



THE VOICE

Vol 25 Issue 44 2017-11-10

The Time is Right
To Write for The Voice

War Horse
Book Review for Remembrance Day

Surgery and an MA
Decisions from a Hospital Bed

Plus:
Gourmet Student Meals
Survival in the Garrett III
and much more!



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 Even I don't look at it, it's
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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

That's Classified

Karl Low



Not many students seem to know that we have classified advertisement space available for free. If you've got textbooks you want to get rid of, or perhaps you're looking for someone to buy them from, it certainly can't hurt to let us know here at *The Voice Magazine*. Up to fifty words and we'll even include a small picture and a link, all for free for AU students.

But it's not just textbooks, this week, we got a request from a student who has recently published a book of poetry, wondering if there was some way she could get the word out in *The Voice Magazine*. I was only too happy to be able to tell her about the classified space. So, if you like poetry, perhaps now might be a good time to check out our advertisement, and from there, her book. It's inexpensive and you'll be supporting a fellow AU student.

In other news this week, there was also a surprise meeting of AUSU Council. With barely a days notice, a special meeting of Council was called, with a single motion on the agenda. The motion was to set the date of the next AUSU election for February 28. This might seem early to you, and that's because it is. Council has decided to move the election up a few weeks

to ensure that there's more transition time available to bring the next council, and particularly the next executive, up to speed before the transfer of power. Having been on council myself, I can only say that this is a good thing, as while there are usually a couple of councillors who stay on from one term to the next, the learning curve to being a truly effective council is steep, and there are also certain issues that have to be dealt with through the government of Alberta that take time to process (such as getting the new executives membership in the Board of Governors and General Faculty Council).

Meanwhile, this week in *The Voice Magazine*, our feature article is about some of the benefits of writing for *The Voice Magazine*. More writers mean more perspectives on being an AU student, and more people with incentive to spread word of the magazine, so I'm always happy to get contacts from people who are interested. However, wanting to write and actually writing are different things. Most of the people who contact me about writing never do submit an article, and that's okay. It just means I value the ones who do submit even more.

We also have the return of a writer from years ago. John Buhler used to regularly write for *The Voice Magazine* almost a decade ago. He returns this issue with his review of *War Horse*, just in time for Remembrance Day.

Also this week, we have a new instalment of *Survival in the Garret*, this time with fashion advice for the student on a bohemian budget, as well as our *Not-So Starving Student* writing about elevating student budget meals. All of which means you can save your pennies for the things that really matter, buying the stuff advertised in our classified advertisements! (You knew I'd get back around to that somehow, didn't you?)

And we haven't forgotten what you need to know about AU: events, scholarships, AUSU information, what's going on in social media, and plenty more to keep you thinking and procrastinating at the same time.

Enjoy the read!



The Time is Right to Write for the Voice

Barbara Lehtiniemi



It's an exciting time at *The Voice*! For 25 years *The Voice* has published a quality magazine for and by AU students. This month, with the fresh look of its website, *The Voice* is drawing more attention and more readers. As an AU student, you might be thinking, "How can I be a part of this?"

Get in to Win! Before you do anything else, you'll want to get in on *The Voice*'s subscriber draw for an iPad Mini. Entering is so easy you'll want to stop reading this and enter right away. There are two ways to enter (but you can only enter once).

If you haven't already signed up for *The Voice*'s weekly reminder e-mail, then sign up here: www.voicemagazine.org/subscribe. Not only will you be entered in the draw, you'll get an e-mail each Friday when the latest issue of *The Voice* is published online. (You can unsubscribe anytime after November 30, but why would you want to?)

If you were already subscribing to *The Voice*'s e-mail reminder before you knew they'd be splashing prizes around, you can still enter. Just go to www.voicemagazine.org/contact and give your feedback on the new website and you'll be entered, too.

All entries received by November 30 have a chance to win an iPad Mini or one of 25 swag packages.

Add your voice to *The Voice*. *The Voice* always has room for more voices. If you're an AU student, this is a perfect opportunity to try out your writing skills, get published, and get paid. *The Voice* pays real money for articles of all kinds including news, opinion pieces, movie and book reviews, and more. *The Voice* will also pay for short or serial pieces of fiction, and poetry. If you think you've got something to share with *The Voice*'s readers, contact the editor at voice@voicemagazine.org or complete the online form at www.voicemagazine.org/write-for-the-voice to pitch your idea.

Not only do writers for *The Voice* get published and get paid, they get their own swanky bio page. Here's a [glittering example of a bio page](#) (okay, it's mine); check out more writer bios at www.voicemagazine.org/staff. If you're an aspiring writer, a bio page is a great way to introduce yourself to the reading public. Even if you don't plan to make a career of writing, a *Voice* bio page is sure to impress your friends.

