



THE VOICE

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Minds We Meet

AUGSA VPEX, Heather DeBoer

The Problem with Patio Season

To Drink or Not to Drink?

The Art of Innovation

Is Creativity Dying?

Plus:

*The Fly on the Wall
Fitness over 40
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

The Tribulations of Trials

Karl Low



First up, a big thanks to everybody who filled out the survey. I have to admit, after the first couple of weeks, I was getting worried about the small sample size, but you people really stepped it up at the end. In case you're wondering, we haven't drawn a winner yet. That will happen early next week when I can coordinate with head office to verify email addresses and all that kind of thing. But still, a huge thanks to everybody who took a few moments to fill it out, even some preliminary glances have given me a bit of food for thought. For instance, I've found out I'm not alone in feeling too inundated with video everything on the internet. The plurality of responders said that they too would prefer the Voice stay strictly text based.

Recently, the new Premier of Ontario, Doug Ford, cancelled a pilot basic income trial program that the previous Liberal government had implemented. Personally, I'm kind of happy that he did. Not because I have anything against a basic income

program, I'm a fairly large supporter of the idea, to be honest. No, I'm happy he cancelled the trial because if there was ever a trial designed to avoid the societal benefits basic income can provide while maintaining the negatives, that trial program was it.

This way, the idea of basic income itself won't take the blame for what was bound to be a failed experiment. If you don't already know, basic income is pretty much like it sounds. The government simply gives everybody, that is, absolutely everybody, a moderate income each month just for being a citizen. At first blush, this sounds crazy, how can we afford such a thing? Why would people work if they didn't have to? Why should rich people get more money?

However, when you think about it, and when you look at the few experiments that have been done, it shows some promise. The biggest question most people have is how could we afford it? But that becomes easier to see once you think about our current welfare systems. Specifically, all the overhead that's involved in making sure the money only goes to the right people. There's not only the enforcement, but the people who come up with the rules, the arbitration of whether this individual circumstance fits in the rules or not, and the constant checking to be sure people's behavior is being controlled so that a few bad eggs don't get money they don't "deserve." But in truth, we very likely spend more finding those few bad eggs (and doing a fairly poor job of it as well) than we would if we simply gave them the money in the first place.

And that doesn't even get into the area of where we have multiple overlapping programs. EI, or social services, or OAS? Each of these have their own enforcement structures, their own hierarchies, their own managers and middle-managers and department heads and leaders all trying to figure out the same thing, how to get money to people. The duplication of effort, really waste of effort, is enormous. When you start thinking about it in those terms, the question becomes how do we afford what we have now? How much better would it be if all the money we were using to support people actually went to, you know, the people? The Ontario trial program, however, completely missed this benefit. People had to apply for it. They had to be selected

according to criteria that weren't known. They had to be watched because the program was designed to reduce the payout if they earned over a certain amount, and, of course, no other programs were eliminated. The trials just added another level of overhead.

But what incentive would there be for people to work, comes the next question. Usually from people who don't have a post-secondary education. And that's because anybody who takes a post-secondary education knows the answer. People don't need an incentive to work. If all you wanted to do was make a very modest living, you wouldn't be spending thousands of dollars and hundreds of hours getting an education. You'd go work at the local McDonald's, slog your way into middle or branch management, and be able to support yourself in a livable, albeit perhaps poorly, fashion. But you want more than that. Most people want more than that. And imagine what you could do if you knew that you didn't have to just take any job that presented itself to put food on the table? And when decent trials have been done, such as was done in the town of Dauphin, Manitoba in the 70s, that's pretty much what happened. A few people dropped out of the work force, but they were mostly new mothers deciding to take care of their kids, and teenagers who, no longer having to help the family with finances, were able to go back to school.

And remember, we're talking a basic income, not a lavish income. Most people with jobs aren't going to give them up just because they're getting an extra few hundred dollars per month. If anything, they might catch up on some debt, maybe go out a few extra times per month (which spurs hiring, which means a larger tax base, which brings some of that money right back, but that's back to the affordability question). And for those already on welfare? Well now they money they're getting has no strings. Currently for those on welfare getting a job not only means you have to pay child-care, extra money on transportation, lunches, and clothing, (as well as losing time around the house to do the maintenance required), it also means that you start losing some of that support you already have. Basic income eliminates those concerns. There's nothing holding someone back from seeking some sort of employment, and it will actually better their situation rather than making it worse. Again, the Ontario pilot kept these problems. Start making too much, and your basic income amount would be reduced. That meant people would have had to balance whether getting that job would leave them better off or not at the end of the month.

And, finally, the question of "Well why should the wealthy get it?" but that's getting back to the notion of making sure that only those who are deserving get help. I've always wondered what's wrong with simply helping people, whether they deserve it or not? Especially if doing so helps us by keeping the overall costs lower? However, some people have significant problems with the idea of helping those who do not "deserve" help in one fashion or another. In that respect, giving it to everybody is a way to mitigate some of their blowback. After all, if we're getting support, it's harder to argue that other people shouldn't. And, of course, the Ontario trial had this problem in spades, with a limited pool of people getting it, and no transparency in the application process, it's no wonder some people felt the program was unfair. Because it was.

So I'm glad this particular basic income trial was done it, because as automation proceeds, I really feel that we're going to need to move to this model sooner or later. All that remains to be seen is if we're going to have to go the way of the French dealing with Marie Antoinette before getting there.

Meanwhile, in this issue of The Voice Magazine, our feature is an interview with the Vice President External of the AUGSA, plus, we've got articles on the problems with patio season, a look at innovation, advice, events, scholarships, and more! Enjoy the read!



