



# THE VOICE

Vol 27 Issue 07 2019-02-15

## Meeting the Minds

A Word about Words with AU's Writer in Residence

## Going Back for Dessert

Taking One More AU Course

## In Conversation

with Mangeur de Rêves

*Plus:*

*The Struggling Student Rants  
Trudeau's Changes  
and much more!*



# CONTENTS

*The Voice's* interactive Table of Contents allows you to click a story title to jump to an article. Clicking the bottom right corner of any page returns you here. Some ads and graphics are also links.

## Features

Meeting the Minds: AU's Writer-in-Residence..... 4

## Articles

Editorial: *An Issue with Articles* ..... 3

Going Back for Dessert: *Taking One More AU Course*..... 9

A Healthy Heart is a Happy Heart ..... 10

Trudeau's New Changes to Elections..... 25

## Columns

In Conversation: *with Mangeur de Rêves* ..... 6

Porkpie Hat: *Musings of an Idiosyncratic Romantic*..... 8

Course Exam: *ENGL 303*..... 11

The Not-So-Starving Student: Four Tips for Eating Clean..... 14

The Struggling Student Rants: *Financial Literacy*..... 15

Fly on the Wall: *Entitlement Through the Ages*..... 17

The Fit Student: *An End to Obesity*..... 21

The Creative Spark: *Eight Tips for Filming Your Documentary*..... 27

Dear Barb: *Road Regrets*..... 29

## News and Events

Student Sizzle ..... 13

AU-Thentic Events ..... 18, 19

Scholarship of the Week..... 26

AUSU Update ..... 31

## Graphic

Poet Maeve: *Playing by Rote*..... 30

**The Voice Magazine**

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301 Energy Square  
10109 – 106 ST NW  
Edmonton AB  
T5J 3L7

**Email**

voice@voicemagazine.org

**Publisher**

AU Students' Union

**Editor-In-Chief**

Jodi Campbell

**Managing Editor**

Karl Low

**Regular Contributors**

Barb Godin, Scott Jacobsen,  
Carla Knipe, Barbara  
Lehtiniemi, Tara Panrucker,  
Deanna Roney, Wanda  
Waterman, Xin Xu

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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

### An Issue with Articles

Karl Low



Let's just start off with the good stuff. Our feature article this week is an interview with AU's newest writer-in-residence, Katherena Vermette. Tania Parker talks to this Governor General award-winning writer about her routine and what she's going to be doing while serving as AU's writer-in-residence.

The writer-in-residence program is one that, like the Write Site, not a lot of students know about. But, if you're an aspiring writer or looking to add the flair that might convert your "B" grade into an "A", a resource that you should be looking into.

Also, this week, we have the experience of a former student who's returned to AU to take an extra course. Not for the grade, not because it's required for her job, but simply as a form of enjoyment.

If that sounds hard to believe, then you need to check out our article "Going Back for Dessert."

I don't think it's really that odd of a thing, however, and expect many students would consider it (probably more if it weren't for the cost of the courses), as there gets to be a certain routine when you're taking courses, and shortly after graduating it can be difficult to let that go.

For some people, they may also be dealing with the realization that they became a student not because they had any specific goals they were looking for, but more as a way to break with what they were doing before, or, for some, even as a way to avoid having to enter the world of work and drudgery. For those people, that one last course that you don't have to take, but just want to, could be a great way to cement which side of that fence you're on.

Plus, we interview a musical group of self-professed metal heads who don't play metal. What happens when progressive metal music fans put together a folk band? Read our interview with Montreal's Mangeur des Rêves to find out!

There is also an article this week that is one of those I find myself strongly disagreeing with even as I admit it deserves to be in *The Voice Magazine*. Francesca Carone looks at the recent changes to electoral law passed by the federal government and presents us an article noting many of the concerns that people have brought forward about the changes. I don't share those concerns myself, and think that the changes made are, in general, solid ones that will help democracy (though not as much as implementing some form of proportional representation would have been). Still, she presents a fair summary of what many people are saying about the changes, and if you're interested in what's going on in our democracy, it's worth a read.

I'm hopeful someone (who's not me) would take a look at it and decide to write the other side, as I'd love to see the current viewpoint of other students. Maybe I'm just out to lunch, and she's on point, after all. Until then, we've still got reviews, news, events, advice, and more! Enjoy the read!

A handwritten signature in black ink, appearing to read "Karl".

# MEETING THE MINDS

## INTERVIEWS with AU's EDUCATORS



**A Few Words on Words  
with AU's Writer-in-Residence**

**Tania Parker**

Author of the bestselling and award-winning Canadian novel, *The Break*.

Governor General's Literary Award for Poetry winner for her book of poetry, *North End Love Songs*.

And now, one of us.

Meet Winnipeg's Katherena Vermette, AU's 2018-2019 Writer-in-Residence.

What is a Writer-in-Residence, you ask? The Writer-in-Residence is an appointed position held by an award-winning Canadian writer, who spends 60% of their year-long residency working on their own writing projects while devoting 40% of their time as a resource to AU's writing community. In short, while Katherena works on her latest projects, she will also be available to help us with any questions we may have about our writing and the publication process. Lucky us!

I was able to meet up with Katherena (virtually – because that's just how we do things at AU), and here is what she had to say about creativity, finding time to write, and the age-old AU question: what's best – physical or electronic books?

**Being a student often means long days and nights in front of a screen, struggling to come up with the right words to finally nail that essay. I imagine life as a writer must be similar! So if you've hit a bit of a roadblock and it's been a few hours since being able to come up with anything, what do you do to spark your creativity?**

Hahah. Hours, days, weeks, roadblocks can be long. I don't really like to plod at the laptop too long and prefer to keep my writing times comparatively short and intense. I give myself deadlines and goals but find it's more productive to have a good hour than a bad day. I also like to break up all my sitting time with lots of movement and chores and the like, and find that's the best help when I'm stuck. I have the advantage of working at home so there's so much to do if the ideas won't come- laundry, dog walking, supper cooking. Thinking happens best while doing, I think.

---

**One of the biggest struggles for distance education students is time management. Making and finding time is key. What is your favourite time to write, and why?**

I write in the mornings because it's when I'm most awake (read: caffeinated). If I have anything else to do I like to schedule it for the afternoons because my mornings are precious. I get everyone out of the house to daycares, schools and jobs and then it's just me and my dogs, and hopefully the words, for a while. I have never been the kind of writer who jumps in on their lunch break or works late into the night. I need quiet and lots of it. I need plenty of time to write myself in and time after to get myself out and back to the life stuff.

**AU has been moving towards electronic textbooks instead of print for many of their courses (which may or may not be a source of contention for some). What do you prefer: audiobooks, physical books, or e-books? Why?**

I like anything with print- e or paper. I do love good old-fashioned paper books especially old ones well-worn and magically found but also have been known to have one or two going on my phone as well. I can't do audio books though. I know they are great but I retain nothing audibly - I need to see it.

**What do you hope to accomplish during your residency at AU? Can you tell us a little bit about your graphic novel, as well?**

This year I am trying to work on some new poetry, but likely some fiction will sneak in there too. I am also writing #3 of the graphic novel series right now. The series is A Girl Called Echo about a modern-day young person who slips back in time and experiences key moments in Metis History. Right now, Echo is at Batoche during the Northwest Resistance of 1885. So, pretty exciting stuff for this history nerd.

**If you could tell your "younger writing self" anything, what would it be?**

Ah, I like this question. Oh, my poor younger writing self! Gosh, she would love me. She'd be so relieved or maybe just surprised that we were able to accomplish much of anything. The first thing I would tell her is to believe in herself, just a little, just try. Believe you can do it, believe you are worth it, believe in the process. I'd also probably try and get her up in front of that microphone a bit sooner, because it took me 'til I was 26 to read anything to anybody. Knowing my incredibly stubborn younger self, that conversation probably wouldn't go my way, but I would try.

**Last, but not least, what is your favourite word and why?**

Right now, my baby is learning words so the tiniest details of the smallest of words are pure joy. She just picked up "hi!" I never loved that word more!

**Welcome to AU and we hope you enjoy your stay here, Katherena!**

Katherena is honoured to pay it forward and help aspiring authors like you and can be reached at [writerinres.athabasca@gmail.com](mailto:writerinres.athabasca@gmail.com).

Interested in submitting your work for critique? Visit <http://writer-in-residence.athabascau.ca/submission/index.php> for more information.

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



## In Conversation with Mangeur de Rêves

Wanda Waterman



**Alex Cégé:** voice, acoustic guitar

**Jici LG:** electric guitar, voice, acoustic guitar

**JPhil Major:** bass, voice, acoustic guitar

**Raphaël Liberge-Simard:** percussion

**Florent Schmitt:** electric piano

Mangeur de Rêves (“Dream Eater”) is a Montreal-based folk-rock band that formed in 2016.

