



THE VOICE

Vol 26 Issue 15 2018-04-13

Armchair Motorcycling

The Open Road Without the Bugs

The Mindful Bard

On Clothesline Revival

Poem

A Fine Line

Plus:

Unconscious Superstition

The Adblocker Debate

and much more!



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LETTERS TO THE EDITOR



We love to hear from you!
Send your questions and comments to 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 Academic Mercenaries

Karl Low



In a convenient bit of timing, this week I had the opportunity to attend a press conference and technical briefing with the AB government about Phase III of their review of Alberta's Agencies, Boards, and Commissions. This phase dealt with post-secondary institutions, specifically the Presidents of the universities, although other senior management staff will also be included.

In essence, the province is requiring that by April 14, 2020, all university presidents are adhering to a new payscale framework, one that slightly lowers base salary but severely limits any additional benefits. The CBC has a good article with [the details of the new pay framework](#) as they were presented in the meetings.

Our own President will, I think, primarily notice the reduction in his base salary and the new bills when the university has to start charging him rent on the house AU provides.

Apparently, this framework was created in consultation with each president and board chair to determine the scope and complexity of their duties, and then relied heavily on a survey of salaries, benefits, and duties across some 90 post-secondary

institutions across Canada.

The most interesting bit of the conference, for me, was hearing the chair of the board of Lakeland College, who noted some of the same concerns that I brought up in my last editorial. Specifically that as a board, it can be difficult to decide what's an appropriate level of pay for the position. He, personally, was strongly in favor of the new guidelines, saying they'd make it easier for his board in the future to have some idea of reasonable rates. His equivalents at the University of Alberta and Calgary seem to disagree, however, suggesting that they need to be able to be more flexible to get the great talent.

They should be careful about what they're saying, however. Advanced Education Minister, Marlin Schmidt, noted, when questioned as to whether he thought the new system might cause some university executives to leave, that the current presidents all were primarily concerned about making their respective institutions the best they could be, and were there because they wanted to create a better educational system for Albertans. So when the boards at the U of C and U of A then turn around and say that restricting the pay could make it hard to get top talent, they seem to be implying that it's not the work and the results that motivate their hires, but rather the cash. However, Albertans may not be keen on the idea that some boards are happy with bringing on what may be little more than academic mercenaries. I know I would certainly prefer that a university president be someone who wants the position because they think they can create an academic legacy for themselves first and foremost.

Beyond that, however, in the Voice Magazine this week, our writers have created a bit of a theme around motorcycles. You might wonder what drove (heh) them to that? It's that today is the first Friday the 13th of the year. And to understand why that matters, you need to go back to an article from back in October of 2017, and – you know what? Just enjoy the read!

A stylized, handwritten signature in black ink that reads "Karl". The signature is fluid and cursive, with a long, sweeping tail on the final letter.

Armchair Motorcycling

Enjoy two-wheeled freedom without the bugs in your teeth

Barbara Lehtiniemi



Last week, Lake Erie tossed frigid waves over the pier at Port Dover, Ontario. Will that stop thousands of motorcyclists from attending the traditional Friday the 13th gathering? Nope. Even when Friday the 13th falls in the dead of winter, motorcyclists don their cold-weather gear and cruise on two wheels into the small community of Port Dover for PD13 (see [Leather Up for Friday the 13th](#), October 13, 2017.)

For those who view Port Dover as too far, too cold, or too crowded, or who—like me—have neither a motorcycle to ride nor a license to ride one, there's a gentler way

of enjoying, vicariously at least, two-wheeled freedom: let Ewan McGregor do the work.

Scottish actor Ewan McGregor, known for his roles in *Trainspotting* and *Star Wars*, is also an avid motorcyclist. In April 2004, McGregor and pal, television presenter and writer Charley Boorman, went on a motorcycle adventure from London to New York City, taking the scenic route. From London, McGregor and Boorman rode eastward and kept going, through Europe, Asia, and then North America.

The journey, some 31,000 kilometres, took over three months. With bike-mounted cameras and a production crew in tow, the whole adventure was filmed and then produced on DVD in December 2004, along with a companion book of the same name.

The pair travel through twelve countries on bike, with a few legs necessarily taken by truck, train, or plane. Most of the DVD series (7 episodes totalling 400 minutes) covers their journey through Kazakhstan, Mongolia, Russia, and Siberia. Along the way they mingle with locals, marvel at the landscape, and endure periodic breakdowns and meltdowns.

The North American leg is jarring after remote and wild Siberia. Calgary features as the site of their first—and second—traffic accidents involving the bikes; both accidents were the fault of other drivers running into the bikes.

If 31,000 vicarious kilometres swooshing by isn't enough for you, you'll want to watch McGregor and Boorman's follow-up series "Long Way Down". In 2007 they started at John o' Groats at the northern tip of Scotland, and rode to Cape Town on the southern tip of Africa. As with *Long Way Round*, there is a companion book to the DVD series.

For motorcyclists, both DVD series contain ample technical and practical information as McGregor and Boorman select, outfit, maintain, and repair their bikes. For motorcyclists and non-motorcyclists alike, the series are kaleidoscopes of culture and sweeping vistas. It's the most fun on a motorcycle you can have while sitting in your armchair.

(A follow-up South and North American journey, which presumably would end at Port Dover, was planned but later postponed indefinitely.)