MINDS WE MEET

Heather DeBoer, BA, B.Ed, M.Ed, Ed.D Student is the Vice President External of the Athabasca University Students' Graduate Union. Here we get to know one of our fabulous AUGSA executives.



What brought you to AU?

My first introduction to the AU community was through my residency within my Doctoral studies. My cohort provides a tight-knit community of colleagues which provides valuable insights and support during my day-to-day studies. We were lucky enough to tour the Athabasca University campus. It was a beautiful space and all the administration and staff were welcoming and excited for our learning adventures ahead. It was at this time that my AU pride really set-in and continues to shine.

What is the last book you read?

Sadly, nothing memorable. As many AU students could probably attest to, when pursuing my studies reading becomes limited to that of relevant journal articles and assigned textbooks. I look forward to delving into a good book over the summer months.

What show do you think everyone should binge watch?

I would also echo my sentiments from the question previously. I watch very little television. I do enjoy a good podcast when I'm commuting up to Edmonton for my AUGSA duties. Recently, I enjoyed *Finding Chloe*, a CBC investigative podcast.

Why did you choose to run for AUGSA council?

I am very interested in External and Stakeholder relations both within my educational pursuits as well as within my career. I was eager to take on this role to gain experience, and also take more of an active role in voicing graduate students' trials and successes.

What are your academic goals for 2018?

Academically, I would like to proactively manage my time to reduce stress and manage my workload.

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

Tough question. At the Canadian Alliance of Student Associations (CASA) conference in Ottawa, we had the opportunity to participate in a Blanket Exercise. In this interactive session, we were walked through the historical experience of Indigenous peoples in Canada. I was completely moved by the experience and would love to spend some time with a First Nations Elder to learn

more about the traditional land in which I reside and the experiences of Indigenous peoples in Canada.

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

I would like to further my financial accounting skills and comprehensively plan a sound financial plan going forward. As a graduate student (and for all students) the financial implications of pursuing your studies can be a heavy weight to carry. At AU, I am lucky as I am able to work full-time while pursuing my studies. However, I would personally like to generate a sound financial strategy that can ease the stress and worries and ensure I can complete my studies in an efficient and timely manner.

Since being elected, what are your hopes for the 2018-2020 term?

I hope to advocate for Graduate Students at AU through a variety of channels such as meeting with MP's on Parliament Hill during Advocacy week. I am lucky to sit as the Chair of the Engagement Committee with AUGSA, as it is vital to engage our membership in meaningful ways so that their views and concerns are adequately represented.

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

Karen is planning way ahead for Convocation 2019; way to be proactive! Casey is working on a marketing degree and seeking suggestions for elective courses; PSYC 345 Psychology of Women is said to be easy (but note it was a woman who said that.)

Other posts include monthly myAU login woes, architecture, learning through osmosis, and courses IDRL 215, NUTR 405, and SCIE 326 and 480.

Twitter

@AthabascaU tweets: "#AthabascaU offers monetary awards, usually based on academic excellence coupled with other criteria including, but not limited to, career pursuits, volunteer activity, and active community participation. Check out the massive list here <http://bit.ly/2NpTcK3>."

@AthabascaUBiz tweets: "Starting a new scholastic journey can definitely result in challenges, but we want to make it as easy as possible! Here are 5 tips to our newest MBA students (and all students) about how to make online learning work for you -<http://bit.ly/2LOHck1>."

The Problem with Patio Season

Carla Knipe



It is the high season of summer, which is also known as “patio season”. The long days and light evenings beckon people to stay outside as long as possible and invites casual dining *al fresco*. Patio season is also associated with enjoying an alcoholic beverage or two; perhaps a really cold pint of beer, a glass of wine, a pitcher of Sangria, or a classy gin and tonic. But this is a recent phenomenon. Not too long ago, drinking alcohol in public was shunned and only acceptable either in a bar, the comfort of home, or the occasional cocktail party. Now, the consumption of alcohol in public is far more accepted—even encouraged.

But people’s relationship with alcohol goes back further than one might imagine. In fact, it starts at the earliest point of human civilization. The theory goes that if it wasn’t for alcohol, we humans wouldn’t be who we are today, because the fermentation of grain or fruit made water safe to drink, free from the pathogens that would kill us otherwise. Alcohol also created an efficient source of calories in early diets, which helped humans develop the brain and body power that gave *homo sapiens* an advantage over other species. Another theory is that early on, people recognized that alcohol made them happy and helped to create a shared experience that forged close societal bonds.

Nevertheless, the patterns of alcohol consumption throughout history show that there has always been both positive and negative perspectives about it. The positive aspects of booze range from being associated with artistic inspiration, happy celebrations, and even an integral part of cultures themselves. Just imagine the Scots without whiskey, the Caribbean without rum, or the French without Champagne! Conversely, drinking alcohol—especially to the point of becoming drunk—has been viewed throughout history as a vice, not a virtue, and much research has been devoted to the subject. The attitudes that looked down on the notorious drunken feasts of ancient Rome carried on through the ages in some form or another and persist today. Drunkenness in women was something that was especially frowned upon. Various religious groups throughout the world, from Muslims to Mormons, also condemn alcohol, and the scourge of drunkenness was behind the Prohibition and Temperance movements.

This doesn’t mean we have shunned alcohol. Far from it. Unlike the vice of smoking, which has become the pariah of habits in western society (thanks to government and health campaigns making it far less attractive than it used to be) similar measures have not been applied to alcohol. In fact, the availability of alcohol and the amount of advertising for booze has significantly increased from the late twentieth century until now, most notably a large increase in stealth advertising for alcoholic beverages through sponsorship deals for cultural and sporting events. It is almost unfathomable to think that Big Tobacco would be allowed to sponsor such events these days, but, somehow, alcohol has become more normalized than it ever was, and this trend shows no sign of stopping.

