by AU Faculty of Business

business.athabascau.ca/event-details/au-faculty-of-business-alumni-and-student-mixer-halifax/

\$10 per person at door for group order of appetizers; cash bar

Women of Interest

Indira Gandhi was born November 19, 1917, in India and died October 31, 1984, in New Delhi, India. She was the first, and, to this day, the only female Prime Minister of India. She was in office from January 24, 1966 to March 24, 1977 and again January 14, 1980 till her death in 1984. Her father, Jawaharlal Nehru, was the first Indian Prime Minister. Indira Gandhi was known for her political ruthlessness and unprecedented centralisation of power. Gandhi was assassinated in 1980 by two of her own body guards. Both body guards were shot, but one recovered only to be executed after being found guilty of the murder of Indira Gandhi. In 1999 she was named "Woman of the Millennium" resulting from an online poll prepared by the BBC.

Additional information can be found at the following websites:

https://en.wikipedia.org/wiki/Indira_Gandhi

<https://www.biography.com/people/indira-gandhi-9305913>

<https://www.thefamouspeople.com/profiles/indira-gandhi-47.php>

Happy Halloween America You're All Addams Family Now!

Wanda Waterman



Congratulations, America! You thought your future was going to look like *The Jetsons*, or even *Star Trek*, but, sorry, no. If we had to pick a classic television series that matched the impending doom of American family life, we'd have to refer to the magnificent *Addams Family*.

The Addams family was modelled on a peculiar seam of American society—those incredibly rich and somewhat eccentric aristocrats or industrial tycoons who find themselves suddenly bereft of wherewithal. The family fortune got sucked into a vortex—perhaps an economic depression, or a war, or Grandpa's gambling problem—never to return. What to do?

If we were to watch such creatures as specimens in a petri dish, we'd often observe the following developments:

1. The self-esteem doesn't diminish one whit. They were superior to everyone before the crash and they're superior now, even though they have nothing and are quite useless.
2. The one negative element of their financial distress is a sense of tragedy that morphs slowly into a morbid preoccupation with death and dying. This makes them creepy.
3. Because they're superior, they must not work. They can't go out and get jobs. Any efforts to do so would be disastrous.
4. They simply can't bring themselves to give up their ancestral homes to live somewhere decent, and so they remain in grand chateaus that they can't afford to look after and act as if it's normal to fall through the floor.
5. They don't know how to clean or fix anything, and if they did they'd pretend not to (it would reflect badly on their superiority). And so they let the garbage and foul smells accumulate while they sit idly about, looking at old photos and reflecting on the good old days, surrounded by piles of empty tuna cans and ice cream containers. (Should I mention that they're also severely malnourished?)
6. Because they indulged in the occult and in certain bizarre practices when they were rich they continue to do so now, only such things seem weirder in a dark old mansion that's always creaking and groaning.
7. Because they can't afford to buy new clothes when theirs wear out they're obliged to ransack the attics for the ballgown Great Aunt Titania wore at her coming out party in Saint Petersburg, or the camel hair coat Great Grandfather used to wear to senate hearings. They wear them with pride, and don't give a hoot about the smell of mothballs.

Thanks to the current (ahem) *situation*, this set of conditions no longer seems to apply to just a small minority of American families. America was considered great once, and perhaps still is, but it's now also seen as a nation in decline, a nation that has endured a shocking loss of its true wealth:

justice, equality, human rights, education, and civic responsibility. And yet we still see you Americans going blithely about their business, as if to say:

"Sure, we've lost everything, but we're still alive, and we're going to stay in our rotting house until it falls down around our ears, because that's who we are!"

It's not so bad. You don't have to work anymore, because work is pointless. You don't have to clean up after yourselves because you don't know how, and it's not your fault that your servants are being taken from you. You can happily indulge in all the decadent habits you've become addicted to over the years—video games, canned whipped cream, tobacco, television, opioids, porno, football, and beer. The infrastructure is rotting around you and for all your high breeding and opulent history you don't seem to be able to stop it.

So enjoy. And happy Halloween.

Wanda also writes the blog [The Mindful Bard: The Care and Feeding of the Creative Self](#).



