

THE

VOICE

MAGAZINE

Vol 18 Iss 34 2010-08-27

Eat Your Green(s)!

Diet for a happy planet

Chia Seeds

Tiny but powerful

Dreams vs. Dollars

Money and art

Plus:

*In Conversation With . . . , Gregor's Bed,
From Where I Sit, and much more . . .*



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LETTERS TO THE EDITOR

We love to hear from you! Send your questions and comments to voice@voicemagazine.org, and please indicate if we may publish your letter.



DIET FOR A HEALTHY PLANET

Christina M. Frey



Sustained triple-digit temperatures, no rain, and the resulting death of my azaleas and tomato plants have led me to appreciate water a little more this summer. That's why, when I came across *National Geographic's* [Water Footprint Calculator](#), I was intrigued. I'd had to break out the sprinkler system to keep my lawn alive, so I was curious as to where I ranked on the water consumption scale.

By the time I had reached what I thought was the end of the quiz, I was feeling pretty good about myself. Despite my bad habit of taking long showers, my lawn-watering laziness paid off and I found myself far lower than the average person on the calculator's water consumption scale.

But before I could pat myself on the back, the screen displayed the kicker: "This accounts for only 5% of your water intake."

It's true. When we speak about conserving water, we tend to overly focus on visual results (the ones which culminate in a lower water bill): more efficient showers. No unnecessary lawn watering. Running the dishwasher less frequently.

But in reality, that's just a fraction of our overall water consumption—a drop in the bucket, if you'll forgive the expression.

Not surprisingly, fuel (13 gallons of water are required to produce one gallon of gas) and electricity (the average American uses 670 gallons of water per day through consumption of electricity) are major players.

But amazingly, the biggest offender is diet—and we're not talking about the much-maligned bottled water, which requires three gallons of water for every one gallon produced.

That Quarter Pounder hamburger you picked up at the drive-through window on the way home? It represented a total water consumption of 450 gallons—for the beef patty alone.

Shocked? There's more. Chicken's a little better, but at over 100 gallons for one four-ounce breast, it has a pretty hefty water price tag. And four ounces is just a small piece of meat compared to the large portions to which North Americans have become accustomed.

How about the glass of milk you had for breakfast? To produce one cup of milk, it takes 55 gallons of water—that's 880 cups.

Beans, on the other hand, require less than 50 gallons of water to produce *an entire pound*.

And those who consume neither dairy nor meat use about 600 gallons of water per day *less* than the average person.

600 gallons per day!

Understandably, a vegan—or even predominantly vegetarian—diet is not for everyone. Some can't live without a burger; when I attempted a vegetarian diet a few months ago, I was happy, but my meat-and-potatoes-loving daughter rebelled. But although we're back on the meat train, my

It takes 450 gallons of water to produce just four ounces of beef.

How much water does your menu represent?

new concerns about the health of my family and our planet have led me to make small dietary modifications to reduce our consumption of animal products.

Reducing your water footprint through diet change sounds intimidating, but in practice it's quite the opposite.

For example, it's easy to take a break from meat for a day. Certain religions—Roman Catholicism for example—have traditionally held Fridays to be meat-free days. And recently, the Meatless Monday campaign, which advocates keeping Mondays vegetarian, has taken off in popularity, with *Time* magazine's recent article just the latest in a series of media acknowledgements.

It's also possible to reduce our animal product intake by serving both meat *and* vegetarian dishes at the table. By all means, grill the steak—but include a bean salad as a side. An additional source of protein at mealtimes means that a smaller portion of meat will satisfy.

Finally, another option is to limit the consumption of animal products to one or two meals per day. For example, if you have a big egg-and-bacon breakfast, enjoy a vegetarian soup and salad for lunch. Or, if you know pork chops are on the menu for supper, plan to keep lunch, and possibly breakfast, meat-free.

It's easy to dismiss small changes as having little to no effect, but for every four ounces of beef we avoid in favour of a bean-based dish, we save over 400 gallons of water. At the same time, we'll reap the well-known health benefits of a more vegetarian-based diet.

Happy body, happy planet—who could ask for more?



Green Light

News, Tips, and Tricks for a Healthy Planet



Vegetarian, schmegetarian—what am I going to serve for dinner? Good news: there are countless easy recipes that allow you to avoid meat and still enjoy a satisfying and delicious meal.

