



THE VOICE

Vol 27 Issue 02 2019-01-11

Minds We Meet

Interviewing AUSU President: Brandon Simmons

Don't Believe Everything you Read

Fake News and the Consequences

The Time is Write Now

Resolve to Get Published!

Plus:

*The Struggling Student Rants
Screen Break
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

New Year, New Faces!

Karl Low



If the start of the year is any indication, it's looking like this could be a really good year for *The Voice Magazine*. We've got inaugural entries from two new student writers, plus the return of our own award-winning Barbara Lehtiniemi to write about, well, writing for the Voice Magazine; a topic I can always get behind.

Also, this year brings back the Minds We Meet column, and so our feature article is an interview with none other than AUSU President, Brandon Simmons.

While we've interviewed him once before, that was shortly after he'd joined Council and was getting into the VPFA position. Three years later, he's had another addition to his family, has a lot more experience with AUSU, and is leading the organization as AU itself is in the midst of trying to transform itself. We talk briefly with him about his goals for AUSU, his inspirations, and what brought him to the president's position.

In the news this week, a lot of the talk is about the government shut-down in the US, and the effects its starting to have not just on government workers, but on those rely on them.

For me, what's interesting about the situation isn't the argument about funding a wall that started this, but rather the effects of a government shut-down. I've always contended that most people who complain the most about their taxes are the same people who don't know all of the things that government does. If this stand-off in the United States continues, we're going to be able to see, first hand, just how much of what we don't notice in society we don't notice because our public service is busy handling it. I'm hoping it will be instructional.

I'm not arguing that there's no waste or inefficiency in government. There's probably quite a bit of it. But all it takes is working for an oil company in Calgary for a few weeks to realize that, given the size of government, the amount of waste we hear about is amazingly small when compared to how much money government takes in and uses on the public's behalf. You would be hard pressed to convince me that private enterprise is any more efficient than government on a dollar for dollar basis. Some argue that private enterprise fails if it's inefficient, but that's only true if its inefficiencies are larger than its profit. Meanwhile, our government works with an opposition always looking for ways to not only find, but trumpet government waste, and a media that's hungry for any such story in can put out—because, let's be honest, stories of corruption and waste, especially of our own money, bring readers.

So knowing that, why not sit back, waste a few dollars of your company's time reading through this issue of *The Voice Magazine*. You can even call it "inspirational recharging" if you're questioned. Surely that's not a waste, right? Enjoy the read!

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

MINDS

WE

MEET



All-around interesting fellow, our AUSU President, Brandon Simmons, reflects and comments on his life, books and television, kids and education, and hopes for the 2019-2020 Council period.

How did you originally find our wonderful AU community?

I was working as a contractor and due to my high school football injuries, it was difficult for me to keep up with the demands of my career. As a result, I started looking to see if there was anyway that I could go to school and change careers. Since business was a passion of mine I looked into the process of becoming an accountant and that is how I found AU. I attended a CMA webinar and they listed all of the accredited universities in Alberta and they mentioned that AU was a great option for someone who did not live near a university or

if they were working, both of which fit my scenario.

What is the last book you read?

Aside from textbooks it has been a long time since I have finished reading a book, but I am currently reading the Effective Executive by Peter F Drucker.

What show do you think everyone should binge watch?

Due to my work for AUSU, full time studies, part time business consulting company, and four kids I don't have much chance to watch TV, so I wouldn't know what to recommend.

Why did you choose to run for AUSU council and, of course, the President of AUSU?

I first ran for council back in the byelection that occurred in 2015. At that time there were a lot of challenges facing the student union and I thought that with my business background I could help. Once I got on council I ran for the VPFA role and then later VPEX. Throughout the past three and a half years I have loved working for AUSU and having the opportunity to stand up for students. With the experience that I had had in both the VPEX and VPFA roles I felt that I could continue to help AUSU move forward as I had a strong understanding of all aspects of AUSU and a strong relationship with our external partners, so I decided to run for president.

What are your academic goals for 2019?

I am hoping to nearly be finished my third year of my Bachelor of Commerce program by the end of the year, but my big focus is on completing LGST 369 before the end of March so that I can receive my certificate in marketing at this year's convocation ceremony. Yes, starting in 2019 students will be able to convocate with certificates which is a very exciting change.

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

It may sound boring, but I would love to sit down with Peter F Drucker. He is often revered as the father of modern management. I have always been fascinated with his writings and his views on business management. One of my all time favourite quotes comes from Peter Drucker. He states that businesses need to stop solving problems and pursue opportunities, this is a concept that I have tried to implement in all my work. I actually ran for AUSU on that principle and am happy to say that we are now at the point where we are looking at opportunities rather than just solving problems.

What is the smartest thing you have ever heard?

I would have to say it is the quote I just referenced by Peter Drucker. To often in our lives and our businesses we get caught up in the day to day problems that arise. When this happens, we do not grow. Solving problems is absolutely necessary but we need to make sure that we are always looking for and taking advantage of opportunities that arise so that we can continue to progress in life.

What is the wisest advice you have ever been given?

I would have to say the wisest advice I was ever given came from my father. He is a contractor and at a very young age I would spend my summers working with him. As he taught me various skills he would always tell me to watch others around me because you can learn from everyone. This concept of learning from everyone has helped me throughout my life. Sometimes you end up learning what not to do but there are many times where you are able to learn ways of doing things better.

What is one thing you would like to complete personally in 2019?

With everything on my plate, I am often happy to just keep moving forward with school, work, and still spend time with my young kids. With that said it is always a goal to get into better shape the challenge becomes trying to fit working out into my busy schedule.

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

This is a very exciting council term because we have an amazing council to work with. Everyone is excited, ready to work, and willing to bring fresh ideas to the table. On top of this AUSU is in a great place compared to prior years. Over the past three years we have worked hard to address the problems that the organization faced. We have re written our bylaws, policies, and financial controls. We have also created a multi year strategic plan and implemented an annual council retreat so that we can spend a few short days all together to really do some great strategic planning. All of this work has now left AUSU in a position to really start looking for new opportunities. Right now, we are working on developing plans for increased government advocacy, increased student engagement opportunities, and looking at how we can help provide more career services. It is exciting to be able to start pursuing new opportunities to enhance our members educational experience.



Porkpie Hat In Praise of Ordinary Inspiration

Darjeeling Jones



I think many of us have had the experience of being in that “flow state” in which we’re so filled with inspiration, that sparks seem to be flying from our fingertips. We’re doing something we love, something we were meant to do, and minutes and hours lose their normal meaning. We will go without rest, go without sleep, go without food. We are flooded with a sense of joy and righteous fulfillment, a feeling that no obstacle could possibly hold us back for long.

Sadly, for many years, it was a feeling that was all too rare in my life, and I suspect I am not alone in that. Things get in the way. Our jobs are uninspiring, we are easily distracted by quotidian concerns, vague anxieties, and existential angst.

It seems to me that this feeling of unquenchable exploration and curiosity was far more common when I was a child. At least until the school system smothered it out of me. When I was a kindergartener, I had no problem believing the world was my oyster. I had the potential to be absolutely anything: musician, poet, singer, dancer, athlete, explorer,

scientists, artist, astronaut. Would I be the best at any of these pursuits? I neither knew nor cared. Would I be able to make a living at them? Who gave a shit? I was fearless and unfettered.

When I got older, though, I began to understand - was made to understand - that I needed to be “realistic,” that there was no point in devoting myself in any serious way to a pursuit unless it was pragmatic, or I could be the best at it. I believed this for many years. So I addressed myself to the business of being practical and ordinary.