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





Course Exam

Brittany Daigle

SCIE 326— Scientific Reasoning

SCIE 326 (Scientific Reasoning) is a three-credit science-based course that covers the formal and informal aspects of scientific reasoning. This course requires students to have at least twelve credits in university-level science courses, including at least six in courses with laboratory components. However, according to the Faculty of Science and Technology, “Students in the BSc CIS (Bachelor of Science Major in Computing and Information Systems) program can count Computer Science (COMP) courses towards the laboratory component of the pre-requisite; therefore, they only need to have completed four computer science courses.”

Scientific Reasoning is comprised of one assignment (a long essay) weighing twenty-five percent, a midterm exam worth thirty-five percent, and a final exam weighing forty percent. This course covers topics similar to PHIL 252 (Critical Thinking) and PHIL 333 (Professional Ethics), such as defining science, defining reason, the scientific method, relations between theory and experiment, scientific paradigms, explanation and prediction, scientific theory, principles of reasoning, systems of analytical reasoning, traps and fallacies of reason, statistical inference, mathematics in science, and tools of analysis (such as Venn diagrams, classification, syllogisms, and Boolean logic). If you are interested in learning more about Critical Thinking or Professional Ethics, read my PHIL 252 and PHIL 333 Course Exam Articles!

Born and raised in Calgary, Alberta, Dr. James Greenwood-Lee is the course coordinator for SCIE 326 (Scientific Reasoning), as well as MATH 244 (Business Mathematics), MATH 409 (Number Theory), MATH 481 (Mathematical Modeling II), MATH 495 (Mathematics Projects), and MATH 496 (Mathematics Projects). He joined Athabasca University in 2010 as a tutor and became an Assistant Professor in 2015. He completed an undergraduate degree in Zoology at the University of Calgary and then went to Queen’s for his graduate studies in Mathematics. After that he moved back to Calgary because he and his wife wanted their children to grow up close to their family. He states, “Now I have two awesome kids, who are continually besting me at everything!”

Dr. Greenwood-Lee states, “I took over this course in 2015 from Dr. Burt Voorhees, though I must give credit where credit is due. Dr. Voorhees, who is now a professor emeritus, is the original author and course coordinator for Science 326.”

When asked to provide information about the structure of the long essay, he notes that “The course consists of a single assignment, which requires the student to write a long essay. Students have the freedom to select an essay topic of their preference from a list of set topics and the essay can be completed at any time during the students’ course contract. The essay is designed to be a writing exercise and students’ work should be composed as a proper essay. The trick here is to make use of this exercise to improve your writing by engaging with your tutor. I am always happy when a student asks me to provide feedback on an outline or a draft. Though, for obvious

reasons, I will not write your paper for you, but I can always provide feedback on how to improve it so that you can submit your best work and receive your best grade. Also, do not forget about AU's Write Site."

For students that are not familiar with AU's Write Site, it is a website that is designed to help students with their academic writing assignments and to help students develop their writing skills over time. Prior to submitting an assignment to your tutor to be marked, you can submit it to the Write Site and you will receive feedback on your writing, such as its organization, mechanics, grammar, and style. However, the Write Site will not provide any feedback on the content you present in the assignments that you submit, as the writing coaches don't know the content of every course.

The writing coaches of AU's Write Site help students identify individual patterns of errors and focus on improving three to four writing skills in each submission. Also, if required, the writing coaches may refer or suggest a specific writing course to a student to further help to improve their writing skills. If you are interested in submitting an assignment to the Write Site, make sure you submit the assignment for feedback to the Writing Coach Submission Drop Box at least three business days before you need it returned. Also, allow for additional time to rewrite or adjust the assignment based on the feedback that was provided.

As for the midterm and final exam, Dr. Greenwood-Lee states, "There are two exams in SCIE 326. The midterm exam focuses on the first half of the course and the final exam focuses on the last half of the course. Each exam is a mixture of short answer questions, long answer questions, and exercises. Personal notes and the textbook are not allowed during the examination and the exams are pretty standard when it comes to their difficulty."

When asked what kind of work ethic students will need to be successful in this course, Dr. Greenwood-Lee states, "Obviously there is work to be put in. In general, the more one does the better one does, but as a student always be aware of decreasing returns on investment. Every student is different, and the trick is to know your own learning style, your own strengths, and your own weaknesses. Most importantly, do not feel like you have to do it alone. If you are having trouble with the material, then reach out to your tutor. I am always happy to help you work through the material. While I cannot speak to a general work ethic needed for success, since we are all different, I can give you my personal view. For me, this would be the type of course I would tackle primarily when I am winding down. There is a lot of reading and reflecting on ideas

AU-thentic Events Upcoming AU Related Events

New Program Students Orientation (Undergrad)

Tues, April 17, 5:00 to 6:00 pm MDT

Online

Hosted by AU Faculty of Business

business.athabascau.ca/event-details/business-undergraduate-new-students-information-session-april2018/

Register online at above link

Conducting a Literature Review

Thurs, April 19, 2:00 to 3:00 pm MDT

Online

Hosted by AU Faculty of Graduate Studies

fgs.athabascau.ca/news/presentations/

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

AU Library Orientation

Thurs, April 19, 5:00 to 6:00 pm MDT

Online

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration required

Bannock and a Movie "Birth of a Family" Part 1

Fri, April 20, 12:00 to 12:50 pm MDT

Athabasca University, Peace Hills Trust

Tower, 12th floor, Room 1222,

10011 - 109 Street, Edmonton AB

In-person; limited seating

Hosted by AU Centre for World Indigenous

Knowledge and Research

indigenous.athabascau.ca/documentation/BirthOfAFamily-part1.pdf

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

in this course and that is the type of work I like to do when I am in a fairly relaxed state. I say primarily because when it comes time to prepare for exams there are a lot of concepts to know and understand. I do this better when my brain is stimulated. I would probably turn on the Sleater-Kinney and just go at it.”

