



# THE VOICE

Vol 25 Issue 45 2017-11-17

## Minds We Meet

Interviewing Students Like You!

## AUSU Election Warm-Up

It's Not too Early to Start Thinking About it.

## Dear Facebook

It's Not You, It's Me. And You.

Plus:

Course Exam: Math 215

Music Review: D.O.A.

and much more!



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## LETTERS TO THE EDITOR



**We love to hear from you! Send your questions and comments to [voice@voicemagazine.org](mailto: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 Long and the Short of it.****Karl Low**

If you're following post-secondary news, you already know about the strike action going on across Ontario's post-secondary institutions. From what I've read, there are two primary sticking points remaining on the table. The first is job security. Universities and colleges across the province are moving more and more to sessional instructors and Teacher Assistants. In a time of continually tightening budgets, this is understandable. They cost less, they allow the university to be more flexible to enrolment changes. This lets them balance the demands of students, staff, and faculty with the demands of governments (and the public) that are not willing to take on the costs required to fully educate their citizens.

Regular faculty see this, naturally, as a threat. After all, if you can hire two or three sessional instructors for the price of a single tenured professor, why on earth would you bother ever awarding tenure again? Far better to save what money you have for the "star" researchers that are more likely to draw in the lucrative graduate students, and everything else that you're forced to do by government you run as cheaply as possible.

The second sticking point is academic freedom. University administration departments are expanding far faster than the academics they administer, and there is fear that this administration is moving into control over how courses are created, or even taught. Regulations are drafted, often for sound financial reasons, about the number or types of textbooks that are allowed in a course. Methods of teaching are being proscribed by administrators who are making decisions based on what research shows them will attract more students (such as online learning). Yet the faculty argues that these are the wrong metrics to be measuring how a course is made or taught, as it threatens the ability of the professors to fully communicate what it is they're trying to teach.

To add to this, students are now coming forward with their reasonable demand that they don't care what the problem is. They've paid money for these courses, they deserve to be taught

I don't view any of these groups as being necessarily in the wrong, but the problem is that they have different goals. The administrator's goals are to make sure that the university is well-funded and successful. The faculty's goals are to make sure that the teaching is the best possible to educate the students. The students goals are, generally, to get through the requirements so that they can get their degree and move into the work-force. The problem lies in that our governments are creating universities that are split in this manner. And the root of that problem is us.

We, as citizens, have lost track of what governments are supposed to do. Governments are supposed to organize society to protect the citizens from as much hardship as possible. Students, administrators, and faculty shouldn't be staring each other down. They should be getting together and getting to the source of the problem—governments putting budgets ahead of education. Even though there is a wealth of evidence that the best cure for budget woes is a well-educated populace, even if that's more expensive in the short term.

Until governments get beyond the short-term and look at the longer view, these types of difficulties are just going to get worse. That's the long and the short of it. Enjoy the read!

A handwritten signature in black ink, reading "Karl", followed by a small orange logo consisting of three horizontal bars.

# MINDS WE MEET



*Lauren Klukas is currently finishing her Bachelor of Science- Human Science through AU while raising her daughter in Calgary, Alberta and testing out meal plans from her new cook book [The Complete Plate - a Stronger, Healthier, Happier You](https://www.thecompleteplate.com) that will be available throughout Canada in January, 2018. Released in major book stores just in time for setting New Year's Resolutions, you can also visit her website <https://www.thecompleteplate.com> over the next few weeks for exclusive copies for sale before they hit the shelves. Her ability to turn a slight setback into significant success personifies how a few simple substitutions in a recipe can inspire a new purpose.*

## **Why did you choose AU?**

I couldn't fit my lab schedules at my previous university with my work schedule. I liked the flexibility and ironically the smaller community feel of AU. Ironical since students who attend AU are from all over the globe, but for some reason it feels like more of a community.

## **What has your post-secondary journey looked like?**

I started off in Biological Sciences because pretty much every eager teen graduating from high school thinks they are going to be a doctor. Then I quickly realized, no, that was not my gift. So I went back to the drawing board, and looked again at my life to see what my passions were. Growing up I had been a high level competitive swimmer, swimming 9 times per week. When I had free time my favourite thing to do was to go workout. I had an innate passion for fitness, so it seemed only fitting to get my Personal Fitness Trainer (PFT) Diploma from Mount Royal University. In 2008, I graduated with my PFT and began working with clients to reach their fitness goals. I loved my vocation, but regretted not finishing my BSc., so, at the end of 2010, I enrolled in AU to finish what I had started. I loved the flexibility to still work full time while going to school.

I was getting to the end of my degree in 2012 when life was flipped upside down. My husband and I received the very exciting news that we were expecting our first child. My goal was to try and finish up the rest of degree in those 9 months. I was doing pretty well with my schedule until I reached the 16 week mark of my pregnancy. I was having terrible heart palpitations, so I went for some tests. I didn't hear anything back so I went on with my life, working on my courses and booking exams. Three weeks later I received a call from the Foothills Hospital to stop all physical activity immediately and come into the hospital at once.

What I thought was going to be a quick in and out turned into a week-long stay. I had an exam booked during that week and AU was absolutely amazing in accommodating me. I loved that I

was able to call and speak to someone directly. With all the other uncertainties on my plate at that time I was beyond grateful for AU's compassion and readiness to step up and make sure that my schooling was not a source of stress on top of everything else.

I was diagnosed with a rare heart condition called Arrhythmogenic right ventricular cardiomyopathy (ARVC). Because of this diagnosis I am no longer allowed to exercise for the rest of my life. I also ended up spending a month of my pregnancy in the hospital. I have had two heart surgeries, and the journey to find the correct medication cocktail has been physically exhausting. I had to drop out of a course and slow my academic schedule down substantially. However, through it all, AU has been completely supportive, very accommodating and wonderfully flexible to help me finish my degree in a way that works for me, I don't feel like having the goal to finish my degree in the midst of my new reality and health journey would be possible at any other institution. While my post-secondary journey is definitely not traditional, I am beyond grateful for AU.

### **What has been your favourite or most memorable AU course?**

This is a tough one! Each course has contributed in some way to the project I have been working on for the past 3 years especially NUTR 330, 405, 406 and 495. I also really enjoyed each time I had to go to actual campus in Athabasca for lab work.

### **What was the inspiration behind creating your cookbook?**

I was inspired to write this book because of my diagnosis. Not being allowed to exercise for the rest of my life, I needed to find a way to control and manage my weight purely through nutrition. I needed to adopt sustainable healthy eating habits.

When I went looking for a tool to help me I realized that all I could find were fad diets or detoxes that eliminated certain foods or entire food groups. I have already given up so much with disease, I am not willing to also give up bacon, bread, cheese and chocolate. Those approaches were not sustainable for me, there was nothing available that promoted successful long-term healthy eating. So I set out on a goal to provide a scientifically sound nutritional resource that promoted healthy relationships with food.

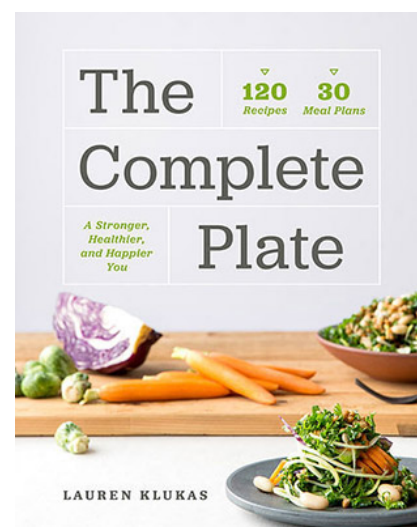
Consulting with a registered dietitian and chef, I designed 30 meal plans for 1500, 2000 and 2500 kcal that provide 100% of the current daily recommended intake values from food. No foods or food groups have been eliminated. Meals are simple, ingredients can be found at any local grocery store, and the recipes are family friendly.

### **How has Athabasca University helped with the process of creating your cookbook?**

Athabasca has provided an amazing foundation within my program to seek truth not trends and develop my critical thinking skills. Starting with Scientific Reasoning (SCIE 326) which equipped me the scientific reasoning skills I need to guide my questioning around claims and scientific study designs (methodology) to NUTR 330, 405, 406 and 495 which gave me the foundation to discern which claims are just another fad.

### **What is your favorite recipe in your cookbook?**

I have quite a few favourites! I know this sounds very biased, but I honestly really enjoy all of the meal plans. The goal was to make all the meal plans yummy, since variety is so important in





creating sustainable eating habits. I am actually having my meal plan 26 today, so yummy! I even started the day with pancakes, because all foods can fit!

**If you hosted an episode of Chopped Canada, what four items would you have in the picnic basket for the contestants?**

This question is way too fun! Hmmmm.... Shiitake mushrooms, goat cheese, beets, and I am so tempted to say Nutella as the 4th ingredient ... okay Nutella! This could easily be a disaster or completely epic.

**What one meal could you eat for the rest of your life?**

Tacos!

**What do you like to snack on while studying?**

I usually try to avoid mindless snacking. If I am going to eat I want to sit and enjoy it, but hey, life happens, and it is not always practical to sit and focus on just your food, so in those cases I would grab some air-popped popcorn with nothing on it. I like the flavour of fresh air-popped popcorn. It is a great snack to feel satisfied that isn't overly energy dense. All toppings like butter and coconut oil can definitely still fit, within moderation, but a good snack if you are going to be mindless or focused on other things like studying is plain air-popped popcorn.

