



# THE VOICE

Vol 26 Issue 37 2018-09-21

## Meeting the Minds

Talking with the people behind AU and AUSU

## Putting the Tech in e-Texts

Real Life Meets the Electronic Age

## AU's Student Town Hall

What Went Down

**Plus:**

***And the Award Goes To  
Drifting on the Ocean's Edge  
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](http://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

### And the Award Goes To

Karl Low



I have been informed that I am unpleasant to be around when I am sick. This comes as no surprise, as I find myself quite unpleasant to be around when I am sick and tend to wish I wasn't around at all. It also tends to make me work slow and my brain is foggy, so if you spot any errors in this week's magazine, please let me know and accept my apologies in advance. You may get a package of swag from *The Voice Magazine* as a thank you, which fortunately never had to pass through my hands—meaning you don't have to worry about catching anything.

On the bright side, being slow this week meant that I had not started my editorial yet when I learned that one of our own writers recently won the 2018 Barbara Novak Award for Excellence in Humour and/or Personal Essay Writing, presented by the Professional Writers' Association of Canada.

Specifically, it was awarded for the article "[The Many Facets of Mom](#)", first published as the Featured article in the May 12, 2017 edition of *The Voice Magazine* (Vol 25, Issue 19).

Which means we can say that *The Voice Magazine* has award winning editors, writers, and articles now! Think about how it might look if you could put "wrote for the award winning *The Voice Magazine*" on your resume! That's something all our writers can do, and deservedly so.

Our congratulations to out to Barbara. We knew it was a great article when we first published it, that others have recognized that too isn't really a surprise, but still great to see.

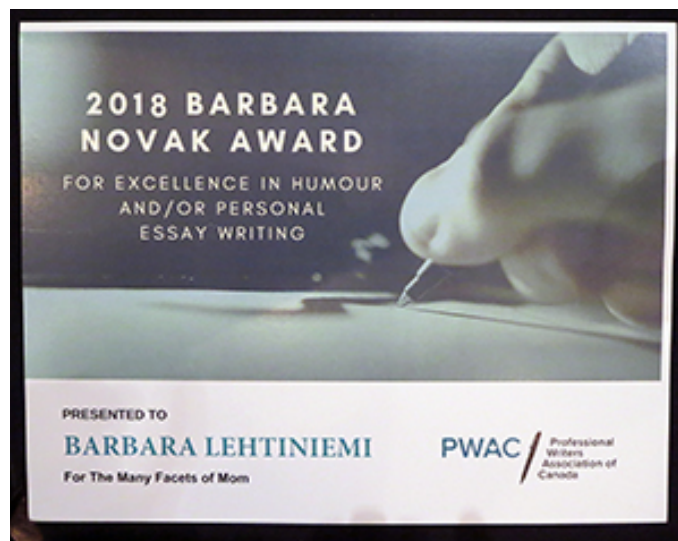
Aside from that, Barbara has another article in this week's magazine, this one reporting on the recent AU Student Townhall meeting held in Ottawa. She gives you a few details on what you might not have already seen on the facebook feed, and if you didn't know about it in the first place, all the information you need so you can see it for yourself.

And our feature article this week is a great interview with AUSU's Executive Director that looks at what's been happening with AUSU over the last year and, more importantly, what's coming up for students in the future!

Plus, new writer Tania Parker has her opening article in this week, with her look at an issue that still raises hackles with some students, e-texts. Read her perspective about what it means when confronted with e-texts and the realities of student life.

And don't forget our reviews, events, scholarships, advice and more!

Enjoy the read!



# MEETING THE MINDS

## INTERVIEWS with AU's EDUCATORS



*Jodi Campbell is the Executive Director of the Athabasca University Students' Union. From BC's Lloydminster area, he moved to Edmonton in 2002, graduating in 2006 after learning about business. He started working for MacEwan University as a Consultant/Advisor for the School of Business and became the General Manager of the MacEwan University Students' Union in 2013. In early 2017, he began work with AUSU as its executive director.*

**As we enter into the final season of 2018, what are some updates on the services for students for AUSU since the first half of the year for the student union?**

2018 has been a blur in so many ways. We have such a great team here at AUSU, which allows us to cruise along and accomplish so many things within this high paced environment. In my first year as Executive Director, we were very much focused on establishing a solid structure to which the organization would operate. This included overhauling our bylaws and policies, developing solid control processes within our financial structure, building a professional and highly motivated team of staff who are passionate about student success, developing our 3-year strategic plan, and preparing for our 2018 general election to just name a few.

Now that I'm closing in on the end of my second year as ED, we have started to dive into more specific areas of the organization, such as student engagement, how we communicate to students throughout the year, identifying the actual needs of an AU student, as well as ensuring we continue to foster positive transition activities for our executives and council to engage in. The latter might be the most important of them all.

Lately, I'm really loving what our council, and more specifically our member engagement and communications committee (MECC), is currently doing regarding our AUSU services. We have some cool ideas being generated like, the creation of an AUSU podcast, partnering with ProctorU (online exam invigilation service), plus more and more AUSU events and student engagement opportunities like our Meet & Greets and FaceBook Live.

Our executive team is one of the best I've worked with and I anticipate much more will be accomplished as we get closer to 2019 and the second half of the EC term.

**Did AUSU meet most of the goals for the year?**

Yeah, definitely. The 2017-2018 year was incredible for AUSU. We went from being a small organization trying to find its identity into a dynamic, professional students' union that is healthy and sustainable moving forward. AUSU is officially on the map when it comes to having a presence in the students' union industry and we are proving ourselves to AU as being an amazing student resource for the university. Something we are very proud of.



**What have been the most exciting developments for 2018?**

There are a few things that stand out to me, one is how great our 2018 general election was. We went into that election needing to almost double our council from 7 councillors to 13. Not only did we achieve this number, but we found some amazing students that have helped to elevate our council and take the baton from our previous council who really set the bar for this group. The second element we are currently enjoying is the success of all the work that was put into our financial management last year. Words like transparency and accountability come to mind as we have just wrapped up another AUSU budgeting season, which included review and consultation from all levels of the organization.

