



THE VOICE

Vol 26 Issue 23 2018-06-08

Minds we Meet

AUSU councillor, Amanda Lipinski

The Road at Convocation

12,000 Words about Convocation

Look at the View

From where you Stand Right Now.

Plus:

*Exploring the Outdoors
In Conversation...
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

Less Than a Third

Karl Low



Last Friday, shortly after I completed my editorial, the Alberta Government announced at AU's convocation ceremonies that they would be giving Athabasca University a one-time grant of 4.9 million dollars to address its new strategic plan and upgrade its technology infrastructure. This money is sorely needed because, though the AU campus is beautiful, as you'll see in our photo feature about convocation in this issue, AU is considerably behind many other institutions when it comes to the technology behind their course offerings. I found this out personally when taking an editing course from Simon Fraser University in BC. There were none of the little petty annoyances with getting materials or assignments submitted that we, as AU students, are just used to. No fighting with the obtuseness of the navigation as in the AU Landing, no fighting with trying to install outdated software as that's all they were working with, it just all worked. AU needs that.

Shortly after the announcement, AU president, Neil Fassina, provided some details about AU's plan for the money, as reported in the *Edmonton Journal*. 1.5 million will be going to a

"five-year information technology strategy that will help shift from on-premises infrastructure to a cloud-based environment", this will also be used to address security protocols that Alberta's auditor general has cited AU for, such as off-site disaster recovery services of their records. Basically, improvements for the back-end of the university. This won't affect students directly, but may help by eventually reducing other costs or risks that would normally be passed on to students.

1.5 million will be put toward implementing their new strategic plan. I use the word "plan" because it's what they call it, but it's more of a master-class in aspirational buzzwords. At best, it's a list of goals, but even that might be being generous, as it honestly seems to me more a list of values that they want AU to have. But don't take my word for it, read AU's strategic plan for yourself. Don't worry, it's not a difficult or long read at all (which should have been a warning sign when trying to come up with a four-year plan for an institution as large as AU). Of course, given that, it's little wonder they need that much money to deal with it. After all, it seems AU's board of governors will probably need to pay someone to do their jobs now and come up with an actual plan.

There's also \$400,000 earmarked for a long-range development plan, that will include "a renewal of the teaching and learning framework." So renewing the entire teaching and learning framework of AU gets less money than implementing a "plan" that's little more than a list of values.

That leaves 1.5 million, less than a third of the total amount, to be directed to the planning and development of a student delivery framework. It's not a small chunk of change, but I can't help but think about the money going to what looks to me like a black hole of undefined activity in the strategic plan and sigh. Fortunately, we've got a great issue to cheer you up. Including a photo feature from convocation, and our feature interview with AUSU councillor Amanda Lipinski. Enjoy the read!

A stylized, handwritten signature in black ink that reads "Karl".

MINDS WE MEET



Amanda Lipinski is a councillor of Athabasca University Students' Union. She lives in Prince George, British Columbia and is studying in the Bachelor of Management Program while completing her Management Studies Certificate and management Diploma. Amanda is married and has two children.

You live in Prince George, British Columbia. How did you originally find yourself in the Bachelor of Management program?

My mom runs a local small business which I started working at while I was in high school and naturally wanted to study business after high school. I completed a Management Studies Certificate and Management Diploma with my local college and always knew that I wanted to move towards completion of an undergraduate degree.

And what brought you to AU to do that?

While I was on maternity leave with my youngest daughter I was motivated to do something productive during nap time as my oldest daughter had just started Kindergarten. I began researching the best option for our family and decided that Athabasca University would fit our busy lifestyle due to the flexibility in enrollment, availability of courses and ease of the

online learning system.

What is the last book you read?

The last book I've read was *Scrappy Little Nobody* by Anna Kendrick. She is hilarious and so down to earth.

What show do you think everyone should binge watch?

Dynasty. Although she has some terrible character traits I love Fallon's quick thinking and stubborn personality when she has a goal she is determined to reach.

Why did you choose to run for AUSU council?

I chose to run for AUSU Council as it's an amazing opportunity to get involved with the AU community. After following updates from the previous council, I began to admire their leadership skills and knew that I wanted to help out with AUSU wherever I could.

What are your academic goals for 2018?

My academic goals for 2018 are to complete my main degree goal and then continue on taking courses in areas that interest me and where I would like to develop stronger skills such as accounting and economics. I don't plan to finish my education anytime soon.

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

Anne Frank. The experience was so terrible, but she remained so brave and positive during her life.

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

In my personal life, my biggest goal for 2018 is to work towards a more balanced work/home/educational life so my children are able to enjoy maximum quality family time while I am still meeting all of my goals and responsibilities.

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

Thank you, I am so excited to have been re-elected. My hopes for the 2018-2020 term are to continue on the path that the previous Council and Staff have set and to ensure we value their hard work while also creating positive ongoing rapport with students and a community where students continue to feel empowered and welcome to contribute their thoughts and/or concerns as they arise.

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



In Conversation with Ferentz and The Felons

Wanda Waterman



Ferentz and The Felons is a New Jersey-based “street folk” band with the singular mission of giving back by supporting the true war on drugs — public awareness and addiction recovery. They’ve just released the video for “Hudson County,” the title track of their EP due for release in July.

The song, written by band leader Zac Ferentz, refers to the bad memories acquired during a difficult childhood and adolescence in a dysfunctional, drug-addled urban community. Recently Zak took the time to answer our

questions about his background, his art, and his drive to respond with compassion to a social problem he knows only too well.

What kind of childhood did you have?

I had what I like to call an “urban America” childhood. My parents battled heavy drug addiction and my father would take off on us whenever things got tough. My mother has always been my main role model; even though she had her demons she always got things done. But to be honest, looking back on all the hard times, I really am grateful. It could’ve been a lot worse.

What role did music play in it?

Music always has and always will be a part of my genetic makeup. My mother was blasting music for us while we were in the womb. A world without music is a world I don’t want to live in.

Were you trained in music or did you teach yourself?