The Internet is, of course, a goldmine of suggestions for vegetarian and vegan cuisine. There are some good finds on the *Vegetarian Times's* website (the site also includes resources for adopting a vegetarian lifestyle) and FatFree Vegan Kitchen. Kalyn's Kitchen and Whole Foods Market's Recipe Newsletter are not strictly vegetarian, but have many wonderful meat-free recipes.

If a traditional cookbook is more your style, you might enjoy the vegetarian eatery Moosewood Restaurant's cookbooks or Mark Bittman's How To Cook

Everything Vegetarian.

You may also consider traditional Asian, Middle Eastern, African, or South American fare, much of which is vegetarian-friendly.

HEALTH MATTERS

Katie D'Souza



Exploring the Chia Seed

“Dear Dr. Katie,

What are chia seeds? I saw someone purchasing them, and I was intrigued.”

John

Dear John,

Good question! Chia seeds, or salba seeds, are small, brown- and grey-coloured seeds from the plant *Salvia hispanica*. Originally a staple food of the Aztecs, their popularity spread to both

Central and South America, and now more recently to North America. As you probably noticed, chia seeds can now be found in nearly every health food store, and in some grocery stores as well.

One might ask, why the popularity of this lowly seed? Chia seeds are being touted as the easier, healthier alternative to flax seeds (flax seeds contain omega-3 fatty acids, are a good source of fibre, and possess lignans that bind exogenous estrogens in the body). Human digestive systems have difficulty digesting whole flax seed; hence to benefit the body, ground flax seed is always recommended. However, chia seeds do not need to be ground, since the body is able to break down the seeds' outer coat on its own.

You will notice that chia seeds have a mucilaginous consistency when you chew them. This mimics what the seeds do in your intestines. Research shows that chia seeds possess hydrophilic qualities, which refers to the seeds' ability to attract water (*hydrophilic* means “water-loving”). In fact, chia seeds may be able to absorb up to 10 times their weight in water! In the intestines, this often means more regular bowel movements.

Additionally, chia seeds contain “good fats”; namely, omega-3 (30% of the seeds' oil can be classified as omega-3 fatty acids) and omega-6 (40% of the seeds' oil is omega-6 fatty acids). In general, these “good fats” help with skin hydration as well as brain function.

Note that although omega-3 and omega-6 fatty acids also often reduce arthritic inflammation and promote heart health, it is debatable whether the levels found in chia seeds can impact these two concerns. Research shows that although the seeds' fatty acids are well-absorbed by the body, they do not have the same effect on inflammation and heart health do those found in fish oil, for example.

It is also possible that the gluten-free chia seeds may be beneficial for diabetics. Recent research shows that 37 grams daily of chia seeds may reduce blood sugar levels. Since the seeds also are high in fibre, this is an additional benefit for those with blood sugar dysregulation.

In short, the health benefits of chia seeds sound promising. Check them out and enjoy their unique flavour!

“Dear Dr. Katie,

I purchased some chia seeds, but I'm not sure what to do with them. Help!”

Unsure

Dear Unsure,

To prepare chia seeds, think of other nuts and seeds that you might have in your diet; chia seeds can be consumed in much the same way. They are best eaten raw; you can munch on one to two tablespoons for a snack, or you can sprinkle that amount over your salad, trail mix, yogurt, or morning cereal. The possibilities are endless.



You will also notice that the seeds have a nut-like taste to them when eaten raw. With this flavour in mind, you can let your imagination run and experiment with adding the seeds to a myriad of recipes!

Katie D’Souza, B.Sc., ND

Katie D’Souza is an AU graduate and a licensed naturopathic doctor. She currently lives in Ontario.

The information contained in this article is for personal interest only; it is not intended for diagnosis or treatment of any condition. Readers are always encouraged to seek the professional advice of a licensed physician or qualified health care practitioner for personal health or medical conditions.

DID YOU KNOW?



Student ID Cards

Choosing to learn by distance doesn’t mean you have to give up the opportunity to get student discounts at the movies, the bookstore, or the train station. According to the [Student Calendar](#), every “active Athabasca University student” is eligible to request a photo student identification card.