But then I started to discover the joys of creativity again. I’m not sure why, but I just sat down one afternoon and started writing poems. I was almost thirty years old. It was something I had not done since I was about twelve; becoming totally immersed in an act of pure, joyous creativity, with no worries about what the point was, or what judgement others might pass on it. I picked up my guitar and put the words I had written to music. I was probably ripping off Bob Dylan and Neil Young in a criminal kind of way. It didn’t matter one iota to me. This wasn’t for anybody else; this was for me. After that, I started writing poems and short stories. I got a few of them published in literary magazines and various websites. I got some photographs accepted, too. I wrote a play for a Vancouver theatre company, and it was performed one year at the Fringe Festival.

I quickly discovered that there are hundreds of dollars to be made as a writer and artist. But the lack of financial reward honestly didn’t mean anything to me. I had a day job, enough to get by. I did what I had to do to put a roof over my head. But my real love was reaching into my imagination and putting the artifacts on display in some way in the world.

And I was reaching people, on a small scale. My stories, my pictures, were resonating with some people. Was I—am I—a great writer? A great artist? Shit, no. Nor do I really aspire to be. Of course I want to be the best writer I can be. But I will never be in the company of giants. Which suits me just fine. If I actually aspired to be a serious writer, reading Virginia Woolf and F. Scott Fitzgerald would be an exquisite torment. Pick any of their books at random, open to a page, read half way down, close it up, sigh, say “Yes. Alright. It’s just no use.” Access to the blue fire of the gods is restricted to only the rarest of souls.

Fortunately, I have no such aspiration. If I were a piano player, I would not be Thelonious Monk. I would be tickling the ivories in the lounge at Trader Vic’s, and very proud of it. Good for a torch song or two, spending tips just as fast as I make them, occasionally tugging on a memory, or bringing a smile to someone’s face. Like Billy Joel’s Piano Man, “quick with a joke or a light of your smoke” And for some lives, mine included, that is just fine.



19 New Actions to Take in 2019

Tara Panrucker



Bashing the notion of New Year’s Resolutions has become mainstream; people have become increasingly jaded and disillusioned. With threats of global warming, weather catastrophes, and the continued support of psychopaths leading our countries on a downward spiral, resolutions can seem downright laughable.

I’m one of those people who believe it’s the small things that create big change in the world. Start with yourself and it will spread to family and friends, and outward.

1. Remember to say please and thank you and to make eye contact with the other person when you say it. I’m surprised how many people have forgotten how to be polite, but I sure appreciate it when they remember. It’s called being civilized.
2. Set your weekly workout schedule ahead of time for every day of the week and treat those workout times like a doctor or dentist appointment; don’t cancel!
3. Add a new fruit and vegetable to your daily diet and try some new ones, like sautéed asparagus with herbs (takes minutes to make) or mixed berry salads in the morning. Pay attention to how much better you feel after eating healthier for one month and you’re likely to continue.
4. Omit one negative thing from your life. That might mean the ‘friend’ who constantly complains, the late night social media habit of scrolling for 30 minutes before bed, or the habit you have of nitpicking your spouse. Drop it and replace it with a healthier activity, such as a new funny friend who always makes you laugh, reading a great book before bed, or habitually complimenting

your spouse every time they do something thoughtful, like bring you coffee in bed.

5. Start putting away change or skip the weekly coffee and snack habit and put that money in a savings account. You'll be surprised how quickly money stacks up once it's not being spent on things you don't really need.
6. Instead of leaving all those assignments until the last minute, why not plan to have them done a few days early? Give yourself earlier deadlines to meet and you'll find yourself submitting completed papers ahead of schedule, stress-free.
7. Gain perspective on your little worries and problems and join volunteer opportunities as they occur in your community. You may discover new friends and find you're worrying less about school and feeling better about helping out vulnerable people and animals that need a helping hand. A sense of purpose can alleviate sadness and lack of motivation.
8. If you live far away from family members, make sure to check in with them from time to time. A phone call, a text, or even an email is a meaningful way to let someone know you're thinking about them and want to stay in touch.
9. Map out what courses you'll need to finish your degree. Consider your timelines to take courses, your budget, and how to work it around your other commitments. Attaining a degree seems more do-able when you see it on paper.
10. Take time to be by yourself. Take a long Epsom salts bath, close the door, and do a restorative yoga meditation before bed, or go for a long walk (or snowshoe) on a local trail. Being by yourself recharges your brain and gives your body a chance to relax from the tensions of work and study.
11. Be mindful of your habits that pull you away from your goals. Ask yourself why you spend three hours binge-watching Netflix and whether it's adding to your overall life satisfaction. Perhaps the twenty minutes spent scrolling social media could be better spent refurbishing that chair you've had sitting in the garage. The results will be the answer. Twenty minutes every night add up to 140 minutes every week—you could be creating a masterpiece!
12. Constantly picking up and tidying can be exhausting, especially when you have messy roomies or family members. Set up a weekly tidy up schedule and stick to it – leave the mess alone and remain focused on your studies.
13. Find a part-time job that allows you the freedom and flexibility to continue your studies. There are a variety of part-time online jobs that allow you time to work toward your educational goals and keep the bills paid.
14. Let go of grudges and perceived slights of others. Nothing is more freeing than not being affected by other people's emotional baggage. Sometimes other people do things because they are suffering. Don't let their negativity spread through you; let it stop with you and keep your emotions in check.
15. Give up a toxic snack or beverage, like pop or chocolate bars. Choose to consume more water, vegetable juice, or oatmeal and feel your blood sugar (and emotions) even out.
16. Set a better schedule that works for you. If you despise mornings, sleep in later and stay up later, or vice versa.
17. If you're perpetually late for everything, try setting all your clocks ahead by ten minutes and make everyone happy by being on time for a change.
18. Seek out internship opportunities for the career you're working towards. It may open up many new doors in your field you weren't aware of.

19. Plan ahead for your next vacation. Travel opens up a whole new world and perspective after you've had your nose in a pile of books. Write down restaurants, activities, and points of interest you want to visit. Draw up a budget so you can travel worry free. Airbnb offers affordable accommodations anywhere in the world. Now you have something to work toward and look forward to.

Keep in mind that improvement in one area of life affects others. When you improve your health, you improve your relationships and have more energy for working better too. When you improve your time management, you can fit in more leisure, like reading an inspiring book or meeting up with a friend.

Each day, it's beneficial to ask yourself the right questions: How can I make a difference in my or someone else's life today? What can I do today that will get me closer to my goal being accomplished? What action can I take this week that will help me to succeed? Whether you choose to eat a giant plate of poutine for lunch or make a giant salad to enjoy instead, you will be left with the outcome.

Although inspiration and hope are at an all-time low these days, we are fortunate to have life coaches and countless articles on the internet that truly inspire healthy change. Check out www.elephantjournal.com, www.goodnewsnetwork.org and www.positive.news for a glimpse into a healthier, happier world. Take action on your own and discover what amazing changes occur for you by the end of 2019.

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



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: The Dick Shaw Memorial Scholarship

Sponsored by: ISEE West

Deadline: January 31, 2019

Potential payout: up to \$1000, plus other benefits

Eligibility restriction: Applicants must be Canadian citizens or landed immigrants, be enrolled in, or about to enrol in, a full-time program at a Canadian college or university with some relevance to the non-military use of explosives or blasting (e.g. mining, civil or chemical engineering, geology, etc.). See [full eligibility requirements](#).

What's required: An email along with the applicant's résumé, recent transcripts or letter of acceptance, and an essay entitled "The safe use of controlled blasting in modern day construction and mining." (There is no mandatory minimum or maximum word count for the essay, but organizers suggest 350 to 1000 words as a guideline.)

