



# THE VOICE

Vol 27 Issue 04 2019-01-25

## Changes to OSAP

Breaking Down What's Changed in Ontario

## Dancing with the Dogs of Winter

Is it Time to Howl?

## Self Labelled

Breaking Your Own Boundaries

*Plus:*

*A Striking Lack of Answers  
Horse Feathers!  
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

### A Striking Lack of Answers

Karl Low



On Monday, I contacted the president of AU, the executive director of AUFA, and the president of AUSU asking some questions about the possibility of a strike by the AU Faculty: questions about what it might mean, what their planned responses were, and what they thought the problems were that needed to be resolved to prevent the strike.

To date, the only substantive response has been from AUSU President, Brandon Simmons, who spoke with the other executives at their annual executive retreat that happens to be going on this week. He stated that the primary concern of AUSU was for the welfare of the students, of course, but indicated that AUSU was not currently suggesting that any one side is more at fault than the other and will continue to talk to both sides to remind them that their primary goals must be to serve the students.

However, he noted that this is also still early in the process, as negotiations remain ongoing and that “we don't want students to be worried as we do not know what the outcome of negotiations will be. From what we have been told the earliest we could see a possible work stoppage would be June or July however there are still steps that need to be taken in the bargaining process.”

He also indicated that AUSU is not currently planning to take any extraordinary measures in anticipation of a work stoppage, such as increasing the amount of funds available in the AUSU emergency bursary, noting that AU has indicated that they will be taking whatever steps they can to accommodate the needs of students, and AUSU's plan is to hold them to that.

Since those emails went out, there have been some developments in the issue, notably AU has stepped back from one of their stipulations that was generating a lot of social media buzz among the faculty: the provision that AUFA employees would be required to use an AU approved physician for any doctor's notes for illness. AUFA has noted that there still remain a number of other problematic clauses that threaten to reduce the faculty's power in the affairs of the university.

And while I have not yet received a substantive response from either AU or AUFA, AUFA executive director, Nick Dreidger, did inform me that he was passing the message on to someone more able to answer with the level of detail I asked for, which is fair. I will be working to keep students updated on what's going on throughout this process. In the meantime, our feature article in this issue of *The Voice Magazine* is a look at the recent changes to the Ontario Student Assistance Program, and what the fallout may be for students currently studying in Ontario.

With that plus advice, reviews, humour, and other thoughtful articles, I'm pretty comfortable in suggesting that this week, you really should enjoy the read!

A handwritten signature in black ink, appearing to read 'Karl', written in a cursive, flowing style.

## Changes to Ontario's Student Loan Plan

Francesca Carone

Eliminating Free Tuition for Student from Low-Income Families while also Cutting Tuition Fees



Doug Ford recently announced changes in the Ontario Student Assistance Plan (OSAP), Ford's government also introduced other changes such as tuition cuts (which are welcomed), as well as changes in grant eligibility. But many students in Ontario have complained and worry about what these changes will mean for them.

Before the changes, people whose families earned 175,000 or less were eligible for funding through OSAP, good for those students and encouraging them to go to University and get a better education. However, the new changes will mean that only students whose families earn 140,000 or less per year will be eligible for OSAP. This may not sound like a lot but it may cut out a huge portion of students and so discourage them from attending school. It also means that students who pay their own way in school are getting punished for their family's income—income which may not benefit them.

In addition, it has been announced that the majority of grants will now be given to students whose families who earn 50,000 or less, while those who earn more will instead have a combination of grants and loans. Grants are meant to help those families with low incomes and make it possible for them to achieve closer parity with people of higher economic status. By reducing tuition costs, the government has been able to decrease grants, meaning more loans and fewer grants. There is a trade-off and it looks good on the surface, but it actually isn't.

Students worry that the reduction of grants will mean more work and less time away from studies. (Dione, online). The new changes will also remove the six-month grace period for loans, meaning that now students will be charged interest immediately after graduating. For students, this means paying more interest charges for those who do not find a job right after completing their studies (which is a lot of people). These changes have caused a demonstration at Yonge and Dundas square on January 25. Meanwhile, other protests have been occurring since the announcement (Citizen, online).

One of the reasons given for these changes is that the previous grant increase, which increased costs by 25%, resulted in only a two percent enrollment hike according to the Ontario's Auditor General's findings. "Instead," says Merrilee Fullerton, the Minister of Training, Colleges, and Universities, the government "will focus our resources on the families with the greatest need." (Dionne, online). This seems like a worthy pursuit; however, many people fear what these changes will mean for them.

The government also announced that the tuition fees would decrease ten percent this year and be frozen the next year but has noted that colleges and universities will be expected to absorb this loss of revenue with no additional funding (Jones, online).

Other changes include the ability for students to opt out of fees that fund campus groups and student newspapers. This could marginalize certain minority groups by not having representation in schools because their groups would be underfunded. Minister Fullerton claims that many programs, such as health & safety, counselling, walksafe programs, and academic support, will remain mandatory and that “each institution will be tasked with deciding which of these additional fees are deemed essential and which students can choose to bypass” (Loriggio, online). However, Canadian University Press, owned by student newspapers in Canada, said that campus newspapers “rely heavily on student levees and may not be able to function if students opt out en masse” (Loriggio, online). The changes could also mean reduction in on campus food banks, breakfast programs, and scholarships. This could impact school life in disastrous way by causing students to have to quit. Some students rely on these programs and scholarships to keep them going.

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*Francesca is an AU student living in Nova Scotia, who enjoys animals, kids, and nature.*



## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** 10 Words or Less Scholarship

**Sponsored by:** [StudentScholarships.org](http://StudentScholarships.org)

**Deadline:** January 31, 2019

**Potential payout:** \$500

**Eligibility restriction:** Applicants must be between 14 and 25, and be attending school in the fall of 2019.

**What's required:** A comment on any post on the [StudentScholarships Facebook page](#), answering the question: "In 10 words or less, tell us why you deserve the \$500 scholarship." You must also "like" their Facebook page.

**Tips:** You don't need tips—this one is easy!

**Where to get info:** [studentscholarships.org/easy.php](http://studentscholarships.org/easy.php)





## Porkpie Hat

### Dancing with the Dogs of Winter

Darjeeling Jones



Ah, January and February in the northern hemisphere. Those bleak winter months when, at least where I live, the short days and long nights prowl restlessly about, like angry black dogs, in the darkness just beyond your personal campfire of routines and basic comforts. Stray too far from that security and warmth, and who knows what will happen to you?

This is to say that the conventional wisdom would suggest it's a time of year to pull in your horns, to

recuperate from the bacchanalian extravagances and over-the-top stresses of the holiday season. It's the time when many of us tend to take up a new and more conservative approach to life. Discipline and asceticism become our watchwords. We cut back on rich foods, spend more time at home. Goose liver pate, cheap champagne, and mugs of Irish coffee with whipped cream give way to pots of green tea and bowls of brown rice with lightly steamed vegetables; disco balls and lost weekends are replaced by Netflix binges and Hockey Night in Canada.