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: The Dalton Camp Award

Sponsored by: Friends of Canadian Broadcasting

Deadline: December 1, 2017, 8:00pm EST

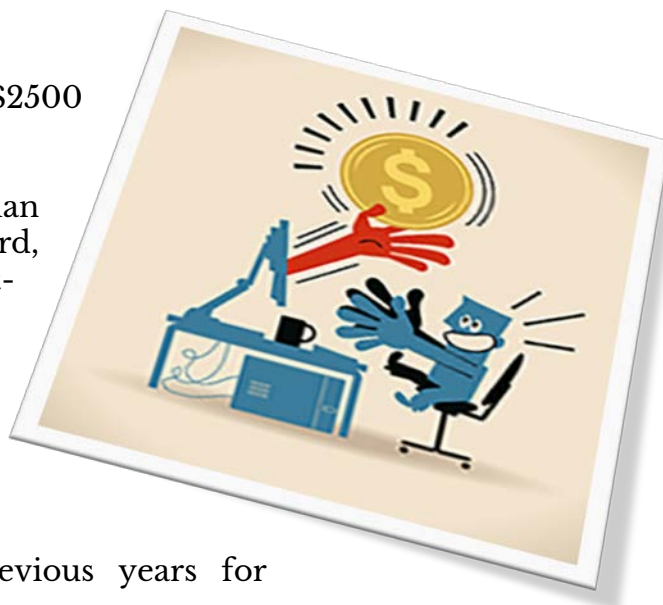
Potential payout: \$10,000, with a second award of \$2500 limited to post-secondary students

Eligibility restriction: Applicants must be Canadian citizens or permanent residents; for the student award, applicants must be enrolled in a recognized post-secondary institution.

What's required: An online [application form](#) (or e-mail) along with a maximum 2000-word essay on the link between democracy and the media in Canada and a 50-word bio.

Tips: Check out the [winning essays](#) from previous years for inspiration.

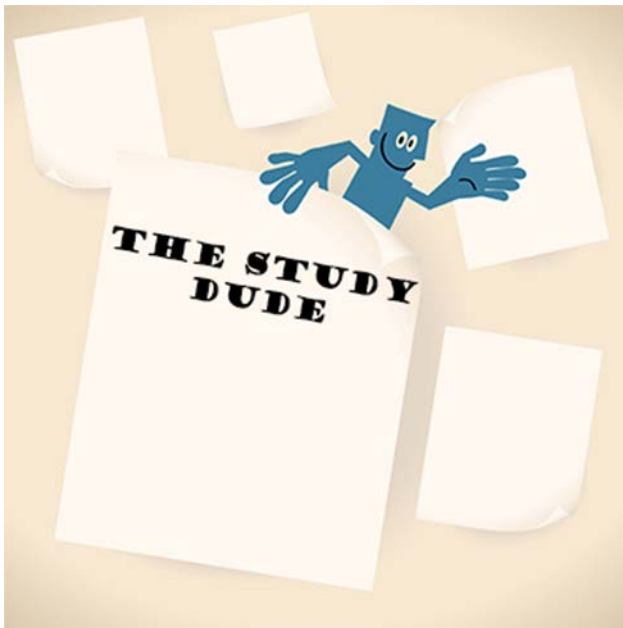
Where to get info: www.friends.ca/DCA



The Study Dude

War on Win-Win

Marie Well



Want the secret to getting an A? Use simple language sprinkled with big-words. That's what the dean I knew did on her ascent to deanship. Her papers sounded grade-two jammed with jargon. That way, she didn't pickle herself as either too stuffy or too stupid.

To gather jargon for your essays, use critical theory—any theory. Put jargon words like “milieu” in essays. But beware the angry victim role. Why hate white privilege—whatever that means? Why hate? Look instead to compromise, cooperate—you know, win-win. But good luck in finding a methodology for that model. In grad studies, I performed at an academic conference. After I performed, I asked the audience to name methods that would allow me to cooperate rather than resist. The crowd of blank faces squirmed hush-hush.

Earlier, when I served as a TA, I did the right thing. I told my students middle-class white men were vile. Students complained, but I shut down the debate. Why? Feminist studies had me ready to shave my scalp and dress like a fisherman. Resist, not cooperate, right?