Because alcohol is an easily obtainable and legal drug, it is seen as an acceptable way to self-medicate for busy and stressed people. From the harangued mother who needs a glass of wine after the kids are in bed, to the career professional who sees cracking open a cold one a necessary part of networking—and yes, this includes the phenomenon of “patio season”—alcohol is the drug of choice for many, and its acceptance seems to be growing in popularity with the widespread use of caffeine. Even the internet is full of memes glorifying alcohol, typified by the jokes about “wine o’clock” or “beer-thirty.”

But this is not to say that the consumption of alcohol is without its cautions. According to studies by the Social Institute Research Centre and Johns Hopkins School of Public Health, binge-drinking is increasing at an alarming rate, especially among women and youth. Even the *perception* of alcohol is changing dramatically: to where most people feel no shame at all at consuming alcohol either in public or in their home. Despite the studies warning people against the dangers of over-consumption, there is a lot of confusing research. Some is about how much is too much, with another equally large body of research saying that regularly imbibing has a lot of health benefits. So, who do we believe?

Again, there is not an easy answer. It all seems to boil down to personal choice and personal values. The general advice seems to be to stick within the medically accepted guidelines for weekly units of alcohol and try to have more days per week that you are alcohol-free versus those days where you do have a drink. The generally-accepted advice tends to agree that if you feel that your alcohol consumption is getting out of control, making you feel like you’re having health, financial or relationship issues directly caused by your drinking, you should seek professional help.

Of course, this all seems like common sense—we should automatically know this. And yet, somehow, sensibilities get overridden by the allure of alcohol. But let me ask you this; could you go for an entire month without drinking? That may just be a really huge ask—and for many people, it seems almost impossible without a great deal of difficulty. But having a dry month is behind a campaign by the UK charity Alcohol Concern, that calls for people to have a break from the sauce for thirty continuous days. Although this might seem like just another marketing campaign by a charity, it is gaining momentum partly due to national print, radio and television ads in the British media. Medical professionals are also giving wholehearted support to the campaign because they are seeing an alarming increase in liver problems and addiction.

But is this campaign really necessary? Or is it just another tactic designed create a lot of guilt about the lifestyle choices that people make? The short answer is: it depends. The problem with alcohol (pun intended) is that prevailing attitudes toward it depend on the society and culture that one belongs to. But no matter how you personally view alcohol, the fact remains that it is still mainly identified as a drug with side effects—not just a beverage. If you are going to drink alcohol, please do so responsibly.

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

AU-thentic Events Upcoming AU Related Events

AUSU Facebook Live: AU's Learning Framework

Fri, August 3, 6:00pm to 6:30 pm MDT
Online
Hosted by AUSU
www.facebook.com/austudentsunion/
No pre-registration required

Keeping Organized as you Search

Wed, August 8, 5:00 to 6:00 pm MDT
Online
Hosted by AU Library
library.athabasca.ca/orientations.html
No pre-registration required

AUSU Council Meeting

Thurs, August 9, 6:30 to 7:30 pm MDT
Online
Hosted by AUSU
www.ausu.org/event/august-council-meeting-3/
No pre-registration required; e-mail governance@ausu.org for meeting package

AUSU Annual Members Meeting

Thurs, August 9, 7:30 to 8:30 pm MDT
Online
Hosted by AUSU
www.ausu.org/event/ausu-annual-members-meeting/
No pre-registration required; follows the regular AUSU council meeting.



The Fly on the Wall From Dullsville to Delight

Jason Sullivan



What if you awoke one day and were no longer yourself? Floating without memory in a swamp of stimuli, you'd be disengaged from the meaning of your actions and the coherence of your identity. Context and purpose having evaporated into a misty abyss, you might ask: *What is going on?* Writer's block? A nightmare? A little too much THC on October 17th (National Cannabis Legalization Day)? In fact, you may have simply discounted the reality of your mind because empirically there was less concrete evidence for it than for the external stimuli of the physical world. Or perhaps, if you're a tuned-in creative thinker (as we all are at AU,

right?!) you're engaging in a thought experiment destined to rethink that which you'd previously thought of as *been there, answered that*. Who would we be and what sort of answers to big questions would we arrive at if we donned a different epistemological hat?

David Hume was a groundbreaking philosopher who, in the 1700s, envisioned us as essentially a bundle of perceptions glued together by the fantasy of a coherent self. Hume stated that “we mistake the series of related but different perceptions that make up the mind from a single unvarying perception: hence the illusion of a permanent self” (MacNabb 82). From a neuroscience perspective, where only measurable fact counts as evidence, and it's true that the mind is not as empirically traceable as are our synaptic responses to specific stimuli. And hey, the notion of an illusory self may provide solace for us because our success or failure as distance students need not impart cosmic significance to the universe as a whole, let alone vital value to our ongoing existences as individuals.

However, this soothing sense of the meaninglessness of life may reduce us to a level of stupefied apathy akin to, not to mince words, a *total dillweed*. The word *dill* is from the Norwegian word *dilla*: to soothe and intellectual pacification is precisely what can happen if we become too comfortable with our epistemological assumptions (McCormick). Likewise, the urban dictionary defines dillweed as someone “who cannot realize the obvious and is oblivious to reality” (Hunt). Minds may not be measurable as such, yet they certainly exist. Even if they aren't measurable in the ways we experience them, they certainly have reality at a consequential level. W.I. Thomas famously stated, “if men define situations as real, they are real in their consequences” (Thomas). As students, it behooves us to consider our bigger life map and world outlook as we embark or proceed through our academic lives—when we believe we have a mission we're bound to thrive with greater energy and passion. We are all here at AU for a reason, after all. Hopefully it's one chosen of our own volition, but certainly it's one we feel to be worth pursuing.