Well, bugger that, says I. Sitting around watching Mad Men reruns and organizing Jenga marathons only means you are letting the doldrums win, when you should be sending them the message that you are ready and able to kick their asses. What you need to do is break free of that mindset, and of mundane routine. Now, more than ever, is the time to inject a little high-octane fuel and atomic glitter into your bloodstream. You need to find the existential equivalent of cardio paddles and give a good jolt of surprise to your snowbound soul.

I'm not saying you need to go to ridiculous extremes. You don't need to stock up on designer pharmaceuticals or start attending black masses. Necessarily. (Those are both so 2018 as far as I'm concerned.) But perhaps it would be a good idea to get out a bit more, shake things up, expose yourself to novel ideas and new experiences.

For me, one of the best ways of doing this is to get out during the week and embrace the cultural life of the city I live in. If you're lucky enough to live in a place with thriving arts scene, maybe you should dive into it. On a Tuesday night, find yourself a grungy underground punk club or blues bar, the kind with two-dollar draft and orange velour coverings tacked to the top of chipped Formica tables. (Hell, maybe you could even start a punk band of your own. Snake Boy and the Shanghai Rats?) Thursday sounds like a perfect time to get a red dragon neck tattoo. Friday, buy tickets to the opera, and after that go to a drag show. Don't live in a place where those sorts of diversions are readily available? No prob-llama. How's about taking up a new hobby or learning a new skill? Enroll yourself in needlepoint or dog-sledding lessons.

Above all, don't be conservative, be extravagant. As Dorothy Parker once pointed out, "Take care of the luxuries, and the necessities will take care of themselves." Don't timidly waste your money

on soul-sucking streaming and cable movie services, overpriced sporting events, or ho-hum kitchen renovations. Blow your cash boldly and recklessly by going online and buying an art deco cigarette case and Venetian lace underwear. Just don't let it get to the point where you have to cut back on absolute necessities, such as cigarettes and bourbon.

This winter, let's take a cue from wise and sexy Mother Nature herself. On the day that I write this, she is preparing to step out tonight wearing her slinkiest glittery black velvet dress, adorned with crushed diamond ice crystals, and beautifully accessorized with a Super Blood Wolf Moon. It may be thirty below here, but she will be kicking up her heels and dancing under the star filled skies with wild abandon. Perhaps we should consider doing that very same thing, in our own individual and unique ways. Let those dogs of winter hump our legs and lick our hands.



## Self Labelled

## Deanna Roney



Last week I wrote about belief narratives and how the things that we are told sometimes, unknowingly, stick with us and alter how we see ourselves or what we can do. There is another side to this as well, sometimes we are stuck on who we believe we are and what we believe we want that we are resistant to change –growth—if it does not fit within this confine.

People like to label things, including ourselves. We label ourselves as athletic, nerdy, outdoorsy, introvert, extrovert, etc., and if a situation or an experience might not fit within that definition we may believe it isn't for us, because "we know who we are".

You might have a pretty good idea if something just isn't for you, even without trying. For example, if you have a fear of heights, you probably don't need to try skydiving to know it isn't for you.

But we shouldn't limit ourselves to our labels. Just because we wanted something at one point, or were one way at one point, does not mean it always has to be that way. If we were working hard toward a goal that we thought we wanted, it doesn't mean that that goal can't change.

Labels can be very limiting, whether positive or negative. They are restrictive. There is no reason you can't change paths just because it does not fit in with who you thought you were. It is good to grow, to change. Who you are today likely isn't the same person you were ten years ago, and ten years from now you might be a stranger to yourself.

It isn't disloyal to allow this growth or to close off a chapter in your life. You can decide, for example, that even though you once enjoyed sledding in the mountains that, when that no longer brought joy, it is okay to let that part of you go. You experienced some incredible things, you can



always enjoy those memories, acknowledge the fun that was had, and that it was just time to move on.

There is no sense in continuing to do something that once brought you pleasure when it no longer does—just because it once did and you decided to label yourself as such. It does not mean you are turning your back on that part of who you are, you are just honoring the person you are today.

I have been flexible from the start of my degree through to now while I work my way into the publishing industry. Being this flexible has allowed me to find new parts of myself, to find areas that interest me that I didn't know before, and also emphasized areas I did not want to move toward (that I was pretty positive I wouldn't enjoy before dipping into it).

I have to remind myself of this frequently—that just because you worked to get to one point does not mean you can't take that next turn and move toward something else. Every step has helped to get to this point, every minute worked has contributed to finding out more about what I want and where I want to go.

Don't restrict yourself with labels, because, as easy as it is to put them on, it can be a massive challenge to remove them.

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



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

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



#### **AthaU Facebook Group**

Chanelle is looking for info on course success rates and Angela provides her with the [link](#). Several posters a week ask about service standards for marking assignments and exams; does no one look at the links on myAU? (try the Student Services tab at the top and scroll to Service Standards! Or click *and save* this link: [www2.athabasca.ca/students/servicestandards.php](http://www2.athabasca.ca/students/servicestandards.php).)

Other posts include French courses, application to graduate, and rescheduling exams.

#### **Twitter**

[@AthabascaU](#) tweets: "[@LakelandCollege](#) is expanding the degrees they offer to university transfer students. The partnership grows from our 14 year relationship and will now allow 12 new options for [#AthabascaU](#) degrees."

[@austudentsunion](#) tweets: "Did you know that AUSU's most important role is advocating for students? If you concerns about your experience as an AU student, let us know! You can reach us at [admin@ausu.org](mailto:admin@ausu.org) or 1-855-497-7003, or on our website. <https://bit.ly/1oygalc>."

#### **Youtube**

Warning! The sound in this 11-second video may cause techno flashbacks: [AUFB 25 Anniversary](#), posted by Athabasca University



**Brittany Daigle**

**Course Exam**

*AU courses, up close*

## **Course Exam**

**Brittany Daigle**

### **ANTH 336 (Evolutionary Anthropology)**

Evolutionary Anthropology (ANTH 336) is a three-credit intermediate-level course that provides a general introduction to various topics related to the evolution of human adaptations, including various human behaviours. This course has ANTH 278 (Human Evolution and Diversity) or equivalent as a prerequisite and it has a Challenge for Credit option available.

Evolutionary Anthropology consists of eleven units, one assignment weighing five percent, a mid-term examination weighing thirty percent, a second assignment weighing thirty percent, and a final examination worth thirty-five percent. The eleven units within this course cover several interesting topics, such as menopause (is it unique to humans?), evolutionary psychology, the evolution of the human language, how diet has shaped human evolution, the evolutionary origins of religion, and the future of Homo sapiens.

To receive credit for ANTH 336, students must complete the two assignments, write the mid-term and final examination, and achieve a minimum of fifty percent on both the mid-term and final examination and an overall grade of fifty percent for the entire course. Students should note that the mid-term and final examinations for this course must be taken online with an Athabasca University approved invigilator at an approved invigilation centre. It is the students' responsibility to ensure your chosen invigilation centre can accommodate online exams. For a list of invigilators who can accommodate online exams, visit the Exam Invigilation Network.