The band has just released their debut album, *Histoires à l'envers* (backwards stories), a masterpiece of tight harmonies, atmospheric musical arrangements, and thoughtful lyrics reflecting the vastness of our inner worlds. The two founding members, Alex and Jici, are psychology grad students, and the band’s name and song lyrics reflect their predilection for

the landscapes of the psyche. The album was recorded at Breakglass Studios (where Arcade Fire, Plants and Animals, Elephant Stone, and Elizabeth Shepherd have also recorded).

Recently the band’s bassist and backup vocalist JPhil Major and founding members Alex Cégé and Jici LG met with Wanda Waterman to talk about their lives and their sound.

### How did you guys meet?

ALEX: Jici and I met in 2014, but we didn’t start the band until two years later. We were studying the same subject but at different universities, and we were introduced to each other at a party. We’d written two or three songs but had no band to play them, so we started looking on Facebook and other places for musicians. One day we went to see Pain of Salvation, a progressive metal Swedish band. We knew there would be a lot of music players there because it really is musicians’ music — very technical and progressive. At the end of the show when we went to the coat check we said out loud, “Hey, it’s time to recruit some musicians,” and the guy in front of us turned around. It was JPhil.

JPHIL: “I can play music! What do you guys need?”

ALEX: When we were looking for a percussionist we posted ads on the “Musicians Montreal” page on Facebook. Raphael was following that page, but he’d turned the notifications off for a while because he wasn’t trying to get into a group. One day he woke up and his cellphone was on the bed and completely by chance a single ray of light — the curtain was almost closed — was shining onto our ad. Maybe because his musical preferences were so close to the wording of our ad, the notification had appeared.

JPHIL: Thanks to Facebook's algorithms. We were looking for something so specific, and then this guy Raphael arrives.

JICI: He was a true progressive metal fan like us.

ALEX: We like to say that we're metalheads that don't play metal. We play soft music, so we say we don't play "metal," we play "wood," which has a more folk quality.

### **How long did it take to record *Histoires a l'envers*?**

ALEX: Nine intense days stretched over four months.

JPHIL: The first session was during the *Saint-Jean-Baptiste* weekend. What better way to celebrate *la fête des Québécois* than by playing in a Québécois band! At first, we went through the whole album live together and when we went back it was only for overdubs and tweaking.

JPHIL: We wanted to celebrate *Jean-Baptiste* a little so we went to eat poutine at La Corniche, a Tunisian restaurant on Boulevard Saint-Laurent. It was quite good. It had merguez sausages in it.

### **Were there other instruments on the album besides your own?**

JPHIL: There was a theremvox. It sounds a bit like a theremin, but it's a keyboard. Instead of pressing keys there's a piece of metal that you slide to the note you want.

ALEX: It's like a moog but instead of pressing keys you move your fingers. There were no virtual instruments. And the console was analogue; it was a Neve console, the same one Led Zeppelin used to record "Kashmir." It had a couple of other owners before the guys at Breakglass Studios bought it.

JPHIL: The Neve console was handmade by Rupert Neve, and he only made a handful of them.

### **Was the song "Ainsi Parlait Pinel" about the French psychiatric reformer Philippe-Pinel?**

ALEX: It's more about those who live at the Philippe-Pinel Institute here in Montreal, about a man we could say is mad—but the whole point of the song is delivering a message and asking the questions, "What is madness? What is normal? Who actually lives at the Institute Philippe-Pinel—is it the madmen? Is it us? Where is the line drawn?"

### **How do you find time in your hectic academic studies to work on your music?**

JICI: I *need* this time with music.

ALEX: It's a necessity.

JPHIL: I was mourning the end of a relationship at the beginning of the summer and these guys helped me through it just with music therapy.

ALEX: Our psychology studies teach us a lot about relational dynamics, which really helps with song writing. It grants us a creative insight into relationships.

### **What's next for Mangeur de Rêves?**

ALEX: New songs, promoting the album, and shows. We made the quarter-finals for the contest Ma Première Place des Arts. Then in March we'll know if we've made it to the semi-finals. It will be on March 9 on MATv on Videotron.

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



## Porkpie Hat Musings of an Idiosyncratic Romantic

Darjeeling Jones



I think it's fair to say I have few needs and simple tastes. Just kidding. In reality, my needs are embarrassingly abundant, and can be convoluted to the point of byzantine. They're also hard to tell apart from my "wants." The way I see it, it's a tough and shitty old world sometimes, and we need a reasonable amount of visceral pleasure just to get by. The problem is, laying my hands upon the experiences and goods I need can be an elusive quest.

In the city of my imagination, there are no big box retailers, no shopping malls, no outlet stores. In their place is an abundance of small, quirky business coincidentally catering to my personal quirks and desires. There is, for instance, a used bookstore specializing in occult literature and cookbooks from the 1970s, the sort of place where you can find first editions of works by Baudelaire and Graham Kerr. Right beside that, of course, is

a vinyl record shop (exclusively vinyl!) carrying extensive selections of bel canto opera, avant-garde pop, gypsy jazz, progressive metal, seventies soul, and country blues. The movie theatre draws big crowds to its midnight double bills (this week - why not? - it's featuring *Persona* and *The Shining*). Within a short walking distance, there is a dive bar, bowling alley, tattoo parlor, and Chinese restaurant. Saturday in this imaginary downtown is pleasantly busy, filled with crowds of stylishly dressed punters strolling about window shopping. The storefront of the French bakery is piled high with elaborate layer cakes and jewel-like tarts. The haberdashers has a special on porkpie hats and Italian fedoras. The taxidermist and the calligraphy supplies shop are both doing a thriving business. Need a porterhouse steak from the butcher, some stilton from the cheese shop, a bottle of Irish whiskey, some French perfume, or a jar of caviar? No problem, they're all right there on the Main Street of my imagination.

Of course, such a place does not really exist, and never did. How could it? The specific things I want to have access to are too limited, too specific in their appeal. They are the sort of needs that arise from a very specific, idiosyncratic cocktail of nostalgia and romanticism, and maybe just a little pretentiousness as well. (Pretentious? Moi?) Still, that doesn't stop me from yearning for a version of reality that is more in line with my moonstruck ideals.

I imagine I'm not the only one who frequently feels this way. I think there are many out there who are just as dewy-eyed and romantic as I am. It's even possible, Dear reader, that you are one of those kindred spirits. Our specific tastes may be very different, but perhaps we both experience that strange, wistful feeling of being slightly - perhaps more than slightly - out of step with the workings of the modern world. Maybe we both yearn to return to a time that has never really existed, return home to a place we have never actually been. As the brilliant Paul Simon pointed out, "The thought that life could be better/ Is woven indelibly / Into our hearts and our brains".



## Going Back for Dessert Taking one more AU course

Barb Lehtiniemi



Current AU students, entrenched in the seemingly endless struggle toward their degrees, may think I'm crazy. But after finishing my degree at AU last year, I returned to take one more course.

I'm not a sucker for punishment. I'm not turning into a career student. I just decided to take one course simply for the fun of it.

When AU added the course ENGL 380 Writing Poetry early in 2018, I was immediately interested. But I was already in the middle of my final four courses then. I didn't need any more credits for my BGS program and

couldn't manage another course anyway.

So, I soldiered on, finished my courses and my degree. I packed up my course notes and textbooks and tidied my desk. I went to convocation in June, and I enjoyed the relief of not having to spend another summer working on courses.

But the Writing Poetry course continued to intrigue me. I really did want to take the course—not for the mark or the credits, but for the pure enjoyment of it. I wanted to learn about modern poetry, what it is and what it isn't. I wanted to practice writing poetry that people would read.

I had already taken ENGL 381 Creative Writing in Prose and ENGL 384 Writing Creative Non-fiction. Writing Poetry would complete a tidy trifecta of AU creative-writing courses.

I decided to enrol in the course over the winter—having course commitments and deadlines is a great way to speed the season along. It was like an early Christmas present receiving the course books in the mail in mid-autumn.

Four months after beginning the course, I'm finding Writing Poetry as interesting as I thought it would be. But the best part is that, with my degree already hanging on the wall, there's no pressure.

Taking a course just for the fun of it is like going back for dessert. It's pure pleasure. I can do as much or as little as I want. Marks don't matter. Even finishing doesn't matter. (Although it sort of does—after shelling out almost \$800 for a course, I don't want to see a big "F" on my transcript at the end of it.)

I don't need this course for my degree. It's just for me and I find it amazing how much more effort I'm putting into it. Part of that is simply because I'm only taking one course instead of multiple courses, but mainly it's because, absent the pressure of having to achieve a certain standard, I can approach the material more playfully.

