

THE VOICE

Vol 26 Issue 25 2018-06-22

Meeting the Minds

Dr. Chris Glover

The Definition of Insanity is...

Simple Sayings

Fun out of the Sun

The Flip Side of Summer



*Plus:
The Mindful Bard
Stress Busters...
and much more!*

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LETTERS TO THE EDITOR



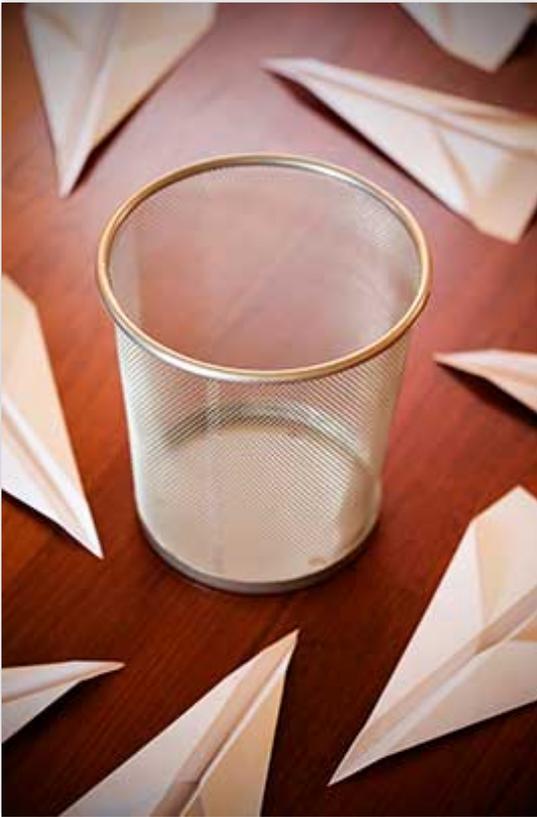
We love to hear from you!
Send your questions and comments to voicemagazine.org,
and please indicate if we may publish your letter!

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

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

Editorial But Seriously

Karl Low



This week, we take a break from our interviews with the new AUSU Council members, and instead feature an interview with Dr. Chris Glover, a man with a serious position who doesn't take himself all that seriously. While he takes a mostly light-hearted approach to our interview, he does slip up here and there and you can see the type of thinking that gained him the Chair of Hydroecology and Environmental Health at the Athabasca River Basin Research Institute.

I particularly like his response to the non-AU book he's reading, as, while it seems he's blowing the question off, if you understand the book you realize it can be seen as an environmental allegory, especially when we get to the "blue goo". A deeper reading of this work also brings to light the perils of society's need to constantly seek bigger, better, more, and of course ends with the exploration of what violence and war will do in our contained ecosphere. Which means that his request to "not spoil the ending" is obviously him hinting at the ties between our current environmental situation and the upcoming policy and governmental decisions that must be made if the situation is to be put back "in the bottle" if you'll excuse my own reference.

Or perhaps I'm reading too much into it. That's what an English degree will do.

Also this week, Tara Panrucker looks at the flip side of her summer activity series, this time with choices for those of us who fear the sun and strive to maintain our pasty white complexions and geek cred. Plus, Deanna Roney compares insanity and perseverance. Who knows, maybe there's a little bit of each in the other.

Of course, with the summer, it gets a bit harder to get content for *The Voice Magazine*, governments tend to go on holidays, meaning less education relation news, educational institutions including AU, tend to operate at a reduced capacity as people take advantage of holiday time to enjoy the warmer weather, and even students are often more busy outside of their studies, either working to try to save enough for their next set of courses, or just taking a well deserved break.

All of which means that this is a great time to consider submitting something to *The Voice Magazine*. We want to hear what students like you are thinking about. What has your attention? Especially if it's something related to AU, but even if it isn't. We're a magazine for and by AU students. What standard universities can do quite easily, form a gestalt of opinions and ideas of the entire community, is difficult for AU, and we need you to help out.

So if you have an idea, let me know at karl@voicemagazine.org. Who knows, you could even earn yourself a bit of extra vacation money!

Enjoy the read!

MEETING THE MINDS

INTERVIEWS with AU's EDUCATORS



Dr. Chris Glover is the Athabasca River Basin Research Institute Chair of Hydroecology and Environmental Health. He was previously at the University of Canterbury in Christchurch, New Zealand. He earned a doctorate in Environmental Science from King's College, London. He looked at physiology and its role in the metal uptake and toxicity in fish. Here we get to know another member of our fabulous AU community. This time in research.

As ARBRI's CAIP Chair for Hydroecology and Environmental Health, what tasks and responsibilities come with the position?

My job is to conduct research that focuses on environmental issues within the Athabasca River Basin, and the province as a whole.

What famous person, past or present, would you like to have lunch with, and why? What would the meal be?

I think lunch with Robin Williams would have been a very interesting experience. We would have to have Jello. It is an inherently amusing food.

Who in your life had the greatest influence on your desire to learn?

I'm not sure that I really have that much of a desire to learn. I just ended up here through general laziness, and a lack of any useful skills. For that, I take full responsibility.

What is your particular area of research focus? Why is this an important area of research within hydroecology and environmental health?

