



THE VOICE

Vol 26 Issue 22 2018-06-01

Minds we Meet

New AUSU Councillor - Brittany Daigle

The Road to Convocation

It's not All About Me

Welcome to the Real World

What Makes it Real Anyway?

Plus:

Why Volunteer?

Course Exam: ADST 200

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 Convocation Cometh

Karl Low



Here we are, the first day of June and convocation is just around the corner. For all those who've successfully completed your program, congratulations. Many of us find it to be a bit of an adjustment when we have to drop the word "student" from how we think about ourselves.

But of course, this isn't something that just happens at convocation. The celebration brings our attention to it, but at AU, every month brings that adjustment to some students, and unlike other universities, we often find we're doing it alone.

That's why it's great to read a story like the one presented by Barb Lehtiniemi in this week's issue, where she finds that she's not as alone as she thought. It can be helpful to remember that, even if we're the only AU student we know, that doesn't mean that others aren't aware of what we're doing and rooting for us to succeed.

On the flip side, Deanna Roney looks at those people around us who, watching us seek an education at AU, wonder when we'll join the "real world". I'm sure you've heard it from someone when you've told them you're taking courses at a distance, or even just seen "the look", the one that says "How nice for you to not have to be serious about anything," but where does that come from?

And this brings us back to AU's Convocation Ceremonies. Even though students are graduating all the time, and even though most of the graduations from AU pass entirely unremarked in the public eye (side note: would it really be so hard for AU to run a crawler of all the names who've graduated over the past 12 months at the bottom of the convocation broadcast?) the convocation ceremony is one of the ways that AU tries to create that feeling of a "real world" graduation. Not so much for us—we know what it takes to reach that stage—but more for those around us. To give us something to point to and say, "Look, this is real, see?"

But, if Deanna's right in her article, then maybe as more people take up distance and online education, the need for convocation ceremonies as evidence of the realness of our education will diminish. With luck, that won't lead to the ceremonies themselves being diminished, as, needed or not, when you as an AU student watch someone walk across the stage, when you hear their short bio, it can re-energize your enthusiasm for your studies. Hearing how people from all walks of life, with all sorts of different challenges, have managed to overcome those challenges and complete a major goal of their life by going to the exact same place you do is inspiring and connecting. Convocation cometh. It cometh for us all, if we're willing to work for it.

But also this week, our feature article is a continuation of the series of Minds We Meet with the new AUSU Council. Up this week, *The Voice Magazine's* own Brittany Daigle. Brittany, who currently writes our Course Exam column (probably our most popular regular feature here in *The Voice Magazine*) has been interviewed before, but that was before she was on Council, so this time, we take a look at what brought her to AU and Council and what she hopes to accomplish while here. Plus, of course, we have a selection of news, reviews, advice, events, scholarships, and other articles to keep you connected to your fellow students in a different way than convocation. Enjoy the read!

A handwritten signature in black ink, appearing to read "Karl", with a stylized flourish at the end.

MINDS WE MEET



Brittany Daigle is an Athabasca University Students' Union Councillor. She lives in Toronto, Ontario and is enrolled in the Bachelor of Science Major in Computing and Information Systems. Here is her story.

How did you come to AU?

Coming out of high school I attended Dalhousie University in Halifax, Nova Scotia for Neuroscience. While at school I met my current boyfriend who was attending SFX in Antigonish, Nova Scotia finishing his Bachelor of Computer Science.

While shadowing his studies, I became interested in his courses so I decided to leave Dalhousie University, allowing him to figure out where he was going to be living and working after his graduation, then I decided on Athabasca University for the Bachelor of Science Major in Computing and Information Systems program! My boyfriend has supported me so much along the way and I am so grateful for all of his help.

What is the last book you read?

The last book I read was *The Fault In Our Stars* by John Green and I would recommend for everyone to read it!

What show do you think everyone should binge watch?

I personally do not watch many TV shows, though I would recommend binge watching the 1964-1972 *Bewitched* Series! I grew up watching it with my grandmother and it will forever be a favorite of mine.

Why did you choose to run for AUSU council?

I chose to run for AUSU council to get more involved with the university. While attending Dalhousie University I did not have many opportunities to become involved, despite really wanting to. This time around I am trying to make the most of it! So far I have created and managed a Skype group for BSc CIS Students, written The Voice Magazine's Course Exam column, got elected onto AUSU council, and got voted onto the Members Engagement and Communications Committee!

What are your academic goals for 2018?

My academic goals for 2018 include maintaining my high GPA and completing ten courses throughout the year!

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

I would definitely want to have a meal with Elizabeth Montgomery. She was the actress who played Samantha Stevens in Bewitched.

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

In 2018 I would like to become more confident in my ability to code. A lot of my courses in my program require me to write code and it is not always easy when Stack Overflow and Google are not there by my side during an exam!

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

My hopes for the 2018-2020 term is to advocate for students and aim to increase student interaction and member engagement!

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



Student Sizzle — AU's Hot Social Media Topics

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

**AthaU Facebook Group**

Chanelle seeks input on how long other students have taken to complete WGST 423's take-home midterm. Stephen asks students what would help them feel part of and supported by AU's community; surprisingly few responses so far (where is the love?) Elli seeks someone who can translate words into the phonetic alphabet; she came to the right place because several responders do this regularly.