My brother and I both taught ourselves, it just came naturally to us. Even my sister played the violin. Kind of wish she still did.

Who—or what—was the best influence on you as an artist? As a human being?

I have so many things that influence me, but if I have to name a few I’d say my mother, my friends, Madball, Tom Petty, my neighborhood—the list can go on for a long time.

You’ve said that you were into heavy metal for a long time. Why did you make the shift to street folk?

I always liked all types of music, I would go in and out of phases, but I would take something from every style. What I was doing in my past band, War Story, isn’t much different from what I’m doing now. I’m telling a true story, my story, and I’m making this music for the people who can relate and really feel this.

How did you come up with your band name?

No one I grew up with ever played by the rules; handcuffs were always making an appearance in my neighborhood. And while most see us as “felons” or “bad guys,” I just see us as people who got jammed up in a system designed to keep us down. At the end of the day, we’re all felons.

What do you like best about the new EP?

How real and pure it is.

Did anything funny or weird happen while you were making it?

Our drummer Matt walked straight into a glass door and left his head print on it. That was hysterical.

What’s the story behind the song “Hudson County?”

I’ve lived through a lot of things that don’t make it easy to sleep at night, and most of it always comes back to where I grew up. Looking back, I just felt like we were locked in a cage. I’ve lost so many loved ones to the bullshit that comes with the street life, drugs being the main thing.

But I also realize that it made me who I am. There was a time when I needed to get out, and I finally left. That song comes from a mindset I’ve already overcome. Hudson County is a strange place, but it’s where my story begins. I’m back in Hudson County, but now I’m here with the right mindset, I’m here to give back and make this a better place.

Is Hudson County a creatively stimulating place for a music maker?

Big time. Just expect a lot of pain from that artist.

I see that Hudson County, New Jersey has been designated a high-density drug trafficking area (HIDTA). What kind of an impact has this had on your growth?

I've done drugs, sold drugs, watched family and friends lose their lives to drugs—drugs were always around me. Through my story I hope to inspire people of all ages to stay far away from them, and for anyone who needs help please don't hesitate to reach out to me at any time. We all make mistakes, we live and learn, but it's never too late to make a change.

This question hits home for me. I can't *not* think of what drugs did to my family. My mother and father have been battling heroin addiction for more than 50 years. It hurt us all so much. Because of that I will never stop fighting the war on drugs!

How do you regenerate after giving yourself heavily to the music?

I think of the people I can help with my music. That gives me the strength to lay it all on the line time after time. I'll always be transparent, because I want people to know they're not alone.

What conditions do you need in your life in order to maintain creativity?

As long as I'm alive I'll find something to write about. This world is a dark place, and I'll always strive for the light!

Are there any books, albums, or films that have influenced your creative work?

There are too many to name, but I'll give one for each. Book: *The China Study*. Album: Biohazard's *Urban Discipline*. And film? *Terminator 2*.

Do you have any spiritual discipline that supports the creative life?

I'm a very spiritual person, and that's the key to my creativity. It has helped me realize that this life is not ours to take — it's ours to give.

If you had an artistic mission statement, what would it be?

Never let anything stop you from being you.

What's next for Ferentz and The Felons?

July 13th our debut EP *Hudson County* is being released. We have some awesome shows coming up and we're not planning on stopping any time soon!

Do you have anything to add?

Thank-you so much for taking the time to interview me. You have asked awesome questions and seem to be a master at your craft. Peace and love!