**Pineapple on pizza - yay or nay?**

YES! I know this is not for everyone, but I am a huge fan. I love the texture and taste.

**What is your favorite kitchen hack?**

Let's go back to my love of air-popped popcorn. Don't have a popcorn machine? Or you do, but, like me, are too lazy to pull it and use it? Then use a brown paper bag, pour 1/4 cup of popcorn kernels in the bag. Fold the top of bag over twice. Place in the microwave for 2 minutes. Stop the microwave when you hear the popping slow down. Enjoy! It is also a great toddler snack, my daughter loves it.

**What is your mantra in life?**

The irony is that I could not cook before my diagnosis almost 5 years ago now. Actually, I hated cooking and thought it was chore. Now cooking is one of my greatest sources of joy. My diagnosis showed me that we are so quick to limit ourselves, to fit our identities into a box if that makes sense.

I want to encourage others to learn a new skill they may have written off. Who would have thought five years ago I would have a cookbook coming out? So my mantra is in the book:

*"When Life Gives You Lemons... Bake a Lemon Meringue Pie!"* - The Complete Plate (2018)

**Besides cooking, what are some of your other hobbies?**

Fitness was always my hobby. I was never creative in the traditional sense of being able to paint, sing or play an instrument. So, when fitness was off the table, I had a bit of an identity crisis. As a result of my new-found love for cooking, I also discovered a love for food styling and food photography. They have been very therapeutic outlets for me in coping with this new reality.

*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*



## AUSU Election Warmup

### It's Not Too Early to Think about Running for a Seat on Council

Barbara Lehtiniemi



AUSU will be holding its council elections at the end of February 2018. While that's still three months away, it's not too early to begin thinking about running for a seat on council.

The call for nominations will go out in January, and campaigning will begin barely two weeks later. If you're even considering running for council—or even *considering* considering running—you've got a lot to think about. Here are a few reasons why you might want to start the thinking process now:

**Do you or do you not want to run?** It's a basic question but there's plenty to consider before answering. The earlier you begin mulling over the pros and cons of running, the better informed your decision will be. Start a tally of why you'd like to sit on AUSU council (such as extra money, valuable experience, and the

opportunity to effect positive change) versus the drawbacks (such as time commitment, scheduling conflicts, and attention drawn away from other priorities). You'll also want to inform yourself of what councillors are expected to do and what they get paid. Head over to the [AUSU policies page](#) and check out [Policy 2.14, Councillor Responsibilities and Honoraria](#), as well as other policies under the Council Governance section. By the time the call for nominations is announced, you'll feel confident in your decision.

**Plan your campaign.** If you're going to run, you may as well do it in style. Candidates in the election will be expected to produce a short bio, so start thinking about how best to present yourself in under 100 words. Candidates can also submit a campaign poster, which is their opportunity to present their strengths and values to voters. A really polished campaign poster takes time for thoughtful planning, so start imagining it now. If you want to include a photo of you looking your best, the upcoming holiday season may present an opportunity. When you're perfectly coiffed and attired for an event, have someone take a photo for your campaign poster. In addition to the bio and campaign poster, you might want to explore the possibility of using other platforms for your campaign, such as Youtube, Twitter, or your own candidate Facebook page. (This would be a good time to read [Policy 3.01, Election Conduct](#).) For smooth execution, start planning now what you'll need to do and when, so that you're ready when campaigning gets underway in February.

**Consider an executive role.** The successful candidates for council will vote among themselves to select who will fill the three executive councillor roles. Since the responsibility, time commitment, and remuneration for the executive positions are considerably higher than that of non-executive councillors, you'll want to consider ahead of time whether to pursue one of these roles. Read [Policy 2.15, Executive Accountability and Compensation](#) for details on what the executive positions entail. If, assuming you're elected to council, you think you might put your

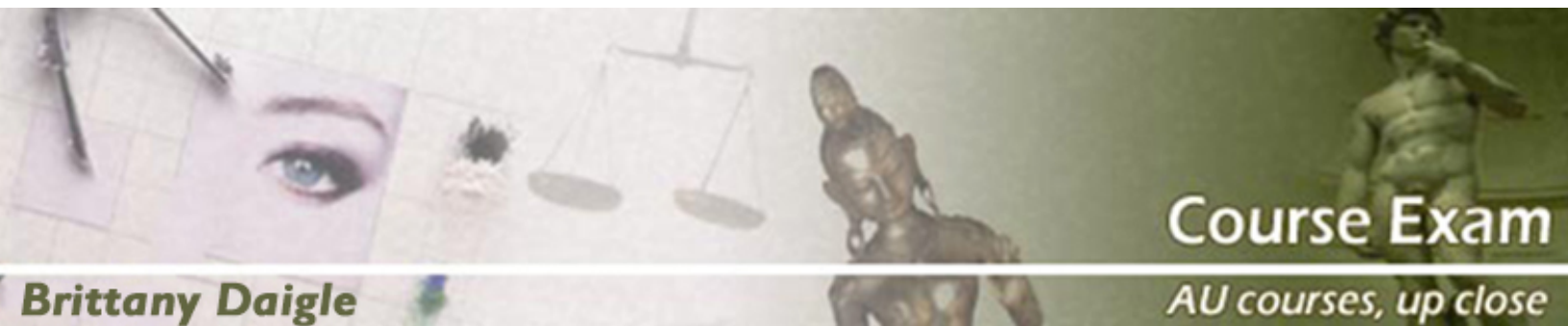


name forward for an executive councillor position, you'll want to read Policy 3.02 Election of Executive Officers for information on how that election is conducted.

Detailed information about the upcoming AUSU council election will be made available early in 2018. A timeline of the election, from Call for Nominations to Council Changeover Meeting is currently available at [www.ausu.org/governance/elections/](http://www.ausu.org/governance/elections/). Once the Call for Nominations goes out, there will be more information available for prospective candidates.

You could wait until the Call for Nominations to start thinking about running for council. But like any other endeavour, the more preparation you put into it, the more satisfying the outcome is likely to be.

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

# Course Exam

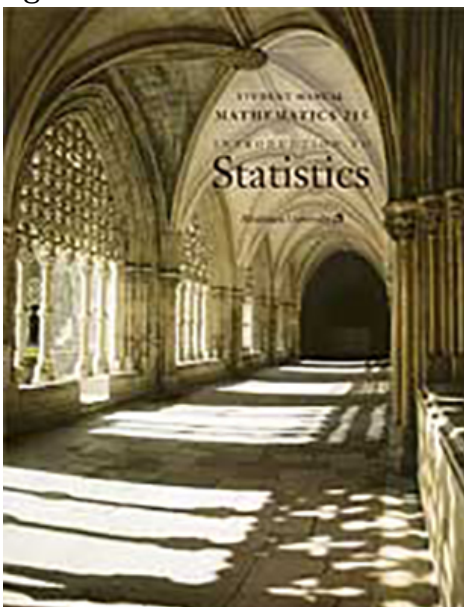
AU courses, up close

**Brittany Daigle**

**Course Exam**  
**Math 215**

**Brittany Daigle**

According to the syllabus, “MATH 215 gives students a working knowledge and understanding of descriptive and inferential statistics and how statistics is applied in the sciences, social sciences, and business.” It has no prerequisites; however, “fundamental mathematical skills are required, such as the ability to solve equations, knowledge of graphs and how to interpret them, problem-solving skills, and particularly the ability to do algebra.” If you are concerned about your math skills, “MATH 100 (a non-credit course) is suitable preparation.” There is also a “Mathematics Diagnostic Assessment that contains 70 questions that help potential students assess their mathematical skills.”



Introduction to Statistics has six assignments each covering one of the six units. The first unit, “Descriptive Statistics,” covers topics such as “population and sample data, types of variables and the nature of statistical data, organizing and graphing quantitative data, how to calculate the mean, variance, and standard deviation, and how to properly analyze and use that data.” The second unit, “Probability,” includes “experiments and their outcomes, determining probabilities in three conceptual approaches, the multiplication rule, the addition rule, and counting rule, factorials, and combinations.” The third unit, “Probability Distributions,” heavily covers different types of probability distributions and binomial distributions. The fourth unit, “Estimation and Tests of Hypotheses for One Population,” covers “mean and standard deviation of the sampling distribution of the sample mean,

shape of the sampling distribution, estimation of a population mean when the population standard deviation is known and unknown, and hypothesis testing.” Unit five, “Estimation and Tests of Hypotheses for Two or More Populations,” expands on the use of hypotheses testing with having a difference between two population means. Lastly, unit six, “Bivariate Analysis,” covers simple linear regression analysis and linear correlation.” This course has one midterm exam that covers the first three units, and one final exam that covers the last three units. A single, double sided, 8 ½ x 11 inch “Key Concepts and Formulas” sheet and a scientific, non-programmable calculator can be brought to the midterm exam and the final exam.

Eric Goodman, one of the eleven MATH 215 tutors, has a B.A. with distinction in mathematics and a M.Sc. in mathematical statistics. Goodman adds, “my work experience has been as a Lecturer with the Faculty of Business at U. of A., Statistician with the Socio-Economic Survey Methods Division of Statistics Canada in Ottawa, Instructor in the School of Business at NAIT, and tutor for Athabasca University. I have been with AU since 1978 and have tutored MATH 215 since that time.” On a more personal level, Goodman is “married, with two grown children, and three grandchildren.” He enjoys “cooking and has been a dedicated Ashtanga Yoga practitioner for many years.” Goodman states, “a strong work ethic and frequent contact with the tutor is usually sufficient to overcome most obstacles that students may encounter.”