Other posts include starting courses before the course start date, "light and easy" electives, course completion data, and courses CHEM 350, PHIL 252 and PSYC 304.

Twitter

@AthabascaU tweets: "Next week's #AthaU18 ceremonies are available through livestream here - --> <http://bit.ly/2shEoEl>."

@AthabascaUBiz tweets: "Life for some can get in the way when pursuing an education, but for @AUSU president and #BComm student Brandon Simmons letting life get in the way wasn't an option. Here's his story: <http://bit.ly/2s4j2Ks> #OnlineEd."

Youtube

Warm up for AU's Convocation 2018 by watching a bit of last year's in [Athabasca University's 2017 Convocation - Day 1](#).

The Road to Convocation Many Celebrations

Barbara Lehtiniemi



Apparently it's not All About Me

When I attend AU convocation this June, hundreds of my friends and family will be celebrating with me. As befitting a degree obtained mostly online, the convocation ceremony will be live-streamed so anyone can join in the celebration—wherever they are.

I finished the final course for my BGS degree several weeks ago, but I didn't initially feel celebratory. I felt relieved—maybe a little satisfied—but mainly I just felt tired. I decided that celebrating could wait until

convocation—that's when everything would seem real.

Convocation was then over a month away. Beyond packing up my textbooks, there didn't seem much to do but wait for the big day.

I forgot to factor in everyone else!

During the almost six years I spent completing my degree, I viewed it as a mostly solo journey. My pursuit of knowledge, my studies, my work, my time. Of course I realized I wasn't completely alone. My husband was there every step of the way and experienced the second-hand effects of spousal stress, preoccupation, anxiety, along with periodic moments of elation. (He also experienced more than his fair share of meal prep, errands, and social duties.)

But just because I was buried in school work and barely noticing the world around me doesn't mean I was as isolated as I sometimes felt.

The past few weeks I began to realize there were more people sharing my journey. I hadn't realized how many people knew I was pursuing a degree at AU, or how interested they were in the outcome. I probably didn't notice how often I talked about my studies—like a parent with a new baby, my studies tended to dominate my thoughts and conversation.

Now it seems that everyone I talk to wants to offer their congratulations. And it's not just the Facebook-prompted congrats. A group of friends took me out for a surprise dinner to celebrate, my niece surprised me with the gift of a grad bear, an acquaintance wheeled into our driveway just to offer a congratulatory hug, my mother presented me with star-shaped earrings to wear to convocation. Even my writers' group marked the occasion with a celebratory glass of wine at our monthly meeting. Graduating is starting to feel like a Big Deal—for more than just me.

Suddenly, everyone I talk to—at the library, at the bank, at the restaurant—is offering congratulations. After over five years of study, AU has come to define part of who I am. I realize that I've been an AU student for as long as some people have known me.

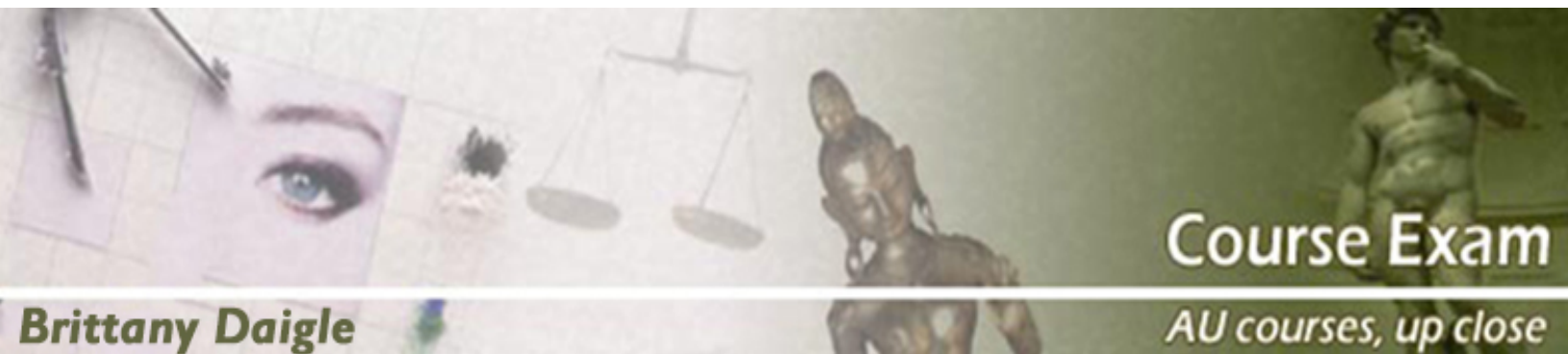
Apparently, my journey hasn't been the solo trek I thought it was. Approaching convocation, I finally looked over my shoulder and found that there has been a parade gathering behind me, complete with marching bands and cheerleaders. Everyone is excited that I've finished my degree.

The final walk of my AU journey—across the stage in Athabasca to receive my degree—won't be taken alone. Every step will be followed by my support team: family, friends, colleagues. The road to convocation was long—but it wasn't as lonely as I thought.

It's my degree—but it turns out it's not all about me.