Dr. Greenwood-Lee concludes, “SCIE 326 is certainly different from your standard science course that focuses on a particular topic in a particular field of science. That being said, my advice is to embrace the challenge. It is important for all scientists to have background in the history and philosophy of science as well as the core concepts that lie at its foundations. Ultimately, students should have a better understanding of what science actually entails after completing this course and, like all courses, Science 326 must evolve to stay both relevant and effective. Ideas and input from students on how to make the course better are always welcome.”

Whether this course is a degree requirement of yours or the topics discussed above interest you, this course will have you engaged and immersed in interesting, relevant science related content. If you have any questions regarding SCIE 326 or would like to provide feedback on the course, Dr. James Greenwood-Lee encourages you to contact him at jgreenwoodlee@athabascau.ca.

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



The Ad Blocker Debate and Other Ways to Protect Yourself from Malicious Ads

Andrea Nava Barrios



More people are using advertisement blocking software to avoid Internet ads, and many publishers are not happy about it. One company that monitors users' use of ad blocking software, PageFair, produced a [report](#) in 2015 indicating that “ad blocking [was] estimated to cost publishers nearly \$22 billion during 2015.” And as the number of people using ad blockers continues to grow, companies are finding creative ways to receive payment, including implementing pay walls and ad-block walls, requesting donations, and even using ‘ad-block-unblockers’. While it

is reasonable for companies to use advertising as a source of revenue, many users have decided that it is in their best interest to block ads completely.

Most people have good reasons to dislike advertisements. They are intentionally intrusive, attention seeking, and time-consuming, all of which adds up to annoying. But advertising has always been annoying, intrusive, and time-consuming; and you could argue that these qualities alone are not a good enough reason to block them, because it prevents companies and individuals that are providing goods and services from receiving payment. A more legitimate, but less

common, argument is the role ad blockers play in protecting users from the rising threat of *malvertising*.

Malvertising is a hacking strategy whereby computers are infected with malware through malicious advertisements online. This can happen when advertising companies or publishers accidentally allow deceptive, malware-laden advertisements onto their websites. Wendy Zamora from anti-malware company Malwarebytes Labs [writes](#), “In 2015, Google disabled more than 780 million bad ads, a nearly 50% increase over 2014. According to RiskIQ, in just the first half of 2015, malvertising increased 260% compared against all of 2014.”

So, the likelihood of falling victim to one of these campaigns is increasing. The list of websites that have already hosted malicious ads is vast, and many would be quite familiar to most people, including the [New York Times](#), [Yahoo](#), [the Daily Mail](#), and the [London Stock Exchange](#). As people become increasingly aware of the security risks that come with online advertisements, the ethics of blocking advertisements becomes murkier. After all, accepting a mild nuisance in exchange for free content is one thing, but accepting malware and risking your personal details and banking information is another.

Proponents of ad blocking technology argue that ad blockers are, undeniably, a good way for users to protect themselves from *malvertisements*. One 2014 [study](#), headed by the researchers from University of California Santa Barbara, suggested “the safest way for users to protect themselves against *malvertisements* is to utilize solutions like Adblock Plus to prevent advertisements from being delivered to their browsers.” Unsurprisingly, that quote was featured in an article written on the website of Ad Block Plus, a company that provides ad blocking software. But that this study serves a convenient marketing purpose does not discount its findings. As well, computer security journalist Brian Krebs [writes](#) on his website, “Many security-conscious readers have chosen to block ads altogether with browser add-ons like Adblock. Wholesale blocking ads can be effective in stopping malvertisements, but this approach also has the perverse effect of blocking a primary source of revenue for many sites (including this one).” While he acknowledges the impact that ad blocking software might have on his revenue, he also understands the validity of his readers’ concerns. Other groups, such as the [Australian Signals Directorate](#) (an arm of the Australian Department of Defense), and software security company [Trend Micro](#), also advocate the use of ad blockers for consumer protection.

But certain companies or groups don’t recommend ad blockers. Or, at least, withhold information on ad blockers when discussing safe Internet use. Such organizations might have a vested interest in advertising to Internet users but may provide good advice nonetheless. One example of this is [Google’s Guide to Anti-Malvertising](#), which omits the effects of ad blockers to improve computer security, but provides reasonable ways of avoiding such attacks online. The Google Guide to Anti-Malvertising suggests five important tips for general Internet users: Using an updated version of your antivirus, ensuring that your operating system and browser have been updated, being wary of what you download, reporting potentially dangerous websites, and using reputable products to delete/remove malware, if acquired. These are suggestions that anyone can follow, regardless of their moral perspective on ad blockers.

It can be a bit difficult to know how to protect yourself from malicious advertisements on the Internet, especially if you are concerned with compensating others fairly for their work. It is tempting to remain ignorant to justify either doing nothing or blocking everything indiscriminately. You could argue that neither option is the result of properly weighing the consequences. It is possible that, after further research, some users will choose to allow the advertisements of the websites they frequent, but they will be accepting a risk (as those who were

affected by a malicious ad on Forbes.com [learned](#)). More risk averse individuals may block all ads but pay subscription fees or donate to their favorite websites to support the creators of services they use. The choices we make online to balance risk and fair payment are personal. For those of us who own computers and use the Internet, it would be wise to learn more about the seemingly innocuous ways that we put ourselves at risk, and the strategies we can use to protect ourselves online.

