

THE VOICE

Vol 27 Issue 12 2019-03-22

Minds We Meet

Interviewing Students Like You!

Sheep in Wolves' Clothing

The Bright Side of Feeling Bad

Struggling Student Rants

The Household Budget

Plus:

*The Sores Throats
Women of Interest
and much more!*



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LETTERS TO THE EDITOR



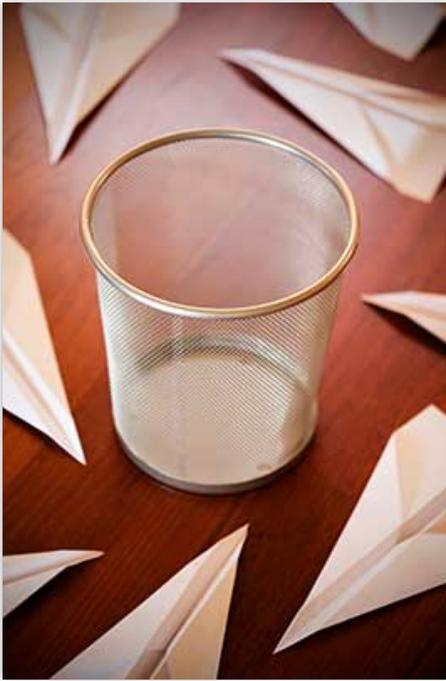
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Editorial Protesting the Protests

Karl Low



Last Wednesday, March 20th, a lot of post-secondary students in Ontario walked out of class at noon to protest Doug Ford's recent changes to OSAP and against the Student Choice Initiative which I spoke about last week. Well intentioned, I'm sure, and it garnered some headlines, but given the recent walk out of high school students, not just in Ontario, but around the globe for climate change I don't think a single afternoon's walk-out is going to be something that stirs the public to talk to their MPs.

And while I'm sure it feels good for student activists and leaders to be planning these things. "Hey, we're doing something!" I wonder if it's really a good idea in the long run. Having short, small action protests over multiple issues simply inoculates the public to when real problems are occurring. Student leaders need to put more thought into their protest actions, and, in particular, keep in mind the idea of "choose your battles".

Not that I'm saying this particular issue wasn't a battle worth choosing, it absolutely is, in my mind, but for the protest to simply be a day off from class, as most of the public will likely see it, hardly gains sympathy. But what can students do that's

more effective, eschewing violence, of course. Here's a thought: talk to mom and dad. Talk to grandma and grandpa. If students want to shock the public into believing an issue's really important, they should bring it up to their parents. Yes, it seems silly, after all, post-secondary students are adults, they shouldn't have to go to their parents for problems with school right? But that's exactly why doing it will make such a difference.

How many post-secondary students bother to bring up political issues with their parents? How many even talk to their parents on a regular basis about anything significant. So suddenly having their child come to them and ask for a serious talk and some help with a political issue will leave an impression, far more of an impression than they'd get from just reading an article about a student protest the next day. The latter may make them tut-tut and shake their head. The other makes it personal. And take it up the chain, take it to the grandparents. They're more likely to vote anyway. More likely to get in touch with their MP or go to a rally and remember this time when the grandkid came up and wanted to just talk with them seriously. Students need to remember we're not Doug Ford's constituents. He doesn't care about us because he doesn't have to, we don't vote in enough numbers to make a difference. But seniors? Get grandma and grandpa talking about this with their friends and church or social groups, and suddenly you've got politicians attention. We have those connections, let's stop protesting and start taking actions that will really make waves. Get our parents on board.

Now, I'd be remiss without pointing out that this week's issue is one of our better ones. From our feature interview with AU student Kris Hine, to Wanda's exploration of the darker feelings, and Angela's return with the latest Struggling Student Rants. Even our usual selection of advice, news, events, and more reads to me a little better than it does many weeks. I think the warmer weather has inspired our writers some. So please, enjoy the read!

MINDS WE MEET



Kris Hine is currently enrolled in the Bachelor of Psychology program with a minor in sociology after being out of school for ten years. He is living in Alberta and in his spare time he enjoys playing with his dogs and cat, mediating, yoga, and cooking. This is his story.

Can you give us a little bit of background information about yourself? Who are you? Where do you live, where do you come from?

My name is Kris Hine. I currently live on a little acreage approximately 20 kilometres from Vermilion, Alberta. I was born in Regina, Saskatchewan. I am enrolled in Bachelor of Psychology, minoring in Sociology after over 10 years of being out of school.

Describe the path that led you to AU. What was it that made you realize you wanted to go back to school, and what pushed you into the program you've signed up for?

I have always been passionate about psychology ever since I was young. Prior to enrolling in school, I worked as a Senior Judicial Clerk at the Provincial Court of Alberta for 7 years. My role as a Judicial Clerk made me realize how much more I wanted to help people.

What do you do like to do when you're not studying?

When I am not studying (lately it is all I have been doing due to my incredible procrastination skills!) I meditate and do yoga. It helps keep me balanced. I enjoy playing with our dogs and antagonizing our cat. During the summer, I can be found outside puttering around the yard, in the garden or mowing the grass. I also enjoy cooking.

What are your plans for this education once you finish? How does it fit in with where you want to go?

My goal is to complete my Masters of Counselling or Psychology. If I am still ambitious, I will go for my Doctorate in Psychology. However, I have only completed a couple of courses in my Bachelor of Psychology program, so I still have a long way to go. When I complete my education, I want to be a Psychologist in either Clinical Child Psychology or Forensic Child Psychology. That avenue may change as I get more involved in my degree.

