



THE VOICE

Vol 26 Issue 21 2018-05-25

Minds we Meet

New AUSU Councillor - Christine Hudder

Conscious Spending

Making Bedder Decisions

The Vital Brain

Treat it Right

Plus:

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Course Exam: MATH 409

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

Destination Unknown

Karl Low



Continuing through our look at the new Council, our feature article this week has us talking to Christine Hudder from Ontario who first got involved with students' association back in her traditional college in North Bay.

Now she's looking to develop student engagement specifically looking toward some interesting contests and prizes.

And speaking of contests and prizes, it's been a couple of years since the last Voice Reader Survey happened, and in between we started up a whole new website. It's been operating for almost a year now, so it's probably a pretty good time to start getting some opinions from readers again. With that in mind, keep an eye out over the next few weeks, as we'll likely have an announcement for the next Voice Reader Survey, where you can let us know how we're doing and where we need to be doing better. And yes, there will be prizes. But more than that there'll be the feeling of helping out your community of students, and that's worth so much more than material goods, right?

Yeah, that's what I thought too. That's why there'll be prizes as well.

However, if you've been watching for AU news, one of the things you might have seen was a notice about how [AU's Center for Distance Education is getting restructured](#). If you haven't heard about this, the short version is that AU has a Center for Distance Education that's extremely well regarded internationally and operates semi-independently, outside of the Faculty structure. That's going to change. All the courses will remain in place, all the staff will remain in place, but the Centre is going to become part of the Faculty of Humanities and Social Sciences.

So what's the big deal if it's all going to stay around anyway? As an independent centre, the unit had much more control over its budget and, according to the Centre Chair, Martha Cleveland-Innes, had considerable flexibility in how it used that that they now fear it may lose, which would affect its ability "to grab the exciting projects that were often coming through our door." The other part of the big deal is that this was done, according to Cleveland-Innes, with very little discussion or notice, as the move is to be done by July 1, and the faculty there were only notified in March.

There's also some concern about the journal that the Centre publishes, the *[International Review of Research in Open and Distributed Learning](#)*, one of the leading journals in the discipline.

Matthew Prineas, Provost of AU, has countered that there's been considerable discussion among the deans and Cleveland-Innes, and that this decision will benefit the CDE unit from "additional bench strength and administrative support," and that the decision is "a journey, not a destination." What that means, though, I have no idea. Perhaps he has some idea of what the eventual destination is, but for those along the ride, it's understandable that they might be uneasy about it if nobody's bothered to tell them. At any rate, enjoy the read!

A handwritten signature in black ink, appearing to read "Karl", written in a cursive style.

MINDS WE MEET



Christine Hudder is an Athabasca University Students' Union Councillor living in Quaderville, Ontario. Hudder is a wife and the mother of her two boys, Corbyn and Atticus. She works as the Marketing and Communications Officer with the 1st Madawaska Valley Scouts. Also, Hudder has earned several awards for her writing.

How did you originally find AU and what brought you to it?

I discovered AU in my third year of studies at Canadore College in North Bay, Ontario. While I was wrapping up my Journalism – Print and Broadcast program in 2009, my teacher informed me about a unique articulation agreement with Athabasca University. It would allow me to complete my university degree in Communications Studies online, which really interested me since I was hoping to start my career straight out of college. It took me several years to commit, but I am glad I did. I am now enrolled in the Communications

Studies Program part-time and have 15 more courses to complete for my degree. I have two young boys at home and I am working full time, so completing my courses online is just the kind of flexibility that I need.

What is the last book you read?

My AU course textbook. Ha! Other than that, I am notoriously bad for buying new books and leaving them sit on my coffee table. I really am going to read them, someday. My husband jokes that I could open either a bookstore or a library.

Seriously, though, I actually just started reading *How to Be a Bawse* by Lilly Singh and it has some unique tips to become the person that you want to be in life. It's so important, especially as women, that we stop with all that negative talk that we often tell ourselves and just go for what we want—no excuses. So far, I love it and I am trying to implement some of her suggestions into my day-to-day life.

What show do you think everyone should binge watch?

American Horror Story. Some seasons are better than others, but I'll let you decide for yourself which ones are your favourites.

Why did you choose to run for AUSU council?

I chose to run for council because I worked in my college's student council office and I saw how fun and rewarding being on student council could be. It was the perfect opportunity to learn about my unique university while fostering positive change. We need to ensure that our university is around for future generations—that others will have the opportunity to earn quality degrees while navigating this beautiful thing we call life. I also thought it would be interesting to connect with students from all over Canada (and beyond!) What a great way to make a lasting impact and meet some great new people along the way!

What are your academic goals for 2018?

Academically, I would like to complete at least two courses and maintain a 4.0 average. I am currently taking a light course load so that I can juggle being a mom of two, a councillor, a wife, a full-time employee, and a Scouts Canada volunteer. The last thing I want to do is burn out, so I am learning that it might take me a while to complete my program. But I am okay with that.

If you could have a meal with someone from history, who would it be?

Do I have to pick just one? We could make it into a dinner party! Okay, okay. If I just had to pick one person to have a meal with, I think it would be the great inventor Nikola Tesla. I am not a scientist by any means, nor am I skilled in the field of mathematics. I am not quite sure how I would keep up to his level of intellect, but I think it would be fascinating to pick his brain. Apparently, Tesla had a slew of other inventions that he was working on before he died. Wouldn't it be amazing if he revealed some during dinner? Maybe he would have some answers on how to help this crazy world we live in, too.