Dr. Hugh Notman has been with Athabasca University since 2007. He wrote the course and has been the coordinator since 2011. He normally tutors the course but while he is the associate dean in FHSS someone else is tutoring the course. Alongside ANTH 336, he coordinates all the bio-anthropology courses, which include ANTH 278, ANTH 310, ANTH 354, ANTH 378, ANTH 384, ANTH 406, ANTH 434, and ANTH 436. He states, "ANTH 436 is the only one I am currently tutoring. It is a new course called Topics in Primate Cognition. I normally also tutor ANTH 310 (Primate Behaviour) but not while I am a dean.

Dr. Notman provides a brief description of himself, stating "I am a biological anthropologist with a specialization in primatology. That means I study primates, their behaviour, cognition and communication, and how these aspects of the nonhuman primates might shed light on the evolution of those same aspects in humans. So, as an anthropologist I am interested in humans, but as a biological anthropologist I am particularly interested in our journey from the nonhuman primates, and what adaptive processes have shaped our evolution."

He continues, "I have studied chimpanzee communication in Uganda and spider and howler monkey behaviour and ecology in Belize. I also have a graduate student working on small savanna monkeys in South Africa called vervets."

When asked to describe the course, he states "I really like ANTH 336 (Evolutionary Anthropology) because it allows students to engage with a range of topics that relate to our past and present behaviour; topics that, I think, we often encounter in our daily lives and ask ourselves "why do

we do/ behave like that?”. This course takes a biological approach to some of our behavioural peculiarities, such as the origins of language, religion, menopause and even why we might choose each other as sexual partners. So, the course is both foundational (i.e. we review the course of human evolution, its milestones and what the fossil record says about our evolutionary past), as well as addresses topical aspects that might be of interest regarding our current behaviour.”

Dr. Notman also explains the structure of the course, “There are two mixed format exams (a mid-term and a final) and an essay assignment. The essay format is somewhat unique (although the course is going through a revision that will enable more choice in what topic to choose). At the moment, the essay assignment asks students to read a couple of seminal papers we provide, written by a famous biological anthropologist named Barbara Smuts, who was interested in hypotheses regarding the circumstances under which male sexual coercion in all its forms occurs in primates, and whether these same conditions might lead to its prevalence in humans in specific socio-cultural contexts. So, she uses a cross-species perspective to ask questions about human behaviour and in this case a particularly noxious behaviour. The essay assignment challenges students to evaluate her hypotheses from the perspective of a different disciplinary approach (such as a feminist, sociological or psychological one), and to compare and contrast the two perspectives with respect to how they might explain and predict the occurrence of male sexual coercion. An additional part of the assignment (worth five percent) is to discuss the approach you will take to evaluating the Smuts readings with your tutor before you write the essay. To be sure, this is a sensitive topic, but I think it is important that students are challenged to think about these issues and how we might best address them using a multi-disciplinary approach.”

He continues, “In the new revision of the course (which should be out this winter/spring) I have built in more choice in the essay topics so that you do not have to review the Smuts articles if you would prefer to focus on another relevant topic (all topic options will be provided).”

When it comes to what type of work ethic students should have, Dr. Notman says that “a good one always helps!” Haha! “There is a fair bit of reading of journal articles (mostly review articles) as there is no single textbook that covers all of the topics that the course does (although there is a text as well). But the reading requirements are not beyond those of other 300- level courses.”

He provides advice to students who are enrolled or who are planning to enroll, stating “Make sure you talk to your tutor about your essay assignment in plenty of time to write, and keep up with the readings!”

He would recommend this course for “students who have taken an intro to biological anthropology (like ANTH 278 or equivalent elsewhere), but it is not necessary to enrollment or success in the course. You should definitely have some familiarity with reading research articles and writing essays.”

By taking this course, Dr. Notman “hopes students will gain an appreciation for the biological approach to understanding some aspects of human nature. This is not to say that biological explanations are the only ones, or even the “most correct”, but they certainly have much to contribute to our understanding of who we are as a species. I hope students can evaluate aspects of their own lives, perhaps, armed with this perspective. But the course will also show the limitations (and dangers) of using only a “naturalistic” approach to all facets of our behaviour. Often it is easy to slip into this idea that if animals like primates do something, then it must be a “natural” inevitability for us to do the same, and that there is nothing we can do about it. This



distinction between homology (traits shared by 2 species because the traits are shared by a common ancestor) and analogy (2 species share a trait because they do the same thing, not because they both inherited them from a common ancestor – like wings on a bat and a bird) is very important when it comes to comparing humans and nonhuman primates, particularly in the realm of behaviour.”

Every course has aspects that are more difficult than others for students, and for this one, he states “Probably the essay, and perhaps keeping up with the readings, but both of these areas of potential difficulty can be easily mitigated with time management! There is nothing that is too “hard” to comprehend; it is just keeping on top of the work, like most university courses!”

Whether ANTH 336 is a degree or program requirement of yours or the topics discussed above are of interest to you, this course will have you learning interesting topics surrounding anthropology!

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

## The Fit Student A Controversial Cure

Marie Well



One year, you might contract not just one disease, but more than five: “Just one in 20 people worldwide ... had no health problems in 2013, with a third of the world’s population (2-3 billion individuals) experiencing more than five ailments, according to a major new analysis from the Global Burden of Disease (GBD) 2013” (*The Lancet* as cited in *Science News*, June 8, 2015).

If you eat the standard Western diet you may be at risk: “The Western diet is made up of food that’s loaded with saturated fats and refined sugars and contains little fiber and healthy fats (like omega-3 fatty acids), says Ian Myles, MD, MPH ... at the National Institute of Allergy and Infectious Diseases (Thrasybule, January 17, 2018). Further to that, according to the 2015 to 2020 Dietary Guidelines for Americans Report, “About half of American adults have one or more diet-related chronic diseases such as heart disease, high blood pressure, type 2 diabetes, and certain cancers” (Thrasybule, January 17, 2018). But many diseases are stoppable: “What your doctor won’t tell you is that autoimmune disease can be prevented and reversed

through diet and lifestyle” (Myers, 2019). We can learn from those who cure themselves of disease.

What I’m about to suggest may not be scientifically supported. I propose that a cure for Chronic Fatigue Syndrome (CFS) may be found in graded exercise therapy leading up to a weightlifting regime.\* In my mind, graded exercise begins with, say, walking, and works up to a workout worthy of a pro weightlifter. That, coupled with a healthy diet, surely cured me.

But, of a different mind, Dr. Sarah Myhill suggests graded exercise may be dangerous, especially if started too soon (2017). In support of Dr. Myhill’s position, the *Lancet* reports that “a review of

eight surveys (n=4338) found 51% of patients with chronic fatigue syndrome or myalgic encephalomyelitis reported being harmed by graded exercise therapy (GET)" (Kindlon as cited in Wood, Anna, March 24, 2018).