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



Course Exam

ADST 200 (Foundations of Design I)

Architectural Design Studio, otherwise known as ADST 200 (Foundations of Design I), is a three-credit introductory architecture course that explores the creative design process through a series of composition, abstraction, and design projects. The overall aim for this course is to familiarize students with the creative application of sound analytical skills, imaginative conceptual thinking, and form making abilities. ADST 200 has no prerequisites and it is intended for students enrolled in the BSc Architecture program at the Royal Architectural Institute of Canada (RAIC) Centre for Architecture at Athabasca University, though any student that is interested in this course is welcome to enroll.

The delivery mode for this course is different than most courses that are offered at AU. ADST 200 is offered as a group study (five to ten students and a studio coordinator) that takes place over a thirteen-week period. Students enrolled are required to attend one three-hour evening video teleconference session per week and participation in discussions and sharing of resources will contribute to your overall grade (five marks per project)! The people who are in your group study at the beginning will be the same people you meet with throughout the entire thirteen weeks.

Students should note that this course is currently only offered in February and in September, so if you are interested in this course, then you may want to consider enrolling in it for this September! Though, speaking with Dr. Douglas MacLeod, he stated that they are trying to change the February start date to January and they are hoping to add a summer studio as well if there is enough interest!

Foundations of Design I is comprised of four primary learning objectives (comprehend, analyze, apply, and apply) and five projects. There is a midterm presentation, though it is not weighted, and there is no final exam for this course. The midterm will require you to present the work that

Brittany Daigle

you did in projects one and two. The five projects have students designing in two dimension (2D) and then translating their 2D work into the third dimension (3D) and they do have due dates. Project one is due week two and weighs fifteen percent, project two is due in week four and weighs fifteen percent, project three is due in week seven and weighs thirty percent, project four is due in week ten and weighs thirty percent, and project five is due in week thirteen and weighs ten percent. To submit your projects, you will be required to scan your work and submit them to your academic experts, so make sure you have access to a scanner prior to enrolling!

Students should also note that all the tools and equipment that you will need to complete the projects must be supplied by you. Most of them are common household objects, though there may be a few items that you will need to purchase. Regardless, all of the items are commonly required for more advanced architecture courses, so they will get used! The list includes a camera (your camera on your smartphone is sufficient), specific drawing paper, a specific sketchbook, card stock, trace paper, pens, pencils, colored markers and/or pencil crayons, a compass, protractor, ruler, drawing board, clear plastic sheeting, a self-healing cutting mat, a metal-edge cork-back ruler, a stainless-steel knife, masking tape or painter's tape, white glue, and a modeling set square. It is asked that you do not use a computer when preparing your projects as hand drawing and modeling skills are essential skills for the development of an architect.

Dr. Douglas MacLeod has been working at Athabasca University since October 1st, 2012. He has been the Chair of the Royal Architectural Institute of Canada for Architecture at Athabasca University for six years and he is currently coordinating twenty courses. The twenty courses that he coordinates includes the Architecture history, theory, and design studios courses and he has been coordinating ADST 200 for about three years. He is a registered architect in the state of California and holds four degrees, which include a Bachelor of Architecture, a Bachelor of Science in Computer Science, a Masters in Environmental Design, and a Ph.D. in Environmental Design.

He states, "The ADST stream are all design studios. They start out with the fundamentals of design and they work the students through with progressively more complex projects, so students are designing very large-scale buildings, such as recreational or cultural institutions. Then in the final studio, students will be able to define their own project."

Dr. MacLeod, continues "For somebody wanting to explore design, say just at the start of their studies, I

AU-thentic Events

Upcoming AU Related Events

MBA in Hockey Management Info Session

Tues, June 5, 10:00 to 11:00 am MDT

Online

Hosted by AU Faculty of Business

business.athabascau.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-6/

Register online at above link

AU Library Orientation Webinar

Tues, June 5, 12:00 to 1:00 pm MDT

Online

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration required

AU Open House

Wed, June 6, 10:00 to 11:00 am MDT

Online

Hosted by Athabasca University

www.athabascau.ca/discover/open-house/

Register online at above link

second session: Wednesday, June 6, 5:00 to 6:00 pm MDT

Convocation 2018

Fri, June 8 and Saturday, June 9

Athabasca Regional Multiplex, 2 University Drive, Athabasca AB

In-person and live-streaming online

Hosted by AU

info at: convocation.athabascau.ca/

highly recommend ADST 200. There are no prerequisites required, so you can come in, get your hands dirty and your feet wet and really understand if a career in design might be of interest to you! We deliberately made it so that students do not have to be enrolled into the Bachelor of Architecture to take this course. We wanted to give students the opportunity to explore careers in design.”

When asked to describe the structure of the projects, he states “I want to caution everybody, you will be working a lot with your hands! You will be drawing and building your models all by hand, so if you have not done that before, you will not be thrilled by the results; nonetheless, it is an incredibly valuable set of skills to start developing. Students will be creating 2D drawings on paper and then you are going to be building your drawings in 3D with cardboard. Also, students should note that they do not have to be great at drawing to enroll into this course. The only way to be able to do great drawings is to do hundreds of bad drawings. Your models are going to be modest in the first instance if you have never done this before, and that is good! There is no other way to learn, but we understand that and that is important. Not only do we understand that but people like Cynthia Dovell, Shane Laptiste, and Veronica Madonna (Academic Experts for ADST 200) work with the students in a very empathetic way. Nobody is going to make you feel bad if your model looks crappy! Also, the projects are structured, though the coordinators encourage students in every instance to explore creative ideas. Students will not be penalized if they do not follow the rules exactly.”