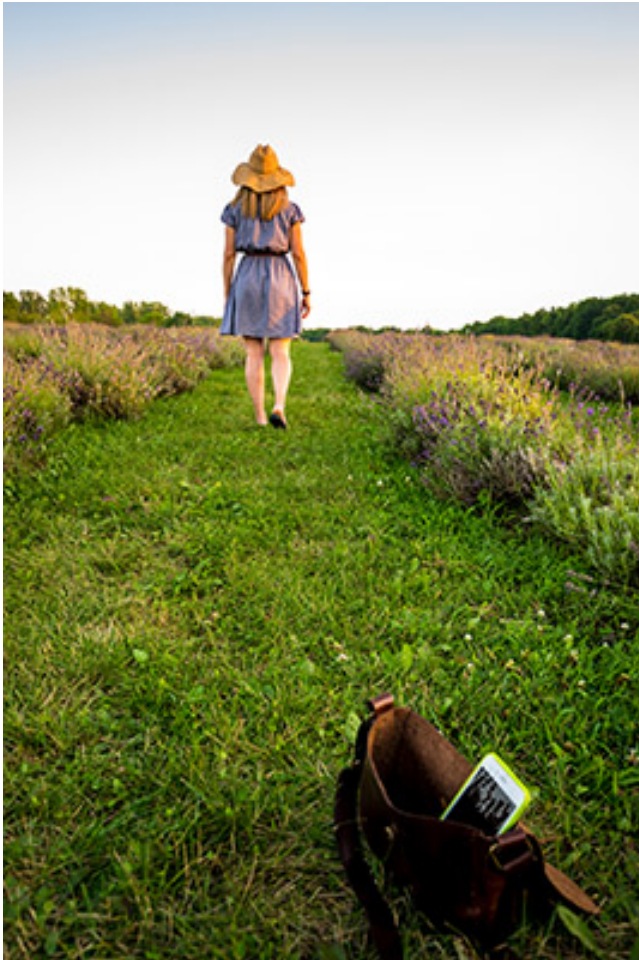
Tips: As an alternative to an essay, applicants can submit a video, PowerPoint presentation, or a mixed media piece.

Where to get info: iseewest.org/Scholarships



Screen Break

Deanna Roney



I made a conscious effort over the holidays to take some time away from work and screens in general. I gave myself permission to read some books in the daylight (currently reserving only after 10 pm for personal reading) I also took a few days and spent them baking and cooking. It was a great break from the standard day to day—I even baked the dogs some cookies.

One thing that I realized over this break, though, is how much I appreciated being away from social media in general. It has its function in society today, and I wouldn't go so far as to drop away from it entirely, but instead of aimlessly scrolling while I drank my coffee I picked up a book instead, or I was present and watched the dogs stretch and groan and the pup try (in vain) to convince the other two to play.

This break from seeing all those other lives through social media was refreshing, and it is something I have decided to take on this year—not as a resolution—but as a change in habit: an intention.

Social media can be a massive time-suck; it can draw you in and lose chunks of time while getting nothing accomplished. Not that you must always be productive, but you aren't exactly relaxing while scrolling through, either. At least, I know I don't, not in a true way. Not like taking the dogs outside to play or taking them on a walk will refresh me for the work to come.

There is a new app available on iPhones that tracks your screen time; I find it exceptionally telling that, as a whole, people spend far too much time scrolling by, seeing snippets of others lives, but making no real connection.

This isn't big news, by any means, that we spend too much time looking at our phones. It is a social epidemic that almost no one is innocent from. But aside from this, when I do go on social media, I see a movement there, too, to take a step back. People are encouraging others to stop scrolling too much, stop comparing so much.

While it is great to share (and one of the things I love using these for is keeping in touch with family that no longer lives close to me) it is important to keep those spaces a positive space. To consider who you are following and what you are looking at. If you are following someone and every time you see their post you don't find pleasure in it, why are you following them?

I encourage you this year to take a step back from social media, to consider who you are following when you are on there and how the experience as a whole makes you feel –is it worth the chunk of time you are spending on 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/>



Fly on the Wall

New Year's Resolutions? No Body Needs 'em!

Jason Sullivan



Shadows lurk like clouds across the moon as we recollect the recent memories of New Year's festivities. Sooner or later, amidst the frolicking and laughter, the ominous questions arose, "Have you made any resolutions?" It was as though Champagne or Canada Dry bubbles froze in mid-ascent as gaiety met psycho-social inquisition.

Queries regarding New Years' Resolutions bear implicit assumptions that our subjectivity must embody a process of perpetual improvement. One aspect in particular projects this ethos of life as a ceaseless struggle: the *body*. Our

homoeostatic bags of water, our *mortal coil* if we favour Shakespeare, tends to receive special attention in the month of January. And, now that the festivities have receded over the horizon of our mind, it's time to consider how we appear to ourselves in our own mind's eye and ask that eternal question, "Should I resolve to change?"

If we answer the question of resolutions in the negative, folks may brush us off as if to say "Aw, they weren't one to try and improve anyway." But whatever, just do you, right? Even if they aren't thinking that you're a slob about assessing your personal ontological progress they'll happily proceed to recount their own intrepid attempts at alteration. Meanwhile, if our answer is 'yes' then their eyes may widen, their pupils may dilate, and an existential explanation may be required. Who will the new you be? Re-invention does carry a certain intrigue.

Fruitful though these queries are for understanding the processes of our self, the truth is that our being is perpetually in progress, whether we actively try to affect its development or not. We're always evolving as organisms in a state of perpetual morph. It's up to us whether we add a Sisyphean element to the proceedings by amending our ordinary evolution with extraordinary effort requiring resolution. (Don't forget, a resolution is usually the end of a deliberative process; a completion as much or more than a beginning. Resolutions are arrived at and then departed from).

Sometimes the caverns, caves, and recesses of our mind are, themselves, the focus of our transmogrification efforts. We might endeavour to learn and study better or differently, for instance. Usually, though, our body is the site of our purported reformation and reconstruction; it's not brain surgery, after all.

Or is it? Let us focus on this bodily emphasis and the mental gymnastics implied: whenever we see ourselves we see not only what reflects onto our cornea but also what our mental expectations project onto our beings as we live in the world. This process began when we were very young and continues in our minds both consciously and unconsciously. The seminal film studies philosopher, Laura Mulvey, notes that our "unconscious is structured like a language" such that each part of our body comes to signify a state of physical health and moral correctness (Mulvey, 59). Belly too prominent? Tail end too bulbous? Whether we're aware of it or not, culture has infiltrated what we see in the mirror and how we feel about it.

Mulvey elaborates how we achieve an age in childhood where we learned to recognize ourselves in a mirror: "They imagine their mirror image to be more complete, more perfect than they experience in their own body. Recognition is thus overlaid with misrecognition: the image recognized is conceived as the reflected body of the self, but its misrecognition as superior projects this body outside itself as an ideal ego, the alienated subject which, re-introjected as an ego ideal, prepares the way for identification with others in the future. The mirror moment predates language for the child." (Mulvey 61).

What we see when we see ourselves reflects fidelity to an imaginary self-image, then. One that is, appropriate to our current demographic incarnation. Hence the phrase "oh God, I look so old," applies to folks in one demographic and not in another. Those in their early 20s probably embrace looking older, wiser, and more suave. Self-image thus declines as the years pass and physical reality takes over. It'd seem that we only briefly inhabit a window of being where we're "something to see", to quote on old Bob Seger song (Seger, online). Life may come to appear as a process of unravelling, and with age in years (not to mention in world-weariness) comes a certain stolid awareness of bodily decline. Mirrors thus reflect the ideology of our youthful self-image; not because they compose chemically knowable composites of material in the vulgar scientific sense, but because everything we see in a mirror demarcates and positions us according to its own insouciantly-stable position on a wall.

Resolutions to re-appropriate early incarnations of ourselves, real or imaginary, find traditional expression in the ritual of New Year's resolutions. Mirrors induce a sense of timelessness and, anthropologically speaking, are a reminder of why members of some cultures famously feared being photographed. Feared, that is, prior to the universalization of presently globalized technology that purports to record *what's there*. Be they mirrors or photographs, lenses ask us to see surfaces in terms of a voyeuristic element of inspection. Some make peace with what they see and others resolve to change their image.