To apply, you need to mail or fax the appropriate [form](#) and have your photo taken at the Registrar’s Office or at the Edmonton or Calgary Learning Centre. But if distance or schedule makes this impossible, there are two other options. You can scan and email a passport-sized photo along with a scanned image of the front of your driver’s license (provided that the license includes your date of birth and current address). Alternatively, you can have a passport-sized photo signed by a guarantor. Further instructions can be found [here](#).

Have a student ID card that’s out of date? Don’t throw it away, as students are only eligible for one card. To keep the card current from year to year, active students may “request a date sticker from the Office of the Registrar, AU Edmonton, or AU Calgary.”

IN CONVERSATION WITH . . .

Wanda Waterman St. Louis

Mark Duggan

Mark Duggan is a Toronto-based composer and percussionist. A veteran of such notable groups as NEXUS and Vuja dé, Mark actively promotes the work of contemporary and world composers. Last winter, Wanda Waterman St. Louis had the privilege of hearing him perform Jeff Reilly's Internal Combustion with the Nova Scotia Youth Orchestra. Just before the concert, Mark took the time to answer Wanda's questions about musical experiences, percussion, and his current activities.



On Jeff Reilly

I've worked with Jeff Reilly for many years in a variety of contexts. We're both interested in improvisation as a compositional device and also in music of other cultures. Creating the piece was Jeff's idea, and one to which I readily agreed. It was commissioned by me a few years ago with the help of the Canada Council for the Arts.

What I know of *Internal Combustion* I enjoy. This performance will be the world premiere. I am interested in the way Jeff has organized the orchestra to be able to "improvise" (via the conductor) with me. That will be a new experience for me.

Why Am I a Percussionist?

That's difficult to answer. I've wanted to play drums for as long as I can remember. When I was seven or eight, a woodwind quintet came to my school to perform and afterward offered to teach those instruments to anyone who wanted to learn.

I spoke with them and told them I wanted to play percussion, and they set me up with a teacher. I studied in the Halifax City Schools' music program for many years and for a year at Dalhousie and two years with the NSYO before moving to Toronto to study music at the University of Toronto.

Stirring Musical Experiences

. . . Last November I did a series of shows in Toronto with a guitarist from Rio de Janeiro,



Brazil, a guy named Guinga who is one of my musical idols because he has such a beautifully expressive compositional and performance style (he plays only his own music). It was very special for me to have the chance to perform with him. I'll be heading to Brazil . . . to catch up and play with him again.

Currently

I'm also back in school these days, enrolled in the doctoral program at [the] University of Toronto. It's a fascinating experience to be back in school at my age and to have the opportunity to study and play Brazilian popular music.

CLICK OF THE WRIST – Katrina

Sunday marks the five-year anniversary of the Louisiana landfall of the infamous Hurricane Katrina, which hurtled through the Gulf of Mexico as a Category 5 storm, the most intense classification. Katrina caused devastating damage in New Orleans and along the Gulf Coast, and its effects are still being felt today. This week's links look back on the storm's history and impact.

Anatomy of a Storm

What caused Hurricane Katrina to grow to such force? This short video from NASA's Goddard Space Flight Center offers satellite photos of the developing storm and uses high-tech imagery to show the factors that created the monster.

City Coverage

Website NOLA.com, affiliated with New Orleans daily newspaper *The Times-Picayune*, has an archive of *Times-Picayune* coverage of the storm and its effects. The information goldmine includes PDF scans of back issues, interactive maps, videos, photos, reader stories, and more.

Rising Water

Just how high does the storm surge get during a dangerous hurricane? This amateur video, filmed by an unknown guest at a Biloxi, Mississippi hotel, shows the water rising with the approach of Hurricane Katrina.

Wetland Woes

The human, economic, and structural toll caused by Katrina wasn't the only havoc wreaked by the storm; there was also a devastating effect on the ecological balance of the Gulf region. This video shows how the wetlands were damaged, and what it means for future storms in the area.





Intriguing New Developments in Alternative Music

"I think that if a person doesn't feel cynical then they're out of phase with the 20th century. Being cynical is the only way to deal with modern civilization; you can't just swallow it whole."

Frank Zappa

"The Ultimate Rule ought to be: 'If it sounds GOOD to you, it's bitchin'; if it sounds BAD to YOU, it's shitty.' The more your musical experience, the easier it is to define for yourself what you like and

what you don't like."