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

AU-thentic Events Upcoming AU Related Events

AUSU Council Meeting

Sat, June 16, 3:00 to 5:00 pm MDT

Online

Hosted by AUSU

www.ausu.org/event/june-council-meeting/

No pre-registration required; e-mail

governance@ausu.org for meeting package

Google Scholar Webinar

Mon, June 18, 5:00 to 6:00 pm MDT

Online

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration required



The Road at Convocation

12,000 words about Convocation in Picture Format

Barbara Lehtiniemi

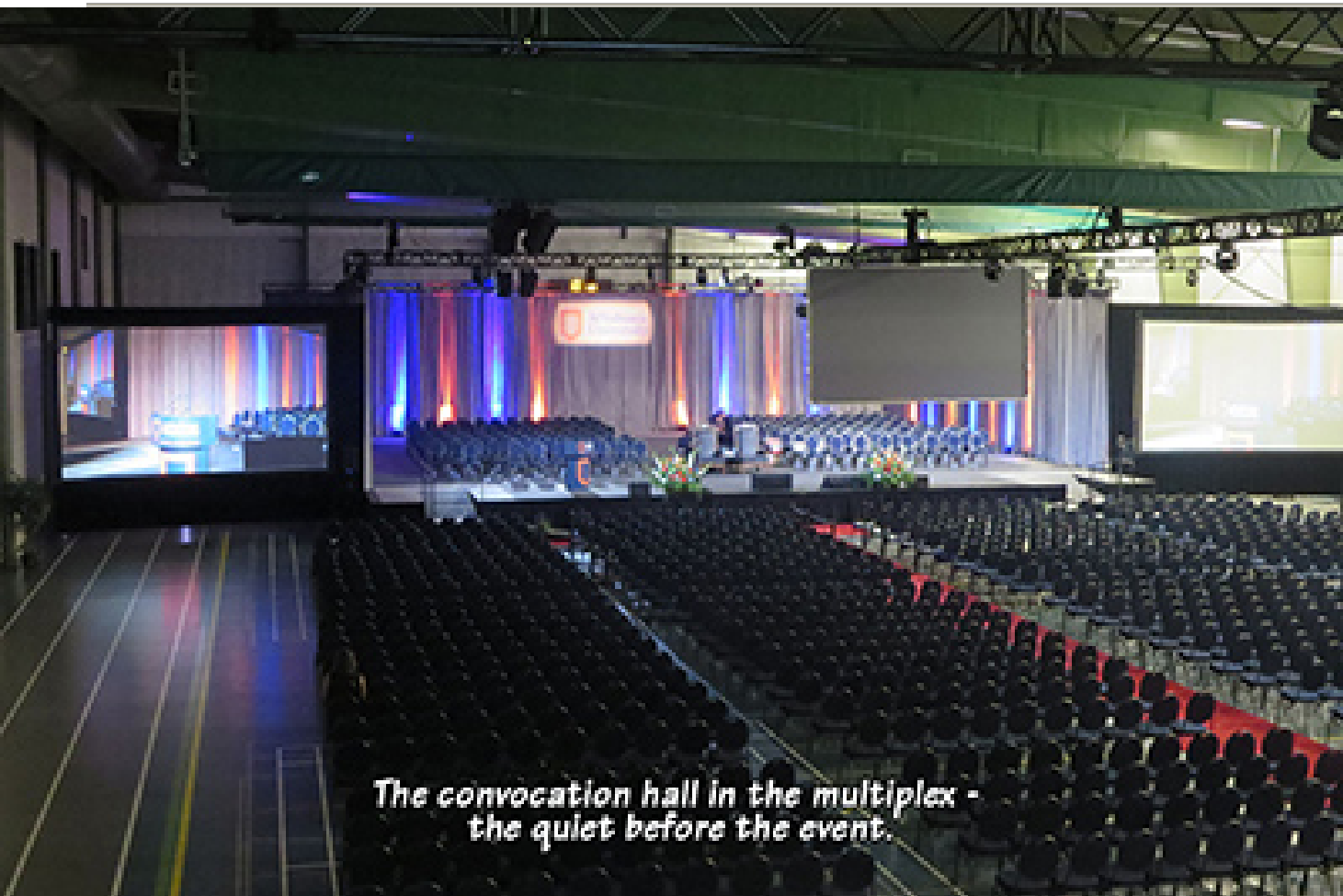




Inside the multiplex, a banner greets students and visitors



Signs of the University abound throughout the multiplex



The convocation hall in the multiplex - the quiet before the event.



AUSU's Executive Director (and The Voice Magazine's Editor in Chief) working the AUSU booth, handing out Graduation gifts and ballots for a prize of swag merchandise.



Some call it art. A sunny day outside the "new" building.



The iconic shot of the main building. It was closed on Sunday, no going inside.





These two photos by L. Lehtiniemi



Barbara Lehtiniemi is a writer, photographer, and AU graduate (BGS 2018). She lives on a windswept rural road in Eastern Ontario.



Look at the View, from Where you Stand

Deanna Roney



Another group of students walked across the stage at Athabasca and received their degrees over the weekend. This year I tuned in to watch one of *The Voice Magazine's* own, Barb, accept her degree. I was surprised at just how much excitement I felt, it brought back so many memories and feelings from when I took that short walk, hoping I didn't trip. Unfortunately, much to my disappointment, right as Barb's name was called the feed froze, and it kicked back in just in time to watch her walk off the stage.

Convocation is a big celebration. It feels big and everyone's excitement and nerves can be felt throughout the room. For me, attending convocation made everything feel *real*. It was putting an exclamation point at the end of my degree. But, this wasn't the only celebration I had while I worked towards this end goal. I celebrated good grades, sometimes on papers, sometimes on courses; I celebrated completing a requirement; getting to the halfway point; and other "small" victories between starting and finishing.

I find it is important to celebrate the small steps throughout your degree, not only the big finale, for a couple reasons. One, it can take a long time to get from start to finish and you deserve to feel that sense

of achievement and reward yourself along the entire path. And two, it sets you up to continue celebrating your achievements once you are out of the school environment.

I got into the habit of celebrating milestones and I have taken this with me. As I work for a Literary Agency I find that there aren't those "big" moments, there isn't a "big" promotion or the flag waving and saying "you've made it". Rather, there is a progression, an increase in tasks and responsibility. Sometimes these can happen so organically that they can nearly be missed as "part of the job" but then when you look back and see how all these small things have accumulated, you've gained a lot more ground than you may have expected. It is kind of like walking up a hill and not looking back until you reach the top.

I have found that giving myself the time to celebrate the small steps, to stop and turn around to look at the view and how far I have climbed, before I reach the top, helps me to stay focused, and relieves some of the pressure. I acknowledge each step. And because I do, I find that I have an easier time giving myself a weekend off as a reward. And the best part is, I feel no guilt doing it. I have proven myself, I have worked restlessly, and now it is time to reward myself for those efforts.

I can take this time off without guilt because I am acknowledging the progression. I mark it, with a nice dinner out, or an exploration in the backcountry. Sometimes it is as small as reading a book for pleasure on the deck instead of one for work.

Starting to train yourself to see the small achievements, and to celebrate them, starts when you are in school, or at least it did for me. Being able to see them, mark them, keeps the focus forward, while still feeling like you are making progress. If you only look at the top of the hill as you walk, it will feel like it takes forever to get there, it never seems to get any closer—you have to look at the landmarks that are closer to you, watch them go by, and that makes the trip more enjoyable and feel more productive.

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



Exploring the Great Outdoors this Summer

Tara Panrucker



Many Working diligently toward a degree or upgrading your skills with university courses are worthwhile endeavors. Nevertheless, studying and writing assignments while also working, raising children, or carrying out other obligations can become a grind. With the longer days of summer arriving, now is the ideal time to clear off your schedule, give your brain a break, and take advantage of the milder weather to focus on your physical health. Maintaining your health is a worthwhile pursuit as well—without it, nothing else matters.

Fortunately, soul-soothing water activities abound over the Canadian summer. Slap on the SPF and dig out your swim gear. Outdoor community pools, hotels with swimming pools, or beautiful mountain lakes are waiting. You can buy or rent kayaks, stand up paddleboards, canoes, or snorkeling gear. Water is typically soothing to the senses and refreshing as temperatures rise.

Countless outdoor activities can also become family affairs. Gearing up the kids with helmets, you can transport everyone's mountain bikes with the aid of a bike rack and travel to some great forest trails. Provincial parks have notoriously scenic cycle paths perfect for family excursions. Most city parks also have paths suitable for the entire family to ride. And by the end of the day, you may find you have the best sleep you've had in some time.