Ironically, the book I cite below uses “she” throughout. So, sole use of “he” caused uproar, but sole use of “she” is okay. Why do women hate power they aim to claim?

And let's not forget the power of abstract language. Politicians use abstract slogans like “love,” “courage,” and “diversity”. Abstractions “are ... useful tools for writers who want to disguise or hide the truth” (p. 68), says Barbara Baig in her book *Spellbinding Sentences: A Writer's Guide to Achieving Excellence & Captivating Readers*. Abstractions easily deceive.

So, *sincere* politicians should spell-out abstract slogans. How? Through “specific examples, details, or statistics” (Baig, p. 69). When politicians fail to throw light, they dupe—with rah-rah rhetoric.

Barbara Baig dives into writers' worlds of abstract and concrete language. She shows how to craft precision, connotations, and concrete language in her book *Spellbinding Sentences: A Writer's Guide to Achieving Excellence & Captivating Readers*:

- Choose your words precisely—and know what they mean.
- Find the precise word: rewrite sentences, check dictionaries and thesauruses, and play with synonyms.
- Some synonyms are so similar you can swap them. Others are slightly dissimilar. So, look up synonyms' definitions.
- Take a word and jot down its connotations (i.e., its associated words). Pick the most fitting connotation to slip in your sentence.
- Fill readers in on connotations that stem from your own life. If *Aunty May* is codeword for *chip-dip pig*, then say so.

- Use specific words in writing: “Specifics give readers sensory details, statistics, examples, particulars. They provide the substance of all good writing” (p. 60).
- Specific words are often concrete; general words, abstract.
- We sense concrete words through sight, hearing, taste, touch, or smell. Abstract words we don’t directly sense, but rather, intellectualize. Examples of abstract words are “love,” “courage,” and “diversity.”
- Don’t overuse abstract words. Replace them with concrete words for livelier writing.
- Academics who use strictly abstract words sound incomprehensible to some.
- With abstract words, “you need, first of all, to be sure of your own meaning. What are you trying to say through the abstractions *justice* or *love*? Then you need to make your meaning clear to your readers” (p. 68).
- “Show your readers what you mean by those abstractions by giving specific examples, details, or statistics” (pp. 68-69).

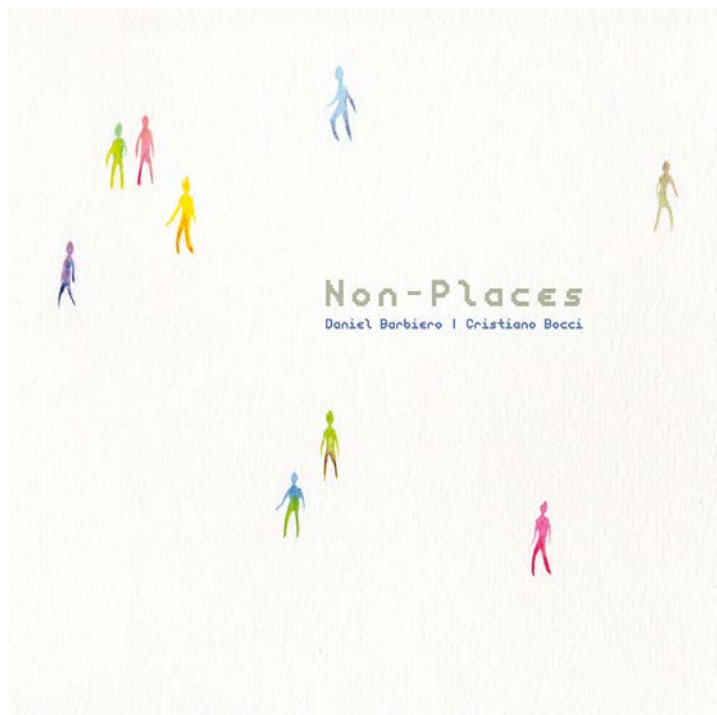
And buy a rhyming dictionary. Rhymes for idealists? Resist. The. Sensationalist. Or, if academics ever get it straight, cooperate.