When requesting feedback from students, they had a mixture of opinions. Miranda was the first to comment, stating “I really enjoyed the course, though I do consider myself a math person and found it relatively easy. The assignments were just like the examples in the text and using the formula sheet provided was very helpful. I would definitely recommend this course unless you despise math!” Chris Brooks may be among those who despises math, as he says, “I am not a math person, though because I am taking a psychology degree it is mandatory. I understood some of its relevance; however, the lack of help from the tutor was extremely disappointing. When I asked for help I was denied that help from my tutor, as the question was regarding an assignment. When the course consists of assignments and tests, why could the tutor not help? It was not a good experience at all.” Linda Yao then stated “I found the course to be very straightforward but still time consuming. The tutor was fast with replies, which was nice!”

Lastly, Kym Edinborough-Capuska added their opinion of the course, stating “as a person who has not taken a math class in about 30 years, I found it challenging. That said, the textbook and the course layout were excellent. By doing the course in the suggested way and watching recommended YouTube videos, I found myself liking the course more by the end. My tutor was exceptional, marked assignments the same day they were submitted and replied to all my inquiries within a few hours. If all my courses were as well executed as this one I would be a much happier student.”

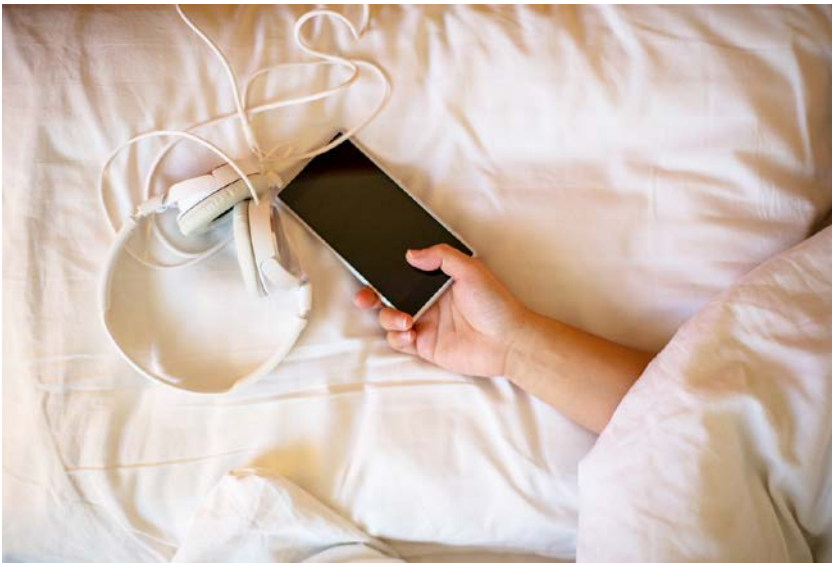
Additionally, for those students interested in MATH 215 who live in or near Edmonton, AU has just announced that they will be offering the course in-classroom at AU’s Peace Hills Trust location. It will be offered on Wednesday evenings from 6:00 p.m. to 9:00 p.m., beginning January 3<sup>rd</sup>, 2018 and finishing near the end of April. Registration is open now; however, the deadline to register is November 27<sup>th</sup>, 2017. The AU website has [more information on where to register](#).

Regardless of the feedback and whether MATH 215 is one of your program required courses or just a general interest of yours, the probability is high that you will enjoy it! MATH 215, take a chance on it!

*Brittany Daigle is 22 years old and completing her BSc in Computing Science & Information Systems with AU from Toronto, Ontario.*

## Dear Facebook

Carla Knipe



We really need to have a serious chat about our relationship. I've been with you for many years, and though, deep down, I don't want to give you up, I feel like the spark I first felt for you is no longer there. What started out as a passionate love affair—a deep infatuation, if you will—has now become a love-hate thing. I know this may be difficult for you to hear, but I need to be honest about my feelings.

I eagerly hooked up with you when you were the new guy on the scene. I thought you were so fantastic! Those others; IRC, Usenet, Myspace—they

couldn't hold a candle to you. You helped me to connect with family and friends from all over the world, and you didn't mind keeping my photos in albums for me or making sure my friends and family knew what I was up to. You let me know when they gave me the thumbs up for what I was doing, or even sent hearts or exclamations! So yeah, I felt an instant connection with you, and thought you were pretty amazing. In return, you made me feel pretty darn fantastic.

You showed me new places to hang out. Introducing me to groups of people like me, who read the same pages I did; the latest celebrity gossip, for example, or finding special offers on my favourite products. You opened up my world and it all felt so exciting and dreamy. I was very happy with how things between us were going.

But really, dear Facebook, I must admit that I'm just not happy with you anymore. Despite the magic that you and your cousin Twitter brought me, you also made me feel a little bit desperate, like I couldn't live without you. The closer we got, the more I craved. More friends, more validation, more of that connection that was somehow missing, even though I was more connected than ever before. I couldn't leave you alone. I found myself checking on you when I was waiting for an appointment or out shopping or just feeling bored, to see if I missed anything good.

And it's not just me, turns out that this is even a proper thing, called FOMO—Fear Of Missing Out. It's a sense of anxiety that can even cause withdrawal symptoms—just like any love affair! I started to feel like I needed you around all the time to make me feel special.

From what I've learned, I'm not alone. You have charmed so many other people so much that they are addicted to you. They are so caught up with you that they forget that there is a real life out there, away from you. They have got to the point where they can't enjoy things without sharing them with you, like they are desperate for love and acceptance, but they don't know how to get it except through you. And don't get me started on all the selfies that people want you to spread around. Why can't they just enjoy a mountain hike or a lovely sunset without taking a photo of themselves with it and posting it and wanting to get a whole bunch of likes?

I shouldn't be too critical, though, because I am also guilty of wrapping myself up in you too much. Heaven forbid if one of the friends you've connected me with unfriends me. I feel so



awful and I end up wondering what I did to make them leave and I feel like begging them to please come back—for them to tell me what I did wrong to make them leave and wanting to fix it somehow. I know this isn't healthy, but I just can't help it.

You know what else? You didn't keep secret what I shared with you. You took my personal information and used it for your benefit! That is just not cool! I know it is an open secret that you do this, but I was willing to overlook it because you are just so there for me, and you keep me in touch with my long list of friends. But because of this, I stay discreet and am careful what I tell you. I try not to give you too much information, like what I had for dinner or where I'm going on vacation. I need to keep **some** secrets, after all!

But that is why I'm feeling uneasy with our relationship. Honestly? You make me feel inferior. Everything you tell me is about how everybody else is happy all the time and how everything is great and they have an amazing and exciting life. I think that they think if you aren't constantly showing people their amazing photos and updates, then maybe others you talk to will think they are boring (hence the selfie thing). And I get it. I also kind of feel this way. But pretending and keeping up the façade is hard for me, and it makes me feel like I am living a lie, that this isn't the real me.

I wish I could say all the things that I really want to say, like how I'm struggling or having a hard time. But I can't, because I don't want you to hold that information against me. I also think that none of my friends want to know about negative stuff because that would stop them liking me. Sure, you're always urging me to share more, but you've created this thing where my self-esteem becomes based on how many people want to hear from me. I often feel like I just don't measure up! But at the same time, I'm not good at being dishonest with people and I want to be more real and authentic with them. So, I guess I'm starting with you.

And you have to admit, our relationship has been a bit one sided. Even though you are called "social" media, I'm finding out that you are just not all that social. I wouldn't call you "anti-social" but maybe we've become a bit codependent. You need me and my information to give you reason to exist, and I need you to keep in touch with the people I know. But here's another thing you've done;

## AU-thentic Events

### Upcoming AU Related Events

**The Research Itinerary Series - Session 4**  
Wed, November 22, 6:00 to 7:00 pm MST  
Online

Hosted by AU Faculty of Graduate Studies  
[fgs.athabasca.ca/news/presentations/](https://fgs.athabasca.ca/news/presentations/)  
e-mail [fgs@athabasca.ca](mailto:fgs@athabasca.ca) with your student number to register

**Bannock and a Movie "Kitaskiwaw 1 pi Kiskinohamakoya"**

(The Land Gives Us Our Knowledge)

Fri, November 24, 12:00 to 1:00 pm MST  
Athabasca University, Peace Hills Trust Tower,  
12th floor, Room 1222,  
10011 - 109 Street, Edmonton AB

In-person; limited seating

Hosted by AU Centre for World Indigenous Knowledge and Research

[indigenous.athabasca.ca/documentation/kitaskiwaw.pdf](https://indigenous.athabasca.ca/documentation/kitaskiwaw.pdf)

Register by phone (780)428-2064 or e-mail [ivyl@athabasca.ca](mailto:ivyl@athabasca.ca)

*Looking ahead...*

**Ottawa Meet & Greet**

Tues, November 28, 7:00 to 8:00 pm EST  
Bier Mrkt, 156 Sparks St, Ottawa ON

In-person

Hosted by AUSU

[www.ausu.org/event/ottawa-meet-greet-2](http://www.ausu.org/event/ottawa-meet-greet-2)

e-mail [services@ausu.org](mailto:services@ausu.org) to RSVP

**AU Toronto Seasonal Cheer**

Thurs, November 30, 5:00 to 7:30 pm EST

The University Club of Toronto, 380  
University Ave, Toronto ON

In-person

Hosted by AU Faculty of Business

[business.athabasca.ca/event-](https://business.athabasca.ca/event-details/athabasca-university-toronto-seasonal-cheer/)

[details/athabasca-university-toronto-seasonal-cheer/](https://business.athabasca.ca/event-details/athabasca-university-toronto-seasonal-cheer/)

Limited capacity; RSVP online at above link

you've replaced real-life relationships in a lot of people's lives. Because of you, they no longer interact with each other face to face.