This has led us to our first balanced budget in a number of years. A major contributor to this effort was the council approved fee increase that took place last spring and will go into effect starting with all course registrations that begin on October 1st and beyond. We've also taken our social media to the next level with the addition of Instagram (@austudentsunion) this summer. We've had a blast connecting with AU students on this platform and have brought some fun into our student engagement with new contests and loads of prizes for our members to win. Stay tuned for more of this coming throughout the year.

**Looking at 2019, what are the plans of AUSU? What can students expect to be rolled out in 2019?**

I think 2019 will be an opportunity for our entire team to reflect on a busy couple of years. First thing will be to continue to refine our executive transition activities as we head into another election in Feb '19. I will also be busy starting the collaboration process with council to establish our next 3-year strategic plan, as our current plan will conclude at the end of 2019. You can anticipate the AUSU podcast will be ready in the new year, as well, we will be undergoing a face-lift to our AUSU.org website, so there will definitely be no lack of work to go around.

**Since you're the ED of AUSU, what different services does AUSU offer for students? Many newer students may not know about them. Many returning students may not know about the updates to them.**

You're absolutely right, a big part of our role as a students' union is to continually stay on the new trends and find unique and fun ways to offer them to our membership. One way we will be connecting to new students this year is through a new student mailout. As soon as a student at AU registers in their second course at AU, they will receive communication in the mail from AUSU outlining our services and how we can be of service to them throughout their academic career at AU. It will answer the question, "What does AUSU do for you?"

The other primary service we offer is our awards program, which distributes approximately \$64,000 in scholarships, awards, and bursaries annually to students. We have developed our awards to be diverse, open, and inclusive, so every student can potentially have the opportunity to be eligible for one. Many times students find us when they are in a jam and we want to be there for them. Sometimes this can be in the form of advice, pointing someone in the right direction to get the information they need, or possibly in the form of financial support through our year-round bursaries. Whatever form it might come in, we want to be a solid resource for students, so be sure to reach out to us if the needs arises. Our toll-free number is 1-855-497-7003.

**Also, for a fun question, what is the most exciting, intriguing, or funny development coming out of AUSU?**

Well, there is no doubt the podcast project is going to be a blast and we're looking to have some fun with this initiative when its ready. We are currently developing a podcast project plan that will outline everything from cost, required equipment, content of topics, frequency, etc. FB live

has been successful for AUSU, and we hope that this will be another fun way to engage with students. The last FB live hosted by our VP EX, Melinda, which provided a tour of the Athabasca University campus was a huge hit, so stay tuned for sure.

### **Any other news or updates, as the ED, students should be aware of?**

Council is currently discussing the potential development of a Student Advisory Committee, which would be an ad-hoc committee completely made up of students-at-large. I personally love this idea! The purpose of this committee will be to create an efficient way for AUSU council and the executive committee to garner student feedback on various topics throughout the year. We want to become experts in being able to tap into students as a strong resource when opportunities come up throughout the year. This will be a great way for students to get involved and become a resource for the students' union. Otherwise, I encourage students to stay tuned for our AUSU podcast, more Meet & Greet events, the bylaws will be undergoing some minor edits later this fall, and our awards season is right around the corner with applications going live on September 20th. What student doesn't love free money!

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



## **Putting the Tech in E-texts**

**Tania Parker**



Love it or hate it, e-texts are now a part of AU life.

E-texts (short for electronic textbooks) are the 21st century of textbooks: digital, downloadable versions of printed, hardcopy textbooks. The shift toward e-texts was announced in 2002 as part of AU's commitment to become "a fully online university", and, so far, e-texts have saturated 24% of undergrad courses: 177 courses out of a total of 730, to be exact (yes, I counted).

Publishers market e-texts as costing 40% to 50% less than a printed textbook, saving trees, and providing an interactive learning experience that printed textbooks simply

cannot, such as search and note-taking functions, and easy access to embedded media. Students, on the other hand, have expressed frustration with e-texts, complaining about the lack of choice and the loss of resale value. While there are options to buy a hardcopy directly from the publisher or print the entire e-text, these are both at extra cost to the student.

But I am not here to discuss the merits for or against the usage of e-texts (for which there are many). I am here because, after 18 (!) years of distance education studies, I am faced with a brand-new undertaking:

**I am about to embark on my very first e-text course.**

So, now what?

I peer toward my 10+ year old laptop, currently collecting dust in the corner and unable to hold a charge. Not reliable. I turn towards the iMac in my living room, well... at least that's what I called the room before my toddler declared it a playroom. Stuck studying in a playroom? Not effective. Last, I look down at my beloved smartphone and suddenly my eyes feel strained.

Did I just kink my neck?

E-texts are designed to be viewed on electronic devices such as a computer, laptop, tablet, or smartphone. Am I technologically ready for this? Should I invest in a laptop, or a tablet? Do I sit in front of my iMac for hours on end, or strain my eyes on my smartphone? Feeling a bit lost on this newly digitized campus, I posed the question to my fellow students:

### What do you prefer reading your e-texts on?

34 AU students responded to my plea, and the results are in: while many respondents said that a laptop or PC was necessary for typing assignments, an overwhelming 61% said they prefer reading e-texts on a tablet. While screen size and difficulties with typing were discussed, the overall convenience of a tablet had won them over, plus it's said to be the next best thing to holding a book.

With that, it looks like I'll be checking out the [Apple on Campus Program](#) or putting my [Amazon Prime Student](#) membership to good use soon!

And for the record, I have tested my e-text on both my PC and smartphone, and I quite like the ability to take notes directly from the e-text and print out compiled notes when I'm done, which makes for a fantastic time-saving study aid.

Bring on the e-text!

*Tania is a 30-something career BHRLR student currently averaging one course per year, aka a "lifelong learner" (or lifelong procrastinator).*



## AU's Student Town Hall Ottawa-area Students Chat with AU's Prez in Person

**Barbara Lehtiniemi**



When I arrived at the Student Town Hall in Ottawa last week, I knew I was in the right place. In a room set up for fifty, each of the students already there were sitting as far apart from each other as possible. AU students, it seems, are so accustomed to their solitary studies that being alone becomes their default orientation. That changed over the course of the next 90 minutes.