Likewise, if we downplay perspectives outside of our discipline (or outside of education altogether) we do a disservice to the very real beliefs and education of our peers, friends and family. Hume noted that “education...sets up habit of association. Most of our beliefs result from education and endure in the face of experience to the contrary, so firmly does repetition infix ideas in our mind.” (Hume in MacNabb 81). The outcome necessarily is a “direct and total opposition betwixt our reason and our senses.” (Hume in MacNabb 83). When we are used to an

outcome to which our predilections have become habituated, we may come to see the world through an ideological lens even when evidence mounts that we are, for instance, wearing *rose coloured glasses*. Not good for applying our education practically! We don't want to become hidebound or elitist just because we've studied a lot of material in a given topic area. For instance, if, like Hume, we're used to thinking of our minds as metaphysical claptrap then we'll focus on external stimuli as the locus of meaning in our lives; if we see our mental world as a vast sea with its own symbolism and language then we'll become more reflective and perhaps attain a more enlightened and efficacious sense of self.

It's easy to discount an *other* to our chosen discipline and its epistemology. George Orwell, when he wasn't lampooning conformist social environments in his novels, was a crack journalist specializing in spotting the idiocies of daily thought. He stated in 1946 that: *"The Catholic and the Communist are alike in assuming that an opponent cannot be both honest and intelligent. Each of them tacitly claims that 'the truth' has already been revealed, and that the heretic, if he is not simply a fool, is secretly aware of 'the truth' and merely resists it out of selfish motives."* (162)

Substitute stereotypes of neuroscientists and psychoanalysts and we arrive at a classic 21st Century dichotomy: the former reduces the latter to a genital-obsessed dream chaser with only a tenuous grip on the scientific rigour required to draw conclusions, and the latter reduces the former to a deterministic dweeb who would prefer to think of humans as robots prone to forgetting the limitations of their programming. From a Humean point of view this is the famous *is/ought paradox*: we tend to confuse what ought to be with what actually is. Our beliefs lend well to projection and thus we easily come to find what we expect to see. Orwell added that if we allow the dogmas of our beliefs to enter our lexicon then not only our language and minds will suffer; we'll become stilted and stultified by what we've allowed to pacify our creative faculties. He saw independent thinking as a duty:

"You can shirk it by simply throwing your mind open and letting the ready-made phrases come crowding in. They will construct your sentences for you, even think your thoughts for you, to a certain extent." (152).

Next week, we'll hold onto our independent identities while diving deeper into the twilight waters below the epistemological assumptions favoured by our academic disciplines.

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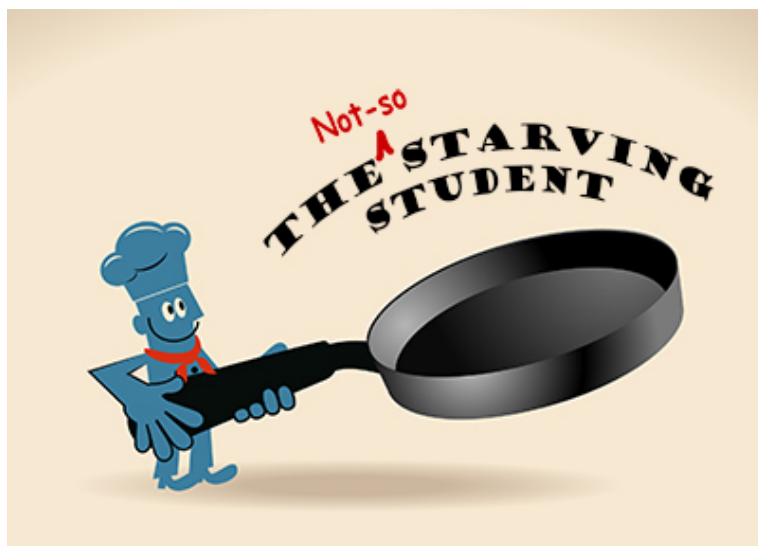
Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.



The Not-So Starving Student

Kitchen Appliance Review—The Instant Pot

Xin Xu



As I was casually browsing Amazon for nifty kitchen appliances to add to my stash (and to deal with my chef's block—the equivalent of writer's block except one grumbles over the next meal to create), I found a surprising number of highly rated tools to reignite my love for cooking. I decided to buckle down and sample one of the most well-enamored by other beginner and amateur chefs. Enter: The Instant Pot. The instant pot sounds like your average crock pot, but with an overwhelming number of functions that will make meal prep fun and painless.

Disclaimer: I am not financially affiliated with Instant Pot

First impressions:

The pot has a simple, slick appearance with user-friendly buttons for various types of cuisine that will let you pressure cook, sauté, steam, slow cook, rice cook, and even make yogurt. The appliance is built like a tank and looks like it can undergo years of usage in the kitchen. The lid has a vacuum seal that enables flawless pressure cooking and many safety settings, unlike many conventional pressure cookers. The package comes with your own ladle, spatula, steamer basket and measuring cup.



4 stars

Cooking Functionality

Since slowly unravelling the miraculous recipes of the instant pot, I have come to adore this small, powerful device. So far, I have attempted my first ever Vietnamese pho recipe. Typically, these recipes require slow cooking for more than six hours to slowly release the flavors of the beef, but instead, in under 60 minutes, I was able to enjoy a bowl of fresh, homemade pho broth with fall-off-the-bone beef. Using the high-pressure setting, I left the grunt-work to the instant pot while I took a much-needed nap on the couch.