Call me an old-fashioned gal, but I've realized that I like receiving handwritten cards and letters, not just virtual birthday greetings. I don't get many proper phone calls anymore. And to be honest, I'd much rather chat with someone over a cup of coffee than chat with them through you.

So where does that leave us right now? My personal relationship status with you is "It's Complicated." I really wish I could just up and leave. Goodness knows I've tried, but can't. I keep coming back to you over and over again—and then I feel guilty for thinking about abandoning you because, let's face it, you are what links me and my friends. I don't have their real-life emails or phone numbers or snail mail addresses, so I am resigned to the fact that I am stuck with you. I also totally admit that I've been guilty of spending too much time with you at the expense of other things in my life and I don't know what to do about that. I feel empty when I can't check in with you first thing in the morning and before I go to bed. It's sad that you have that effect on people, but it's just the way it is so I guess I've just got to accept it.

So, what do I need from you going forward? I honestly don't know. I would like to have a more casual relationship with you and to not hang out with you as much as I used to. I feel restless because I've grown as a person and I need other things to fulfill me. You are no longer the most important thing in my life.

I know I keep making threats to leave but I am not breaking up with you. Not yet. But to paraphrase that famous line in the film *Brokeback Mountain*, "Facebook, I wish I knew how to quit you." Because as much as I try, I realize that I just can't.

*Carla is an AU student who lives and writes in Calgary, Alberta. Say "hi" to her on Twitter @LunchBuster.*



## Women of Interest

**Aung San Suu Kyi** was born June 19, 1945, in Rangoon, Burma (now Yangon, Myanmar) and was the first State Counsellor of Myanmar, which is comparable to our Prime Minister. During the 1988 Uprisings, Aung rose to power, becoming the General Secretary of the National League for Democracy (NLD), which was a party she formed, along with other retired army officials who were critical of the military rule at the time. In 1990 the NLD won 81% of the parliamentary seats, but the military refused to turn over power. An international protest erupted and Aung, who was already under house arrest, remained under house arrest until 2010. As a result, Aung San Suu Kyi became one of the world's most prominent political prisoners along with Nelson Mandela, Martin Luther King, and Mohandas Gandhi. A few of Aung's numerous awards and honors include the Nobel Peace Prize in 1991, a Gandhi Award from Simon Fraser University in 1995, and the CAW Nelson Mandela Human Rights Award in 2000.

Additional information may be found at the following websites:

<http://www.who2.com/bio/aung-san-suu-kyi/>

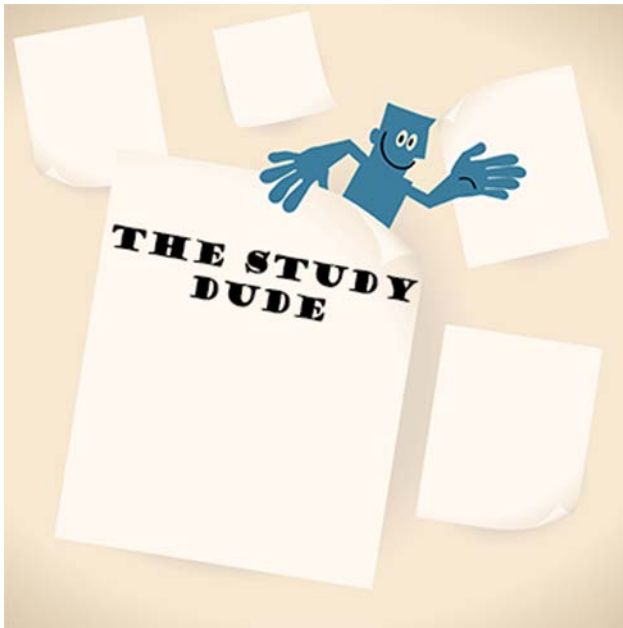
[https://en.wikipedia.org/wiki/Aung\\_San\\_Suu\\_Kyi](https://en.wikipedia.org/wiki/Aung_San_Suu_Kyi)

<https://drkokogyi.wordpress.com/2011/10/20/daw-aung-san-suu-kyis-international-awards-honors-appointments/>

## The Study Dude

### Names that Flower

Marie Well



Hope blew in the day Cuddles nicknamed me “Nicee.” Names spark hope and sometimes save necks—but always pep up writers’ pens. So, observe—and name—the whatchamacallits of the world, says author Barbara Baig (2015).

To master names, buy kids’ encyclopedias. While reading an encyclopedia of science, I learned makeup comes from petroleum—yes, grease á la ground—ooze that smothers skin and breeds blackheads. A necessary education for every aging woman. Names in encyclopedias might not save your neck, but will surely save your skin.

Buy encyclopedias of birds. Grandma birdwatches, once showing off her big book of bird species. Mom, too, birdwatches. She once stockpiled birdhouses, creating homes for dozens of feathery friends. But a jealous beast swooped down, biting the bird’s necks.

Poor Mom cleaned a bloodbath of bird houses. A ghost town. Sometimes knowing names can’t stop a bitter bird.

Buy encyclopedias of plants, too. After all, names can save lives. I once cared for four plants, none of which I could name. When I moved to a basement, they withered. The only green spot sprouted where two plants touched—like two twigs holding hands. They fell in love before they died. Had I known what they were, I could have looked up how to save them.

Rocks have names, too. A student of mine gifted me precious stones. I saw the stones simply as back-alley rocks. Later, I read about rock “vibrations”—energy pulses with powers to heal. Intrigued, I ordered a heart-shaped rose crystal—a symbol of love. When it arrived, the vibration felt off. So, I gifted it to my elderly landlady. She clutched the pink crystal against her heart, wailing, “Jack!”—her deceased husband’s name.

Author Barbara Baig shares the value of naming the world in her book *Spellbinding Sentences: A Writer’s Guide to Achieving Excellence & Captivating Readers*:

- Master the art of naming. When we name things, we “call things into being” (p. 99).
- Learn to name the world—as names enrich writing. We often don’t know names of everyday objects.
- So, study encyclopedias and field guides of birds, plants, rocks, clouds—anything.
- Zero in on nouns. The best nouns draw pictures in your mind.
- Make your nouns so spot-on, you don’t need adjectives.
- For practice, take any noun—and collect related nouns. String them into sentences.
- Also, steal away to coffee shops; listen in on people’s talk. Pick out nouns each person speaks. Write the nouns down; pass judgement on word choices.
- Take a noun and list related verbs. String them into sentences.



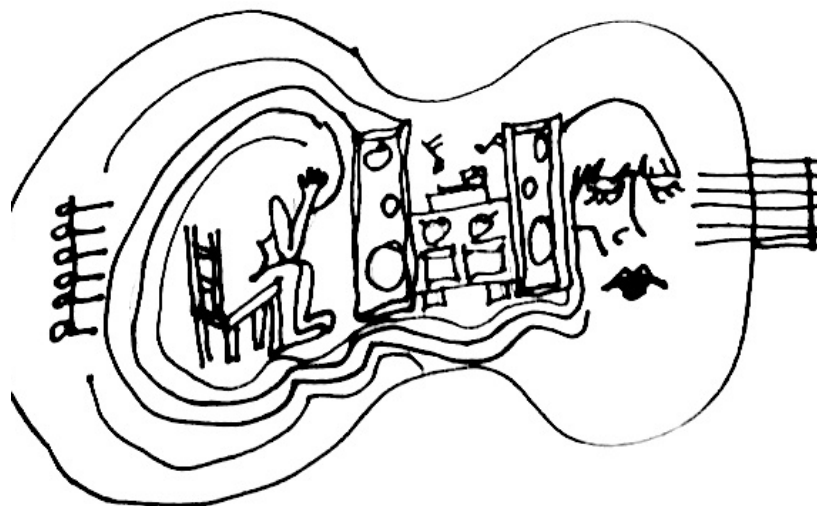
- Combine nouns with verbs that don't jive. For instance, say, "Cocoa hugs" or "Gagged baggage."
- Replace "to be" verbs with livelier ones. Make "is" sparse.
- Gather body verbs: "I kneed him," "I elbowed my way to the exit," "I stomached the lecture."
- Use adjectives that add oomph to nouns. "Cute kittens" is cliché. Instead, give twists: "barking kittens," "homely kittens," or "deaf cats."
- Lastly, collect nicknames.

The master of nicknames is Cuddles. His nicknames for people stick. Back in junior high, "Chips" got violent when his nickname snowballed. And never mind "Number Two." Yet, when I cried daily, stricken with low self-worth, Cuddles nicknamed me "Nicee"—flowering self-esteem.



## All the Music be Happenin' Marty Night

**Wanda Waterman**



Neil Cowley, the brilliantly inventive pianist who, incidentally, backed up Adele on "Rolling in the Deep," told me about someone he knew who'd taken great pains assembling the best phonograph system money could buy, even ordering specific parts from overseas. When at last he'd felt it was ready he put on a Joni Mitchell vinyl LP and closed his eyes.

He had arrived. He could swear that Joni was standing right there, singing to him alone. It was enough.

After that the man scrapped the whole sound system, preferring to simply

cherish the epiphanous experience as a precious memory.

