



# THE VOICE

Vol 26 Issue 14 2018-04-16

## **Nuggets of Information**

Behind the Scenes of *The Voice Magazine*

## **Canada Reads Recap**

Reading Gender Into It

## **Book Review**

Fantasyland: How America Went Haywire

*Plus:*

*Sweet Job if you Can Get It  
Coping Strategies  
and much more!*



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# LETTERS TO THE EDITOR



**We love to hear from you!**  
**Send your questions and comments to [voicemagazine.org](http://voicemagazine.org), and please indicate if we may publish your letter!**

**Hey! Did you know the Voice Magazine has a [Facebook page](#)?**

No kidding! We also do the [twitter](#) thing once in a while if you're into that.

## Editorial

### Sweet Job if You Can Get It

Karl Low



There's been somewhat of a kerfuffle over at U of A over the past couple weeks since they announced that they might be having to cut their 2018-2019 budget by 4% while raising fees for students who live in residence and international students. This was exacerbated when Advanced Education Minister Marlin Schmidt spoke of the University of Alberta President "lining his own pockets while he's cutting money being spent on classrooms and students"

U of A President David Turpin takes home about \$824,000 per year in salary and benefits, making him the second highest paid university president in the country.

Members of the Board took issue since it was their budget being impugned, and students and staff took issue with the Board, noting that the assumptions the Board was making on funding (assuming a 0% increase in government funding) were a complete mis-match to what the government was claiming with a 2% funding increase and backfill funding to compensate for tuition being frozen for another year.

Since then, Minister Schmidt has apologized to President Turpin for the comments and tone they were spoken in. And the Board of Governors, on receiving further assurances from the

government that what they're saying is what is going to happen, is considering adjusting its budget to address the additional funding the government is promising.

Now, in fairness to University of Alberta's Board, universities have been burned before on government announcements vs. government funding. Under the previous PC government, for instance, a 2% increase was converted into a 7% cut with almost no warning, leaving post-secondary institutions, including AU, scrambling. So maybe there's something to their prudence. On the other hand, formalizing budgets that ignore government funding increase announcements is a good way to create a surplus on the backs of the students and programs whose funding got cut, a surplus that universities are then free to redirect to whatever special projects they would prefer to spend on.

For context, the AU President's salary and benefits come in at just over 500k (pg A27) even though I would argue that managing Athabasca University is probably a far more complex task since AU is dealing with multiple unions, and every program implemented must be thought about in the context of how it will work not just in the city, but across the country and even around the world.

But the larger question is, in times of limited funding, why do Boards continually seek to offer higher and higher salaries. Is there really such a dearth of people who would be capable of doing the job for less than half a million dollars? Remember that that's more than double the premier of any province. But because they all do it, they all have to do it because they've made it the going rate. After all, no board wants to be thought of as hiring someone who's less than the absolute best, but the only real measure we can quantify to tell if someone is the best university president is how much they get paid. It's a cycle where the quality is determined by the salary received, and the salary given is determined by the quality sought, but nowhere is the quality measured by the work done, not until after the presidents' term, and that has no effect on the salary offered for the next person in the position. Sounds like a sweet job, if you can get it.

Enjoy the read!



## Nuggets of Information

Filling the corners of *The Voice Magazine* with good stuff for students

Barbara Lehtiniemi



In writing parlance they're known as "fillers": those little pieces that show up at the end of magazine articles. Some writers bristle at the term, reasoning that "fillers" sound like bits of nothing, like packing peanuts or bubble wrap.

Fillers do perform one service of filling what otherwise would be blank space around an article. However, fillers themselves serve as mini-articles. They pack valuable information into a small space.

*The Voice* has featured a variety of long-running filler pieces, such as Click of the Wrist, International

News Desk, and Did You Know? Some of these fillers are compiled by the editor and others by freelance contributors to *The Voice*.

I've been contributing regular fillers for several years. Student Sizzle began in 2014. AU-thentic Events and Scholarship of the Week both began in 2016. And Vintage Voice has run occasionally since late 2017. Despite their small size relative to full-length articles, they often represent disproportionately more effort. Here's a look at what goes into bringing these fillers to readers of *The Voice*.

**AU-thentic Events.** This events series was borne out of my own frustration as an AU student and as a writer for *The Voice*. While hunting around for topics to cover for *The Voice*, I observed there were a number of events that students could attend online or in-person. However, notices for these events were posted in varied places. Each department or AU-related entity maintains their own events listing, which means students would have to seek them out individually. Frustrated that there was no consolidated AU-related events listing, I decided to create one for *The Voice*. Each week, I comb through all the events posted on various webpages and social media feeds and organize them into a chronological list for the following week. There is seldom a week in which no events are scheduled, and some weeks there are so many the list approaches article length. Some AU departments now contact *The Voice* to alert us to new or last-minute events. When I take holidays, the editor has to cover for me so that students don't miss out learning about any events.

**Scholarship of the Week.** While hunting online for scholarships for myself, I realized that while there are many organizations that offer scholarships they don't always show up on routine web searches or in scholarship directories. Databases of scholarships from university, government, or private sources tended to list only a limited selection of available scholarships. My husband suggested a few organizations that he knew offered scholarships, yet these scholarships didn't consistently show up on online searches or scholarship lists. I came across so many scholarships I felt I could easily highlight one every week in a filler for *The Voice*.

From the beginning, I made an effort to highlight scholarships that had the fewest limits on eligibility. Ideally, I sought scholarships that any AU undergrad student could qualify for

regardless of part-time/full-time, program, geographic, age, or gender considerations. This proved to be difficult and consequently some scholarship pieces feature scholarships with one or more restrictions. I made it a personal policy not to highlight scholarships based on religious dogma, or for organizations that promote plagiarism (such as essay mills.) Compiling and maintaining a list of upcoming scholarships proved to be time consuming but necessary if I wanted to keep organized. Anytime I come across a suitable scholarship, I add it to my list in order of application deadline. Recently, several organizations have contacted *The Voice*, asking for the scholarships they sponsor to be featured in Scholarship of the Week!

**Student Sizzle.** The credit for conceiving a regular social media feature goes to *The Voice's* editor, who was seeking contributors for several filler concepts. I volunteered to compile a selection of social media posts each week, since I was checking those sites anyway. Each week I select a sampling of posts from Facebook and Twitter for Student Sizzle that I think students will find interesting. I also highlight AU-related material on Youtube and Reddit to alert students to posts on these less-used platforms.