What is one thing you would like to complete personally in 2018?

I would like to start eating healthier and establish a workout program—even if that means just going for a walk after supper with my family. I had my baby 10 months ago, so I think it's time to focus on getting myself healthy. I can think of a hundred excuses to veg out and decompress in front of the television, but I want to ensure that I am healthy enough to keep up with my young boys. It's so important.

Since being elected as a councillor (congratulations!), what are your hopes for the 2018-2020 term?

One of my hopes for the 2018-2020 term is that we find new and exciting ways to engage with our student membership. I'm in the Communications Studies program, so I want to take what I am learning and implement it! I want to work with AUSU's Communications and Member Services Coordinator Donnette Kingyens and the Member Engagement and Communications Committee that I have been appointed to. I love our new app and it seems my fellow students do too. It's a great place to discover what's working and what obstacles students are facing in their studies. I'd love to figure out what else we could add to the app to help our student membership. I'd also like to build on our contests and see if we could increase student engagement by offering some unique prizes.

I am also appointed to the Awards Committee, so I want to ensure that students who are truly in need and are facing exceptional barriers to their education get the support that they need.

This council is full of amazing people, who are bursting at the seams with fresh new ideas. I can't wait to see what the next two years bring, and I hope that students feel inspired to come to us with their concerns and ideas.

Scott Douglas Jacobsen works with various organizations and runs In-Sight: Independent Interview-Based Journal and In-Sight Publishing.



Conscious Spending

Deanna Roney



weeks (instead of one) to arrive, and showed up damaged. But, we had waited this long, we thought, what's a little longer? And besides, surely the next one won't be damaged. But aside from the wait and the damage, the customer service had been good.

So, when we decided to start shopping for a new bed frame, we went back. The one we wanted could be in in as little as a few days. Shortly after committing to it, we saw a near-local home-based business on Facebook selling a frame they had built. If only we had seen it earlier we likely would have gone with them—but we thought how building it custom would take some time, and we didn't want to wait for months (again) to receive our purchase.

So when we got the bedframe we ordered, on time even, we were excited. We unpacked it, carried the pieces into the bedroom, and discovered that when it was being manufactured something had gone wrong: the headboard was not built properly and would not fit onto the sides. So, it was packed back up, taken back to the store where they said they would order another one. But the memory of the stove was fresh in our minds, and while we thought the odds of it being wrong again were slim, we just didn't have it in us to wait and see.

We went back to that advertisement on Facebook. A handmade, solid wood, king size bed frame, with drawers, stained our choice of colour? We priced similar frames out before canceling our other order and were surprised at how reasonable it was. Besides getting a quality piece of furniture, we were able to give our money to people, rather than a corporation. Sure, it is important for the chain store to make money too, but if I am purchasing something, I feel a lot better about it when it can go to that small business—the couple that is trying to create a life for themselves doing what they love. There is something uplifting about supporting a local artisan. That money is going to buy their groceries, their mortgage, maybe it is going into a savings so they can go on that trip.

When someone builds something, it has a different feel to it. When you can see the imperfections, the measurements written on the back of the wood, it just feels better than when you buy a mass-produced product.

When I first saw their product on Facebook I assumed that it would be very expensive. I nearly didn't ask what the price would be, but I am thrilled that we did. Just because something is handcraft doesn't mean the price is going to be through the roof. When the overhead is low, the price can stay low. That bed is paying for the materials for that bed, it is paying for the time to build it, and it is paying for any advertising. But it isn't paying wages beyond the owners, it isn't paying for a factory, and it isn't paying for shipping.

So, when you start looking for a new piece of furniture, give a local artisan a try. Maybe they are priced out of your range, but you might be surprised at how reasonable they are. This bedframe we got was cheaper than the mass-produced one we were originally looking at. So not only did we save money, but we felt a lot better about where the money was going, and the product we got was higher quality.

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



In Conversation ...with Emay Holmes

Wanda Waterman



The Poet and the Deep Blue Sea

Houston's Emay Holmes found his calling as a singer-songwriter while deployed with the US Navy in the Arabian Gulf, not suspecting that he had any musical talent until the long solitary hours at sea prompted him to start putting his thoughts to music. Since returning from deployment in December of last year he's been working on his debut EP, *Deep Down* (listen to the title track [here](#)), set to be released June 1, exactly a year from the time he was first deployed. The video for "The Deployment Song" has

so far received more than 7500 Facebook shares.

Recently while staying in Washington to look after the boats and work on his EP Holmes took the time to answer our questions about his life, his music, and how a sensitive, creative person endures the long, solitary hours at on the ocean.

What are the advantages of being on dry land for you right now?

It's a lot easier to work on the music now than a year ago. At sea I was just playing my guitar on the boat. Now I can go to a studio or record something in my house.

Was music a big part of your childhood?

Growing up I wasn't really a musical person. My brother was a Christian rapper — he got into that when I was about nine. I saw him live, going on tour, doing a lot of big things. I didn't start

playing guitar until I was 19 or 20. I was always into art and music, but I never really committed to an instrument. Maybe I was just being a kid and living that life. I was really into video games. Now when I hear someone saying they've been making music all their life I think, "Man, you lucky bastard!"