He continues, “Basically every project builds on the other ones. You start off in ADST 200 really just manipulating basic shapes and exploring the ideas of hierarchy, rhythm, adjacency, and all the other kinds of ideas that are so important in design. You start out in a two-dimensional plane and then as you move forward you are asked to work into the third dimension as well. This project will continue on in ADST 205 where you will start to build other things.”

When asked about the structure of the group study, he states “Something important that I would like to mention is because we are still very small, usually each semester we run two design studio classes, but in those studios, you may have a mix of different people. This semester we happened to have enough ADST 200 students to have their own group study together, though sometimes we have studios from a range of different ADST courses. We mix and match them and that is really important, because you get to see what your peers are doing in upper level courses and to see the expectations and the quality of work. I have noticed the quality of work from students go up once they see what the upper level students are doing and then they try to raise the bar for themselves.”

If you would like to see some of the work from past ADST 200 students, take a look at the [RAIC Centre for Architecture Studio Gallery](#)! This definitely will give you an idea of what would be expected of you if you enrolled!

Whether ADST 200 is a program requirement of yours or the structure of the course interests you, this course will have you immersed in a faster-paced, unique, hands-on, and interactive experience that will make this course stand out compared to other courses offered at Athabasca University.

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



Welcome to the Real World

Deanna Roney



development. My career path since then still, kind of, involves trees, but they are in book format.

There are many things that I wanted to be “when I grew up” these ranged from artist to forestry tech to veterinarian—this one I even job shadowed at the local vet for several months and saw some amazing things. In the end, though, my career path took a different turn.

When we are getting ready to leave school, a phrase that is often spouted off is “welcome to the real world”, or time to get a “real” job. The jobs I had thought about at one point or another were probably considered “real” in comparison to what I am doing now.

What is it that makes a job, or world, “real”? I think this boils down to what is expected, and accepted, by society: what the majority of the population is doing. If a real job is one where you go in at 9 and work until 5 then sign off (or another variation of a set schedule) would that mean then, that working from home isn’t a “real” job because you don’t have a set schedule?

My schedule now is constantly fluctuating. Some days I am working by 6 am because of time zones. Some days I am working at 8 pm on a Sunday because, again, the difference in time zones. Some days I will put in twelve+ hours and some days I have less on my plate and will work five. But in some fashion or another, I am working nearly every day. But why is this not considered “real”?

The same can be said for the “real” world. The world we live in while we are in school is not “fake”; it is, maybe, a little sheltered, but it is still the real world, there are still real consequences, real rewards, heartache, elation, and failure. The impact of these things is not lessened because it isn’t the “real” world. Everyone’s reality is different, but no-one’s is less real than the others. Why is it that going to work out of school is considered entering the real world, but going on for more education isn’t considered the real world? Is it simply a matter of ratios? Majority rules?

One thing that I learned from my experience with AU is that what someone else thinks of what I am doing has no bearing on what that is. That I did my degree from home makes it no easier than if I went to class to complete my degree—in terms of coursework, that is. It is still a very

We went exploring the backroads this weekend. We drove by one (of many) replanted logging blocks; one of them chosen for “assessment”, where they watch and see how the trees are growing, what species thrive better than others, and I am sure other forestry-related things. But, it got me thinking about the choices we make and how we end up where we do. There was a time when a forestry tech would have sounded like a great career. Being in the bush all day, analyzing trees, measuring growth and

real degree and very real courses, professors, and struggles. Everything about it was real. But I often got that questioning look. I was told once that it was like taking grade 13, but I decided early that, just because someone doesn't understand, doesn't make it less, and I wasn't going to waste my breath arguing.

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



Why Volunteer?

Tara Panrucker

Sometimes I think the world would implode without the millions of volunteers out there working their tails off for the good of mankind. What would happen without volunteers? Who would run the food banks, the thrift shops, the humanitarian efforts, the animal shelters, the fundraisers, the blood banks, and the list goes on and on. Contrary to popular thought, volunteers make the world go 'round, not money.



How do you choose a volunteer organization or cause to join? Start searching online. Bountiful volunteer opportunities in your community will pop up at your fingertips. Choose a personally meaningful cause to join. Perhaps a family member suffers or has died from a disease you can support finding a cure for. Or you feel for animals and want to help them thrive.

Visit <https://volunteer.ca/> and <https://www.govolunteer.ca/> to get started.

You don't have to stick to joining opportunities within your community. There are province-wide, country-wide, and worldwide volunteer opportunities. If you have the chance to travel and volunteer, you're likely to make diverse friends for life from your shared experience.

In addition to making a positive impact, you'll learn about other cultures. You'll also gain respect for people whose views and beliefs may differ from your own. When you volunteer in another community, you become a part of a new community, make new friends, share in their food and culture, all while developing relationship, communication, organizational, and team work skills.

Contributing your time and talents has infinite benefits. First, you gain new skills and career prospects, and improve a variety of skills you already have. You'll also experience real life situations and meet a group of like-minded people that share your passions. There are openings available to fit any schedule, whether you have a few hours a month or weeks.