Andrea Nava-Barrios is an Applied Mathematics student at Athabasca University living in Kitchener, Ontario.



The Creative Spark!

Description Spiffs Style

Marie Well



Attention Have you ever written freestyle? If so, did a twist in words hurl you in a new direction? That often happens with descriptive writing. One tweak, and your story shifts.

Author Lee Childs rambles like a talk-show host without a guest. Too descriptive for me. Too freestyle without a fence. But that's his style. Yet, *structured* writing stands still. I once structured essays with ten-page outlines. The essays then wrote themselves. But they lacked the edginess that stems from twists.

Edgy anecdotes bustle with description. I rarely used anecdotes in presentations or essays. But anecdotes liven writing—when relevant to your thesis.

And anecdotes gush with adjectives. But author Helen Sword says don't use adjectives that repeat. Other authors say let the verbs, not adjectives, drive the

story. But striking adjectives build stunning stories, don't they?

So, when you edit, tweak your adjectives and descriptions. Yes, many authors do multiple rewrites. Some authors say they gloated after their fifth edit. But before the edits, they felt shame.

And edit your writing for style. In other words, edit for the three f's: flow, finesse, and the five-senses. In my essays, I tweaked misspellings and bad grammar, but never aimed for style. One prof nagged, "If you don't grasp style, then you're not an A student." Then she handed me an A-

To learn style, read books such as Helen Sword's *Stylish Academic Writing*, Stephen Pinker's *The Sense of Style*, and books by Roy Peter Clark. At the very least, skim Sword's *Stylish Academic Writing*. And remember: description spiffs style.

Monica Wood shares how to finesse with description in her book *Description*:

- What value do details lend your writing? "The right details, inserted at the right times, allow your readers access to a character's inner landscape, his or her peculiarities, fears, and compulsions that cannot be easily explained. It is one thing to explain to your readers

that a character is fearful, quite another to describe the way she shrinks from human touch” (pp. 6-7).

- When might you justify overdoing descriptions? Perhaps “the protagonist is a professor of aesthetics and war veteran at the end of his life, and the story’s lyrical descriptions are true to his view of the world” (p. 3).
- When might you minimize descriptions? “Sometimes it takes only one or two details to light up a character for your readers ... The old man’s carefully parted hair suggests that he has not totally given up” (p. 6).
- When might descriptions alter your storyline? “If Frankie puts the garden book on the shelf and takes the sex book instead, then your story has to head down a different path altogether” (p. 8).
- And how do you make memorable descriptions? “Don’t tell the readers that Judy ‘looked sad,’ tell us about the shape of her mouth or the lifeless slats of her hair. Avoid details that call to mind *anybody* and use the ones that call to mind *somebody*” (p. 6).
- And use the five-senses: “Remember, you have four other senses to work with: taste, touch, smell, and sound. What your character smells and hears may be even more important than what he sees. A festooned riverboat (a feast for the eyes) might be easy and fun to describe, but the metallic taste in the captain’s mouth or the sulphurous odor of the water may be more important to the story” (p. 11).
- Lastly, tweaking your descriptions might twist your tales: “You may stumble across a detail that is so telling to *you* that it changes the direction of your story” (p. 8).

Scratching my noggin while reading Lee Childs, I wondered, “What’s the point with all his description?” I like to write minimally. Scriptwriting prompted that. So, I only care about the color of walls when they’re made of rubber. A paradox? I call it a creative spark!



Unearthing classic articles from previous issues of *The Voice Magazine*.

With Friday the 13th marking the beginning of two-wheeling season, we polished up a pair of motorcycle articles.

Rebel on two wheels. In this short story, a runner-up in The Voice's 2005 writing contest, Wanda Bakker plots the rise and fall of Aunt Barb's coolness. "She had a way of pushing the rules without ever actually breaking them. Like the time she wore her motorcycle helmet to church." [Fiction Feature – The Motorcycle, December 2, 2005.](#)

Taking Hazel for a Ride. Columnist Hazel Anaka's plans to obtain her motorcycle license threaten to unravel over the course of one weekend's training. "It didn't at all help that our chief instructor was some sort of power-tripping, paramilitary, hard ass, tough love, I'm gonna whip these recruits into shape, know-it-all arrogant jerk." [From Where I Sit – The Open Road, May 9, 2008.](#)

Unconscious Superstitions

Deanna Roney



Would you ride a motorcycle for the first time on Friday the 13th? If something bad is going to happen, it is all more likely to happen on the bad luck day, right?

I've never been one to get too wrapped up in the lore around Friday the 13th. The reasoning behind this day being bad luck, according to Wikipedia, goes back to biblical times. I wonder how many people know why this day is considered bad luck? Before sitting down to write this article I hadn't really considered it, but when I did a quick search I discovered that in Hispanic and Greek

culture it isn't Friday the 13th that is considered bad luck, but Tuesday the 13th. This superstition goes back to the fall of Constantinople. But, the modern belief doesn't fall back on the origins, and I would argue that most people believe it is bad luck just because it has permeated society. This blind belief is strong, and I have seen people avoid doing things simply because it is Friday the 13th.