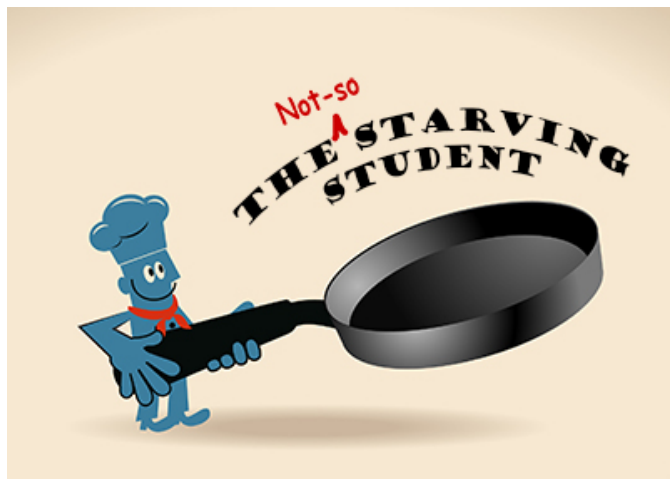
The Voice gives you great reading all week long, a downloadable PDF on Fridays, cash for your compositions, and—this month only—great prizes. *The Voice* is here for you and would love to make *you* a part of its second quarter century.

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



The Not-So Starving Student Gourmet Student Meals

Xin Xu



Last month, I wrote an article describing five different instant noodle brands. You might be thinking, “I can do better than instant noodles” and you absolutely can. So this week we bring you the best of traditional starving-student meals with a twist. For AU students juggling between full-time work, family, and postsecondary, it’s a wonder we have any time for cooking. While the whole endeavor of elevating your meal takes an extra few minutes of your time, the outcome will not only kick up the flavor and satisfaction but help keep your nutritional standards high. Here are my recommendations for healthier dieting with traditionally instant options.



Gourmet Mac and Cheese

Grubbing on Kraft dinner over the long term will mean you’re deprived of many essential nutrients, namely vitamins. If you’ve convinced yourself to eat healthier but have less than fifteen minutes to cook, you can try adding your favorite diced veggies or canned tomatoes to the mix. A recent discovery of mine includes adding frozen meatballs and spinach to my mac and cheese. In lieu of cheese powder you can also purchase aged cheddar or less processed cheese to produce that gourmet touch.

Gourmet Instant Noodles

No matter how many times I’ve preached to myself and others to cut down on the salt and MSG (monosodium glutamate, a type of flavor enhancer) intake, sometimes, as a busy AU student, you can’t help but deploy your last resort—specially when midterm season rolls around. Instead, I’ve learned to embrace the convenience of Mr. Noodles with nutritious add-ons. Adding an egg, some frozen veggies, tofu, and mushrooms transforms your average instant noodles to a delicious custom rendition in less than five minutes.



Gourmet Baked Potatoes

Lately, I’ve discovered this new addition to my speed-cooking menu that is simple, filling, and gourmet. Potatoes are packed with nutrients themselves, but can be elevated in less than five minutes. While baking your potatoes, pre-heat some canned chilli in the microwave and set aside. I typically study or practice yoga while the potatoes bake and, within an hour, my potatoes are ready to eat. To add the finishing touches, cut your potato in half, add a spoonful of chilli, and top it off with a slice of processed cheese and your favorite herbs—you’re ready to feast!

If you're rolling your eyes at the absurdity of putting the "meal" in oatmeal, you can rest assured that savory oatmeal is a legitimate recipe. One method is to use a can of Campbell's soup. It helps enrich the flavor and adds substance to oatmeal. Other methods include adding fresh veggies, eggs, or shrimp to the mix. The options are endless and makes a healthy, quick, delicious meal all in one.



Waffles are delicious but difficult to make; they require the right equipment, the right texture of flour, and proper toppings. To cut down my workload, I consistently stock my freezer with Eggos or other pre-made waffles that are easily cooked in a toaster. If you're not a fan of waffles, plain or whole-wheat bread is another option. To create easy toppings that are not reminiscent of breakfast, I like to add canned hummus, a fried egg, salsa, avocados and shredded cheese. There's so much room for creativity with waffles (and toast) that the possibilities are endless.

What creative meal hacks do you have? Throw us a [comment on the website!](#)

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



Scott Jacobsen

A rolled-up newspaper with the headline "Science & Technology". The masthead also includes the words "News +++ Information +++ News +++ Information +++ News" repeated across the top. The paper is shown from a perspective where it's partially unrolled, revealing some text underneath the main headline.

A press release from Innovation, Science and Economic Development Canada said, “When Canada's scientists have the best support to meet their needs, whether new labs and equipment, access to funding, or opportunities to collaborate with their research peers or train new generations of students—they are able to pursue bold new ideas and make exciting breakthroughs in research.”

The funding is provided by the Social Sciences and Humanities Research Council of Canada (SSHRC), the Natural Sciences and Engineering Research Council of Canada (NSERC), the Canadian Institutes of Health Research (CIHR), and the Canada Foundation for Innovation or CFI.

Minister of Science Kirsty Duncan and Minister of Health Ginette Petitpas announced the formation of the Canada Research Coordinating Committee CRCC. Duncan and Petitpas said in a letter that the committee will be devoted to the improvement of collaborations between all of the funding groups/

Another task of the CRCC is to address the Fundamental Science review recommendations, such as the improvement of support for “international, multidisciplinary, risky and rapid-response research.” The presidents of SSHRC, NSERC, and CIHR will be the chairs on the CRCC in rotation.

Canada Science and Technology Museum Reopens

Vancouver Metro reported on the three-year closing of the Canada Science and Technology Museum. Since its absence and re-opening, there will be a new featured exhibit entitled “Medical Sensations.” This is to exemplify the ways in which the five senses are utilized in medical diagnosis.