On Wednesday, September 12, AU held a Student Town Hall at ARC The Hotel in downtown Ottawa. Although hundreds of Ottawa and area AU students received emailed invitations to the event, fewer than



two dozen took advantage of this rare opportunity to voice their views directly to AU's president, Dr. Neil Fassina.

Fassina, along with Chris McLeod, Director of Marketing and Communications, and Rick Harland, VP of University Relations, personally welcomed students as they arrived. A light buffet lunch was laid out for students: soup, salad, and sandwiches, along with cookies and coffee. (If you noticed a tray of drinks going by the camera in the Facebook live video, please note that they belonged another room! Students only got non-alcoholic beverage choices.)

The Town Hall got underway with some opening remarks by Dr. Fassina. The main event, though, was the extensive Q & A session. Students in the room, and those watching live online, were invited to ask questions about AU's strategic plan, and to provide feedback on the student experience at AU.

And students had lots to say! For over an hour, students—both those in Ottawa and others connecting online—asked questions, provided feedback, and shared their AU experience.

The first question related to AU's strategic plan, which is called "Imagine", and how AU's financial situation of recent years fit in with the ambitious new plan. (The Imagine strategic plan is available online here: [imagine.athabascau.ca/](http://imagine.athabascau.ca/).) Dr. Fassina replied that, as a result of the recent third-party review, AU took a three-stage approach: stability, sustainability, and opportunity.

Stability in a financial sense has been achieved and AU now runs a zero deficit. This is great news for students who have been worried by seemingly perennial rumours of AU's lack of long-term stability. The sustainability phase is underway as AU sees its capital investment decreasing by moving to more cloud-based infrastructure, which allows operational expenses to expand to facilitate opportunities. The opportunities stage is the outlined in the Imagine strategic plan.

The strategic plan, Fassina said later in response to another question, is not carved in stone but will be assessed as timelines and targets are reached during the plan's five-year window. There is a capacity to change direction or tweak the plan where it makes sense to do so.

Most of the feedback from students related directly to the student experience at AU. Several students expressed a desire for more opportunities for student-to-student contact. Others requested more emphasis on accommodating cognitive or physical disabilities that make learning more of a challenge for some students; one student noted that AU could look to other universities to see what had been done successfully elsewhere.

Dr Fassina answered each comment and question fully and thoughtfully, explaining what the current status was and what could be possible in the future. He emphasised that student feedback is critical to AU and he invited students to contact him ([president@athabascau.ca](mailto:president@athabascau.ca)) with feedback and suggestions.

AU is, said Fassina, "a reflection of your stories."

For the full story on the discussion at the Student Town Hall, watch the recording at: [business.facebook.com/AthabascaU/videos/181187822697714/](https://business.facebook.com/AthabascaU/videos/181187822697714/)

For students who were able to attend the Student Town Hall in Ottawa, it was an all-too-rare chance to voice concerns, provide feedback, ask questions, and meet other students—in person. Keep watching AU's new [events page](#) for upcoming opportunities.

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



## Surviving School Stress

Tara Panrucker



With the school year well underway, students are feeling the pressures of academic life. Depending on work and study load, family obligations, and present living circumstances, the road to a degree can seem impossible. However, arming ourselves with a clear stress management plan protects us from stress meltdowns. Soon we'll see we can weather the storms and discover how much more fair-weathered university life can be.

Staying organized and on top of exam and study times makes us prepared. Looking ahead and estimating how much time is required to learn and to contact tutors with important questions is imperative to

easing exam worries. Avoid procrastination at all costs. Committing to study times and maintaining habitual studies is similar to committing to a doctor or other important appointment. A good education depends on our commitment to seeing it through.

Keeping goals attainable without loading too many expectations are fine recipes for future fulfilled goals and peace of mind. Being realistic as to what is possible in a week, a month, or a year, and breaking down education into manageable steps safeguards our sanity.

Struggling with stress and anxiety makes us poor decision-makers, and also disrupts clear thinking. Scheduling rest and relaxation helps us to survive. Self-care is not selfish, it is essential to well-being. Meditating, jogging, and hanging out with friends and family are excellent methods of breaking from studies. Regularly reading something that has nothing to do with schoolwork also offers a revitalizing brain break.

'Take control of thoughts or they take control of you'—words to live by. Preventing negative thought spirals from sabotaging success is vital. Habitually thinking we'll never pass a test, never understand the course material, or the tutor is out to fail us does not benefit our mental health. Transform stressful thinking into helpful thinking: I'm going to ace this test because I have a good study schedule in place; I'm going to ask another student and the tutor for help in understanding my course better; my tutor is here to help me succeed and improve with every term. You get the idea. Moreover, the more in control of our lives we feel, the less stress will influence our thinking.

Build resilience to stress by eating healthy, well-balanced meals high in vitamins and essential minerals; drinking plenty of water; and arranging sweaty workouts to detoxify the body. Additionally, talking to a compassionate friend or counselor to work through difficult emotions prevents worry from building up and causing negative impacts.

Psychology and teaching students may find the following article of particular interest: <https://www.psychologytoday.com/us/blog/stressful-lives/201708/dealing-stress-school-in-age-anxiety>. Certainly, helping others cope with school stress can reduce our own and make us all feel less isolated.