For a tougher challenging outdoor adventure, sign up for rock climbing courses at a local climbing gym. Then, buy or rent gear, grab a willing buddy, and find a rock wall to scale. Not only will this build muscles you may have forgotten about, but there is something incredibly satisfying about conquering a wall of rock—a nice contrast to conquering an assignment. Use the inspirational words of T. S. Eliot: "Only those who risk going too far can possibly find out how far one can go."

Hiking and walking are free other than the costly gas required to journey to recreational trails. But if you're lucky enough to live in a beautiful neighbourhood, a walk right outside your front door every day does wonders for your health and well-being. For far away spots, car pool with

friends and share the gas expense. Each person can pick a different trail, mountain, or lake to explore every week. Pack a healthy lunch and plenty of water for a satisfying outdoor meal in nature.

Even if you're city-bound, it's no excuse not to get outside. Cities have plenty of designated park spaces where you can chill with a cool beverage and admire the skyline and tough city birds. Throw on some headphones and play nature music to drown out the city noise. Additionally, these park spaces may be near art galleries and museums which are great places to explore and soak up culture.

Many sporting goods businesses also offer running groups or kayaking tours. Save up your cash and meet some new friends in the great Canadian outdoors.

Some outdoor sports require no preparation at all, although I would recommend some technical training for mountain biking. Taking a swan dive over the handle bars of my mountain bike traversing down a challenging mountain trail taught me the value of this. Bringing along a first aid kit is also an excellent idea.

Take a break from studying and get outside—you may exhibit rejuvenated energy and better focus with a well-oxygenated brain when you do return to your studies.

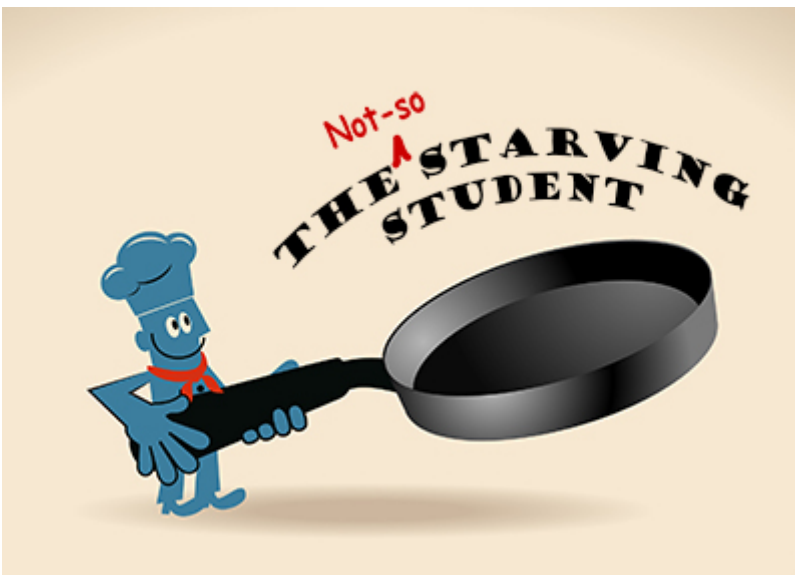
Tara Panrucker lives on Vancouver Island and is seeking a General Arts Degree at AU.



The Not-So Starving Student

Five Tips for Student Financial Sustainability

Xin Xu



Being a student is hard, especially when many students today are drowning in student loans. How do we make the most of our lives and make every penny count? Here are five tips that might change your financial strategy and boost your savings.

1. **Stock up on everyday items while they are on sale.** For items like toilet paper, laundry detergent, hand soap, dish detergent and items we will likely use in the future, it's better to purchase in bulk at a sale rate than to purchase them when you run out each time. Don't be hesitant to bulk purchase toilet paper, for example, if you foresee the price rising. For myself, on the day before gas prices rise, I typically load my vehicle to the max. It seems common-sense enough, but you'll be surprised how much this tip has come in handy for students living independently.

2. **Don't go grocery shopping when you're hungry.** This seems simple enough, but when I shop on an empty stomach I make many impulse purchases, many of which are unhealthy options packed with saturated fats and sugars. When your basic needs such as hunger are not being met, you likely end up craving unhealthy options regardless if they are within budget or not. For myself, I picked up a box of Starbucks Frappuccino and some Old Dutch chips while shopping for "groceries" on an empty stomach.
3. **Sell unnecessary items on Craigslist or Kijiji.** AU students lead complex lives, whether it's juggling a part-time job or supporting dependents while studying toward the completion of a degree. We can help save toward our education simply by cutting down on items we don't need. Look around your home and find items that may no longer be useful. For example, recently having sold a dress I could no longer fit in on Kijiji, I was able to make enough to cover my internet bills.
4. **Track your spending weekly.** Budgets are a tricky thing, we commit to them temporarily but whether we are conscious or not, the wallet starts to empty faster than predicted. So how exactly do we manage our spending? We can track them rather than make unrealistic



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	A	B	C	D	E	F	G	H	I
11				2.1					
12									
13	Expenditure	Last 4 mont	Notes	Per Month					
14	Eating out	\$716.37		\$179.09					
15	Clothing	\$239.37		\$59.84					
16	Entertainme	\$260		\$65					
17	Utilities	\$84		\$21					
18	Groceries	\$299.44		\$74.86					
19	Education	\$1,480.81		\$370.20					
20	Online shop	\$254.51		\$63.63					
21	Leisure/Vaca	\$136.41		\$34.10					
22									

budgets. On a biweekly basis, I review my spending and categorize it based on needs and wants. How many times have I caved into something that was unnecessary for my basic needs? Being aware of our spending is a first step to cutting down expenses.

5. **Buy generic brands and not brand names.** It sounds obvious, but I have talked to many classmates who spend unnecessarily on brand name toilet paper rather than the noname brand. This is not only true for household products, but for medications, groceries and toiletries, cut down by not purchasing the best brand available.