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

Ever since I was young, I have always been inquisitive and asked, likely, far more questions that anyone should ever have to answer. My greatest influence in my life has to be my partner. She always wants the best for me, and pushes and supports me to get there. She always knew my passion for psychology and constantly encourages me to be better for myself in order to be better

others. I would not be half the person I am today if it wasn't for her. My family and friends are also huge supporters of me. I am grateful to be surrounded by such wonderful people.

Describe your experience with online learning so far. What do you like? Dislike?

Online learning has been an adventure so far. I have learnt how to manage my time in a more effective manner (although sometimes that is debatable!). I enjoy being able to learn when it fits into my schedule instead of having to work my life around studying. I thoroughly enjoy that my text book reads to me (I call her Barb). She never pronounces things properly but, my e-text makes it great for me to learn whilst I travel. To be honest, I am still fresh to this online learning, so I have not developed any dislikes for it yet.

At what point did you waver the most about continuing your schooling? What caused it and what got you through it?

When I first started my courses, I wavered a lot about continuing school. It was difficult for me to adapt to being a student from being a workaholic. Not working much made me feel a bit like a bum. I received a lot of reassurance from my partner that I am not actually a bum and school must be my primary focus in order to achieve the goals I have set out for myself.

What's your most memorable AU course so far, and why?

As I have only been in a few courses, my most memorable course has to be Math 215, statistics. I know that may make a lot of peoples toes curl! It would have made mine curl in the beginning as well. It has been my most memorable because I always thought of myself to be weak in math. As it turned out, I exceled immeasurably throughout this course, and I learnt a lot about myself.

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

To be honest, I don't feel that I have any regrets. I have grown and learnt so much from every new chapter of my life.

How do you find communications with your course tutors?

I have primarily contacted my tutors through email, and they have all been great. They get back to me usually within the day. Despite some of my silly, ridiculous questions I have had, they have never made me feel stupid for asking them.

What's your pet peeve if you have one?

I have a few pet peeves. I strongly dislike people chewing their food obnoxiously (close your mouth!). That will make me leave a room if I am around those kinds of people. I, borderline, hate disrespectful people. Whether it is people disrespectful to others or themselves, it grinds my gears something terrible. I am not afraid to call people out for being disrespectful, although it has created some tension for me in the past.

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

I think that it would be pretty cool to have lunch with Iron Man (Robert Downey, Jr.), borrow his suit and attempt to fly around in it.

Describe the proudest moment in your life.

My proudest moment would be teaching my autistic brother to drive, when nobody thought he would ever be able to.

Describe one thing that distinguishes you from most other people.

I have an incredible amount of patience and I have this crazy ability to read people really well.

What is the most valuable lesson you have learned in life?

Be kind. Be genuine. Be honest. Learn your limits on how far to help people, because some people take you for granted. Fly by the seat of your pants and enjoy the view. Appreciate each day, because for some, those days are cut really short. But above all else, take care of yourself, mind, body, and heart, before trying to help others because you can't be of any help whilst in shambles. I realize that is more than one lesson, life has taught me a lot of important lessons so far.

Have you travelled? Where has life taken you so far?

When I was 19, I booked a flight to England, packed my bags, and away I went. I ended up living there for 3 years. While I lived there, I traveled all throughout England, Scotland, Wales. I have also trekked through parts of Europe. Italy, Spain, Germany, France, Belgium to name a few. As for the USA, I have only stepped foot in Montana, Washington, and North Dakota. I have also been to British Columbia, all around Saskatchewan and Alberta, Manitoba, and Ontario.

Why did you end up going to England? Did you enjoy your time there?

I was unsure what I wanted out of life. So I went to England for an adventure. I always wanted to go to Europe so I started with a country that spoke English like I did. I ended up managing a pub during the time that I was over there which was really fun, one of the best jobs I had. I learnt a lot about food and different wines, spirits, and beers. It was an incredible experience and my second home. The friends I met are from all over the world, ranging from Brazil to South Africa to Sweden to Australia. I would go absolutely do it all over again. I think everyone should travel outside their country and experience life somewhere else. It changes a person and their perspectives on life.

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

Unfortunately, I am currently not reading anything right now. In fact, my book shelf is growing with the list of books I need to read.

What books are you looking forward to read?

The Hundred-Year-Old Man Who Climbed Out the Window and Disappeared by Jonas Jonasson, *The Art of Racing in the Rain* by Garth Stein, *The Trial* by Franz Kafka, and *House Rules* by Jodi Picoult. That's just to name a few. My list keeps growing each time I walk into a bookstore and buy three or four more books.

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



Sheep in Wolves' Clothing: The Bright Side of "Dark" Emotions

Wanda Waterman



*Your joy is your sorrow unmasked,
And the selfsame well from which your laughter rises was
oftentimes filled with your tears.
And how else can it be?
The deeper that sorrow carves into your being, the more joy
you can contain.*

~ Khalil Gibran

Confess to feeling a negative emotion and voices will clamour to either fix you or fill you with guilt. Negative emotional experiences are often framed as diseases to be cured, prisons to escape, monsters to be slain, or, worst of all, evidence of a flawed character. Prescription drugs are developed, self-help books are written, and an entertainment industry strives to distract you, all in a well-meant but misguided attempt to "save" you from your dark moods.

Embracing your negative emotions without condemnation and learning from them is a necessary part of your journey. Let me give you a few examples.