This particular looming Friday the 13th pushed me to think about what it means, where it comes from, and how it became so integrated into society. Even though, I would argue, many do not know the origin. Many Christian holidays overlapped with Pagan holidays because there was an effort to push the pagans out and to take over. So maybe this is one of those instances, and it is considered bad luck because it was important in Pagan culture? Like the Christmas tree, whose symbolism was also taken from the Pagans. What else do we take as fact, or perhaps something we believe unconsciously? If you believe in the bad luck of Friday the 13th, if you would, circling back to my original question, avoid riding a motorcycle or trying something new on Friday the 13th, have you stopped to consider why?

Perhaps on this day we manifest our own bad luck. It is like trying to cross a river on a log, the more we focus on it, the less steady we become, the less steady we become the more likely we are to fall. While Friday the 13th has historical significance, can we really attribute the bad things that happen to it? Or, is it all in our heads? If something bad happens on the 13th how likely are you to shrug it off and say see, bad things happen on this day? While on any other day it would just be a part of the day, a bad thing that happened, or maybe it would seem so inconsequential that you wouldn't even notice. Burnt toast? Friday the 13th or just distracted waiting for the roof to drop?

I grew up unaware that Friday the 13th was meant to be bad luck. I learned about this once I hit school and everyone else was talking about it. By this time, though, it was ingrained in me that one day is no better nor worse than another. Something is as likely to happen on Thursday the 12th as Friday the 13th, or Tuesday the 13th. That isn't to degrade anyone's beliefs, but pause for a moment and consider, what would you do if it was any other day?

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



The Fit Student

Lupus, Toe Fungus, and Lower Grades

Marie Well



Coffee and chips? Or water and pumpkin seeds? Just like aiming for an A+ in studies, aim for the same in diet. Those fast food lifestyles, not unlike cramming, translate into horrors: lupus, toe fungus, *and* lower grades.

Some aim for moderation in their diets. For me, not so much. I've turned into a crazed health fool. So much so that now I wish to don a doctorate of naturopath. Even after my 70th birthday, I might chase the goal. After all, age leaves no barriers if you live like Wonder Woman on a cabbage soup cleanse.

In preparation for learning naturopathy, I may enroll in cooking classes at SAIT. But SAIT doesn't offer superfood cooking classes. No! Tatas or pastries don't make superfood bellies. Despite high-fat, each SAIT cooking course costs around a hundred dollars. So,

students can afford classes in cookery, however harrowing the heartburn.

Instead of SAIT's cooking classes, I might learn intuitive plant-based cooking. Intuitive cooking uses no cookbooks, no recipes, just kitchen intuition. An AU student, Laruen Klukas, featured in the Voice wrote a cookbook. She cooks superfoods—the healthiest and tastiest dishes I've seen. And rumor has it she might land TV guest spots on topnotch shows. If she ever teaches intuitive plant-based cooking, let's enroll.

Another preparation for a naturopath doctorate? Going vegetarian. My friend once went vegetarian, motivated by the book *The China Study*. But a meatless diet zapped his energy, especially after lifting weights. I lift weights, too, so I shy away from going vegan. *The China Study* needs a sequel—on plant-based nutrition for fitness freaks.

Heather Nicholds CHN, tells you how to get healthy and lean in *The Plant-Based Diet Meal Plan: A 3-Week Kick-Start Guide to Eat & Live Your Best*:

- What does a plant-based, healthy diet look like? "Fruits and vegetables should make up about half of your plate. The other half should be made up of equal parts whole grain and healthy proteins and fats" (location 667, 14%).
- Specifically, "eat more fresh fruits and vegetables, whole grains, beans, nuts, seeds, herbs, and spices" (location 258, 5%).
- What benefits stem from a plant-based diet? "Your immune system is more resilient, your moods are more balanced, your waistline is slimmer, and your mind is more at ease ..." (location 232, 5%).
- And other plant-based benefits? "Your complexion will look more radiant, your digestion will improve, you'll have more energy, you'll think more clearly, and you'll sleep better" (location 232, 5%).
- Plus, plant-based diets cure gas: "I don't experience the chronic gas or digestion issues that I had in the past" (location 210, 4%).
- Best of all, plants prevent disease: "Vegetarians generally have a lower risk of cardiovascular disease, obesity, type 2 diabetes, and some cancers" (location 258, 5%).

- So, how can plants help you drop weight? “To lose weight, you increase your proportion of nutrient-dense foods and decrease your proportion of junk foods” (location 321, 7%).
- Yes, avoid garbage that trigger cravings: “Some foods are ... called empty-calorie foods. They leave your body still craving nutrients, even though you’ve added calories to your day. White rice, white bread, refined oils, and refined sugar are examples” (location 332, 7%).
- Instead, eat plants. Plus, use the following tricks to skinny down: “Use small bowls and plates ... eat with chopsticks ... Swallow between each bite ... brush your teeth between meals ... dilute your juice or soda” (location 342-354, 7%-8%).

A former colleague mastered everything he wanted, including cookery. He made farewell cakes that tasted better than French pastries. But today, I’d pass on his pastry puffs and farewell cakes. After all, Dr. Amen says, pour only top-notch fuel into your body.

Yet, some say I’m freefalling to *orthorexia*: obsession with eating healthy. But, I’ll take the label *health nut* over a fate of lupus, toe fungus—and lower grades.



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Xtina discovers an essay she wrote has been posted online without her permission; AU is investigating at her request. Steph's looking for recommendations for a new laptop; the MacBook Air leads the list and she ends up ordering one.