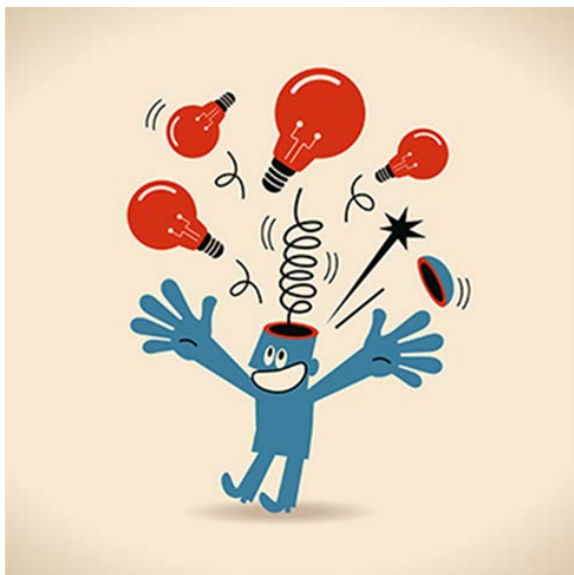
Xin Xu is a post-graduate health-science AU student, aspiring clinician, globe-trotter, parrot-breeder and tea-connoisseur



The Creative Spark!

Show Not Tell, Like Harry Homer Potter

Marie Well



Grab your drabest essay and crossbreed it with Harry Potter. You'll wind up with Plato Potter, Einstein Potter, or Harry Homer Potter. Homer the thinker, that is. In other words, sprinkle in a magical writing device called *show not tell*.

But what's *show not tell*? When I once wrote a script, I thought *show* meant action that spun off new action. Like Transformers versus Rhonda Roussey, ringside, but in script form. I wondered, "How do I write up action without teetering into telling?"

Perhaps learn to show-not-tell by studying the classics? But they tell too much. Borderline tattletales! Or maybe we should dissect popular writers like James Patterson. He slips past description and punches us with action, with dialogue, with character thoughts, with character

questions. His few descriptions buffer his stories with relevance, not roundabout ramblings.

But I digress.

To show not tell, avoid the passive voice. Cut out the *is*, *was*, *were*. They shove the actor behind the curtain. Like an audio-only UFC fight. Audio made Hitler but didn't win him the war.

We love play-by-plays. The upper cut. The shooting pain in the nose. The watering eyes. The stagger. The head cracking the canvas. "It gets easier, they say," he whimpered. A gush of blood oozed onto his tongue. So that's the salt of a sucker-punch lunch!"

Show not tell the gore, the thrills, the motives, and the emotions. Showing showers writing with liveliness. Showing grips us with action and hurls us to the next sentence.

Janice Hardy shows simplified ways to make your writing show not tell in her book *Understanding Show, Don't Tell (And Really Getting it): Learn How to Find—and Fix—Told Prose in Your Writing*. Four ways to show not tell that she wrote about: (1) direct action, (2) dialogue, (3) character thoughts, and (4) character questions. Just like James Patterson was doing!

Other ways include:

- Don't tell the motivation with a "to [verb]." For instance, "She picked up the book to tear out a page." Instead, "simply changing 'to' to 'and' usually fixes the problem" (p. 69): "She picked up the book *and* tore out a page."
- Don't use the word "decided." Instead, use character thoughts, character dialogue, direct action, or character questions to reveal the choice made. "He decided to enter the tornado" could turn into, "'Holy crap!' The tornado's head flicked, turning toward Tom. 'Looks like Momma's homemade waffle cones. Double dipped.' Tom grabbed kneeling Peter by the collar. 'We're going in!'"
- Skip using "because." Better yet, just replace it with a period. "He loved Sally because she looked like his koala bear teddy from grade three" would turn into, "He loved Sally. She looked like his koala bear teddy from grade three."

- “When” takes the surprise from the action. “He screamed when the mad passenger, midflight, unlatched the door” could become, “Drunkard. Stay off my flight.’ Tom buried his head further into his book. But the drunkard’s slurring got louder, closer. Tom stiffened. A sudden heavy thud hit Tom’s chest. A waft of whiskey stung his nostrils. ‘Get off me!’ A shoulder buried Tom’s eyes. A deafening hiss sounded, and a force pulled Tom’s body off his seat. ‘The window’s open!’ Tom screamed.”
- Don’t use “felt” to represent an internal emotion. “She felt sad” could become “She hunched over, her head slapping into the palm of her hands. Her chest sunk as a tear slid off the tip of her nose.”

Surely, academic writing needs more show not tell. After all, a bored prof might dock you after reading a single page. Instead, finesse your essays with your inner Harry Homer Potter. Homer the thinker, that is.



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Michael is looking for fellow students taking SOCI 287 or 288 starting in July, he’s found a couple so far. Meanwhile, Isabella is moving into a teacher’s prep program as she finishes off her undergrad degree and was looking for advice on transcripts, but also started a conversation on what kind of teacher’s preparation programs there are.

Dustin started a conversation about students outside of Alberta or Ontario, and got replies from as far as China and as close as Manitoba.

Other posts include questions about BIOL 480, CLAS 309, HSRV 201, and former AUSU president Shawna Wasylyshyn posting her gratitude for AU & the people she met while there.

reddit

YYC_man asks how many hours people at AU are studying for a three-credit course. A variety of responses come back, including one person who listed the total hours they put into various courses, ranging from under 80 to over 400. That’s dedication!

Twitter

@AthabascaU tweets: "Your mom? Your best friend? Who would you like to thank for helping you achieve your graduation dreams? [#MondayMotivation](#) [#AthaU18](#)"

@AthabascaUSU (AUSU) tweets: "Outstanding news for Athabasca University and all AUSU members! <https://t.co/EiWsk2wV0g>



The Fit Student

Fight Inflammation Guilt-Free—at Denny's!?

Marie Well



unleashed unstoppable zoo sounds, left me sickly and inflamed, and ensured I made no friends standing in the popcorn line.