If you're not a big fan of pressure cooking, there's also a sauté function in the pot that lets you make everything from fried eggs to stir-fried veggies in the pot.



I turned this ...



Into this! Pho broth in under 60 minutes

5 stars

Cleaning

Unlike some of the concerns I have with creative cooking devices about the post-cooking cleaning process, the instant pot performs quite marvelously in that regard. It enables efficient cleaning with a stainless-steel scrubber or even your average kitchen sponge. The stainless-steel cooking surface is much like that of a rice cooker and is also dishwasher safe. My only minor complaint is that, when cooking with the pressure cooker function, steam ventilation does cause some

splattering occasionally, which can be messy to clean on the counter. However, the splattering is minimal compared to other pressure cookers I have owned.

4 stars

Overall

Despite the few, insignificant pitfalls, the instant pot is fabulous for students who have plenty on their plate already (pun intended). If you're a multi-tasker like me, it's a no-brainer because it cuts down your effort and cooking time and still makes sumptuously healthy dishes all year long. There're numerous recipes online geared for the instant pot so it makes cooking a breeze. For beginner cooks, or those who frown upon lengthy cooking processes, this might be an excellent investment for you throughout your school year and beyond.

4.5 stars



Chicken curry udon made within 15 minutes in the Instant Pot



Shrimp Pasta made in 10 minutes in the Instant Pot

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



The Fit Student Over 40 Fitness

Marie Well



Fashion your figure after Farrah Fawcett beyond your fortieth birthday. Yes, strut like a six-million-dollar woman. Doesn't matter if you've beefed up 200 pounds. Just glance at me. I once plunked my 180-pound beefcake on a dead-tired weigh-scale. Now I tuck my tees into size two pants, fleshed out with leaner muscles by the minute.

I feel like I've circled back to my girlhood. Just with grey roots. And my shape outshines most 20-year-olds—a gift from gym-time.

A short while ago, I spotted a feminist book weighing on fitness over fifty. One of the authors looked obese. I chided, *Ethos, ladies. Ethos!* Don't itch to look like Meryl Streep. Stack up to Demi Moore! And as you drop weight, tweak your plate sizes, whether din-din or barbells.

Since last year, I shed a baby elephant—until I looked bone-thin. So, I started chowing a bellyful. Some days I downed two-thousand extra calories, gnarling heaps of protein to beef up muscles. Delish! Plus, I shrunk my gym-time two hours to one. In a few months I swelled from 113 pounds to a well-rounded 125.

But now I can't stop binging.

So, my pharmacist made clear why I gorge: a medicine spurs carb craving. He then counseled on how to cut carb cravings: chew low glycemic foods. All-Bran, apples, sweet potatoes. Low glycemic carbs take longer to shift into sugars. So, you feel fuller, longer, and your midriff shrinks.

I then chowed on low glycemic carbs plus upped my gym-time. Without delay, I snuffed out the gorges.

The Editors of Prevention Health Books for Women lay bare the skinny on fitness in the book *Fit Not Fat at 40 Plus: The Shape Up Plan That Balance Your Hormones, Boosts Your Metabolism, and Fights Female Fat in Your Forties—and Beyond*:

- Resemble Demi Moore in your forties: "With the right food, exercise, and stress management plan, your forties can find you healthier and more attractive than ever" (location 158, 2%).
- Keep faith even if Demi's hit the gym since her teens and you've just started: "Even if you've smoked, drunk, eaten chips with abandon, and shirked exercise for the past 3 decades, you can still whip yourself into nearly as good shape as the woman who has practiced a healthy lifestyle for her entire life" (location 158 or 8443, 2%).
- I said Demi, not Susan Sarandon! "If one of your goals is to get a body like Britney Spears, try shifting it toward someone in the ballpark but still motivational—like, say, Susan Sarandon" (location 1441, 17%).
- Exercise to tug on Demi sized jeans: "The factor most consistently connected to weight gain in midlife women is a dearth of exercise" (location 328, 4%).
- To shrink your tummy, exercise and skinny back chow: "One way to lose weight is to cut your calories by 250 each day, then 'spend' another 250 calories in exercise" (location 443, 5%).

- To tone up and tighten, bustle 45 minutes a day: “You should aim to burn 2,000 calories a week via some combination of activities. That works out to the equivalent of an hour of brisk walking a day—or 45 minutes, if you work at a higher intensity” (location 2239, 26%).
- Plunge in with walking stints: “For starters, add a 10- or 15-minute walk to your day after work or during your lunch hour” (location 486, 6%).
- Squeeze in 2 hours aerobics each week: “2 hours a week of high-impact activities, such as step aerobics, jogging, and tennis, did reduce estimated hip fracture risk by 33 percent in men and 12 percent in women” (location 363, 4%).
- Don’t like Demi Moore? She’s too skinny? Then do cardio and weights for a Kate Upton bod: “When you stick solely with aerobics, you’re spending more time trying to achieve less impressive results than you could get with a combination of aerobics and weight training” (location 475, 6%).

When you plunk into your fifties, don’t dawn a dad or gran bod. Get built and shapely instead. Role model fitness for your pals and kids, and seldom sing lullabies in sickrooms.



Course Exam

APST 340 (Advanced Structures)

Course Exam

AU courses, up close

Brittany Daigle

APST 340 (Advanced Structures) is a three-credit, upper-level architecture course that will familiarize the student with the detailed considerations of structural design, including quantitative load, stress and strain analysis, structural member design, and most importantly, the requirements set by the codes on design and construction of different types of structures. The scope of this course includes the qualitative and quantitative design of structural systems in steel, wood, concrete and masonry.