The core of my research looks at how aquatic animals deal with stress in their environment, including to anthropogenic toxicants. Understanding the interaction between organism and environment is critical for the protection of aquatic life and the sustainability of our water resources.

What is the most valuable thing in life to you?

Oxygen.

What have you given up to go to AU that you regret the most? Was it worth it?

I moved to AU from a faculty position in New Zealand. I gave up earthquakes and Cadbury's black forest chocolate. There's something quite exhilarating about being reminded of your insignificance on a daily basis, and then overindulging on chocolate to make yourself feel better.

about the whole thing. However, my cortisol levels and body fat index say that yes, it was worth it.

What is the most important lesson in life?

Don't accept life advice from academics.

What's something people don't know about you?

I don't really know what hydroecology is.

If students want to become involved in research at AU, how can they become involved in the research programmes and groups, and teams, at AU?

Simply reach out to researchers who work on subjects that interest you, and see what opportunities exist. Even as an undergraduate student there is significant value in testing the research waters, and there is actually a surprising amount of funding that may be available to facilitate this.

How does AU as an online institution have a solid foundation for the 21st century of online education? What difficulties also arise from the new nature of the institutional style and type, even though more institutions continue to move to the online platforms?

I think the difficulties AU faces are largely *because* more institutions are moving to online platforms. New, innovative approaches, supported by significant infrastructure and online resources, means the online education sector is more competitive than ever. There is some advantage to being a pioneer as AU has been, but that advantage will quickly be eroded if other institutions can offer a better experience.

Where has life taken you so far? (travels for pleasure, work, etc.)

I am pretty lucky in that my career has provided me the opportunity to live and/or study in a lot of places, from New Zealand, the United States, United Kingdom, Norway, and now I'm in my second stint in Canada. Experiencing a place by living there provides a very different perspective from just visiting. I would recommend it to anyone. Particularly my neighbours...

What (non-AU) book are you reading now?

I got about half way through "Fox in Socks" in the bookstore the other day. Nobody spoil the ending for me.

Scott Douglas Jacobsen works with various organizations, and runs In-Sight: Independent Interview-Based Journal, and In-Sight Publishing.

AU-thentic Events Upcoming AU Related Events

Google Scholar Webinar

Tues, June 26, 3:00–4:00 pm MT

Online

Hosted by AU Library

<http://library.athabascau.ca/orientations.html>

No pre-registration required

Further out...

AUSU Council Meeting

Thurs, July 12, 6:30–8:30 pm MDT

Online

Hosted by AUSU

<https://www.ausu.org/event/july-council-meeting-2/>

No pre-registration required; e-mail governance@ausu.org for meeting package

MBA in Hockey Management Info Session

Tues, July 17, 10:00–11:00am MDT

Online

Hosted by the Faculty of Business

<https://business.athabascau.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-7/>

Register at above link

MBA Information Session – Halifax

Mon, July 25, 12:00–1:30pm ADT

Live at the Four Points by Sheraton—Halifax
1496 Hollis Street

Halifax, NS B3J 3Z1

Hosted by the Faculty of Business

<https://business.athabascau.ca/event-details/mba-information-session-halifax-july2018/>

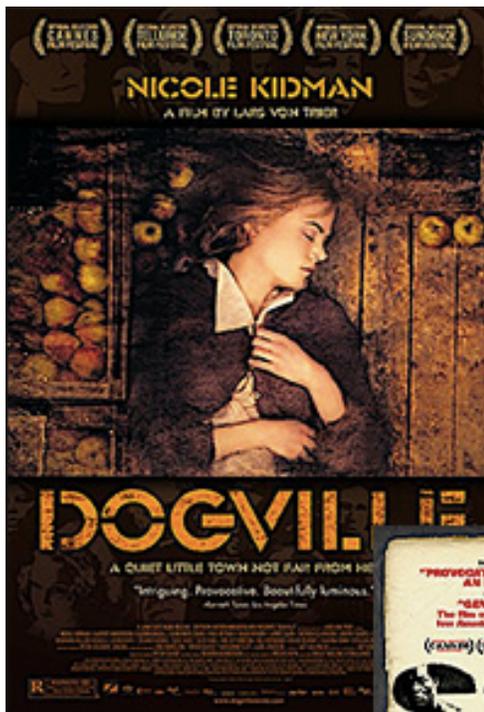
Register at above link



The Mindful Bard

Dogville and Manderlay

Wanda Waterman



What has Lars von Trier been trying to tell us about America?

Film: *Dogville*

Writer/Director: Lars Von Trier

Film: *Manderlay*

Writer/Director: Lars Von Trier

This won't include a retrospective of Von Trier's filmography, or a precis of his many scandalous *faux pas*, or a list of his film scenes that have led to the most walk-outs. For now, I'm only going to talk about two of his films, *Dogville* and its sequel *Manderlay*, which address a complex of raw inner truths that populist America can never accept.

These two films suggest that Von Trier either has a mean old hate-on for America or he loves the nation so much he's devoted himself to scrutinising it until its faults practically glow neon. But which faults, exactly, is he picking up on? Certainly not the mundane and oft-repeated weaknesses — poor education, high infant mortality, bad taste, and political naïveté — but rather the deeper moral rift from which America's social ills have sprung like evils from Pandora's box.