Here, once again, is an example of something that probably could only have happened after the year 2000. Mural-size stereo systems no longer being the listening devices of choice for the masses, high end audio equipment and parts can still be purchased just about anywhere, if you're willing to pay. Joni Mitchell did present a particularly high calibre of listening pleasure, but she was no longer touring, so listening to her live was not an option.

As for why the man would chuck such an amazing system without at least listening to Jesse Mae Hemphill on it, well, we'll just have to chalk that up to the eccentricity of the leisured class.

Neil also remarked on groups that met to listen reverently to vinyl albums, discussing them just as reverently afterwards. I can dig it; I miss the whole vinyl experience, with its full, sonorous scratchiness and the delight of sitting on your friends' bedroom floors as they present you with a retrospective of their older siblings' record collections. I miss the whole idea of LP records as art forms with story arcs, great cover art, and room for stickers, buttons, posters, and reefer paper.

But there's something deeper, and we had to endure the failed despotism of the music industry to realise what we'd thrown away.

### **Better Than Vinyl?**

Our earbuds, providing us with a soundtrack to life, ennoble our tedious days, right? Well, not really. They may provide the ordinary subway rider with the illusion that they're the star of a moving scene in which something spectacular is about to happen, but the buds shut out opportunities to hear what's really going on. And sometimes what's really going on is pretty amazing.

I've already mentioned how playing in small bands kept me sane through some dark times, but I haven't really explained what exactly it was that made playing with other musicians and singers so wondrous.

There's something transcendent about listening to other musicians around you and beside you, adjusting your volume and tempo to theirs, feeding off their music or having your own moments of inspiration and allowing the others to feed off you. Given enough freedom and encouragement, even amateur groups can generate moments of celestial harmony that can never be repeated.

### **Friday Night Music**

Not long after I'd hauled my Labrador retriever, my banjo, and my guitar down to the home of my brother Ben in New Hampshire he had the bright idea of inviting a few friends over once a week for a music jam. One couple had a son named Marty who was around the same age as Ben's boys, and it tickled them pink that Marty was to come over every week and play with them while the grownups hootenannied. That's how the event came to be known as Marty Night.

We didn't care how we sounded, but when we sounded good we were especially happy. We played and sang mostly folk and classic rock, but we also did jazz standards, world music, hymns, old tyme, and bluegrass. We threw in a few surprises, like "Brand New Best Friend" from the cartoon *Phineas and Ferb*, the *Bonanza* theme song, and some very weird songs brought to us by a neighbor who turned out to be a goldmine of strange old tunes.

Every week someone would say, "Hey, could we do this one?" and somebody would later look up the song with its chords and print it off to hand out next week. We all kept song binders, and sometimes there were long delays between songs as people tried to find the right sheet, which is when the rest of us would snack on home-baked goodies and sip herbal tea or artisanal beer.

Recently my brother Ben's house burned to the ground. Thankful that no one was hurt and that the family had found a good place to stay, I didn't really feel the loss until I realised that the living room in which we'd gathered every Friday night was now gone. I still can't quite accept that such hallowed ground wasn't in fact eternal, a little piece of Glory Land fallen to earth for our joy and healing.

Marty Night, if it had happened in the 20th century, wouldn't have stood out as anything particularly special, but in this age of musical isolationism it was a rare and poignant reminder that life is beautiful, in and of itself, and that connecting with others through music is a privilege we never want to lose.

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



## Fly on the Wall

### "No Exit" from Sartre to AU

Jason Sullivan



"How is school going?" For students the world over, that question often invokes feelings of stress and anxiety about interactions with classmates. It's been that way since the first cave family sent their kids down the mountain to an educational quarry. Essay deadlines and academic struggles are unavoidable if we are to succeed in university but, here at AU, we can at least excuse ourselves from the social shark tank that enforced proximity with our peers produces. Yet, we Athabasca lone wolves do not escape social difficulties altogether. For us await the hazards of isolation; our minds might

not descend to the depths of *The Shining*, but we certainly can't lock ourselves in a mental bunker and expect to emerge unscathed. We must, after all, learn to get along with ourselves through those long hours of study. The existentialist Jean-Paul Sartre wrote a play titled "No Exit" that concluded with a disturbing sentiment shared by students facing discursive hazing in classrooms the world over: *hell is other people*. And that fact, if we aren't careful, that may include ourselves!

Sartre's philosophy is based on the possibility that, even as individuals within alienating social landscapes, we retain hope for authentic fulfilment. It's up to us to take charge of the decisions we make. Sartre's characters may have seen "No Exit" for themselves but we AU students are as free as our intellects and imaginations can imagine us to be. The world is literally our classroom, and our minds a garden of learning. So, with that in mind, let's enter Sartre's philosophical dungeon.

Sartre places three recently-deceased characters in a locked room together. Pretty soon they get on one another's nerves, not unlike undergrads whose reasons for attendance range from *I have to be in college cuz my parents are paying and expect me to* to *I need this dumb elective so I can graduate and have the career I think I want* to *I love this course and don't get why no one seems to care*. The mere fact of their cohabitation in relatively close quarters (Sartre has them each inhabiting their own couch) inevitably produces friction. It becomes impossible for them to ignore each other; the issue of how to either escape this plush hell or cope with its interminable nature takes a back sofa-seat to the mere angst of being near one another. Canadian readers might think here of Stuart Maclean's Vinyl Cafe where kids and a dog must endure a road trip to the family cabin, moaning all the while. How can we attain serenity with the nuisance of others so near? It's a timeless question. In elementary school a teacher might move the combatant's desks to opposite sides of the room but we proverbial adult college students, like Sartre's deceased, are supposed to learn to tolerate one another. Hopes for maturity are soon dashed, even when applying studious intentions:

*"To forget about the others? How utterly absurd! I feel you there, in every pore. Your silence clamors in my ears. You can nail up your mouth, cut your tongue out — but you can't prevent your being there. Can you stop your thoughts? I hear them ticking away like a clock, tick-tock, tick-tock, and I'm certain you hear mine. It's all very well skulking on your sofa, but you're*



*everywhere, and every sound comes to me soiled because you've intercepted it on its way."* (Sartre, online).

The classroom experience can be disenchanting, especially to post-secondary neophytes. Wasn't college supposed to be different and better than high school, more stimulating and less infantile? Why do the same old cliquy exclusions and popularity contests remain in this ivory tower of higher learning? Timeless though these questions be, they do not yield easy answers. Sartre's characters soon realize that their interactions are leading them away from any serious attempts at fulfilment. As they face up to their imprisonment the characters conclude that "it's obvious what they're after—an economy of manpower—or devil-power, if you prefer. The same idea as in the cafeteria, where customers serve themselves" (Delahoyde, 17). Like contestants on a reality TV show, social conflict can detract from getting the most out of an experience. Sometimes being studious is impossible when the inmates run the asylum, and this is where AU can help liberate us from the bondage of social normality implicit in classroom settings.

It remains important that we learn to cohabit with others in a classroom; no matter what walk of life, there are going to be other people in it. And, as AU students, being alone in our studies with only our thoughts has its own difficulties. Sartre pointedly reminds we who would be academic hermits that scholarly seclusion bears its own foibles. A character remarks on leaving her corporeal life down on Earth:

*"How shall I endure my own company? Try to understand. You see, I'm fond of teasing, it's a second nature with me— and I'm used to teasing myself. Plaguing myself, if you prefer; I don't tease nicely. But I can't go on doing that without a break. Down there I had my nights. I slept. I always had good nights. By way of compensation, I suppose. And happy little dreams. There was a green field. Just an ordinary field. I used to stroll in it..."* (Sartre, online).

Many of us can be our own cruelest bullies, our own harshest judges. Besides the problems of classrooms with their vulgar social pitfalls, and the uncertain isolation of distance education, there remains the essential problem that we humans are social animals who require anOther (realistically, a plurality of Others), to understand ourselves. Another character in "No Exit" ruminates:

*"Everything that goes on in one's head is so vague, isn't it? It makes one want to sleep. I've six big mirrors in my bedroom. There they are. I can see them. But they don't see me. They're reflecting the carpet, the settee, the window- - but how empty it is, a glass in which I'm absent! When I talked to people I always made sure there was one near by in which I could see myself. I watched myself talking. And somehow it kept me alert, seeing myself as the others saw me."* (Sartre, online).

Understanding one's presentation of self is crucial to sanity in any social situation. If we are to be comfortable as we learn we must have enough self-esteem to see our classes as more important than the minutiae of social interactions. In a distance education context this process becomes easier as, spatially, there are no other students present, yet we still must reflect on ourselves in a metaphorical mirror and ask, "how am I growing and evolving within the context of this course?" Sartre illustrates the performative self as crucial to self-understanding. We can only know who we are in relation to others, and particularly other past versions of ourselves. Ideally each course enriches us and leads us to become something new.

Sartre rather pessimistically suggests that even when it seems that we relate to others, students in the same course or not, we actually each exist in a relative state of all against all where mutual

interests only coincide by occasional, though happy, coincidence. The others in our lives are actually impediments to our fulfilment. Frederick A. Olafson summarizes Sartrean philosophical concern with the Other by stating that it invokes a paradox of power relations, with mutual beneficence a rare coincidence:

*“In relation to this intrusive ‘other’...I can try to dominate it and suppress its transcendence by which my own is threatened or I can try to make myself into an object to be dominated by the liberty of the other person. In either case, I am destined to fail because I must recognize my liberty (or that of the other) in order to suppress it. What is impossible in either option is a moral consensus that is more than an accidental convergence of independent individual projects.”*(Olafson, P. 292).