**Vintage Voice.** Combing through old issues of *The Voice*—some of which were originally published on paper—I realized there are a wealth of well-written articles with timeless value. A couple times a month I search through old articles and select a pair that have current relevance. Often searching for one theme leads me to a different one entirely. I end up reading dozens of articles before narrowing the selection down to two. As with the scholarship pieces, I maintain a list of potential future themes, along with links of great articles I've come across that are just waiting for their turn in the Vintage Voice.

Writing for *The Voice* isn't just about finding the words. It's often about seeking out information that's useful to students and organizing that info into a suitable format. Filling up the corners of *The Voice* leads me to information I can use and helps me pack the fillers with good stuff for AU students.

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



**Brittany Daigle**

**Course Exam**

*AU courses, up close*

**Brittany Daigle**

### Course Exam

#### **MATH 265— Introduction to Calculus I**

**MATH 265** (Introduction to Calculus I) is a three-credit introductory calculus course with no prerequisites, though MATH 30 or an equivalent pre-calculus math course is strongly recommended. Students should also have a good understanding of basic algebra and trigonometry prior to enrolling into MATH 265. There is a **Mathematics Diagnostic Assessment** that contains seventy questions that will help students to assess their mathematical skills. Based on your score, the test will tell you which math courses are offered at AU that you are likely prepared for.

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Introduction to Calculus I is seven units, one assignment weighing five percent, three assignments worth ten percent each, one midterm exam weighing twenty-five percent, and a final exam weighing forty percent. The seven units within this course cover topics, such as real numbers, functions, continuity, limits, derivatives, curve sketching, integrals, and differentiation. For math courses, I've found it easiest to complete the assignments by hand and then scan your work into a single document prior to submitting. If this is not the only math course you will be taking I recommend that you purchase a scanner, unless you have easy access to one, as there will be a lot of scanning required for your math courses.

The exams are not cumulative, with the midterm exam covering content from assignments one and two, while the final covers the content from assignments three and four.

Assignment one is to be completed after finishing unit one, has twelve questions, and has one optional bonus question. Assignment two is to be completed after finishing unit three, has nine questions, and has one optional bonus question. Assignment three is to be completed after finishing unit four, has twelve questions, and no bonus question. Assignment four is to be completed after finishing unit seven, has eleven questions, and does not contain a bonus question. All four course assignments must be submitted and completed to the satisfaction of your tutor, so students cannot pass the course by just doing well on the midterm and final exams. The most you could receive on an assignment is one hundred percent, though I recommend doing the bonus questions in case you get points deducted from the other questions. These assignments are time consuming, though they adequately prepare students for the exams.

Both the midterm and final are written (not online), contain ten to fourteen questions, and students are allowed up to three hours. The midterm exam covers units one to four and the final exam covers units three to seven. Both exams allow students to bring a simple calculator and one eight and a half by eleven-inch single page "cheat sheet", which could contain formulas, questions from the assignments, or personal notes on both sides of the page. If students are concerned about the two exams, there are two sample midterm exams and two sample final exams with their associated solutions to help students know the expectations and for practice.

Overall, Introduction to Calculus I has received positive reviews from the students who have participated in the [MATH 265 Course Evaluation Survey](#). One student stated that this course "clearly explained what will be on the exam", which I definitely agree with. Another student stated "I found a few errors in the textbook and particularly in the study guide; however, I also received countless emails informing me of the course updates and corrections. The tutor support was excellent, and I received assignment feedback within hours."

From personally taking this course, I have yet to come across any errors, though I agree that the tutors have marked my assignments and answered my replies extremely quickly!

MATH 265's assignments can be time consuming and at times it can be a bit hard to stay motivated to finish them (especially the first one) as they are not heavily weighted, though they adequately prepare students for the exams. The questions are not very difficult, though students must take the time to learn the material and make sure to show all work or points will be deducted. One resource that I found helped me to visually learn the content was [ProfRobBob on YouTube](#). This teacher has taught me everything math related since grade nine of high school and I would highly recommend him! He has full playlists teaching students pre-calculus, calculus I, calculus II, algebra, linear algebra, statistics, trigonometry, geometry, and so much more. I have taken [MATH 209](#) (Finite Mathematics) and [MATH 215](#) (Introduction to Statistics) prior to MATH 265 and he has helped me pass all three and gives students that "learning in a classroom" feel! If

you want to learn more about Finite Mathematics or Introduction to Statistics, read my [MATH 209](#) and [MATH 215](#) Course Exam Article's!

This course is a degree requirement of mine (BSc CIS), though I would recommend this course to anyone who enjoys taking math courses or has an interest in calculus!

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



## Book Review FantasyLand

John Buhler

NEW YORK TIMES BESTSELLER

# FANTASYLAND

How America

Went Haywire

A 500-YEAR HISTORY

KURT ANDERSEN

**Book:** *Fantasyland: How America went Haywire: A 500-year History*

**Author:** Kurt Andersen

For decades, Kurt Andersen has written about President Trump, having featured the billionaire's dubious business deals, vulgarity, and vain personality in *Spy* magazine. More recently, Andersen collaborated with actor Alec Baldwin—who famously parodied Trump on Saturday Night Live—on a satirical biography of Trump. *You Can't Spell America Without Me: The Really Tremendous Inside Story of My Fantastic First Year as President Donald J. Trump* was released last November. The audiobook version features Alec Baldwin's hilarious impersonation as the US's least capable president but world's most famous narcissist.

In contrast, *Fantasyland: How America went Haywire: A 500-year History*, doesn't focus on Trump's presidency, although Andersen describes it as a consequence of many Americans' inability to distinguish between fantasy and reality. According to Andersen, the choose-your-own-reality perspective has always been an aspect of American

individualism. The author presents a society where truth is malleable, and a large segment of the public gullible. Sampling a wide-range of subjects in US history and culture—conservative Christianity, belief in the supernatural, conspiracy theories, the entertainment industry, the prevailing anti-science mindset and common distrust of experts—Andersen depicts a society exceptional in its irrationality.