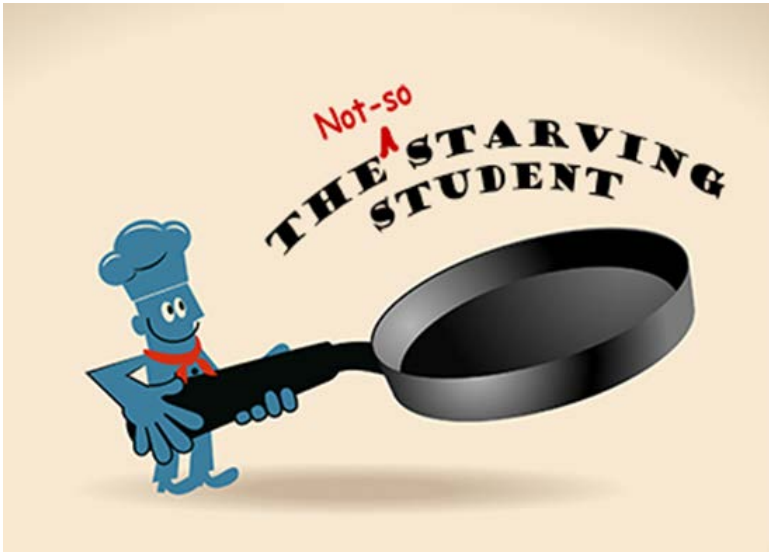
Ultimately, thinking ahead assists us in getting the most out of our education and keeping a calm head at the same time. Stress is always a part of life, no matter what stage. Maintaining survival strategies to keep study pressure from overtaking our lives crushes the study stress monster.

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



## The Not-So Starving Student A Tribute to Everything Green Tea

**Xin Xu**



Green tea—an excellent detox agent, bitter but richly flavorful, has now taken the world by storm. From the dieting and fitness realms to the quirky, hipster cafes that serve matcha flavored desserts, you can find this new fad picking up in various locations and cultures.

The Japanese call it matcha, the Chinese call it mocha and the Koreans call it malcha, but the two syllables literally translate to “powdered tea”. All essentially describe the fine powdery tea with every essence of tea left intact within its dust. In many Eastern Asian cultures, the concept of tea not only involves the physical, but the spiritual. A tea

ceremony is held to the highest standards and regards, often reserved only to honor significant individuals, mentors, family members and friends. The difference between the quality of matcha is striking as well. Whereas lower grade matcha is used in desserts and culinary concoctions, the finest grade matcha is reserved for tea ceremonies. Regardless of whether you love it, hate it or simply can't be bothered by it, you will see more of its influence in the Western part of the globe.

Here are some of the atypical flavored matcha items you might see and try. Which of these strange matcha flavored items you've tried?

1. Kit Kats: the strong aroma of matcha makes this Kit Kat even better to have on a break. The unique flavor makes your Kit Kat experience more satisfying than the classic milk chocolate wafers.
2. ice cream: green tea ice cream can be found on almost every sushi restaurant's menu. For those who have less of a sweet tooth, this gelato flavor can be more satisfying.
3. Doughnut: when I first heard of the endeavor, I was taken aback and even mildly disgusted. However, after trying these pastries at the local Seven Eleven in Taipei, Taiwan, I fell in love with the mild aroma of matcha glaze that seem to give the dough a complex, exotic taste.



4. swiss roll: swiss rolls are a fluffy sponge cake roll encasing jam and whipped cream. The matcha edition of this dessert is mildly bitter, however complemented with almond flake toppings, whipped cream and green tea icing, the cake brings a balanced flavor to the tastebuds without the sugar overload.
5. latte: after trying a local green tea cafe that opened in town (yes, every item in the cafe was dusted, lathered or brewed with matcha). For green tea lovers, matcha latte is a smooth concoction that pleases the tongue. For those without an acquired love for the bitter aftertaste, adding some whipped cream or syrup to the mix can enhance the experience.
6. waffles: didn't think waffles could have "matcha" more than eggs and flour? Think again! Waffles I found at a local bubble tea cafe features iridescent hues. They are as delicious to try as they are pleasing to the eye.

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



## Student Sizzle — AU's Hot Social Media Topics

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

#### **AthaU Facebook Group**

Katy asks for help interpreting her program requirements in Degreeworks; the consensus is to call an AU advisor 'cause they're the best! Niki worries that her online exam wasn't properly closed during a ProctorU session but is resigned to waiting until Monday to confirm with AU. Shari's moving to Washington state and seeks info about exam proctors from students in the area; looks like she'll be covered.

Other posts include proper decorum in the group, maximum credits for PLAR, and courses ENGL 305, HADM 339, LGST 369, and PSYC 355.

#### **reddit**

A poster is looking for insight on which calculus course to take: AU course MATH 260 or TRU course Math 1171; if you've taken both or either maybe you can help out.

#### **Twitter**

@AthabascaU tweets: "#AthabascaU is #NowHiring an Individualized Study Tutor for Cultural Studies in Everyday Life. Responsible for providing academic support to students & marking assignments, the ideal candidate would have a Master's in Cultural Studies or related field. <https://bit.ly/2QaFWtZ>."

@austudentsunion tweets: "November award, bursary and scholarship applications are opening this week! Don't miss out on this great opportunity. Visit our website for more information on the available awards opening for November. APPLICATIONS OPEN SEPTEMBER 20th! [t.co/jPAuEqrBxr](http://t.co/jPAuEqrBxr)."



## How Distance Learning Set me up as a Freelancer

Deanna Roney



Earning my degree through distance gave me the tools to find success in working remotely and in working freelance.

While the courses themselves did not relate, directly, to the type of work I am doing now, these courses did give me the skill set I needed to be able to cope with multiple projects and deadlines. The organization that it took to complete courses in a set time, and to set (and keep) a deadline in courses that only had a general “end date” has given me the confidence to manage several projects and the discipline to keep on a deadline. But beyond the organization, it is the confidence that has been an asset. Knowing that I was able to manage several courses simultaneously is something I fall back on time and time again when the projects or work feels like it is becoming overwhelming.

Being overwhelmed is something I felt from time to time through the courses at AU, with the assignments that felt too big. But, then I would sit down and strategize, take things one step at a time, and not look too far ahead. I would plan out the coursework, goals for the week, and a projected end date. I would consider not just the one course, but all of them, together—how did they fit together and how would I schedule each one so that they all received the same attention and I would maintain the pace I needed to complete the work?

Moving this skill to freelance work has taken some adjusting: the end results or the order is not always as clear. Judging what takes priority and what can be pushed is a skill that is developed, grown from those earlier days. It takes open communication, talking with the project managers about what is a priority if it isn't apparent, and being open about deadlines. When do they need it by, and when can I realistically get it done by? This might, one day, mean turning certain projects down—not over-committing.