If we attempt to alter our shape through New Years regimes of physical alteration, we'll probably want to visually chart our progress. To this end Mulvey states, following Jacques Lacan, that "the mirror is crucial for the constitution of the ego" and, as such, it plays into our unconscious, which, it bears repeating, is "structured like a language" of signs and symbols that exist to our conscious mind only in translation (Mulvey, 60 & 59). Unbeknownst to us, what's taken for granted as one thing may represent something else. Thus, discourses of *getting in shape* gloss over the hidden power of guilt implanted in us at a deep, and deeply fertile, level.

Next week we'll shine some light on the nature of our body and its image as a part of the wider lens of the cultural imaginary. New Year's Resolutions aren't a matter of questioning who we want to be; they also open inquiry into what it is that makes our selves at their most fundamental level. Are we what we see and how will we be able to trust that we are really seeing ourselves?

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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.

AU-thentic Events Upcoming AU Related Events

AU Library Orientation

Sat, Jan 12, 11:00 am to 12:00 pm MST
Online

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration necessary

All events are free unless otherwise specified



The Struggling Student Rants

Angela Pappas



“Money & Debt” is a touchy subject for a lot of people. Some people just feel uncomfortable talking about money to strangers; others are confused about how money and finances work, and others just like to keep things private. Hide their money under the mattress, if you will. But it’s a topic I absolutely love talking and learning about. I love learning and discussing personal finances, to be more specific. Since personal finances are a sensitive topic, this results in awkward conversations for me quite frequently. I bumped into my boss in the elevator the other day. Being socially awkward, I proceeded to tell her the latte from Starbucks she’s holding can really hurt her wallet and add up to well-over \$1,300.00 a year. She smiled politely and sounded intrigued. The next time she saw me, she hid her Starbucks behind the binders she was carrying and walked swiftly

away with a smile and a nod. Way to impress the boss for that next promotion. So that’s where the idea for this column comes into play. A way for me to express what I’ve learned, and hopefully a way for Voice readers to learn something new or engage in constructive conversation.

Since I hit 30, money and finances have always been on my mind. Not in a greedy, money-hungry sort of way. But in a constant pursuit of financial peace. Financial freedom if you will. My husband is the spender in the family. I, on the other hand, have been labelled “the frugal one,” amongst many other things. I’ve been told I can be frighteningly stone-hearted when it comes to making financial decisions. Until recently, I used to feel bad for being this way. It’s not something I control, it just comes naturally to me. When he complains, I just say “*frugal wife wealthy life*.” I’ve learned to embrace my thirst for knowledge around personal finances and, hopefully, this will now serve a purpose.

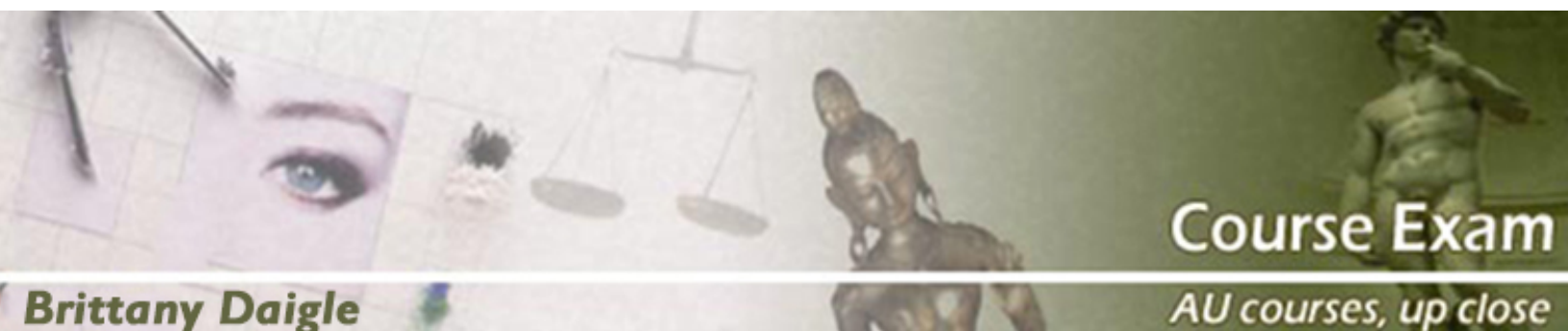
The funny thing is, my love of all things money-related started in my early 30s, because that’s when I started paying for all my financial mistakes. Pun intended. I’ve now spent nearly a decade trying to learn how to correct those mistakes. It’s only the past year, however, that I’ve been able to see meaningful progress. And, once I started to see this headway, I started to love the whole process. I love the daily budgeting and tracking involved when I make spending decisions. I love setting up our bi-weekly budget and making sure each and every dollar serves a purpose. I love watching the credit balances finally start to slowly go down. I even, in a painful sort of way, love putting away a set amount of cash each month for my AU classes, knowing I will get out of this with absolutely zero student loans. It is a bit painful, however, when you have to fork over those crisp, clean hundred dollar bills every three-four months. But I soon get over it when I tell myself that I won’t have to pay double that amount since no interest kicks in. Why do I love all this you might ask? Because now I understand money better each day, even just a little bit more than I did the day before.

AU’s introductory microeconomics & macroeconomics classes lit the flame. They were probably the most painful classes I’ve ever taken. But I loved soaking up the information and

understanding “the system.” This, in turn, made me want to learn more, to dig deeper into how money works. And the more I learn the better the sense of control I feel. We are finally controlling our money, rather than our money controlling us.

So why am I telling you all this? Well, by documenting my family’s journey of trying to break free and get out of the rat race, I am hoping I can not only keep myself accountable toward our goal but hopefully, even minutely, inspire or help someone else do the same. Financial illiteracy and poor choices have been passed down for many generations in both mine and my husband’s families. This is our greatest attempt, to date, at breaking free from this generational curse and setting a new standard. My name is Angela and this column will serve as record of my family’s journey towards F.I.R.E. – Financially Independent, Retired Early.

Angela Pappas is a part-time AU Certificate student who enjoys learning and discussing anything personal finance and personal development related.



Course Exam **CRJS 370 (Youth Justice)**

Course Exam

AU courses, up close

Brittany Daigle

CRJS 370 (Youth Justice) is a three-credit, undergraduate-level course that takes a criminological approach to understanding Canada’s separate youth justice system. If you were unaware, young offenders receive special status under the law in Canada. How we respond to youth crime is important to society and, more broadly, to criminal justice. This course has no prerequisites and is not available for challenge.

Youth Justice is made up of seven units, three assignments worth a total of 60% (one research paper proposal weighing 10%, one case study worth 20%, and one research paper weighing 30%), and a multiple-choice final exam worth 40%. The seven units within this course cover topics such as sentencing young offenders, understanding youth crime and prevention, the theoretical explanations of delinquency, and understanding discretion. Students will examine what youth crime resembles in Canada and how it is measured for research purposes. The course also focuses on the historical development and policy shifts that have changed how the system handles young offenders. The final examination for this course must be taken online with an AU-approved exam invigilator at an approved invigilation centre. For a list of invigilators who can accommodate online exams, visit the [Exam Invigilation Network](#). To receive credit for CRJS 370, students must achieve a course composite grade of at least fifty percent and a grade of at least fifty percent on the final exam.

Nadine Leduc has been studying at Athabasca University on a near full-time basis for two years now and she is entering her last semester in the Criminal Justice program. She hopes to continue her studies in a Master’s program at another University. She started CRJS 370 in July 2018 and completed it in November.

Nadine provides an explanation of the course, stating “The theories of youth crime are learned at the onset, and then the “real” picture is examined, particularly as it pertains to female and indigenous youth offenders. It is quite interesting to see the adaptation of the youth justice system to the changing landscape of the population, the changing influence of politics, and the changes based on misconceptions.”