Second, in a world where it seems like everything is going to pieces, you get to make a difference in another human being's or animal's existence. There are many people and animals who will be worse off without your help.

Potential employers value these skills when they see them on your resume. But volunteering does a lot more than look impressive on paper. It gives you a sense of connection to the world around you. It gives you a sense of responsibility and purpose by working towards something bigger than merely your own wants and needs. Volunteering creates so much value. When you work without expectation of monetary gain, you also become a positive role model.

No matter what type of personality or skill set you currently have, there is a volunteer opportunity to suit you. You are needed.

And if you don't feel comfortable around crowds, there are endless ways to give of yourself financially online. You can also promote your chosen organization on social media. All great business people of the past have urged everyone to contribute ten percent of their income to helping others. More than just giving back, it creates a sense of abundance that can't be bought. Additionally, consider supporting corporations and companies that give back to communities. Backing charitable companies sends a strong moral message to all businesses.

While volunteering is hard work, you may also find yourself having the time of your life. You'll gain a fresh perspective on life, witness how happy people can be living with very few possessions, and how much humanity has in common. Offering your time to give others a leg up in the world generates a sense well-being and reminds us not to sweat the small stuff.

Why volunteer? Why wouldn't you?

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



The Fit Student Detox!

Marie Well



At the summer fair, do *Those Little Donuts* give you sour-burps? Do Big Macs offer a healthy way to gain muscle mass? Does cola leave you knowing more about your dentist's history than your father's? If so, *detox!*

Western lifestyle spews toxins. We rely on toxins to clean our houses, to freshen our armpits, to sweeten our cereal. We eat packaged junk. And we feed our kids Captain Crunch. *Sinful!*

We need to detox through healthy food, skin care, and exercise. And detox not once a month, not once a week, but throughout each day. And why not? Detox feels more fun than frolics in Florida.

Better yet, detoxes help cure sin and disease. Not long ago, I felt fatigue, nausea, and vertigo. But by detoxing, I conquered it all. Plus, I lost over thirty pounds.

Detoxes make quitting alcohol easier, too, according to Healthy Body Books. And I bet detoxes make quitters out of smokers, drug addicts, and Red Bull junkies.

Every day, I detox. I swoosh my mouth with coconut oil for ten minutes, steam for fifteen, splash in a cold shower, meditate for ten, and eat a superfood breakfast. My mood lifts, leaving me laughing all day.

For my breakfasts, I dine on bran, yogurt, flaxseed, blueberries, and bananas—mashed together. I swig cups of either lemon water or cinnamon water. Plus, I take Schuessler tissue salts, which help me battle fatigue.

Soon, to detox my skin, I'll buy a dry-body brush. After all, the skin is the largest excretory organ. I aim to not only dry brush my skin, but also to apply organic makeup and pass on perfumes.

I mostly detox through exercise: boxing, cycling, and weights. As well, I swim and do 100-yard sprints once a week. Sweat rids the body of toxins. But now that I train harder, I need ten hours sleep. Sleep sums my most pleasurable detox.

I detox through steam-rooms, too. Steam lifts moods, strengthens immune systems, increases blood circulation, and cleanses pores. My first steam left me feeling sick. But as with any detox, the symptoms subside.

Probiotics also help me detox. Every day, I eat yogurt and sour cabbage. Plus, I tried kombucha yesterday: a fermented probiotic tea. It tasted like beer. Yuck! And I felt slightly drunk, although it likely has less than 1% alcohol. A detox paradox: So much for going alcohol-free for twenty-five years.

Healthy Body Books offers ways to detox in the book *Decided to Detox? 100 Ways to a Healthier You Today! (Diet, Detox, Smoothing, Juicing)*:

- Healthy foods detoxify you: “By eating super foods, you pack your body with a huge load of antioxidants and nutrients and boost the detoxifying function of your body” (location 846, 49%).
- Probiotics detox guts: “Probiotics or good bacteria are commonly found in yogurt” (location 835, 48%).
- Chia seeds rid you of toxins, too: “Chia seeds are rich in antioxidants; they also help in eliminating toxins from the body” (location 897, 52%).
- And I’ve heard wonders about apple cider vinegar (taken orally or as a foot bath): “Organic, unfiltered and raw apple cider vinegar helps in alkalizing the body. It is a good detoxifier for the liver” (location 815, 47%).
- Many detoxes involve juicing: “Juicing is a good way to boost your nutrient and antioxidant intake. The way to get the best results out of juicing is to do it for one straight week every month” (location 866, 50%).
- Meditation detoxes lungs: “Proper breathing techniques or deep breathing can help your body to relax, calm down and let the oxygen flow through the respiratory system properly” (location 906, 52%).
- Exercise might be the ultimate detoxifier: “Exercising for an hour each day can help you to detoxify. It also triggers the body to release happy or ‘feel good’ hormones. The more you sweat, the more toxins you release” (location 927, 53%).
- The skin *needs* detoxifying. So, use saunas and steams: “Spending some time in the sauna also helps in releasing toxins through perspiration” (location 906, 52%).