Andersen claims that two forces were pivotal in creating the Fantasyland of modern American culture. First, the counter-culture movement of the 1960's not only protested the Vietnam War and experimented with drugs (to which Andersen readily admits his participation), but also relativized reality, bringing about a society in which the difference between feelings and facts have become indistinguishable. And second, recent technological changes like the internet have allowed otherwise fringe beliefs to be spread, shared, and widely accepted with stunning efficiency. But even before these relatively recent developments, Andersen argues, fantasy has been part of his country's DNA.



Religion takes several hits from Andersen, especially Christians who regard the Bible as the literal word of God. In terms of his argument about American exceptionalism, however, Protestantism, with its tendency to split into further offshoots, spurred American individualism and fostered divisions, leading to competing factions, each claiming its particular version of “truth”. For this reason, the founding Puritans (“a nutty religious cult” according to Andersen) sailed to America to get as far away as they possibly could from their fellow European Protestants. American Protestantism also created a style of Christianity which is particularly anti-science, opposed to the teaching of evolution, insisting that the Genesis creation story is literally true, and forcing many schoolboards to teach creationism as “science”.

*Fantasyland* doesn't delve into the matter, but you don't need to examine the fossil record to find problems with the Bible's creation story. Genesis contains two distinct creation stories: in the first chapter of Genesis, God creates animal life and humankind last, male and female; in the second chapter of Genesis, *God creates the first human male, then creates all of the animals*, and when none of the animals are suitable companions for the first man, God creates the first female. (Most Jewish and Christian Bible scholars believe that each version is from a different author). Even from a purely chronological perspective, belief in the literal truth of the creation story requires an Orwellian thought process. It is no wonder then, that nonbelievers like Andersen are sometimes dismissive of religion.

If you believe in the literal truth of the creation story, then it's probably not much of a stretch to believe Satan leads a vast conspiracy of devotees who practice dark arts that involve sexual depravity, murder, and cannibalism. Conservative Christians, as Andersen reminds us, had a role in the satanic ritual abuse panic of the 1980's and 1990's. At the time, many people were starting to talk about their actual experiences of physical and sexual abuse as children. The belief in repressed memories also gained popularity around this time, and hypnosis became a controversial instrument for delving into past abuse with unfortunate consequences. Based upon memories “recovered” under hypnosis, Michelle Pazder, along with her husband and former psychiatrist Lawrence Pazder, wrote a book called *Michelle Remembers*. In it, she recounts her implausible and uncorroborated experiences with a satanic cult when she was five years of age. Her narrative set the pattern for subsequent reports of satanic ritual abuse.

This period happened to coincide with a growth in conservative Christianity, a group that imagined a satanic program at work in the world, and willing to believe that Satanists were

## AU-thentic Events Upcoming AU Related Events

### AUSU Council Meeting

Tues, April 10, 5:30 to 7:30 pm MDT

Online

Hosted by AUSU

[www.ausu.org/event/april-council-meeting-2/](http://www.ausu.org/event/april-council-meeting-2/)

No pre-registration required; e-mail [governance@ausu.org](mailto:governance@ausu.org) for meeting package

### Writing for Publication - Pearls and Pitfalls

Wed, April 11, 2:00 to 3:00 pm MDT

Online

Hosted by AU Faculty of Graduate Studies

[fgs.athabascau.ca/news/presentations/](http://fgs.athabascau.ca/news/presentations/)

e-mail [fgs@athabascau.ca](mailto:fgs@athabascau.ca) with your student number to register

### AU Faculty of Biz Alumni & Student Mixer - Edmonton

Wed, April 11, 5:00 to 7:30 pm MDT

Normand's Bistro (Citadel Theatre), 10177 99 Street NW, Edmonton AB

In person

Hosted by AU Faculty of Business

[business.athabascau.ca/event-details/alumni-student-mixer-edm/](http://business.athabascau.ca/event-details/alumni-student-mixer-edm/)

Register online at above link

### Online MBA Info Session

Thurs, April 12, 10:00 to 11:00 am MDT

Online

Hosted by AU Faculty of Business

[business.athabascau.ca/event-details/online-mba-executives-information-session-6/](http://business.athabascau.ca/event-details/online-mba-executives-information-session-6/)

Register online at above link

murdering and cannibalizing thousands of babies and drinking their blood. In reality, the physical evidence for such crimes didn't exist. Nevertheless, the panic, bolstered by ABC News's *20/20* and talk shows hosted by Oprah and Geraldo Rivera, placed pressure on police forces to investigate these claims. Soon, the craze echoed the Salem witch trials. People came forward with wild and impossible accusations, and investigators subjected children to prolonged and manipulative questioning until they finally gave statements that fit the expected depictions of satanic ritual abuse. Before the panic finally ran its course, many innocent people had been charged, convicted and imprisoned, and numerous children removed from their homes in a bizarre modern-day witch-hunt.

*Fantasyland* focuses on the US, but Canadians helped to create the scare and were among its victims. When Andersen writes that Michelle Pazder (and her psychiatrist turned husband, Lawrence) lived "just across Puget Sound from Seattle" he's referring to Victoria, BC. I'm guessing that Andersen wants to downplay the Canadian connection because of his central argument that belief in the fantastic is chiefly an American trait. Apparently, Canadians can be irrational too. (A retrospective article in the September 5, 2017 edition of the *National Post* declared "How Canada tricked the world into believing murderous Satanists were everywhere").

Similarly, Andersen overlooks or perhaps is unaware that the hysteria was felt here in Canada. "The Satanic Panic never really took off outside the United States", Andersen writes. That may be true, but it definitely didn't stop at the Canada/US border. After all, many evangelical and fundamentalist Christians in Canada are very similar to their US counterparts. In the conservative Christian town of Martensville, Saskatchewan, a daycare worker was accused of sexually abusing a child. The subsequent investigation by an inexperienced police officer, however, morphed into charges of satanic ritual abuse by a fictitious cult named the Brotherhood of the Ram. Over one hundred charges were laid against nine people, including police officers. In one instance, a child was shown photos of police personnel, and said that the officer in one of the photos forced the child to perform sexual acts at gunpoint. In fact, the child and the accused officer had never met. It would take the accused officer many years to have his name cleared. An RCMP task force determined that "emotional hysteria" was responsible for the madness. The province of Saskatchewan eventually apologized for this gross miscarriage of justice and paid out settlements to those falsely accused.