Other posts include purchasing textbooks, writing quizzes in airports, and courses ENGL 305 and WGST 333.

reddit

Poster soleilpoleil is considering AU for grad studies and seeks student feedback on doing a masters online.

Twitter

@AthabascaU tweets: "Announcing the #ImagineAU contest. Shoot a video, upload it to Instagram and be entered to win a weekly #AthabascaU prize package! Details --> <http://bit.ly/2HnNbuA>."

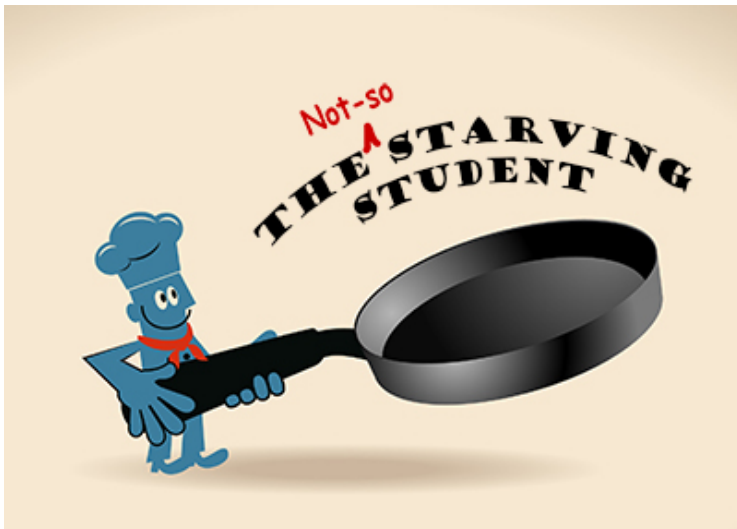
@AthabascaUSU (AUSU) tweets: "Do you know of an @AthabascaU tutor or academic expert that had been outstanding? Nominate them for the President's Award for Tutoring/Mentoring Excellence. Here is the procedure <http://bit.ly/2GMILLP> and nomination form <http://bit.ly/2GTEAPy> . #academicexcellence."



The Not-So Starving Student

Top Five Foodie Tips For Eating Abroad

Xin Xu



For many AU students, April means wrapping up the final semester and perhaps deciding to reward oneself with a long-awaited vacation. Travelling as a student means the freedom to explore new corners of the globe, soak in rich cultural experiences, and, of course, no trip is ever complete without trying the best foods each region has to offer. For many travellers, sites like Yelp and TripAdvisor may seem like the best advice from one foodie to another, however there are plenty of excellent tools that can make your travel dining experiences so much more fruitful! For myself, I've been travelling regularly throughout the year and I am certainly a foodie, so I wanted to share

some expert tips on how to make the most out of your vacation through food.

1. **Go authentic or go home:** when you're travelling, you're not about to walk into any international restaurant chain and start ordering the same cuisine you did in your home country. It's all about being adventurous and trying local cuisines. One tip is to find out what the particular region you're visiting is known for. What is the food culture that have existed here for centuries if not millennia? While some of the most traditional eats might not be your cup of tea, the key part is about being adventurous. For me, I tried the notorious stinky tofu on my last trip to Taiwan. In the end, I was pleasantly surprised and would have regretted not pushing past my comfort zones.



2. **You don't have to break your wallet:** For students, it's understandable that travelling comes with its own set of financial restrictions. For example, staying in hostels rather than a five star hotel or carefully budgeting daily dining expenses. However, from my own globe-trotting experiences, I can confidently say that some of the cheap eats I've had were also the best meals I've had abroad. Spending wisely can go a long way and you don't need to be at the Michelin star restaurant to sample the best the region has to offer (although that would be nice).

3. **Visit the local McDonalds:** Although I typically discourage against going to international restaurant chains, this is the one exception I make. The reason I make this claim is that McDonalds in every country has a few menu items that are mysterious but fascinating. These speciality items reflect local flavors. For example, in Saudi Arabia, local McDonalds feature falafel burgers whereas in Paris, macaroon and crepes replace apple pies for dessert. I am not affiliated or endorse McDonalds by any means, however has become my personal foodie habit.





4. **Ask locals:** They say to get the best experience while travelling, do not fall for common tourist traps. But how do you know you're falling into a trap when you don't know what the traps look like? Hence, consulting local residents is the best way to find local cuisines. Sometimes this means staying at an airBNB or mingling with the locals at a pub.

5. **Prepare for the worst:** Coming from a healthcare background, I have witnessed many vacations fall apart due to health reasons. Taking care of yourself abroad may be the single most important thing to enjoying your vacation. Make sure you bring adequate amounts of diarrhea, heartburn, nausea and allergy medications. Talk to a health care professional for a pre-travel consult and prepare for the worst. Do plenty of research about the location you're travelling to and take the travel advisories with a grain of salt.



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



The Mindful Bard

Amerellectronica points to new horizons of sound and sense

Wanda Waterman



Album: *Holy Cow* (CD release 20 April 2018)

Artist: Clothesline Revival

Publisher: Paleo Music

Conrad Praetzel accompanies a Moog synthesizer with slide guitar played on a 1937 Harmony archtop, crafting the most amazing instrumental tracks imaginable. There's a ghost in this here electronica machine: It sings of a new heaven and a new earth where all the oppressed and marginalized voices of the past join together in a chorus of existential triumph.

Under his alias "Clothesline Revival" Praetzel has managed to remain one of the Mindful Bard's all-time favourites since 2009, and *Holy Cow*, his fifth album, has proven as indispensable to mindful listening as any of the others.