Just like with AU, I could only take so many courses at a time. I had to be honest with myself about what that looked like, what was reasonable for me and what would get me finished by my projected end date? It can be hard to turn projects away when starting out freelancing, and in the beginning, you won't have to. It is important when starting to say “yes” to challenge yourself. But, as you find things getting busier, and your time scarcer, it is also important to know how to say “sorry, but I don't have the time for this right now.” It is better, to be honest with the companies than to take on too much and have the quality of your work become compromised.

As the saying goes, it takes a long time to build a good reputation, and only a minute to destroy it.

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





**Brittany Daigle**

**Course Exam**

*AU courses, up close*

## **Course Exam**

**Brittany Daigle**

### **INFS 200 (Information Seeking & Society in the Information Age)**

INFS 200 (Information Seeking & Society in the Information Age) is a three-credit humanities course that engages students in critical inquiry and research as they use information systems, including the internet, mass media, and libraries, to investigate key issues pertaining to information, knowledge and society in the information age. The course provides a foundation for students to participate effectively in scholarly communities and to explore their roles as citizens in the dynamic, multimedia landscape of the twenty-first century. INFS 200 has no prerequisites and has a Challenge for Credit option if you are interested.

Information Seeking & Society in the Information Age is made up of one assignment weighing fifteen percent, two assignments worth ten percent each, one assignment weighing twenty percent, a weighted discussions and glossary section worth fifteen percent, and a final examination for thirty percent of the total mark.

This course will teach students how to critically reflect on social, economic, and political contexts distribution and use of knowledge and information in the information age, be able to demonstrate an understanding of practices for maintaining intellectual honesty, be able to develop and apply online search strategies, and to discuss the implications of information and communication technologies for society and citizenship. The final examination for INFS 200 must be taken online and must be scheduled and taken with an Athabasca University approved invigilator.

Fred Chagnon has been a student at Athabasca University since 2014 and started INFS 200 in November of 2017 and finished the course August 2018. He states, "If you do the math you will find a few extensions in there, which is completely the cause of my own life events and procrastination, not a reflection of the effort required to complete the course."

He describes the course, stating "I understand that the course used to be called "Information Seeking" in its earliest revisions, and has since evolved into "Information Seeking in the Information Age". It therefore covers two thematic learning outcomes. First and foremost, it is a study of information seeking as a competency; how to fetch information through various forms outside of keyword searches on Google, combined with how to evaluate that information in terms of authenticity, and where it is in the information lifecycle. The second broad theme is a look at the information age in general, looking at the impact the internet has had on our ability to consume and provide information. One of the assignments in particular involves a critical response to an essay written in 2001 that expresses several concerns about the information age in general."

He explains, "The course is split into four distinct units. Within each unit students are expected to do the following: read the study guide which is generally about a dozen pages of AU provided material; read one to two chapters from the textbook, which as of this writing was provided in print only (a bonus for the e-text haters out there!); contribute two two-hundred word posts to the online forum that draw on glossary terms and concepts from the reading (and optionally



engage with other students on their posts); complete a long form assignment; and lather, rinse, repeat for each unit.”

Fred continues, “A student can realistically expect to take anywhere from two to four weeks on each unit, resulting in eight to sixteen weeks overall time investment, not including the final exam. I found the assignments to be an effective way to apply the practice elements of each unit. For example, in the first unit, the Information Lifecycle is a large focus area, and the assignment of this unit asks the student to choose a newsworthy event, and analyze the information published on this event through the information lifecycle: from breaking news through to academic analysis. The final two assignments were each seven- to eight-hundred-word APA formatted essays, the final one including an annotated bibliography.”

Overall, Fred found the course particularly read and write heavy, and states “A student who considers themselves particularly information literate and effective at conducting research cannot expect to get through this course quickly. The nature of the work and assignments still require a large amount of time output. The way I have described it to others, is more akin to shoveling a drive-way. The work is not difficult, but still requires some amount of unavoidable effort.”

He continues, “The greatest learning outcome for me was about the value of academic journal articles and their contribution to research. Where before I might have seen an article use a mathematical model to prove a theory on a social science topic, and I would have felt intimidated by the article. Understanding the value of peer review, I know I can consume this article by reading the introduction and the outcomes, skipping the proof, and trusting the authenticity because someone more qualified than I am has already checked that proof.”

As for the final exam for this course, Fred states “The exam was based almost exclusively on the content covered in the printed text. It followed naturally from two-mark definition questions, through five-mark concept explanation questions, finishing with a thirty-mark essay question. Absolutely appropriate and not esoteric at all —

## AU-thentic Events Upcoming AU Related Events

### **Nursing and Health Studies Library Orientation**

Sat, Sept 22, 11:00 am to 12:00 pm MDT

Online

Hosted by AU Library

[library.athabasca.ca/orientations.html](http://library.athabasca.ca/orientations.html)

No pre-registration required

### **Richard Van Camp's Final Writer in Residence Talk Miracle Stories Under the Splitting Sky**

Mon, Sept 24, 3:00 to 4:00 pm MDT

Athabasca University, Peace Hills Trust Tower,  
Room 1112, 10011 - 109 Street, Edmonton AB

In-person and online

Hosted by AU

[news.athabasca.ca/events/join-richard-van-camp-for-his-last-writer-in-residence-presentation/](http://news.athabasca.ca/events/join-richard-van-camp-for-his-last-writer-in-residence-presentation/)

No pre-registration required

### **Business Undergrad Info Session**

Tues, Sept 25, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business

[business.athabasca.ca/event-details/business-undergraduate-information-session-7/](http://business.athabasca.ca/event-details/business-undergraduate-information-session-7/)

Register online at above link

### **Online MBA Info Session**

Wed, Sept 26, 10:00 to 11:00 am MDT

Online

Hosted by AU Faculty of Business

[business.athabasca.ca/event-details/online-mba-executives-information-session-12-2/](http://business.athabasca.ca/event-details/online-mba-executives-information-session-12-2/)

Register online at above link

### **MBA Info Session - Calgary**

Thurs, Sept 27, 12:00 to 1:30 pm MDT

Westin Calgary, 320 - 4 Avenue SW, Calgary AB

In person

Hosted by AU Faculty of Business

[business.athabasca.ca/event-details/mba-information-session-calgary-september2018/](http://business.athabasca.ca/event-details/mba-information-session-calgary-september2018/)

Register online at above link

### **AU Library Orientation Webinar**

Thurs, Sept 27, 5:00 to 6:00 pm MDT

Online

Hosted by AU Library

[library.athabasca.ca/orientations.html](http://library.athabasca.ca/orientations.html)

No pre-registration required

and this is coming from someone who abhors exams.”