In 2014 I picked up a little forty-dollar plastic ukulele from a guitar center. The goal was to play the guitar, but that was way too complicated. I wanted to start small. I struggled with the ukulele for a few months, then I picked up a classical guitar and just fell in love with everything about it — the strum, the sound, everything.

How did the navy help you become a singer-songwriter?

By the time I got into the navy I was making real songs. I was in a situation that forced a lot of blues out of me — sorrow, depression, anxiety. You wanted to sing through it, to do something to try to make sense of it.

When you're on a deployment you get tired of seeing the same people all the time. It gets really old. With the exception of your close friends, your brothers and sisters, it gets isolating. Every day you wake up and it's just water everywhere. There are times when that's really therapeutic and great for songwriting and being reflective, but 80 percent of the time you feel very distant from your own world. It's kind of like solitary confinement, where you're in a situation that you literally can't get out of. You're just there.

The second month was when it got really scary. The mundanity and drudgery had really started to kick in, especially at night when it was quiet and time really dragged. I experienced depression, anxiety, and really bad thoughts. I'm almost positive I got PTSD because of that. We were working really long hours in the heat in the Arabian Gulf. It wasn't just me; I know there were a lot of people on the boat that experienced that side of the navy.

So why did you join the navy?

I was very lost and confused regarding what to do with my life. I'd been working in a seafood restaurant in Texas called Pier 61 and loving it. They were great people. I worked there for about three years, and then after I picked up guitar I went to college for a couple of years. But I kept switching majors, and my GPA was constantly dropping.

I thought, "Man, I gotta figure out what I want." I'm the kind of person who likes to have a plan, with steps and things in front of me. I don't like feeling lost. I decided to join the navy to kind of figure things out. I really didn't have a surefire plan for anything — I just wanted a different situation that was going to steer me somewhere. I'd figure out my way after that.

What's the story behind "The Deployment Song"?

Sometimes when you're on watch your head just drifts off. I think of songs all the time when I'm on watch. For example, I had a friend who was getting engaged but his fiancée was getting really nervous about them getting together like that with a deployment coming up. She felt like they weren't going to make it, which led to a lot of hesitation. That really inspired me because I felt like he wasn't the only one in that situation. There were people who were married five, ten years and had kids. I wanted to write something that would give people that reassurance. "It's going to be hard, it's going to be rough, but it's also going to be over eventually, so stick with me."

Does the internet help?

The internet does make it easier to stay connected, but sometimes we're off the internet for like two weeks. When we do have the internet it's sometimes that one email or text that keeps some

of us alive and keeps people from losing their minds. It's really hard to be in the navy and be an independent artist, so when I get messages saying, "Hey, man, keep making music," that really helps me. These are from people I've never met, maybe 20 states away from me. It's really beneficial to be supported like that.

How did "Cell Block 68" get written?

"Cell Block 68" was the second song I wrote while I was in the navy. I wrote that one towards the end of my first underway — December 2016, I think. Sometimes at night it would be kind of boring. Me and my mentor would pull out our guitars and jam all night. The others would be sipping coffee and listening to us. It was like being in an all-night café. I think in the future I just might create some kind of space for that.

One night I cut in with a riff. Then I came up with the first line and got out a piece of paper and wrote it down, then we passed the paper around, everyone writing down a line about what it meant to them to be deployed, for example one guy wrote, "My son grows up without a father." They did the first half of the first verse and I did the rest. This song literally came together in the middle of the ocean. It was one of the most interesting experiences I've ever had. After that I'd play the song and people would record it on their phones. People now come up to me and tell me they fall asleep to that song. It's a great experience to touch people like that.

How did you learn to sing like that?

Three of the songs from the EP were recorded in Houston and two in Seattle, so when we were doing "The Deployment Song" we were back in Houston and I was kind of missing some of my boys. They hadn't heard me sing yet, just a rap a little, so when I first got into the studio they were like, "Whoa, bro, who are you? You're in the navy with these kinds of vocals?"

I normally get the vocals right the first time, but I do four or five takes anyway just so I can pick the best one. The hard part is the guitar. I love playing guitar, but playing guitar in the studio is a whole different beast.

When I was growing up I didn't even think I could sing. I didn't like the sound of my voice until a few

AU-thentic Events

Upcoming AU Related Events

Ottawa-Gatineau Meet and Greet

Fri, May 25, 5:30 to 8:30 pm EDT
Boston Pizza, 179 Promenade du Portage,
Gatineau QC

In person

Hosted by AUSU

www.facebook.com/events/170291843625989/

No pre-registration required; see above link for details

MBA Info Session - Edmonton

Mon, May 28, 12:00 to 1:30 pm MDT
World Trade Centre, 9990 Jasper Ave, Suite
600 (Conf. Room B), Edmonton AB

In person

Hosted by AU Faculty of Business

business.athabascau.ca/event-details/mba-information-session-edmonton-may2018/

Register online at above link

Online MBA Info Session

Tues, May 29, 10:00 to 11:00 am MDT
Online

Hosted by AU Faculty of Business

business.athabascau.ca/event-details/online-mba-executives-information-session-9/

Register online at above link

Business Undergrad Session

Thurs, May 31, 12:00 to 1:00 pm MDT
Online

Hosted by AU Faculty of Business

business.athabascau.ca/event-details/business-undergraduate-information-session-5/

Register online at above link

MBA Info Session - Calgary

Thurs, May 31, 12:00 to 1:30 pm MDT
Athabasca University Calgary, 345 6 Ave SE,
Room 6024 (6th floor), Calgary AB

In person

Hosted by AU Faculty of Business

business.athabascau.ca/event-details/mba-information-session-calgary-may2018/

Register online at above link

years ago, and it was only seeing the responses from other people that convinced me I could do it.