Frank Zappa

You gotta love free music. Well not all of it, but here are three divine Creative Commons aural concoctions courtesy of [Jamendo](#):

Error 404, *The river I can't (under) stand*

Latin rhythms, lashings of noir atmosphere, the crooning caress of a male vocal, and introspective (but never self-indulgent) lyrics make this album as tasty as biscuits and honey. Error 404 appears to be one deep artist who named his act after an error message (signifying something you can't find). The elegant, intelligent lyrics are in Italian but easily Google-translatable <http://translate.google.com/>, and he even sings in English the odd time, showcasing a whimsical and slightly ironic view of reality. Take these lyrics from "Wasting Time": *"These tired horses/I don't know why/they're tasting 'paradise'/Looking the sunset up there/through glassed eyes trying to fall in love/don't ask me why/they're setting colours/in a paintbox full of seeds . . ."*

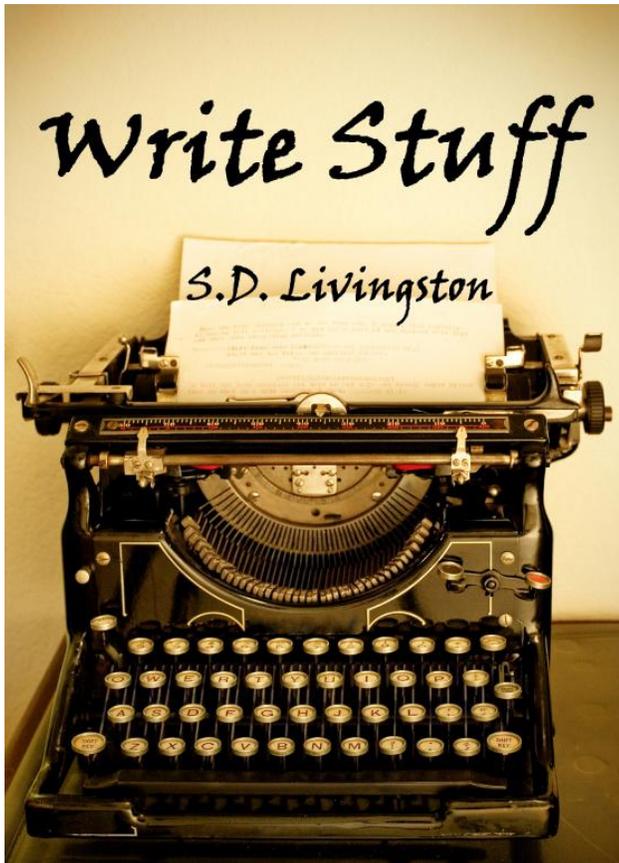
Dame Seck, *Mbour*

This is a set of lovely acoustic tracks, as sweet and soothing as the company of Africans, from a Senegalese guitarist. Due to their folksy reggae riffs, tight but rough-hewn harmonies, and sweet plunky guitars with modal musical phrases, you'll want to keep them on repeat during your next staycation.

Alpha Twist, *Sealand*

Space noises, aleatoric soundscapes, bouquets of sonic innovation, gentle, with driving rhythms. These are great to listen to when you're concentrating hard on finding a way to make lead into gold but don't want to be lulled to sleep. And if you want to drop everything and just listen to the music, you'll have much here to occupy your mind.

With instrumental music, imaginative track titles are the only source of verbal intellectual fodder, so it's especially brilliant when they're engaging. "Search for the Mind," "Interlude Coming From the Basement," and "Electronic Fried Chicken" are enchanting cases in point.



Pages and Patrons

Mention product placement and most book lovers start muttering like Shakespeare's witches, mumbling ominously about the pricking of their thumbs. Rapid changes in technology have only heightened fears about those sly commercial cameos slipping into the plot. After all, how much simpler could it be than to tweak new versions of an e-book and put the latest smart phone or lipstick into a character's hands?

The question of corporate influence and creative process is a good one. But is it new? Hardly. In fact, the battle between pages and patrons has been going on for centuries.

It started as long ago as ancient Greece (and probably even earlier), when those early poets and playwrights realized a hard truth of their art: you can't eat words. At least, not literally. So what was a struggling Athenian artist to do? Rely on the patronage of his *polis*, of course. From the French writers obliged to praise Louis XIV in their work, to the Early Renaissance artists indebted to

the Borgias, the dilemma was the same: "the payment of large sums of money on one hand for the surrender of something extremely personal on the other," as writer Donald Heiney put it.