Music Review

Daniel Barbiero and Cristiano Bocci

Drew Kolohon



On September 30th of this year Daniel Barbiero and Cristiano Bocci released their album *Non-places*. Barbiero has composed music that has been performed by orchestras such as The Subtle Body Transmission Orchestra and the Greek ensemble. Bocci has also had a storied music career, starting with guitar and bass and moving to the Theremin and live electronics. The album is a sound scape, inspired by public places for commercial use. These places inspire a sense of “anonymity or dis-placement,” and the music reflects that. This style of music focuses on feeling rather than melody and lyrics.

The processes involved in creating this album were extensive. First, they would take recordings from the setting that the song would be based on. Barbiero would then create a bass rhythm, and Bocci would use his skills to warp

and change what Barbiero had done using his electronic artistry. The important part about this style of music is letting the songs take you away, almost as if Barbiero and Bocci are taking you to where they recorded these public places.

The first song on this album is “Berlin Subway”. The recordings taken from the subway platform are warped and distorted. They really capture the feel of a lonely subway station; the feeling of a wide-open space, but one still underground, is very much at the forefront of this song. Their description of how they went about choosing these places is brought into light with this intense

opener, you almost feel as if you are standing in an anonymous subway station. By choosing places that many people don't have a strong connection with but pass through regularly, it can reverberate in the listeners head. While in the subway you may not notice certain sounds and nuances, however, in this form, they play off those unnoticed sounds to create feelings.

Jumping to the last song on the album "Train to Siena", we are greeted with a lonely harmonica playing a blues style progression. As the song progresses, the harmonica merges with the bass and becomes slower and more methodical. The atmosphere of this song is brought together by the bass. The haunting and drawn out notes coming from the deep bass are what make this song so intense. This is the talent that Barbiero and Bocci have with their style of music. To create such a powerful piece that started out as a simple recording.

Rather than an album focused on melody and lyrics, Barbiero and Bocci have created an album that takes you on an emotional ride. The feelings that this album instill can be intense, however letting those feelings rush over you is what this style is all about. Barbiero and Bocci are both extremely talented individuals that came together to create a work of art. *Non-places* can be picked up by digital download or physical copy. All info about the album and the album itself can be found for free [on their website](#). I strongly recommend picking it up.

Drew Kolohon is an avid music fan who is finishing up his Bachelor's degree in English.



The Fit Student Compassion

Marie Well



Did you ever get denied an empty seat taken by a "ghost"? Or open doors for strangers who soak you with love or sock you with anger? Whatever the woe, tame that temper.

Take scenario one—love:

As I walked past a storefront, a middle-aged woman appeared in the parking lot. Her shoulders slouched. Her strides plunked side-to-side heavy as elephants. Her face studied the pavement, lost in worries.

So, I held the door open, smiled, and waited for her anguished, slow arrival. When she looked up at me, her face brightened. "Is that for me?" she asked as we shared laughter.

As I shut the door behind her, her eyes widened. "Aren't you coming in?" she asked. I shook my head and smiled warmly. The door was just for her.

Compare that with scenario two—anger:

A woman and I neared a McDonald's entrance—her a meter south, me a meter east. "I'll hold the door open for her," I thought, pleased. So, I broke into a jog. The woman's face fired-up rage,

and she raced me to the door, readying to brawl. I swung the door open last minute, smiled, and said, “After you.” I was no threat to her place in line: I came to use the lady’s room.

Compare that with scenario three—more anger:

I smiled and politely asked a woman if the seat beside her was taken. She rolled her eyes and growled, “Yes, a ghost’s sitting here. Are you stupid?” She unloaded at length. I felt awful the full day, infected by anger.

So, what did we all need? Compassion. Dennis Greenberger and Christine Padesky show how to compassionately control anger in their book *Mind Over Mood: Change How You Feel by Changing the Way You Think*:

What does anger look like? “Shakiness, muscle tension, clenched jaw, chest pressure, yelling, clenched fists, and saying things that are not true” (p. 260-261).

And what happens in the headspace of angry people? “Our thoughts are often filled with plans for retaliation or ‘getting even,’ or we focus on how ‘unfairly’ we have been treated” (p. 255).