You need that nudge. I don't want to say you need people to believe in you, but you need some affirmation. Even the talent you're born with takes a lot of "curing."

Where do you get the ideas for your lyrics?

I'm a huge fan of rap and hip-hop. I used to rap about clothes and cars and women even though I was in a place in my life where none of that was true. I was talking about all the stuff I didn't have. Many people do that and it doesn't hurt their conscience, but for me I could put out dishonest music for only so long. It wasn't genuine. I was a lot more comfortable with rapping when I focused on my own issues.

When I write a song the words and music come together almost at the same time. I'll think of a line and it just brings its own music with it.

That comes from a history of reading and writing a lot of poetry. When I was 17 or 18 I'd be in bookstores every other day, just reading poetry books, nonstop. Some of my favourites are Hafiz, Rumi, Pablo Neruda, and Charles Bukowski. Then there's the Instagram poets like Christopher Poindexter and Drake. Stephen King wrote a book called *On Writing* that really changed the way I approach life. For me the best part of being on the boat was being able to read so much. Reading really helps you deal with your issues and connect the dots. I read a lot of Robert Green, like *Mastery* and *48 Laws of Power*. I read *The Alchemist* like for the tenth time, and *The Subtle Art of Not Giving a F**k* by Mark Benson. All kinds of stuff.

What's coming after the EP launch?

I'm working on my second EP, *Two Tornadoes*. I'm also working on a poetry book, which I've wanted to do for years, as well as trying to get my Youtube channel up and running.

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



Brittany Daigle

Course Exam

AU courses, up close

Course Exam

MATH 409 (Number Theory)

MATH 409 (Number Theory) is a course in elementary number theory, the branch of mathematics concerned with the properties of numbers, including such things as divisibility, prime numbers, modular arithmetic, quadratic congruences, Pythagorean triples, the theorems, conjectures, definitions and lemmas that permit exploration of these topics, and more. This course is a three-credit upper level mathematics course that has five prerequisites, which include MATH 265 (Introduction to Calculus I), MATH 266 (Introduction to Calculus II), MATH 270

Brittany Daigle

(Linear Algebra I), [MATH 271](#) (Linear Algebra II), and [MATH 309](#) (Discrete Mathematics). Students may use equivalent math courses from other universities towards the prerequisite.

If you are interested in learning more about Introduction to Calculus I or Discrete Mathematics, read my [MATH 265](#) and [MATH 309](#) Course Exam articles!

Number Theory is made up of ten core units and is graded on a course notebook component at seventy percent, a midterm examination weighing ten percent, and a final examination weighing twenty percent. To receive credit for this course, students must achieve a course composite grade of at least sixty percent and the student must achieve a combined grade of at least fifty percent on the midterm and final examinations. This means that students do not need to achieve fifty percent on each of the exams. The ten units within this course cover complex mathematical concepts such as modularity, prime numbers, quadratic reciprocity, primitive roots, cryptography (writing or solving codes), rational approximation, and linear Diophantine equations.

Dr. James Greenwood-Lee was born and raised in Calgary, Alberta and is the course coordinator for [MATH 409](#) (Number Theory), as well as [SCIE 326](#) (Scientific Reasoning), [MATH 244](#) (Business Mathematics), [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!"

If you are interested in learning more about Scientific Reasoning and Business Mathematics, read my [SCIE 326](#) and [MATH 244](#) Course Exam articles!

Dr. Greenwood-Lee states, "Math 409 – Number Theory – is an upper graduate mathematics course geared towards our applied mathematics majors. It is a course in elementary number theory, the branch of mathematics concerned with the properties of numbers."

He continues, "This is a neat course in which students are guided on a voyage of discovery. While the course presents key theorems from number theory, proofs are not presented. Rather students must develop their own proofs! The course content is a carefully arranged series of problems, exercises, and theorems, which students are expected to work through on their own, and present in their course notebooks. The sequence of exercises and theorems is arranged so that it leads the student through the course, but certain gaps are left, where students must be able to make a creative contribution."

He adds, "The evaluation of this course is heavily focused on the work students do on this journey. Specifically, students are evaluated on their course workbooks. For each unit, students are asked to showcase six Theorem proofs or exercises that represent their best work. A midterm and final exam are also used to evaluate students. The midterm focuses on the first half of the course and final focuses on the last half of the course."

Dr. Greenwood-Lee states, "Obviously, a course like Math 409, not only requires hard work, but also a high level of interest. This is not a course to try to slog through. To be successful I strongly encourage students to engage with myself as they work the material, as well as with other students."

He concludes, “Who should take Math 409? This is a great course that I would recommend to anyone with a genuine interest in learning more about mathematics and how mathematics is conducted. Students will not only take away foundational knowledge of number theory but will also develop the necessary tools to develop and present formal mathematical proofs.”