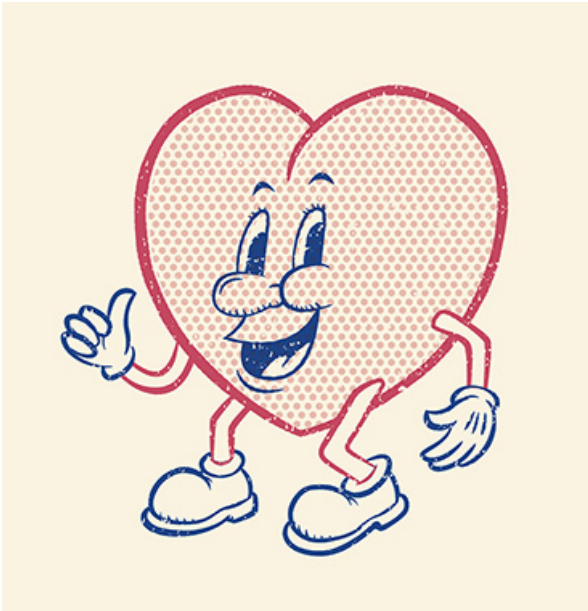
I've learned a lot about poetry, and I've learned how to craft better poems. However, I've also learned that this is it—I don't want to take any more courses after this.

I'm glad I went back for one more course. It's been a real treat—but one dessert is enough.

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

## A Healthy Heart is a Happy Heart

**Tara Panrucker**



Most According to the Canadian Provincial Health Services Authority, February is *Heart Month*, which makes sense since it contains Valentine's Day on the 14<sup>th</sup>. Maintaining a healthy heart, that amazing organ continuously beating in your chest from birth until death, generally unnoticed, is important to your present and future well being. A strong ticker delivers oxygenated blood to the other organs of your body. If it isn't working to full capacity, then nothing else will either.

Undeniably, without our precious heart organ beating away in our chests, life as we know it ceases to exist. Fortunately, there are a huge number of lifestyle adjustments we can make to ensure a healthy heart. Enjoying the benefits of a vigorous heart for all the decades of your life is easy with a bit of effort.

1. Eat a variety of colourful fruits and vegetables. No one died from eating too many vegetables (as far as I know). A plant-based diet provides a high antioxidant and bioflavonoid intake, the ingredients that help your body prevent heart disease.
2. Opt for brown rice and grainy bread as opposed to the white, overly-processed breads. White bread products lack fibre.
3. Incorporate oily fish varieties into your diet as omega-3 fatty acids have been proven to be heart-healthy. Salmon and tuna are great choices.
4. I am a self-confessed salt-addict and my heart could be suffering because a high-salt diet can increase blood pressure, adversely affecting the heart. Herbs and spices are the ideal, flavourful alternatives.
5. Drink alcohol in moderation (or not at all, if that's your thing).
6. Reduce sugar intake, or try organic, unpasteurized honey instead of white sugar in your coffee and tea. Honey also has antioxidant properties as well as immune-boosting benefits.
7. Reduce or eliminate trans fatty acids from your diet. Most trans fats are found in fried foods, baked goods, and processed food products that have hydrogenated vegetable oils added. Trans fats increase LDL cholesterol and triglycerides while lowering HDL cholesterol, which greatly increases the risk of cardiovascular disease.
8. Reduce or eliminate saturated fats from your diet. This type of fat is primarily found in animal derived foods, such as dairy and certain nuts. This type of high-fat diet increases levels of LDL cholesterol and triglycerides, consequently raising the risk of heart disease and stroke.
9. Keep your meat consumption low and replace some of your meat with more poultry, fish, eggs or beans. Doing so increases your fibre and nutrient intake while keeping saturated fat intake lower.
10. Increase your intake of fibre. In addition to fruits and vegetables, stock up on heart healthy nuts like almonds and walnuts, seeds, and legumes, along with whole grains to maintain healthy cholesterol and blood sugar levels.

A heart healthy snack that has been around since 1885, popcorn also satisfies our craving for crunch. Going without butter seems wrong to me, so I go with option B and use grass fed butter



as a topping. Grass fed butter is also a healthier than the margarine and other hydrogenated oil butter options. Hydrogenated oil has been proven to be extremely bad for consumption:

“Hydrogenated oil is a man-made food substance that is used widely throughout the food supply for its cost efficiency and technical advantages. Also known as trans fats, these oils have become more known for their damaging health effects. Many scientists and health professional believe trans fats are so dangerous they should be banned from the food supply.”

Get in the habit of reading the ingredient list on many popular grocery store items, which are coincidentally well-advertised. You may be shocked to see how often you see hydrogenated oil listed.

And just to get you started on the popcorn, here's a savoury recipe that should satisfy some cravings for tasty snacks.

### Happy Heart Savoury Popcorn:

As much air popped organic (non-GMO) popcorn as you desire (around 12 cups, popped)

60-70 ml butter (preferably grass-fed)

30 ml parmesan cheese

3 ml oregano

3 ml basil

3 ml garlic salt

½ ml crushed red pepper flakes (optional)

Melt butter in small pan over low heat. Stir in seasoning for one minute. In a large bowl, pour over popcorn and gently toss. Sprinkle with parmesan. Toss again to coat. Crunch away!

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



### Course Exam

### ENGL 303 (A History of Drama Part I: Early Stages)

Brittany Daigle

ENGL 303 (A History of Drama Part I: Early Stages) is a three-credit course that traces the history of Western theatre from its Greek origins to the beginning of the eighteenth century in England and France, with specific references to the plays in a core anthology, The Wadsworth Anthology of Drama. This course has two introductory English courses as its prerequisites, which include ENGL 211 (Prose Forms) and ENGL 212 (Poetry and Plays), or students can use the equivalent first year English courses. This course has a Challenge for Credit open if students are interested, but ENGL 303 cannot be taken for credit if credit has already been obtained for ENGL 300.

A History of Drama Part I: Early Stages is made up of three acts (The Golden Age: Tragedy and Comedy in Athens; Medieval Roots and Renaissance Flowerings: Mysteries and Moralities,

Tragedy and Tragicomedy; and Sentiment and Wit: Seventeenth and Eighteenth Century Comedy and Tragedy), and requires a scene analysis, weighing ten percent; a critical review worth twenty percent; an essay proposal weighing five percent; an essay worth twenty five percent, and a final examination for the remaining forty percent.

The final exam for this course must be taken online with an Athabasca University-approved exam invigilator at an approved invigilation center. To receive credit for ENGL 303, students must achieve a minimum grade of fifty percent on all the assignments and final exam and a overall grade of at least fifty percent for the entire course.

Dr. Mark McCutcheon provides a brief introduction, stating “I am Professor of Literary Studies in Athabasca U’s Centre for Humanities. I teach literature, drama, and popular culture. I completed my PhD at the University of Guelph’s School of English and Theatre Studies; my dissertation was about rave culture and my studies were supervised by Canadian theatre scholar Dr. Alan Filewod.”

He has been working at Athabasca University since 2009 and has been the course coordinator for ENGL 303 since starting. He explains, “These courses were initially developed and coordinated by Dr. Anne Nothof (who’s since retired and is now Professor Emerita). Like Dr. Nothof before me, I coordinate these courses, and I also tutor them.”

Alongside ENGL 303, Dr. McCutcheon coordinates and tutors ENGL 304 (A History of Drama Part II: Modernist Theatre), and coordinates the following courses: ENGL 373 (Literature and Film), ENGL 431 (Canadian Drama), ENGL 395 (The 19<sup>th</sup> Century British Novel), though students should be aware that they are both currently closed temporarily as he is revising them. He also teaches several graduate courses for the MA program, which includes MAIS 606 (Academic Writing for Grad Students), LTST 612 (Gothic Transformations of the 19<sup>th</sup> – Century Novel), and LTST (Literature and Culture of the Black Atlantic).

When asked to describe ENGL 303 to students, Dr. McCutcheon states “History of World Drama I (ENGL 303) surveys major plays that belong to the canon of world drama. The course is organized, like a play, into three Acts: the first Act looks at major plays from ancient Greece (some of which, like Aristophanes’ *Lysistrata*, are still performed today); the second Act explores the religious theatre and morality plays of the medieval period; and the third Act tours early modern theatre as represented by selected works of Shakespeare, Molière and Racine. (We do not expect students to know ancient Greek or even French, for that matter; we teach all works that were not originally written in English in modern English translations.)”

He also provides some insight to the structure of the course: “History of World Drama is a senior-level English course because it proceeds on the premise that the student in the course has prior learning in the foundations of English literature studies. Such learning typically encompasses a general knowledge of English literary history and major works, but more importantly it also includes training in the main method of literary studies, close reading: close reading means analyzing and interpreting a text as a specific and deliberate composition. That is, close reading means talking about the writing: not so much what a text says (i.e. what happens in its story), but rather how a text says what it says (its use of images, tropes; its structure; its style, etc.).”