She also has some additional insight into the course structure, explaining that “One essay was a six- to seven-page case study. The other assignment was split into two; the first component was a two- to three-page research proposal, and the second was the eight- to ten-page research paper. The scope of the assignment allowed for a wide range of topics, so choosing one that interests you is not a problem. Also, the tutor was absolutely fair when grading.”

She continues by providing insight to the final exam, “The final exam was composed of one hundred multiple choice questions. I felt like there was material I had not covered, but perhaps I did not study as thoroughly as I should have.”

When I asked Nadine if she enjoyed the course, she stated that she “definitely enjoyed this course. It was very eye opening and quashed a lot of preconceived notions I had about the juvenile justice system. I would also highly recommend this course. Every taxpayer should be aware of the elements of youth justice.”

As for tips for students who are enrolled or about to enroll in this course, she states “As in all courses, the Study Guide offers excellent summaries as well as additional information, so it is important to read the sections related to each unit.”

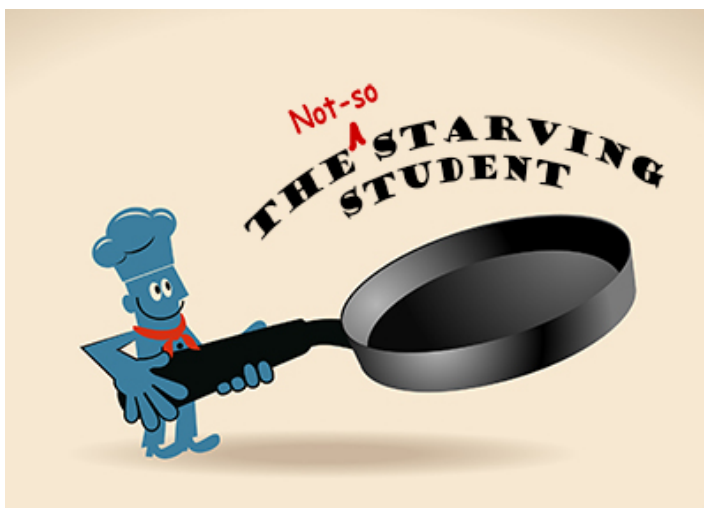
Whether CRJS 370 (Youth Justice) is a degree or program requirement of yours or the topics mentioned above are of interest to you, this course will have you learning interesting material surrounding the topic of youth justice!

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



My Four Best Life Advice Stories from Teachers And the Stories Behind Them

Xin Xu



With 2018 drawing to a close, I took some time to reflect on my own education and career path—from starting my Bachelor of Science to a specialized clinical specialization. For many AU students, their journeys may be far from traditional. Some may be upgrading their credentials, others may be aiming to learn to keep their minds fresh. Regardless of what the path may look like, it’s undeniable that excellent mentors and professors teach valuable lessons beyond the (virtual) classroom. Moving into the New Year, with careful reflection of the teachings my professors instilled in me, I came across 4 lessons I will take with me into 2019.

Focus on your effort and not the outcome

In the early years of my Bachelor of Science degree in Biology. I was fixated on the numbers. GPA, in my warped view at the time, reflected my potential to succeed. It created an unhealthy mindset where I failed to learn for the sake of learning or passion but rather to uphold a number on my transcript. When I was deeply dissatisfied with my final grade in a challenging higher level of Biology class, I confronted my professor with a whirlwind of emotions. Thankfully, our discussion remedied some of my anxiety at the time. He encouraged me to always put my best foot forward so that regardless of the results, we have stayed accountable to ourselves.

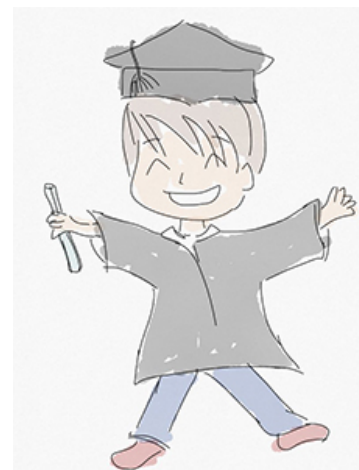


Done is better than perfect

Another one of my poor habits was fixating on small details that sometimes had very little influence on the outcome. It caused undue worry, stress, and expectations that were unrealistic. Luckily, one of my professors encouraged us to keep the bigger picture in mind. For me, this came right before the due date of a term paper. I worked diligently on the paper and stopped fretting the minute details.

Cherish the process.

One of the commonalities I share with other university students is the itch to make a difference. We consider school a mandatory path to connect Point A to Point B. I yearned for my graduation, and even more for the day I could be financially independent. During my first history class, the professor talked about her own experiences being a student and a teacher at the same time. While she thought graduating would make her happier, she realized that the grass was not always greener on the other side.



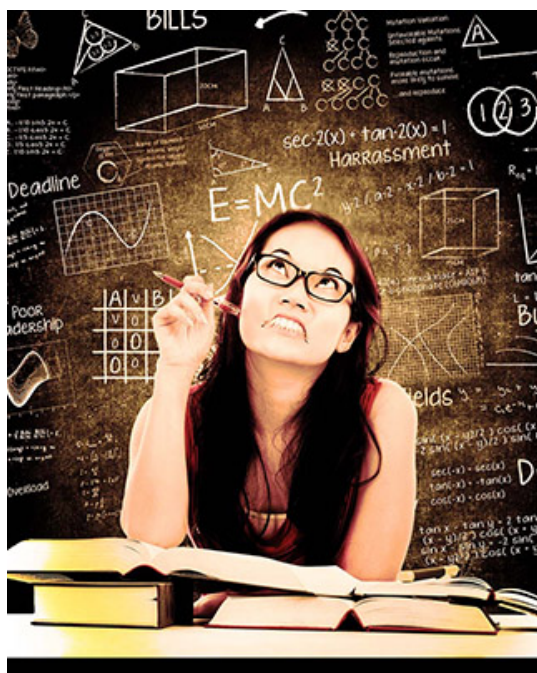
Pick something and commit to it

While I have heard varied versions of this quote, the best came from an introductory chemistry professor. A Bachelor of Science is a broad, generalized degree that can be challenging to navigate for students from a career standpoint. He warned his students that sometimes an indecision was worse than any decision at all. Making a firm choice and committing to it can be challenging as we are inundated with choices in the twenty-first century. However, making a firm choice and responding to the consequences will help relieve our self-doubts regardless of the life decision.

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

The Study Dude Mistakes!

Marie Well



What happens when we make mistakes? Bomb at tests or fail to enter the PhD? “On the one hand, you know that you’ve erred; on the other, you believe yourself to be a capable and smart individual. To reconcile these two options you can either lower your self-view a notch or two, or you can rationalize—for instance, spin a story about why the mistake is not yours after all” (Schoemaker, location 745 of 2588, 29%).

Some of my biggest mistakes happened during grad school. I exercised two to five hours a day, leaving little time to study and less time to rest. I spent months designing an elaborate dance, music, and art show for a creative academic conference. I took singing lessons and dance lessons, starred in a documentary film, joined a choir, volunteered at the university television station, worked part-time, and secured a National Film Board contract for my David-Suzuki-wannabe prof—all in the first year of grad studies. These distractions lowered my GPA. But “not all mistakes are bad ... Mistakes get a bad rap at times. We believe that

they are to be avoided at all costs. But progress actually occurs in fits and starts, failures and successes. Mistakes allow us to learn more quickly and take us in new directions” (Schoemaker, location 626 of 2588, 24%). After all, had I pursued these mistakes, I could’ve been a movie producer or stage singer by now—anything but an academic.