Annie Jacques, from the Exhibition Interpretation office, stated that the original vision of the organization was a focus on medical imaging. Jacques said, “We thought that was an interesting twist, how sound allowed us to diagnose patients.”

The Director General of the Museum, Christina Tasser, stated that the new museum will include a “maker’s studio,” which is called Exploratek. The reason for the previous shutdown was mould issues in 2014 for the museum. It will open once more on November 17, 2017.

The History of Science Funding for Canada

Maclean’s Magazine reported, “Twenty years ago, Canada embarked on a bold journey that profoundly transformed Canada’s fundamental research enterprise. The result was a significant increase in overall funding and support for fundamental research. But that transformation wasn’t just about money: It also profoundly changed the landscape for research in Canada.”

Various infrastructure was funded through the creation of agencies as well as programs such as Canada Research Chairs, the Indirect Costs

AU-thentic Events

Upcoming AU Related Events

AUSU Council Meeting

Tues, November 14, 5:30 to 7:30 pm MST
Online

Hosted by AUSU

www.ausu.org/event/november-council-meeting-2/

No pre-registration required; e-mail admin@ausu.org for meeting package

Online MBA Info Session

Wed, November 15, 10:00 to 11:00 am MST
Online

Hosted by AU Faculty of Business

business.athabascau.ca/event-details/online-mba-executives-information-session-10am-mst-nov-15/

register online at above link

Revising a Dissertation for Publication

Thurs, November 16, 2:00 to 3:00 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

MBA in Hockey Management Info Session

Thurs, November 16, 10:00 to 11:00 am MST
Online

Hosted by AU Faculty of Business

business.athabascau.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-3-copy-copy-copy-copy/

register online at above link

FHSS Talks

Fri, November 17, 2:00 to 4:30 pm MST
Edmonton (AUE 1112) and Calgary (BVC S6024)

In-person and online

Hosted by AU Faculty of Humanities and Social Sciences

athabascau.adobeconnect.com/fhss-research

no pre-registration required; connect via above link or phone 1-855-228-6652; participant code 7503945

Program, and the Canada First Research Excellence Fund. There was a call for cross-disciplinary and international work initiatives.

As it is the “modus operandi” for science in the 21st century, Chief Executive of Wellcome Trust, Jeremy Farrar, said that having multiple people from various and different backgrounds brings about new thought and quicker development.

A blue-ribbon panel appointed by Minister of Science Kirsty Duncan and chaired by David Naylor published or released a report on the means by which to modernize research in Canada. Discussions on the report focus on money. However, only 1 of the 35 recommendations in the report from Naylor was about money.

Astronomers Notice Object from Outside Solar System

“For the first time, astronomers have observed something passing through our solar system that has likely travelled light years to get here.” CBC News: Technology and Science said, “The object — which initially some believed to be a comet, but is now believed to be an asteroid — was discovered on Oct. 19 by Canadian Robert Weryk at the University of Hawaii Institute for Astronomy.”

He was going through Pan-STARRS survey data, which is devoted to data about near-Earth objects. He saw something orbiting the sun looking like a comet or asteroid. It was different what he found. He double-checked the data.

They could tell this was an external-to-solar-system originating object based on speed. Objects around the sun at the earth’s distance would move at about 42 kilometres per second, whereas an object passing through moves at about 44 kilometres per second.

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



Women of Interest

Mother Teresa was born on August 26, 1910, under the name of Agnes Gonxha Bojaxhiu, in Uskup, Kosovo Vilayet, and died September 5, 1997, in Calcutta, West Bengal, India. Her father died when she was eight years old, leaving Teresa and her sister. She left home at the age of eighteen and never saw her mother or sister again. In 1928, Agnes received a calling from God to help the poor, thus began her life of caring for the poor and helpless, and when she took on the name Sister Mary Teresa. Mother Teresa was an Albanian-Indian Roman Catholic nun and missionary. In 1963 she founded the Missionaries of Charity which is a Roman Catholic religious organization consisting of over 4500 sisters who worked in 133 countries worldwide. The Missionaries of Charity are actively working with people suffering from AIDS, leprosy, and tuberculosis. Members also work in soup kitchens, orphanages, schools, and where-ever the need is strong. Mother Teresa was the recipient of many honors and awards including the Ramon Magsaysay Peace Prize in 1962 and the Nobel Peace Prize in 1979. Mother Teresa suffered cardiac problems beginning in 1983 and died of heart failure in 1997. She was canonized on September 4, 2016.

<https://www.thefamouspeople.com/profiles/mother-teresa-24.php>

<https://biographymotherteresa.weebly.com/time-line.html>

<https://www.biography.com/people/mother-teresa-9504160>

Book Review

War Horse

John Buhler



War Horse

by Michael Morpurgo

Egmont: 2017

192 pages

ISBN 978 1 4052 2666 0

On September 19, 1914, my grandfather enlisted in the 3rd Battalion of the Canadian Expeditionary Force and headed off to war. In addition to volunteering, he offered his horse for military service. According to family lore, my grandfather wanted to serve with his horse in the cavalry. Nevertheless, he ended up in the infantry, suffered multiple gunshot wounds and injuries from shrapnel, but survived the war. I have no way of knowing what became of his horse, but most horses used in the First World War met tragic ends. Having grown up with the story of a farm horse sent off to war, Michael Morpurgo's book *War Horse* holds a special significance for me.