He continues, “So, building on those presumed foundations, a student in this course gets more in-depth learning in a particular domain of literary history (the canon of world drama) and more in-depth practice in literary studies methods. The course assignments, then, involve the close reading of specific scenes or passages, the reviewing of theatrical productions of certain plays, and comparisons among two or more assigned plays.”

As for what kind of work ethic students will have to have to be successful in this course, he explains "To succeed in this course, the student has to be prepared to do a lot of reading – not that that's unusual for university study. But here you get to read some of the world's best-told stories -- reading works of great literature is more fun than reading textbooks, I say. And the student in this course has to be prepared to look closely at, and think interpretively about, the specific character and form of the writing they are reading here. Discussing what characters do and what events happen in a given play will not get you far here, this course is not about testing just comprehension – you need to engage critically with the writing, the way the story's told and staged.

Dr. McCutcheon explains what he finds his the most challenging aspect of ENGL 303 to students, stating "At the risk of sounding like a broken record, I find the most challenging aspect of this course – as with any English literature course – is helping students to focus on the writing in a text as the proper object of their analysis and argument. Which is why I am always recommending students go and read Prof Jack Lynch's short, excellent online guide, "[Getting an A on an English paper](#)." It's online, it's free, and it's just about the clearest explanation I have yet found about what English professors expect of students' work.

Whether ENGL 303 is a degree or program of yours, or the topics or readings that are discussed above are of interest to you, this course will have you analyzing individual plays as theatre and as literature!

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

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

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



#### **AthaU Facebook Group**

Isabella wonders if she needs to wait for her final marks before she can apply to graduate; short answer is "nope!" Courtney asks if other students have tried doing courses quickly, one at a time, rather than several at once; overwhelmingly, they have.

Other posts include AU library, going from laptop to tablet, forum post emails, and courses ACCT 250, COMP 232, ENGL 255, MKTG 440, POLI 277, and PSYC 300.

#### **Twitter**

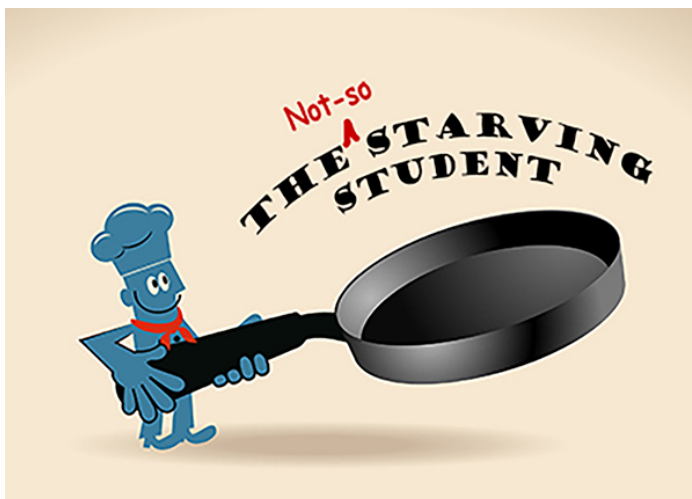
[@AthabascaU](#) tweets: "We're looking forward to [@katherenay](#)'s inaugural writer-in-residence talk at [@AthabascaU](#) on February 27. See you there!"  
[https://www.facebook.com/events/428508237894044/ ...](https://www.facebook.com/events/428508237894044/)

[@austudentsunion](#) tweets: "Check out the results of our 2018 Student Services Survey at <https://bit.ly/2BvMNsk> . Great feedback from our membership, which will help us plan priorities for the upcoming year! [#yourvoicematters](#) [#igo2AU](#)."



## The Not-So Starving Student Four Tips to Eating Clean with No Time

Xin Xu

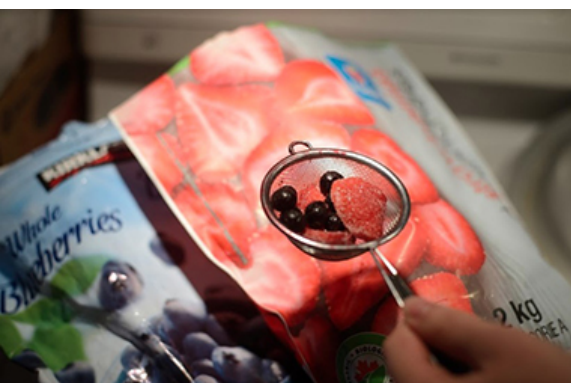


As an AU student, we may have priorities ranging from working part-time to completing our degrees while supporting a dependent. And one of the largest housekeeping chores is grocery shopping to maintain a healthy and varied diet. However, certain times of the year, including midterm and final exam season, many students may not have the time to complete this essential task. Hence, we're left with little choice but to resort to processed foods that store for longer but are packed with sodium and preservatives. So how do we cut down our grocery store trips without sacrificing the quality of our diet? Here are some simple steps that can help to make sure

your body is as nourished as your mind during those busy times.

### Create a grocery list

Before a busy period when I can foresee grocery-shopping being at the bottom of my to-do list, I like to list all the grocery items I need for the upcoming two or three weeks. Making a list helps avoid unnecessary trips to the supermarket. Another tip to improve efficiency is to group grocery items by meals. For example, list all the ingredients you require for your spaghetti dinner together so no items are missed.



### Opt for frozen and canned veggies and fruits

In studies comparing the nutrient value of frozen, canned, and fresh fruits and veggies, researchers found that frozen and canned fruits and veggies were equally nutritious as their fresh counterparts (Miller, 2014). Hence for the budget-sensitive and busy student, stocking up on frozen and canned veggies could mean making less trips to the supermarket.

### Make use of dried herbs

There's no doubt that dried herbs can add to the aroma, texture and nutrient value of fresh herbs. However, having an ample supply of dried herbs means you can save yourself the trip to the grocery store, but also produce less waste. For example, very often, when I come home with a bundle of parsley, I often only use a small portion. The next week I am left with parsley enough to feed a family for three meals. This conundrum could be easily avoided with the use of dried herbs. For students who wish to be not only efficient but cost-effective, stock up on dried herbs when they are on sale - you will never know when you need it.





Photo credit: Heather Ford

### Start your own home garden

While this may seem challenging, the amount of time maintaining a home garden is actually minimal if done properly. Making use of my old yogurt containers, I was able to maintain a small herb garden using leftover garlic, ginger, and onions from my kitchen. Place these under an LED light and watch your home garden flourish. Every morning before breakfast, I like to water my plants. However, when I am away on vacation or during a busy period, attaching a string between the soil and a bucket of water helps water the plants with no effort on my part.

#### References

Miller, S. R., & Knudson, W. A. (2014). Nutrition and cost comparisons of select canned, frozen, and fresh fruits and vegetables. *American Journal of Lifestyle Medicine*, 8(6), 430-437.

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



### The Struggling Student Rants Financial Literacy (and the Lack Thereof)

**Angela Pappas**



Many online behavioural blogs claim that how we deal with finances is directly related to our first memory of “money” or what it symbolizes. Digging deep into our money memories helps us gain awareness about how we think and feel about money and about how we handle our finances—whether we perform these actions consciously or without realizing it.

Some of us were fortunate to be born into families where we never wanted for anything. Some of us were not so lucky and forced to enter the working world before we reached adulthood. We might have needed to help our single mom put food on the table or we might have wanted to start saving for college, years before that time came around. But one common factor, for most, is that our parents never showed us the value of the dollar or

where it came from. This can be credited to many factors, such as a lack of financial literacy, or that they wanted to avoid worrying the kids about money. Unfortunately, most families avoid discussing money. We have the limiting belief that it’s an awkward subject, best left for each to deal with on their own.

In defence of our financial upbringing, the almighty Internet wasn’t available to most until the mid-90s, so information and knowledge surrounding finances was sparse before then. If we wanted to learn more about saving or investing, our options were limited. We had to physically go into a library and do the research, or ask an expert on the subject, like a financial adviser. Somehow, I can’t picture myself, as a 15-year old, walking into our local credit union and asking

to talk to someone about setting up a retirement savings account. The only thing I cared about when I was 15 was how to get my mother to stop nagging at me. So, picture my shock, when I crossed the line into adulthood and found out that people have to work to put a roof over their heads or food on the table. This shock phenomenon is more common in North America, where we have first-world problems. Often, our financial “aha” grown-up moment is when we realize that money defines everything, whether we want it to or not. We grow up with the romanticized belief that money doesn’t bring happiness, and we chase the dream that we will never put money over the things that matter. But, in reality, money shapes our day-to-day activities, our relationships, and our career choices. And every major life decision is structured by how we deal with our money and finances. Our choices in life, and how we deal with the money we come across, will make us or break us.