Still, some doctors use graded exercise to treat CFS: "according to a ... Therapist Manual 'a central concept of GET [graded exercise therapy] and GES [graded exercise self-help] is to maintain exercise as much as possible during a CFS/ME [chronic fatigue syndrome/myalgic encephalomyelitis] setback'" (Wood, Anna, March 24, 2018). In my view, the type of exercise (weights versus cardio versus stretching) may play a role in people harmed versus helped.

The following represents how I came up with my proposal that graded exercise leading up to a weightlifting regime may help cure people with Chronic Fatigue Syndrome. \*

This past month, I've scrambled to figure out ways to help people with Chronic Fatigue Syndrome (CFS) and other diseases, like fibromyalgia. I've started writing a book about how I cured myself of undiagnosed Chronic Fatigue Syndrome (CFS). For research, I read books on CFS, but I fear reading such books might psychologically cause me to relapse. My body tightens and screams, "Stop reading!" But my desire to help lures me to read on.

I also research videos on CFS. To my delight, one video showed an interviewee with CFS who found relief from pills that increased her blood pressure. When I cured myself from undiagnosed CFS, I spiked my blood pressure during weightlifting sessions. Yes, weightlifting spikes blood pressure in the short-term: researchers found in one study on weightlifting that "extremely high blood pressure elevations of up to 345/245 mmHG were observed during the lifts" (Palatani et al., 1989, Dec.).

I believe higher blood pressure may play a role in healing people with Chronic Fatigue Syndrome. Further to this, Dr. Sarah Myhill lists two common "mechanisms" in CFS: "poor fuel supply (low blood sugar ...) *and low blood pressure* [my italics] (because energy delivery to the heart is poor so that it cannot beat powerfully as a pump)" (location 817 of 6918, 12%). As weightlifting spikes blood pressure in the short-term (but lowers blood-pressure in the long-term), I believe graded exercise leading up to a weightlifting regime may help cure people with CFS.

## AU-thentic Events Upcoming AU Related Events

### Neoliberal Conflicts: Deathscapes, Protectionism and the Rise of the Radical Right

Fri, Jan 25, 2:00 to 4:00 pm MST

Online

Hosted by AU FHSS

[news.athabascau.ca/events/neoliberal-conflicts-deathscapes-protectionism-and-the-rise-of-the-radical-right/](https://news.athabascau.ca/events/neoliberal-conflicts-deathscapes-protectionism-and-the-rise-of-the-radical-right/)

No pre-registration necessary

### The Graduate Research Series: Transgender Mtf Youth and the Sex Industry

Tuesday, January 29, 2:00 to 3:00 pm MST

Online

Hosted by AU Faculty of Graduate Studies

[www.eventbrite.ca/e/fgs-presents-the-graduate-student-research-series-featuring-christopher-rudan-master-of-counselling-tickets-53019454616](https://www.eventbrite.ca/e/fgs-presents-the-graduate-student-research-series-featuring-christopher-rudan-master-of-counselling-tickets-53019454616)

Register online at above link

### Doctorate in Business Administration (DBA) Info Session

Wednesday, January 30, 4:00 to 5:00 pm MST

Online

Hosted by AU Faculty of Business

[business.athabascau.ca/event-details/doctorate-business-administration-dba-information-jan30-2019/](https://business.athabascau.ca/event-details/doctorate-business-administration-dba-information-jan30-2019/)

Register online at above link

### Bannock & a Movie "Indian Horse", Part 2 of 2

Friday, February 1, 12:00 to 1:00 pm MST  
Athabasca University, Peace Hills Trust Tower, 12th floor, Room 1222,  
10011 - 109 Street, Edmonton AB

In-person; limited seating

Hosted by Nukskahtowin, AU Centre for World Indigenous Knowledge and Research

[indigenous.athabascau.ca/documentation/HonorYourWord.pdf](https://indigenous.athabascau.ca/documentation/HonorYourWord.pdf)

Register by phone (780)428-2064 or e-mail [ivy1@athabascau.ca](mailto:ivy1@athabascau.ca)

I recommend that graded exercise therapy begin with either bed exercises (with weights) or chair exercises (with weights) or walking. I was well enough to start with walking stints. Over a year and seven months, I upped the ante to an athletic workout, consisting mostly of weightlifting. Now that I've cured myself, I focus on a high-intensity martial arts routine, done six or more hours a week.

But Dr. Sarah Myhill thinks graded exercise started too soon can do serious harm: "CFS patients have poor stamina. They fatigue very quickly, some within seconds of any exercise. This arises because of poor energy delivery to muscles. If they push themselves through they develop post-exertional malaise—often this is delayed by 12-24 hours. This is the one symptom that is common to all CFS sufferers and it is the one symptom that makes 'graded exercise therapy' an oxymoron. Graded exercise is extremely dangerous since it risks major relapse ..." (Myhill, location 793 of 6918, 11%).

In other words, wait until you feel well most of the time before doing graded exercise therapy: "You get to a stage where you feel well all the time and activity levels are acceptable, then you can start to do exercises to increase the numbers of mitochondria and to improve cardiovascular fitness" (Myhill, location 3384 of 6918, 49%).

But I didn't wait until I felt well all the time. If I had waited, that day may never have come. Instead, I walked a block each day for a month and thereafter began heavy weightlifting, pushing through nausea, headaches, and extreme exhaustion.

Be warned: "Do things in short bursts. You will be more efficient if you do things for 10-40 minutes (whatever your window of time is), then rest for the same length of time. I had one patient who could only walk 30 metres, but by walking 15 metres and resting, then going on again, she got up to walking a mile a day without delayed fatigue" (Myhill, location 3333 of 6918, 48%).

Whether you have chronic fatigue syndrome or another disease—or even good health—make exercise a routine: "We are creatures of habit and the physical body likes things to happen on a regular basis; ask any farmer who keeps animals – they thrive on routine. Sleep and eat at regular times and pace activities so you do about the same every day and during the same time slots" (Myhill, location 3333 of 6918, 48%).

After all, you don't want to end up, like billions of others, with more than five ailments.

\* Always check with your physician before starting any course of treatment.

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## Fly on the Wall Horse Feathers!

Jason Sullivan



### Misplaced Mirth and Putting the AU in Laughter

“What are we laughing at?” Upon entering a room full of twitters it's an innocuous enough question. Here in the Youtube era we may not want to see the crude or unusual videos being shared, yet the cause laughter itself remains psychologically prescient. Plus, there's also the timeless possibility that we are the butt of the joke! Usually, though, humour is intended to be harmless and perhaps vaguely edgy. It may even “beguile the censor”, like when a

country singer literally croons “I'd like to check you for ticks” (Monro, 92. Paisley, online).

Laughter may be at something, because of something or with someone. If you're illustrating to others the nature of life at AU, any and all of these possibilities can come into play. Although we distance students fundamentally have no classroom to walk into, we nevertheless may enter some funny moments as we describe to others our academic sojourn. After all, doing school from home can sound too good to be true. Who hasn't wanted to skip out on a day of life and keep the home fires burning whilst claiming productivity? Sometimes it's tougher explaining (or defending) our unique study regimes with a straight face and a philosophical countenance. It might work to make light of our situation and thereby inform others of our reality through the intellectual back door.