He concludes, stating “I would recommend this course to anyone looking to improve their ability to conduct research skills for future courses. It would make a great early degree program course for students going on to further study in Humanities, Social Sciences, or Computer Science. It is heavy on reading and essay writing. If you are not comfortable with your essay writing prowess, ENGL 255 is probably a good prerequisite.”

Whether INFS 200 is a degree requirement of yours or the information discussed above is of interest to you, this course will teach you how to be a more critical reader and it will teach you more around the topic of information in the information age!

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

## The Fit Student Goldilocks Syndrome

Marie Well



Do you thumbs-down dumbbells, treadmills, and hula hoops? Well, once autoimmune disease strikes, you'll breathlessly tug on Lulu Lemons—like I did.

A year ago, I ate one too many Big Macs. And my body shut down. If I slept more than ten hours, I'd crash for twenty hours more. But if I slept less than nine hours, I'd sweat, get chills, and wilt. A sleep doctor proudly coined the name “Goldilocks Syndrome,” howling when he said, “not too much, not too little, but just right.” He then blushed, saying Goldilocks Syndrome wasn't in the textbook, and shooed me out the door.

So, to change my health, I gobbled ten fresh veggies and fruits each day. And I sweat it out with dumbbells and cardio. Soon, the sick spells died out. Now, fifteen months later, I muscle two workouts a day and eat clean.

But yesterday, Goldilocks Syndrome slammed me again. On that groggy day, training hurt. My brain jarred with each jumping jack. But after ten minutes, endorphins kicked in. Later that day, I cut short my second workout. I felt so woozy I snoozed twenty hours straight.

You'd think I spent the past year lifting not weights, but fistfuls of Tim's. (Have you ever tried to eat healthy at Tim's? Even Tim's yogurt shocks the insulin.)

Outside of fitness, my biggest goal is to end inflammation forever. If you eat the Western diet, you too run a risk of winding up sick. So, curb disease with healthy nibbles, good gut bugs, gym-fun, and sleep-hygiene. Gerard E. Mullin shows how in his book *The Gut Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!*

- Ward off disease with plants: “A diet rich in fruits and plants prevents many chronic diseases and cancers” (location 1561, 14%).
- Halt sickness by eating more fruits and veggies: “There may be no easier way to improve your overall health than to increase the amount of fruits and vegetables you eat each day” (location 2042, 19%).

- How many veggies curb disease? “People who ate more than eight daily servings of vegetables were 30 percent less likely to have a heart attack or stroke” (location 2042, 19%).
- Ban sugar and unhealthy fats to avoid disease: “Harmful microbes ... in your gut love sugar. Plus, inflammatory fats ... work as a partner in crime with sugar, creating even more disruptions in gut microbial balance” (location 1543, 14%).
- Stop sickness and stay lean with superfoods: “Instead of eating inflammatory, sugary foods that lead to imbalance in your gut microbiome, you’ll focus on fat-burning superfoods (like blueberries, green tea, and chili peppers)” (location 1236, 11%).
- Stay clear of refined carbs to battle disease: “Sugar isn’t the only dietary demon .... A close second is sugar’s cousin: refined starchy carbs. This includes bread, bagels, pasta, cereal, crackers, cookies, and cakes .... white potatoes ... white rice ... and just about any processed food in the middle aisles of your supermarket” (location 1647, 15%).
- Boost your immunity with probiotics: “Increase your intake of fermented foods such as sauerkraut, kimchi, yogurt, kefir, and miso. These foods help seed your gut with good bugs that will rebalance your gut microbiome” (location 1294, 12%).
- Ward off illness with fitness: “Movement reduces inflammation, makes you more insulin sensitive, improves your mood ... and builds lean muscle mass ...”. (location 5614, 53%).
- And stop disease with proper sleep: “Disruptions in sleep, getting too little sleep, and having your circadian rhythms interrupted have all been implicated as contributing factors to type 2 diabetes and obesity” (location 5529, 52%).

This past year, I had only one bout of Goldilocks Syndrome. Not three a week, like before. So, to stamp out illness, do as I do: stay fit, stuff yourself with veggies, and sleep within the sweet spot.

## The Creative Spark

### Tweaking Titles for Top Marks

Marie Well



When writing term papers, seek titles that sing, “Something catchy is coming.” Then tweak those titles until your thumbs stiffen.

To craft catchy titles, first master the art of slogan-writing. Mario Pricken, author of *Creative Advertising*, shares tips for crafting slogans in bold below:

#### **Never snub creative ideas as the best ones need tweaking.**

At work, I aimed to create a catchy slogan every day, some days up to five. I’d churn out so-so jokes. But then, I’d bounce my half-baked ideas off my boyfriend, who fine-tuned the funnies. A few of his off-the-cuff funnies weren’t fully polished. But with tweaking, they turned gold.

#### **Jokes get funnier the more you dig.**

I read in Joe Toplyn’s comedy book that his team made a TV spoof of an OJ Simpson trial. During the trial, a lawyer awkwardly rubbed his hands. So, the comedy team turned the hand-rubbing into a hand cream commercial. But the real funny came later when they stumbled on a name for the cream: Oil of OJ.

**Comedy tricks turn so-so funnies into solid gold.**



So, stuff your jokes with words bearing the funniest letters of the alphabet (*k, g, b, p, t, and d*). Use alliteration, consonance, and rhyme. And tuck the punchline (and punchiest-word) at the very end of the joke.

### Use omission to fire up imaginations.

For instance, an ad I saw last week downtown made me think. The ad said “women don’t care about the paper and scissors.” What the ad left out was that women care about the rock. Not just the diamond, but the rock-solid hubby. The clever jewelry ad required thought—but also had double meaning.