Fear

In *The Gift of Fear* Gavin De Becker describes one criminal assault after another in which the victim was able, in retrospect, to pinpoint the exact moment when they should have run away—but chose not to for fear of being rude; it was the moment when they began to experience an unexplained fear.

As children we're taught to be obedient, respectful, and polite to adults, and children who exhibit fear are often scolded. An examination of our fear rather than a repudiation of it will tell us if the fear is reasonable or not, but respecting fear immediately is essential to our safety. Not every fire alarm signals a real fire but being ready to leave quickly and calmly when you hear one can save your life.

Grudges

Tell anyone that you're holding a grudge and they'll either commiserate with you or tell you to move on and put the hurtful event out of your mind. But Sophie Hannah very wisely points out in her book *How to Hold a Grudge* that holding onto the memory of hurt in the right way can help you avoid a heap of pain. As she explains, it's perfectly reasonable to love someone while remembering that specific and unapologetic letdown. How else can you avoid being hurt in the same way again and again?

An absence of regret is a clear forewarning, and a grudge can keep you from pointless reruns of the same offending behaviour.

On his first wedding anniversary my great grandfather surprised his young wife with a gift of a box of chocolates, to which she exclaimed, "Oh, dear, we can't afford that!" Although she could see that her words had hurt his feelings. she never apologised.

He never bought her another gift. He would give her money on special days, but never again would he take the time to pick out something nice for her. You could frame his reaction as petty

vengeance stretched out to the end of absurdity, but you'd be wrong: This was and remained a very happy marriage, in part because he remembered her thoughtless response to his thoughtful gesture. His refusal to buy her gifts kept his feelings from being hurt ad infinitum, as they would have been had he continued to buy her gifts. Grammy remained a stingy party pooper to the end of her days, and it took Grandpa's tightly held grudge to keep her petty price taggery from casting a cloud over an otherwise harmonious union.

Jealousy

Among internet psychobabblers perhaps the harshest criticisms are aimed at jealousy. Jealousy is selfish, cruel, even crazy, so if you do experience it try to pretend you don't. I always want to write to those who rant about how awful jealous people are and ask them if they've ever cheated on their partners. From my experience the strongest rancour against jealousy nearly always comes from people who want to have their cake and eat it, too, that is, those who wish to pursue the passing thrill of infidelity while retaining the deep benefits of a committed relationship.

Jealousy is the complex of anger, fear, and hurt feelings that emerge when we think that resources belonging to us are or might be channelled elsewhere. The question we need to ask ourselves is this: *To what resources am I justly entitled?*

Do you feel jealous of Snow White because you believe you're the fairest in the land? Get over it. Are you jealous of a colleague for working so hard and being so good at what they do that they got the promotion you wanted? Cry me a river. Is your partner ignoring you and paying an inappropriate amount of attention to attractive strangers? Now we can talk.

With jealousy we have, like fear, a kind of alarm system that should be taken seriously. Sure, it's bad for you and your relationships if your jealousy is completely unfounded, especially when it's linked to childhood hurts, but before you decide that it is, take a good look. Ask yourself if the present event reminds you of anything you've experienced before. If your jealousy is entirely rooted in the past, it's probably unwise to act on it.

But unfounded jealousy often enters committed relationships in response to poor communication, secretiveness, and even outright efforts to provoke it. Sometimes it emerges to let you know that the relationship itself is unsound and that you're unconsciously trying to justify leaving.

In a healthy relationship two partners should be able to listen to each other's doubts and fears, carefully explaining what provokes the jealous feelings and working out solutions. Such sharing demonstrates concern and respect and can only strengthen a relationship. If it takes jealousy to provoke that kind of interpersonal growth, can jealousy really be all bad?

Sadness

The Gibran quote at the start of this article says it all. Have you ever felt happier than at the end of a period of great sorrow and pain? And didn't you appreciate life so much more? In addition to inviting us to slow down and reflect, sadness deepens our capacity for joy. Denying sadness and wallowing in it for too long are both unhealthy, but sadness can provide a window of insight and a preparation of the soul for a deeper, more abiding joy.

* * *

If you take some time to examine one of your negative emotional states you might learn something about yourself, your relationships, and your journey. You may be surprised to learn that your rage, despair, boredom, rejection, or any other of your "dark" emotions might be hiding positive life lessons inside those ugly wrappers.

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





Course Exam

AU courses, up close

Brittany Daigle

Course Exam

Brittany Daigle

WGST 345/SOCI 345 (Women and Work in Canada) is a three-credit social science course that discusses how, throughout history, women have been unacknowledged and undervalued in working environments. This course aims to highlight the importance of women's work and analyzes the reasons why women have been exploited, unpaid, or underpaid throughout Canadian history.

WGST 345 / SOCI 345 is a cross-listed course, meaning that this course is listed under two different disciplines (Women's and Gender Studies and Sociology). There are no prerequisites for this course, though WGST 266 (Thinking from Women's Lives – An Introduction to Women's Studies) is recommended. This course also has a Challenge for Credit option, if students are interested.

Students should note that this course qualifies for a reduced learning resource fee of \$130. This fee covers the cost of mandatory, Athabasca University-produced learning resources, library services, learning management system support, and learning design and development. All course materials will be provided on the course website.

Women and Work in Canada is made up of three units and three assignments. The first two assignments are worth thirty percent each and can either be an essay or an oral history review. The third assignment weighs forty percent and requires students to write a research paper. There are no midterms or final examinations for this course. The three units within this course cover the topics of advocacy, inclusion and exclusions in work, historical and theoretical perspectives on women's work; prevailing issues; and transformations in work. To receive credit for WGST 345 / SOCI 345, students must complete the three assignments and achieve a minimum grade of fifty percent on each of them. Also, a course composite grade of at least fifty percent is required.