Not attending classes per se leaves no need to concern ourselves with laughing out of place and attracting professorial ire. Like a child who chortles during grace at a big fat family dinner, or even an adult who giggles nervously during sandwiches after a funeral, our AU experience is relatively private at the daily micro-social level. Any guffaws we do emit are likely to ring out against deaf walls and resonate back into our minds unheard by an Other. Tears of laughter at the implications for our social life if we stick to our self-imposed study goals? Tell it to the walls, cuz there's no one else listening! Yet, the social implications of comedy in our daily lives arise as soon as we leave our den of academic inquiry and/or iniquity. Stop me if you've heard this one:

“So you do school on the Internet, that sounds easy!”

or:

“Hey, have you checked out TED Talks, why pay tuition when it's all there for free?”

Well-meaning peers say the darndest things and it's natural to laugh as we summon an explanation to justify our existence as paying students. Every comedian has to practice their rap.

For his part, D. H. Monro classified three general types of humour delimited and explicated into three tidy bundles: *incongruity theories*, *superiority theories* and *relief theories*. To each we shall now turn.

### How now brown cow?

Some lines just don't add up, but we laugh anyway. It doesn't make sense but neither do horse feathers and yet giggles prevail at such an outburst. Incongruity works this way because when imagery gets a bit wobbly it tips us askew, such that we can't help but laugh at the absurdity of language and thereby of life itself. Arthur Schopenhauer, a noted pessimist who nevertheless took the time each evening to literally play the flute (an instrument with notable musical range and not a little associated with gaiety at the realization of the very lightness of our being), claimed that laughter at nonsensical non-sequiturs served to provide a needed break from "that strict, untiring, troublesome, governess, the Reason" (Moran, online. Schopenhauer in Monroe, 91). Like the great Caribbean poet Aime Cesaire who famously intoned "reason, I sacrifice you to the evening breeze", incongruity theory explains how laughter prevails when we are faced with sheer nonsense. There can be joy in misunderstandings, and in being misunderstood, as our explanations of life as an AU student attest.

Jacques Derrida, whose career described the arc of a valiant snowball battling a behemoth avalanche, likewise claimed that *"to risk meaning nothing is to start to play"* (Derrida, 4). Incongruity suggests a playful disabuse of the power implied in ordinary speech and action: it's to throw a wrench in the works of normal life. And, like an AU student who waxes philosophic during an ordinary game of pool at his local small-town pub, sometimes just by expressing oneself slightly differently than the Other we can elicit peals of laughter. Referencing George Bernard Shaw's assessment of the "trade unionism of married women" is just such an example; it's a sentiment so antiquated as to be laughable and yet it still strikes a certain chord (Monro, 90 & 92).

### Laughter, the harshest medicine.

Social codes are nothing if not fragile entities lacking a solid core—their opacity shows through their clothing. This arrives us at the second species of humour: that explained by superiority theory. This category Thomas Hobbes summarizes as containing "sudden glory", that soul-girding moment when we feel ourselves rise above the common sentiment of the hoi polloi and attain an apical level that boosts our ego and/or our sense of cosmic understanding (Hobbes in Monroe, 91. Monroe, 91). Here "satire and laughter at small misfortunes" remind us of how well off our life and our sense of propriety are; even something simple like a child wandering through snow with boots on the wrong feet can here suffice. So too can misspelled words, a fact that we students, stranded far from our academic peers, must be aware of if we are not to come off as pretentious poopy-heads in front of others. After all, functional literacy to some involves putting new struts on their wife's car while to others it's to have a command of spelling or grammar. If we position ourselves out of place by switching roles we might laugh till we cry because differences align our very beings; humour functions to reveal these truths. Monroe notes that "the humorist drags into light the inconvenient facts that shatter these attitudes" of superiority (Monro, 92). Moments of hilarity in this vein can thus remind us of "our own past follies" and serve to provide a healthy levelling effect upon our self-esteem (Monro, 90). By laughing with others at ourselves or someone else we are reminded of the fragile nature of our status as adulting humans.

Superiority theory explains how humour can give us an omniscient view on life as a whole. Potty humour functions this way too, as with Robert Munsch and his infamous urinary references. We do all have some things in common, after all. Critical to superiority theory, therefore, is a shared sense of understanding. Henri Bergson, whose descriptions of the *elan vital* (an ineffable essence animating our existence) suggest an essential commonality betwixt each of us that is just waiting to be realized, is aptly summarized by Monroe:

*"Sometimes humor is at the expense of the person who is unable to live up to the conventional requirements, and here malice may creep in, but often enough the effect is to cast doubt on the conventional attitudes and values" of a given social circumstance* (Monro, 91).

However, there is a deeper “*social function of humour, it is levelled, according to Bergson, at the eccentric or nonconformist (because it is also)...aimed at the social code itself*” (Monro, 91).

Responding to a query about what we do all day while we are purportedly studying, a reply such as “I just scroll through my newsfeed like everyone else,” might serve to break the proverbial ice. We are levelling humour at ourselves and others and thus tying our commonalities together. Thus, we all feel superior to those unaware of our common humanity.

### Cracks in the walls of laughter

Relief theories of humour function specifically to break down these imaginary barriers. Herbert Spencer, whose deemed his ideal of isolated scholarly activity “cerebral hygiene”, hopefully appreciated the odd soilage of his mental realm by others (Qia.com, online). Spencer (who elsewhere coined the term *survival of the fittest* and thus enabled a great joke to be played on know-it-all science trivia buffs who thought it was Darwin), believed that:

*“humor consists essentially in the abrupt transition of thought from a noble or elevated idea to a trivial or degrading one, leaving the psyche with an unexpected fund of nervous energy that overflows into laughter, which is, according to him, a physical release of energy”* (Qia.com, online. Monro, 93).

This cathartic release feels good at the neurochemical level and thus adherents to the art of comedy return to the well over and over; some even fall in amid guffaws. Slap-stick, like life itself, is all about timing.

Laughter is thus a many-splendoured thing. Upon entering a roomful of mirth and enquiring its etiology, it might turn out that the occupants were laughing because someone had read an obituary of their favourite horse. As a result of one of the listeners not being aware of the species of the dearly departed family member a confusion had occurred. “May she bound over fences in heaven” sounds odd for even the most limber of pure-bred Canadian Grandma off to the big old farmland in the sky. Likewise, be it Lady Godiva naked on her horse in protest, or a character in an 1930s Hollywood movie exclaiming “Horse Feathers!” what matters about laughter depends upon the audience and the context. We have to know our audience if we are to explain the AU part of our life. And, hey, sometimes we really are just sitting around in our pyjamas scrolling through our social media newsfeeds, right? Even horses with feathers have feedbags. Newsfeed bags. Ugh, I’d best stick with essay writing!

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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.



## Ten Easy Ways To Add More Fruits and Vegetables to Your Diet

**Tara Panrucker**



People are exceptionally creative—they can come up with all kinds of excuses why they don't eat healthy. These can range from it takes too much time to prepare vegetables (but they'll spend over 10 minutes in a running vehicle in a drive-through for take-out) to it's too expensive to eat healthy (but if they tracked their eating-out expenses, it tells a different story). All it takes is a change in perspective to make eating healthy more delicious and enjoyable.