APST 340 is intended for students who are enrolled in the BSc (Architecture) program at the Royal Architectural Institute of Canada (RAIC) Centre for Architecture at Athabasca University. This course has two prerequisites, which include APST 240 (Introduction to Structures) and ADST 350 (Foundations of Architectural Design: Simple Habitat), and this course will contribute to the RAIC Syllabus Diploma if you are a student interested in pursuing a career as a registered architect.

Advanced Structures is made up of five core parts (which contain nineteen units), three assignments weighing ten percent, two assignments weighing fifteen percent, and one assignment, a project, that is worth forty percent. Each assignment is based around each of the five parts of the course and then there is a final project that covers the entire course. Students must receive fifty percent on the final project and must achieve a cumulative grade of at least sixty-seven percent to receive credit for APST 340.

The academic expert for this course is Mr. Philip Kwan, a civil engineer based in Toronto.

Dr. Henry Tsang has been the course coordinator for APST 340 since April 2018. He states, “Born and raised in Montreal, I am a registered architect, member of the Order of Architects of Quebec, the Royal Architectural Institute of Canada, and certified as a LEED Green Associate and WELL Accredited Professional. I studied architecture at McGill University and hold a Ph.D. from the University of Tokyo in Japan. I practiced as an architect at the Japanese design firm Nihon Sekkei; and as an educator & researcher, I’m interested in the design of green and healthy buildings. I joined AU in April 2017 teaching the technical stream courses at the RAIC Centre for Architecture. Otherwise, I’ve presented on TEDx, United Nations, and universities worldwide; I am currently a visiting architecture professor at Keimyung University in South Korea. In my spare time, I like to travel, and my job at AU allows me to be flexible and work anywhere in the world. I like to learn new languages, I speak English, French, Chinese, Japanese and Korean.”

Aside from APST 340, Dr. Henry Tsang coordinates APST 230 (Materials, Properties, and Applications), APST 240 (Introduction to Structures) which is currently closed for revisions and the graduate courses ARCH 525 (Architectural Design: Lighting), ARCH 526 (Architectural Design: Acoustics), ARCH 645 (Architectural Practice in Canada), and ARCH 655 (Architectural Practice Management). If you are interested in learning more about APST 230, read my Course Exam Article!

Dr. Tsang continues, “The evaluation of the course consists of six assignments. Assignments one to five are worth ten to fifteen percent and are essay type questions. Each assignment's length is approximately two-thousand words (eight pages) or twenty questions with some calculations. The sixth assignment (final project) is worth forty percent and covers the entire content of the course; there is no final exam. A cumulative grade of sixty-seven percent is required to pass for this course.”

So what’s the best way to approach APST 340? Dr. Tsang tells us that “To be successful in this course, students should be diligent with the readings and work on the assignments soon after every unit. Reading through the questions before the readings may also be useful, as many of the answers will be found along the way. Students are expected to dedicate about nine hours per week to stay on track. There is also a lot of content requiring calculations and understanding diagrams, some parts may be a bit abstract and difficult to understand, so communicating with your tutor as needed is highly suggested. There are also many open educational resources on the department's website that are designed to assist students in this course, and you can find a listing of some of these publications on the RAIC site at <http://architecture.athabasca.ca/publications/index.php>.”

When asked what he thinks students will take away from this course, he states “At the completion of APST 340 the student will be able to design basic structural components in compliance with design codes and regulations within the scope of the practice of architecture. However, since the course cannot cover every subject and detail of the codes and the codes are also modified from time to time, the student should consult the codes directly for details and updates.”

And what do you need to watch out for? According to Dr. Tsang, the tasks in the course that students struggle most with are, “Calculations, visualizing and drawing structural diagrams, and reading/understanding building design codes.”

Whether APST 340 is a program requirement of yours or the content discussed in this course are of interest to you, this course will have you learning the detailed considerations of structural design!

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

Keeping Grass Green Through the Heatwave

Deanna Roney



This year has brought about a lot of changes for me. I have been seeing my career grow and my hard work paying off. It is a slow process in the beginning, but it is one of those things that, as long as I kept pushing, the more momentum I gained. I am thrilled to see this progress. One thing I have begun to notice, which I have written about previously here, is that the more I see success, the more grace I allow myself. I let myself slow down and step away from time to time.

Currently in northern BC, we are experiencing a heat wave and, as a

result, we have seen a few wildfires start in the area. I have been trying (sometimes it feels like in vain) to keep my lawn and flower beds alive throughout this. And I realized that it is kind of a perfect analogy.

The grass starts to dry out, turn a bit brown, no longer that beautiful lush green. Once the sun starts to lose the heat of the day I water it and hope that it will revive. I don't throw water on it while the heat is strong because this only burns the grass. Just like if while in the heat of work, in the middle of a project, I was to try and take a break it would only burn me: I would fall behind or, at least, I would *feel* like I was falling behind. And so I would not be able to enjoy that time away for a moment. Instead, if I wait until the project is done or at least come to a natural stopping point and then allow myself some time to recharge, I am able to soak up the time and get more out of it. Just like the grass that gets burnt from the water in the heat and yet it revitalizes it when you wait for the right time.

Everything has timing and cycles, and the best way to be efficient without burning yourself out is to learn these cycles and understand what is going to revitalize our minds without incidentally causing more damage.

Everyone has times throughout the day where they are most efficient. For me, it is first thing in the morning. I can get focused quickly (post coffee, of course) and I find I am the most productive. The afternoon tends to be a bit more chaotic so I try to plan accordingly: tasks that need more attention to detail tend to get completed first. Things that I can work on while also allowing myself to be pulled away to other timely tasks get pushed to the afternoon, and evening is when I give myself time to catch up on anything that got brushed aside during the day.