Praetzel is a collector of meaningful moments, an archivist of weird Americana, an archaeologist of ephemeral happenings, and a rebuilder of the broken bricolage of the past. He takes great pleasure in discovering pieces of cultural flotsam that speak

intensely of the true American heart (witness [this little memory](#)) in all of its rustic romanticism and naïve flights of imagination.

YouTubeing “[Clothesline Revival](#)” delivers a yummy host of audiovisual treats. An old silent film gem he used to back up “Roustabout,” consists of a lighthearted troupe of hobo clowns who appear and disappear at whim as they cavort through the streets. He’s also great at finding brilliant old cartoons to serve as backgrounds to his music.

Instrumental tracks do tend to compel listeners to look at song titles for clues about the ambient meaning of a track, or at least about what was occupying the composer’s mind when they wrote it. Praetzel names his tracks according to their content but also exercises the same degree of creativity employed by free jazz musicians in naming their pieces. Song titles go from the boisterous and raunchy “Crawdaddio” to the meditative yet upbeat “My Life as a Cactus.” And then there’s that album title . . .

When I asked him about his titles Praetzel had this answer and photo to share:

“The album title is from the linocut illustration that a local artist and friend, Rik Olson, created. I have a one-of-a-kind triptych of the Holy Trinity he created that hangs above my recording desk. Note the pun: The Cow, Mackerel and Mole really are ‘holy.’



“I usually think of song names that fit the feel of the album as a whole and then try to match them with the songs. Saint Max was originally going to be Saint Mac, a character from John Steinbeck's *Sweet Thursday*, but I changed it to Max after learning about Saint Maximillian Kolbe. The studio shot shows the Holy Trinity.”

Saint Maximillian Kolbe, by the way, was a Franciscan friar who offered to die in the place of a stranger in the Auschwitz death camp in Poland. The music is a lovely tribute, with blissful ambient sounds filling in the spaces between the grinding and striking of industrial noises.

Praetzel’s music has the effect of propelling the listener forward, not just because of the driving rhythms but also because of the new sounds we’re hearing, so deeply inspired by the past that they practically explode into the future.

All are original compositions except “You’re Gonna Need Somebody on Your Bond.” And Praetzel plays and arranges everything on the album.

The Voice has also published reviews of Clothesline Revival albums *They Came from Somewhere*, *The Greatest Show on Mars*, and this interview with Conrad Praetzel.

Holy Cow manifests four of the Mindful Bard’s criteria for albums well worth a listen:

1. It’s authentic, original, and delightful.
2. It provides respite from a sick and cruel world, a respite enabling me to renew myself for a return to mindful artistic endeavor.
3. It inspires an awareness of the sanctity of creation.
4. It makes me appreciate that life is a complex and rare phenomenon, making living a unique opportunity.

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



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Charles Labatiuk Scholarship Award

Sponsored by: Nature Canada

Deadline: May 1, 2018, 5:00 pm EDT

Potential payout: \$2000

Eligibility restriction: Applicants must be entering or continuing at an accredited Canadian college or university in the interdisciplinary study of natural environment systems (ecosystems), how they operate, how they interact with people, and how people interact with them.

What's required: An online application, along with a maximum 1000-word essay on a specified nature conservation topic.

Tips: Read the essay requirements on the [Apply Now](#) tab carefully.

Where to get info: naturecanada.ca/about/awards-scholarships/labatiuk-scholarship/



A Fine Line

thrusting forward
my arms squeeze around you
tighter and tighter
your wrist snaps
gripping the throttle
accelerating instantly

lunging faster and faster
we fly along the yellow line
taking the corners at a forty-five-degree angle
to the hard, rough asphalt below

eyes wide open
i watch the world go disconcertingly by
in a vibrating blur
senses sharpened
the sweet scent of ponderosa pine
intoxicates my mind

the speedometer hits
an improbable number
wind roaring in my ears
the sprinkling rain barely touches us at all

as we take a freedom flight
free to die or
free to live
the thread in-between is thin

we exist only in this fleeting moment
a blink in time
warm, thick leather
helmets clicking
engine humming
patches of impossibly blue sky
rain clouds scudding by
at the speed of light