The productions take place in deliciously dark and minimal theatre sets marked off with chalk lines on the floor that represent walls, streets, and gardens. (It looks like the actors are walking around on a huge elaborate game of hopscotch in the middle of the night.) The technique is perfect for getting to the essence of the story without distractions, and you find yourself sucked into the experience as if it were your own.

In the first film, *Dogville*, we're introduced to Grace Margaret Mulligan, a beautiful, elegant, soft-spoken young woman on the run from we know not what. She has escaped to Dogville, Colorado, a typical rural community, and throws herself on the mercy of the humble townsfolk, begging them to shelter her.

After careful deliberation they accept her, and she becomes their little ray of sunshine — kind, hardworking, and helpful. The people look all warm and fuzzy for rescuing the hapless girl, and she's duly grateful and amenable. But when one citizen discovers that there's a large reward for Grace's capture, the avaricious spirit awakens and changes the way residents see their foster child. They begin to demand a higher and higher price from Grace in exchange for not betraying her to the authorities. She's given more and more work. The work becomes nastier. Eventually she's violated, then punished for the sins of her violators. Finally she's betrayed.

What the people of Dogville don't know is that the gentle Grace has the power to exact a terrible punishment on evildoers.

In the second film, *Manderlay*, Grace, having been rescued by her powerful gangster father, is driving past a large mansion when a shabbily dressed black woman emerges from the gates and waves down the car. She asks to speak directly to Grace, and tells her that one of the slaves inside Manderlay, the plantation, is being whipped for a crime he didn't commit.

Grace tries to explain that slavery has ended, but she soon sees that in this particular place it most certainly has not. She decides to stay on, keeping her father's best lawyer and henchmen with her to help grant the slaves their freedom. She forces the white family to work with the slaves as equals and works alongside them herself trying to create financial stability.

When she finds out the ugly truth about Manderlay Grace becomes a monster. Horrified at her own cruelty and certain now that Manderlay can't be saved — and that she herself has been its undoing—she flees on foot.

Grace is a significant role, requiring an actress able to exude both a disarmingly vulnerable fragility (she's played masterfully, both by Nicole Kidman in *Dogville* and then by Bryce Dallas Howard in *Manderlay*) along with a fierce determination and a faith in the basic goodness of humanity, despite crushing evidence to the contrary.

Some have remarked that after what Grace endured in the first film it's hard to believe she can retain her fierce idealism and commitment to social justice, not to mention her sanity. But these critics don't get that Grace is not a human being; she's rather entirely symbolic, representing a tragic American innocence that can never die — it can only continue falling on the thorns of life and bleeding, repeatedly resurrecting itself to push ahead with its righteous agenda and leaving sinners to perish in her wake. As her name suggests, Grace is at once a kindly dove offering redemption and an avenging angel for those who refuse it.

But Grace is dependent on her criminal father to protect her, defend her, support her, and come to her rescue, just as in America the passion for social justice, with its belief in essential human goodness, is sustained by criminal activity. (As we've seen time and time again, nearly every piece of high-flown rhetoric gets much of its steam from underhanded moneymakers and might in fact not exist without them.)

Grace's Irish mafia boss father, also symbolic, seems the wisest of them all, smiling fearlessly into reality as if he'd made peace with it long ago.

Dogville and *Manderlay* represent an intellectual examination of America which populist America, in its astounding moral blindness, will have a hard time accepting.

Dogville and *Manderlay* manifest five of the Mindful Bard's criteria for films well worth seeing:

- They pose and admirably respond to questions that have a direct bearing on my view of existence;
- They stimulate my mind;
- They display an engagement with and a compassionate response to suffering;
- They make me want to be a better artist;
- They make me appreciate that life is a complex and rare phenomena, making living a unique opportunity.



The Definition of Insanity is...

Deanna Roney



They say the definition of insanity is doing something over and over again and expecting a different outcome. Except that it isn't. Insanity is defined as, *"Insanity. n. mental illness of such a severe nature that a person cannot distinguish fantasy from reality, cannot conduct her/his affairs due to psychosis, or is subject to uncontrollable impulsive behavior."*

It is curious that when someone stubbornly works for something, stubbornly tries again and again to achieve something, that it is defined as "insanity". The definition above, doing

something over and over again and expecting a different result, is thrown around all too liberally. If I were to try and do something once, and it didn't work, then I am supposed to give up or try another approach? The thing with this is that taking that other approach doesn't always work either. And sometimes, it doesn't matter to whoever is telling you that your determination makes you insane.

When it comes to publishing (and many other careers or goals) persistence is key. Doing that same thing over and over again and expecting a different result is what will make you successful. It isn't "insane" to want something bad enough to work for it. To get into publishing, to the point I am now, meant doing unpaid internships. It meant reading a lot. It meant sending applications around over and over. To get to the place I am in now, it meant reaching out in cold emails a couple times before the timing was right. If I had listened to the adage, I would have stopped after one and I wouldn't be where I am.