1. Morning smoothies make getting a daily blast of Vitamin C and fruits a cinch. Nothing could be easier than throwing frozen berries, mango, banana, a splash of pure orange juice, and a tablespoon of peanut butter for protein into one container and blending. Improve it even more by adding a handful of fresh spinach, which you won't even taste. Frozen

fruit lasts a long time and is only pennies per serving when made at home.

2. It pays to buy the best quality balsamic vinegar money can buy since a tiny amount mixed in with extra virgin olive oil makes an easy and flavourful salad dressing. Baby spinach or lettuce alone is tasty with this easy to make dressing drizzled on top. A little goes a long way and overall costs much cheaper than high fat dressings bought in the store, filled with preservatives and other nasty ingredients you don't want in your body.
3. Fruit plates are a simple way to get more fruit. Instead of mindlessly snacking on crunchy potato chips while studying, set out a fruit plate of apple, banana, and orange slices. You won't even notice the difference, other than you feel energized longer.
4. While noodle soups aren't the best health-wise, you can enhance their nutrient value by adding grated ginger (I keep a ginger root handy in the freezer), chopped green onions, carrots, mushrooms, and any other vegetable wilting in the crisper. You'll still enjoy your noodles, but with flavourful vegetables too!
5. Vegetable omelets are a no-brainer. Chopped up green onions, spinach, mushrooms, even broccoli and peppers add flavor and nutrients to your eggs like no amount of cheese can. Add hot sauce if like it spicy!
6. Instead of potato chips, chop up celery and carrot sticks, broccoli and cauliflower for dipping in your favourite dips. Still satisfyingly crunchy but more nutrient-packed.
7. It's diabolically easy to sneak in extra chopped vegetables and tomatoes into pasta sauces and chili. Yum!
8. Make your sandwiches more exciting by adding cucumber slices, lettuce leaves, sprouts, and sliced avocado.
9. Remember all those frozen vegetables languishing in the freezer? Scatter them into any dish—stews, soups, casseroles and sauces.

10. Pizza is delicious and nutritious when you: a) Make your own crust and b) Make it mostly vegetarian. Lavish as much spinach, green, red, and yellow peppers, mushrooms, green onions, and zucchini your heart desire on top of your pizza, pop in the oven for 15-20 minutes, and you have yourself a scrumptious and healthy way to eat more veggies. Go easy on the cow cheese and add more goat variety cheese. Goat cheese contains less lactose, so is easier to digest. It also has less fat and more vitamins and minerals.

Undeniably, adding fruit and vegetables into your diet is painless when you get into the habit. You may even be motivated to grow an herb garden in your kitchen window or outside the back door. Lettuce also grows prolifically in a pot if you chop off the top leaves—it keeps growing back abundant new leaves for fresh salads. Plus, growing your own greens is absurdly cheaper than buying those high priced, plastic-clad greens in the store. Now for a healthy and energized 2019!

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



## The Mindful Bard

**Wanda Waterman**



**Film:** *The Ballad of Buster Scruggs*

**Directors:** Ethan and Joel Coen

It would be too easy to claim this film as an indictment of the United States alone, but its historical setting predates any solid sense of Canadian identity. The characters, like my parents and great grandparents, freely moved back and forth across the border, with a freedom we can now only wistfully imagine and without a sense of having moved from one political ideology to another.

For the most part the cowboy, the pioneer, the prospector, the gunfighter, and the travelling actor didn't see themselves as belonging to any nation aside from the wild, unsettled west where they could exercise the most rugged of rugged individualisms. Using these archetypes, the Coen brothers present the human condition as well as the flaws in the descendants of North America's European settlers in a form we can all immediately grasp.

*The Ballad of Buster Scruggs* is comprised of a series of six separate anecdotes, unrelated except for a common thread: the contest with our mortality and what it reveals about us. The film employs the familiar but effective device of beginning each tale with the opening of an old book, showing us first a sheet of rice paper and then a beautiful watercolour illustration with a cryptic caption—one we'll only understand once the story ends.

The whiff-of-the-absurd that permeates the film is established in the first scene when Tim Blake Nelson, as gunfighter Buster Scruggs, wanders through a stony canyon, his horse ambling along unreined as its rider plays a guitar and sings "Cool Water," the classic thirsty-cowboy ode to a mirage. Buster Scruggs represents a host of old cowboy acts like those of Roy Rogers, Hank Snow,

and Gene Autry. His first stop is a wretched tavern (every hero's journey has one) in the middle of nowhere, no roads leading to it and no horses tied outside. Realism this is not.

Scruggs teaches us that those who live by the gun, though they be the sharpest guns in the west, will die by the gun. You'd think we'd know that by now, but apparently it bears repeating.

"The Girl Who Got Rattled," based on a story by Stewart Edward White, tells the story of the beauty of the glorious hope that keeps springing up despite one disastrous event after another, and how blind fear can bring down that hope in a second.

In "Meal Ticket" we're brutally reminded of how our cultures are founded on high ideals and values that we continually fail to embrace. The gumption to pull ourselves up by the bootstraps becomes less admirable when we exploit and abandon the things in life that are beautiful but not useful. We trash beauty in our pursuit of wealth, and, given a choice between high art and cheap entertainment, the lowest denominator is what gets our money.

The vignette "All Gold Canyon" is based on a short story by Jack London. An aged prospector wanders into a valley untouched by human hands and proceeds to hack up the virginal landscape in search of gold. The perfectly cast Tom Waits plays a role that seems to have been written for him, and his performance is historic.

"All Gold Canyon" is one instance of sitting back and watching others do all the work before throwing them to the curb and reaping what they sowed. Will this come back on us? It certainly should. But there's a caveat: A respect for life and beauty may somehow bring justice and delay demise. The old prospector steals an owl's eggs for his breakfast, but seeing the owl eyeing him puts three back and keeps one, telling himself that birds can't count. This simple kindness, coupled as it is with his own need to survive, grants him a miracle later on.

Naturally we hear "Streets of Laredo" early in the film. At the end a stagecoach passenger, the assistant of a "bounty hunter" (entirely symbolic of a darker and more primal vocation) sings the same tune but in the much older Irish song from which it originated, "The Unfortunate Rake," in which a man's death results from gambling his health with ladies of the night:

Had she but told me when she disordered me, /  
 Had she but told me of it at the time, /  
 I might have got salts and pills of white mercury, /  
 But now I'm cut down in the height of my prime.

Kudos to the Coens for the songs they chose to include: Most of the ditties in the soundtrack predate the rise of commercially recorded "country and western" music whose purpose was to evoke nostalgia for the cowboy days with all their hardship, hidden blessings, and existential courage.