War Horse is not a new book, but it is a book that I often think about as Remembrance Day approaches. It is clearly meaningful for many other people as well, given that it has been reissued numerous times since its original publication in 1982, turned into a play for London's National Theatre in 2007, and

made into an epic film by Steven Spielberg in 2011.

Michael Morpurgo presents the story of a young horse named Joey and his young master, Albert. Following the start of the First World War, Albert's father—to pay the mortgage on the family's farm—sells Joey to the British Army. When Albert learns of this betrayal, he promises that he will eventually find his horse.

The First World War was largely waged through trench warfare, and suicidal attacks mounted against enemy positions often resulted in capturing insignificant amounts of enemy territory. To overcome the stalemate on the battlefield, the Germans developed poisonous gas and Britain and France developed tanks. Even though the means of killing became more industrialized and automated in the First World War, both sides were still using horses for cavalry, to transport the wounded, for supply lines, and to haul artillery across a shattered landscape impassable with the motorized vehicles of the day.

At first, Joey is used by the British cavalry. Told from the horse's perspective, we witness the futility of young men on horseback, swords drawn, charging through enemy machinegun fire, artillery shells and barbed wire. After being captured by the Germans, Joey is pressed into service transporting wounded soldiers to a field hospital. Eventually, he becomes part of a team of horses hauling German artillery. Throughout the story, Joey witnesses the senseless slaughter of humans and horses.

As Jilly Cooper recounts in *Animals in War*, most horses that died on the Western Front were not killed by the enemy's weapons, but rather succumbed to the weather, a lack of supplies and exhaustion. Many fell into bomb craters from which they could not be rescued or drowned under the surface of the pockmarked and muddy landscape. It is estimated that eight million horses died in the First World War.

War Horse is certainly one case in which the book is better than the movie. The even-handedness with which Michael Morpurgo depicts the warring sides is not reflected in Spielberg's motion picture. The film lacks the nuances of Morpurgo's writing and instead lapses into a stereotypical portrayal of Germans.

Though the intended audience is young readers from about 9 to 12 years-of-age, *War Horse* is an insightful and thought-provoking book for readers of any age.



John has his BGS from AU and started writing for the voice while he was taking it in 2003.

Survival in the Garret III

The frugal student's bohemian wardrobe

The long, international tradition of starving artisthood has already brought you a list of Why are we pushing bohemian chic? Of all the styles of dress it's the best suited to living on a shoestring while creating a personal style. (We're referring to traditional bohemian style, not to the more recent "boho"—a commercial version of sixties flower child garb. The flower children had a wonderful style, but they didn't develop it by shopping at Winners.)

The time is now, while you're still a student! Unless upon graduating you plan to join *Cirque du Soleil* or busk in subways for a living, your clothing choices will likely soon be dictated by someone who values respectability and decorum over creative personal expression. Until then, here are some tips to help you embrace your inner Amedeo Modigliani:

- 1. Go thrifting.** It's already a given that you're going to be haunting thrift stores for timeless, high quality garments that you can wear forever and accessorize any which way. Also be willing to open your arms to hand-me-downs from friends and family. If Aunt Millicent ever asks you if you found a use for the lovely maroon polyester pantsuit she's outgrown, say "yes," but don't tell her you made it into couch cushions.

- 2. Go for natural materials.** If you believe animals shouldn't be sacrificed to provide you with a second skin, you can skip the fur and leather and go for wool, cotton, and linen. Natural materials breathe, repel dirt, last, are biodegradable, and look classy. 'Nuff said.

Wanda Waterman





3. Collect scarves. A scarf is an incredibly useful fashion staple. Collect a wide variety of colours, shapes, and patterns and learn how to arrange them in flattering ways so you'll always be ready to make a statement.

You'll notice that changes in the fashion world nearly always include new looks in scarves, so it's a cheap way to make your look *de rigueur*.

They're also practical—besides keeping you warm, scarves can double as headgear, handbags, bandages, towels, diapers, beach blankets, hankies, and even, unless you're in Quebec, face coverings.

4. Forget haircuts. Unless you know someone who'll give you a bob and keep it trimmed for nothing, just grow your hair out and put it in a ponytail if gets in your way. Use the time and money saved from barbershop and salon visits to hang out at literary cafés. With your shaggy mane you'll fit right in.

5. Experiment with makeup. Black eyeliner for one is a cheap way to add an artsy mystique, but only if you've developed some skill and have an eye for what looks alluring but not bourgeois. Bright red lipstick is another way to make a statement.

6. Choose your baubles well. Vintage jewelry is about as bohemian as it gets, and it's also relatively cheap. You can also get it for nothing if you rifle through family jewelry boxes and talk about how wearing certain items would help remind you of your family's history.

Wearing Great Great Grandpa's
watch chain would help me
remember the Alamo!

7. Scent? There are few commercial perfumes that create the right ambience, so a lot of bohemians reject them altogether. But essential oils work well, patchouli oil the one that best creates that "eau de hippy" mystique. Essential oil is expensive, so if you do decide to invest use it sparingly, on clothing items you don't wash as often as you wash yourself.

8. Let things get old. This not only saves you money on new clothes but also gives you the appropriate shabby-genteel look. If anyone asks you why you're still wearing that withered old silk jacket say that it's because it's *wabi sabi*. If they know what that means, they'll probably agree. If they assume you're talking about some great new designer, even better. If they ask what *wabi sabi* means, look shocked, spew out a contemptuous operatic laugh, and walk away.