When it comes to product placement (or even outright ads) in books, corporations play a role similar to those patrons. They provide the money that allows writers to keep writing and, in some cases, publishers to keep publishing. The cash that makes up the difference between rent and royalties. In exchange, these modern-day corporate Sun Kings exert a certain influence over the content of the writer's work.

Clearly, the "products" are different. Today's readers find characters wearing Rolex watches and Cover Girl Lipsticks. And, as *The New York Times* reported in 2006, luxury-goods maker Bulgari even commissioned an entire novel by author Fay Weldon, paying "an undisclosed amount" to highlight their brand in the book. The title? *The Bulgari Connection*.

Back when churches, kings, and nobility were the major patrons, nobody was putting Coke Classic in fictional characters' hands. What writers *were* doing, though, was upholding the political and religious agendas of their benefactors. That doesn't mean poets and novelists had to include blatant plugs for, say, Queen Isabella's naval ambitions. But you can bet that no writer enjoying Henry VIII's favour was out there slagging the Tudor "brand"—or criticizing the English Reformation.

Ideally, the books, newspapers, and magazines that inform and entertain us would be free of any influence save that of the writer. They'd be subject only to the whims of the author's imagination and personal beliefs, along with the editorial decisions of publishers. Sometimes, that's the case. Writers win grants, get funding from universities, or have enough money and influence to back their own projects.

But it's a fact of life that funding, from kings or corporations, has always bought a certain degree of influence over artists. An important fact to remember in this brave new literary world.

Sister Aurora

There's a rainbow dancing in the sky tonight, and I think I'm gonna go outside . . .

#55



I don't want to let go.



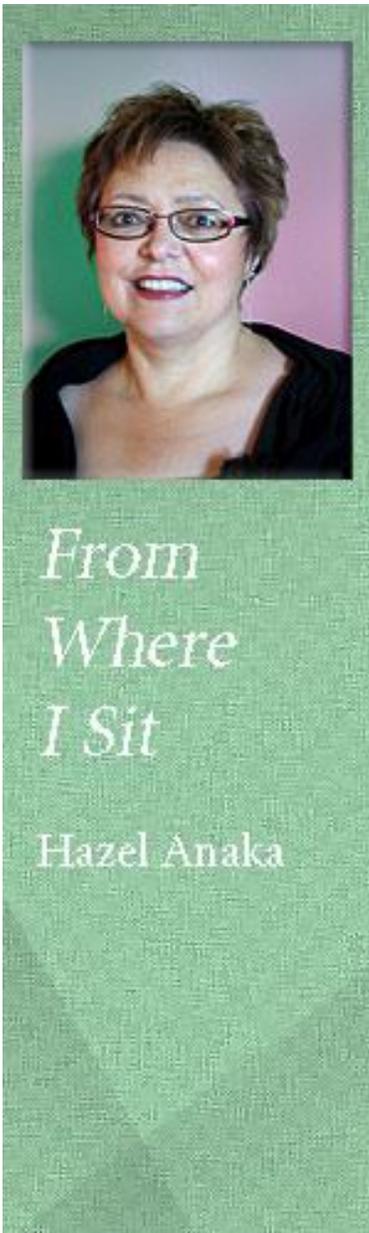
It's like being reborn!



You don't have to.



You are being reborn. We all are.



Not Right

On Monday, according to our handy-dandy La Crosse electronic home weather station, the temperature was five degrees Celsius with the wind chill. FIVE degrees on August 23. It was a cloudy, miserable day.

In the Big Sky Country of Alberta, where we're used to sparkly blue, often cloudless skies, dark, dreary days are especially hard on the psyche. Some quick internet research revealed that Calgary is considered the sunshine capital of Canada and that Edmonton enjoys 2299 hours of sunshine per year.

Tuesday hit a high of 25 degrees Celsius. It was sunny (for the most part) and breezy. Why, you may ask, does any of this matter? With bizarre weather events occurring around the globe, what's the big deal about a temperature swing?