Whether this course is a degree requirement of yours or you are interested in the topics discussed above, MATH 409 will have you learning interesting mathematical proofs and will challenge your skills in mathematics. If you have any questions or concerns regarding MATH 409 or any of the courses that he coordinates, or you would like to provide feedback on any of the courses, 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 Vital Brain

Tara Panrucker



Maintaining a clear brain for studying and learning is vital to getting the most out of your education. So, when brain fog and lethargy become an all too familiar experience, it may be time to examine your diet. Study the food you've been eating and begin to clear the fog with healthier foods and supplements to get those ideas radiating again.

Most of us are aware how poisonous too much sugar can be to our ability to focus and think clearly. However, many of us remain oblivious to how

much hidden sugar there is in items we consume every day. For instance, how much sugar is loaded into your Starbucks latte, topped with whipped cream? How much sugar is lurking in that can of pop? While we may feel entitled to treats like this, you may want to rethink how often you're imbibing. A once a week or month treat is less harmful than a daily dose of sugar saturation. I don't mean to be a Debbie Downer, but your brain will be grateful as it emerges from brain fog. Then your brain can help the rest of you make better decisions and write better essays!

According to the article “Follow a healthy diet” at alzheimer.ca, you can improve brain function by incorporating certain foods into your diet. Suggestions range from more blue and purple antioxidant-packed food choices, such as blackberries, to more greens, like cucumbers and peas. Indeed, eating a variety of fruit and vegetables is beneficial. We are so lucky to have such a great selection to choose from, especially now that the growing season has arrived.

Remember, as well, to choose high fibre breads and cereals and steer clear of too much animal product, such as dairy and meat. Give those poor animals a break. Fish and nuts are more nutrient-rich options. Sorry fish! But a variety of healthy vegetarian meals can also bring our brains back to life.

While the number of supplements available is overwhelming and expensive, you can't go wrong taking a daily multi-vitamin. Further, what you cut out can make a huge difference. Instead of pouring on the salt, flavour your food with herbs and spices. Also, a sprinkling of nuts adds texture and nutrition to an array of dishes. Have fun and experiment with what appeals to your particular palate.

Drinking healthy quantities of water every day goes a long way in keeping everything, including your brain, running optimally under all circumstances. It's also available for free from taps everywhere!

For people on the run, herbal supplements can be a convenient brain booster. Ginkgo Biloba, Gotu Kola, and Ashwaganda are noted brain aids. Although somewhat unpronounceable, a health food store worker will be happy to point you in the right direction of good brain supplements—a worthwhile investment!

Stop letting your taste buds, which may be accustomed to food additives, dictate what your body needs. Inject your diet with a variety of fresh fruit and vegetables, cut back on the so-called convenience foods, and schedule a few hours for healthy food preparation every week. Your newly sharpened, vital brain will thank you for it!

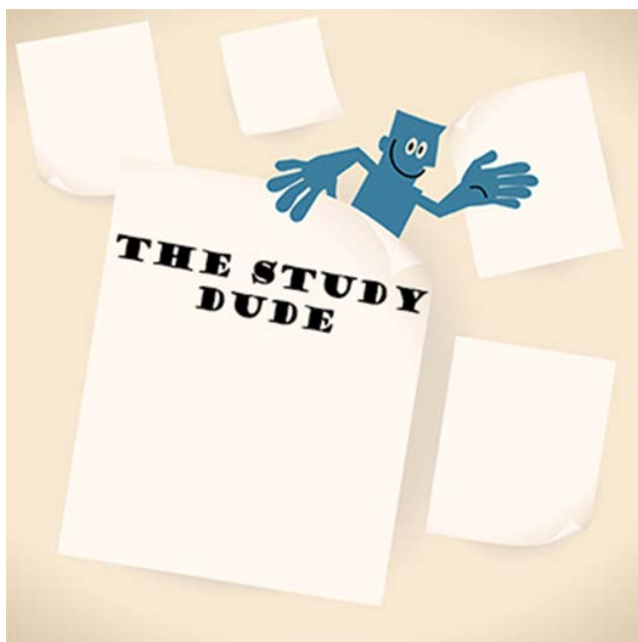
Tara Panrucker lives on Vancouver Island and is seeking a General Arts Degree at AU.



The Study Dude

Star Students Squeeze in Fun

Marie Well



Did you bomb at school because you danced the boogie-woogie? Camped instead of crammed? And sipped lattes instead of studied periodic tables? And, why not? After all, top students can squeeze in fun.

Sadly, I squeezed in too much fun. But not during my undergrad. During my undergrad, I took three measly classes a semester. I spent six days a week studying two math classes, one day on a fluff class. Needless to say, I scored perfect marks on most math exams.

Like me, a wrestler friend of mine took three classes. She aimed to go to the Olympics, or at least contend in the World Championship. I only aimed to get a PhD.

So, I studied ten hours daily, usually from 2 to midnight. I might've taken a fourth or fifth class. If

so, I would've squeezed in an extra twenty-hours a week for studies. But I settled with three classes—and graduated with a near-perfect GPA.

Despite my skimpy course load, I got accepted into grad school. Now in the master's program, I studied full-time while exercising like a fanatic. Five hours a day! I cycled, weightlifted, danced, and boxed. During dance and boxing classes, I memorized each move, mentally rehearsing until

I found a studio to practice. I practiced moves for hours and did mental run-throughs in my spare time.

Boldly, I added more extracurriculars: part-time work, documentary filmmaking, singing lessons, and volunteering.