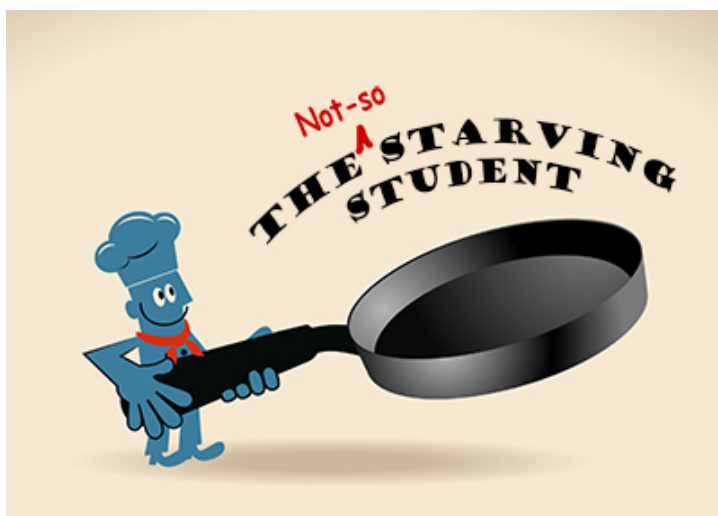
- And choose skin makeup wisely: “Choose a mineral based makeup or an organic makeup. Though these products may cost more, these would help you prevent toxins from getting into your skin” (location 1032, 59%).
- Detox your pores: “Dry brushing and footbaths trigger the pores in the skin to release the toxins inside the body” (location 938, 54%).
- The best skin detox? A massage: “Treat yourself to a good massage ... it also helps in improving blood circulation, removing toxins and in stimulating the lymphatic system” (location 959, 55%).

Here’s a quick test to measure your need to detox: Open your fridge door and whiff. Does your fridge smell worse than the dog’s breakfast? Like ketchup with a skin? If so, *detox!*



The Not-So Starving Student Eating Clean in Two Simple Steps

Xin Xu



One of the common responses when I reveal to others that I’m on a Mediterranean diet is, “but you’re so skinny.” I roll my eyes slightly because the notion of “dieting” is so heavily associated with weight loss and body *dysmorphia*: an obsession with maintaining a particular physical image of ourselves. But what about dieting for our hearts, our energy levels, or maybe for our mood?

I know it sounds hypocritical of me to start into this subject when my past articles have described everything from fried

chicken recipes to Netflix-ready food. However, since starting my work at a family clinic this summer advising patients to eat healthier and lead a more active lifestyle, I have truly internalized some of the recommendations I’m making. Specifically, it was hard to feel genuine at work when I was guilty of both unhealthy eating and sedentary behavior. Who am I to make those recommendations to others? We all know eating clean for 24 hours is not an impossible feat, but how about 24 days or 24 months? What about 24 years? It’s something I am still in the process of learning and discovering: staying healthy and balanced.

I only have two simple tips to share, but they might go a long way.



Reward yourself for staying focused



Food is a natural reward, so powerful that we can train our pets and wild animals to perform incredible feats with the promise of their favorite grub. Humans are genetically dispositioned to feel great when we munch on a bag of potato chips or indulge in a high calorie meal. Many individuals stress-eat because an exciting, comforting meal at the end of the day sends spikes of dopamine or feel-good hormones to our brain and relieves our anxiety or pain. This immediate reward and euphoric rush of hormones is significantly more satisfying than eating a bowl of lightly-seasoned salad and avoiding some kind of health defect later down the road. Remember, now is always more

powerful than later.

So how do we combat our inclination toward immediate rewards? We need to reward ourselves for eating healthy. Eating healthy is not simply a single day endeavor, it is a lifestyle that must be genuine to the individual. Not long ago, my family started a vacation fund to motivate ourselves to be aware and focused about our dieting goals. Every month \$100 would be deposited towards a future vacation if we stayed away from eating out, unhealthy snacking and continued to devour eight servings of fruits or veggies in a day. The tip is to find a reward that motivates you to keep going.

Ask a trusted friend or family member to keep you accountable

When starting a lifestyle change, one may be motivated and energized but, over time, our willpower slumps and the slow march back to status quo begins. While your willpower is high and your thought process uncluttered, set expectations and engage others. Specifically, people close to you who will not cut you slack. These could be family members or even individuals who you aspire to become, such as a coach or an active workout buddy. I found it especially entertaining to brainstorm commitment devices, a punishment to discourage you from falling back into an old habit. For example, I started a healthy eating jar with my roommate and if either of us began bringing junk food in the house or fell prey to the temptation of eating out, the individual would add a \$10 bill to the jar. Knowing someone else is there and keeping track of your eating can go a long way to keep you on track as well.

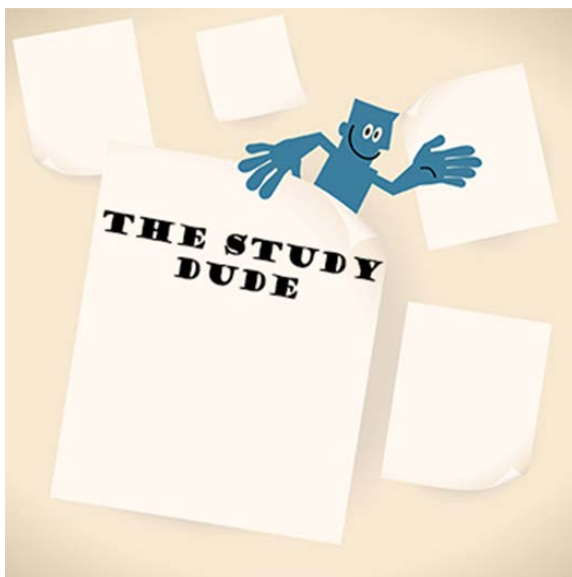
Xin Xu is a post-graduate health-science AU student, aspiring clinician, globe-trotter, parrot-breeder and tea-connoisseur



The Study Dude

Cures for Procrastination

Marie Well



Time to procrastinate by taking a glimpse at The Voice? Well, fill up on our goods news to learn tricks to stop procrastination. One great tool for toppling the put-it-off woes lies in timers.