Hopefully we can glean rewarding interactions with forum participants in our grouped study courses as we do with classmates in a brick and mortar setting; the fact remains, however, that in the end we are each on our own journey. The other students never are as close to us as they seem in a physical class and never as far away as they feel in an online course. Our success is up to us.

Our education depends on understanding of our own interests and goals as well as how they relate to others in our life. From a Sartrean existential perspective it is incumbent on us to identify our authentic desires over and against the expectations of our peers while also being aware that without others to mirror our progress and provide feedback we risk becoming mired in a labyrinth of mirrors over which we hold surprisingly little sway. A compass requires an external point of reference after all, and to this end others (even idealized others such as fictional characters or historical personages) are necessary for us to gauge progress through our educational life.

We may be immured within the walls of our educational journey and, let's face it, others may not understand or be interested in what we are studying, but our isolated progress at AU need not lead us to feel like inmates in a torture chamber. At AU we avoid the worst social aspects of education and, like sailors out on shore leave or prisoners granted day parole, we can gather the maximum value from our academic experience while still making contacts within the AU community—as well as within our societal world at large. Michel Foucault famously asked “Is it surprising that the cellular prison, with its regular chronologies, forced labour, its authorities of surveillance and registration, its experts in normality, who continue and multiply the functions of the judge, should have become the modern instrument of penalty? Is it surprising that prisons resemble factories, schools, barracks, hospitals, which all resemble prisons?” (Foucault, online). *Surely we are some of the freest prisoners education has ever known for the simple reason that our journey is our own.*

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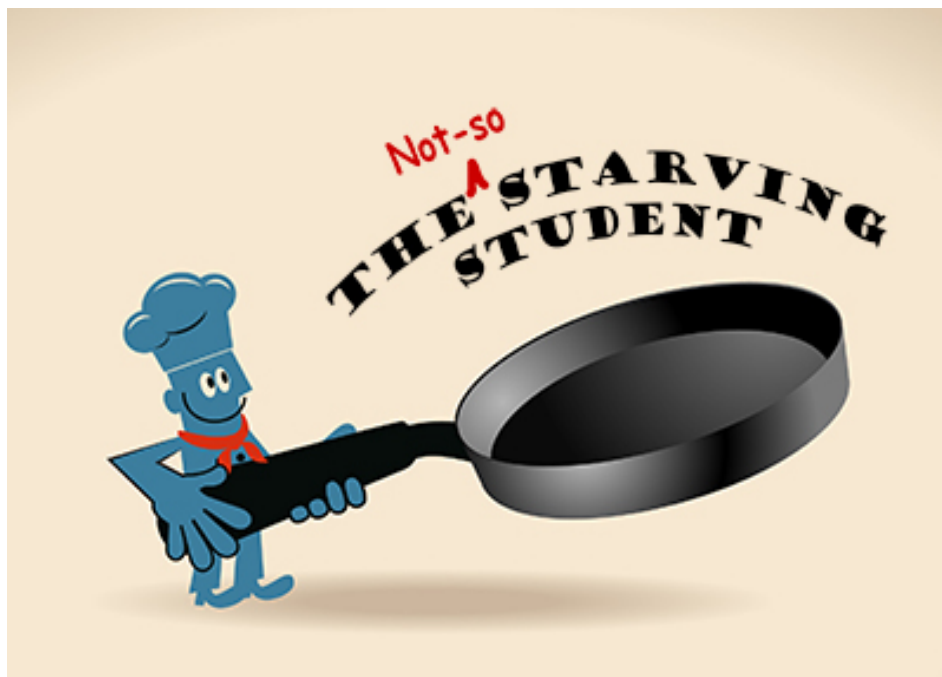
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*Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.*

## The Not-So Starving Student

### Five eggcellent ways to cook eggs

Xin Xu



For an essential and versatile ingredient found in nearly every meal you'd think we have better ways of cooking the yolkly contents. But when it comes to eggs, we resort to the mundane poached, scrambled, or pan-fried varieties. Occasionally we might treat ourselves to an eggs benedict, but few of us have experimented with making truly unique versions of this protein. Eggs are not solely a breakfast delight, but can be incorporated into every meal for a fast and rich source of protein. We've compiled some of the most creative ways to cook eggs that might add some

flavor into your routine student meals.

### Baked eggs

The thought of pre-heating just to cook a few eggs may be daunting, but baked eggs in fact take less effort with only slightly longer cooking time. While the oven heats you can be working on the other half of your meal, whether it's toast or hash browns. The advantage of baked eggs doesn't just stop there. They are also the easiest to pair with vegetables, as you can easily toss some spinach, potatoes, bell peppers, and zucchini while you're meal-prepping.



### Steamed eggs

Among my favorite ways to cook eggs is steaming. The texture is so smooth it melts in your mouth. To add extra flavor to the steamed eggs you can top them with scallions, sesame oil, basil, or any of your favorite herbs. If you don't have a steamer basket, sometimes rice cookers come with a steamer tray. Using the rice cooker lets you prepare your grains and protein in one go, saving time and energy to do more important things, like studying!





### Dropped eggs

Dropped eggs add an extra layer of sophistication and flavor to your regular cooking that will create some jaw-dropping responses at your next dinner party. I know when I first experimented with this cooking style my perspective of meal-prep changed forever. I no longer had to consume eggs in solid form, but could drink this versatile protein in a rich, delicious soup form. To prepare dropped eggs, you whisk the eggs in a bowl then slowly drizzle them over boiling water to create the thin wisps of eggs that appear so light they could float away.



### Crispy eggs

After a few days of meal prepping with hard-boiled eggs, my taste buds craved something savory and crispy but non-greasy. Enter, the crispy egg. The crispy egg is not your average hard-boiled egg, even though it is deceiving on the inside. Crispy eggs are coated with a layer of breadcrumbs that add texture to plain hard-boiled eggs. You can also try doing the same to a sunny-side egg and flavor with your favorite spices.

### Tea eggs

For the skeptics, you might be wondering if tea and eggs is even a legitimate combination, but I assure you that it is not only possible but scrumptious. Contrary to its name, not only will you be adding tea leaves but spices, and herbs that absorb into egg overnight. While boiling your eggs, add black tea leaves, soy sauce, star anise, a bit of a cinnamon stick, and tangerine zest to flavor the broth. When the eggs are fully boiled, soak them overnight with the broth to maximize its powerfully complex flavor. Then, in the morning, you'll have more than just your hard-boiled eggs to look forward to!



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

## Vintage Voice



This week we celebrate Take a Hike Day, with hikes from writers past.

**Winter camping, hunting, and hiking in BC.** Wayne E. Benedict recalls memorable excursions that turned out well despite some precarious moments. "...Rick finally got the propane to ignite. He exited the camper as if he'd been shot from a canon, a roiling ball of orange flame pursuing him out the door." Luck and Good Legs, February 11, 2004

**Snakes in the laundry.** Tanja Ahlin travels to Costa Rica for a month-long summer credit course, which includes plenty of opportunity for bird-watching and snake-avoiding. "I could never have imagined a better way to get wet than while taking notes on a lecture in the middle of a tropical rainforest with our feet in the river..." Costa Rica—Behind the Scene, January 13, 2006.

## Scholarship of the Week

**Digging up scholarship treasure for AU students.**

**Scholarship name:** StudyPug 2017 Scholarship

**Sponsored by:** StudyPug

**Deadline:** December 15, 2017

**Potential payout:** \$1000

**Eligibility restriction:** Applicants must be enrolled at high school, college, or university, in Canada or the U.S.

**What's required:** An online application along with a 500-1000 word essay on how a "math teacher, a math class, a math tutor, or a math lesson has changed how you see the world around you."

**Tips:** Although this year's essay topic is different, check out the winning essay from 2016 for clues on what the judging panel is looking for.

**Where to get info:** [www.studypug.com/ca/scholarship.html](http://www.studypug.com/ca/scholarship.html)



## Music Review

### D.O.A.

John Buhler



Artist: D.O.A.

Tour: Canadian Fight Back Tour

Coming from their summer tour that took them across Europe and Asia, D.O.A. are right back at it for their Canadian Fight Back Tour. D.O.A. have never been shy when it comes to political issues, and nothing has changed in the face of the current political environment. The poster for the tour shows an angry President Trump pointing a gun. It is a pretty clear sign who they are taking a stand against. With all of these tours one would think the band might want to take a break, however the guys are ready to put their nose to the grindstone this winter to record a new studio album. D.O.A. has had many band members but currently it consists of original band member, Joey “Shithead” Keithley with his guitar, Paddy Duddy on drums, and Mike Hodsall on

bass. All of the band members contribute vocally.

A mix between the musical styles of Rise Against and the political power of Rage Against the Machine, D.O.A. are no novices in the punk scene. Having created sixteen studio albums and multiple live and collaborative projects, this band is well-practiced when it comes to recording. One of their first projects, *Hardcore 81*, is an excellent example of how this band helped push the hardcore punk scene forward. The iconic drum beats and shredding guitar and vocals have left a mark on modern punk music. Even though this album is thirty-six years old its themes still hold strong today. “Smash the State,” “Slumlord,” and “Race Riot” are all songs that relate to the times we are in today and show that this band has always been outspoken about political issues.

*Festival of Atheists* is another album that focuses on an important issue. Religion can be a touchy subject to dive into, however the guys use their hardcore style to not only express their feelings about religion but a wide range of subjects. Again, the band has touched on a subject that holds relevance years later. Having a public opinion about a touchy subject can often cause backlash and ridicule from the opposing side but having punk music as an outlet for those opinions is a creative and healthy way to share your thoughts. D.O.A. has proved on many occasions that they have the intelligence and fortitude to handle talking about issues in the public eye.

