

# THE VOICE

Vol 26 Issue 43 2018-11-09

**November 11, 2018**

The Privilege of Remembering

**Twelve Note-Taking Strategies**

Be More Effective

**A Little Perspective**

Making Light?

*Plus:*

*A Letter from Brazil*

*Vintage Voice: Remembering*

*and much more!*



# CONTENTS

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

## Features

Fly on the Wall: *November 11, 2018*..... 4

## Articles

Editorial: *Remembering Honesty*..... 3

A Little Perspective ..... 7

Twelve Effective Note-Taking Strategies ..... 8

## Columns

Course Exam: *FREN 200*..... 9

The Fit Student: *Sick*..... 12

The Not-So Starving Student: *Magic Bullet Review*..... 13

The Creative Spark: *Practice Music Like a Pro*..... 14

A Letter from Brazil ..... 17

Dear Barb: *The Next Level*..... 19

## News and Events

AU-Thentic Events ..... 5

Student Sizzle ..... 11

Scholarship of the Week ..... 16

Vintage Voice..... 16

AUSU Update ..... 21

## Graphic

Poet Maeve: *An End in Itself* ..... 20

**The Voice Magazine**

www.voicemagazine.org  
301 Energy Square  
10109 – 106 ST NW  
Edmonton AB  
T5J 3L7

**Email**

voice@voicemagazine.org

**Publisher**

AU Students' Union

**Editor-In-Chief**

Jodi Campbell

**Managing Editor**

Karl Low

**Regular Contributors**

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

Views and articles  
presented here are those  
of the contributors and do  
not represent the views of  
AUSU Student Council.

*The Voice* is published  
almost every Friday in  
HTML and PDF format.

For weekly email reminders  
as each issue is posted, fill  
out the subscription form  
[here](#).

*The Voice* does not share its  
subscriber list with anyone.  
Even I don't look at it, it's  
all on auto.

Volume 26, Issue 41

© 2018 by The Voice  
Magazine

ISSN 2561-3634

# 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!**

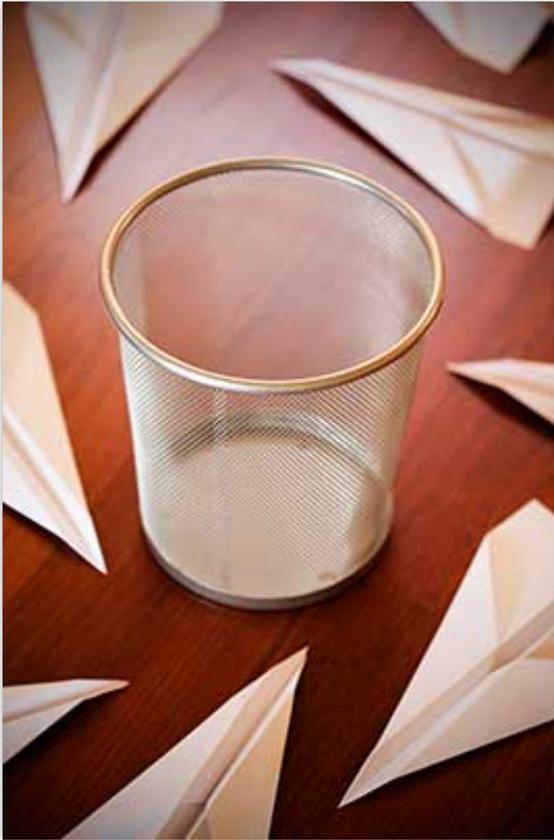
**Hey! Did you know the Voice Magazine has a [Facebook page](#)?**

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

## Editorial

### Remembering Honesty

Karl Low



As we approach Remembrance Day I have to, once again, confront the very real fact that I don't really get it. I know that might seem sacrilegious, "How can you not get Remembrance Day?" but I just don't, not really, not in my gut.

On an intellectual level, sure, it makes sense. These are people who heard the call of their nation and were willing to stand up and risk their lives to answer that call. That's something worth admiration. But I have a hard time really remembering any fallen other than as a completely abstract concept. I'd be willing to wager that I'm not the only one in that boat.

It's been over 73 years since the end of the Second World War. None of my grandparents, who have now all passed, had any involvement in it, to say nothing of the First World War. The only connections I can draw to those soldiers are abstract. I may as well be remembering fallen Crusaders for all the meaning they have for me. And I'm sorry if this upsets some people, but I think this is something that we, as a society, need to acknowledge. History is a constantly receding target, and, at a certain point, exhortations to remember are little more than exhortations to pretense. Is that what we want?

How much of Remembrance Day, after all, are we continuing to revere and acknowledge not because we really feel any connection to it, but simply because "that's just what you do." When you put your poppy on, do you do it because you're venerating the soldiers past, and the causes they fought for, or because that's what polite people do? But then again, maybe the real reason doesn't matter. Maybe lip service to remembrance is just as good, because it at least makes us acknowledge the reality of war in a nation that, protected by oceans and economics, has had little external threat to it for decades.

Deanna Roney examines this from a slightly different angle this week when she asks the question in her article of when is it rude to raise your Christmas lights? And our Feature article this week is the Fly on the Wall, where he looks at the idea of how Remembrance Day may be, in essence, an argument that war is inevitable (otherwise, why the need to remember).

Of course, countering my own thoughts, Wanda Waterman has written an article about a letter she received from a friend in Brazil, concerned about the results of the recent Brazilian Presidential Election. Reading the letter makes an eloquent case as to why Remembrance Day needs to remain an important event, even if we personally have no connection to the events then, we certainly need to be aware of the events of now.

Beyond remembrance, however, this issue also has some useful tips to help you get the most from your note-taking, a review of a blender that might be a useful purchase if you find you're short on time and brainpower for meals (as most students seem to be) Plus, of course, advice, reviews, interviews, events, scholarships, and more! Enjoy the read!