Insanity is not a term that should be thrown around as lightly as it is. It is a serious medical condition. To define being determined or stubborn as this mental illness so frequently is interesting. Is it those that stray from the predetermined path that hear it the most? Why is it considered insanity to strive for something different, something better? Another common saying is that those that insult you throw hatred and criticism at you are doing so because they see something of themselves in you, or they don't want you to succeed because they are scared to try. I've never figured out how much truth there is to that. But in relation to the insanity comment, maybe there is a grain of merit.

When someone tells you that the definition of insanity is trying the same thing over and over again and expect a different result, what they are really telling you, is to give up. Maybe it is because they couldn't get off their predetermined path, maybe they are jealous that they never tried, or that they didn't have the same drive. Whatever their motivation is, it has nothing to do with you –or what you are trying to achieve –and most importantly, you are not insane for being determined.

So, the next time someone tries to tell you that you're insane for doing the same thing over and over again and expecting different results while striving for your dream you can look them

straight on and say, “no, that is not the definition of insanity.” And when that determination finally pays off and you get your different result you can think back to that moment and smile knowing that you proved them wrong.

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



Fun Out of the Sun

Tara Panrucker



Summer is a wonderful time of year—long, sun-drenched days, iced drinks, and hanging out in the great outdoors. From taking in a stunning view while quaffing craft beer and wine to enjoying an afternoon siesta in a hammock, life slows down and can feel pretty darn good. The intensity of hitting the books may slow down as well, as the call of milder weather leads winter weary people outside. Yet there exists a dark side of the summer season for the people out there who love winter (who are these people)? When the temperature creeps above the 30-degree mark, or when seasonal humidity physically weighs the body down, remaining comfortable in one’s own skin can turn into an ordeal.

Pity, also, the allergy sufferers during the summer months. Temporarily losing one’s sense of smell can cause depression, not to mention insomnia, from stuffy sinuses and needing antihistamines. Top it off with inhaling exhaust fumes while melting in tourist traffic and suffering through noisy neighbours partying up a storm. Ultimately, enjoying summer seems unlikely. Unless, that is, one escapes it altogether. Nothing like a good distraction from oppressive summer heat to cool soaring tempers—I mean temperatures!

Indulging in a frozen popsicle or two watching a movie set in winter is a good way to cool down and forget the heat; better still with air conditioning. An icy shower is also a healthy way to cool off. Studies show it’s great for circulation and helps the body release toxins. Obscure coffee shops also offer a peaceful, air-conditioned sanctuary to chill with an iced coffee and a good book.

Moreover, the sizzling summer season can be a great time to take art classes where before there never seemed time. Or find refuge in a long gym workout—fitness facilities are typically quieter during the summer months. For snowboard and ski enthusiasts, good deals abound on equipment for next season, available in airy sporting stores.

Still, if you can’t beat them, join them! You can become a tourist in your own city and visit a local herb farm, craft brewery, or roof top bistro. Pretending to be a critic and writing about one’s experiences in a travel journal may even lead to a new career. If a little adventure is in order, to get lethargic blood pumping, adrenaline seekers can book zip-lining tours, parasailing escapades

(which often include refreshing dips in the lake), or rent a Sea-Doo and ride the waves. Anything near water soothes a sweaty disposition.

Whatever you choose to do for the remainder of summer, whether escaping the heat or joining the tourists, maintain an open mind, sense of wonder, and play safe. Stay hydrated with a water bottle filled with cool water no matter where you head. Bring a friend along who persists in complaining it's too hot while melting over his term paper. Don't worry—you'll be shoveling snow, cramming for multiple exams, and scraping frost off your windows again in no time!

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



Eight Reasons to Have a Pet Budgie

Xin Xu



Since starting to adopt stray budgies into my home three years ago, I have had the blessing of witnessing the growth of these feathery creatures over time, including, recently, the death of a beloved budgie as well as the birth of eight newborns chicks. Their existence has provided me with much joy and taught me many lessons about accountability and responsibility. Even when friends and family members frown at the decision to keep these feathery friends rather than a furry one, there are many reasons pet parakeets make fantastic student pets. If you're a student and looking for company from pets that fit your busy lifestyle, budgies might be worth considering. Here's why:

1. If paired with another budgie, they are relatively independent. Unlike other animals that require lots of attention, budgies are, for the most part, self-sustaining and don't require too much of your attention. Besides the daily change of water and budgie feed, the housekeeping work is relatively simple.

2. The messes are contained (relatively). Unless you're letting your feathered friends flutter around the living room, budgies' feathers, faeces and debris are relatively contained compared to larger pets. This leaves the cleaning process relatively straightforward, leaving you more time for everything else.