And while many American Christians imagine Satan and his cronies actively at work in our world, many American gun advocates are unable or unwilling to acknowledge the gun violence that permeates their society. Andersen's book was published before the February 14 shooting at Marjory Stoneman Douglas High School in Parkland, Florida, which resulted in the murder of 17 people. But shooters, as Andersen writes, often engage in role play, seeking fame and taking revenge upon whatever forces or systems they blame for their unhappiness or failure.

Apart from the individual fantasies that motivate killers, many gun advocates are fearful of imaginary conspiracies. The intention of the US Constitution's Second Amendment was to ensure that a militia would be available to provide security for the nascent country. For some survivalists, however, the right to bear arms validates their Armageddon plans, their belief that they will eventually need to battle the US government or some other perceived enemy. And to the NRA, it seems any suggestion of requiring background checks on potential gunowners is merely a plot to enable the wholesale confiscation of privately-owned guns. Some gun advocates even deny the reality of the 2012 Sandy Hook Elementary School shooting in which 26 people died, claiming that it was an elaborate hoax. In the minds of many gun advocates, conspiracies aimed at clamping down on gun ownership have no bounds.

In contrast to Trump's "Make America Great Again", Andersen wants "to make America reality-based again." He calls on citizens of his country to turn the tide against delusions and expose the lies that have become so common. Andersen also raises the possibility that although the US is a leader in make-believe, other nations, including Canada are headed in the same direction. If he's right, we might all have to claw our way back toward rationality.

Despite its heavy subject matter, *Fantasyland* is a thought-provoking, entertaining, and enjoyable read. Its wide scope will undoubtedly provide surprising insights. (For example, "Half the states require no standardized tests or other measures for homeschooled children, and fewer than a dozen require home teachers to be high school graduates." Those facts should alarm any rational person and raise concerns about the US's alternate education system which allows families to shield children from science-based education). Not everyone will agree with Andersen's perspective; conservative Christians will take offence, conspiracy theorists will assume that it's part of a vast misinformation campaign, and gun advocates will use the book for target practice. In other words, the people who should read it probably won't.

John has his BGS from AU and started writing for the voice while he was taking it in 2003.



## Canada Reads Recap

Deanna Roney



In case you didn't follow along with Canada Reads this year, it breaks down like this, the order the books were voted off:

- 1) *The Boat People* Sharon Bala
- 2) *Precious Cargo* Craig Davidson
- 3) *The Marrow Thieves* Cherie Dimaline
- 4) *American War* Omar El Akkad
- 5) *Forgiveness* Mark Sakamoto

The book I was rooting for, *The Boat People*, by Sharon Bala was the first to be voted off. I was so disappointed, not only because it was voted off, but because being the first to be voted off means that I didn't get to hear

too much debate involving it.

This year, day one of the debate was a bit strange compared to other years. There wasn't too much debate. I was concerned that the rest of the debate was going to follow suit but, thankfully, come day two, everyone's emotions got a bit more involved and the conversations became bit more heated. I always find that you never hear too much about the first book to go, not just because it is only in the debate for a day, but because everyone is finding their footing and getting the nerves out.

The theme for this year was "One Book to Open Your Eyes". All of the books on the list deserved to be there. They all have an important theme and a message that can open the eyes of the readers. So, while I was disappointed Bala's book left early, I was happy to see *Forgiveness*, by Mark Sakamoto, win because his book is about a part of Canadian history that I don't know much about. It isn't something that was a part of the curriculum; it was a time that was buried. And I

think it is important to unbury it and show what families were put through, and how they were able to overcome it and push forward with their lives.

Books have the power to create empathy, to give faces (fictional or real) to the stories. It makes these stories personal and when they are personal they are more relatable. Numbers and stats are shocking, but they lose that sense of what the numbers represent, *who* the numbers represent. Getting to know a character—what they like, dislike, their pet peeves, their insecurities, or what brings them joy—these details endear the character to the reader, and so when they face adversity the reader can feel more of what they went through than they would by just reading the facts and figures.

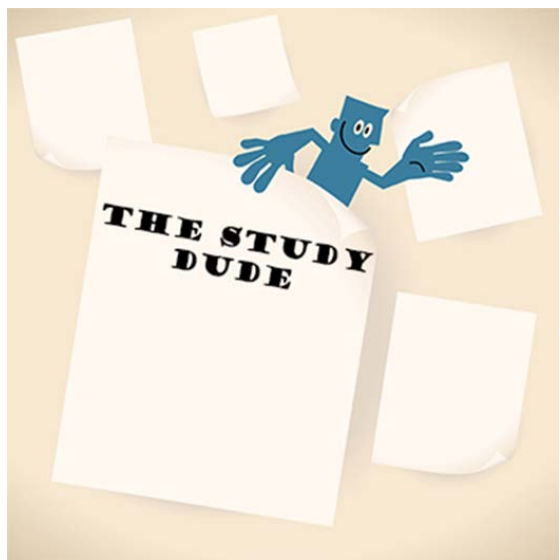
An interesting fact surfaced after the debates began. Though I believe it was written beforehand, it began to circulate after Bala's book was voted off. And that is that "A woman defending a woman has never won..." (Tom Baird, Ph.D.). In the article—written mostly by Tom Baird, a mathematician—shared on [Sharon Bala's blog](#), there is an interesting break down of winning authors and defenders. Baird even includes the formulas he used to get to the numbers that are presented in this article, which, frankly, make my head spin. The result though, is that, while it is fantastic that Canada Reads puts on these debates and four days of listening to books being defended is amazing, they highlight an issue within our society, one that is unconscious and one that needs to change. The math proves that it isn't a matter of luck or skill, but social bias that results in zero women defending women authors winning Canada Reads.

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



## The Study Dude Vocab for Witches' Warts

Marie Well



Attention spelling bee kings and queens. I have a challenge for you. You're top-notch? Well, then, spell the word beginning with "c" for the bubbles growing on a witch's nose. The answer? Carbuncle. As students, we're always looking for bigger, better, and more exact words to get our meaning across, or at least to pad out our essays.

A few years ago, I read two pages of the dictionary nightly, reading halfway through the alphabet. My biggest discovery? Simple words can have crazy meanings.

But few of the dictionary words stuck. I struggled with vocabulary. Mom spoke Swiss. She came to Calgary as a teen, crying while playing her accordion, unable to speak a word of English. So, I learned English less by example, more by struggle.