## Fly on the Wall

November 11, 2018: The Privilege of Remembering

Jason Sullivan



Behind ideas and actions lie belief systems; in times of war, philosophies have mortal consequences. Veterans spent so much of their life's vigour and vim because they believed in ideals of duty, democracy, nation, and honour; in short, everything that makes our society free. Our liberty to study and flourish today exists because of these individuals who were willing to defend the ideals they believed in. So, when we consider the traditional Remembrance Day slogan *never again*, we are faced inevitably, even brutally, with the question of the inevitability of warfare and its connection

to the irascible tendencies of human nature. *Is war often natural and inevitable; is peace invariably ephemeral and short?*

For Jean-Jacques Rousseau (1712-1778) human nature was a pleasant abyss of possibility. From his initial assertion, manna for those who see in humanity an ever-present potential for liberation, that *"Man was born free, and he is everywhere in chains"*, Rousseau proceeded to elevate our species' potential (Rousseau, online). In classic humanist fashion he expressed and endorsed our supposed inborn tendencies to peacefully *live and let live*. Immanuel Kant, who for his part wrote that the "maintenance of peace requires the achievement of constitutional government by the states", himself became entranced by Rousseau's impassioned glorification of our peaceful capacities, and "gave up his daily walk in order to continue his study of Rousseau's 'Emile'" (Northedge, 66, Frierson, online). Ideas can rouse men to physical inactivity as well as to violent action, after all.

Rousseau's summary of the valorous potential of human nature invokes the value of acquired knowledge we know well at AU:

*"It is ordinary people who have to be educated, and their education alone can serve as a pattern for the education of their fellows."* (Rousseau, online)

Given Rousseau's claims about our natural inclination toward peaceful coexistence implied that it would arise naturally given correct circumstances, he proceeded in curious fashion to implore his readers:

*"Men, be kind to your fellow-men; this is your duty, kind to every age and station, kind to all that is not foreign to humanity. What wisdom can you find that is greater than kindness?"* (Rousseau, online).

That duty arises naturally, and that our naturally-occurring duty is one of peace toward one's brethren, had been assiduously contended a century before by Thomas Hobbes (1588-1679). In his time, that of Oliver Cromwell, civil war, and perpetual unrest, Hobbes asserted that man begins in a state of nature where a *"war of all against all"* obtains up to and until a *"social*

*pact*” between an all-powerful sovereign and his dutiful subjects ensures peace on point of punishment (Hobbes, online). Fear drives us toward a trembling detente, thought Hobbes.

He additionally noted that wherever progress and peace has reigned it has been because of a temporary pause in an eternal battle whereby we all seek to fulfill our boundless desires at the expense of others. We can think today of what was referred to by John F. Kennedy as the Pax Americana; in Hobbes' time the relatively peaceful centuries of the Pax Romana were recalled positively, with their aqueducts slaking the thirst of an empire and highways where *all roads lead to Rome* (Kennedy, online). Hobbes stated:

*“What a Beast of prey was the Roman people, whilst with its conquering Eagles it erected its proud Trophies so far and wide over the world”* (Hobbes, online).

This pact of power occurred with the perpetual possibility in mind that:

*“Rome her selfe, as well as Sylla, was to be raz'd; for that there wouyld alwayes be Wolves and Depredaetours of their Liberty, unlesse the Forrest that lodg'd them were grubb'd up by the roots. To speak imparitally, both sayings are very true; That Man to Man is a kind of God; and that Man to Man is an arrant Wolfe.”* (Hobbes, online).

An errant Wolfe—perhaps foaming at the mouth like someone just through having a senseless online debate with a stranger on the internet—is what Hobbes saw as our potential nature were we without the iron hand of a sovereign to steady our impulses. Is this what the human race has to look forward to as a recurrent reality whenever force fails to invoke right? Maybe.

Another school of thought, nicely elucidated by F. S. Northedge, notes that *war itself occurs in pursuit of peace and that the latter is an ideal held dear by all humans* no matter their present civility. Violence by this measure is merely a species of peace-seeking. It is as though the human heart cannot bare of strife, so it seeks to strike down in advance the very possibility of conflict. This is akin to the archaic parenting phrase *this is gonna hurt me a lot more than it's gonna hurt you*.

From this camp, who took a relatively stoic view toward war, several notable and noble voices emerge. There is Thomas Aquinas, who claimed that *“peace was the greatest aim toward which man should strive in fulfilment of his natural ends”* (Northedge, 63). Next we have Hugo Grotius, who noted with studious and owl-like, affection, that “far from war's being a breakdown of the law of nations it is, in fact, a condition of life to which law is as applicable as it is to the conditions of peace” (Northedge, 63). In other words, lawfulness is the essential state of humanity and this trumps both war and peace as that which creates a certain *Homo civilitus*.

## AU-thentic Events Upcoming AU Related Events

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

Wed, Nov 14, 4:00 to 5:00 pm MST  
Online

Hosted by AU Faculty of Business

[business.athabascau.ca/event-details/doctorate-business-administration-dba-information-nov14-2018/](https://business.athabascau.ca/event-details/doctorate-business-administration-dba-information-nov14-2018/)

Register online at above link

### MBA in Hockey Management Info Session

Thurs, Nov 15, 10:00 to 11:00 am MST  
Online

Hosted by AU Faculty of Business

<https://business.athabascau.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-10/>

Register online at above link

*All events are free unless otherwise specified*

Even the means-justifies-the-ends philosopher par excellence Niccolo Machiavelli actually claimed that war occurs “not because man was evil...but because of malign fate (*fortuna*) which is always forcing man to arm himself against adversity” (Northedge, 64). Sometimes fortune favours peace and other times war, it would appear.