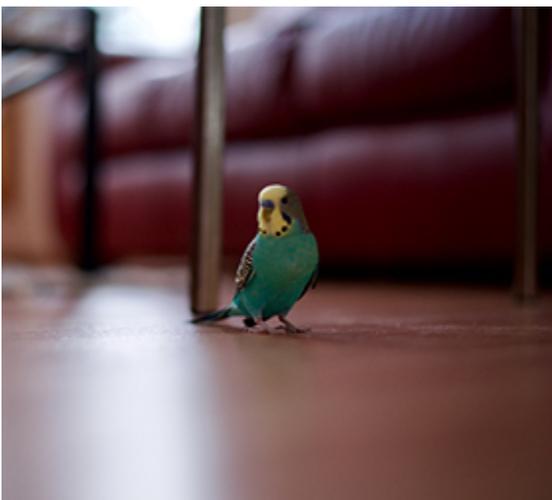


3. They can be trained! Yes, strangely enough, budgies can be trained to perform simple tricks like “step up” or wing flapping. For example, after training a young budgie for a few minutes every day, after a month, I managed to teach the step up trip, where it can step up your fingers.

4. They bring original music to your ears. While some might find budgies noisy, certain male budgies sing on a daily basis. My six budgies sing early in the morning and help me wake up on time for work or school.

5. They produce baby budgies. If the budgies have paired and mated, you may expect baby budgies. For me, this April, I was able to welcome seven baby budgies to my home. While baby budgies are generally louder and require much more attention, they are exciting to watch and even easier to train. These budgies are three weeks old and feel at home in my hand.

6. Help you stay responsible. While most pets are lots of work, budgies require relatively less maintenance, but easily scheduled. For example, I clean their cages every two weeks and change the tray paper to clear their dried feces. Surprisingly having pets to attend to helped me become more organized and responsible over time.



7. They are beautiful to look at. Budgies come in all shapes and colors. Their unique colors make them beautiful additions to an empty dorm room.

8. Bird therapy. When exams get on your nerves or juggling other part-time work or extra-curricular become stressful, spending time with pets can be an excellent way to relax and decompress. For me, training my budgies help take my mind off little bumps throughout the week and reorient my energy after some quality pet time.

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



The Study Dude Win with Conflict

Marie Well



Check this out: Murray arrives late. Janine forgets her backpack. Bob visits with another table. And you arrive thirty minutes early with an outline to launch the group project. Organized? Or rather, have the seeds been sown for group conflict?

I once had to work with a hellish group. One woman and I clashed; we both wanted to lead our newly assigned group. I would have conceded, but she had a poor style of delegating tasks. She assigned not a single complete task, and none of the tasks connected to one another. But, the prof adored her—had the hots for her. So, I found another group.

But that other group turned hostile. The leader, my once dear friend, turned on me. To this day, I don't know why. But I became the outsider. The prof too turned on me. He put me down for my disability; he would say, "I have no

respect for *those* people." He encouraged the class to gang up on me. Soon, every group presentation referred to me—in a bad light.

And then someone stole my great idea for my paper. When I ran my idea by the prof after class, a fellow student who sat behind me stayed and listened. Despite my paper getting a much higher grade, and despite me having consulted the prof on my idea almost daily, the prof still condemned me for possible plagiarism.

And then the prof gloated about an advocacy poster he once saw. He described the poster to the class in rich detail. When I told him that I hired an artist to make the poster, he called me a liar. So, I brought the disk with the poster in its various stages. He kept the disk, but never thanked me. A few classes later, he again gloated about the poster, not mentioning my name.

We've all had hellish groups, haven't we? So, how can we best handle conflict, whether in groups, work, family, or life?

Ken Lawson, M.A., Ed.M., outlines ways to handle office conflict in his book *Successful Conflict Resolution: (1) Understand the nature of business conflict, (2) Identify potential conflict scenarios, (3) Learn to diffuse conflict, (4) Foster an atmosphere of collaboration:*

- Conflict is healthy: "Encourage staff to embrace conflict It's healthy for people to disagree with each other and to lobby for different ideas" (p. 86).
- But when conflict arises, record it: "Ask yourself if there is a pattern in the conflicts that have occurred at your workplace this year Start a diary" (p. 75).
- And make guidelines for conflict resolution: "Do you have an official set of rules of conduct at work that employees can follow If you don't have a system, why not consider creating one" (p. 76).
- Set rules for conflict management: "Establish ground rules There will be no abusive language or swear words There will be no derogatory comments or personal attacks Everyone will have an allotted time (no more than five minutes) to air an opinion During a speech, people will listen and not interrupt People should keep discussions to issues, not personalities" (p. 88).

- But what should you do if bad conflict strikes? First, “having admitted to yourself that the conflict is serious, you should approach the person with whom you have the disagreement. It is best to do this in private and in person” (p. 163). “You might have to wait until the other person is ready to talk” (p. 163).
- Once the person agrees to a conflict resolution meeting, Lawson says to suggest venues and times for a meeting but to show that you are open to suggestions (p. 164).
- During the conflict management meeting, “agree to spend at least ten minutes exploring several options. You might agree to voice them in turn or to spend some time scribbling them out and then reading them aloud” (p. 172).
- Compare and rate your listed options. But be neutral and open-minded: “When the options have been aired, it is important for neither party to say which option they prefer at this stage or to express outrage at any of the proposals” (p. 174). Each side then chooses the best option, the worst option, and most likely option for an agreement.
- Edit the other person’s best option for conflict resolution: “Both parties should revise each other’s preferred options” (p. 177). “By now, if there is room for agreement, it should be clear what items they agree on” (p. 177).
- If there is no agreement, consider arbitration (legal action that leads to a winner and loser) or mediation (action using an unbiased, impartial third party that leads to win-win or compromise).