Dr. Alexa DeGagne has been working at Athabasca University since September 2015 as an Assistant Professor in Women's and Gender Studies. She has been the course coordinator for WGST 345 / SOCI 345 since October of 2015 and she began tutoring the course in September of 2018. Alongside this course, she coordinates HSRV 421 / WGST 421 (Advocacy from the Margins), WGST 401 (Contemporary Feminist Theory), WGST 460 (Famous Feminists and Their Times: Global History of Feminism), and she tutors SOCI 345 (Women and Work in Canada).

She provides an introduction, stating, "Social justice drives my work as a teacher, researcher and community member. I see the university as a public institution that should serve the community and foster social justice through the sharing of research and knowledge, and the empowerment of students."

Dr. DeGagne continues, "Focus areas of research and teaching: LGBTQ social movements; queer theory; social movement theory; activism and political resistance; gender, sexuality and politics; equity and social justice; and police and criminalization. I have published and forthcoming works on LGBTQ politics, specifically on same-sex marriage activism in California; the history of

LGBTQ politics in Alberta; LGBTQ refugees in the Canadian refugee system; homonationalism and the Canadian criminal justice system; the uses of anger as a tool in LGBTQ activism; and the politics of police in LGBTQ communities.”

She concludes, “My political activism is based in my Edmonton queer community where I have worked with several social justice projects as a community organizer and agitator, public educator, columnist, and queer arts festival co-chair. I am currently a producer and host of GayWire News Radio on CJSR 88.5FM.”

When asked to explain WGST 345 / SOCI 345 to someone who has not yet taken it, she explains “An enduring myth holds that women only recently entered the paid labour force and that before this shift women were relegated to domestic “lesser” work or did not perform meaningful work at all. Yet for centuries on this land that is known today as Canada, Indigenous and settler women’s work has enabled our families, our communities, the economy, and the country to exist and function. This course asks why women’s work, in all its forms, has been unacknowledged and undervalued. The course also seeks to challenge our assumptions about the work that women, transgender people, and gender-nonconforming people have been performing before colonization and throughout the history of Canada.”

Dr. DeGagne continues, “The course incorporates theories of race, ability, sexuality and gender identity in relation to pay equity, job discrimination, harassment, workers’ rights, domestic labour and childcare. Students are asked to apply these theories to contemporary issues in work including sexual harassment and the #MeToo movement; masculinity, race and non-traditional jobs in the Canadian energy sector; disability and work in neoliberal times; LGB and transgender rights in the workplace; and the rights of foreign domestic care workers.”

She provides some insight into the structure of the course, explaining “We all have personal, complex, and important experiences with work and employment. Feminist traditions of storytelling have shone light on the lives and knowledge that historically have been ignored and silenced. Feminist storytelling and oral histories can be deeply personal, and at the same time they can reveal how political, economic, and social systems affect our everyday lives. This course invites students to think about their personal work stories and histories. As they will see, the course incorporates audio interviews with women, and lesbian, gay, bisexual (LGB), queer, and transgender people speaking about their work experiences. These interviews enable students to hear work stories in the voices and with the emotions and words of many different women and LGB, queer, and transgender people. These oral history interviews are meant to inspire students’ personal reflection as they engage with the course concepts, theories, and debates. As is true with our own work lives, each interview touches on themes and ideas from several units in this course; therefore, I encourage students to listen to the interviews at the beginning of the course and to take notes on ideas and themes that peak your interest. For one of the assignments, students are asked to conduct their own interview with a woman, LGB person, queer person, and/or transgender person about their work experiences. The remaining two assignments follow a more traditional essay structure, which examine historical and contemporary issues pertaining to gender and work in Canada.”

As for what type of work ethic students will have to have to be successful in this course, Dr. DeGagne explains that “As with all AU courses, WGST 345 / SOCI 345 requires a certain amount of self-discipline. The course tutors are eager to discuss the course ideas, themes, readings and assignments with students. The course workload is standard for a 300-level course.”

When asked if she had any advice for students who are currently enrolled or about to enroll in the course, she explains “The interviews are a unique part of the course, which can really enrich

a student's experience with the course. I highly recommend that students take the time to listen to them and engage with the interviewees' stories and ideas (written transcripts of the interviews are available)."

She recommends this course "to all working people who are interested in making their workplaces more equitable and inclusive."

As for what she thinks students will take away from this course, she states "Spurred on in large part by the #metoo movement, we are currently in a challenging and important moment where many people are discussing equity and inclusion in various workplaces. This course offers a great opportunity to dig deep into those discussions and other issues that affect our working lives."

Every course has content that may be more challenging to some students, Dr. DeGagne explains what she believes students struggles with most, stating "The course incorporates history, feminist and social theories, and current debates. The material can be complex or challenging at times, but each theory and concept is discussed by using examples, personal histories, and/or multiple forms of media."

Whether WGST 345 / SOCI 345 is a degree or program requirements of yours, or the content discussed above is of interest to you, this course will have you learning about how women were historically unacknowledged and undervalued in working environments, and how we can aim to make workplaces more inclusive moving forward.

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: Lyle Makosky Values and Ethics in Sport Fund

Sponsored by: True Sport Foundation

Deadline: April 30, 2019

Potential payout: amount varies; estimated to be \$2000 or more.