Rocky Do you want to kick back a plate of Denny's sausage, chuckling as the grease lashes your tongue, musing to yourself, "I beat you, inflammation!"

Well, Amy Myers, MD, wrote a diet book on inflammation. Her diet plan looks intriguing—until you spot her menu's morning sausage. *Sausage?* Sausage gave me inflammation. Well, sausage, cola, anxiety, and Dave's Killer Bread. (No offence to Dave. Dave's Killer Bread is one of the healthiest, grainiest loaves on the market if you ask me.)

Let's look at these inflammatory culprits one-by-one:

First, as for cola, the fizz left me victim to moans—more like bears' roars—within my belly. At the movies, a suspenseful scene would silence the theater. And then I'd let a wild cola growl. Cola ate my belly wall,

Second, as for anxiety, Myers says stress can trigger autoimmune diseases. As background, I got stricken with severe workplace anxiety. It took me half a decade to find the cure. And then I came down with crippling inflammation. I cured that, too. Now I seek a return to full-time work. But this time, I'm battling workplace stress with fitness, superfoods, positive self-talk, and dreams of a Jane Fonda over-fifty fast.

Third, as for bread, Amy Myers says stay away from gluten. She claims gluten (like cola) is linked to leaky gut syndrome. And leaky gut syndrome (like cola) triggers inflammation. A curvy friend of mine shied away from gluten. Instead, she opted for a keto diet. "Three weeks, and I weigh the same," she complained. I advised her to try the Mediterranean Diet. Her face scrunched. "The Mediterranean Diet makes you eat bread." So, I said, "I don't eat bread. Just bran and sweet potatoes. Modify the Mediterranean. But make sure you get all your nutrition." After all, if the dog in hot dog doesn't bite, the gluten might.

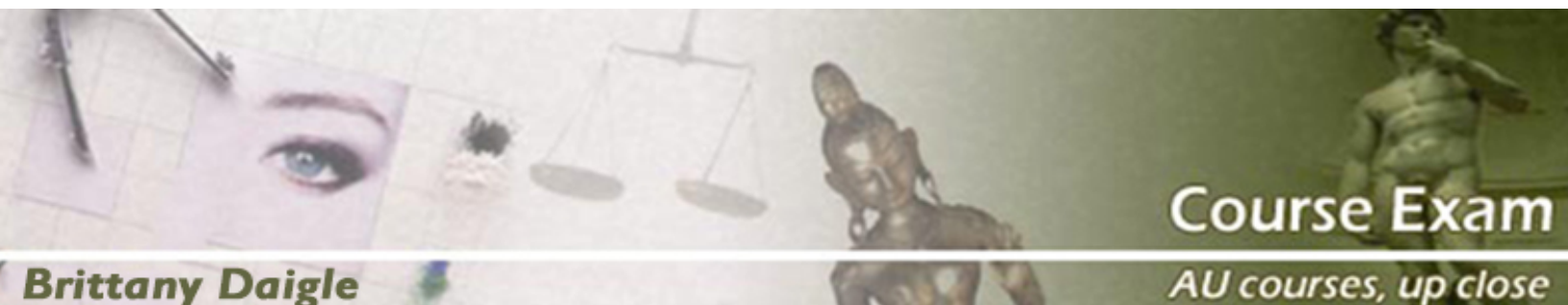
And maybe Amy's diet might nip, too, spurring us to quit gluten, curb inflammation, and dine at Denny's guilt-free:

Amy Myers, MD, shows how to foil inflammation in her book *The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases*:

- First, how might Amy Myer help us beat inflammation? The "pillars of the Myers Way: (1) Heal your gut, (2) Get rid of gluten, grains, legumes, and other foods that cause chronic inflammation, (3) Tame the toxins (4) Heal your infections and relieve your stress" (p. 151).
- Here are the specifics of "the Myers Way Eat immune friendly foods; take high quality supplements; heal your gut; drink lots of filtered water; get the right kind of exercise ... sleep seven and a half to nine hours each night, or more if needed; support your detox path ways; detoxify your personal environment as much as possible; and reduce and/or manage your stress" (p. 155).

- Myers okays sausage, but lists “inflammatory foods to toss: corn and anything made from corn ... dairy ... eggs ... gluten ... gluten-free grains and pseudo-grains ... legumes ... eggplant, peppers, potatoes, tomatoes ... nuts ... peanuts ... seeds ... soy ... sweetened fruit juices” (p. 183).
- Myers wans against gluten—and celiac disease: “Celiac disease is an autoimmune condition—and it is the most serious condition ... associated with gluten. You could be eating up a storm—maybe even focusing on healthy foods—and you still end up malnourished because your small intestine simply isn’t absorbing nutrients and passing them into your blood stream” (p. 97).
- Myers says stress too triggers autoimmune conditions: “Studies has shown that for many autoimmune disorders, including multiple sclerosis, rheumatoid arthritis, ulcerative colitis, inflammatory bowel disease, and Hashimoto’s thyroiditis, stress is what triggered the disease in the first place, and stress is what makes it flare up” (p. 161).
- Control your stress while you can: “Stress relieving strategies: Acupuncture ... Dance ... Exercise ... Martial arts ... Massage ... Meditation or prayer ... Passion ... Yoga ...” (p. 170).
- Lastly, here’s why the Myers Way is the right way: “Within a week, you might notice: improved concentration, mental focus, clarity ... improved digestion ... improved mood ... improved sleep ... increased energy ... less fluid retention ... less joint and muscle pain ... regular bowel movements ... resolution of skin issues ... weight loss” (p. 188).

To combat stress, massaging my buff boyfriend relaxes me. I also relax doing yoga on non-workout days. I could also relax reading Amy’s diet plan while dining on Denny’s sausage, speaking carbonated-French over Coke Zeros. That is, until din-din flares into zoo din.