Eventually though, I was bogged down. I squeezed-in study-time during commutes, at family gatherings, on the stationary cycle—anywhere. A nursing-student told me that every time she went to the washroom, she'd force herself to read ten articles. (If she ate my healthy diet, she'd need no more than a minute for non-reading essentials.)

Yes, I squeezed in too much fun. Not surprisingly, my graduating GPA plunged below the 3.8 needed for entry into the PhD.

So, how do star students squeeze in fun?

Tony Roe reveals top students time-management in his book *Effortless Learning: Learn the Secrets that Teachers Never Told You: Master Any Subject, Memorize More and Focus Fast*.

- Star students take on extracurriculars, no sweat: “I was amazed by how some of the top students in the school could study so well and yet have time to pick up playing instruments, and hold important positions in their CCA or in the school” (location 1809 of 2224, 81%).
- So, how do star students succeed? “Top students plan and organize their time very well, while the weak students are those who don’t plan and organize their time well” (location 1809, 81%).
- How do star students schedule time? Tony suggests that if you ask the top student how he plans his studies everyday, that student would tell you the specific things he is going to study each day. He would tell you how much of his time are [sic] allocated to his studies. Sometimes, he has even started on the homework that would be due next week (location 1822, 82%).
- How else do star students schedule? Top students “require ... 3 items. 1. A term calendar, 2. Weekly planner, 3. Daily to-do list” (location 1914, 86%).
- And star students study ahead: “Use free periods to finish up all the tutorials that have NOT been taught” (location 1932, 87%). Star students also “read up on next day lessons before going to bed” (location 1950, 88%).
- And top students do daily recall according to Tony. He notes that after reaching home and settling down, top students will spend 15–30 minutes to recall what the teachers taught in the class (location 1932, 87%).
- The best students don’t waste time: “Wasting time is using more time than expected to do the necessary things like bathing, eating, resting and on many such activities” (location 1835, 83%).
- Poor students waste time: “Average people are dragged down by the daily routine of urgent but unimportant activities like watching television, playing computer games, and going out shopping” (location 1835, 83%).

One student said she watched *Friends* after school. Her grades plunged, and she considered quitting. I said, “Do you want *Friends*, or do you want a degree?” She cut out *Friends* and graduated. After all, success at school requires sacrifice.

But, I wish my prof told me about the GPA needed for PhD entry. If I had known, I might’ve dropped some of my own *Friends*: cycling, singing, and boogie-woogie.



Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Sarah seeks input to help her decide between PHIL 333 or 337; so far 333 is winning in the responses. New student Amber seeks feedback on a spectrum of courses to help boost her GPA for grad school applications. Bill Angela discovers that an online exam problem on a holiday Monday means waiting until Tuesday for resolution.

Other posts include journalism pitches, accessing Psyktrek/Cengage, and courses BIOL 235, COMP 314 and 318, ENGL 305, and WGST 423.

Twitter

@AthabascaU tweets: "Get discount on Apple products through the #AthabascaU Apple Store. <https://apple.co/2qWIceX>."

@AthabascaUSU (AUSU) tweets: "Want to earn money and gain leadership experience? Want to get more involved with your AU Students' Union? Apply for a seat on AUSU's Member Engagement and Communications Committee! Deadline to apply is May 28 @4pm MT. Apply here! <https://www.ausu.org/2018/05/apply-to-sit-on-an-ausu-committee/>."

Youtube

Missed a BCOMM/CPA info session? Watch the recorded session at your leisure with this [AU Faculty of Business](#) webinar.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Student Essay Contest

Sponsored by: Fraser Institute

Deadline: June 1, 2018

Potential payout: \$1500

Eligibility restriction: Applicants must be either studying in Canada, or Canadian students studying abroad, at the high school or post-secondary level. See full [eligibility criteria](#).

What's required: An online application, along with a 1000-1500 word essay on the impact of increasing the minimum wage.

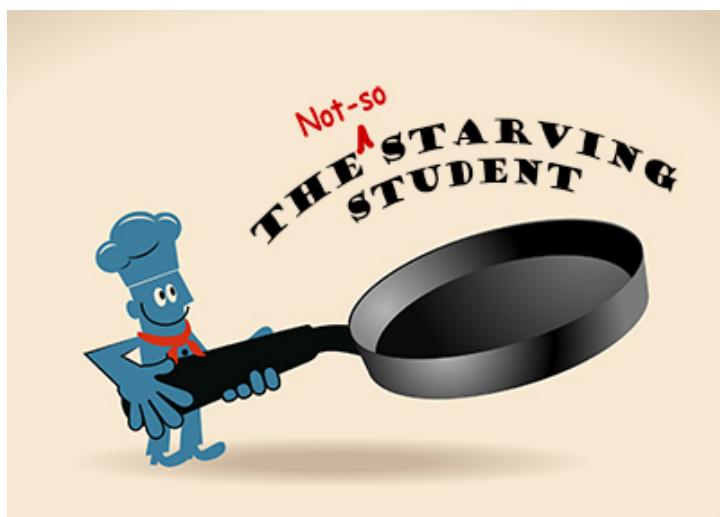
Tips: Read the [essay contest rules](#) carefully.

Where to get info: www.fraserinstitute.org/education-programs/west/students/essay-contest



The Not-So Starving Student Around the World in Eight Dumplings

Xin Xu



Regardless of where you hail from, there's bound to be a stuffed-pocket type of food item on the menu. In the simplest terms dumplings are dough wrapped around a delicious filling. While the first images of dumplings that come to mind might be Asian, dumpling dishes exist around the world in all shapes, flavors and forms. Bet you didn't think ravioli was one of them! Here are eight dumplings you haven't heard about, but need to try.