9. Better too big than too small. Loose, comfortable clothes are so much more typically bohemian than tight or tailored ones, with the exception of tight black cigarette jeans, a wardrobe staple for skinny-legged art students everywhere.



10. Collect the right accessories. A few bohemian classics are berets, wide-brimmed hats, sunglasses, and army surplus anything. Start collecting now, and never throw anything away because this stuff never goes out of style. Your children will thank you later.

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



Surgery and an MA

Deanna Roney



A while back I wrote an article that outlined the odd way my educational journeys begin. When I started kindergarten, I did so with a broken leg. When I made the decision to go back to school for my Bachelor of Arts, I did so while laid up on the couch with a reconstructed ankle post-op. Now, several years later, I am facing another surgery, on the same ankle, and I find myself drawn back to school for my Masters of Arts.

When I graduated in 2016 I debated whether I wanted to jump into an MA right away or poke around the workforce a bit and see if I could

edge my way in. I have learned a lot since I graduated, I have found the direction I want to go, and I have decided that going back for my Masters is a key step to achieving this goal. Making this decision, I dove into the depths of internet research looking for the best program that would fit what I am wanting to get out of this degree. I searched several schools which offer MA's through distance, including Athabasca University. I searched through course offerings, program outcomes, professors, everything that might sway my decision. Ultimately, I decided to apply to Athabasca's Masters of Arts Integrated Studies program. Several factors informed this decision, the most influential being that there was a possibility of directed studies courses and being able to mould this degree into what I want to get out of it. I reached out to an undergraduate professor and, after my discussions with her, decided without a doubt that this is the direction I want to go.

A bonus to deciding on AU for the academic flexibility and ability to personalize my degree outcomes is I can start working towards that degree prior to being admitted as a program student. Being admitted as a program student means intake is either January 1st or September 1st, I had long missed the January deadline and without these non-program options, it would mean delaying my start to September. But once I have made a decision like this I would rather jump headlong into it than wait. There are limitations to being a non-program student, but none that will hamper my ability to work toward my degree before being admitted. The limitations are that you are only permitted to take two courses per semester and have a maximum of five courses as a non-program student.

So now I wait to see if my application as a non-program student is approved and I can start working on courses. I sent my application in on Saturday and I can already hardly wait to get going on my courses. I had similar feelings of uncertainty as when I started my undergrad degree. But, I reminded myself that I made out just fine there. It took a lot of work, but that's kind of the whole point, isn't it?

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





Unpack and Examine

“Warm, funny...unbearably moving.” Such is just some of the high praise for Fredrik Backman’s debut novel, *A Man Called Ove*.

Like one of life’s sweetest surprises, I stumbled on this book entirely by accident. During a visit to the Canmore library I checked out the book sale rack. I was drawn to the book’s somewhat plain title and different cover design. On the copy I ended up buying, we see a very low horizon, wispy clouds, and the back view of an older man. Not until now did I notice the cat rubbing up against his legs. The back-cover copy uses words like ‘grumpiest man’ and ‘curmudgeon’ and ‘old-fashioned clarity of belief’ and ‘idiots.’ What’s not to love, I thought.

And while I don’t admit to being curmudgeonly I saw and heard myself—over and over and over again—within the pages. I believe most men and women of a certain age exhibit these traits to a greater or lesser degree. Some of us may even be married to one. For the record, a curmudgeon is defined as “a bad-tempered, difficult, cantankerous person.”

Who among us hasn’t ranted about the idiots around us, the unflinching rigidity of bureaucrats (white shirts), the virtues of our chosen make of car, the bone-deep certainty of our beliefs? We might be dead wrong. We might be espousing opinions whose origins we no longer remember or understand. We might be making asses of ourselves. Yet it never occurs to us that we may just be plain wrong.

I can say unequivocally that this is the best book I’ve read all year and I’m at ninety-five titles so far. Considering it was translated from Backman’s native Swedish, it is impeccable in its language and structure. The cast of human characters is richly drawn, and even the cat grows on me as Backman imbues it with human emotion and thought. Each chapter could easily stand alone as a short story but together they create a masterpiece greater than the sum of its parts.

This book made me laugh out loud and nod in recognition. Yet as the inevitable end drew near I cried like a funeral mourner. I didn’t want this book or its people to end. I’ve since learned that an award winning foreign film was made based on the book. In September it was announced that Tom Hanks would star as Ove in an American remake of the movie. As good as Hanks is, I doubt that any movie will do the book justice.

Now of course, I want to read everything else Backman’s written. With titles like *My Grandmother Sends Her Regards and Apologies* and *Britt-Marie Was Here* and similar cover art I expect the same technical skill, meaningful subject matter, simple style, humour, and cry your eyes out emotion. It doesn’t always materialize with follow-up titles but here’s hoping.

In the meantime, I’ve got some opinions and beliefs to unpack and examine, from where I sit.