Eligibility restriction: Applicants must be Canadian citizens or permanent residents, be active in Canadian sport as an athlete, practitioner, or educator, and (if an athlete) be engaged in post-secondary education.

What's required: An online comprehensive [application form](#), two letters of reference, and an academic transcript.

Tips: Read the [terms of reference](#) carefully for full information on the application procedure.

Where to get info: truesportpur.ca/lyle-makosky-values-and-ethics-sport-fund



Women of Interest

Mary Agnes Snively

Barb Godin



MISS MARY AGNES SNIVELY
Superintendent of Nurses of the Toronto General Hospital

Mary Agnes Snively was born on November 12, 1847, in St Catharines Ontario and died 85 years later on September 26, 1933. She never married nor had children. Snively was an educator and a nurse who was known as the "Mother of Nurses in Canada." After graduating high school Snively taught for almost twenty years. At the urging of a close friend who was a nurse, in 1882 Snively attended New York's Bellevue Training School for Nurses. Upon graduation she was hired as Superintendent at the Toronto General Hospital. Mary Agnes found the conditions at Toronto General Hospital unacceptable and began implementing changes. Seven nurses and twenty-seven nurses in training, were required to care for almost 400 patients. The hospital was completely unorganized with no schedules, record keeping, or procedures for obtaining supplies. The Nurses' living quarters were deplorable. The rooms were barely heated and the nurses slept on straw beds and ate their meals in a small room opposite the boiler room.

The changes Snively put into action included establishing an updated curriculum for the student nurses that incorporated scheduled lectures by physicians. She also included a written examination at the end of a two-year training period. Snively strived to assign menial tasks to other workers so the nurses could concentrate on caring for patients. Intending to attract middle class women into the nursing profession, Snively convinced the hospital to build a residence for student nurses. The new residence was completed in 1887 and included a library, dining rooms and sitting rooms. As a result, well-educated women were beginning to show an interest in attending, and by 1894 the Toronto General Hospital Training School for Nurses became the largest in the country. She also cofounded the International Council of Nurses, and, from 1900 to 1904, she was the Honorary Treasurer.

Mary Agnes Snively was known for her compassion and dedication to the well being of patients. She was named as the first president of the Society of Superintendents of Training Schools for Nurses in the United States and Canada, holding that position from 1908 to 1912 and was able to bring together provincial organizations and alumnae which eventually formed into the Canadian Nurses Association in 1924.

The following quote was taken from a speech that Snively delivered at a 1904 graduation ceremony in Cleveland Ohio and was published in the American Journal of Nursing:

"the noblest, most womanly, most Christ-life, of all the avocations open to women...What makes a woman a good nurse? Practice. What makes a woman a good woman? Practice...Life is not a holiday, it's an education. The world is not a playground, it is a school-room, and character develops in the stream of the world's life."

Toronto Historic Sites and Monument's Board hung a plaque in honor of Mary Agnes Snively, at the Toronto General Hospital.

Barbara Godin is a graduate of AU and writes the "Dear Barb" column. She lives in London, Ontario with her husband, and two dogs. She can be reached on twitter @BarbGod



The Struggling Student Rants

How to Manage a Household on a Budget

Angela Pappas



Remember your very first paycheque? The one from that paper route you had in minus-thirty-degree weather? Or from the babysitting gig for the neighbour's little angels who turned into Damien when their parents walked out the door? Did that paycheque come with "how-to" instructions? Unlikely. I know I blew my first paycheque getting pink fuzzy dice for a used 1983 Volkswagen Polo I was also suckered into buying. Lord, how I wish I had "how-to" instructions at 18, or someone to just slap me upside the head, or even just give me the Terry Crews look of disappointment. How-to instructions and caution signs seem to be included with everything these days, even coffee from McDonald's. Yet, with something as important as our salaries, we're left to our own devices. We figure things out on our own, or we don't.

No one is born financially savvy. Yet, when we venture off into the world, we're expected to be able to manage our money effectively. But, like any skill, like learning another language, the skill of money management must be developed through practice and time. The end result—people who manage their finances in a responsible manner have peace of mind. They know how to pay their living expenses, keep their debts to a minimum, save for things that make life worth living, and avoid constant anxiety.

So how do we develop our money management skills? First, you need to ask yourself some questions—and be honest with yourself:

1. How much effort do you put into managing your own money? An hour a week? Half an hour a month? 15 minutes a year?
2. Do you manually track of what you spend each day or each week?
3. How often do you regret spending money on something you get no real benefit out of? Or looked at your bank statement and asked "What did we buy at Walmart last month for \$100?" and then not remember? This can become a problem when the paycheque is gone and you still have unopened bills.

You might think these questions are silly. The truth is, you need to get a good understanding of what happens to your income. Your salary is important too, but it's your net pay that matters most—what you bring to the table at the end of the day. Your take-home pay, and what you do with it, is the most relevant factor in determining your financial savviness and success because it's what supplies the cash for the items you need in your household. It's what pays your bills and expenses.

Once you're honest with yourself, you might realize you may need to put in a bit more effort into tracking where your take-home pay goes. This is where you start creating your household budget or revamping your existing one. You might be thinking "Oh, I got this! I don't need to write down my budget to keep track of my money. I *know* how much I bring home each month

and what I do with it.” Do you? I challenge each and every one of you to try it for one full month. Track each and every cent that goes in or out. It will be tedious. And it will be eye-opening.