The big deal is this. For farmers, weather is a huge player—just as important as input costs and market prices, and perhaps more so, because without favourable weather there is no crop. No crop affects the ability of livestock farmers to feed their animals, which in turn affects the price in your grocery store.

Our area of Alberta (east central) has been in a drought condition for the past 10 or more years. Year after year, farmers have noticed telltale signs that something was seriously wrong. Trees were dying. Crops were patchy, with lower yields. Roadside ditches were dry even when there should have been spring runoff (caused by lower than normal snowfalls). Dugout water levels were dropping or drying up completely. Thankfully, we have a huge one that is spring-fed. A neighbour was able to keep his herd of Hereford cattle only because he laid miles of temporary piping to pump water from our dugout to his empty one. He's done that two or three times in the past several years.

So in spring 2010, when it appeared the tap had been turned back on, farmers started smiling again. Devastated pastures and hay crops were slowly coming back. Lush, green growth in crops and farmyards was a welcome sight after years of crunchy lawns, cracked earth, dust, and low humidity.

Yes, Lord, we appreciate the rain, but now, after trying unsuccessfully for seven or eight weeks to make hay, we need your help. The overzealous farmers who cut acres of hay have seen it turn black and rot or have had new growth come through the swaths. Others who quickly baled the hay (before it was thoroughly cured and dry), will likely find the bales spoiled and mouldy this winter. Some believe that mouldy hay causes cows to abort their calves. Most of our hay is still standing, but as summer turns into fall, its quality is deteriorating. The long-range forecast is not great. If these cool, wet, windless days continue, harvest 2010 looks like it could be one for the books. We need warm, sunny, windy days to finish our hay, help the grain crop mature, and ensure that what should be a bumper crop actually gets from field to grain bin.

Based on what I see in my backyard and on the news, something is not right, from where I sit.

INTERNATIONAL NEWS DESK



At Home: Driving in Cars with Cannabis

Hemp—the plant family that’s the source of marijuana—is manufactured into many other products, including food and clothing. But recently, several Canadian companies, university students, and the province of Alberta have been collaborating on an entirely different use: an electric automobile whose structure is composed of the plant fibres.

As the [CBC reports](#), the battery-powered Kestrel, made from an “impact-resistant composite material” composed of Alberta-grown hemp, will be tested later this month. The car will be able to reach speeds of 90 kilometres per hour, and its battery should last between 40 and 160 kilometres “before needing to be recharged.”

The Kestrel’s manufacturing process is being hailed as much more energy-efficient than that of other light cars, like those composed from fibreglass composites. While these involve “intense heating in furnaces and multiple chemical processes,” the hemp needed for the

Kestrel only requires “the energy of the sun” and “doesn’t require much water or pesticide use.”

An ecological innovation? Maybe not. Building hemp-based cars isn’t a new concept: over 50 years ago, “[a]utomotive pioneer Henry Ford first built a car made of hemp fibre and resin.”

But don’t worry about driving under the influence of the fibres. Although certain strains of hemp contain tetrahydrocannabinol (THC), the component that creates marijuana’s effect, “industrial hemp is bred to produce very little THC.”

Around the World: Mini-Moon

For centuries, the moon has been a seemingly unchanging fixture in the night sky. However, recent research suggests that the moon hasn’t always been the size it is now—and that it’s still getting smaller.

As the *National Geographic Daily News* [reports](#), “the moon has been shrinking” for years, and it may continue to do so.

Recent photos from NASA’s Lunar Reconnaissance Orbiter show widely scattered geological formations called lobate scarps, which are staircase-shaped and which “form when land on one side of a geologic fault line is thrust upward.” Scientists believe that the moon’s shrinking caused the crust to buckle, creating the scarps.

But it’s the condition of the scarps that are the most mind-blowing discovery. Because they are in a “pristine state,” scientists suggest that they were only recently formed, meaning that “the moon got cool enough to begin contracting only recently.”

Studies “estimate that the moon’s width has shrunk by about 600 feet (182 meters)” so far. And it may not be finished. Previously, scientists assumed that the moon had finished the cooling and shrinking portion of its evolution long ago. Now, however, they believe that it “may still be shrinking.”

AUSU UPDATE



Convocation 2010

AUSU wishes to congratulate this year's graduates, whether attending Convocation in person or by distance. We wish you the best of luck in your future pursuits. You are an inspiration to all AU students!