The irony is, while personal finance knowledge is more important than ever, there are still no personal finance courses applied to any school curriculum in North America. Those raising us bear the full responsibility of teaching us how to balance our budgets and the importance of saving for a rainy day. But, if parents don’t want their children to worry about finances, it is no wonder that the average 18-year old that enters the workforce blows their first paycheque on a \$2,500 purse or a new sound system for their 1994 Mazda Miata. So, what can be done to correct this foundational knowledge, once we’re well past adulthood, is then the question. When we’re already knee-deep in debt, with very little in retirement savings to boot. Crying over it, feeling sorry for ourselves, or panicking now is pointless. The main concern is to recognize there is a problem and admit to ourselves that something needs to be done. Isn’t that the first step to any recovering shopaholic?

Knowledge is key, so the more we learn, the wiser our decisions become. The cords may be tangled, but by untangling them, one by one, we learn from past mistakes. We are fortunate enough now, to have the Internet at our disposal. Which means that we have almost unlimited access to information, which can help us grow as individuals. And, contrary to popular opinion, improving your personal finance behaviours doesn’t have to be boring or costly. We can watch YouTube videos and listen to TED Talks; or, access free Lynda tutorials through AUSU. We can start reading about basic financial suggestions and advice from experts; and, we can even attend local workshops. We can borrow the required resources from our local public library, or the AU library we are so fortunate to have access to.

All this doesn’t have to be overwhelming. We aren’t required to read myriads of books at one time. You can read just one page per book before bed every night, or listen to an audiobook while doing the dishes or cooking supper – all available for through various local library apps, or for a small monthly subscription through the Audible app. Take a half-day workshop at your local library and learn how to set up a budget (and stick to it). There are even apps available now that can help keep you on track with your budget or give you rough projection dates of when you can accomplish your financial goals.

And don’t forget about one of the most useful resources out there—your support system! Friends, family members, or colleagues can offer a range of beliefs, views, and lifestyles that you might have never thought of. You can start the conversation by simply asking: What do you wish you’d known about money 10 years ago? Who knows, they just might set you on a different path!

Finally, and most importantly, don’t do what our parents did and avoid the situation altogether. Start discussing money matters with your family at the dinner table. Try not to be emotional about these discussions, and state matters simply as facts. Explain that mistakes can be made, but they can also be corrected. Incorporate finances when helping them with their math homework or discussing their monthly allowance. Use family night to play Monopoly, or your own version



of “Fix the Budget.” Teaching them better is the only way the younger generations will learn to handle their finances better than the previous generations. Education is the we only way we can break generational curses of poverty.

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

## Fly on the Wall Entitlement Through the Ages

Jason Sullivan



## We're All the Me Generation

### 'Entitlement: Old as the Hills' etc

Nobody wants to be called *entitled*, even if it's true. As university students we're at risk of becoming branded with this pejorative term regardless of our age; protesting our innocence may seem of no avail. After all, only an entitled person would complain that the label was unfair! And hey, life's unfair, right? Like the torture method of *looping* described by the Mannville, AB sociologist Erving Goffman, where compliance itself is taken as a sign of resistance and punished

accordingly by the aggressor. There may be no way out of how others choose to ghettoize us (Kim Ser, online).

Looping works as follows: “A 'permissive' atmosphere is felt to encourage the inmate to 'project; or 'act out'...Through the process of looping, the inmate's reaction to his own situation is collapsed back into this situation itself, and he is not allowed to retain the usual segregation of the these phases of action” (Goffman, 37). In other words, if we admit to our privilege and show appreciation for it, we are saddled with a negative stigma. Guilty as charged! Like a kangaroo court, any admission of privilege or comment of gratitude may be taken as a sign of entitlement and looped back onto us so that we feel guilty for what we have and, ontologically speaking, for the essence of who we are. There's no escape, it seems. No egress, that is, until we examine the history of the matter of entitlement more deeply.

We could just accept our status as denizens of a supposedly spoiled category of university students. Or, we could provide ourselves some perspective; we at AU are far from a homogenous Millennial group, we're a mix of all ages and backgrounds. Because our student body runs the gamut, what entitlement we may possess transcends time and place. Our education is rootless and protean; it transcends cultural boundaries and terminologies compared to the rooted nature of brick and mortar schooling. And anyway, what is entitlement really?

Let's consider the context of the epithet *entitled*. Know thy enemy, as they say.

Urban Dictionary states that an entitled person is: “someone who thinks something is owed to them by life in general; or because they are who they are” (UrbanDictionary, online). Goffman notes that “It is strange that today, when an individual can get almost everything else off his back,

there remains the cross of personal character, the one he bears, albeit lightly, when he is in the presence of others" (Goffman, P. 37). It stings to be called entitled, but that doesn't mean it's true.

To succeed at AU, we diligently adopt our own schedule amid hectic lives; we must work hard and consistently to prioritize our studies. To be a distance student is to perpetually ask oneself "have I done my homework?" Sounds pretty responsible to me. However, others might hear that we're students in, say, the social sciences, and assume that we just sit around reading blogs and complaining about current events. After all, high school social studies is, and was, about an easy A as you can get. And anyway, "what are you gonna do with that degree?" If we have a job already why not work harder and seek a promotion, or, if we're looking for a career shift, why not just take some re-training or polish up that magic wand of success manifestation: the resume. To some observers, the privilege of restarting our post-secondary education may smack of the same privilege received by 18 year-olds as they ship out to a big glorious campus in a land far, far, away.

Normally, let's be honest, the label *entitled* is affixed to folks who post birthdays in the last quarter century. Millennials. From this seeming fact one might conclude that previous generations were more respectful of their elders and circumspect about the voicing of any criticisms lest they bite the hand that feeds. As the phrase goes, let's unpack this belief a bit.

### **Summer of Love, Summer of Entitlement?**

Imagine my surprise when, watching a classic Hollywood movie from 1967: *Guess Who's Coming to Dinner*, I was faced at the climax was this monologue spoken by a son to his father:

"You listen to me. You say you don't want to tell me how to live my life. So what do you think you've been doing? You tell me what rights I've got or haven't got, and what I owe to you for what you've done for me. Let me tell you something. I owe you nothing! If you carried that bag a million miles, you did what you're supposed to do! Because you brought me into this world. And

## **AU-thentic Events** **Upcoming AU Related Events**

### **Zotero and Mendeley Citation Management Tools**

Tues, Feb 19, 11:00 am to 12:00 pm MST  
Online  
Hosted by AU Library  
[library.athabascau.ca/orientations.html](http://library.athabascau.ca/orientations.html)  
No pre-registration necessary

### **Student Town Hall**

Tues, Feb 19, 11:30 am to 2:00 pm MST  
Peace Hills Trust Building, Room 1222, 10010  
- 109 St NW, Edmonton AB  
In person and Online  
Hosted by AU  
[news.athabascau.ca/events/student-town-hall-edmonton/](http://news.athabascau.ca/events/student-town-hall-edmonton/)  
Click above link to register for in-person or to connect online

### **BMgmt/CPHR Info Session**

Tues, Feb 19, 5:00 to 6:00 pm MST  
Online  
Hosted by AU Faculty of Business  
[business.athabascau.ca/event-details/bmgmt-cphr-information-session-2019-01/](http://business.athabascau.ca/event-details/bmgmt-cphr-information-session-2019-01/)  
Register online at above link

### **AUSU Council Meeting**

Tues, Feb 19, 6:30 to 8:00 pm MST  
Online  
Hosted by AUSU  
[www.ausu.org/event/february-council-meeting-tentative/](http://www.ausu.org/event/february-council-meeting-tentative/)  
No pre-registration required; e-mail [governance@ausu.org](mailto:governance@ausu.org) for meeting package

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

Wed, Feb 20, 4:00 to 5:00 pm MST  
Online  
Hosted by AU Faculty of Business  
[business.athabascau.ca/event-details/doctorate-business-administration-dba-information-feb20-2019/](http://business.athabascau.ca/event-details/doctorate-business-administration-dba-information-feb20-2019/)  
Register online at above link

*All events are free unless otherwise specified*

from that day you owed me everything you could ever do for me like I will owe my son if I ever have another. But you don't own me! You can't tell me when or where I'm out of line or try to get me to live my life according to your rules. You don't even know what I am, Dad, you don't know who I am. You don't know how I feel, what I think. And if I tried to explain it the rest of your life you will never understand. You are 30 years older than I am. You and your whole lousy generation believes the way it was for you is the way it's got to be. And not until your whole generation has lain down and died will the dead weight of you be off our backs! You understand, you've got to get off my back!" (Rose, online).