I interviewed with a national corporation. The manager said her officemates hated but loved each other. Then she asked me how I dealt with conflict.

I thought to myself, *I love to spar. I just don't have a fighter spirit.*

But we all can learn, can't we? After all, out of the womb, none of us could read, write, or walk—nor box and bicker Mike Tyson style.



Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Saba is looking to connect with people studying taking PHYS 201, Neng seeks someone taking MATH 376, and Kay is looking for pointers to studying for the finals of ENV5 200, LGST 230, and CRJS 352. Meanwhile, Rema enrolled in the 3yr program and was concerned to find out it seemed to be requiring 120 credits instead of 90.

Other posts include COMP 372, difficulties logging into the AU system, SOSC 450, and a discussion about pass/fail marks being recorded incorrectly.

Twitter

@AthabascaU tweets: "As Indigenous people seek to share w/ non-Indigenous, our history, our current situation & our vision for our children & for 7 generations onward, learning shld incl understanding of what Indigenous people endured to be where we are" <http://bit.ly/2K6a5XU> #IndigenousPeoplesDay

@AthabascaUSU (AUSU) has changed their twitter handle to @austudentsunion

The Fit Student Stress Busters

Marie Well



It's 2018! Companies now have mental health minutes, some even mental health days. So, if your boss finds you curled up in the fetal position while gripping a cup of green tea, just say, "I'm exercising my right to a mental health minute."

I took mental health afternoons, every day, stricken with workplace anxiety. I'd stare at my inbox. *What if I accidentally delete an email?* My heart would pound. My eyeballs would float uncontrollably upward, stuck staring at the roof. I'd slam shut my computer. *Are my keys safe?* I'd shuffle toward my coat and pull my keys from the pocket. *Safe!* I'd return to the computer. *Wait! Did I drop my keys?* I'd check my coat pocket again. And then again. And then again, for two hours, spacey, shaking, sweating. Once done, I'd fret, *Did I file that page in the right folder?*

For half a decade, I suffered severe OCD-anxiety. I tried meditation, muscle relaxation, medication, but nothing worked. I then read nonstop books about anxiety. And I discovered my cures: cognitive behavioral therapy (a.k.a. self talk) and journaling.

Now that I've found cures, I'm re-seeking full-time work. But this time, I'll combat workplace anxiety: I'll self-massage and do ten burpees every hour, timed. I'll buy a tiny desk bicycle to burn pent-up energy. And I'll eat fruits and veggies (every three hours) to stop blood sugar spikes.

At home, I'll clean my place spotless. After cleaning, I'll rush to the gym for a mental reset. And before bed, I'll journal away worries.

Whatever cures stress, do it! But don't resort to alcohol, illegal drugs—or suicide. And don't avoid responsibilities. No matter how bad the case, you can find a healthy cure.

So, how can you cure anxiety? Whether you're a student or employee, you'll find stress-busters in Ruth C. White's book *The Stress Management Workbook*:

- Positive affirmations stop jitters: "Affirmations work by replacing negative thoughts that create anxiety with positive thoughts that make you less stressed" (location 1203, 45%).
- So, relieve stress by basking in your awesomeness: "Take a minute or two to write a script ... in which you tell yourself how wonderful you are, how capable you are, and how competent you are to do what you need to do" (location 1614, 60%). Also, "think for five minutes about several things you love about yourself" (location 1659, 62%).
- Let God settle your nerves: "if prayer is part of your life, take a minute to say a short prayer of two to three sentences" (location 1301, 49%).
- In other words, calm yourself with love: "Fill your workspace or living space with pictures that remind you of the love in your life" (location 1277, 48%).
- Plant-love cures stress, too: "Buy plants and add them to your office or home décor, then dedicate five minutes a day to caring for them" (location 1765, 66%).
- Relax inside a clean haven: "Having too much stuff or a disorganized space can be very stressful Take five minutes each day to get rid of at least one item you don't need or put one item back in its proper place" (location 1641, 61%).

- Unwind with five minutes of focus: Clean five windows ... Clean out your purse or backpack ... Pay a bill Hang up your clothes ... Do the dishes.
- Eat often to stop the stress of blood sugar drops: “you know you need to eat every three hours to feel your best” (location 1630, 61%).
- Eat calming foods like “blueberries Salmon Nuts and seeds Avocados Oatmeal” (location 1711, 64%). Also, get plenty vitamin C and zinc.
- Planning beats stress: “once a week ... plan out your next seven days. List your tasks, their urgency, and exactly what you need to do to complete them” (location 2299, 86%).
- Plan to be early, not late: “Plan to get to your destination early so if one thing goes wrong, your whole day won’t fall apart” (location 2276, 85%).
- Journal to relax the mind: “Take 10 minutes at the end of each day to write in a journal. You can focus on gratitude, write your worries, or log your success with stress management techniques” (location 1956, 73%).
- Exercise relaxes both mind and body: “Take a dance break to manage your stress” (location 1785, 67%). Swim, do yoga, or join a gym. “Do calisthenics—as many sets of any of these you would like, with hand weights of without” (location 1918, 72%).
- Also, unwind with repetitive motions like “knitting Ironing Practicing a musical instrument Quilting and other needlework ... Walking ... Folding laundry” (location 2078, 78%).
- Stop stress with self-massage, including temple massages, scalp massages, or hand massages.