AUSU Executive Election

AUSU has recently held its internal election for the Executive. We wish to congratulate Barbara Rielly (President), Bethany Tynes (Vice President External and Student Affairs) and Sarah Kertcher (Vice President Finance and Administration) on their election and thank those that ran for their willingness to serve.

Internal elections are being held to determine committee membership and we expect that all will be in place shortly. Our new Council is taking its bearings and has already begun to set the direction for this term.

Student Issues

AUSU recently completed a compilation of reported student issues covering a two year period; all issues were recorded in such a way as to ensure that student information remains protected and private. This effort confirmed what we long suspected; that tutor problems were the single biggest issue faced by our students (56 of 120 complaints).

Outdated course materials and errors in texts continue to be reported as well as were exam issues, slowness of the transfer process, and the scantiness of information in School of Business FAQs. Over that two year period there was a decrease in the number of complaints about student financing, exam request problems, difficulty registering in more than six courses, and materials shortages for courses. Kudos to AU for improving in those areas. Now if we could only get the Tutors' Union to the table . . .

New 2010 AUSU Handbook/Planners – Arrived!

Finally! People have already started receiving the new planners in the mail, and we're currently shipping them out as fast as the orders come in. Full of useful information about AUSU, writing styles, course grading, great finds online for your studies that you may not have known about, as well as having places to write down your phone numbers, keep track of your assignments, and, oh yeah, a year's worth of calendar to plan out your schedule too. We'll give one free to each AUSU member just for the asking.

Remember, though, we only print a limited number of these each year, so when they're gone, they're gone.

Let 'em Know who Represents for You!

AUSU logo mugs, hoodies, USB keys, and much more are all available for sale from our office. Also, used locks can be purchased at half price! Check out our merchandise catalog on our front page. You should

check out our hoodies in particular—made in Canada and 100% bamboo, we're offering them for just barely over our cost, and they're both durable and comfortable.

And if you have new little ones in your family, or know somebody who does, check out our baby onesies. Made by American Apparel, these onesies are high quality and let folks know your kids are growing up to great things as a "Future Graduate of Athabasca U"

AUSU Scheduling Meeting with Tutors' Union – Not really an Update

Some things resist change. We're still waiting for a response from the Tutor's Union as to when we might be able to meet with them to discuss ways that AUSU and the Tutor's Union can work together to ensure that students are getting the contact they need. Unfortunately, they haven't yet replied, so we're stepping up our campaign to get in touch with them. If you want to help, the next time you're talking to your tutor, ask them if they know when the Tutor's Union will meet with AUSU so that the groups can work together on common issues.

Our statistics we've been collecting from the forums and your calls show that issues with tutors - specifically the amount of time taken for marking assignments and exams are your number one concern. Help us help you.

SmartDraw Program Renewal

Some of you who took advantage of our program to provide SmartDraw software to members have been getting notifications that your software license will soon be expiring. Fortunately, AUSU will be continuing this program, so if you haven't already, go to the AUSU home page to download the newest version.

SmartDraw allows you to create a wide range of graphics for your assignments and submit them electronically in a Word file. You can also place your graphics in Excel or PowerPoint files, or export them as TIF, GIF, or JPEG files to make a web graphic or even a logo. Just a few of the graphics you can make include Venn diagrams, genetics charts, graphs, organizational and flow charts, and Gantt charts.

For any course that requires charts that cannot be easily created in Word or Excel, this should be a real time saver and make it easier to submit all portions of an assignment by email.

Remember, though, that you should always check with your tutor to find out if there is a specific format he or she prefers. Your tutor does not have to have SmartDraw to view these graphics, however. Installations under this program are good for one year. The package includes both the Standard and Health Care editions of SmartDraw.

AUSU
Representing AU
Undergrads

Student Gear

2009 merchandise

The catalog features six items of merchandise:

- AUSU calendar
- Water bottle and other accessories
- Colorful balloons
- Red hoodie
- AUSU logo graphic
- Purple t-shirt with "Future Graduate of Athabasca U" text

Clothing
Technology
Fun Items
Home Decor

Fostering the Student Community
AUSU and Voice gear is intended to support your studies and help you feel like part of the AU student community. Suggestions for new items are welcome. Contact our office with any questions.

CLASSIFIEDS

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

THE VOICE

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