### **Not Until Your Whole Generation Has Lain Down and Died**

This angry son wasn't some raging millennial but Sidney Poitier's character reaming out his own father. In the movie, a liberal-minded white couple see the crows of their tolerance come home to roost when their daughter brings home a white-collar black man as her fiancé. Shortly, amidst quirky calamities ranging from botched ice cream tastings to arguments over fender benders, Poitier's character comes face to face with his own father. His Dad, a lifelong postal clerk who had saved and scrimped to the point that Poitier's mother even did without a good winter coat, is made to endure this assault. Supposedly there was no chance Father would understand Son, nor did his son feel gratitude or loyalty after having his education and career opportunities paid for.

The fact that Hollywood of the era found this a normal and expected response by a young man speaks volumes of the cultural climate of the 60s; youth weren't denigrated as snowflakes, they were encouraged to tell off their elders. Something was in the air, all right. At this climactic moment Poitier, the viewer can only assume, speaks for broad segments of Hollywood and an entire generation of baby boomers and incipient world leaders. Out with the old and with a shovel! Is this not the ultimate expression of entitlement, arrogance, and selfishness? Has a movie of the 21<sup>st</sup> century approached the vitriol Poitier's character hurls at his parents? (Please write the *Fly on the Wall* c/o *Voice Magazine* if you've seen such a film!)

And that's not all, at the same time as this movie was storming cinemas during the supposed decade of love and peace and flowers, the Who were singing gleeful lines like "I hope I die before I get old," and "Why don't you all just fade away" (Green Day, online). Their classic song "My Generation" is just one minnow in a streaming cultural inundation. In my case, Green Day's cover was the first version of "My Generation" I heard, on their 1991 album *Kerplunk*. Thus, rebellion seems embedded in the nature of youth. And meanwhile, during the demographic intermundia when Generation X were in their teens, the classic punk band the Dead Kennedys sang:

"I would rather stay a child/And keep my self-respect/If being an adult/Means being like you" (Dead Kennedys, online).

## **More AU-thentic Events Upcoming AU Related Events**

### **Online MBA Application Webinar**

Thurs, Feb 21, 10:00 to 11:00 am MST  
Online

Hosted by AU Faculty of Business  
[business.athabascau.ca/event-details/online-mba-executives-application-information-session-2019/](https://business.athabascau.ca/event-details/online-mba-executives-application-information-session-2019/)  
Register online at above link

### **Undergrad Program Orientation for New Students**

Thurs, Feb 21, 5:00 to 6:00 pm MST  
Online

Hosted by AU Faculty of Business  
[business.athabascau.ca/event-details/business-undergraduate-new-students-information-session-feb21-2019/](https://business.athabascau.ca/event-details/business-undergraduate-new-students-information-session-feb21-2019/)  
Register online at above link

*All events are free unless otherwise specified*



## Earning our Stripes as Rugged Individualists

Disagreeing with one's teachers, parents, and elders clearly transcends generations. Everyone was entitled at some point to some extent. What doesn't break this time-space barrier, however, is the value of education which we at AU are privileged to receive. It's not easy studying in a corner, a closet, a laundry room, or perhaps even a woodshed while peers and family suspect we are just avoiding them. Even the most understanding of loved ones note our relative absence during our departure into the murky netherworld of online higher learning.

And as for ourselves, at the risk of making this all about us and failing the first "am I entitled" meme-ocracy test, AU studies are hard. Whiney-hard, take a stress leave hard, hard like writing a novel while under lock and key in solitary confinement. *The Shining* has nothing on AU deadlines, but it's all worth it! Unlike showing up at work and screwing the pooch all day, or working at the craft of looking industrious, it's possible to fail a test or botch an essay and have no one to blame but ourselves! And that's the existential joy of it. At AU the buck stops with us.

But wait, there's more: skipping is tantalizingly easy with no classroom to show up at; *Ferris Bueller's Day Off* would be the story of our lives if we didn't intermittently play taskmaster and crack the whip upon our own backs. Having said that, little is more gratifying than to complete a course and realize that it was us alone who were the predominant alpha and omega of our academic motivation and success. Us alone, and whomever raised us to be intelligent students and aided our education along the way, and to whom we feel gratitude. After all, somebody clothed us and made sure we went to school in our younger years, right? We were trained for this mission!

If we were really entitled, we'd ignore our own history and its benefits we've reaped. Little wisdom can surpass the sense of reaching a higher plane of intellectual existence such that any look over our shoulder is a soul-shuddering vertiginous gaze down, down, down, like Jack from his beanstalk. Jack disobeyed his elders, distrusted their wisdom, and look at the trouble he got into! So let's stay grounded at AU; we've earned our success and our perspective, but our lives and loved ones are the ones who nurtured us so we could thrive!

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

## The Fit Student An End to Obesity

Marie Well



Some I had a morbidly obese friend. I was obese at that time too. Once, when we ate lunch together, I gasped when I saw him eat a whole muffin in one swallow. I asked, “Don’t you worry about choking?” We then bonded over tales about our uncontrollable weight.

After that day, I didn’t see my friend for a while. Over the next several years, I grew lean and athletic—even trying out for the university wrestling team. My friend, though, grew bigger.

During that time, I once saw my friend at a charity buffet. One of the buffet organizers complained my friend ate most of the turkey, leaving the skeleton for the guests. So, I approached my friend. Right away, he congratulated me for my weight loss and called me his role model. I nudged him, “Just exercise and diet.” But that advice didn’t help. For most morbidly obese people, that advice doesn’t help.

And today I wonder if my friend has died.

Dr. Robert Ziltzer and Dr. Craig Primack say, “We cannot stress enough that overweight and obesity are medical diseases and not self-help problems” (location 743 of 2279, 33%). In other words, telling an obese person to just exercise and diet doesn’t stop obesity (Ziltzer, Robert & Primack, Craig, 2019).

Instead, an effective weight loss program needs to have four pillars: (1) weight-loss medication, (2) a low-calorie healthy diet, (3) exercise, and (4) education (Ziltzer, Robert & Primack, Craig, 2019). Let’s examine these four pillars of weight-loss intended for people who are (morbidly) obese:

### Pillar 1: Weight Loss Medicine

Weight-loss medicine may help severely obese people: “While every medicine, including ... Tylenol ... has potential side effects, it is rare that the side effects of weight loss medications are more dangerous than having obesity, a disease which contributes to innumerable heart attacks, cancer, need for joint replacements from arthritis, lung disease, and other dangerous conditions” (Ziltzer, Robert & Primack, Craig, location 775 of 2279, 34%). You’ll need medication for up to a year: “Sometimes we recommend that you remain on your medication for at least six to twelve months” (Ziltzer, Robert & Primack, Craig, location 841 of 2279, 37%).

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## Pillar 2: Diet

Do you eat like most everyone else? If so, beware. “One-third of Americans have obesity, and one-third of Americans are in the overweight range eating regular food. Therefore, eating ‘regularly’ like everybody else will likely lead to either being overweight or having obesity” (Ziltzer, Robert & Primack, Craig, location 1259 of 2279, 55%). Young people have a buffer, but the older they get, the more weight they gain if they fail to diet and exercise.

So, what should you eat? Low carbohydrate diets serve as “the diet of choice by many obesity medicine specialists” (Ziltzer, Robert & Primack, Craig, location 1088 of 2279, 48%). I eat a low carb diet that looks like a Mediterranean Diet. The Mediterranean Diet “consists of less processed foods [with] emphasis on fish, nuts, fruits and vegetables, and little red meat” (Ziltzer, Robert & Primack, Craig, location 1135 of 2279, 50%).

My diet gives me all the RDA for most every vitamin. I chomp mostly veggies, seeds, nuts, All-Bran, fruit, sour cabbage, plain Greek yogurt, flaxseed, and canned salmon. Not much else. “A meal plan best suited to each person leading to calorie reduction while providing complete nutrition is the foundation of any weight loss plan” (Ziltzer, Robert & Primack, Craig, location 578 of 2279, 25%).

Yet, Ziltzer and Primack say, “In our experience, medical meal replacements are the fastest way to lose weight, with the exception of bariatric surgery” (location 1242 of 2279, 54%). But medical meal replacements require prescription (Ziltzer, Robert & Primack, Craig, 2019). I suggest you go off the medical meal replacements once you achieve your ideal weight. Instead, try a low carb, high-fiber Mediterranean diet. After all, you need healthy whole foods to prevent diabetes and autoimmune diseases.

## Pillar 3: Education

Education for obesity management includes studies of

- emotional eating,
- happiness,
- self-esteem,
- body image,
- motivation,
- food addiction,
- healthy eating,
- shopping tactics,
- mindfulness,
- and exercise routines (Ziltzer, Robert & Primack, Craig, 2019).