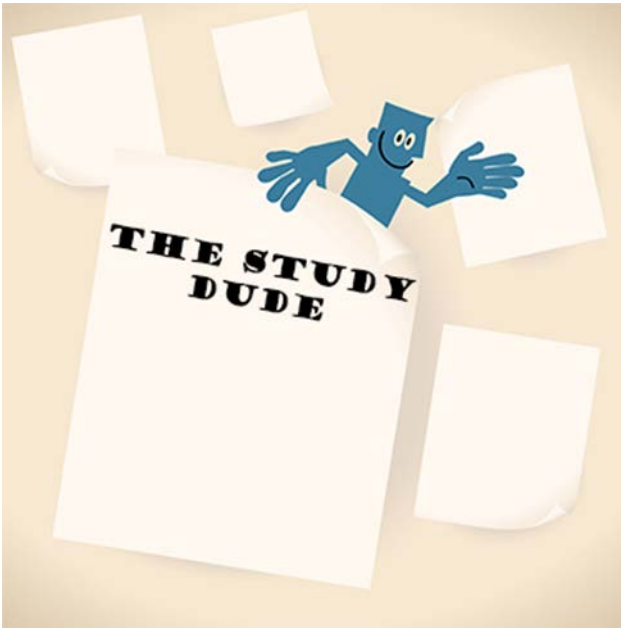
Hazel Anaka’s first novel is *Lucky Dog*. Visit her [website](#) for more information or follow her on Twitter @anakawrites.



The Study Dude

Gone with the Words

Marie Well



Learn how to paint words—in your writing, life, and dreams. Creative people think thoughts as vivid as movies, says author Barbara Baig (2015). So, daydream *Gone with the Wind* in words. But first, study your dreams.

Once, I awoke during a dream, but the dream kept playing. So, I quietly watched the dream like a blockbuster film. But no flick could've captured the 3D awe. When I rustled a bit, two voices muttered as the dream machine halted—cogs blowing Walt Disney's last breath.

Now, imagine heavenly dreams. When nightmares jolt me awake, I cook up angelic endings. When the dreams reoccur, I discover churches instead of dead-ends, nuns instead of Weinstein, Bibles instead of *Introduction to Anatomy*.

So, we can change endings of dreams. Why not of real life?

I aimed to do just that—through a documentary. The film's premise? Reimagine reality; live a delusion. In other words, change dull grey roads to golden jeweled cobblestones. Change lone geese to angels riding pastel doves. Change bitter baristas to Mother Teresa footing the bill—yes, if only in your mind.

Sprinkle in spiritual imagery such as Tibetan treats—violin-like singing bowls, burbling Buddha fountains, sweet Ylang-Ylang aromas, glittery Amethyst rocks, and moaning monk meditations. Add these to your deluded reality—and dreams.

The reward? My tweaked dreams still reoccur. And if life moves in circles, my delusions will someday flower.

Barbara Baig shows how to take daydreams and turn them into words in her book *Spellbinding Sentences: A Writer's Guide to Achieving Excellence & Captivating Readers*:

- Learn to paint words: “Train [yourself] in the language of the imagination” (p. 74).
- Imaginative writers merely practice more: they observe, describe, and narrate.
- Get the terminology straight: Description involves static (still) images; narration involves moving (animated) images; discursive writing persuades, argues, explains, or instructs.
- Essays use dull, discursive writing [but description and narration spice the bland. See Dr. Helen Sword's book *Stylish Academic Writing*].
- Train yourself to sense your surroundings. Burn what you sense in memory. That's the mark of imaginative writers.
- Imagine some place you love—real or fictitious. Jot down all the sensory stuff in your special world.
- Collect words that reflect sight: shapes, colors, sizes, and so forth.
- Similarly, collect words for all the other senses: smell, touch, taste, hearing—words like smooth, feathery, honey-sweet, and thunder.
- Notice body language, too: postures, stretches, grins, and grimaces.

- Play with something called *synesthesia*, which means mixing senses: smelling tastes, seeing touch, hearing scents, and so forth.
- Synesthesia happens often in writing: “the soft smile,” “the sweet stench,” “the bitter touch.”
- Turn emotions into sensory images. Don’t say, “He loved her.” Say instead, “He called her playful pet names—Sweet, Baby, and Love—as he whispered his innermost thoughts.” Or say, “He pulled her in for a bear hug, breathing a puff of air into the crown of her head.”
- Be selective where you increase or decrease sensory details.
- Clarify abstract words like “justice” with metaphors, similes, and analogies.
- To paint words, either describe static images or narrate moving images. Or do both.

Yes, turn images into description or narration. And never moan, “Too hard!” When I first weeded passive sentences, the task seemed a nightmare—now, second nature.

And as for my nightmares? No more. My delusions? Well, I mull my documentary—aptly titled *Gone with the Words*.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: iGotcha Digital Excellence Scholarship

Sponsored by: iGotcha

Deadline: December 1, 2017

Potential payout: \$1000

Eligibility restriction: Applicants must be Canadian or US residents and must be enrolled at a college or university.

What's required: An online application form. After a screening process, applicants will be given the topic for a 500-word essay.

Tips: iGotcha is a "leading specialist in creative technological experiences", so chances are essay topics will relate to that field.

Where to get info: igotchamedia.com/en/about-us-igotcha-media-digital-signage-montreal-canada/igotcha-digital-excellence-scholarship/



The Fit Student

Last Swallow of Sweet Potato Pie

Marie Well



The day Papa dies marks the day my telomeres shrink.

But let's backtrack.