My boyfriend has an uncanny sense of time. He doesn't need a watch to know the time. He even guesses women's childbirth dates before women know they're pregnant.

My sense of time stinks. I often don't know whether it's 3 or 9 pm. So, to make up for poor time management, I learned tricks.

For one, never set clocks ahead fifteen minutes. Instead, wake up fifteen minutes earlier. Or better yet, go to bed earlier so you wake up less rushed. After all, the world is geared for morning people. So, conform if you can.

For another, use timers and scheduler apps. When I took math while running a charity, I studied 30-minute stints with 15-minute breaks. Outside of these break, I had no downtime.

Some study gurus say to study 45 minutes with 15-minute breaks. Others say study 50 minutes with five-minute breaks. Still others suggest skipping breaks altogether by switching topics. Do whatever works.

For yet another time management trick, dedicate five minutes to studies, just to get started. You'll often end up doing much more.

I dedicate not five minutes, but hours, to fitness. And I'll always justify trips to the gym to kickstart studies. Exercise rewards you for procrastination.

When I TA'd, my students wanted proof that exercise benefited studies. So, I slapped on my desk stacks of articles supporting my claims. A student snatched several articles, looking them over, as the class watched silently. To my delight, more of my students slowly trickled onto treadmills—less stressed, a little smarter, better able to solve problems.

PhD Seth J. Gillihan shows you how to overcome procrastination in his book *Cognitive Behavioral Therapy Made Simple: 10 Strategies for Managing Anxiety, Depression, Anger, Panic, and Worry*:

- But first, what causes procrastination? “Fear that [the task] will be unpleasant The more we imagine these negative aspects, the less incentive we have to get started” (Location 1685, 652%).
- Fear of failure leads to procrastination, too: “Fear of not doing a good job. We rarely know for sure how something we work on will turn out, and that uncertainty can give rise to fear of doing it badly” (location 1685, 52%).
- Putting tasks off worsens procrastination: “Sometimes we tell ourselves we deserve a break of convince ourselves we'll work better at some point in the future. In one way or another we justify our procrastination” (location 1685, 52%). “Every time we put off a task we think will be unpleasant, we experience a feeling of relief” (location 1696, 52%).

- The solutions to procrastination? For one, “Beware things we tell ourselves to justify procrastination, or that downplay the amount of time we’ll actually spend doing something other than the target task” (location 1719, 53%).
- For another, “Remind yourself why you don’t want to procrastinate. Putting things off not only can lead to being late or producing poor quality work, but colors our leisure time with feelings of dread and guilt” (location 1732, 53%).
- And don’t clean dishes to distract from tasks: “Beware of ‘virtuous avoidance.’ When we’re motivated to avoid a task, we might find other ways to make ourselves feel productive” (location 1732, 53%).
- It’s normal to tackle tasks willy-nilly: “We often delay doing something because we’re not sure exactly how to do it Remind yourself that you’ll find a way once you resolve to get started” (location 1732, 53%).
- Do it now, not later: “Acknowledge that you probably won’t feel like doing it later, either” (location 1732, 53%).

Gillihan’s book said, to be busier, hang around busy people. Another book said, to be happier, hang around happy people. And my boyfriend says to be fitter, hang around fit people. And to get top grades, hang around students who study nonstop.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: The Cover Guy 5th Annual Scholarship

Sponsored by: The Cover Guy

Deadline: July 1, 2018

Potential payout: \$500

Eligibility restriction: Applicants must be currently enrolled, or enrolled for the upcoming school year, in a program at a university, college, or trade school in Canada or the U.S.

What's required: An e-mail with contact and school information, along with an article of 500-1000 words on a topic related to hot tubs or backyard experiences.

Tips: Read the submission requirements carefully and include all the required info in your e-mail.

Where to get info: www.thecoverguy.com/ca/the-cover-guy-annual-scholarship/





Reunion Reciprocation

Dear Barb:

I grew up in a somewhat dysfunctional family. My parents divorced when we were all quite young, and the divorce was angry and bitter. This bitterness became a part of our household and our relationships with each other. As soon as we were able to we left home and rarely spoke to each other for many years after. As an adult I am trying to turn the family dynamics around and bring my family together. I have been arranging a family get together every year for the past four years, as well as the occasional dinner or get together at Christmas or other special occasion. The problem is no one reciprocates. When I arrange these events some family members show up but no one else ever does it, just me. When we have the yearly reunion at a park or campground, the families each stay with their own family members. I have tried to organize things like games for the kids, but no one else gets involved. They all just sit there talking with their own family members, while I take care of the kids. When I post the date on facebook for the get together everyone seems excited about it, but when we get there it's totally different. Am I beating a dead horse? It almost seems like it's too late to bring this family together. Should I just give up? Thanks, Maria.