For example, instead of emotional eating, you could try “journaling thoughts, taking a bath, calling a friend, engaging in a craft or hobby, and exercising” (Ziltzer, Robert & Primack, Craig, location 1473 of 2279, 65%).

Some strategies I’ve used include

- avoiding restaurants,



- ordering only water when I dine out,
- cutting out all sugar except dark chocolate,
- never skipping breakfast,
- fasting for at least twelve hours during the night,
- and eating every two or three hours during the day.

Why do I eat every two or three hours? Eating only one meal a day means your body turns the excess nutrition into fat (Ziltzer, Robert & Primack, Craig, 2019). So, eat five or six tiny but healthy meals each day.

But put me in front of a restaurant meal and my full signal fails. I gorge. And then I get cravings for junk again. So, I stay clear of restaurants.

#### **Pillar 4: Exercise**

Exercise is less important for weight loss than diet is: “In truth, 80% to 90% of weight loss relates to nutritional intake and adequate sleep, and only 10-20% of your weight loss is related to exercise” (Ziltzer, Robert & Primack, Craig, location 596 of 2279, 27%). But once you arrive at your weight goal, you *must* exercise to keep the weight off: “Exercise is a small part of weight loss but a critical part of weight maintenance” (Ziltzer, Robert & Primack, Craig, location 578 of 2279, 25%).

Drs. Robert Ziltzer and Craig Primack say, “We recommend starting small with exercise. Set a goal to be active for one or two minutes a day. Every one or two workouts, add a minute or two until you are at 30 continuous minutes of exercise .... Ultimately, you should work up to 20 to 60 minutes per day” (Ziltzer, Robert & Primack, Craig, location 1319 of 2279, 58%). At first, I could barely walk a block, but I walked that block daily. And after a month of walking, I hit the gym doing weights. Over the next year and eight months, I arrived at an athletic workout. According to Drs. Robert Ziltzer and Craig Primack, “In our experience, once someone has been exercising regularly for 30 to 60 days, they often find that they appreciate how they feel and want to exercise more and more” (location 1319 of 2279, 58%). And “the best exercise is the exercise you like. The more you like the exercise, the more likely you are to do it” (Ziltzer, Robert & Primack, Craig, location 1367 of 2279, 60%). Ideally, you could do cardio three or four days a week and weight train two days a week (Ziltzer, Robert & Primack, Craig, 2019).

#### **Weight Maintenance**

Although not one of the four pillars, weight maintenance is the final challenge to any weight loss regime. A study on the Biggest Loser television contestants “showed that they lost an average of 128 pounds each by the end of the competition. Six years later each contestant regained an average of 90 pounds. Also, their metabolism was 500 calories per day lower than expected ... In other words, they were miserable on the paltry amount of food required for weight maintenance” (Ziltzer, Robert & Primack, Craig, location 494 of 2279, 22%).

Yes, it's hard to keep weight off. “Weight loss leads to changes in the hormones leptin and ghrelin that ensure an increase in hunger. They are continually trying to drive us back to our

initial higher weight” (Ziltzer, Robert & Primack, Craig, location 825 of 2279, 36%). That’s why we need weight maintenance strategies: “a high level of exercise, close follow-up with your clinic, and frequent small meals will give you the best chances of maintaining weight loss” (Ziltzer, Robert & Primack, Craig, location 856 of 2279, 38%).

Throughout my life, I struggled to keep the weight off. I went from anorexic 110 pounds to obese 180. And then I dropped to 127 and spiked to 165. And then I plummeted to 128 pounds and soared to 150. And then I dropped to 113 pounds. But now I easily maintain a weight of 123 pounds by eating mostly whole foods and by exercising high intensity cardio six or seven hours a week

### Where to Find Help

So, who can you turn for weight loss help?

To start, avoid dieticians unless they’re certified in obesity management: “Most RDs [registered dieticians] get very little training in obesity or in the emotional difficulties that lead to diet failure. If you do find dieticians with training in obesity treatment, they are quite effective .... However, dieticians know that their role is only one part of the equation” (Ziltzer, Robert & Primack, Craig, location 706 of 2279, 31%).

I once had a dietician who looked as obese as I did. She gave thumbs up to my popcorn drizzled in butter and my ice cream snacks. She called them healthy treats. But those treats led me to gain another forty pounds fast.

Instead of dieticians, seek out specialists in obesity management: “Our experience is that certified obesity medicine physicians are best able to help you lose weight and keep it off” (Ziltzer, Robert & Primack, Craig, location 743 of 2279, 33%). Weight management centers exist in Canada, housed with medical doctors and specialists trained in obesity management. Also, seek what is called a bariatric physician: in the documentary [The 600 Pound Mom – Dominique Lanoise](#), a bariatric physician (a weight loss expert) attempts to help a morbidly obese woman control her diet enough to qualify for bariatric surgery.

But I fear for obese people who get surgery. None of the episodes of *My 600 Pound Life* that I’ve seen document what happens to the morbidly obese long after surgery. And I worry the outcomes may be frightening: “Even bariatric surgery is not a permanent cure, as many patients lose weight in the first year, only to begin to regain two to three years later. Surgery carries the risk of complications, including infection, chronic nausea and vomiting, and death” (Ziltzer, Robert & Primack, Craig, location 758 of 2279, 33%).

So, instead of surgery, lose weight through the four pillars: medicine, education, exercise, and diet.

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## Trudeau's New Changes to Elections Voter Fraud Fears

Francesca Carone

### Is Democracy Weakening?



Prime Minister Trudeau's government passed more than 200 changes in the way Canadian elections take place. Some of the changes that Canadians should be aware of include limiting the length of federal election campaigns, allowing those outside the country for more than five years to vote, and new ways to punish "politically motivated groups such as environmentalists, business or labor leaders, and minority rights activists...who engage in activities such as advertising or "canvassing door-to-door, making telephone calls to electors and organizing rallies" without first conforming to Ottawa's rules" (McCullough, online). In addition, any group who spends more than \$500 must register first, and even then, there is a new limit to how much can be spent—\$700,000, on "partisan activities" and "partisan advertising". The length of the rules has been said to be long and frighteningly intimidating (McCullough, online).

These regulations were passed by the liberal government easily and pretty close to the next elections. Is there any reason why the Liberal

government wants to change the rules so close to the next election? One could speculate, but I will just present the facts and try not to make any conclusions. However, many fear that the changes are restraining and limiting the degree that Canadians can exercise their constitutional and political rights, as well as free speech. It is suggested that the government in leadership may hold more power, and that third-party groups are "portrayed as illegitimate competitors" (McCullough, online). Another thing to mention is that journalists are not considered a third-party by the new regulations (even though they may be funded by corporations spending money to change the way Canadians think).

Along with those changes is the proposal to pass Bill C-76 by the liberal government, which would remove the requirement to show photo ID when voting. Under the new regulations, if passed, you will not need to have any ID on you to vote in the election other than a voter registration card (Malcolm, online). The new regulations would also allow anyone without a voter ID card on election day to be able to just sign a declaration stating that they are a Canadian citizen (Malcolm, online). One can see how possible voter fraud might be expected. Many dispute that this will be an issue, however.

Which brings us to the next issue. The press should never become politically biased nor should ever censor information it politically disagrees with. However, the Trudeau government is offering "\$595 million in fresh funding to subsidize Canadian news outlets" (McCullough). This, according to many, is seen as "trying to bribe Canadian media to secure favorable media coverage in the run-up to next year's federal election" (Zimonjic & Cullen, online). Others claim that this will have no impact on elections, and the money is needed to help the media industry, while others feel the impression it gives is not good for the Liberal government.



Trudeau has also threatened Facebook saying, 'it needs to fix its "fake news" problems or face stronger regulation' (Boutilier, online). What is the definition of fake news exactly anyways? Do we have a standardized definition? Yes, there is fake news out there and yes, it can be dangerous, but should government be involved in shutting down freedom of speech and press? What if one group considers CTV to be fake news and another says CTV is fine but considers CBC as fake news. That is where I think there is a problem with the government funding the media (the chosen ones) because whichever doesn't fit with their perspective can be labeled as fake news. The fear of Facebook scandals and Russian interference has put everyone on high alert. So it will be interesting to see how the elections will play out. I, for one, think regardless of which government is in power, no one is perfect, and we shouldn't rely on them to always make the best decisions for Canadians. This is why we should appreciate our political and civil rights that we do have and keep fighting to keep them.

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## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** A-1 Auto Transport Scholarship

**Sponsored by:** A-1 Auto Transport

**Deadline:** March 10, 2019

**Potential payout:** up to \$1000

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**What's required:** An email with contact and school info, along with a minimum 1000-word essay on a topic related to auto transport.