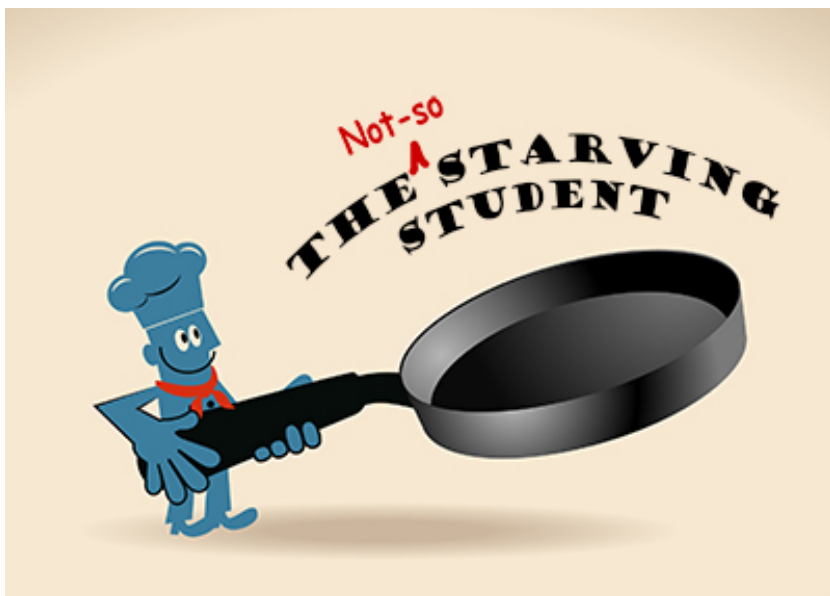
*The Ballad of Buster Scruggs* manifests five of the Mindful Bard's criteria for films well worth seeing:

1. it provides respite from a sick and cruel world, a respite enabling me to renew myself for a return to mindful artistic endeavor;
2. it's about attainment of the true self;
3. it gives me tools that help me be a better artist;
4. it's authentic, original, and delightful; and
5. it makes me appreciate that life is a complex and rare phenomenon, making living a unique opportunity.



## Food Truck Tour of Portland

Xin Xu



There's a reason why Portland, Oregon, is known as food truck city. Even in the coldest months of winter, the food trucks have lines that bend around the corner. Coming from Edmonton, where food trucks are only associated with the hottest days of summer, it was a refreshing experience to sample some delicious local cuisine with styles that spanned five continents. Portland holds the secret to your food truck cuisine cravings. Not only is the food delicious, it is highly affordable and comes in massive portion sizes. It is almost inevitable to run into rows upon rows of food trucks even while taking a short

stroll across downtown Portland. Here are some of the items I tried on my most recent visit.

### Jian Bing

A traditional Chinese street side food, the Jian Bing consist of a thin crepe encasing eggs, cilantro, sweet sauce and a crunchy doughy cracker. Words simply do not do this crepe appetizer justice. To try this Jian Bing on the street side of Beijing is one thing, but trying this authentic, flavorful breakfast item on the street-side of Portland is quite unlike any other experience I've had before. This Jian Bing stayed true to its Chinese ancestry and took me by massive surprise.



### Lamb Shawarma

You might know this as a traditional truck food item. However, did you know the portion sizes could be enough for not one, but two people? Having encountered multiple streets lined with food trucks, I stopped at one for lunch. Given this was the first thing I sampled, there was very little I could compare to, and I wasn't sure what to expect. However, the flavor of the lamb, the garlic sauce, and tzatziki blew me away. Even the rice underneath the bed of lamb had a mesh of complex flavors.

## Rolled Ice Cream

Didn't think they could sell rolled ice cream out of a food truck? Think again! Even in the winter, rolled ice cream never gets cold for a particular audience, including myself. Rolled ice cream has been a recent sensation that has taken the Western countries by storm, and this is no exception when it comes to food trucks. Watching the man inside make this delicious masterpiece only fueled my salivation. Overall, the chocolatey concoction topped with pistachios and pretzel sticks taste like dessert from a top tier restaurant.



## Coconut milkshake

We wrapped up our food truck experience with a drink from a Thai-themed food truck specializing in milkshakes. The coconut milkshake we ordered came with lychee pieces that added a unique touch to the traditional milkshake. While waiting for our order, I noticed a new row of food trucks that were initially hidden from view. If only our stomachs could tolerate another serving!

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

## The Creative Spark!

### Skip College; Learn Book Marketing the Smart Way

**Marie Well**



I got assigned a role to teach marketing at a community college. Before this, I had never heard of the four P's of marketing: product, place, price, and promotion. However, I could've succeeded remarkably in the teaching role had the school used a certain textbook. The textbook would've made learning simple and fun for the both me and the students. But the school opted instead to pirate a PDF of a different book posted online. I used the PDF to prepare, so I requested the book version of the PDF for the actual class. Instead of purchasing the outdated book, the school wanted me to photocopy the pirated PDF page-by-page to hand out to all the students first day of class. (The book held around one thousand pages.) If I had accepted the role, I surely would have failed as the students would have learned outdated theory but little to no practical skills.

Later, as a student, I wanted to take marketing from Athabasca, but a certain social media marketing course had heavily outdated textbooks. So, I avoided the AU marketing program. After all, the books you read on marketing can make you shine or waste your time.

Lately, I've wanted to learn book marketing strategies. And perhaps you have a book within you. I've helped authors publish and market their books. I love making book trailer campaigns on YouTube, but I'd like to leverage social media more. Author Alinka Rutkowska says her social media platforms consists mostly of Facebook, Twitter, and Goodreads (2019). On top of social media, Rugkowska made an author Websites with landing pages and opt-in emails. She used Optimizpress, a Wordpress plugin, that comes with landing pages and a membership site. I'd likely settle for a Wix website (with a membership plugin). After all, the learning curve for Wix is less fearsome than that for Wordpress and Optimizpress. And the authors I represent don't want to spend months mastering complex platforms.

When helping authors, I've made mistakes. In the future, I'd ensure my authors have three editors: developmental editor, copy editor, and proofreader. Author Alinka Rutkowska describes the three: "developmental editor ... tells you that your story will make great wrapping paper unless you get it significantly revised; copy editor ... points out all your errors; proofreader ... reads your masterpiece countless times and makes sure it's at its purest state possible" (p. 6 of 134, 9%). With a polished book, you can enter contests, possibly winning an award. Awards sell books, especially when advertised on your book's front cover.

Another mistake I made involved poor formatting. You can pay for someone to format your book interior (and cover page) cheap on Fiverr.com. I formatted book interiors myself. (Stupidly, I paid for fonts with license agreements when I could've used free fonts that come with an Adobe subscription.) I formatted one book with giant variable font sizes, each letter colored differently than the letters on either side. But the high cost of color books forced me to make the font black. Sadly, the colorless font took away the visual appeal. But on the bright side, the author's words more-than-made-up for my formatting faux pas.

On a final note, I think if you want to write, publish, and market your book, you should skip the community college. Make your first stop Author Alinka Rutkowska's *How I Sold 80,000 Books: Book Marketing for Authors (Self Publishing through Amazon and Other Retailers)*. I'm sure she'll get you into every major online bookseller in no time.

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### Unearthing classic articles from previous issues of *The Voice Magazine*.