Course Exam

AU courses, up close

Course Exam

NUTR 330 (Introductory Nutrition)

NUTR 330 (Introductory Nutrition) is a three-credit Nutrition survey course which provides the scientific fundamentals of the current understanding of nutrition. To enrol into this course students will need to request permission before registering. Senior high school chemistry and biology courses are strongly recommended. This course may not be suitable for general interest students as it is intended for students who plan to also take NUTR 405. If you are a student with just a general interest of the topics discussed, you are advised to take NUTR 331 instead.

Introductory Nutrition is made up of of twelve units, one assignment weighing twenty-five percent, one online midterm weighing thirty percent, and an online final exam weighing forty-five percent.

This course discusses the characteristics of the major nutrients, carbohydrates, fats, proteins, vitamins, minerals, and describes their dietary roles. NUTR 330 also addresses the topics of energy balance and the evaluation of nutritional status. To pass this course, students must submit the assignment and obtain a mark of at least sixty percent on that assignment. You must also

Brittany Daigle

obtain a grade of at least fifty-five percent on the final examination and obtain a course composite grade of at least a “C-” (which is equivalent to a sixty percent).

Teresa Bosse is the Academic Expert for NUTR 330. She states “I am a former Tutor, now Academic Expert for Nutr 330. I hold a B.Sc. Home Economics (Nutrition) and an M.Sc. Nutrition from the University of Alberta. I have been involved with Nutrition 330 at AU for a long time, in fact, I was the original author of this course. Before coming to AU, I spent several years as a Sessional Instructor in the Foods and Nutrition Department, Faculty of Home Economics, U of A. I also spent fifteen years at Wyeth Pharmaceuticals (now Pfizer) as a rep for nutritional products. I returned to AU in 2005 and rediscovered my enjoyment of teaching and working with students in the field I love – nutrition. I also spend time volunteering at a continuing care centre here in Edmonton, practicing yoga, hiking, golf and cross-country skiing, and yes – cooking.”

She continues, “My initial term at AU was between 1985 and 1992, as the original author and course coordinator for Nutrition 330. Back then, the course was delivered by hard copy and telephone. The internet was still in its infancy! I returned to AU in 2005, after 15 years in the pharmaceutical industry, and have been the primary tutor/Academic Expert and exam marker for Nutrition 330. I have also contributed to course revisions. In these last 13 years, I have seen dramatic advances in the online delivery of AU courses.”

When asked to provide a description of NUTR 330, she states “Nutrition 330 provides the core information of an introductory course in nutrition, but at a level which requires a good understanding of biology and chemistry. Students will learn how nutrients, including protein, carbohydrates and fat, and vitamins and minerals function at the cellular level. In addition to nutrient functions and food sources, methods of dietary assessment and diet planning are also covered.”

Teresa Bosse continues, “Nutrition 330 is a three credit Senior Science course. A text book, *Understanding Nutrition*, Whitney, Rolfes, Hammond and Piche, 1st Ed., as well as a detailed Study Guide provide the core information. Currently, the text book is a hard copy while the Study Guide is online. A new course revision is pending, and the hard copy of the text book will be replaced by an eText, written by the same authors. This text book is also used for Nutrition 405, the follow-up course to Nutrition 330. This is a great text book – filled with illustrations and extras on a wide variety of health topics.”

When asked to describe the structure of the courses, she states “The assessments are based on a midterm exam (30%) a final exam (45%) and one assignment (25%). Exams are written online. The assignment makes this course a personal learning experience. Students will record their food intake and activity for two days and execute a full nutritional assessment using an online diet analysis program and propose modifications for improvement.”

She continues, “Success in NUTR 330 is dependent on some basic knowledge of biology and chemistry. There is a fair amount of content to cover, but most students find the information interesting and relevant to daily living. Students with a background in health care have ideal prerequisites, but anyone with an interest in food and nutrients can do well, with focused study. Academic Experts are always available to assist students needing additional explanation of concepts.”

When asked what students struggle with the most, she states “Students most commonly struggle with the large amount of course material in Nutrition 330 when preparing for exams. However, the course and exams are based on learning objectives which help students focus on the most important concepts and facts.”

So who would she recommend this course to? “Of course, we think everyone should take it!” she begins, “But seriously, anyone in a health care profession who wants a science and evidence - based understanding of nutrition will benefit. Athletes who depend on optimum nutrition for peak performance enjoy NUTR 330. Need a senior science option for any degree? Nutrition 330 is a perfect choice because you can immediately apply what you learn to daily living.”

Teresa Bosse concludes by noting, “What will students take away from Nutrition 330? The greatest benefit from taking this course is getting the nutrition facts right. Consumers are bombarded with an incredible amount of misinformation, fad diets, and general confusion about food and nutrition. Nutrition 330 provides the foundation on which to discern what is fact and what is “fake news”. The other benefit is the opportunity to put one’s diet under the microscope and assess it based on validated assessment tools. The ultimate goal of Nutrition 330 is to provide the foundation for an understanding of nutrition so that healthy choices in daily living can be made.”

Whether NUTR 330 is a program requirement of yours or Introductory Nutrition is of interest to you, you will gain knowledge of the current understanding of nutrition, which in return could benefit your overall health.

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



Putting Away Childish Things

Dear Barb:

I am twenty-seven years old and live with my parents. I have my degree and am working full time. I was living away from home while I attended university, but moved back when I graduated. I planned to move out when I got a full time job, but I love it at home. My parents are easy going and not intrusive at all. They never question where I'm going or what I'm doing. I am saving lots of money and my mom does everything for me. Unfortunately I guess my parents don't feel the same. They think I should move out. I was surprised when they suggested it was time for me to move out. I am their only child and I have always got along really well with my parents. Why would they want me to move out? Confused, in Niagara.

Hey Confused:

Yep, twenty-seven years old is time to leave home. Your parents probably have things they want to do with their life. Perhaps they want to sell their home and travel, or renovate, which may require changing your room into a den or guest bedroom. Whatever their reasons, they feel it is time for you to move on with your life. I think the issue here is why don't you want to move out. What is preventing you from taking the step that most adults eventually take? You said you have lived away from home while attending

school, so it can't be a fear of being on your own. Perhaps you don't want to undertake the responsibility of paying your own rent, buying your own groceries, doing your own laundry, all the things that adults do. You need to spend some time asking yourself these questions and find

out how to resolve them so you can take the next step in your life. It's time to allow your parents the freedom to do whatever they want with their home and their time, and be thankful for all they have done for you. Thanks for your question.