To illustrate, in grade seven, my class had a vocabulary test. We needed to spell one hundred words. The boy who marked my answers gave me many red x's. But I cried until he marked all my answers correct. That's how *not* to get into grad school.

One practical way to make vocabulary stick? Name your moods—in other words, dig up vocabulary for emotions. Many psychologists urge patients to label emotions. Why? Naming



moods heals wounds. So, when you feel bad, name your bodily sensations, thoughts—and physical brain pains.

One good way to learn words for emotions? Read positive and negative trait thesauruses. I like to pinpoint the traits that describe people in my world. Then, I attach three synonyms to each trait. Doing so sheds insight—and builds empathy for ourselves and others.

Another practical way to make vocabulary stick? Look up relevant words for your academic discipline. In other words, scour academic books for jargon. Then, turn that jargon into vocabulary cue cards, perhaps posted online.

I made online vocabulary cue cards. Publicly available. How did I do it? As I read books, I jotted down big words on the back-blank pages. Then I turned those words into cue cards through dictionary.com's quizzes portal.

Chris Lele shares tricks to learn vocabulary in his book *The Vocabulary Builder Workbook: Simple Lessons and Activities to Teach Yourself Over 1400 Must-Know Words*:

- Let's face it—school vocabulary tests don't gel: "That's all our school gave us: books containing lists of words, with no exercise or examples providing context, just dry definitions to be parroted back for a passing grade" (37% of preview. Location 488 Of 1301).
- A better way to learn vocabulary? Context. "A large vocabulary is not built from memorizing word lists or from some innate verbal capacity that very few possess, but rather is formed through targeted practice and context recognition" (38% of preview. Location 498).
- Plus, learn vocabulary through dictionaries. Try "to figure out words in context and then always (and I mean always) consul[t] the dictionary" (37% of preview. Location 488).
- Learning root words strengthens basic vocab, too. "You might want to start by learning word roots if your vocabulary is not very strong" (39% of preview. Location 513).
- Use vocabulary to characterize the people in your world: "Choose words ... to describe five people you encounter throughout the day—though you might want to keep the word to yourself" (44% of preview. Location 572).
- And name your moods: "Use new words to describe whatever your mood happens to be" (44% of preview. Location 572). [Naming moods has psychological benefits, too.]
- And learn the jargon of your hobby: "If you ... [have] a specific interest or hobby, find an article relating to that ... and then quiz [yourself] on any relevant vocabulary afterward" (44% of preview. Location 572).
- To learn a word, know its "part of speech, pronunciation, definition ... example of the word in a sentence, etymology (or word history) ..." (39% of preview. Location 513).

Lastly, sharpen your vocabulary through mnemonics. Yes, memory tricks. I learned from Harry Lorayne, world memory champion, that mnemonics fast-track learning new words. For instance, *sycophant* sounds like *sicko ant*. You might picture a sicko ant kissing up to you, like a servile flatterer, says Lorayne.

Mnemonics can help kids learn to spell, too. "It" has a carbuncle with an "itch" fit for a "witch" which makes her "twitch."

That last spelling bee challenge? Try spelling the word for a witch who brews and sells secret elixirs.

Answer? "Apothecary."

## The Fit Student The Rumbles

Marie Well



Stressed over studies? Can't sleep at night? Keep reading the same page, yet nothing sinks in? It sounds like a bad case of student stress. And student stress leads to physical problems, such as irritable bowel syndrome.

I never had anxiety during my undergrad or grad studies coursework. But I stressed-out once I started working full-time during grad school. And when anxiety struck, my bowels worked overtime.

Not only do studies and work trigger anxiety, so does poor diet. The winner for anxiety-inducing foods? Cola. Diet cola churned my stomach in ways that kept me awake, terrorized, at bedtime. Yet, I couldn't stop guzzling the dark brew. A math professor warned me that unhealthy eating triggers panic attacks. He said, once the attacks begin, you'll need a bazooka to regain control.

But I didn't have a bazooka. Instead, I had twenty vitamin bottles lining my work desk. Gaba. Vitamin B-100. Prescription tryptophan. Nothing worked. The boss's wife, a biologist, scoffed, "No more pills. Eat your nutrients from healthy, homecooked food." So, much for my daily bouts of fats, sugars, and salts from Earl's and Edo.

But eventually, through self-talk, fitness—and a healthy diet—I regained control of anxiety. Now, I no longer drink cola, no longer eat McDonald's, no longer sip Starbucks. Instead, I diet like a health nut protégé, eating eleven-veggies-and-fruits-a-day.

And every day, I eat cilantro and probiotic-rich sauerkraut. Cilantro works better than valium for anxiety (so I read). And probiotics temper the nerves. Get your probiotics from sauerkraut, yogurt, kefir, kimchi, or kombucha—the unpasteurized kinds. And don't kill your probiotics by cooking them.

Benjamin I. Brown, MD helps you stop irritable bowel syndrome, whether anxiety-riddled or not, in his book *The Digestive Health Solution: Your Personalized Five-Step Plan to Inside-Out Digestive Wellness*.

- Our bodies and mental health rely on our microbiome. "The 'microbiome' ... refers to the ecosystem of bacteria that lives in our digestive system, and only a decade ago we had no idea of its complexity and importance to our health" (p. 1).
- Microbiomes can be broken down into bad bugs and good bugs: "Diets high in calories, refined sugars, fat and protein (typically from processed foods, sweets and high-fat animal products) increase levels of bad bacteria in the gut, while diets rich in complex carbohydrates (from wholegrains, fruits, and vegetables) not only lower levels of bad bugs but increase your levels of healthy bifidobacterial, too" (p. 177).
- What all causes bad bugs? "Modern diets, too much sugar, excess alcohol, environmental toxins, lack of sleep, and too little exercise ..." (p. 3).

- So, how do you know if you're riddled with bad bugs? Symptoms include "bloating, distension, pain, constipation and/or diarrhea, discomfort and other niggling symptoms" (p. 2).
- What's the big deal with bad bugs anyway? Too many bad bugs cause anxiety and disease: "Disturbances in our gut bacteria have been linked to anxiety, depression, dementia, heart disease, allergies, autoimmune disease and weight gain, among many other illnesses" (p. 2).
- So how do you get good bugs? "You will need to start using probiotics, prebiotics, and/or foods that improve your gut bacteria" (p. 160).
- And good bugs thrive on certain herbs, such as "peppermint ... chamomile ... licorice ... angelica ... caraway ... milk thistle ... lemon balm ... cinnamon ... mint" (p. 167).
- And relaxation techniques (such as yoga) swat away bad bugs: "incorporate[e] ... mind-body therapies for stress management ..." (p. 160).