### Double meanings work wonders in slogans—and in jokes.

In the case of a joke, I told a wealthy employer that his wife’s soirees revealed his true friends. When he asked why, I said his guests had to be true friends to stomach his wife’s steak tartar. (Steak tartar is raw hamburger topped with raw eggs.) At his next soiree, he told his guests my joke and then quipped, “And as you can tell, she’s not here today.” The guests howled. He told me he never heard such laughter. His quip had more than one meaning: Either I wasn’t a true friend, the miffed host didn’t send me an invite, or the tartar tasted terrible. Multiple meanings work well in jokes.

### Lastly, take risks with your jokes and slogans.

When we take risks, we break through clichés. For instance, I aimed to make an ad that suggested pizza-carbs boost energy. So, I came up with the slogan, “Forget coffee. Forget blood-doping. Forget amphetamines.” My boss rejected the idea; “Too risky,” she said. But in Mario Pricken’s book, he features an ad of a toilet roll aflame in an Indian restaurant washroom. The flaming toilet-paper pegged the restaurant as serving the spiciest food. Risky? Enough to feature in *Creative Advertising*.

Now, help me brainstorm a title that sings, “Something catchy is coming.”



## Scholarship of the Week

### Digging up scholarship treasure for AU students.

**Scholarship name:** Hiking Ambition Wellness Scholarship

**Sponsored by:** Hiking Ambition

**Deadline:** September 30, 2018

**Potential payout:** \$1000

**Eligibility restriction:** Applicants must be currently enrolled in high school, college, university, or trade school.

**What's required:** An email with contact and school info, along with a 500 to 1000-word essay promoting a practical approach to a healthy lifestyle during school years and beyond.

**Tips:** Read the essay requirements carefully and be sure to submit in an acceptable format.

**Where to get info:** [hikingambition.com/scholarship/](http://hikingambition.com/scholarship/)



## Porkpie Hat Drifting on the Ocean's Edge

Darjeeling Jones



A few years ago, I found myself walking along an empty beach on a remote stretch of the northern coast of British Columbia. The snow-capped peaks of Alaskan mountains seemed just a pebble's throw away. To the west was the dim, spectral blue-grey haze of the Haida Gwaii islands. Beyond that, only Japan.

But I wasn't paying much attention to anything beyond the few feet of beach beneath my feet. I was walking along, lifting rocks, seeing blood red crabs scuttling about, watching baby eels—not much larger than pomegranate seeds—twisting and turning. I was looking at cream-coloured shells as

intricate and startling in their beauty as any ghost orchid. I was observing sea stars and tide pool anemones that seemed as wondrous to me as any lifeform that may be found on the far side of Alpha Centauri. The feathers of gulls and ravens were scattered all around, like mysterious runes, spelling out poems in the language of demons or angels.

I remember considering, right then, the innumerable hours of my life I have spent engaged in that seemingly unproductive pursuit. As a child on the beach in England, the creaking pier of Clacton pointing like a dark finger to the North Sea. As a teenager in Stanley Park and on Spanish Banks in Vancouver. As an adult on so many far-flung shores. The Caribbean, the Pacific, the Atlantic, the edge of the arctic circle. Hawaii, Iceland, Newfoundland; always walking, watching, waiting—for what? Whatever the tide brings. Nothing too spectacular, I suppose, when looked at in a certain light. Just bits of glass, fragments of shell, some signs of life, the bones of ambiguous creatures. Still, nothing has ever fired my imagination more. No pastime has been more fulfilling.

It seems such a metaphor for so many things, this seemingly pointless act. The artistic process, for instance: waiting to see what ideas, what inspiration might drift from the wild depths onto the ragged, windswept shores of consciousness. It's the way I feel when I am in flaneur mode, walking with my camera through the streets of my hometown, or a city I have never set foot in before, always eager to know what is around the next corner. The way I feel, too, when I am allowing my mind to just dream and drift and wander, waiting for the next line of a poem or a story to flash like a bright shard of sea glass or a lost ring in the moonlight.

Perhaps it is even a metaphor for the very act of living a full, rich life. Walking, waiting. Not forcing things, but not passive, either. Eyes wide open, paying careful attention, always remaining receptive to the possibility of wonder and surprise. Bearing witness, refusing to succumb to ennui and numbness, persistently seeing the beauty in the ordinary, always being aware that the next few feet of the journey along this wild and uncharted shore might bring you something you have never encountered before; a glass bead, an oyster with a pearl, a leviathan's bones. Walking resolutely but without definite expectation, alive to the visceral meanings of the world—the feel of sand between the toes, the smell of salt and rain in the air, the simple, eternal rhythm of wave after wave.

## In Conversation With Hamish Anderson

Wanda Waterman



Electric blues guitarist and singer-songwriter Hamish Anderson calls himself a student of “the three kings:” blues royalty Albert King, B.B. King, and Freddie King, and in fact Anderson was the last act to open for B.B. King before the blues icon passed away. Having moved from his native Australia to Los Angeles to steep himself in the music scene there, Anderson is still touring his debut CD, *Trouble*, and is working on his next album, due out in 2019 (see the preview video for “No Good,” here). Anderson channels the early blues legends like Son House and Robert Johnson with raw, masterful guitar playing, a heartfelt vocal delivery, and universally relevant lyrics. He recently took the time to answer our questions about his background,

his inspirations, and why he loves the blues.

### **What kind of childhood did you have?**

A very creative one; even before I got into music I was always really interested in film, reading, and arts in general. I just loved being creative.

### **What role did music play in it?**

A big part. My parents aren’t musicians but are huge music lovers. My dad’s vinyl collection was what really started my love of music. It was very eclectic, from blues to rock and roll, soul, classical music, films scores.

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

I would say my parents. They really gave me my love of music and encouraged me and my sister to pursue our interests.

### **Why did you choose the blues?**

It just felt like the most honest and raw music I had ever heard. It really blew my mind that this genre of music had influenced all the other genres of music. I loved rock and roll and soul, etc., but blues music is really about the highs and lows of life that we all go through, and I found that very moving.