But a budget is not a one-hour project and does not come with “how-to” instructions either. It is a living document that is perfected through trial and error. It is adjusted to each household and each month’s expenses—expected or surprise expenses. It takes a while to master, but, once you do, surprise expenses won’t catch you off-guard so often. There is also a large misconception that a household budget is restricting—people feel confined or boxed in. The truth is, a budget can give you more freedom than you currently have. Knowing exactly where your money is spent and how much of it you have on an ongoing basis is a liberating feeling. You don’t need to feel confined or restricted; you can include things like entertainment, clothing, and the occasional eating out. And the unexpected bonus comes when you realize that you can spend money on entertainment guilt-free because you planned for it.

Emergency Fund

If you’re in deep financial trouble and trying to put out fires, you would be inclined to think that an emergency fund is the least of your concerns. You’re wrong. The first priority household budget item is a floating emergency fund. An emergency fund is what will save your butt in the event of a catastrophic occurrence - you lose your job, become injured, or something happens that renders you powerless to take care of yourself and your family. It doesn’t have to be a huge amount to get you started. Start stashing \$50 or \$100 away per paycheque and don’t look at it or touch it. It will grow into a huge comfort cushion in no time.

Housing

Keeping a roof over your head is an essential household budget item. This category doesn’t just cover how much you pay in rent or for your mortgage. The Housing category should include household maintenance and repairs, as well as insurance and property taxes. For current or prospective homeowners, this can be eye-opening about the true costs of home ownership. You can estimate how much “home” you can afford, without relying on just the mortgage broker’s advice, who is prone to the commission bias. According to financial experts, your housing costs should not exceed 35 percent of your net income. It is obvious that none of these experts live in Vancouver or the Greater Toronto Area.

Savings

“Pay yourself first” is a common phrase in the financial world – this doesn’t mean “Treat yo’self,” contrary to popular belief. It means you should allocate a specified amount towards your own savings and investment accounts first and foremost. And then deal with the bills. I used to think this was a dumb concept for real-world problems and that it only applies to the lucky few who aren’t struggling to make ends meet. But, once I read enough about it, it made more sense to me. Most experts maintain that once people make the commitment of paying themselves first, they’ll be forced to find a way to pay their bills. It might require taking on another part-time job or force you to cut some expenses, like Netflix. In all practicality, it will be a combination of increasing income and spending less at the same time. But here’s the irony—most people won’t be determined enough to take a second job, wear second-hand clothes, and cut their Netflix or Amazon Prime, all just for the sake of putting an extra \$50 into their savings account each month. But they will be motivated to do all that, if they risk defaulting on their bills or having their heat turned off.

Utilities

Having water, electricity, and heating is necessary for any household, so paying these expenses should be a top priority. This household budget category should include gas, electricity, water & sewage, cell phone bill, and Internet access (how else are you going to read *The Voice Magazine* every month?).

Health Care

Staying healthy is crucial. Depending on your needs, you may need to spend more or less than others, but it's important to allocate money for these expenses. This category should include items such as health insurance premiums and prescription medications. Eyeglasses, contacts, and other health aids are in this category, too. AUSU has a great agreement in place with FYI Doctors for lower costs on eyeglasses and contacts, so don't forget to check that out if you're in the market for new glasses! I was very disappointed when the survey results came out a couple weeks ago. Unfortunately, only 27 (or 2.3%) of the 1,183 AUSU members that filled out the survey had used this promotion.

Consumer Debt

Consumer debt is a category that deserves a dedicated column of its own, but in a nutshell, it consists of credit card bills, student loans, and car payments. If possible, your total consumer debt should be very low (30 percent or less of your net income) or nonexistent. Sadly, Canada's consumer debt to income ratio has been rising every year to astronomical levels. This has been happening every year, for the past 30 years, according to Stephen S. Poloz, Governor of the Bank of Canada, and one-third of this consumer debt is comprised of mortgage loans (Poloz, 2018). For many families, a certain amount of consumer debt is a reality. But by sticking to a realistic household budget and making the necessary sacrifices this can be tackled and the beast can be defeated.

Food and Groceries

Everybody eats, that's an unquestionable fact. But what you eat and how you spend your money on eating make all the difference. Do you have dinner out every week? Do you stock up on groceries after a long day at work, and then pick up a pizza on the way home? Or do you pick up a latte on the way to work every morning? How much to allocate to this budget category will depend on family size, eating habits and your knack of making wise choices. But this is also a category where the wiser the choices you make, the bigger impact you will see on the above categories. Try setting a realistic budget, on the overestimating side. If at the end of the month, there is money left over, you can roll it into next month's grocery budget; or, even better, put it towards your savings accounts or consumer debt.

Personal Care

If you have a family to support, these costs in North America are quite expensive. Hair care, personal hygiene products, laundry supplies, and clothing are some of the hundreds of items that fit into this budget category. Some might choose to just lump-sum this budget category into their grocery budget. For others, sub-categories might work better. In our household, we lump all these categories into one single grocery budget—except for toiletries and clothing. Of course, we don't buy clothes every month—that would be against our #debtfreedom goals. But, we do set aside a small amount each month (e.g., \$20-\$40 per person) and let it accumulate. That way, when Black Friday rolls around next year, I can spend my saved amount guilt-free and in cash!

Entertainment

After you've met all your household responsibilities, and dissected your personal finances and spending, you probably want to have some fun! There's absolutely nothing wrong with that. The amount will depend on what's left over and what your priorities are—tackling debt, saving for an emergency fund or AU tuition, or even saving for retirement. Your entertainment budget can also be broken down into sub-categories. It could include spending a couple dollars for a museum visit or a day at the local park and putting aside some money for that dream vacation you've had in the back of your mind. All you need is imagination!