Since so many students on the unofficial [AthaU Facebook](#) page ask about the turnaround time for marking assignments and exams, we've found these two relevant articles from our archives.

**So you're saying tutors are human, too?** Writer Deanna Roney looks at the flipside of the tutor-student equation. "Sometimes I think we forget that there are real people on the other side of those emails and assignments." [Tutor Time](#), April 3, 2015.

**The most-requested link is here!** Barbara Lehtiniemi highlights a useful one-stop shopping site for AU info, courtesy of AUSU. "...sometimes you'd like to get to the page you want without feeling like you're falling down a rabbit hole." [Get AU Info You Need Quickly with AUSU's Quick Links](#), May 20, 2016.







## The Missing Piece

*Dear Barb:*

*Hi, my cousin was in a terrible accident on Christmas Eve. The person driving the other vehicle was drunk and ran into my cousin's car. He had to be cut out of it and received numerous injuries; including having to have his foot amputated because it was so damaged and could not be saved. Harry is only 28 and totally devastated by losing his foot. None of our family members know how to deal with this and help him. He's very angry that this happened to him and to be honest with you, I am too. I can't really find any good in this, how can I help him to deal with it, when I'm not even dealing with it. Thanks for your help, Kevin.*

Hi Kevin:

So sorry that your cousin and your family has to go through such a traumatic event. Loss of a limb is devastating for the person and all their family members. It is comparable to losing a close friend or family member. There is an abundance of information on the web about dealing with this loss, but I will condense it for you and give you some websites to check out when you are feeling up to it. Elizabeth Kubler Ross, a Swiss psychiatrist has done extensive research on grief and her famous book "On Death and Dying" describes the five stages of grief. Grief applies to any loss, not just

the loss of a person. Your cousin has lost his foot and he will experience denial, anger, bargaining, depression and acceptance. These five stages do not have to occur in this order, and a person could spend years in one stage.

For example, after an amputation, depression and anxiety occurs in 41% of patients. So it is important that your cousin receive the necessary professional support. Your cousin's physician, surgeon, and therapy team should be able to recommend a social worker who is familiar with the difficulties faced by amputees and their families. A support group, where your cousin can spend time with other amputees and discover how they have managed to carry on under similar circumstances, will offer invaluable hope for a fulfilling future. As well, setting attainable goals is important in anyone's life, particularly for an amputee. It's very easy to lose hope and just give up; therefore, setting goals provides meaning and structure to a person's life. Also having a daily routine will prevent the amputee from focusing on their loss. Being a part of a social group will help with the adjustment to the new normal. Another adjustment phase will occur with the addition of a prosthetic. A prosthetic will provide the amputee with the ability to do many activities and live a more active lifestyle. Again, this is a further adjustment and your cousin will need a lot of support from family and friends. Thank you for writing, and for your concern, you will obviously be an important part of your cousin's recovery process.

Following are some websites where you can find additional information on this life changing event.

<https://www.psycom.net/depression.central.grief.html>

<http://www.amputee.ca/>

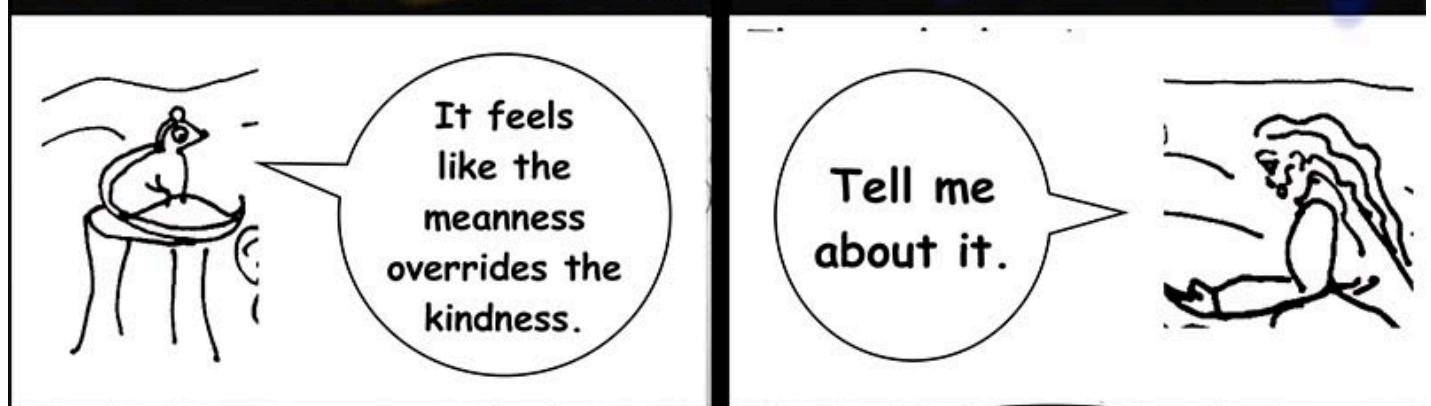
<http://amputeecoalitioncanada.org/>

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.



Poet Maeve  
Forgetting Love

Wanda Waterman





**AUSU**  
ATHABASCA UNIVERSITY  
STUDENTS' UNION

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## IMPORTANT DATES

- **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](#)
- **Feb 28:** [Deadline to apply for course extension for Apr](#)
- **Mar 10:** [Deadline to register in a course starting Apr 1](#)

## New Student Advisory Committee

AUSU just voted in the student members of the new AUSU Student Advisory Committee during the January 2019 council meeting. The committee consists of undergraduates from around the world who will help represent AUSU members on a variety of topics throughout the year.

**Welcome to the new AUSU Student Advisory Committee members, as follows:**

Name	Location
Brandon Simmons (Chair)	Alberta
Catherine (Katy) Lowe	Alberta
Christopher Hinbest	Ontario
Giovanni Serebro	Ontario
Jennifer Bouley	Ontario
Jon Paul Hare	Ontario
Landon King	Northwest Territories
Lionel Pinkhard	South Africa
Michele Mrkvan	Ontario
Raphael Ugobe Okechuk	Alberta
Zdenka Slavikova	Alberta

This committee will continue until September 30, 2019, in accordance with [AUSU Policy 8.10](#).

**Stay tuned for more ways to get involved with AUSU! We will put out another call for applications for the 2019-2020 Student Advisory Committee in the fall, and there will be a new council election in March 2020!**



## Free Lynda.com Access

AUSU is pleased to announce it is continuing to provide all of its members with [free access to lynda.com](#), the world's premier video training website!

In 2018, AUSU members watched **over 37,000** training videos on lynda.com!

**Top lynda.com video topics in 2018 included:**

- Programming Languages (Java, HTML, C++, Javascript, Python, etc.)
- Time Management
- Project Management
- Photography
- Preparing for the GMAT
- Online Marketing
- Office Programs (Excel, Word, Access, etc.)
- Adobe Programs (
- Small Business Secrets
- Web Design
- SEO Optimization
- Graphic Design
- Database Management
- ..and many more!

**Access your free lynda.com account through the AUSU website [here](#).**





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# CLASSIFIEDS

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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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