### **How did you learn how to play and sing it so well?**

I feel like I’m definitely still trying and always learning. I just really wanted to write songs, play guitar, and sing, and it’s still all I want to do. I don’t think I’m the best in the world at any of those things, but I feel like I’ve developed something in all three that’s unique and honest to me and the way I express myself. I think a lot of what it takes when trying to hone a skill is just to be driven and passionate. If that’s what you really want to do it’ll take a long time, but if you have that drive you’ll get there.



**How did you assemble your band?**

Originally, I couldn't find anyone to play with who would take it seriously or was driven to do it, so that's how I fell into being a solo act. It was always my goal to play with a band, though, because one of the things I love most about music and playing live is being able to play with other people and how you play off each other. Playing with the band is where I feel most comfortable and where I feel my music translates the best. I love the feeling of kicking into a song with the full band.

**Of all the countries you've toured, where did you find the most enthusiastic response to your music?**

I think it's been in the States. One of my favourite shows I ever got to play was at the Telluride Blues & Brews Festival in Colorado. That crowd was amazing and the energy was great!

**Has anything funny or weird ever happened to you while touring or recording?**

I had my pedal board cut out in front of about 2,500 at a festival in the Netherlands while it was also being live streamed. It felt like a nightmare that I wasn't waking up from. Luckily it was in-between songs because it would have been a train wreck if it was in the middle of a song.

**What's the story behind the creation of the song "No Good"?**

The music came very quickly, but the actual lyrics and what the song was about took a really long time to find. I wrote the riff one day just out of the blue and came up with the little lick that starts each verse. The only line I had was the opening line, "Don't say you love me, 'cause you know I don't go for that," but that was all. For months I just played that riff all the time trying to build on it. One day six months after I had started the song the lyrics just all came to me at once.

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

Going and hanging with friends or just doing something completely outside of music for a minute can recharge you and regenerate your love for music. I try not to force myself to play and write if I'm not inspired; I wait for the inspiration to hit me.

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

I feel like I need to be present and just in the moment. If I'm not being honest with myself then I feel like it's not real.

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

I'm super inspired by Martin Scorsese's films; they have a rock and roll attitude to them, and I'm always inspired by whatever he makes. There's million of albums, all the stuff that really started my love of music: The Beatles, The Stones, Chuck Berry, that's all the stuff I still love the most.

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

To produce honest music inspired by the roots of blues, rock and roll, and soul and hopefully bringing them into the age we live in.

**What's next?**

I just released my video for "No Good" with Billboard. My sophomore album is going to drop next year, so before then hopefully releasing more singles, more music videos — and I've got some U.S. dates coming up in the fall.

*Wanda also writes the blog [The Mindful Bard: The Care and Feeding of the Creative Self](#).*



Dear  
Barb

Barbara Godin

### Are you struggling with a long distance relationship?

*Dear Barb*

*I am beginning first year university and so is my boyfriend. We have been dating for about a year and are very compatible; in fact, we have never even had an argument. Since we have both been working full time, we haven't spent a lot of time together, but I can see us getting married one day. He is everything I want and we love being together.*

*The problem is we are both going away to different universities which are about two hours apart. I am concerned about him meeting all these new people and us drifting apart and possibly him becoming involved with someone else. I talked to him about it and he assures me that it's not going to happen, but I still have my doubts. I know I won't meet anyone else because he is the perfect person for me. I can't seem to stop thinking about this. I need some advice, not sure how I can stop feeling so insecure. Thanks, Katie.*

Hi Katie:

Great letter, I am sure a lot of people are feeling as you do, especially at this time of year. You realize that this is an insecurity, however you have to make sure these feelings do not grow out of control, as that can lead to jealousy, which can trigger all kinds of other problems. It is important that you try to

address what is causing your insecurity. Are these feelings a result of your relationship with your boyfriend or is it something personal to you.

You mention that you are sure you won't meet anyone else because he is the perfect person for you, it sounds like you don't believe he feels the same way. Maybe you should discuss this with him; it may calm some of your fears. There are certain things you both can do which may help to make your long-distance relationship work. For example, try to get together at least once a month, and make it a special event. Go out to dinner or a show. You can also keep in touch on Facebook and other social media outlets, but you need to maintain the physical connection as well.

Social media will be an important part of your relationship, to enable you both to keep up to date on what is new with each other. Send special emails and chat on webcam often. It's essential that you be a part of each other's lives and when possible spend time with each other's new friends. Another way to connect is to actually sit down and write a handwritten letter to each other. Often it is more personal and far more romantic to put your innermost feelings in a letter, plus it's kind of nice to open your mailbox and find a handwritten letter from that special person. Good luck, Katie and enjoy university.

Follow Barb on twitter @BarbGod

Email your questions to [voice@voicemagazine.org](mailto: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.





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## IMPORTANT DATES

- **August 24<sup>th</sup>:** Athabasca Meet & Greet
- **August 31<sup>st</sup>:** **AUSU Twitter Giveaway closes**
- **September 3<sup>rd</sup>:** **AUSU Office is closed for Labour Day**
- **September 13<sup>th</sup>:** **Public Council Meeting**

## FYi Doctors Discounts

FYi Doctor is a partnered with AUSU to bring AUSU members some great deals for their vision needs. They have some great deals going on right now that you won't want to miss out on!

## Twitter Giveaway

That's right, AUSU has more great prizes to give away!



Tweet [@austudentsunion](https://twitter.com/austudentsunion) about how you are getting ready for fall for your chance to win Amazon gift cards, Swell water bottles, and more! Be sure to use the hashtag #aufallprep

Our contest ends **August 31<sup>st</sup>**, so don't miss out before September long weekend.

## Contact Us

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AUSU will keep students at the heart of the organization, understanding that its primary objective is to enhance the overall undergraduate student experience at Athabasca University. AUSU accomplishes this by keeping students first, remaining relevant, being accountable, striving for excellence, fostering community, and strongly advocating for our members.

We'd love to hear from you!

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Classifieds are free for AU students!  
Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

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## THE VOICE

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