Hi Maria:

Thanks for sharing. Unfortunately, there always seems to be one or two people in a family who do all the social planning and when they get tired of doing it, the get togethers stop. So I guess it's up to you if you want to continue arranging these gatherings. If you stop its possible someone else will eventually start arranging them, but you won't know that until you do it. If you are finding that you don't want to do this anymore (it is a lot of work, after all) then you could always get together with the family members you choose to. That way you can keep in contact with the relatives you want to and who reciprocate your invitations. Bringing a family back together after a long estrangement is difficult and requires a lot of forgiveness and acceptance, and it can only be done if all parties really want it. I found some information online about coping with estranged family relationships at <https://tinybuddha.com/blog/how-to-cope-with-a-toxic-family-relationship/>

I also found a quote on this page that I really liked:

“Letting go doesn't mean giving up, but rather accepting that there are things that cannot be.”
Unknown

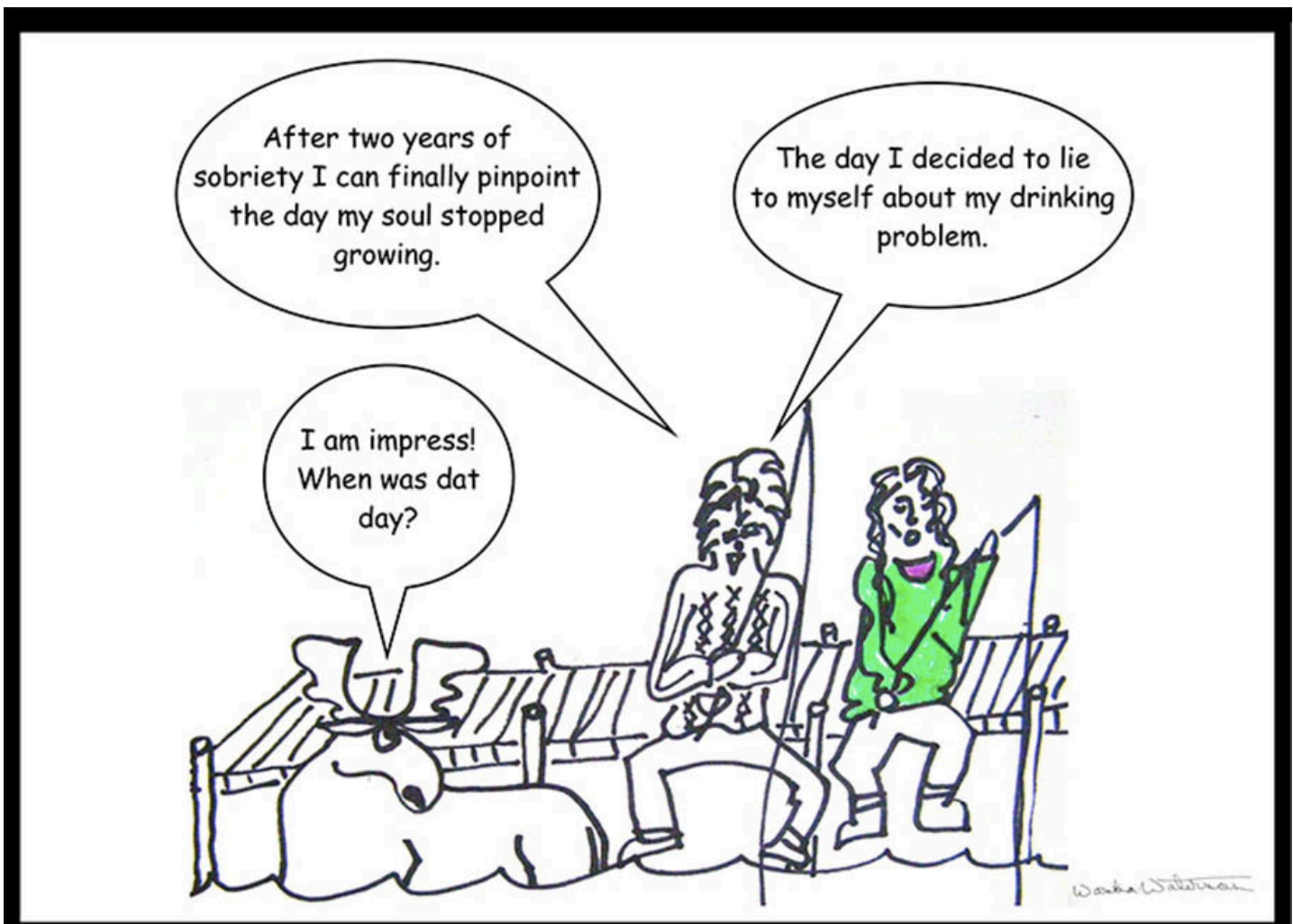
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Poet Maeve
Soul Saboteurs

Wanda Waterman



Ah, I
got your
meaning,
dere.

That was the
start, anyway.
After that it
got easier to
accept lies from
others.



I think you're onto
something, Christy. Inner
lies, outer lies—



—the grand
saboteurs of
the soul's
growth.

Yeah, something like that.





AUSU
ATHABASCA UNIVERSITY
STUDENTS' UNION

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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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