Daily, I munch flaxseed, fruits, veggies, bran, and beans—yes, fiber. (Fiber-bombs scrub small intestines in ways worthy of bowl-selfies.) I sleep 8 ½ hours, weightlift, shadow-box, and eat like David Suzuki fasting after a Burger King binge. Despite all that, nausea and sleepiness haunt me. Last week, I dozed thirty-aching-hours straight.

Yet, I aim to secure a career; to earn six-figures while keeling over cans 'til quittin' time—toilet-bowls my makeshift pillows. The first step? Stop my gut's knock-outs.

One reason for angry guts? Stress. Stress damages cells and dumps debris, says Dr. Elizabeth Blackburn and Dr. Elissa Epel (2017).

Not long ago, I went through half-a-decade of stress—spacey, shaky, too daffy to chitchat. I've since cured myself,

but my body's still sweeping the trash. Yet, even resilient people get attacked with panic. Author and M.D. Dr. Daniel G. Amen got slapped with panic when his loved one passed. And one day too, my Papa will pass.

But Papa's my hero. When I went hungry, he splurged on groceries—no cap on the grocery bill. That is, until he spotted ribeye steaks heaped inside my shopping cart. Months later, I got struck with pneumonia, flattened face-down on a bench, strangers murmuring about an ambulance. Moments later, Papa drove up and sped us off to the Diner Deluxe for sweet potato pie. Later still, when I ran out of "leg-gas" from riding my bike for miles, I laid roadside, helpless. That is, until Papa showed up, hauling me straight-away for steak and cheesecake at a pizzeria.

Once, as I awaited on the roadside for Papa, a policewoman nudged me, "Are you okay?" She forbade me to sleep on the sidewalk. Yet, I had no energy to stand. The solution? A heart monitor maybe. Or perhaps bus not bike. But for now—and forever—Papa.

But like all humankind, Papa will one-day pass. I fret that day—the loneliness, the heartache, the stress, the loss. And stress shrinks telomeres.

According to the American Psychological Association, telomeres are the tiny caps at the tips of your DNA strands. When stress shortens your telomeres, you age and face health risks. With aging, you get more prone to sickness "that can spread inflammation through the body like a fire..." (Blackburn & Epel, 2017, p. 176).

Dr. Elizabeth Blackburn and Dr. Elissa Epel talk about telomeres—how exercise keeps them long and how stress snubs them short—in their book The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer:

- Stress harms telomeres; exercise helps: "Stress can shorten telomeres, but exercise shields telomeres from some of stress's damage" (p. 183). "For telomere health, you need to get regular exercise ..." (p. 180).

- Exercise helps even extreme stress: Psychologist Eli Puterman reported, “The more [high-stressed] women exercised, the less their stress ate away at their telomeres” (p. 183).
- Yes, exercise keeps telomeres long: “Sedentary people have shorter telomeres than people who are even a little more active” (p. 177).
- Plus, exercise benefits cells: “After exercise, when your body is recovering, it is still cleaning up cell debris, making cells healthier and more robust than before exercise” (p. 179).
- Cardio especially matters for telomeres: “Those who increased their aerobic fitness the most had greater increases in telomerase activity” (p. 178).
- Mixing exercises gives huge payout for telomeres, too: “The more categories of exercise—from walking to biking to strength training—that people engaged in, the longer their telomeres” (p. 178).
- In general, a healthy lifestyle stops stress from snipping telomeres: “The more you can practice good health habits—effective emotion regulation, strong social connections, good sleep, and good exercise—the less that stress hurts your telomeres,” says psychologist Eli Puterman (as cited in Blackburn & Epel, 2017, p. 185).

So, the day your hero passes, don't keel over 'til quittin' time, plotting your last swallow of sweet potato pie. No! Toughen up your telomeres on treadmills instead.



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Kari is stymied by references to "T.P." in her PSYC 388 text; responses suggest it likely means Transpersonal Psychology (and not Toilet Paper.) Miranda is concerned that a mandatory course continues to be unavailable; suggestions include contacting the course coordinator for alternates.

Other posts include transfers to a non-AU program, AU's Master of Distance Education program, copying e-text graphics into study notes, and learning with e-texts.

reddit

Brain melt: user mikemazda3 finds the TAXX 301 textbook dry and seeks feedback and tips from students who have survived this course.

Twitter

@AthabascaU tweets: "It's [#nationalnovelmonth](#) & we asked published author (& [#AthaU](#) prof) [@angie_abdou](#) her advice for aspiring writers <http://ow.ly/4TFg30goIK0>."

@AthabascaUSU (AUSU) tweets: "Great opportunity to take in-classroom [@AthabascaU](#) courses in Calgary - <http://bit.ly/2zl887Z> [#abpse](#) [#AthaU](#)."

Youtube

[AU Press](#) celebrates University Press week by posting [The Truth About Open Access Publishing](#).





Dear
Barb

Barbara Godin

Cheating Tricks

Dear Barb:

My husband and I've been married ten years. A couple years ago he had an affair while we were going through a bad time in our marriage. He was very sorry and begged for another chance. I've tried to forgive him to make our marriage work—we have two young children. But it's been rough going. Every time we have an argument the affair comes up. I can't help it. My husband takes responsibility and knows he has to give me time to work my way through it. The biggest problem healing comes from our friends and family. Most of my friends think I shouldn't have forgiven him. My best friend is trying to be supportive, but it's obvious she has her doubts whether he'll stay faithful. I'm starting to think maybe they all know something I don't, like maybe he did this before and they knew about it? My mom is supportive. She went through this with my dad and they managed to stay together, but their relationship is very strained at times. I don't know how to deal with the negativity and doubts. Help! Kristen in Texas.