Meanwhile, echoes of our positive potential serve as a recurrent rejoinder. John Locke (ostensibly the founder of liberalism), claimed that “*war was not a universal condition in the state of nature but occurred only when force was exercised without right*” (Northedge, 64). War by this token might be seen as a sort of *bloody oopsie-doodle* whereby power had been misallocated to the wrong sovereign in the wrong place at the wrong time. Perhaps we tend toward concord rather than conflict. Adding to this wonderful though somewhat idealistic desire for a harmonious human society are the benign words of the philosopher Desiderius Erasmus (who, ironically, was elsewhere noted for his satiric portrayals of figures both ecclesiastical and worldly): “*man is born not for destruction but for love, friendship, and service to his fellow men*” (Erasmus in Northedge, 65).

That this service to others sometimes takes the form of violence is why we solemnly remember the heroes of our fallen citizens in conflicts past; while praying and wishing in our chosen ways to avoid such calamities if at all possible in the future. As AU students, we well realize that we study on the privileged dime of a freedom that may be historically fleeting. We cannot alter the bloody path that history has arrived at in our present epoch and yet we can, through the reality of our Remembrance of those who served and suffered and sacrificed, be aware of how fortunate we truly are to inhabit this country in this place and in this time.

Whatever our views on the spectrum that is human action we can be aware of the material conditions of history. Remembrance Day, and possibly our annual attendance at a cenotaph ceremony, provides an unparalleled opportunity to step outside of the mundanity of our present lives and into an appreciation of the mortal combat that has shaped our history. We do well to remember that it is with actions and responses to the world in its concrete form, and not only through discursive bush-beating and social media meme-posting, that we form the world in the image of the freedom we wish for ourselves and our neighbours. As the Prussian statesman Otto van Bismarck announced in 1862, bearing in mind loss of life in wars during his own century, it is “*not through speeches and majority decisions will the great questions of the day be decided-that was the great mistake of 1848 and 1849-but by iron and blood*” (Bismarck, online) We are well off to remember the real blood and real iron that forged our present time period and most especially those who paid the ultimate price such that our we may prosper.

#### References

- Bismarck, O. Otto von Bismarck's Blood and Iron Speech. 'Age of the Sage'. Retrieved from [https://www.age-of-the-sage.org/quotations/bismarck\\_blood\\_iron.html](https://www.age-of-the-sage.org/quotations/bismarck_blood_iron.html)
- Frierson, P. *Rousseau*. 'Whitman.edu'. Retrieved from [http://people.whitman.edu/~frierspr/kant\\_rousseau.htm](http://people.whitman.edu/~frierspr/kant_rousseau.htm)
- Hobbes, T. (2015). *Homo homini lupus/Homo homini deus*. 'Antiquitatem'. Retrieved from <http://www.en.antiquitatem.com/homo-homini-lupus-hobbes-erasmus>
- Kennedy, J.F. (1963). *Commencement Address at American University, Washington D.C.* 'John F. Kennedy Presidential Library and Museum'. Retrieved from <https://www.jfklibrary.org/archives/other-resources/john-f-kennedy-speeches/american-university-19630610>
- Northedge, F.S. (1967). *Peace, War, and Philosophy*. 'The Encyclopedia of Philosophy'. Paul Edwards, Editor in Chief. New York: Macmillan Publishing Co., Inc & The Free Press.

## A Little Perspective

Deanna Roney



feel organized at all.

So, this time of year, Halloween has passed, Remembrance Day isn't yet here, and people are starting to put out their Christmas decorations. For us, we wait until after Remembrance Day, for us it is out of respect. This is something I have always stood by. But, a couple years ago I read a post talking about this debate and someone (in theory) spoke to a Veteran and asked them what they thought, and they said, in short –who doesn't like looking at the lights? They found no offence to the decorations going up early. Whether this is a legitimate conversation or not (there were no citations) it did make me think.

Is it offensive to put out decorations before Remembrance Day? I think it depends on your intentions. Are you just brushing past this day, jumping from holiday to holiday? Then, yes. I would say you are being disrespectful. But if you are doing it while still honouring the Veterans— if you still wear your poppy and share the minute of silence while reflecting on the past—then perhaps it isn't offence after all?

We all show our respect in our own ways and the freedom to do so is what was fought for. That is part of what we are thinking about on Remembrance Day, part of what we are thankful for.

Everything is relative: for us, if we were to put out any decorations (even though we do only have a few) it would feel disrespectful, so we don't. That is our freedom, our choice. For others perhaps, they feel that by celebrating with their family, by putting out their decorations, is their way of honouring that freedom. We can't understand another's motive, and, in the end, it doesn't really matter. We are free to do and choose as we wish, we celebrate how we want to. So maybe, let's argue less about when to put out decorations and focus more on talking about what the Veterans fought for. In those days between Halloween and the 11<sup>th</sup> let's focus more on the positive, on what we have now, thanks to all those who came before us. Let's argue less about decorations and discuss more about the wonderful freedom we have to decide when and if to put them out.

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



Everything is relative.

I started getting organized for the holiday season. I even finished shopping for one person. When asked by a salesperson what I was shopping for they responded with “wow, you're organized.”

Except, I don't feel organized. Maybe for them, starting to shop and think about it in November is being organized. But for me, I have forgotten the perfect idea we had for one person. I have no ideas for a few others. I have one finished. One. That does not

## Twelve Effective Note Taking Strategies

Tara Panrucker



Messy or incomplete note taking habits hinder a student's ability to retain important course details. Given that writing down notes is a major part of every course you take, equipping yourself with key note taking strategies supports you in getting the most from your education. Writing information down, organizing it for visual cohesion, and having it on hand to reread later, all combine to make learning almost a breeze.