The evening is also when I allow myself grace, just like watering the grass later in the day. If the tasks that I didn't finish can be bumped to the next day without causing havoc then I will look at doing that and allowing myself time to unwind. But it is important not to let tasks build up, not to push anything to the next day if it is going to cause an insurmountable list, because that is like trying to water the grass when the temperature is soaring above 30 and will only cause more damage.

Deanna is an AU graduate who loves adventure in life and literature. Follow her path on the writing journey at

<https://deannaroney.wordpress.com/>



The Art of Innovation

Tara Panrucker



It is an unfortunate truth that in the pursuit of making money to cover the high costs of living, much of human innovation is being left on the back burner. As technology takes over every second of our free time, inventing, drawing, writing, and many other creative pursuits are fading. Just Google “creativity is dead” and a long list of blogs, videos, and articles come up about how information (data) overload is hindering our ability to be creative.

According to Arne Dietrich, a professor of cognitive neuroscience, there are four main types of creativity that occur in different areas of the human brain: emotional, cognitive, deliberate, and spontaneous. For example, an emotionally deliberate person may be influenced by their sensitivity and emotions and spend more time deliberating over how to do something. Alternatively, a spontaneous and cognitive individual may come up with a sudden solution to a problem in a dream or while in the shower—a “Eureka!” moment.

“Creativity is intelligence having fun.”

Albert Einstein

With so many ways of innovating in our day to day lives, creativity is not simply a hobby, it is an exploration in different ways of perceiving the world around us, problem-solving, and enjoying a pastime simply for the joy of it. Getting lost in creative activity (and out of our heads) is like mindfulness meditation. Your brain is focused only on what is in front of you; time disappears.

Surprisingly, inspiration is also born from boredom. That’s why it’s important to let yourself become bored and restless—so you begin to use your own resourcefulness to cure it. It’s also why creativity is suffering—many of us reach for social media to alleviate boredom.

“As long as we stand in our own way, everything seems to stand in our way.”

Ralph Waldo Emerson

Listening to negative thinking like “I’m not creative” or “I don’t know how to paint in that medium” is self-defeating. In the words of the artist Vincent Van Gogh, “If you hear a voice that says you cannot paint, then by all means paint and the voice will be silenced.” Truly, the cure for negative self-talk is to go ahead and do it. Waiting for that elusive ‘perfect moment’ to begin anything is a recipe for failure.

What is the secret to being an innovator? Be a ninja and kick and punch anything that threatens to get in the way of your creative pursuits—figuratively speaking, of course. If you are a writer, write. If you are a sculptor, sculpt. If you are a teacher, teach. Practice, practice, practice. If you don’t set aside time, turn off social media, and give yourself deadlines and goals, it’s not going to get done. That goes for writing essays and term papers too.

Instead of “time is money” use the mantra “time is art” to define your life. Don’t fall for the illusion that money solves everything. Experience will prove it doesn’t.

So, do the rewards of innovating in everyday life, such as problem-solving, working with tools, and journaling, outnumber the risks of time wasted? Your positive feelings will answer that question for you, in addition to the results of your innovations. We create obstacles to innovation by what we tell ourselves, what we assume about the world around us, and by the choices we make every day. Perhaps a better alternative to scrolling social media is to set aside time for innovative pursuits instead—the world will be a better place for your original work.

“There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

Albert Einstein.

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



The Study Dude Grandiose Goals

Marie Well



Make splashy goals. You could wax into a star, a professor, a billionaire. You could get stricken with deadly disease but thrive beyond your 80s. You could get smacked with mental illness yet wind up a bank’s Chief Technology Officer. Anything is possible, right? Yes! So set grandiose goals!

Once I dreamt of hosting a Saddledome event. A mentor of mine hosted a Jan Arden concert before Jan found fame. Later, my mentor spilled a secret: only two people showed up at that concert. (My mentor was known to fudge numbers for shock effect.) Yet, my mentor went on to champion many high-profile causes. So, she succeeded. Why not me or you? I could claim at least three attendees. How about you?

When our passions go belly-up, we pine over them. For a decade, I’d tell war stories about the time I bench pressed 110 pounds and squatted 135. But forget the war stories. Relive them! A year ago, I returned gung-ho to the gym. Ever since, I tell peace stories.

But I still grieve the day I stopped creating TV news clips. Our callings stem from stuff we dwell on.

But what if the world rejects your projects? Or worse, the world rejects *you*? Well, the blockbuster film *Flashdance* had many stars turn down its roles. Rejection after rejection. But greatness flows from rejection. You’re geared for glory if you get knocked down, kicked aside, spat upon—but get back up.

And what if family or friends drag down your dreams? It’s normal! People often project their own fears. Your goals demand you rise above. If pro-athletes, scientists, or other great achievers

let criticism take over their thoughts, the world would never progress. So, let criticisms fire you up. Prove to naysayers—and yourself—that your goals stay separate from what others think.

Damon Zahariades shows you how to set goals—big or small—in *The P.R.I.M.E.R. Goal-Setting Method: The Only Goal Achievement Guide You'll Ever Need*. He cooked-up the acronym P.R.I.M.E.R. to prompt tips on how to turn targets into triumphs. To sum, P.R.I.M.E.R requires you to

- pinpoint your highest priority ambitions,
- refine your desired outcomes,
- identify actions,
- modify you environment,
- evaluate your progress,
- and revisit your goals.

When you modify your environment, watch for distractors such as family and friends. Yes, it's normal for ma, pa and pals to drag down your dreams. But sometimes they kill the will to win. To spell it out, you might study daily and live for the gym. But then some buddy drops by with Budweiser. Soon, you wind up whisked away on weeklong binges. And just last night, bingers coaxed you to pop narcotics. Toxins now serves as your highest priority ambition.