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The Not-So Starving Student Ramen 101

Xin Xu



Ramen is a Japanese adaptation of wheat noodles. Its roots stem from China in the 1800s and it made its way to various surrounding Asian countries. Each country has its own edition of the Chinese soup noodle, but no adaptation has become like ramen in its popularity and reach. For many, ramen culture is heavily embedded in pop culture like manga or even in episodes of the Netflix series - *Chef's Table*. It seems like a comfort food that can never go wrong. Unfortunately, my latest encounter with a ramen joint that opened recently in Edmonton was far from superior. Having sampled many Japanese restaurants, my expectations of ramen are distinct but simple. Here are my four criteria that might help you identify the best local ramen restaurant.

Broth

The broth contains a complexity of the flavors, richness, and viscosity that bathes the wheat noodles. Taking care to enjoy a spoonful of the broth can awaken the taste buds before chowing down on the glutinous noodles. Without a flavorful broth, often prepared by pressure cooking or stewing pork, chicken, or beef for hours on end, foodies like myself simply can't have a satisfying meal. Because, just as central as seaweed is to sushi, the broth of the ramen should steal the spotlight. There are two general types of soup broths either a clear or a creamy colored broth. Both are unique to the palette. Whereas the clear broth gives a light soy sauce flavor, the murkier broth is thicker and richer. Besides the saltiness of the broth, there should be hints of the protein, as well as scallion, garlic and other flavors from hours of stewing and pressure-cooking.

“Al dente”-ness of the noodles

“Al dente” directly translated to “to the tooth” is an Italian term describing the elasticity of noodles and wheat-gluten dishes. Something with greater chewiness such as escargot would rank higher on this scale than a soggy croissant. In speaking to ramen noodles, the firmness of the noodles is a testament of the freshness in which it was made. The longer the noodles sit in the broth, the poorer the elasticity. Most ramen joints prepare the noodles fresh or purchase them in bulk from a factory. Paying attention to the texture of the noodles will tell you the care in which it was prepared.

The protein

One of the highlights of a ramen bowl include the texture of the accompanying protein. Regardless of the type of protein (pork, chicken or beef), the meat should have a fall-off-the-bone consistency in our mouths. If the protein is tough and jerky-like, it may be a sign of over-cooking. The classic bowl of ramen uses rolled *char siu* that consist of both fatty and lean parts of pork.

The garnish

A custom bowl of ramen ordered in Japan often allows full customization of the ingredients, the soup base, and the garnish.

The garnish creates variety from bowl to bowl. Hence, no two bowls of ramen are quite alike! The traditional bowl of ramen features a sliced egg. The egg yolk having a semi-liquid consistency is preferred over a hard-boiled egg. Other choices include bamboo shoots, black fungus, seaweed, pickled veggies and corn.



The best bowl of ramen I experienced was in Toronto at Sansotei with perfect points in my four criteria.



The worst bowl of ramen I experienced was in Edmonton. Some of the biggest misses in this bowl include non-traditional toppings such as lemon and broccolini which destroy the flavor of the broth. The broth was overly salty without richness. The creaminess is poor as seen by the translucent color. Finally, egg noodles were used in lieu of chewy wheat noodles. All in all this bowl was a 1/10 (perfect egg was the only thing great about this bowl).

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Unearthing classic articles from previous issues of The Voice Magazine.

Since you're living life online, you probably already know that March 18 to 24 is Introverts Week. We uncocooned long enough to find some introvert references in our pages.

Maybe labels are a good thing. Writer Bill Pollett wonders if being labelled would help us understand ourselves. "We all like to think that we transcend the limitations of stereotypes, that we have a valid claim to uniqueness." Lost & Found—The Strangeness of Us, January 19, 2005.

Maybe labels are a bad thing. Janice Behrens ponders on a catastrophe averted by ignoring a label imposed on a child. "I cannot help but wonder if this case and others like it are not symptoms of a larger tendency in our society towards intolerance of different ways of seeing the world." The Good Life—Respecting Differences, June 23, 2006.

Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Katy is curious how the AU honours list works, and why the recipient list hasn't been updated since 2017; we wonder about that too, Katy! Another poster is looking for "easy" courses; students contemplate a conspiracy to pass off the absolute worst courses as easy.

Other posts include laptop shopping tips, requesting a new tutor, AU's transfer credit database, and courses HIST 255, NUTR 331, and PSYC 289.

reddit

A cluster of course-related queries for FNCE 249, MATH 215, and PHYS 200.

Twitter

@AthabascaU tweets: "Being an online university, we appreciate that information travels at the speed of light via the web, however, unethical information & content also has the ability to move without barriers and, often times, this is where the trouble begins. t.co/YtJGZKehAs."

@austudentsunion tweets: "Our March Executive Blog - a year in review from our VPFA, Natasha Donahue, is now posted! Great insight into the first year of a students' union executive! Check it out at <https://bit.ly/2WcU9ZL> ."

Porkpie Hat The Sores Throats

Darjeeling Jones



“but you should never be embarrassed by
your trouble with living
‘cause it's the ones with the sores throats, Laura,
who have done the most singing”
-Bright Eyes

Serge Gainsbourg once wrote “I’ve succeeded at everything, except my life.” It’s a quote that resonates strongly with me. I find it especially interesting, coming from someone who was pretty much the epitome of chic European cool: a ruffled, avant-garde, chain smoking poet and cabaret singer who looked like he was coming off a perpetual red wine and cocaine bender, and who dated Bridget Bardot. That’s some serious savoir faire. So, taken in one way, I suppose the quote could be seen as a bit of a downer. After all, if he couldn’t feel satisfied with his life, how can anyone?