In grad school, I made enemies. My first supervisor had a love-hate relationship with me. I had held an event for charity, and her group of pals didn’t get invited. She then scorned me throughout my degree. But she helped me graduate in the end, despite harsh words and ill will. “Teachers who hold favorable views of children when school starts will unconsciously influence them so that they do better than they might otherwise have done” (Schoemaker, location 887 of 2588, 34%). That was not my case.

Near the end of my degree, she told me I needed a 3.8 GPA to get into the PhD program. That was world-altering news to me. I had just over a 3.5 final GPA. Thus, my PhD dream was quashed. But she failed to tell me that I could upgrade one or two of my master’s courses. I only learned that a week ago, over a decade later. But I had left the PhD dream—defeated—long ago: “Few of us like to make mistakes. They are a vivid—and often painful—reminder of our limitations, our fallibility. Consequently, after a mistake, most of us simply move on, eager to sweep the error under the carpet” (Schoemaker, location 665 of 2588, 26%).

The worst news came when I learned she got hired as Dean. With her as Dean, I’d never have the opportunity to “try again” or to teach in the department. Yet, today I played with thoughts of returning to get a PhD—once she retires. Author Paul J. H. Schoemaker says “without disconfirmation, we fall into the trap of running only experiments aimed at proving our initial hypothesis and deluding ourselves along the way” (Schoemaker, location 585 of 2588, 23%). Thus, maybe I’m deluding myself, and she’d welcome me with a letter of support. And maybe my feisty Grandma, at age 94, could knockout Ronda Rousey with a single punch. I’d bet on the latter.

After the master's program, I clung to my dream of entering a PhD program. I spent a decade working on my weakness—my writing skills. Author Paul J. H. Schoemaker says, “The school of hard knocks is a great teacher, even if the tuition is very high, precisely because the lessons make such a deep imprint. We need emotion born of direct, difficult experience to internalize, remember, and learn” (Schoemaker, location 782 of 2588, 30%).

And if I ever return for the PhD, I'd write a thesis on the state of the medical system, big pharma, and chronic fatigue syndrome (CFS). You see, my years of eating a Western diet and not exercising brought on a case of what I believe to be undiagnosed CFS. But I cured myself through fitness and nutrition. Now I long to help others with CFS. Sometimes “brilliant mistakes have two prime ingredients. They require that (1) something go wrong far beyond the range of prior expectations and (2) this allows for deep new insights to emerge whose benefits far exceed the cost of the original mistake” (Schoemaker, location 638 of 2588, 25%).

But getting into the PhD program may have posed a new host of problems: “Any streak of luck can turn into a curse; any unfortunate event can turn out to be a blessing” (location 326 of 2588, 13%). Everything morphs over time; thus, a blessing could one minute be a curse, the next minute a blessing again. Thus, the point in time you make your evaluations matter (Schoemaker, Ebook).

Maybe I'll return for the PhD one day with the aim to help people with Chronic Fatigue Syndrome. As my boyfriend reassures, “Just when everything seems negative, a world of positive awaits around the corner.”

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Don't Believe Everything you Read Fake News and its Consequences

Francesca Carone



“FBI Raids CDC for Data on Vaccines & Autism,”

“Obama and Michelle to Divorce.”

These are examples of headlines you can find online. Well, these are actually fake news headlines because Michelle and Obama are still married!

Now, of course there are places (like those who claim aliens are living among us and the government is hiding it or that eating French fries everyday will cure cancer), you wouldn't go to read the news, because it's obviously unfounded, but others are not so obvious.

The fake story of a mother in Idaho sentenced to prison for seven years just for breastfeeding her 6-month-old in public, was posted online by the SeattleTribune.com in September 2016, and has been widely shared and believed. (Gillin, online).

The Associated Media Coverage site, that first published the story, also has a reputation for posting hoax stories. They state they are “News you can trust,” but have been outed for posting hoax stories about trans people being killed, which were shared on Facebook. (Silverman, online).

Facebook has said they would take action to stop fake news on their site after coming under criticism for allowing known false stories or news to be spread. The new changes will allow users to contribute their thoughts on if news is fake and, with enough votes, may be sent to a fact-checking organization for verification (Griffin, online). There are third-party fact-checkers in place, like Snopes, but they can’t catch everything.

A lot of other big fake news or reports online deal with cancer and may be detrimental to the health of the public. These stories may also be a problem in the news if they provide fake research or health claims. Think of the many vitamin and health shops around online, all trying to get your money. There is competition out there for your dollar. Some of these sites may even have research to back it up (or at least claims of research).

While there are a lot of real health products that should be considered, some claims made by a company may not be proven with results. In the past, many companies have gotten in trouble from government watchdog agencies for exaggerated or for unsupported claims of health benefits. Even some major companies have been in trouble for making these types of claims, yet it continues to happen.

In a Vanity Fair news article about fake news, they highlight a story about Melania Trump having a body double. This started as a joke, but it turned into a conspiracy. There are many other conspiracy theories out there as well. That’s why fake news may be dangerous. The dangers lie in the person looking for honest information and perhaps coming across a site that says something like cancer can be cured by drinking a glass of dandelion tea for one month straight, and then having their health deteriorate because they did not seek other remedies or take their doctor’s advice. According to the Food and Drug Association, the fraudulent health products are deceptively promoted as being effective against something but have not been even proven safe or effective for what was claimed (FDA, online).

New conspiracies, which often incite hate or are downright negligent, may be dangerous to people’s overall attitudes and trust system as well. Without trust and validity this world would be a much scarier place. Imagine going to the doctor, asking for someone to help with a migraine, and having three different doctors come to you with conflicting advice or products. I am all for natural products, in fact, I use them daily, but there needs to be sound evidence and research that will back up these health claims.

Other dangers arise from the fake and hateful news articles that are often posted online. Things such as interfering with police investigations—claiming certain people are murderers before they are found guilty, or making up stories about being attacked in the news so as to cause concern and hatred of another race or to gain sympathy—are very dangerous to society.

What can you do to make sure you’re not getting fooled by fake news? Here are some things that can help. First, check that the website has accurate information on its main page. If there are errors there, there are sure to be more. Next, check the date and names and make sure that there is accurate information by checking references. If it is a health claim, I would look up the product independently and check for independent research studies (double-blind placebo is best). Check for spelling errors, this may indicate a problem. Next, cross-reference the issue. Make sure that other places are saying the same thing as well. Finally, trust your instincts a little. Yes, there are times when we can be horribly wrong, but sometimes our instincts are smarter than we think.

For now, Facebook has introduced ways to allow users to flag disputed news shared on the site; but, they will still allow news known to be false to be posted and shared. The main thing is that

you don't get too upset over it or make a big deal. This is because psychologists have said there is a 'backfire effect'. This effect has been known to turn the efforts to correct fake news to cause the opposite effect, which may strengthen the views that someone believes to be wrong or fake. However, there are also ways to counter-act the backfire effect.

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The Fit Student Disease is Profitable

Marie Well



Two nights ago, I had a dream that I worked as a med student in a hospital. In that dream, I walked with my supervisor outdoors across a sprawl of hospital towers. I asked my supervisor what three unusually large towers housed. She said they housed the people with chronic diseases. The patients, she said, lay bedridden, writhing in pain. It was where they went to die.

In real life, I had an undiagnosed chronic disease I cured through healthy living. It's now a year and six months since I diagnosed myself with two years left to live. Had it not been for fitness and nutrition, I might today be bedridden in a hospice.

But in that dream, I longed to make the dying healthy again. I would feed the patients pure nutrition, not hospital food. I'd get the patients moving in any place but a hospital bed. "We're killing them here," I said.

Author Dr. Marty Makary says, "I felt disillusioned. It seemed as if, despite all the book knowledge I had gained, nearly half of the patients I saw in the clinics had problems for which modern medicine had nothing to offer except phony names for diseases we

didn't understand. The other half of the patients seemed to be sick because they were obese, smoking, or not taking care of themselves—preventable problems” (Makary, location 1988, 60%).