1. Scanning and reading ahead, in addition to allowing yourself

enough time for detailed note taking, will prepare you for active listening and writing down information.

2. Excellent note taking has nothing to do with excellent penmanship and everything to do with excellent listening and reading skills. Practice makes perfect—teach yourself to listen for key words (such as 'the following 3 parts') and transitional words (such as 'therefore' or 'subsequently') to begin scribbling down crucial information to follow.
3. Leave space around your notes as you go so you can insert additional notes as you move forward. Also, leave space in the margins to add further details.
4. If you are a visual learner, sketching charts and diagrams as you go, or leaving space to add them to your notes later, gives you extra study power later on.
5. Handwritten notes trump keyboard note taking every time due to its inherent power to help you retain more as you go. The action of writing things down increases information retention.
6. There are many software programs and mobile apps for tech-loving students that will help keep note taking brilliantly organized. Compare and contrast before choosing which one will suit you the best. Evernote, GoodNotes, OneNote, Simplenote, and WorkFlowy are excellent options to check out.
7. Practice using bulleted or numbered lists, headings, and coloured (highlighted) sections to categorize your notes into more cohesive and readily understood sections.
8. For active note taking, devise questions as you listen and read. Write these down in the spaces you left on the paper. This keeps the learning active rather than passive.
9. Write your notes in phrases, your own words, and your own abbreviations to create a flow and synergy to your note taking.
10. Repetition is essential for increasing memory retention. Reading your notes repeatedly, and even reciting them out loud, will help etch them into your memory bank.
11. For the discriminating student who wants to get technical, visit <https://medium.goodnotes.com/the-best-note-taking-methods-for-college-students->

[451f412e264e](#) for specific styles and techniques for note taking. The top approach of choice according to this and most other sites is the ‘Cornell Method,’ which instructs to leave space on the page for a title, key questions, key words, and a summary.

12. Schedule time to review your notes on a regular basis. This gives you the opportunity to note any missing information or questions you have for your tutor and will help you remember important facts.

Better grades begin with better notes. Experiment with a variety of different note taking styles and strategies until you find the one that makes you a better student.

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



**Brittany Daigle**

**Course Exam**

*AU courses, up close*

**Course Exam**

**Brittany Daigle**

**FREN 200 (First Year University French I)**

FREN 200 (First Year University French I) is a three-credit introductory French course that trains students in verbal and written French as a continuation of FREN 100 (French for Beginners I) and FREN 101 (French for Beginners II). The course enables students to improve reading, writing, listening, and speaking skills. FREN 200 leads the students through a major review of grammar, develops the students' ability to understand and compose short passages and to discuss social and cultural topics.

Students should note that FREN 101 or equivalent is required to enroll in FREN 200. Students are also advised to not take FREN 200 and FREN 201 (First Year University French II) simultaneously. FREN 200 and FREN 201 are designed to be taken successively. There is a challenge for credit option if that is something that interests you. FREN 200 cannot be taken for credit if credit has already been obtained for FREN 242.

First Year University French I is made up of twelve units: five written assignments weighing twenty percent, five oral assignments weighing twenty percent, a composition assignment weighing ten percent, an oral examination worth ten percent, and a written examination worth forty percent of your final grade. To receive credit for FREN 200, students must complete and submit the five written assignments, the five oral assignments, the composition assignment, the final oral examination, and the final written examination. Students must also achieve a course composite grade of at least fifty percent and a grade of at least fifty percent on the written examination.

Kristen Smart has been working at Athabasca University since June of 2007 and she started tutoring FREN 200 at that time. She states, “When our coordinator is on leave, I have the opportunity to work as acting coordinator. This has given me a greater appreciation for our

---

wonderful support team at Athabasca University. It is amazing how efficiently we are able to connect and communicate via email!”

Alongside FREN 200 she tutors FREN 100 (French for Beginners I), FREN 101 (French for Beginners II), FREN 200 (First Year University French I), FREN 201 (First Year University French II), and FREN 405 (Translation from French to English). She is also the acting coordinator for FREN 200 (First Year University French I), FREN 201 (First Year University French II), FREN 305 (La littérature jeunesse), FREN 362 (Second Year University French), FREN 374 (Littérature québécoise), FREN 375 (Vocabulary Expansion), and FREN 405 (Translation from French to English).

I asked Kristen to introduce herself and she shared, “My name is Kirsten Smart. I am a French tutor at Athabasca University, and I live in Edmonton, Alberta. Prior to becoming a tutor at Athabasca, I had the opportunity to live in and teach in France, which developed my appreciation for French language and culture. Upon my return to Canada, I pursued a Masters in Translation at the University of Alberta, assuming translation would be my career path. Part of the program involved a teaching component, where I had the opportunity to teach 100- and 200- level French courses. I quickly learned that teaching was the best way so share the beauty of French with others. After I graduated, I continued to teach at the University of Alberta as a sessional instructor, then started teaching at Grant MacEwan University as well as for the Government of Alberta. I feel very fortunate to have my position at AU. Teaching distance education has allowed me to work from home while having flexible hours, which has been very helpful while raising our young family.”

She describes FREN 200 as “a first year-level university course that enables students to use French in social situations and to talk about themselves, their opinions, and their experiences. This course leads the student through a major review of grammar and develops their ability to understand and compose short passages. This course may be taken for credit toward most degree programs and can be applied to the BA major in French.”

Kristen highlights that FREN 200 was revised in September 2017, stating “we have been receiving a lot of positive feedback from students in terms of the new format. It includes twelve modules and is designed to be completed in a thirteen-week period. In each module, students read a short introduction to the topics covered, then do the readings from the assigned chapter in the textbook as well as the accompanying exercises. There is an answer key available on the course home page in PDF format, which allows students to check their work and understanding of the material. Each module also provides listening comprehension exercises, which can be downloaded from the textbook publisher’s website, in order to practise aural comprehension.”