So, how do you manage anger? Compassion. “Learn to interpret other people’s actions less personally, to consider the intentions of other people in a kinder way, and to look at situations from different perspectives...” (p. 259).

Yes, compassion controls anger: “Accept that the person who hurt us is troubled or has his or her own issues to work out” (p. 263).

Also, “try to be a nonjudgmental observer and get more information, so you can test your assumptions about other people’s intentions” (p. 259).

Plus, take time outs to stop from raging: “Use timeouts as athletes do: to regroup, strategize, relax, or simply rest” (p. 261).

Also, act assertively to manage anger: “acknowledge any truth in someone’s complaints about you, and at the same time stand up for your own rights...” (p. 262).

Lastly, learn to forgive: “Forgiveness often begins with a compassionate understanding of person who have hurt you. Write about any life experiences the other person or person had that might have contributed to the ways they hurt or mistreated you” (p. 265).

But beware: the need to protect yourself may override your wish to forgive: “Sometimes we may decide not to forgive someone, such as when someone continues abusing us or those we care about. In this case, the only way to let go of anger may be to accept that the other person is abusive, be clear in our own minds that we are not to blame, and figure out ways to protect ourselves from future abuse” (p. 263).

The gift of compassion mends heartaches, even if just our own. In the scenarios above, that ghost may have marked that lady’s loneliness; that McDonald’s lady may bear a barrage of battle scars; that worried woman may have felt my love behind the door.

So, when others hurt us, or when we hurt others, learn to forgive through compassion.





Focus Vault

At a recent conference, speaker Curt Steinhorst's keynote address was called *Thriving in the Age of Distraction*. He's a talented guy that I've had the pleasure of hearing before, and this time was no exception. Not only is his material fact-based, but he offers simple solutions to keep this from being "just another speech."

Regrettably, the simplest solutions aren't necessarily the easiest to implement. Even if the solutions are succinct, catchy, self-evident, and so bloody simple you wonder how you didn't figure it out yourself. Don'tcha hate when that happens? Greater minds than mine have studied why we don't do what we should so I'm not re-plowing that ground here. Besides, if I had the failsafe method I'd be on the speaker's circuit.

So here's the deal. Never in the history of man have we been so distracted. From our start as cave dwellers to 2017, we've collectively had to assimilate the advent of writing, the printing press, driving, and now *everything*. We are distracted because of change in access. Unless we choose otherwise there is unfettered access to us and from us to the world 24-7. Forty percent of distraction is from the outside in. Math genius that I am says that most of it is then internal.

Endless access equals limited attention. Attention is our most precious and limited resource. Lest you believe it's only millennials who are distracted, think again. The evils of distraction are widely known so I won't list them here. Not every task requires our full attention but those that do, do: long-term memory, problem solving, critical thinking. And forget multitasking. Listening to music without words, doodling, and listening to audio books while doing housework can be selectively paired if the attention required is medium or light.

Assuming we agree that we're missing what's important (however we define that) what real things can we do to stem the tide?

- Understand that most people lose energy right after lunch and at the end of the day so plan accordingly.
- Take a hard look at our environment. Does it facilitate or rob attention?
- Use Evernote or similar tool for note taking with easy access/recall when we do have an attention burst.
- Spend two minutes imagining the best possible outcome for the day.
- Use filtering questions to decide if you should say yes, no, or not now when someone wants your attention:
 - What do I want?
 - What do they need?
 - What can I do?
- Turn off push notifications on your phone.
- Use 'do not disturb' in your phone settings with all but your loved ones.

- Un-enroll from external intrusions into the inbox of your life.
- Use *Freedom* to block apps, websites, or the entire internet from your devices.
- Don't be a one-man-band caricature. Use 'binoculars' to focus on the one important thing right now.
- Build a 'focus vault' when you are unavailable to anyone for any reason. Aim for two forty-minute sessions per day. Similar escapes worked for guys like Einstein, Darwin, and Nietzsche.

We didn't get here overnight, so we won't fix it overnight either. But if we want to stop frittering away our time and our lives it will take awareness and action. Now, if you'll excuse I'm going into my focus vault, from where I sit.