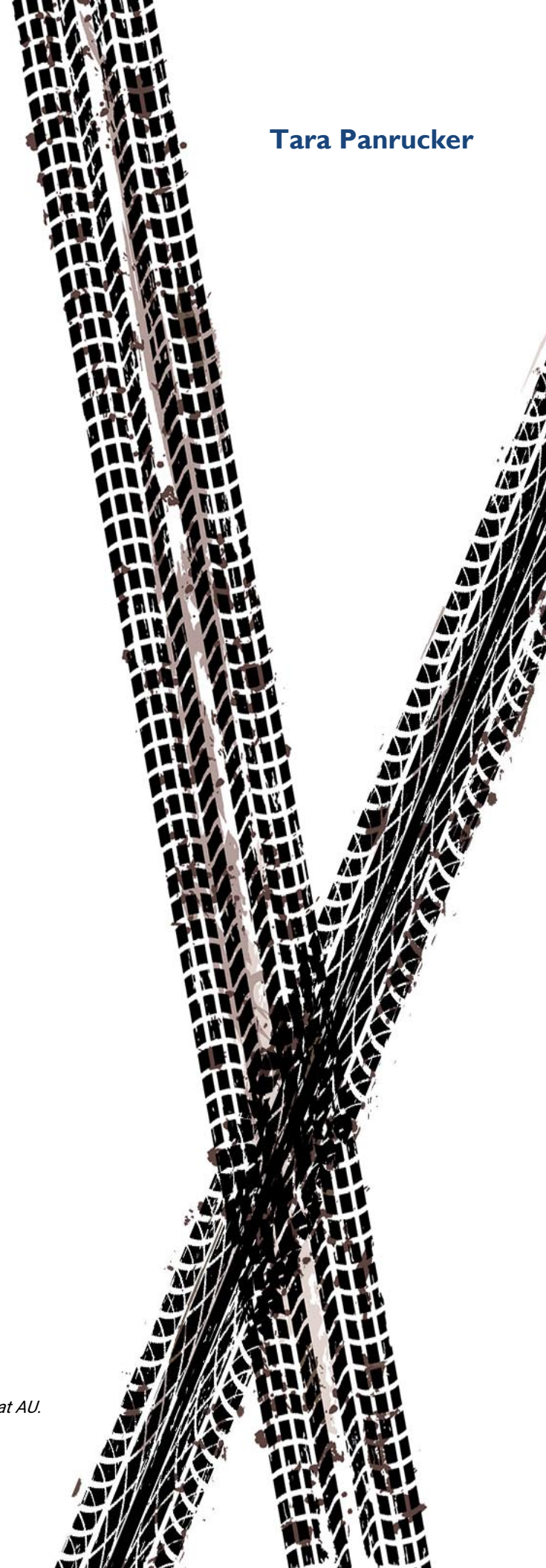
my thigh muscles tense
hug the bike
leaning into you and the wind as one
into whatever comes next

full on full force
exhilaration
acceleration
we belong here as one

I know I am afraid
but I am here
I am.

Tara Panrucker

Tara Panrucker lives on Vancouver Island and is seeking a General Arts Degree at AU.





Manipulative Motivations

Dear Barb:

My best friend has been dating her boyfriend for six months. We used to hang out all the time, but now I rarely see her. Her boyfriend occupies all her time. Whenever she does go somewhere with me, he is constantly texting and calling her. In fact one night we went out to a club and halfway through the night he showed up. Needless to say I ended up being the third wheel. It makes me not want to go out with her anymore. Why do some girls get a boyfriend and forget all their friends? Confused, Kara.

Hey Kara:

Thanks for writing. Kara. I've received many letters about this same issue. Often when a couple first gets together they spend all their time together getting to know each other, but after a few months they begin to spend some time with their friends. Although what you are describing sounds like your friend's boyfriend is controlling and possessive. She needs to assert her independence or this could turn into a very unhealthy situation. You may want to have your friend consider if many of these signs of a manipulative or

controlling relationship apply to hers. Ask her if he:

- Embarrass or make fun of you in front of your friends or family?
- Put down your accomplishments or discourage your goals?
- Make you feel like you are unable to make decisions?
- Use intimidation, guilt, or threats to gain compliance?
- Tell you what you can and cannot wear?
- Tell you what you need to do with your hair?
- Tell you that you are nothing without them, or they are nothing without you?
- Treat you roughly without your consent - grab, push, pinch, shove or hit you?
- Call you several times a night or show up to make sure you are where you said you would be?
- Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- Blame you for how they feel or act?
- Pressure you sexually for things you aren't ready for?
- Make you feel like there "is no way out" of the relationship?
- Prevent you from doing things you want - like spending time with your friends or family?
- Try to keep you from leaving after a fight or leave you somewhere after a fight to "teach you a lesson"?

As these are warning signs she should be aware of. Thanks for your question!

Follow Barb on twitter @BarbGodin

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.





To live in the
warren you
gotta believe
what they
believe. You
gotta see them
how they sees
themselves.



I'm
sorry,
hon.

Don't be! If I'd never
gotten out I'd still be
living underground.

And never
have found
a friend
like you.





AUSU
ATHABASCA UNIVERSITY
STUDENTS' UNION

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

IMPORTANT DATES

- **Apr 10:** [Deadline to register in a course starting May 1](#)
- **Apr 10:** [Council Changeover Meeting](#)
- **Apr 15:** [May degree requirements deadline](#)
- **Apr 30:** [Deadline to apply for course extension for June](#)
- **May 10:** [Deadline to register in a course starting June 1](#)
- **May 15:** [June degree requirements deadline](#)
- **May 31:** [Deadline to apply for course extension for June](#)

Stress Awareness

Going through a stressful time? You're not alone. Three-quarters of adults experience stress in their daily lives, recent studies have shown. Major stressors include money, work, and personal health concerns. Trying to balance your studies with work, relationships, and a social life – all while trying to set yourself up for future success – can be tough.

Student LifeLine is there to help you identify your sources of stress and find effective ways to manage them.

Check out the [Stress Awareness](#) feature on their homepage (Username: **AUSU**, password: **wellness**), where you'll find a variety of resources to help you lead a happier and less stressed life, including a brand-new Stress Management Toolkit.

You7 can also 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 or help!

This is a FREE service for all AUSU members!

Student Lifeline provides help and support 24/7 for any issues, from health, wellness, work, life, money, school, community referrals, and more!



Want to Know More About Your new AUSU Executives?

The new team officially took office on April 10, 2018! Click the links below to check out their biographies!

AUSU President: [Brandon Simmons](#)

VP External and Student Affairs: [Melinda Goertz](#)

VP Finance and Administration: [Natasha Donahue](#)



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