Mongolian Khuushuur: Mongolians are experts when it comes to cooking mutton with a mix of mouth-watering seasoning. When mutton is ground and mixed with onions into a half-moon shaped pocket and then deep fried until golden you have something called Khuushuur. The Khuushuur is a common street side cuisine and eaten by hand.



Chinese Har Gau: For dim sum (or Chinese brunch) experts, you might be familiar with these translucent buns packed with shrimp sitting in little steamer baskets. Har Gau or "shrimp dumplings" hail from the Guangdong province in China and makes a delicious seafood brunch item.

Turkish Manti: With the unique geographic location of Turkey situated between Asia and Europe, its cuisines inevitably combines the best of Asian and European gustatory sensations. Manti surprises us with delicious southern dumplings loaded with ground meat, but also with a splash of olive oil, dried mint and yoghurt—ingredients that begin to resemble middle eastern cuisine.





Eastern European Kreplach: Feasting on the Kreplach is a Jewish tradition on Rosh Hashanah, the day before Yom Kippur. These dumplings are either filled with mashed potatoes or ground meat and served in a soup such as chicken noodle soup.

English Pasties: Unlike the other soup-based or steamed dumpling dishes, this one is fully baked to perfection. The pastry is traditionally filled with steak, vegetables and encased in a harder-than-usual crust that does not crack during baking.



Indian Modak: While most dumpling dishes are considered meal staples for many countries, this type of quirky-looking dumpling is packed with coconut and sugar-cane. The perfect dessert for Western Indians consist of this item which can either be fried or steamed.

Tibetan Momos: While believed to have originated in Tibet, surrounding geographic communities including Nepal, areas of India and Bhutan have taken an interest in this dish as well. This exotic looking dumpling can be filled with meat, cheese, veggies and Khoa, milk-like solids mixed with sugar. Momo is typically served with chutney, typically with tomatoes as the main ingredient.



German Maultaschen: Literally translated to “mouth bags”, this German dish is packed with spinach, meat, onions and veggies. Rumor has it that monks once developed this dish for sustenance during their fasting periods. The monks hid the meat in the dough so that God could not see the protein they consumed.

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





Permanent Changes

Dear Barb:

A very dear family member recently died, and his death was a traumatic event for the entire family. The day following, a close friend of mine dropped by. As soon as she came in I told her about the death; she said she had heard about it, and then continued talking about herself and things that were happening in her life. While she was talking I could feel the anger inside of me getting ready to erupt. I was waiting for her to ask how I was, or lend a caring ear, but neither happened. She carried on for almost an hour, until I said I had somewhere to go. As she was leaving, she said we should get together soon and that was it. Why are some people like that? I really wasn't up to listening to the trivial events going on in her life, when our family is experiencing such a devastating loss. How can a person be so self centered? Frustrated in B.C.

Dear Frustrated in B.C.:

Grief is difficult for some people to deal with; they just don't know what to say, so they talk about what they know best. They may think they are helping you by distracting you and talking about themselves and their family, but, in reality, most people want to talk about their loss. Grieving people need to be heard and

understood, which obviously your friend was not able to do. You could come right out and tell your friend that you would like to talk about what happened. If she sees that you are able to talk, then hopefully she will listen and allow you time to express your grief. Another option would be to go to a funeral home, or check out some online sites and pick up a Guide to Dealing with Grief and give one to your friend. You can also [download free brochures that may help](#).

Sorry for your loss.

Dear Barb:

My 15-year-old daughter wants to get permanent makeup and asked me to sign for her. She says all her friends are getting their eyebrows done. I am thinking about it, but I need a second opinion. What is your opinion on permanent makeup for a 15-year-old? Confused Mom in Edmonton.

Hey Mom:

If it was my 15-year-old I would not allow her to get permanent makeup. A 15-year-old wears her makeup a lot different than an 18-year-old would, not to mention that styles and fads change constantly. One year, eyebrows are thick and heavy. The next year they are thin and barely there. So as a mom, I think you need to think about this. Following is an excerpt I found online about tattooing laws in Alberta:

In Alberta, there is no legislation specifically stating an age of consent for tattooing. However, as getting a tattoo technically requires entering into a contract, tattooing facilities may require that be you 18 years old to get a piercing without parental consent.

Both Health Canada and the Government of Alberta have issued guidelines for tattoo artists. For example, in Alberta, Health Standards suggests that even people over 18 need to demonstrate “informed consent” by providing a dated consent form. This form acknowledges that: they are undertaking the procedure of their own free will; are not under the influence of drugs or alcohol; and are aware that the tattoo is permanent.

For more information, see: Alberta Health and Wellness > Health Standards and Guidelines for Tattooing (PDF – 12 p.)