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

Student Sizzle — AU's Hot Social Media Topics

Following What's Hot around AU's Social Media Sites.

AthaU Facebook Group

Several discussions centre around ProctorU: Kari wonders when 2018 exams can be scheduled because ProctorU doesn't appear to be taking 2018 bookings yet. Samantha reports ProctorU couldn't access her exam at the confirmed scheduled time, leaving her to wait days for resolution. Liz launches an informal poll in an attempt to zero in on whether ProctorU service varies by day/time, since other users report high satisfaction.

Other posts include marking time for paper exams, withdrawing from a course during the extension period, and the BSc double-major option.

reddit

Prospective student Blackbunny27 requests input on AU's accounting program; a BComm student is quick to respond. In another post, a student seeks feedback on the clarity of the study guides for PHYS 200/201.

Twitter

@AthabascaU tweets: "MT @athabascaubiz: Heard the news? We're #1! #AthaU to offer online FPSC-approved courses <http://goo.gl/Co6dNY> via @InsuranceJourn."

@AthabascaUSU (AUSU) tweets: "Want to perfect your research skills? Check out all the research resources available from the AU Library! <http://bit.ly/2eLoIW9>."



The Fluidity of Success

Deanna Roney



Sometimes Success can be a funny thing. We tend to think, “Once I get to this specific point I will have succeeded, and then I will be happy.” But the idea of success tends to morph and change the closer we get to realizing one form of it.

For example, success could have been starting university. Then success could have been completing a hard course, graduating, finding a job, moving up in the job. The thing is that we tend to pin our future on the idea that we can relax when we reach “success”. It seems, though, that as soon as we reach a point of success, we may celebrate

for a moment, but within that same moment success moves, it morphs into something else and we’re now looking at that point.

When we apply to university we believe we will be happy when we get in, but once we are that idea moves down the line to graduation. If we stop and consider where we are in this moment odds are that it was once a point of success where you figured once you got there, you could relax.

The idea that the concept of success is always changing and growing as we do is good, it keeps us motivated. However, the idea that we can’t relax or enjoy certain things until then is dangerous, because it is a moving target, and one I don’t think anyone can definitively reach. It is important to take a step back and recognize where you are now, consider that this is a moment of success on its own.

Success doesn’t need to be something big either. It can be finishing a tough assignment or completing a course. It is too easy to push things aside and say “I will do this when...” but that when might never come. Each time I achieve something I once considered being the turning point of success that moment has passed with little celebration and I move that success marker further down the path, making my “when” “never”.

I pushed myself hard through my degree. And after that, I pushed myself to my new point of success, and then to get one foot in the publishing world, but now that I have one foot in in the form of internships, I feel like I need to get my other in to consider it a success. But I know, by looking back, that once I get both feet in, it still won’t feel “successful” I will still push myself forward.

So maybe part of being successful, reaching that ever-moving target, is stopping along the way to enjoy the victories and remind yourself that where you stand right now, in this moment, was once your success signpost.

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





Dear
Barb

Barbara Godin

To Serve or Protect

Dear Barb:

My sister and I each have two children. Mine are 10 and 12 and hers are 16 and 18. We have always had different ways of raising them: I am a very protective parent, while my sister is more relaxed. We've had an ongoing debate about whether a parent should shield their children from unpleasant situations. I think we should try our best to protect our children as long as we can, I feel they will have to face enough hardships when they are adults and they don't need to begin dealing with these issues as children. But my sister thinks we should let them face whatever comes their way. She thinks it will make them better adults. We were just wondering what your opinion is. Thanks, Emily.

Hi Emily:

We all want to protect our children from the unpleasantness of life, but that is not always best. Children need to learn the consequences of their actions. If they don't, when they become adults who, unfortunately, may make bad decisions, they may not be able to cope with negative outcomes. We learn about life through the choices we make, some good and some bad. If you protect your child from harmful outcomes, they will not have the ability to work through these issues and make healthier decisions next time. Pain is a part of life and our children need to realize this. As a parent you can take the time to discuss these

struggles with your child and help them to develop better ways to manage the ups and downs of life. I don't agree with your sister in that we should allow our children to face everything that life throws at them. As parents we can help our children deal with age appropriate situations. Encouragement and support is the best way to educate our children about the ups and downs of life. Hope this was helpful. Thanks for writing Emily.