I self-message to relieve stress. Self-massage calms me more than muscle relaxation does. So, I read how-to-massage books.

I also read about pressure points. Not the points the CIA uses to render victim’s unconscious—*no!*—although I’d prefer office slumber parties to workplace OCD.



Brittany Daigle

Course Exam

AU courses, up close

Course Exam

Brittany Daigle

APST 230 (Materials, Properties, and Applications)

APST 230 (Materials, Properties, and Applications) is a three-credit course which introduces characteristics of construction materials and discusses their appropriate application. This course has no prerequisites and it is intended for students enrolled in the BSc (Architecture) program at the RAIC (Royal Architectural Institute of Canada) Centre for Architecture at Athabasca University, though students that are not enrolled in this program are welcome to enrol as well. For students who are interested in pursuing a career as a registered architect, this course also contributes to the RAIC Syllabus Diploma.

Students should note that this course requires numerous visits to building sites and students should ensure that they can have access to those building sites before they begin the course.

Materials, Properties, and Applications is split up into four parts (The Context of Building Site and Substructure, Structural Systems and Materials, Envelope Systems and Materials, and Interior Materials and Finishing; Environmental Systems), twelve units, and eight assignments. The assignments correspond to specific units and they alternate in weight from five and twenty percent. There is no midterm or final examinations for this course. The four major assignments (the ones weighing twenty percent) consist of essays, field reports, and video and/or multimedia presentations. The four smaller assignments (the ones weighing five percent) require drawing and/or interpretation of construction details or reports. Students must achieve a sixty-seven percent to pass APST 230.

Dr. Henry Tsang has been the Technical Course Coordinator for APST 230 since April of 2018 and has been with Athabasca University since April of 2017. Aside from APST 230, he coordinates [APST 240](#) (Introduction to Structures) which is currently closed for revisions, [APST 340](#) (Advanced Structures), and the graduate courses [ARCH 525](#) (Architectural Design: Lighting), [ARCH 526](#) (Architectural Design: Acoustics), [ARCH 645](#) (Architectural Practice in Canada), and [ARCH 655](#) (Architectural Practice Management).

He states “I am a registered architect based in Montreal, a member of the Order of Architects of Quebec, the Royal Architectural Institute of Canada, and certified LEED. I studied architecture at McGill University and received my Ph.D. at the University of Tokyo in Japan. I practiced as an architect at the Japanese design firm Nihon Sekkei. As an educator & researcher, I’m interested green building design and design for health and joined AU on April 2017 teaching the technical stream courses. In addition to teaching at AU, I’ve spoken on TEDx, UNEP, and universities worldwide; I am currently a visiting architecture professor at Keimyung U. (South Korea). In my spare time, I like to travel, and my job at AU allows me to be flexible and work anywhere in the world. I like to learn new languages, I speak English, French, Chinese, Japanese and currently learning Korean.”

To describe the course to someone who has not yet taken it, Dr. Henry Tsang states “APST 230 introduces the characteristics and applications of construction materials, examining building systems, assemblies, components, and materials. The course develops a framework for the analysis of building materials, identifying their characteristics; exploring their impact on the environment and resources, as well as on occupant health; and examining the impact on them of environmental factors.”

When asked about the structure of the course, he states “Students' work will be evaluated on the basis of eight assignments. The four major assignments consist of essays, field reports, and video and/or multimedia presentations (approx. 2500 words); four smaller assignments require drawing and/or interpretation of construction details or reports (approx. 750 words). The assignments are not particularly difficult; however, they do require some creativity in interpretation of the course content and its real-life applications, as well as attention to detail, particularly in producing the architectural drawings of construction details.”

He also offered advice as to what’s important for students who are currently enrolled or about to enrol. “Time management: as there are eight assignments in this course (and no final exam), keeping a regular weekly pace and managing time for reading and working on assignments is the key to succeeding in this course. Also, always have a camera, sketchbook/notebook and

investigative eye ready, as the assignments will ask you to analyze and try to dissect the buildings in your neighbourhood. Ask many questions of the tutor when there is something that is not well understood.”

What will students take away from this course? Dr. Tsang notes “Students will be able to exercise critical thinking in the process of selecting and applying building materials to the design of building assemblies, with particular focus on the building envelope.”

I also asked which aspect of the course that he believes is most difficult and that students struggle with most. He explained that “For students who do not have an architectural background or working experience in an architectural office, understanding building assemblies and details may require some practice in reading architectural drawings.”

Whether APST 230 is a program or degree requirement of yours, this course will have you learning the (literal) building blocks of architecture.

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



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: LGBTQ+ Scholarship Program

Sponsored by: Naughty North

Deadline: June 30, 2018

Potential payout: \$1000

Eligibility restriction: Applicants must be citizens of Canada or the U.S., and be currently enrolled, or planning to enrol, full-time at a Canadian or U.S. college or university.