So be wary. Flee from friends who pop drugs, guzzle alcohol, or break the law. Instead, seek pals at church potlucks. Volunteer to take seniors to movies. Join a hot yoga class. Healthy people lead to happier lives. But if you can't find one healthy chum, chase your dreams alone.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Haywood Hunt & Associates Inc. Scholarship Program

Sponsored by: Haywood Hunt & Associates Inc.

Deadline: August 31, 2018

Potential payout: \$1000

Eligibility restriction: Applicants must be Canadian citizens, permanent residents, or have other legal standing to study in Canada, and be accepted or enrolled in a Canadian university or college for the 2018-2019 school year.

What's required: A 500-1000 post on a website, blog, or online forum, expressing your ideas about how "The Internet and Social Media have changed the way that Police and Law Enforcement investigate crimes." (See full topic info under Writing Project section.)

Tips: Read the application guidelines carefully and include all required info—including the link to your post—in your application e-mail.

Where to get info: www.haywoodhunt.ca/scholarship.html





Dear
Barb

Barbara Godin

Abused in Confidence

Dear Barb:

I am a member of a huge family. We often get together for family events and have lots of fun. I know some families have problems, but that never seemed to be the case in our family, until recently. After a few drinks at family BBQ a relative confided in me that her daughter had told her that she had been sexually abused by one of our older uncles. I was totally shocked. At first I didn't want to believe her. After giving it some thought I knew it was true as the person confiding in me was very reliable. She made me promise not to tell anyone else in the family since it happened a long time ago. I have young granddaughters who are in contact with this uncle and I'm concerned about this happening to them. When I see him interacting with them, I can feel myself tense up. I don't know whether I can continue to keep this secret. I do not want my grandchildren or any other child to have to experience this abuse, but I don't want to break this family member's trust. What would you recommend I do in this situation? Thanks, Olivia.

Hi Olivia:

An unfortunate situation to say the least. Sexual abuse of a child changes who they are and impacts their lives forever. You didn't mention whether the girl who was abused has received counseling. Through counseling she will learn how to deal with the after effects of the abuse, and also how to deal with the abuser. The occurrence of sexual abuse of children under the age of 18 is staggering. According to the following website <http://www.openingthecircle.ca/defining-abuse/sexual-violence-statistics>:

- One in six boys and one in four girls will experience a sexual assault before the age 18 (Dube et al., 2005). Global statistics show that, over the course of a lifetime, this increases to 1 in 3 women (Unifem, 2003) and 1 in 5 men (Barnet et al, 1997) who will experience some kind of sexual violence or abuse.

Your concern for your grandchildren is understandable. I would suggest you discuss this with the family member who confided in you, telling her about your concern for your grandchildren. Then perhaps you and this family member could consult with a counselor who is experienced in this field. It is very important that you not betray the trust of the girl who has experienced the abuse, as I'm sure she is already struggling with trust issues because of what happened to her. Perhaps with the help of a counselor she can confront this person about getting some help. Disclosing sexual abuse is such a difficult thing to do that some children are never able to and keep it bottled up for their entire lives. However, if this is not brought out in the open it will be allowed to continue. Thank you, Olivia, for talking about this significant issue.

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.



Dysfunctional Love Languages for Musicians

Wanda Waterman

Back in 1995 Gary Chapman published *The Five Languages of Love*, enlightening and altering the relationship strategies of millions the world over. The love languages were: words of affirmation, quality time, gifts, acts of service, and physical touch.

This book was also the catalyst for an exploration of the darker side of relational communication, a category I refer to as "dysfunctional love languages." Today I bring you:

Dysfunctional Love Languages for Musicians



Words of Affirmation (or "Damning with Faint Praise")



Quality Time (that you'll never get back)



I've decided we'll spend the weekend listening to our rehearsal tapes and pointing out all our mistakes.

Gifts That Make Your Life Harder



Here's my old mixing board. It needs a thousand dollar interface, but once you get that, it's almost ready to use!

Acts of Unwanted Service



Physical Touch

IF you so much as lay a finger on my Fender six-string bass you're orange marmalade.





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IMPORTANT DATES

- **Aug 3:** Facebook Live with AUSU VP Finance & Admin
- **Aug 9:** Public Council Meeting
- **Aug 9:** AUSU Annual Members Meeting

AUSU Annual Members Meeting

After our Public Council Meeting on August 9th, please join your Council Members and Executives for an AUSU Annual Members Meeting. Students will be given the opportunity to voice their concerns and ask any questions they may have about AUSU and our initiatives. A portion of this event will be focused on collecting student feedback on your overall learning experience and what that may look like in the future.

Time: 7:30pm-8:30pm MST

Date: Thursday, August 9th

Location: GlobalMeet

Facebook Live Tonight!

Join AUSU's Vice President, Natasha Donahue for a Facebook Live conversation August 3rd at 6pm MST. Tune in to learn more about AU's learning framework and provide your own input.



Like us [@austudentsunion](https://www.facebook.com/austudentsunion) to join in!
6pm MST – August 3rd

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Lynda.com is back!

After some technical difficulties, we are happy to announce that Lynda.com is back up and running. We thank everyone for their patience and are glad this helpful service is back for our members to access again.



Lynda.com is the world's premier video training website, with thousands of on-line courses taught by industry experts, and more added every week. Lynda.com is designed for all levels of learners and is available whenever you're ready to learn.

CLASSIFIEDS

Classifieds are free for AU students!
Contact voice@voicemagazine.org for more information.

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