Dear Barb:

I have one sister who is one year older than me. We never got along very well. As I get older I want to have a better relationship with my sister, but I don't know how to get past this sibling rivalry we've always had. I'm not even sure how it all started. Do you have any suggestions on how my sister and I can move past this childish behaviour? Thanks, Rebecca.

Hi Rebecca:

Great question. Sibling rivalry is often initiated by parents, although they don't realize it at the time. Many siblings grow up and become best friends, but sometime the wounds from childhood are difficult to heal. It is possible for you and your sister to move past this "childish behaviour" and become good friends. As always, communication is where change begins. Talk to your sister and tell her that you want to heal your relationship. If you are open about your feelings, most likely your sister will do the same. If you and your sister have been competing, that needs to stop immediately. Your family members should be part of your support system, not your competition. Accept the fact that you and your sister are different people and have different strengths and weaknesses. Don't expect her to think and act like you, she is an individual. You may not like the things she does, but those characteristics make her who she is. Always choose to ignore petty differences, rather than make a big deal out of them. These are qualities that can be applied to other relationships in your life as well. Don't spend a lifetime angry about something that really doesn't mean much in the whole scheme of life. Good luck to you and your sister.

Follow Barb on twitter @BarbGod

Email your questions to voice@voicemagazine.org. Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place of professional advice.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Senior Wisdom Video Scholarship

Sponsored by: A Place for Mom

Deadline: June 30, 2018

Potential payout: \$1000

Eligibility restriction: Applicants must be citizens or permanent residents of Canada (excluding Quebec) or the U.S., be currently enrolled in a post-secondary program in Canada or the U.S., and be planning to pursue a career that involves working with senior citizens. See full [eligibility criteria](#).

What's required: A 2-3 minute video on the theme of "The Value of Seniors in Our Lives and Benefits to Society," a letter describing your experience with seniors and why you deserve this award, and a signed copy of the [Scholarship Award Agreement](#).

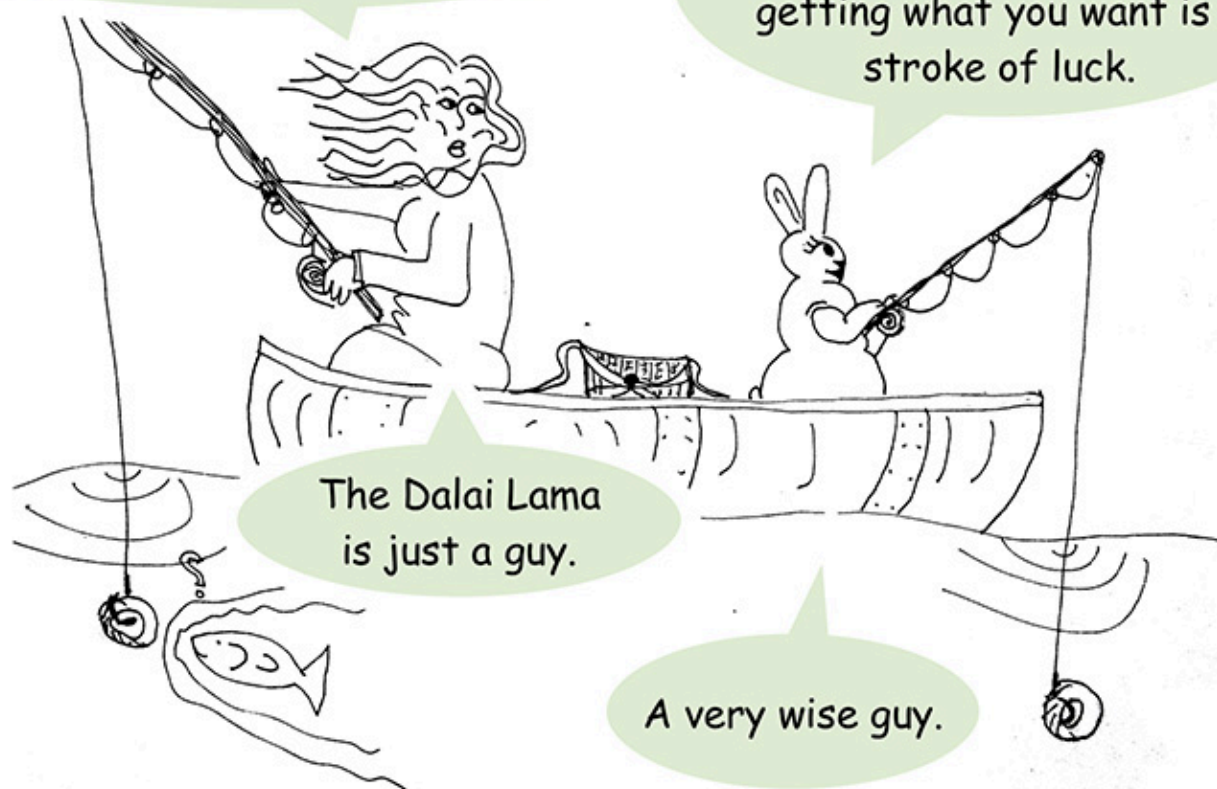
Tips: Read the Required Video Submission details carefully.

Where to get info: www.aplaceformom.com/scholarship



I don't know if using doughnuts as bait was such a great idea.

The Dali Lama says that sometimes not getting what you want is a stroke of luck.



Sure. But human.
And humans
can't avoid
being wrong
at times.

So
why
read
anything?



So you can learn
how to figure stuff
out for yourself.
But don't take
my word for it —
I'm just a gal.

I think I just
figured out for myself
that the Dalai Lama
was right.

Yeah. Me, too.





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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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