She continues, “Throughout the modules, there are also links to the short films on which part of each oral exercise is based, short Adobe Connect grammar lessons intended to supplement or summarize the grammar explanations in the manual, and also some online, self-correcting practice exercises. Oral exercises, based on a set of questions found within the modules, are done over the phone with a student’s assigned tutor.”

Kristen states that having exposure to the French language outside of the course would be beneficial, she explains “Because students work through FREN 200 independently, it is important that they be committed and motivated in order to succeed. It is recommended to spend ten to fifteen hours per week on the course. It is also helpful if students are able to incorporate French into their lives on a daily basis. Some suggestions include reading aloud, listening to French music or podcasts, and watching French films. Also, I strongly recommend that students take the

time to learn and memorize the material as they work their way through the course. This makes it less overwhelming at the end of the course when preparing for the final exam.”

Learning a new language is not always easy. Kristen explains what she believes students will take away from FREN 200, stating “The course develops the students’ ability to understand and compose short passages and to discuss social and cultural topics at a basic level. For many students, learning a second language also provides a better understanding of the grammatical aspects and vocabulary in English, as they compare and contrast sentence structures and find similarities in the roots of different words. Learning a new language provides an opportunity to explore the world from a new perspective, and to communicate our ideas in new ways.”

When I asked what aspects of the course is the most difficult or that students struggle with, Kristen states “Students often find the memorization of verb conjugations and grammatical elements to be the most difficult at this level. Fortunately, there are a number of helpful resources available on the course website, including videos that explain grammar rules and verb conjugations. It can be helpful to have new concepts explained in different ways.”

Whether FREN 200 is a degree or program requirement or if the topics above are of interest to you, this course will have you improving your ability to read, write, listen, and speak in French!

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



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

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

#### **AthaU Facebook Group**

Isabella is concerned that her requested AU transcript hasn't arrived at its destination yet; ensuing discussion revolves around the merits of paying the extra fee for courier service. Tania wonders if students can apply for the MA-IS program with a 3-year bachelors degree: yup! Olivia posts a [link](#) to a new group where students can buy/sell AU textbooks.

Other posts include double shots of caffeine, printing etexts, beating the clock with an uncooperative assignment file, and courses BIOL 204, ENGL 255, and FNCE 300.

#### **Twitter**

[@AthabascaU](#) tweets: "[#NowHiring](#) an Individualized [#StudyTutor](#) for Health Administration & Community Health Planning. Responsible for providing academic support & marking assignments, the ideal candidate would have a Master's degree in health disciplines <https://bit.ly/2JxZBBa> [#yegjobs](#) [#yycjobs](#)."

[@austudentsunion](#) tweets: "[#AthabascaU](#) students now have access to a NEW Health & Wellness resource courtesy of [@AthabascaU](#) and Homewood Health. Find out more at <https://bit.ly/2zkd5vI> [#disted](#) [#mentalhealth](#)."

#### **Youtube**

Extend Halloween by re-living AU's October 31 [Frankenreads](#) event.



## The Fit Student Sick

Marie Well



Have you ever felt so sick you could hardly sigh? Take care, because sickness may be your fate if you eat the Western diet.

Health author Kerry Knutson's mom would say "On a good day I can get up, shower, and maybe lick a stamp" (location 158, 95%). Not long ago, I got similarly sick. I couldn't read and I couldn't work. But, wow, could only coil alongside a toilet, or crash 30-hours straight.

My doctor knew me so well, she could map my family tree back to the stone age. The radiologist knew me even better. But neither had answers. So, I pored over nutrition books, revamped my diet, and turned gym junkie. A year and four months later, the sickness subsided.

So, here are tips on how to curb sick spells:

Eat chocolate containing five or less ingredients, said to me a Bernard Callebaut marketing guru. But that applies to every food, says author Kerry Knutson. So, eat nothing packaged with more than five ingredients. And if you can't pronounce it, don't swallow it.

But do chew your food 30 times per bite, says author Kerry Knutson. Another author, Dr. Mercola, says chewing longer helps us absorb more nutrients. So, savor your snack until it dissolves on your tongue.

Eat all your foods within a 12-hour window—fasting overnight. Eating within an 8- to 12-hour window helps you lose weight and curb disease, says the researchers of the My Circadian Clock study. But aim to eat within a 10-hour window for peak results.

Discover the Rocky Mountain Soap store. The store stocks nontoxic shampoos, conditioners, and soaps. Drug-store shampoos typically contain toxins that leach into your skull and then sink into your innards. So, go nontoxic when it comes to suds that seep into your brain.

Most of all, instead of watching TV, play in the gym. Gyms grow fun once you turn gym rat. But make gym-time a lifetime.

If you want even wilder health tips, then listen to Kerry Knutson, author of *Create Your Healthy Life: A Complete Plan for More Energy, Less Stress, Your Ideal Weight and Disease Prevention*:

- Your tongue says a lot about your health. Does your tongue carry a white film and pink tip? If so, watch out for the worries and blues. If not, search online for Chinese Medicine Tongue Map to discover clues about your health.
- Stress wrecks health. So, tap away your worries "using Emotional Freedom Technique (EFT), sometimes called Tapping .... EFT uses acupuncture points to help relieve stress" (location 1410, 82%).
- Your heart rate can help you make wise food choices. Download a heart rate monitor app and "use Cocoa's Pulse Test to determine if you have food sensitivities" (location 1428, 83%).