Hi Kristen:

So sorry that you had to go through this. Men cheat for many reasons and I'm sure you researched all of them and questioned yourself and your marriage. The bottom line is you and your husband decided to try to make your marriage work. Whether your friends approve is not important. You have two kids and that is your biggest priority now. If your friends can't accept

your decision and put this behind them, then it might be time to look for new friends. It's always easy for someone else to judge, but until they have been in the same position, they will never know what they would do. You have chosen to give your husband a second chance, so see what he does with it. But remember, constantly accepting cheating from your husband suggests personal issues, as no one should accept this type of betrayal. Thanks for your letter Kristen.

Dear Barb:

It is a few days after Halloween and I'm still shaking my head. Why were all these 15 and 16 year old teenagers knocking at my door for candy? I think Halloween should be for the little ones. What do you think? Pat.

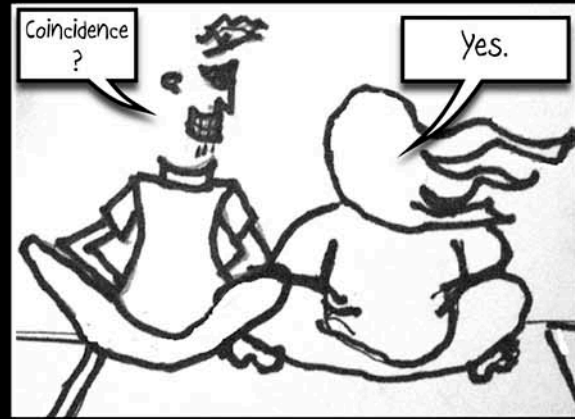
Hi Pat:

I feel the same as you. Halloween should be for 12 and under. Groups of teenagers can be intimidating for little kids already struggling because of costumes and masks. Not that teenagers intend to scare little kids, but, as a group, they are usually loud and pushy. Hopefully parents will encourage their teens not to go out trick or treating but rather celebrate with friends at a house party. What really annoys me is when teenagers don't even dress up, they just go house to house with their plastic bags! It's an issue every year and I'm sure there will always be the ones that continue trick or treating far too long. Thanks Pat.

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.





Don't you believe in fate?

Fate? What you're talking about is magical thinking: imagining a connection where none exists.

Soooo—a random meeting between two free human beings—

—is just part of the smorgasbord life offers, inviting us to choose whatever might actually help us on the journey.



Woohoo, smart AND beautiful! Tell me, baby, what advice do you have for a lonely guy on a journey of (heheh) "enlightenment?"



Abandon
your quest
for sexual conquest
and nurture a deep respect
for the sanctity
of each living creature
you encounter.

Quinn Watson





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IMPORTANT DATES

- **Nov 14:** [AUSU Council Meeting](#)
- **Nov 15:** [December degree requirements deadline](#)
- **Nov 26:** [Ottawa Student Meet & Greet](#)
- **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

Student Lifeline - Caregiving

Maybe you're caring from a distance for an aging parent. Or perhaps you're caring at home for a loved one who has a serious illness or disability. **Student LifeLine** has resources to support you with all your caregiving needs, from finding services to handling the emotional toll of caring for a loved one. They also have resources to help you prepare for end-of-life issues.

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

You can also log in to <https://login.lifeworks.com/> (username: **AUSU**, password: **wellness**) to access a wealth of helpful articles and resources, such as:

- Homepage feature on Caregiving articles, infographics, toolkits, and more
- New series of Caregiver Audio Tips
- Caregiving Tips for the Sandwich Generation podcast
- Article on Planning for Incapacity and End-of-Life Decisions

This is a FREE service for all AUSU members!

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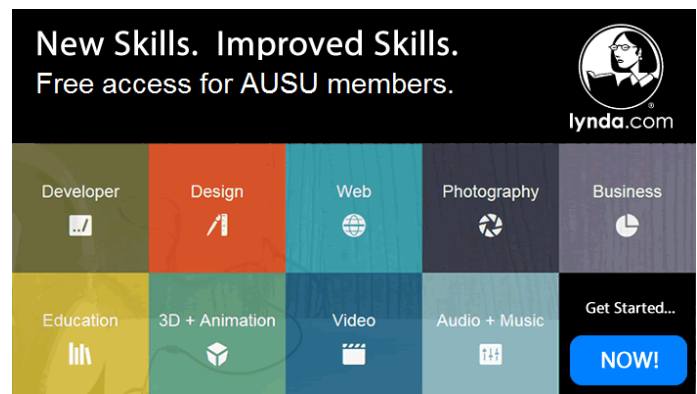


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Did you know AUSU has a new poll on our website every 2 weeks? Visit our homepage at www.ausu.org, scroll to the bottom right, and take our poll!

Check back for a new one every other week!



CLASSIFIEDS



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speaking of womanhood
of love
of pain
of loss
of heartbreak.
It is a collection
Of all things I wish
I could have said,
But was too afraid.
This is a release of emotion
A catharsis.

Available now at [Amazon.com](https://www.amazon.com)

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THE VOICE

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