Muscle heads get gaseous from protein shakes. Lactose intolerant souls blush when asked, "Who cut the cheese?" And stressed bus commuters worry about the nearest washroom.

So, if you've got the rumbles—or, worse, student stress—snack on good bacteria.



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

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

### AthaU Facebook Group

Jennifer is curious what to expect from ProctorU if her young children need attention during her exam; in the end her exam went smoothly but other students report various issues with interruptions—both from children and from the ProctorU invigilators themselves. Elizabeth seeks assurance that AU course evaluations are anonymous (they are.)

Other posts include course notes and academic integrity, the order in which assignments must be submitted, course extensions, and courses FREN 301, HADM 315 and MKTG 466.

### reddit

Mike's on the hunt for a hardcopy textbook for ACCT 355. He's offering cash, so good opportunity to unload your text.

### Twitter

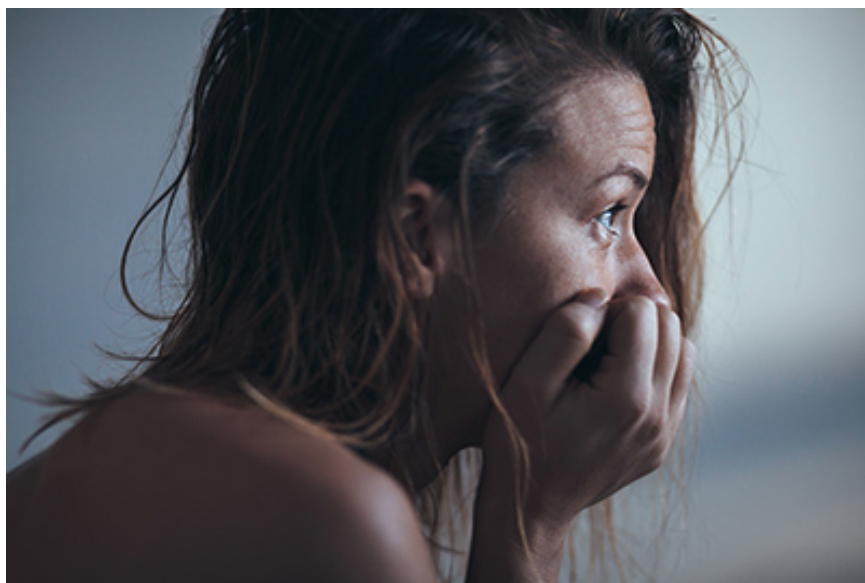
@AthabascaU tweets: "An exam in the middle of the night? At the library after work? Whatever works for you is now possible! Online exam invigilation for #AthabascaU students thanks to @ProctorU: <http://ow.ly/22Y730jjz4v>."

@AthabascaUSU (AUSU) tweets: "We get it... AU students are usually balancing multiple life commitments.. school, work, family and more. If that's you, consider applying for our Balanced Student Award! Deadline May 1. <http://bit.ly/1GIWJhi>."



## Coping Strategies

Tara Panrucker



When Life is far from perfect. No matter outward appearances, even the most ideal seeming life (okay, maybe not Gwyneth Paltrow's) is rife with challenges, losses, and obstacles to overcome. What separates individuals who let life get them down from those who overcome, or even flourish under difficult circumstances, are healthy coping strategies.

But what are coping strategies? The best definition I've found is written in a summary by Dr. Shelley E. Taylor along with the Psychosocial Working Group: "Coping strategies refer to the

specific efforts, both behavioral and psychological, that people employ to master, tolerate, reduce, or minimize stressful events."

Moreover, coping skills are actions or a refocusing of attention that helps successfully move you through personally challenging situations. Keep in mind there are positive and not so positive means of coping, and inhaling a bag of potato chips or screaming at your children are probably not the best way to go. Healthy coping skills are valuable in navigating your way over life's rougher terrain to get to solid ground, instead of wallowing, or metaphorically drowning in mud.

Coping skills can range from something as simple as taking a break from a stressful situation by sipping and savoring your favorite beverage at a cozy coffee shop, to scheduling an appointment with a trusted counselor who may be better equipped to help you talk through a deeply turbulent time in your life. My personal coping mechanisms range from meditating in a bubble bath (surrendering to 'being' instead of 'doing') to going for a quiet hike in nature. Judging from how relaxed I feel afterwards, I know these are coping strategies I can rely on time and time again. A musically inclined friend finds strumming his guitar takes his focus off difficult customers at work, and sometimes, a brilliant new way of communicating occurs to him that transforms the business relationship.

If it's a tedious chore you need to cope with, taking part in something exciting to challenge you in your personal time can give you something to look forward to while coping with boredom—skydiving, anyone? Since boredom is known to be a major cause of depression, it's important to find your secret formula for transforming the blues on a regular basis. Who knows where trying something different may lead—to a more exciting lifestyle, perhaps? Yes!

The point of a good coping strategy is not to ignore or deny a problem, but to take a step back, take a few deep breaths, and regain much needed perspective. Pretend you're out in space, floating around the universe, looking back at the earth. Those problems you're having sure don't look that big now, do they? Reduce the level of stress you may be experiencing by realizing there is still joy and satisfaction to be found in life to focus on, and you are not alone in your difficulties. Everything is temporary in the scheme of things. How we deal with unwanted circumstances



shapes our character and leads us to a broader view of the world. And with understanding comes more kindness and compassion, towards yourself, and everyone.

Taylor, Shelley. *Coping Strategies*. Retrieved from: [www.macses.ucsf.edu/research/psychosocial/coping.php](http://www.macses.ucsf.edu/research/psychosocial/coping.php).