What's required: An e-mail with contact and school info, an official transcript from the previous year of study, and a 500-1000 word article on the topic "What action have you taken to rally support behind the LGBTQ movement and LGBTQ rights?"

Tips: Don't get distracted by Naughty North's product line until after you've got your application completed.

Where to get info: naughtynorth.ca/pages/lgbtq-scholarship-program





Dear
Barb

Barbara Godin

The Ex Factor

Dear Barb:

My boyfriend and I have been dating for about a year. Prior to dating Jay, I was involved in a serious relationship for five years and we had planned to eventually marry. My ex was everything I wanted; I loved him tremendously. But he cheated on me and I was devastated. Even though I still loved him I felt I had to end the relationship because I would never be able to trust him again.

Two weeks ago my ex contacted me on Facebook. Initially I didn't respond, however eventually I did communicate with him. I haven't told Jay about it, and I'm feeling like I'm being dishonest by keeping it a secret. My ex has admitted that he made a mistake and says he really misses me. He broke up with the girl he had cheated on me with, and now he wants a second chance.

I don't know what to do. I still have feelings for him, but I really care deeply for Jay. If I give my ex a second chance, what if it doesn't work out? Then I will have lost both guys. What advice would you give someone in my position?

Thanks, Anita.

Hey Anita:

Thanks for sharing your story. You are in quite a dilemma. I would suggest you talk to a counselor, as you need to sort out your true feelings. First of all you don't want to carry on a

relationship with Jay if you still have feelings for your ex, that is not fair to him or you. If you choose to leave Jay and go back to your ex, will you really be able to trust him? Or will you always wonder where he is and what he's doing. Also do you have feelings of resentment towards your ex because of his betrayal? You and your ex need to discuss why he chose to cheat on you, was there something he was missing in your relationship? These are all questions and issues that need to be worked out and resolved before you can even attempt to resume a relationship with your ex.

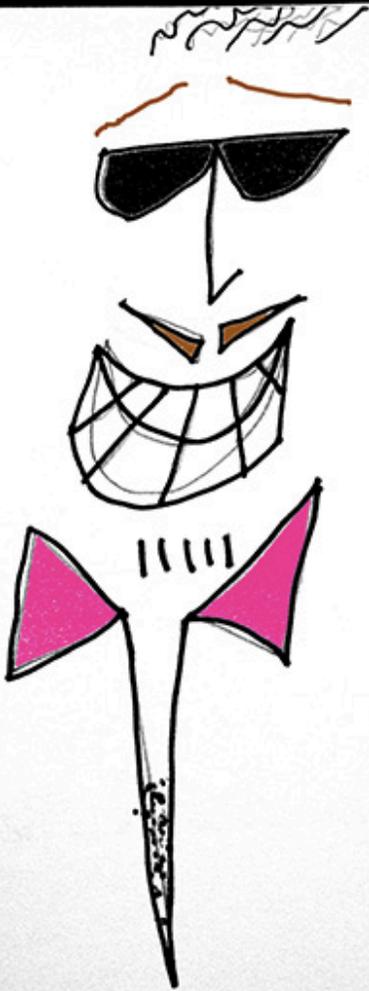
If you truly wanted to get back with your ex, I don't think you would be having all these second thoughts, the decision would be automatic. You need to work these issues out with a professional, and then you will be able to make a decision based on clear thinking. Also, I think you should be honest with Jay and tell him about your ex coming back into your life. You are not being totally honest with him and these types of things eventually come out. If you end up with Jay, you don't want to have any secrets, you need to begin with a clean slate.

Thanks for your question Anita.

Follow Barb on twitter @BarbGod

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





Want to know why me and my buds like Donald Trump and Rudy Giuliani are in denial about how much we love porn and everything connected with it? It's because you chicky-poos give us such a hard time!

Oh, sure, the SCIENCE says porn use is addictive, that it lowers a man's I.Q. and renders him impotent with real women, but me, Don, and Rudy beg to differ.



We get it! You don't like competing with airbrushed sex objects that have no smell, no emotions, and no wish to talk about improving the relationship!



Well here's a great bit of advice for you chicky-poos from The Chazz Man:

Use female porn stars as your role models!



Be less inhibited, less sincere, and less modest. Increase your silicon content, douse yourself in chemicals, scrub off any aroma that's even vaguely human, and practice communicating a desperate longing for whoever's looking in your direction.



If you're TRULY liberated, you'll get on board right away . . .

. . . so Don, Rudy, and the rest of us can proudly let our perv flags fly!





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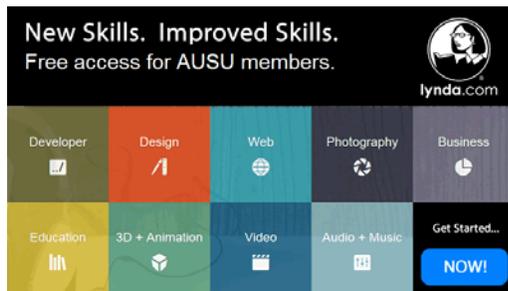
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IMPORTANT DATES

- **July 1:** Canada Day
- **July 10:** Public Council Meeting
- **July 16:** AUSU 26th Anniversary

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