- To clean up your health, keep an eye on your poop: “We get great daily feedback through—yep, you guessed it—our poop! It’s like reading tea leaves .... A great starting place is with the Bristol Stool Chart/Scale. There are seven different pictures on this scale and they reveal what ideal bowel movements should look like” (location 435, 25%).
- Go cancer-free by cutting out sugar: “Sugar feeds cancer cells. When you eliminate sugar, you are eliminating the fuel that cancer (and fungus like candida) need to survive” (location 661, 38%).
- Eat food packaged with no cartoon characters: “Redefine what you think of as food. What is a whole food? Does it come from or live in the soil? If yes, then it’s likely a whole food. Does it have a label and a brand and company advertising it? Then it’s likely not a whole food” (location 578, 33%).

A friend said her diabetic brother-in-law could still enjoy foods he loves. I said no way. Reverse the diabetes instead. Eat low-glycemic foods. Find whole foods he loves or half-way likes. Eat probiotic-rich foods. And cut out Red Bull. Condition the taste buds to savor health.



## The Not-So Starving Student Magic Bullet Review

Xin Xu

Since the review of the instant pot, I have yet to come across a small kitchen appliance that fits so snugly in small counter spaces and create delicious yet nutritious options for busy students. That is until I recently purchased a second-hand blender that adds a nutritious twist to my usual meals. Since starting the Fall semester, I’ve had significantly less time to take care of myself. Sometimes this means succumbing to my cravings for fast food or going for an entire week without fresh fruits or vegetables (I know!). Despite owning an enormous 2L Hamilton Beach blender, I was disinclined to blend a single serving of milkshake and then spend additional time washing a gigantic glass container and blades. Enter: the Magic Bullet blender.

Disclaimer: I am using Magic Bullet blender as an example, however there are various single serve blenders available. I am in no way affiliated with the company or endorsing them in any way.

### The concept: 5 stars

Imagine blending a cup of smoothie you can finish, store and wash without wasting additional time. The concept is fantastic for students and busy workaholics alike! The set comes with 4 party mugs, shaker caps and additional containers for salsa. Remember, the containers are in fact part of the blender itself. The blade is also detachable and incredibly simple to wash and manage. Say goodbye to scrubbing a giant tub of smoothie. The containers can also be heated in the microwave to create smoothly blended soups.



### The aesthetics: 4 stars

The appliance takes the same space as a small kettle on the kitchen counter. Despite its small size, the externality is slick and appealing. While some argue the plastic containers feel light and cheap, I personally believe they make the device lightweight and easy to use.



### The usage: 5 stars

I can foresee myself and many other students, professionals and kitchen fanatics jump in on this appliance. It's designed to be intuitive. There is not a single button on the device, only the container that when pressed down and aligned properly will begin blending. There are two pre-assembled blades that allow for heavy duty blending and lighter blending such as for salsa or soft cheeses. For myself, I found myself constantly having to remind myself to eat my fruits and veggies. With the blender, I can easily "hide" my healthier ingredients into recipes like omelettes, crepes and pancakes.

### Price point: 4 stars

While this single serve blender comes at the price of \$45, it is a bargain compared to some shinier price tags such as the Ninja single serve blender. So far, Amazon's lower tier, classic blenders go for \$20, so the Magic Bullet is at a reasonable price point, given the convenience it has provided me. Moreover, having family members with the same blender over the last six years is a sign this product is made to last.

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



## The Creative Spark! Practice Music Like a Pro

Marie Well



Do you want to write music like a grade 2 piano pro? Or do you want to practice music like a genius? If so, here are my song writing tips followed by practical advice from a musical-master.

First, listen to music for beats, lines, repetitions, variance—or a bell at the end of a chorus. Study the structure of the song: the verses, the repeated chorus, and any instrumentals. That's how you gain the ear for music.

Better yet, learn an instrument and create your own ensemble: do as I did and sit in front of a piano. Learn the basic notes of the key of C. Next, grab sheet music. Then, clunk out a chord from the sheet music. Then clunk out the next chord. And lastly, clunk both chords you've learned, one after the other. After you've done this, start from the beginning, clunking a third chord, and

so on. Soon, you'll play your first song.



But what's a chord? To put it crudely, it's three or more notes clunked at the same time. And these notes are often separated by at least one or two non-played notes. If the notes in a chord were numbers, they'd often look like "1-3-5" or "1-3-6" and so on.

Next, you're ready to write songs. Yes, through my clunking method. Clunk a chord in the key of C. (The key of C contains everything but the black notes). Then pick one of the notes in the chord to sing. Then clunk another chord that has a note you'd like to sing next. Play around until you find the right sound. Simple.

After you've crafted your first song, buy music software. Start by placing your drum track. And then layer your instruments, where each instrument is like a note in a chord.

Now, that's the grade two piano pro's way to write songs. And my songs made this way wound up recorded in studios.

And for those of you beyond grade two piano, author Jonathan Harnum gives tips on how to practice in his book *The Practice of Practice*:

- The three parts to practice: "The warmup, exercises, and playing of the music all reinforce and reflect each other" (location 151, 54%).
- When practicing, zero in on one key concept each session: "Keep it simple. There are probably thousands of things you need to practice, but you need to pick just one" (location 150, 54%).
- Focus on the hard stuff: "Identify the most challenging parts of the music and focus only on those, not the whole song" (location 150, 54%).
- Warm up with both the scales in the key and a slowed-down version of the ditty: "Let's say you've got a very fast passage in the key of D that needs work ... In addition to warming up in the key of D, you can do double-duty by warming up with slow, deliberate focus on exactly the same ... pick strokes, or fingerings ... for the fast passage" (location 151, 54%).
- But do better than my grade two piano pro's way of practicing songs: "Inexperienced musicians tend to practice a piece by starting at the beginning, playing through until they have a major train wreck and everything crashes to a halt. A beginner goes back to start it all over again .... The beginning of the tune gets way more attention and repetition than the rest of the piece" (location 177, 64%).
- Instead, try something called chaining: "The concept is simple: play a short snippet until it's polished, then play the next, with a bit of overlap between snippets" (location 177, 64%).
- Better yet, try chaining and back-chaining: "There's nothing tricky about back-chaining; it's just chaining done backwards ... by practicing your way backwards through the piece so the later stuff gets more repetition" (location 179, 65%).