I often marvel over youth who vow to become doctors or nurses. You know, the children who helplessly watch their mothers pass from cancer and who then vow to find a cure. I too now have a taste of that drive to heal.

But I don't know what I can do to help. At least, not yet. Not only do I feel helpless, but so do many nurses: “The problem ... was just that no one felt comfortable speaking up. Nurses complained that the equipment was antiquated, the rooms were small, and the trainees were in over their heads. Yet staff didn't feel they had the right to do anything about these matters for themselves” (location 600, 18%).

In my view, hospitals need better focus on diet and fitness to heal those dying of chronic diseases. So, why haven't hospitals figured this out? It could be that hospitals profit from your sickness: Dr. Clifton “put the pieces together Hospitals profit from bad medical care. He realized that hospitals get more money for each complication, X-ray, and extra patient day in the ICU” (Makary, location 444, 14%).

My doctor saw me at least once a month or so. She ran countless tests. But ever since she told me to exercise and eat well, she never sees me. I wonder if she regrets getting me healthy the natural way. Author Marty Makary says, “[U.S.] hospitals explicitly pressure their doctors to do more procedures and see more patients in order to make more money” (Makary, location 2053, 62%). In fact, “one highly cited study showed that approximately half of all cancer patients received chemo or radiation treatment the same week as their death” (Makary, location 2064, 63%). So, why bother with unnecessary—yet painful—chemotherapy drugs? “I'm convinced that few of the patients ... know that drug companies pay doctors for meeting sales targets” (Makary, location 2087, 63%).

Long ago, I met a doctor who was fired for speaking out against the health care system. I'd see him speak at the university about “transparency.” I never understood what he meant, exactly, by transparency.

But since reading the book by Dr. Marty Makary, I now know the value: public statistics. Hospitals would surely improve if held accountable by public stats on

- those dying during hospital procedures,
- those readmitted,
- those who had the wrong body part operated on,
- those given unnecessary operations,
- those infected by instruments left inside their post-surgery bodies (Makary, n.d.).

You get the idea.

So, who pioneered public statistics in health care? Dr. Mark Chassin “decided to do something radical – make heart-surgery death rates public” (Makary, location 480, 14%). What did he find? “The first year that New York's hospitals were required to report health-surgery death rates, wide variation was found—the death rate by hospital ranged from 1 percent to 18 percent—confirming long-standing rumors that quality of cardiac surgery was wildly variable among hospitals” (Makary location 490, 15%). And then those public statistics brought real change: “Instantly, New York heart hospitals with high mortality rates scrambled to improve The result of the release of this data? Big, broad improvements in mortality, statewide” (location 501, 15%).

Public statistics seem to improve hospital accountability: “With universal transparency, hospital leadership would also develop a fast-moving protocol by which to conduct crackdowns whenever

new problems come to light. Sunlight, it is often said, is the best disinfectant. But under our current, largely unaccountable system, hospital problems, out of sight and out of mind, just pile up until they get so out of hand only a major, punishing scandal can hope to remedy them” (Makary, location 622, 19%).

So, if any of your loved ones have chronic diseases, don’t watch them fade. Instead, get them fit and healthy—and speak out about transparency. With transparency, hospitals might adopt the best care possible for people with chronic diseases.

On a final note, “next time you’re seeking care, inquire which compensation model is used to pay the hospital’s doctors. You may be surprised what you learn” (Makary, location 2087, 63%). In other words, disease may be profitable.

Lastly, this was the path I was headed, and these are the people I long to help:
<https://youtu.be/Fb3yp4uJhq0>

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The Time is Write Now

Resolve to be published this year—it's easy!

Barbara Lehtiniemi



Wouldn't it be nice to do something different this year?

Every year you swear it will be different, but by the end of December, you realize it's been the same old, same old.

How about exploring your creative side? How about being published? How about earning some extra money?

How about doing all three things in one easy step? You can, if you write for *The Voice*.

The Voice is Athabasca University's student magazine. Funded by AUSU, *The Voice* is

published online each Friday. *The Voice's* mission is "to provide a quality magazine composed of articles—created by AU students and guest writers from other universities—that share news, ideas, opinions, and insights with all our students."

Click on voicemagazine.org to read a sampling of recent articles.

Much of *The Voice's* content is produced by students at AU. From opinion pieces to study tips, personal reflections to poetry, news coverage to photography, book reviews to interviews (and more,) students get to exercise their creativity—and get paid for it.

Contributors to *The Voice* work on a freelance basis. They get paid per article published, and there is no commitment to contribute every week. Student writers for *The Voice* decide how often they want to contribute articles for consideration, whether it's weekly, monthly, or just once in a while.

Every article submitted to *The Voice* is vetted by the managing editor. If the editor determines the article is of sufficient interest to *The Voice's* readers (mainly AU undergrad students,) he works with the writer to ensure the article meets the highest standards in wording and grammar.

For aspiring writers, or even those who just want to fine-tune their writing skills for academic purposes, the editorial feedback is invaluable. It's like getting a writing coach for free. And the practice pays off: once an article is accepted and published, the writer gets paid. (Writers are paid monthly, by direct deposit, for all their articles published the previous month.)

Not into article writing? *The Voice* publishes (and pays for) photo features and comics, too, as well as poetry and short fiction.

Getting started is easy: you don't even have to write anything to begin with (although you can.) Simply go to the Write for *The Voice* page at voicemagazine.org/write-for-the-voice to contact the editor and introduce yourself. *The Voice* is always interested in hearing from prospective writers and you could be the writer they're waiting to hear from.

Let 2019 be the year you really do start something different. Launch your writing career, explore your creative side, make some money, push your boundaries a bit, or just have some fun.

Don't settle for same old, same old for another year. Click [here](#) now and you're on your way to a great new year.

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



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Robin seeks advice on how many courses to take at a time while working full time (and with two young children); many responses came and, so far, the one-at-a-timers are winning. Lauralee wonders how long it takes for final marks to show up after all assignment grades are posted; no clear consensus on who she could contact. Lots of great feedback for Emily, who asks how grad programs at AU compare to other distance programs.

Other posts include library orientation, switching programs, the key to being a true AU student, sociology, the MHS program, and courses HSRV 201 and SOCI 305.

reddit

A student posts that their online exam has not been marked over a month after taking it. Responders urge them to contact their tutor or course coordinator right away. T'ain't normal!

Twitter

@AthabascaU tweets: "New Year's Resolution for #AthabascaU Learners. #1 Focus on what matters (and by focus on it we mean it and not Twitter on your cell phone) <https://bit.ly/2Bhafsh> #NewYearsResolutions #Resolutions."

@austudentsunion tweets: "Unexpected needs can happen. If you need a course extension, late exam, or supplemental exam but cannot afford it, AUSU may be able to help. Check out our Emergency Bursary at <https://bit.ly/1GIWJhi> . Applications accepted anytime."





Dear
Barb

Barbara Godin

New Year Questions

Dear Barb:

Hi, now that the holidays are over, I want to work on my diet. It seems what is good for you one day, turns out to be not good for you after further studies. For example, the last couple of years I've been using coconut oil in all my cooking and recently I found out it is not good for you and it has been raising my bad cholesterol. Who does these studies and how can you find out how reliable they are? Help, I don't know what to eat! Looking forward to your response. Thanks Jasmine.

Hey Jasmine:

That is an excellent question. Fad diets come and go. It's a good idea not to go overboard on claims that a particular food is the new "super food." Do some research for yourself. Often you can find studies for and against most of these claims. Your best bet is to follow Canada's Food Guide, which has a printable version. Of course if you have health issues, such as heart disease, you will have to make modifications and in this case it may be beneficial for you to follow the Heart and Stroke Foundations recommendations at <https://www.heartandstroke.ca/heart>. Or the appropriate site for any particular ailments you might have. I hope this is helpful.