Dear Barb:

A few nights ago, I was out for a birthday party; there were twelve of us at the table. My question is, "Should we wait until everyone is served before we begin eating?" It seemed to be a long time to wait until everyone was served, as our meals were getting cold. This doesn't seem right to me, what do you think? Thanks, Josh.

Hey Josh:

Good question. The general rule is, if there are less than eight people dining at the table, it is polite to wait until all are served. If there are more than eight people, usually it is acceptable to begin eating after three or four people are served, or your host may suggest you begin when you are served. Enjoy!

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.



Mindblowing Musical Moments

I have known



by Wanda Waterman

Chronic poverty has always curtailed my exposure to live music.



But volunteering at the campus radio station got me free passes to many great performances.



They were all amazing

...



... but my most memorable listening experiences have always come as surprises.



Like when I was 12 and having a bad day ...

... and I realised that Nina and Frederik singing "Inchworm" could blow my blues away.



Then there was the time our youth choir went to perform at a gathering where an unknown gospel quartet got up and sang "Come and Go to That Land."



They made the rest of us sound like air conditioners.

Then later at a campmeeting a skinny little preacher from Maine got up and played "At Calvary" on his harmonica.

When the congregation went nuts he stopped and rebuked them thus:

All the praise goes to the Lawd!!!



I, for one, believed him. Only God could have made a sound like that.

Wanda Waterman



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IMPORTANT DATES

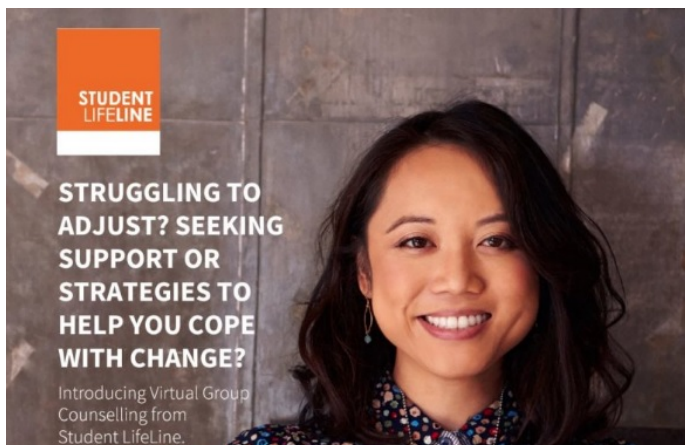
- **Nov 10:** [Deadline to register in a course starting Dec 1](#)
- **Nov 14:** [AUSU Council Meeting](#)
- **Nov 15:** [December degree requirements deadline](#)
- **Nov 30:** [Deadline to apply for course extension for Jan](#)
- **Dec 8:** [Deadline to register in a course starting Jan 1](#)
- **Dec 12:** [AUSU Council Meeting](#)
- **Dec 23-Jan 2:** AU & AUSU holiday closure, inclusive

Virtual Group Therapy

As a student, you're dealing with constant change and new challenges. But you're never alone. Join a group of other students who are navigating the challenges of change with a qualified Student Lifeline counsellor. Find out more online here.

Session Dates: Wednesday October 8, 15, 22, and 29 at 2 PM MT. Join for one session or join all of them!

To register for a virtual group counselling session, call Student LifeLine toll-free at 1.877.418.1537.



New Position Policy

Are you concerned about the income tax credit cuts? We are too! Consequently, AUSU just passed a new policy outlining our position on the federal and provincial tax credit cuts. This new policy will set the direction for AUSU's advocacy efforts on this topic for the upcoming year.

The policy was voted on by email, and will be ratified at the [November council meeting](#).

You can review the new policy online [here](#).

If you have any questions, contact us at ausu@ausu.org.



Concerned about tax credit cuts?

We are too.

Check out our new position policy.

AU Quick Links

Having trouble navigating the AU website? Want an easy way to find out what resources are available to you?

Check out our AU Quick Links online [here](#).



Athabasca University
Quick Links

Courtesy of AUSU

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