**Tips:** Check the list of suggested essay topics and the previous essays for inspiration.

**Where to get info:** [www.alautotransport.com/a-1-auto-transport-scholarship/](http://www.alautotransport.com/a-1-auto-transport-scholarship/)



## The Creative Spark!

### Eight Tips for Filming Your Loved One's Story

Marie Well



Does your teenage sister have autism but knits toques and mitts for the homeless? Does your 94-year old Grandma have more style than Katy Perry? Do you dream of cycling across Canada to prove your disease is not a life sentence? Well, then you've got a documentary in you: "Most people take the route of interviewing a family member who is living a long, very interesting life, or who is in a medical crisis, or just because of what they do for a living or as a hobby, and decide to interview them" (Campbell, A, 2012, location 84 of 604, 14%).

"I believe it's the artist's responsibility to lead people into hell, but I also believe it's important to lead the way out" says documentary filmmaker, Ken Burns in his MasterClass called *Ken Burns Teaches Documentary Filmmaking*.

To avoid the hell that comes with poorly planned filmmaking, here are eight tips from my experience working at a University television station. I hope this advice helps you one day turn your loved one's story into a documentary:

First, be patient. A two-minute news clip took me a month to create. I had to research the topic, invite subjects to interview, film the subjects, edit the footage, and prepare for productions—all for a two-minute clip. Thus, I estimate a brilliant ten-minute documentary might take ten months to produce, part-time. That's if you work like me: an amateur.

Second, always guard your equipment. Once, when I filmed a scene on top of a bridge, one frantic student said I dropped something on the stairwell. Before I ran to check, I packed my equipment to take with me. The frustrated student grabbed an item in my bag and ran off with it. Had I left my equipment unattended, he likely had plans to steal it. So, always tuck your equipment between your feet or strap it onto your body. (You can rent equipment from your local filmmaker charity.)

Third, make your subjects beautiful. One interview subject, a prof, told me that newsmakers filmed his nose in an unflattering way. He called it racism. When I filmed him, his nose looked unflattering whenever in focus. So, I later tried to edit his nose by putting the shot out of focus. When I did this, his blue striped shirt looked like electrical marching ants. So, I had to tweak the shot until both his nose looked less in focus and his shirt looked normal. When he saw the clip, he went into a rage. But he suffered needlessly. He could've just accepted his nose looked unique on camera. The moral? Keep your subjects in focus unless stylistic reasons dictate otherwise.

Fourth, keep in mind that your interview subjects study you for cues. If you seem relaxed, so will your interview subject. If you scowl, your subject may feel he or she ruined the shot. When I was filmed in a documentary by the National Film Board, the director kept running his finger

under his eye. I thought he was signaling me to cry, so I started to bawl. He later said he made no such intentional signal but delighted that he got a sob shot.

Fifth, get as much natural lighting as you can. Better yet, buy a lighting kit and learn how to use it. I wanted to buy a lighting kit, but I feared I'd burn the place down. I'd prefer to buy a costly light that doesn't risk flames. But if you can't afford a lighting kit, "make sure you find a place that is well-lighted. Turn on all the lights, if your shoot is happening at night. If it is during the day, then you can open the window curtains" (Campbell, A, 2012, location 110 of 604, 18%).

I went into a workshop to learn 3-point and 4-point lighting. The instructor set up two lights in front of the subject (on either side) and one light behind the subject (but not visible in the shot). The three lights created different shadow effects on the subject, depending on placement. And shadows add mood to your subject.

Sixth, add stock footage that you have the rights to use. I believe there exists video clips in the public domain you can access for your documentary. But I use a service called Story Blocks for video and audio clips. "One thing you must realize is that you must get people's permission to use their face and/or likeness in your documentary or video project. The same goes for using still pictures of people, or music that you don't own. When we say music that you don't own, it means music that you did not create or get permission to use" (Campbell, A, 2012, location 142 of 604, 23%).

Seventh, always get b-roll. B-roll is little side shots that can add intrigue to the film: "b-roll [is] non-interview shots of things associated with the interview such as pictures, or people doing things, etc." (Campbell, A, 2012, location 266 of 604, 44%). For instance, as your interviewee talks about his childhood, you can cut from the interviewee's face to a b-roll photo of his parents. (One director took b-roll close-ups of my hand fiddling with my necklace.)

When I interviewed two guys at a museum, I told the cameraman to get b-roll. But that cameraman got none. He said he couldn't find anything fitting. Bad move! So, I scrambled to find b-roll. I contacted a prof who studied the aurora borealis and interviewed him. Auroras make pretty b-roll, I thought. So, I filmed the prof, despite having little reason to put him or the auroras in the clip.

Worse, someone taped over half my footage. Plus, one of the interviewees phoned raging how he didn't give his best interview. So, I dropped the shot altogether—which leads us to the next tip.

Eighth, be patient (see tip number one). When making documentaries, things will not always go as planned. Make contingency plans and always have backups (Campbell, A, 2012).

So, what if your teenage sister's knitted toques and mitts end up in the garbage? Or your 94-year-old grandma gets dementia? Or your equipment gets destroyed in the rain during your cross-Canada cycle?

Whatever the case, lead your viewers into hell and back with your documentary, but don't go there yourself.

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Dear  
Barb

Barbara Godin

## Road Regrets

*Dear Barb:*

*I don't know if you can help me, as I'm in a bad place in my life and don't know how to move forward. Several years ago, me and a couple of buddies went out partying and I ended up driving home. I knew I shouldn't have been driving, but I thought if I took the back roads I would be able to get home without detection. I ended up hitting another car. The person driving was an older man and he was taken to the hospital but died a few days later. I went through a trial and was sentenced to jail time and lost my licence for ten years. The trial was difficult for both families. The family members of the man I killed read victim impact statements. I felt so horrible. I am not a bad person, I just made a mistake. Even though I have served my time, I am not able to move on with my life. My days are filled with guilt for the pain I caused the family of the person I killed. I want to reach out to them. I have thought about writing them a letter, but I don't want to make their pain any worse. I would have never imagined my life taking a turn like this. Life really can change in the blink of an eye. When I meet someone, or get into a relationship I know I have to tell them what I did. Often I can see the disgust in their eyes as they pull away from me. How am I going to get on with my life? I can understand how some people end up committing suicide after doing something so horrific. I need some help.*

*Thanks Dylan.*

Hi Dylan:

You are very brave to write this letter. The pain and regret you feel is apparent. Unfortunately, there is nothing you can do to make this go away. I don't think it's necessary to remind you of the pain you caused the family of the person you killed, as you are fully aware of that. This is a life changing event that you will have to live with for the rest of your life. I don't know if you have gotten any help from a counselor or other professional, but if you haven't you should definitely look into it. There are things you can do to educate others about what can happen if you choose to drink and drive. Share your story with others. Go to schools and universities and talk about what happened and the pain you are living with. By sharing in this way, you may prevent someone else from making the same decision you did when you got behind the wheel of a vehicle while under the influence. Perhaps you will meet other people who are living the same nightmare you are, and you may be able to help each other to heal. Writing a letter may be therapeutic for you and the other family, even if you don't send it. You have taken ownership of that you did and now you need to forgive yourself. Thanks for your heartfelt letter.

*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  
Adult Responsibilities

Wanda Waterman



Don't it feel  
good to get  
out of the  
house!

I feel  
guilty 'cause I  
didn't do the  
dishes.



You know,  
Sugarbuns, part  
of being an adult  
means learning not  
to take adult  
responsibilities  
so seriously.



Yeah,  
dang it!

Hang on,  
here's Thrill  
Hill —



WOOOOO—

HOOOOO!!!



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STUDENTS' UNION

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## IMPORTANT DATES

- **Feb 15:** [March degree requirements deadline](#)
- **Feb 18:** [Office Closure](#)
- **Feb 19:** [AU Zotero and Mendeley Citation Webinar](#)
- **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](#)
- **Mar 14:** [AUSU Council Meeting](#)

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Did you know that AUSU teamed up with Alliance Pharmacy and Direct2U Prescriptions to offer our members some great pharmacy savings and perks?

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In November 2018, AUSU sent out our annual Student Services Survey to the entire AUSU membership.

Our survey results are in! Over 1,100 AUSU members responded with some great feedback, which we will use in planning AUSU goals, budget, and advocacy priorities!

Check out the survey results online [here](#).



## AUSU Career Resources

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Need to create a resume or work on interview skills?

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Ph: 855.497.7003

<b>Publisher</b>	Athabasca University Students' Union
<b>Editor-In-Chief</b>	Jodi Campbell
<b>Managing Editor</b>	Karl Low

**Regular Columnists** Barb Godin, Scott Jacobsen, Carla Knipe, Barbara Lehtiniemi,  
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