Dear Barb:

I have a friend who has recently been diagnosed with a terminal illness. I have visited her a few times, but I get the feeling she doesn't want visitors. She never calls me, and, when I call her, she doesn't want to talk. I don't know if I should respect the fact that she doesn't want visitors or continue trying to keep in touch. We were really good friends and talked quite often. I am not sure what I should do and would appreciate your input. Thanks Pamela.

Hi Pamela:

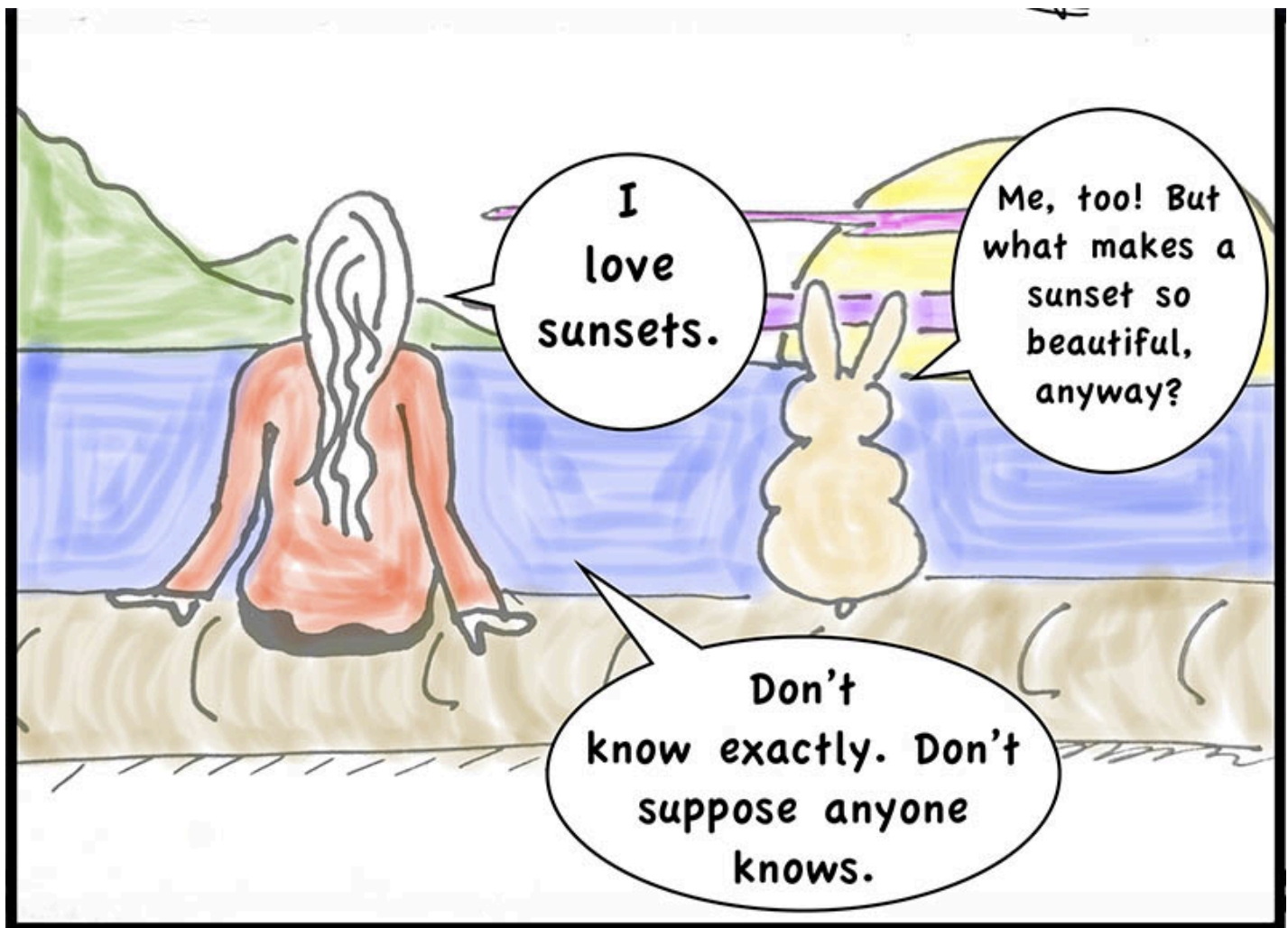
Often when people are ill they don't want others coming to visit, and especially if they are dying. At that point in their life they often don't want to hear stories about people who are going on with their lives and celebrating milestones or going on trips, when their own future is filled with pain, anxiety, and fear. I think you should respect her wishes and if you want her to know you are thinking about her send her a card or flowers. We never really know how we will feel until we reach a similar point in our lives. Since you were good friends, I'm sure she would contact you if or when she was ready to see you. Thanks for writing Pamela.

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.

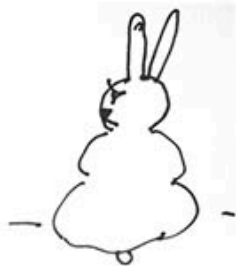


Poet Maeve
Third Eye

Wanda Waterman

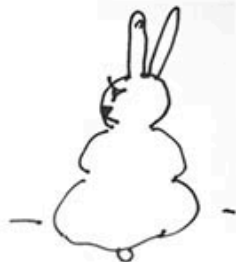


How can we
love
something we
don't
understand?



It's like Tom
Waits says:
"The only
kind of love
is stone blind
love."

Yeah . . .
Why is
that?



When you close two eyes,
a third eye opens.





AUSU
ATHABASCA UNIVERSITY
STUDENTS' UNION

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IMPORTANT DATES

- Jan 15: [Feb degree requirements deadline](#)
- Jan 15: [Deadline to finish exams for course with Dec end](#)
- Jan 30: [Deadline to apply for course extension for Mar](#)
- Feb 6: [FaceBook Live interview with AU President](#)
- Feb 10: [Deadline to register in a course starting Mar 1](#)
- Feb 15: [March degree requirements deadline](#)
- Feb 19: [AUSU Council Meeting](#)

Laurence Decore Award for Student Leadership

Only a few days left to apply – deadline Jan 15

The Laurence Decore Awards for Student Leadership are intended to recognize post-secondary students who have demonstrated outstanding dedication and leadership to fellow students and to their community. Awards are valued at \$1000!

NOMINATIONS: The application, requirements, and full eligibility criteria are available online [here](#).

TO APPLY: Submit the [application](#) & required supporting documents to admin@ausu.org by **January 15, 2018**.



AUSU Year-Round Bursaries

AUSU has numerous year-round bursaries available for members in **financial need**. Applications for these bursaries are accepted anytime, and are easy to fill out online.

You can apply for these bursaries no matter where you live – they are not restricted by location!

*Note: Applicants must have completed a minimum of *12 credits at AU with a minimum GPA of 2.0.*

Computer Bursary - to purchase new laptops for students who need one for their AUSU coursework.

Emergency Bursary - to pay for AU course extensions, late exam fees, or supplemental exams fees for members who require them due to unforeseen circumstances.

Health Care Bursary - provides up to \$1000 towards a health plan for members who cannot otherwise afford one.

Travel Bursary - for members in financial need who need to pay for travel or accommodation costs for their AU studies, such as travelling to convocation, labs, exams, or practicums.

Find complete details or apply online [here](#).

AU Website Quick Links

Have troubles navigating the Athabasca University website?
Not sure how to find what you are looking for?

AUSU has you covered! Check out our [AU Quick links page](#), with easy-to-find links to most commonly accessed AU pages, information, and resources.



Athabasca University
Quick Links

Courtesy of AUSU



CLASSIFIEDS

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

THE VOICE

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