A word of warning: once you write your first song, stay clear of the bar scene. Bar musicians might urge you to smoke drugs and drink booze—you know, to fit in with the crowds. But if you create your own music, you can submit it on Amazon's marketplace: drug- and booze-free.



## Scholarship of the Week

### Digging up scholarship treasure for AU students.

**Scholarship name:** Job-Applications.ca Working Parent College Scholarship Program

**Sponsored by:** [Job-Applications.ca](http://Job-Applications.ca)

**Deadline:** December 8, 2018

**Potential payout:** \$1000

**Eligibility restriction:** Applicants must be legal residents of Canada, enrolled full- or part-time at an accredited Canadian post-secondary educational institution, have a GPA of at least 3.0, have worked an average of at least 12 hours for each of the previous 4 weeks, and be a residential parent of at least one minor child. See [full eligibility criteria](#).

**What's required:** An online application form along with a 600- to 1000-word essay describing your experience as a parent working your way through school and offering three pieces of advice you would give to students in a similar situation.

**Tips:** Read the [essays](#) from previous winners for inspiration.

**Where to get info:** [www.job-applications.ca/scholarships/](http://www.job-applications.ca/scholarships/)



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

With the 100th anniversary of the end of World War I approaching, we explore two very different WWI-related articles.

**Visual reminders.** Writer and former Voice editor Christina M. Frey highlights some of the more significant movies set during World War 1. "Films offer us the opportunity to immerse ourselves in an era long gone, to understand what it was really like to fight during the First World War." Saturday Night at the (Old) Movies—We Will Remember Them: World War I Films, November 20, 2009.

**I've looked at war from both sides now.** Writer Zil-E-Huma Lodhi looks at the factors leading to the outbreak of various 20th century conflicts, and their lasting global effects. "World War One ruined the existing global economy and brought upon us The Great Depression (1929-1939) but World War Two set the path for greatest economic boom of our times." War Kills More Than a Body, April 16, 2003.





## A Letter From Brazil Following the 2018 Presidential Election

Wanda Waterman

A friend from Brazil recently wrote:

*This is an outburst of a Brazilian friend who is struggling to one day see his country free from fascism.*

*On Sunday the 28th there was elected a new president; he has already begun to carry out various atrocities with the population, the environment, with the Indians, and with the poorest. His government authorizes people to use guns and to commit crimes against blacks, homosexuals from the Northeast, and the poor.*

*We Brazilians are fighting against this fascist government because we know that if he is not stopped very innocent people will suffer a great barbarity.*

He sends a video of an excavator ploughing into frail houses while poor families stand helplessly by. He explains:

*Here already are some actions after the elections, together with the police expropriating residents from their homes.*

*In some cities, such as São Paulo, Rio de Janeiro, and Minas Gerais, the police are already authorized to kill regardless of the approaches taken by the people on the streets.*

*Some Brazilian institutions will stop encouraging cultural activities and artistic expressions. Some media are being censored. One of the newspapers of great importance is being threatened with closure.*

*We are living a mixture of insecurity and intolerance.*

### A Cultural Greenhouse . . . and Other Common Ground

Brazil has long been one of those nations that continually generates cultural ingenuity, mostly in the realm of music, but also in literature and the other arts, and this has left its mark on the world, influencing and inspiring artists everywhere. Much of this richness has sprung from her most oppressed ethnic minorities, just as happened in the history of American folk and popular music.

Now we have a new commonality between Brazil and the United States: Brazil has just elected a rightwing extremist as president. Those who claim that he's Brazil's Donald Trump need to be reminded that not even Trump has used such violent, malicious rhetoric or taken the same overt measures to impose military might on his citizenry.

## **Jair Bolsonaro, Enemy of Gays, Friend of Torturers**

Jair Bolsonaro, set to assume power on January 1<sup>st</sup>, 2019 as Brazil's 38<sup>th</sup> president, is a former army captain and fan of military rule, a defender of torturers, openly supportive of dictatorship, and vocally and maliciously opposed to gays, blacks, and women. He claimed to be the country's one-way ticket out of corruption, recession, and crime and yet seems ready to set up all the conditions necessary to create hotbeds of lawlessness.

So how did Bolsonaro win 55% of voter support? It's complicated, but here are a few pieces of the puzzle:

He presented himself as an outsider, even though he's been involved in politics for years as a lawmaker (albeit a mostly ignored backbencher), something that appealed to a populace disillusioned by political corruption.

He garnered a good deal of support from evangelical Christians and agribusinesses.

It was fairly easy for him to pander to public fears in reaction to the recent rise of violent crime in the country.

He was successful in uniting seemingly disparate factions of the Brazilian right by making, just as Hitler and Mao did in their times, statements so bombastic and simple they were essentially meaningless.

## **So Much to Look Forward To**

The world has many things to look forward to when Bolsonaro assumes power in January. To name just a few:

Before the election he promised that if elected he would remove Brazil from the Paris climate agreement *and* speed up development in the Amazon rainforest. (Could efforts to slow global warming possibly take a harder gutpunch?)

He also promised to solve the country's crime problems by militarising the police and granting them greater discretion to kill suspects.

He plans to make gun laws less stringent—a bizarre response to the country's burgeoning murder rate.

He promises to be tough on crime when history bears witness that such approaches rarely, if ever, achieve safe social conditions.

His opponents present rather a large target. Women, for one, demonstrated en masse as soon as they discovered he was in the lead during the election. He can't be happy about that.