*Tara Panrucker is currently enrolled in an AU online English course to help hone her writing skills and eventually achieve a General Arts Degree. She is a freelance writer and avid enjoyer of the outdoors, currently residing on Vancouver Island.*



## Women of Interest

### Barb Godin



Betty Friedan was born Bettye Naomi Goldstein on February 4, 1921, in Peoria, Illinois, U.S. and died February 4, 2006, in Washington, D.C., U.S. Friedan was a journalist, activist, and one of the leading figures in the Women's Movement. In 1963 she published the bestselling book *The Feminine Mystique* which explores the possibility of women finding fulfilment beyond the traditional role of a homemaker. This book was said to initiate the second wave of American feminism. As well, in 1966, Friedan cofounded the National Organization for Women (NOW) and became its first elected president. She went on to write six more books and remained politically active for the rest of her life.

The *Feminine Mystique* was sparked after Friedan attended her 15th college reunion and conducted a survey of her female classmates about how satisfied they were with their lives as homemakers. Because their responses Friedan began publishing articles about what she referred to as "the problem that has no name."

The shores are strewn with the casualties of the feminine mystique. They did give up their own education to put their husbands through college, and then, maybe against their own wishes, ten or fifteen years later, they were left in the lurch by divorce. The strongest were able to cope more or less well, but it wasn't that easy for a woman of forty-five or fifty to move ahead in a profession and make a new life for herself and her children or herself alone. (Gilbert)

Friedan received such massive reactions to these articles that she decided to expand this topic into a book, thus the birth of *The Feminine Mystique*. In it, Friedan states that women are just as able as men to pursue any career direction they choose, despite arguments by psychologists and educators who argued that women were happy and fulfilled following career paths that were limited to homemakers and mothers. Following the publication of Friedan's book, many women began attending consciousness-raising sessions and petitioned for change of unfair laws which were inhibiting them.

In 1966, Betty Friedan, Pauli Murray, and Aileen Hernandez, along with twenty-three other women, cofounded the National Organization for Women (NOW), which continues to be a leading feminist organization. NOW was motivated by the failure of the Equal Employment Opportunity Commission to implement Title VII of the Civil Rights Act of 1964, as employers continued to discriminate against women regarding hiring and pay equity with men. On October

29, 1966, at its organizing conference in Washington D.C., Betty Friedan and Pauli Murray collaborated to write NOW's Statement of Purpose: "the time has come to confront, with concrete action, the conditions that now prevent women from enjoying the equality of opportunity and freedom of choice which is their right, as individual Americans, and as human beings."

Betty Friedan published "The Second Stage" in 1982 that presented a more modernized feminist position. In 1993, Friedan, who was now in her 70's, published "The Fountain of Age", which investigates the later stages of a woman's life. Betty Friedan spent her entire life championing for women's rights, until her death at the age of eighty-five.

[https://en.wikipedia.org/wiki/Betty\\_Friedan](https://en.wikipedia.org/wiki/Betty_Friedan)

[https://www.google.ca/search?q=national+organization+for+women&rlz=1C1CHZL\\_enCA727CA731&oq=National+Orga&aqs=chrome.1.69i57j0l5.17417j1j8&sourceid=chrome&ie=UTF-8](https://www.google.ca/search?q=national+organization+for+women&rlz=1C1CHZL_enCA727CA731&oq=National+Orga&aqs=chrome.1.69i57j0l5.17417j1j8&sourceid=chrome&ie=UTF-8)

Gilbert, Lynn (2012-12-10). Particular Passions: Betty Friedan. Women of Wisdom Series (1st ed.). New York City: Lynn Gilbert Inc. ISBN 978-1-61979-593-8.



## Scholarship of the Week

### Digging up scholarship treasure for AU students.

**Scholarship name:** Lyle Makosky Values and Ethics in Sport Fund

**Sponsored by:** True Sport

**Deadline:** April 30, 2018

**Potential payout:** variable; estimated at \$2000

**Eligibility restriction:** Applicants must be a Canadian citizen or permanent resident, active in Canadian sport, and engaged in post-secondary education. See Terms of Reference for full eligibility criteria.

**What's required:** An online application form, along with a project/study proposal, reasons why you deserve support from this fund, a description of how you will use the award, two letters of reference, and an academic transcript.

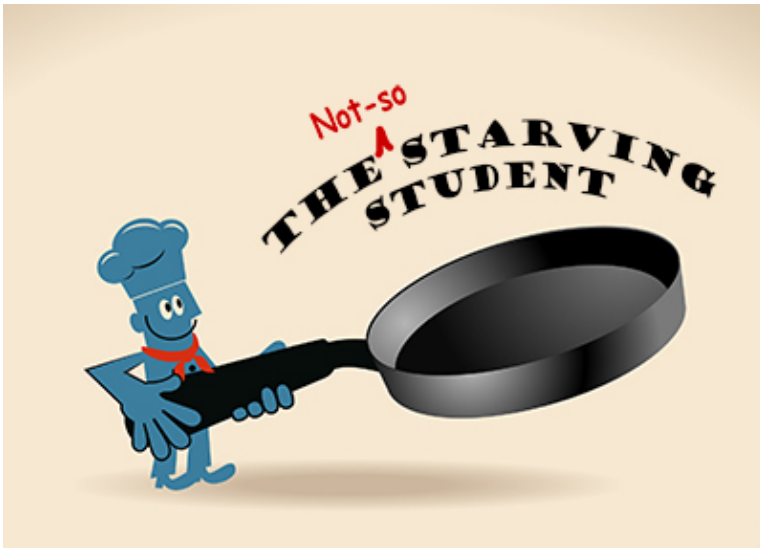
**Tips:** Check out the project/study proposals in the Previous Award Winners section for examples of how to structure your proposal.

**Where to get info:** [truesportpur.ca/lyle-makosky-values-and-ethics-sport-fund](http://truesportpur.ca/lyle-makosky-values-and-ethics-sport-fund)



## The Not-So Starving Student DIY Automated Pasta Maker Review

Xin Xu



Are If you love pasta like me, you realize that your regular outings to the local Italian eatery are adding up on your credit card statement. Like other AU students, when my motivation to meal-prep is at an all time low I like to feast on a bowl of ramen noodles or grab a plate of hearty spaghetti. However, recently I made the investment in a fully automated pasta machine. It was a challenging decision given that most fully-automated pasta

makers are a costly investment. The one I purchased came with a hefty price tag of over \$200. So I cringed slightly when I finally decided to commit to making my own noodles instead of visiting just about every pasta and noodle joint in the city. However, it was healthier to know exactly what was added into my pasta and being able to control the ingredients required.



But let's take a closer look at the machine itself.