Follow Barb on twitter @BarbGod

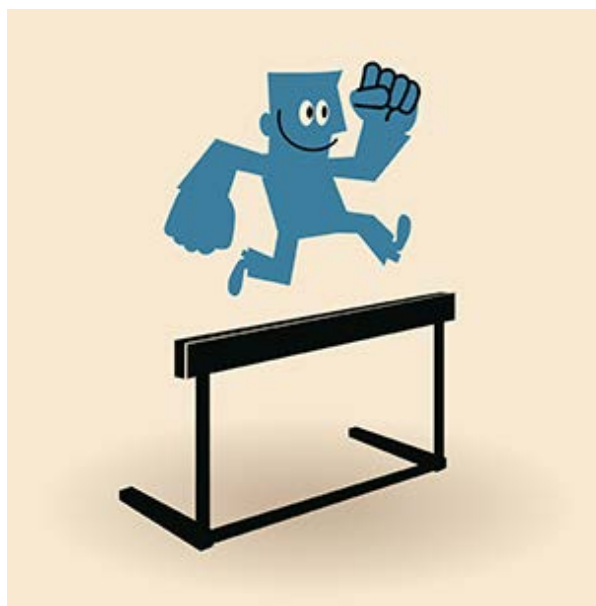
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The Fit Student

How to get a Batman Bod

Marie Well



There's a way to get a Batman or Cat Woman bod in no time: pluck a local waitress out of one of the busiest lounges, or a knuckle dragger from a weightlifting gym, then just suit them up. But better yet, knuckle down yourself—with high intensity interval training.

Once, I had a Batman bod. It lasted maybe three months. Bulging biceps. Bulging quads. Perky glutes. Etched abs. In a day, I'd weightlift for one hour, do an hour of martial arts, and cycle three hours. All done during grad school. But I pushed so hard that I got knocked out, Mike Tyson style. I quit. Instead of a knock-out, I could've kept the Batman bod the easy way—through high intensity interval training.

But first, let's backtrack. Ten months ago, I felt sick, barely able to walk a block. So, I pushed myself to weightlift. After a few months weightlifting, the sickness

stopped. My waist got lean. My energy soared. Inspired, I added boxing and stationary cycling to my weightlifting routine. Three days on. One day off.

But I started to look skinny, like a granny with good posture. Frail shoulders. Flat bum. Boney frame. What went wrong? My boyfriend suggested, “Google sprinter's body versus a marathoner's.” What I saw shocked me: A frail marathoner beside a superhero sprinter. And then I Googled more sprinter versus marathoner bodies. The marathoners looked like grandmas; the sprinters, superheroes.

My problem seemed to lie in doing too much cardio. In other words, I burned off all my muscle by cycling slow and steady. Instead, I needed to do what sprinters do: short all-out stints.

So, I changed my routine.

I stopped boxing six days a week. Instead, I do one day on, one day off. I also stopped cycling 25 minutes a day. Instead, I cycle 5 minutes total: 30-seconds super fast, 30-seconds slow, repeated. And in between my weight sets, instead of resting, I do ten mountain climbs, super fast. I finish with 20 burpees followed by a short stretch. Works up a sweat. Sculpt the body. Takes half the time.

Craig Ballantyne with Chelsea Ratcliffe lay out the high-intensity strength training program and their reasons for it in their book *The Great Cardio Myth: Why Cardio Exercise Won't Get You Slim, Strong, or Healthy—and the New High-Intensity Strength Training Program that Will*:

- What is high-intensity interval training? “High-intensity interval training alternates ‘between short burst of very intense activity and periods of rest’” (p. 77).
- HIIT means you do less exercise for better results: “Those who regularly did intense activity had a more favorable waist-to-hip ratio and lower subcutaneous skinfold thickness, despite spending much less time exercising” (p. 70).
- And excessive cardio harms, they say: “Too much cardio can damage the body, increase the production of stress hormones, and have the opposite effect” (p. 82). Even going so far as to claim that “marathons are just about the worst thing you can do if you’re trying to keep your body in youthful condition” (p. 86).
- Instead of excessive cardio, try strength training: “You might be shocked to find out how many of your favorite celebrities and models strength train to get their physiques (even Marilyn Monroe lifted weights)” (p. 114). “Just Google your favorite female celebrity + ‘weight training’ and you’ll get proof!” (p. 121).
- And middle-aged people must strength train: “After age forty, strength training becomes more important than ever, for preserving muscle mass, avoiding injuries, and alleviating joint pain” (p. 112).
- Cardio can reduce muscle; high-intensity interval training can build it: “Steady-state cardio does little to preserve muscle mass and sometimes even depletes it. HIIT, on the other hand, has been found to preserve muscle or build it—and that’s true whether you’re doing an HIIT strength-training circuit or high-intensity interval cardio, such as sprints on a stationary bike” (p. 77).
- Save time and get better results: do high-intensity interval training instead of hardcore cardio. In a study, one group did four minutes (total) of burpees, jumping jacks, mountain climbers, or squat thrusts (with ten second rests every twenty seconds). The other group “ran thirty minutes at 85 percent max heart rate The ... four minutes worked just as well for aerobic improvement as thirty minutes of cardio” (p. 131). But only the four-minute workout boosted muscle endurance.
- What does high-intensity interval training look like? Bursts of (1) bodyweight workouts (such as squats, push-ups, mountain climbers, jumping jacks, and planks), (2) interval training workouts (such as kettlebell swings), and (3) metabolic resistance training (such as dumbbell rows and one-arm standing dumbbell presses).

During grad school, I cycled highways and lifted like Arnold. The fast twitch muscles got revved, which bulked me like Batman. But five hours exercise is hardly sustainable. So now I do weights and high intensity interval training. Shorter workouts. Better results. A budding Batman bod. And best of all, no Mike Tyson knock-outs.





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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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