All things considered, it looks like any efforts to stem the tide of far-right extremism must now go all-out international, just as the tide itself has gone.

References:

The letter's author has been kept anonymous.

<https://www.nytimes.com/2018/10/06/world/americas/brazil-president-election-jair-bolsonaro.html>

<https://www.aljazeera.com/news/2018/10/jair-bolsonaro-brazil-presidential-candidate-181007020716337.html>

<https://newrepublic.com/minutes/151922/brazils-next-president-far-right-extremist>

*Wanda also writes the blog [The Mindful Bard: The Care and Feeding of the Creative Self](#).*





## The Next Level

*Dear Barb:*

*I am a guy in my thirties and I can't seem to maintain a relationship with a woman. On an intellectual level I do want to get married and have a family, but I can't seem to commit. Most of my relationships last about six months, and then I start to pull away. I am not able to take the relationship to the next level. I try to find something wrong with the girl to justify ending the relationship. To be honest most of the time there isn't anything wrong with the girl, I just get scared and feel I will never live up to their expectations. I envy my friends who are able to move forward. I have been a best man four times, but never the groom. Most of my guy friends change so much once they are married. They don't want to hang out, or do a lot of guy things. I don't want to be controlled like that; I want to be able to continue to do the things I like. I don't know if my childhood has something to do with my inability to commit. My mom and dad fought a lot because Dad was always going out with the guys. It got so bad that my mom actually moved out and left me with my dad and took my younger sister with her. I don't like to think that is the reason why I'm like this. I'm just so stuck in this place and I don't know how to move on. Do you have suggestions?*

*Thanks, Don.*

Hi Don:

Thanks for your letter. Since you took the time to write you may be ready to confront the issues that are causing you to shy away from commitment. Your childhood may have a lot to do with your reluctance to enter into a long-term relationship. You obviously have a fear that you may end up in a marriage like your parents. However, it doesn't sound like your parents addressed their issues, instead your mother chose the escape route, which seems to be what you are doing in your relationships. There are many reasons why men have commitment issues, including as you mentioned a fear of failure. Other reasons include a fear of change; some men fear if they change their lifestyles, they will lose their identity. Also, some men get stuck in a certain lifestyle and they fear the loss of that lifestyle, when in reality a new lifestyle may produce a happier life. As you can see there may be many reasons why you cannot maintain a long-term relationship and I think you need some help figuring this out. My suggestion would be to make an appointment with a therapist and begin working through these issues to find the root cause. You may be surprised how quickly you can resolve this and begin having healthier relationships.

Best of luck Don.

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.



Poet Maeve  
An End in Itself

Wanda Waterman





**AUSU**  
ATHABASCA UNIVERSITY  
STUDENTS' UNION

## IMPORTANT DATES

- **Nov 10:** [Deadline to register in a course starting Dec 1](#)
- **Nov 12:** [AUSU Office Closed in lieu of Remembrance Day](#)
- **Nov 15:** [Dec degree requirements deadline](#)
- **Nov 30:** [Deadline to apply for course extension for Jan](#)
- **Dec 10:** [Deadline to register in a course starting Jan 1](#)
- **Dec 14:** [December Council Meeting \(tentative\)](#)
- **Dec 15:** [Jan degree requirements deadline](#)

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

## Free Online Learning with Lynda.com / LinkedIn Learning

Did you know that AUSU provide a **FREE Lynda.com membership** for all AU undergraduates?

You can learn anything from Microsoft Office to computer programming, Business and Interview skills, digital media, photography, marketing, and more!

So far in the past year, there have been over 37,000 videos viewed by AUSU members! The most popular videos taken by AU students are:

- Programming Foundations
- Project Management Foundations
- Excel Essential Training
- JavaScript Essential Training
- HTML Essential Training
- Time Management Fundamentals
- C++ Essential Training
- SEO Foundations
- Preparing for the GMAT
- ...plus over 130 more popular video

To access your **FREE lynda.com** subscription visit the AUSU website [here](#).



## Fill out our Survey for a Chance to Win Great Prizes!

AUSU values your opinions! We want to know how we can best serve our student members, and help you have a positive experience as a student at AU.

Please take a few minutes to fill out our [services survey](#) – it should take no more than 8-10 minutes to complete. All of your answers are completely confidential.

AUSU is giving away over \$1,000 in prizes\* to members who complete our survey, including:

- A Flip 4 Portable Bluetooth Speaker
- 2 S'well® Stainless Steel Traveler Bottles
- 5 Amazon Gift Cards valued at \$50
- 5 Amazon Gift Cards valued at \$25
- 5 ProctorU free exam invigilation codes
- 10 AUSU swag packs

*\*Winners will be selected at random. Prizes awarded cannot be exchanged for any other prize, monetary value, or service.*

[Click here to start the survey.](#)

Deadline to complete the survey is November 19.



---

# CLASSIFIEDS

---

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

---

---

## THE VOICE

---

301 Energy Square - 10109 – 106 St NW - Edmonton AB - T5J 3L7  
Ph: 855.497.7003

**Publisher** Athabasca University Students' Union  
**Editor-In-Chief** Jodi Campbell  
**Managing Editor** Karl Low

**Regular Columnists** Barb Godin, Scott Jacobsen, Carla Knipe, Barbara Lehtiniemi,  
Tara Panrucker, Deanne Roney, Wanda Waterman, Xin Xu

---

[www.voicemagazine.org](http://www.voicemagazine.org)

---

*The Voice* is published almost every Friday in HTML and PDF format.

Contact *The Voice* at [voice@voicemagazine.org](mailto:voice@voicemagazine.org).

To receive a weekly email announcing each issue, subscribe [here](#). *The Voice* does not share its subscriber list.

© 2018 by *The Voice Magazine*

ISSN 2561-3634