The best feature of this machine is the semi-automated dough kneader that helps mix the dough thoroughly before extruding the pasta from the other end. The set comes with four moulds to extrude penne pasta, lasagna noodles, udon, or spaghetti. The entire process from start to finish takes about 15 minutes for 4 servings of pasta.



**Pros:**

There were plenty of attractive features about this machine. I enjoyed the process of customizing my own ingredients. For example, I enjoyed adding eggs to my pasta and increasing the nutritional value, which was easily done. My relatives, on the other hand, enjoy spinach linguine, and spinach juice can be just as easily integrated into the noodles as eggs. Some other options for integration include tomato juice, buckwheat, herbs, and squid ink.

Another feature about this machine is the convenience. Not having to physically knead the dough then run the dough through a manual noodle maker was highly efficient and for two servings of pasta, 10 minutes was enough to produce delicious, restaurant-grade pasta.

**Cons:**

Cleaning the nooks and crannies of the machine is an unfortunate necessity of purchasing an electric noodle maker. Moreover, instead of being able to cook my freshly made pasta right away, I had to soak the gears in warm water and help loosen and clean the dough. The longer I waited without cleaning the removable gears and the moulds, the harder it was to remove the encrusted dough.



With larger extrusion moulds, it was easy for the machine to force noodles through the larger openings. But the smaller the shape of the moulds, the more difficult it is to force the dough through them. Some are merely pin sized openings so the build up of pressure inside the machine may cause mechanical issues.

**Overall:**

Despite its flaws, the machine is simple to use, reliable, and more advanced than its predecessors in quality. Moreover, the texture of the noodles was comparable to restaurant grade pasta noodles. And having visited an Italian diner the day before my pasta machine arrived, I can attest that the quality of the pasta was superb. At the end of the day, if you're a die-hard pasta or noodle lover, this gadget is a worthwhile investment.





## Home Again, Home Again



Dear  
Barb

Barbara Godin

*Dear Barb:*

*I am almost thirty years old and live with my parents. After graduating high school, I went and got my degree. Though I had a job before I even finished school. Unfortunately, the job was only a one-year contract, and when the company didn't renew it, I wasn't able to find another job. There were some jobs I could have taken, but they were low paying and I wouldn't have been able to afford my rent and car payments etc. So I talked to my parents and we agreed that it would be best for me to move back home until I found a better paying job. At first I was excited, as they said I could have the whole downstairs of the house as my personal space, and I would not have to pay rent or even contribute to the cost of groceries. Well I moved in six months ago and I feel like I'm back in high school. My mom wants to know where I'm going, when I will be back and who I'm with! I can't stand it. She even comes downstairs and makes my bed and cleans up my room. If I am not coming home my parents expect me to call and let them know. Sometimes when I leave the house I don't know if I will be coming home, so how am I supposed to let them know. I love my parents but geez, I'm almost thirty years old and I don't need to be monitored like this. How can I get them to back off?*

*Thanks, Danielle.*

Hi Danielle:

The best way to get your parents to back off is to move out! In the meantime, there are things you can do to make the time with your parents less stressful for them and for you. Consider why you have moved back home, which in your case is financial. You said you need a higher pay job, so your focus needs to be on actively finding that job so that you can get your own place. While you are living with your parents, if possible, you should financially contribute to the household, even if your contribution is small. Paying your share will help you to maintain a sense of independence, plus it will help your parents out. Discuss the house rules with your parents. If you feel some are too stringent, communicate that to your parents, but respect their decision. It is their home and even though you are an adult, they still have rules, which they expect you to follow. While living with your parents, it's unrealistic for you to expect the same freedoms you had while living on your own. My advice is to follow your parent's rules, while actively working to find a job and so you can move out on your own. Also, be thankful and appreciative of the generosity of your parents.

Follow Barb on twitter @BarbGod

Email your questions to [voice@voicemagazine.org](mailto:voice@voicemagazine.org). Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place of professional advice.





# AUSU

ATHABASCA UNIVERSITY  
STUDENTS' UNION

## IMPORTANT DATES

This space is provided by AUSU. The Voice does not create this content. Contact [services@ausu.org](mailto:services@ausu.org) with any questions.

- **Apr 03:** [Facebook Live Event](#)
- **Apr 04:** [Edmonton Meet & Greet Event](#)
- **Apr 10:** [Deadline to register in a course starting May 1](#)
- **Apr 10:** [Council Changeover Meeting](#)
- **Apr 15:** [May degree requirements deadline](#)
- **Apr 30:** [Deadline to apply for course extension for June](#)
- **May 10:** [Deadline to register in a course starting June 1](#)

## AU Student Mobile App

Are you connected to the campus community?

Want quick access to services and resources available to you?

Download the [AU student Mobile App](#) and start connecting with fellow AU students!



## Proposed Membership Fee Increase to \$3.75 per credit

AUSU council will be voting on the first reading of a [proposed student fee increase](#) during the April 10, 2018 council meeting. Council understands that any increase in fees is of concern to students, and takes any fee increase very seriously. However, council also recognizes the value of continuing to make improvement to the organization to bring quality services and resources to the membership.

The fee increase proposal will be voted on by special resolution in accordance with [AUSU Bylaws](#). The motion that will be voted on will be as follows:

**BIRT AUSU council approve a membership fee increase in the amount of \$0.75 per credit to take effect on October 1, 2018.**

A great deal of consideration and research has been put into the potential fee increase. Although AUSU always has and will continue to advocate for the lowest possible fees for post-secondary students, there are important reasons why a student union fee increase is being considered at this time.

Find out more on our website [here](#), including:

- Improvements AUSU has made over the past 2 years
- Opportunities for membership feedback
- The dates of the first and second reading of the proposed change

## AUSU Career Resources

Looking for a job? Need help creating a resume or preparing for interviews?

Want to find out what career fairs are coming up in your province?

AUSU's [Career Resources](#) can help.



AUSU currently has the lowest student union fees in the province of Alberta at only \$3.00 per credit. Other student unions charge up to \$90 per credit, with a provincial average of \$7.89 to \$27.42 per credit\*. Even with the proposed fee increase, AUSU fees will be among the lowest in the province, despite also being the largest student union in the province.

*\*Based on 2016/2017 University calendar fee listings. Variance based on full course load vs. part time studies and in some cases on program.*

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# CLASSIFIEDS

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

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## THE VOICE

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