Not only is Joey Keithley a founding member of the band, but he also runs Sudden Death Records. This offers the band an interesting opportunity to release what they want, on their schedule. The label has many bands and artists under their wing. With their upcoming tour and recording a new album in the winter, these guys have a busy year ahead. All of the bands info and tour dates can be found on Sudden Death Record’s website. If you get a chance I strongly recommend going to see this electrifying band.

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



## Getting Back in the Mindset

Deanna Roney



When I started my Bachelor of Arts degree I did so after being out of school for many years. This isn't unusual, especially for students at Athabasca University. Making the decision came with a round of anxiety, and taking that first step in planning and ordering a course came with a second. I wasn't sure how the courses were structured, how to work through them, or how to find my way around Moodle.

It has only been just over a year since I was taking courses full-time to complete my BA. I found my balance within the courses, I found community

within *The Voice Magazine*, and I was comfortable. Comfortable in the sense that I felt I could find the answers when I was uncertain. I have been surprised that all those feelings of anxiety and uncertainty have come rushing back with the decision to pursue an MA: I'm not sure how the courses will be structured, I'm feeling lost in Moodle, and I am anxious about trying to plan the program. I remind myself how far I came from when I started my BA to the end of it. I still have the fabulous writing community with *The Voice Magazine* and I know I can still find the answers—it just might take me a bit longer while I find the path to them.

I am excited to get back into studying, while I have been keeping busy and learning as much as I can about the industry I want to be a part of, there is something thrilling about taking this step and furthering myself. I believe that this will be key in getting into the position I want. Since applying, and being accepted, as a non-program student it has been a reorganization of sorts. I downsized my desk since I graduated, and the current one will not hold all the books and binders that it will have to (—small desks are great for not collecting clutter, but poor for trying to study) the old desk/kitchen table that I used for my undergrad has since been otherwise repurposed, so the search began. I have also found and saved my “studying playlists” on Spotify, got a new planner, and made room on my shelves.

While distracting myself with these small organizational “tasks” I have been trying to plan my program. There are a few obstacles that I can see coming: my first group-study courses, for one. But, I remind myself that all these feelings, the fear or not knowing how to work through the course, not feeling like I will be able to do it, feeling in over my head, are all things that I felt before, and I succeeded. It is one step at a time, one course, one assignment, one day, one hour. These feelings of uncertainty won't go away, there will always be something, but like every time before there will be resources to help guide me, and I will make my way through, one thing at a time.

Going back to school, it seems, is a mix of excitement and fear. But as long as that fear doesn't overpower and paralyze then it is okay. It isn't a bad thing to feel, I don't think, it keeps me humble and motivated. I cannot wait to start challenging myself and pushing myself in the midst of these new courses.

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





## All is Good

For most of us the ability to travel by air is a treat and a blessing. We're not required to do so for high-powered careers or trans-continental love affairs. We're usually heading out on vacation and already in a good frame of mind.

Oh, sure we get ticked off by the high ticket prices, the appalling food, the intrusiveness of the security check-in, the dinky little seats with no leg room, the long waits, the sometimes snarky employees, the unbending policies, the creative reasons for additional charges that feel like extortion. But, hey other than that, it's all good.

Until we find another way to move long distances quickly, we're stuck with flying. What really drives me is the whole packing fiasco. It's hard enough to pack for a car trip. Add in the constraints of luggage size and weight, cash penalties for overweight suitcases, and all the security-based rules. Cue all the hidden camera footage of baggage handlers punting our valuables around.

So aside from all the rules we need to follow and all the advice we've gotten about smart packing, one of the hardest things is deciding what to pack. I dragged a medium-sized hard body suitcase up a couple of weeks before an upcoming trip thinking time and thought would help me make the right choices.

Here's the deal. In late September I needed to pack for a Ukrainian wedding in Gatineau. That means either an embroidered blouse and strings of red beads or a simple black lace dress with shawl, jewelry, and heels. We also had plans to tour the House of Commons in Ottawa courtesy of MP Shannon Stubbs' office. That probably requires business casual. In addition, we're indulging in a thermal cycle spa treatment in Ottawa that features an outdoor regime of 'hot-cold-relax.' So make room in the suitcase for a bathing suit, cover up, robe, flip-flops, toque, and reading material.

A check of the seven-day forecast shows a heat wave is giving way to more seasonal temperatures. Does that mean a couple nice sweaters or a lightweight coat? Do I wear runners or something a bit nicer for the miles tourists typically make? What about jewelry? Are the outfit

pieces interchangeable? Would a scarf or two be nice?

Despite Googling it, I still don't know the current rules about electronics. Are cell phones and e-readers allowed in the cabin on domestic flights? In checked luggage or carry-ons? I need to make room in my carry-on for my CPAP machine. It's far too sensitive for the aforementioned treatment by baggage handlers.

Conventional wisdom says wear the bulkiest clothing, roll the rest of the items, stick with a basic colour palette, choose versatile pieces, accessorize for variety. And for the love of God, don't over pack. Easier said than done. I've got my miniature toiletry items in a plastic bag, the bigger ones in the checked bag, and my fingers crossed that I haven't missed anything or screwed up. Other than that, all is good from where I sit.



## The Fit Student Fillet-of-Cotton-Candy

Marie Well



Do you get heebie-jeebies from 100% dark cocoa? Grossed out by sewage-lips from Buckley's cough syrup? Cross-eyed from steaming showers? These things might not feel good. But are they *healthy*?

I believe the best gauge of health is sickness. History's healers surely studied health while sick. Why? Sore tummies make us sensitive to foods, heat, ointments, emotions, anything. For instance, gossip and cusses rumble guts while humor and kindness settle bellies.

I would know. I get sick a lot.

So, let's probe whether stuff that feels bad truly heals—stinky medicines, icy baths, and chemo.

First, do stinky medicines make you well? I say no. When I shopped Chinese medicines, staff members didn't speak English. And I couldn't read the Chinese labels. So, I'd sniff bottles for sweet smells. Sweetness signals cravings, right? So, I'd stock up on nose-bonbons: PMS tea, kidney meds,

and eyeball pills. Now I take cod liver oil only when it smells like fillet-of-cotton-candy. Why swallow what you can't stomach?

Second, do icy baths make you well? I say yes. Soap commercials surely use cold showers. After all, nothing refreshes like blasts of ice. Ice lowers inflammation, too. And cryogenics keep corpses from decay. On the flipside, hot water kills bacteria. Might hot water harm you?

But a barista likens cold showers to dead babies. Babies left outdoors during the winter died, she says. So, she won't hop in cold showers. But she will tug her tuque when spotted puffing Player's Light.

Lastly, does chemo heal? Chemo would kill me. The Dumbo the Elephant Stampede ride makes me hurl. Plus, I barely survive days deprived bananas. Instead of chemo, I'd opt to nip cancer with green tea, berries, and greens. But green tea makes me groggy.

Unlike me, author David Asprey shares research, not opinion, on healing tricks in his book *Head Strong*.

- First, fast for health: "Fasting ... helps reduce inflammation throughout the body. Fasting eliminates cellular waste" (p. 102).
- Specifically, try intermittent fasting: "You eat all of your food within a specific window of time (six or eight hours) and fast the rest of the day (sixteen to eighteen hours). ... Most intermittent fasting protocols require you to skip breakfast and not eat lunch until after two p.m." (p. 103).
- Second, use red lighting for health: "Exposure to natural light is essential for proper brain function" (p. 164).
- Red light glows often in natural light: "At sunrise, [the sun] has a reddish pink glow. ... As the afternoon bleeds into the evening, it transitions back to beautiful shades of orange and red" (p. 163).



- So, let red light nourish your body's rhythm: "We have evolved to live in accordance with this rhythm [of natural light]– [through] our circadian rhythm" (p. 163).
- How can you soak yourself in red light? "Invest in some simple LED red lights ... switch to halogen lights if possible, and get some quality outdoor light exposure throughout the day" (p. 164).
- Lastly, you'll love cold showers – once the shock settles: "gradually increase your exposure to cold over time. Start off by simply placing your face in cold water for a few minutes" (p. 174).
- How should you use cold therapy? "Applying ice to sore muscles is a form of cold therapy. So is finishing your shower with thirty seconds of cold water." (p. 172).
- And what are the benefits of cold therapy? "It reduces inflammation ... and ... [kills] weak and damaged cells ... and makes room for new, healthy ones" (p. 172).
- Other benefits of cold showers? Cold therapy "helps to relieve pain and signals your body to produce more antioxidants" (p. 173). And antioxidants prevent cancer.
- Cold therapy also helps you "relax more quickly after experiencing a moment of stress ... and have more energy" (p. 173).

I splash, smiling, in cold showers and eyeball red lamps lighting store displays. But I fight the fast.

So, do only feel-goods heal? Maybe not. But after any fast, both cod liver oil and Buckley's smell like fillet-of-cotton-candy.



## Student Sizzle — AU's Hot Social Media Topics

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

### AthaU Facebook Group

Sabine is curious if a French course's prerequisite can be waived, and the consensus seems to be "oui". Jayme seeks a second-hand text for BIOL 235 and receives a flurry of suggestions and offers.

Other posts include "seasonal cheer" events, electives, GPA calculation, and courses COMP 200, ECON 380, ENGL 423, GOVN 301, and INST 348.

### reddit

Navigating AB student loans: a request for clarification about whether students have to enrol before applying for AB loans results in a detailed response about the Alberta student loans process.

### Twitter

@AthabascaUSU (AUSU) tweets: "Want a quick way to locate services and resources available to you at AU? Check out our AU Quick Links page! <https://www.ausu.org/services/student-resources/au-quick-links/> ..."

@AthabascaUBiz tweets: "This is every #AthaU student! How to Stay Focused If You're Assigned to Multiple Projects at Once: <https://goo.gl/BrsWjz> ."





Dear  
Barb

Barbara Godin

## Hooked

*Dear Barb:*

*Hi, my brother is addicted to opiates. His wife and two kids have suffered extensively from his addiction, as have my parents. He has tried many times to get off the drugs but it hasn't worked. He mostly lives on the streets and has no income to speak of. He often shows up at my parent's house in the middle of the night trying to get money. It's so hard for them to say no, even though they have been told by counsellors that is the right thing to do. If they give him money, he buys drugs. I think my brother needs to be forced into a treatment facility, but he refuses. He says he has some friends who are on methadone and they have been successful in getting off drugs. To me it sounds like he is trading one addiction for another. I believe the only way to get clean is to get off all drugs. How can I get my brother into treatment? Another problem is my brother does not have money and as a family, we are just scraping by. Are there any treatment facilities that are covered by OHIP? Thanks for your help, Stephanie.*

Hi Stephanie:

So sorry your family is going through this all too common scenario. Unfortunately, you cannot force your brother into treatment; he has to be ready and willing to accept help. There are OHIP covered treatment centers, but not

nearly enough of them. There are guidelines you have to follow before you will be accepted into these treatment facilities. The intention is for you to be sober and serious about treatment. As well, these services can help you get into a medically supervised detox unit to get you sober. Once you have accomplished this, you will have an appointment with a counsellor where you will be put on a waitlist until space becomes available. During this time, you will be expected to attend meetings and outpatient therapy to maintain your sobriety. Unfortunately, many people relapse during this waiting period. Methadone has some value in the treatment of opiate addiction. It's meant for short term treatment while people are waiting to get into counseling and treatment to better understand their addiction and why they are vulnerable to it. Methadone alleviates the uncomfortable physical withdrawal symptoms of opiates. Unfortunately, some people end up staying on Methadone for long periods of time, sometimes even years, thus avoiding dealing with their addiction issues. Ultimately, they become addicted to Methadone. While on Methadone addicts are continuing to use opiates for the high, while using Methadone to avoid the withdrawal symptoms. Methadone definitely has use in the treatment of opiate addiction, but it is not the answer. Perhaps the government should be putting more funding into opening up more treatment facilities rather than more Methadone clinics. Thanks for writing in Stephanie.

Follow Barb on twitter @BarbGod

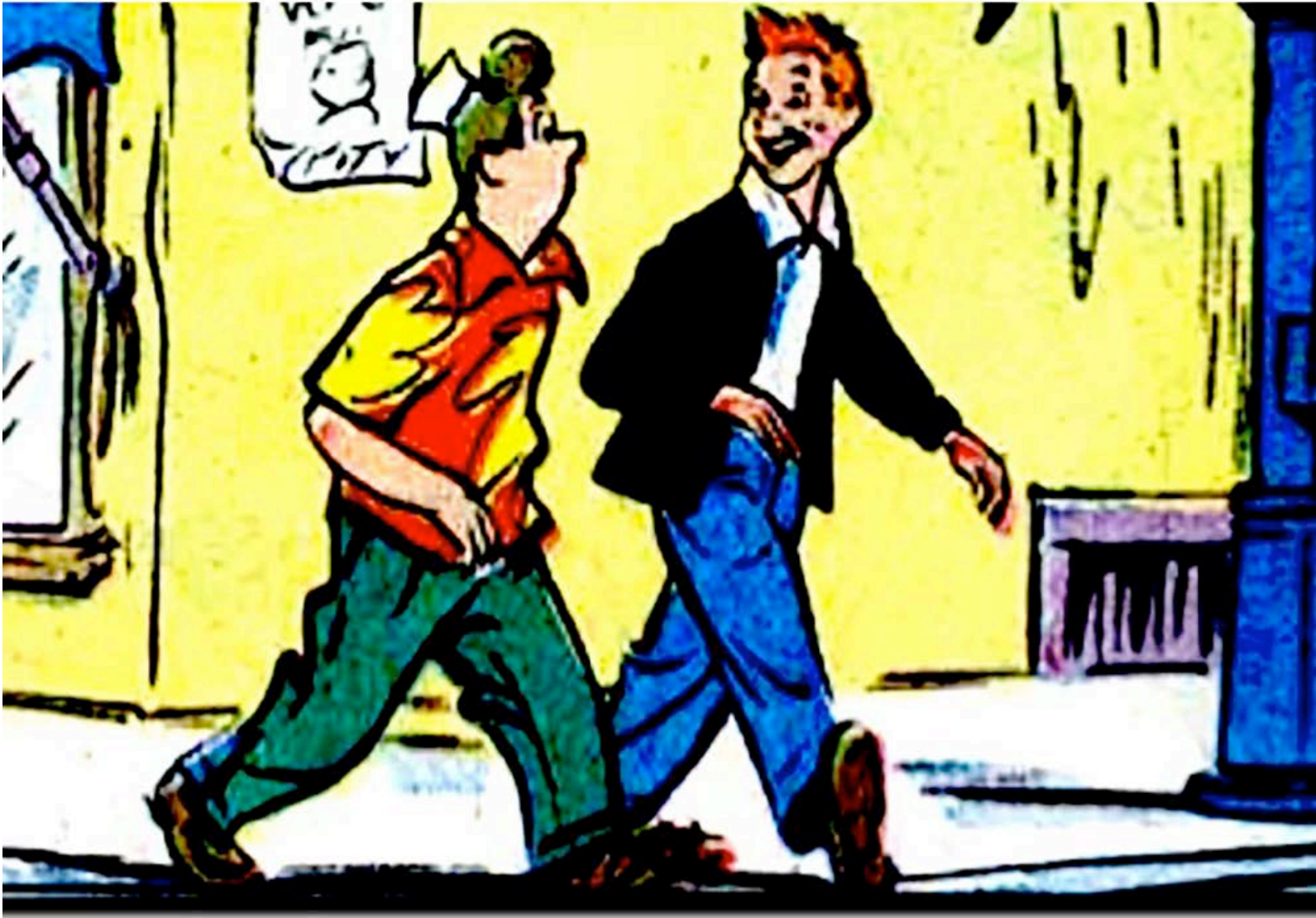
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## Politically Bereft Grants and Loans

Wanda Waterman



I KNOW AN ARTS COUNCIL GRANT WILL JINK MY NOVEL'S SUCCESS,  
BUT WHAT BETTER WAY TO RECOUP THE MONEY THE GOVERNMENT  
GYPPED OUT OF ME WITH STUDENT LOANS?



2017/18 FHSS RESEARCH TALKS  
EVENT NUMBER 2

# For Many Voices, Human & Otherwise

November 17, 2017  
**2:00pm to 4:00pm**

## FEATURED SPEAKER:

*Dr. Mickey Vallee*

*Recently appointed Canada Research Chair  
in Community, Identity, and Digital Media*

Dr. Vallee's research explores how emerging sound technologies, digital networks, and interfaces can foster new relationships among individuals, communities, and environments in a globalized world.

+ Rooms have been reserved in Edmonton (AUE 1112) and Calgary (BVC S6024).

+ The talks will be live-streamed on Adobe Connect:

Conference Number(s): 1-855-228-6652 | Participant Code: 7503945

Adobe Connect link: <https://athabascau.adobeconnect.com/fhss-research/>



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STUDENTS' UNION

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## IMPORTANT DATES

- **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 15:** [January degree requirements deadline](#)
- **Dec 22:** [Deadline to apply for course extension for Feb](#)
- **Dec 23-Jan 2:** AU & AUSU holiday closure, inclusive

## Run for AUSU Council!

Are you looking for ways to get involved?

Do you want to get to know other AU students?

How about a chance to represent your fellow students, gain some great experience, and learn more about governance and advocacy?

AUSU is holding a General Election on February 28, 2018! The call for nominations will be going out in November. It's not too early to start planning your campaign statements and learning more about AUSU!

The complete election timeline is on our website [here](#).



## AUSU FAQ's

Have questions about AUSU or our services? Check out our FAQ's online [here](#)!!

**AUSU**  
**FAQ's**



## Book Your December Exams Early!

AUSU and AU will be closed for the holidays from December 23, 2017 to January 2, 2018, inclusive. Make note, exams are not shipped during the last week of December when the University is closed.

Students who submit exam requests **prior to the University closure** for courses with a contract end date of December 31 **are allowed until January 15, 2018 to write their exams** without being charged the "Late Exam fee".

Any exam requests received after December 22 for courses with a December 31 end date will be processed as a Late Examination Request with a fee.

This additional time does not apply to other course work, which must be completed on or before the December 31 contract end date.

Make note, exams at the AU Calgary and Edmonton sites must still be requested 10 days in advance of your contract end date, so for courses with a December 31 end date, the exams must be requested by December 21.

Exams book up fast around the holidays, so book early to make sure you get your preferred time! Payment of a late exam request fee does not guarantee on-time delivery of an exam.



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# CLASSIFIEDS

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Classifieds are free for AU students!  
Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

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## THE VOICE

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