I like to think of it in a different way, though. I mean, he had achieved international stardom by doing what he was passionate about, pushed artistic boundaries and generally didn’t give fuck one about what anyone else thought; yet he still apparently felt like a failure.

So, just perhaps, feeling like a failure at the game of life, far from being something to be ashamed of, is a sign you are on the right track. The very fact that you are willing to make an honest appraisal of your emotional state might just mean that you are not one of those douche-nozzles who insist on pretending that everything about themselves is flawless. Take Instagram, Facebook, and other social media platforms as an example. They are filled with people who claim to be leading the most perfect and exemplary lives. Does anyone among us actually believe that? I didn’t think so.

Maybe, after all, it’s the very fact that we can feel the slings and arrows of outrageous fortune—can point to the bruises that our shortcomings and our failures have left on our skins and our souls—that is our most profound evidence of a well-lived life. Is it possible that all our disappointments, failed relationships, broken promises, missed opportunities, and lost hopes are the scars and wrinkles that give quality and character to our faces? As poets well know, the sorrows and misfortunes of life have their own haunting magic. Take one heartbreak, add one dark night of the soul, one steel guitar, and you have a song capable of sending a shiver down your spine.

From my own experience, the most beautiful people I have ever known have been those that have ventured across the roughest of terrain. Beaten. Lost. Betrayed. Again and again finding themselves in hell, but somehow finding their way back to the land of the living with a story to tell. I have far more time for people like that than some trust fund kid, some picture-perfect influencer. It seems to me that our lives, as Lemony Snicket would have it, are a series of unfortunate events. We are imperfect creatures, living in a perilous and capricious world, and it is the most charming and of human qualities for us to honestly acknowledge this fact, and embrace the unlikely redemption that lies therein.



Fly on the Wall It's Our Time

Jason Sullivan



Purging Procrastination: AU Style

Like learning our course material and then applying it to our lives, to understand something is to become part of the process of its existence. The answers may be in the back of a math textbook, but, in the broader plains of AU life, the answers are to some extent within us as we learn and grow. Each new truth blooms as part of our experience and adds to our splendour; we're almost like plants in that way, but certainly not vegetables in the pejorative sense. We embody spring by being right there in spring,

or in the idea of it if we still await its appearance in the month of March. And spring, like distance education, is nothing if not a process of growing.

As a tree falling alone in the forest, the crashing sound makes the experience wholly real as something we are a part of. Likewise, be they digital or paper, cracking the books symbolizes the fissure of our old self and the birth a new, updated, version. Our AU textbooks are like trees awaiting warmth—with buds about to open; the intrigue of our interaction with course content is like walking through an awakening grove where new growth emerges each day. Likewise, being open to details both obtuse and inscrutable makes us better scholars. We have to check our preconceptions and core beliefs at the door, especially when taking courses we think we already know a lot about. Here again the inchoate potential for the unknown abounds in spring. By contrast, winter can often seem like more of the same.

Spring: A Panoply of Potential

Like the multifarious nooks and crannies of an academic subject, our schooling inhabits not one but many stories just as the outdoors blooms in new ways as ecosystems change over time. Spring opens new possibilities for us to interpret course material in the bright light of day; we are always on the cutting edge as we take the most up to date version of a given course. Being aware of the seasons gives a backdrop to our studies too. I've always noticed that courses with a January start date culminate with a great sense of success that parallels the shift of the changing seasons. However, with spring comes more distractions as the outdoors beckons and here we must apply a greater flexibility. No one wants to be a party-pooper on a sunny day if they can avoid it! Flexibility is a great skill to have and applies to how we interpret the learning process itself.

Desire for Knowledge as the Essence of Spring

We may desire knowledge, but we also might question this desire at its root. To desire the finality of a last and final explanation is to wish it removed from the unfolding, seasonal reality of existence. Derrida concludes that “we must recognize in truth 'the normal prototype of the fetish' (Derrida, 105). Truth is a stand-in for the desire to learn; as adult learners we know that we're never done learning and growing. Likewise, not one topic, not even the maths (to plant a faux-

Brit seed), has failed to undergo radical change over time. Like the lovely concept of two becoming one in a marital union, the peaceful transgression by which truth ties loose ends together remains a dream of longing rather than a reality of being. Remembering that can also curtail our perfectionist study tendencies.

Truth, like spring, is always there as a possibility in the future. But there's never a moment where spring is literally just around the corner; Spring is a state of mind and so is the insatiable desire to learn. Knowing we cannot know all makes the process more enjoyable; it's like making the transition from a neurotic gardener who weeds obsessively to one who tolerates a few plants out of place here and there.

Once we realize that, despite recurrent snowfalls or stubbornly depressed temperatures, spring is imminent in the month of March, we also may grasp the reality that truth is that which is thought into reality. "If men define situations as real, they are real in their consequences" wrote W.I. Thomas (Thomas, online). With the onset of new coursework, new vistas may seem to rise out of nowhere as we encounter new course material. Similarly, spring becomes real as we imagine its inevitable appearance. Anticipation is half the fun; in the case of spring just the idea of it is enough to make us apply ourselves greater to our present studies. The potential contained in spring is what makes all the difference. Whether it's believing in our ability to write that stellar essay or our skills to memorize those complex brain organs, the impending onset of the season of love can bring out the best in our academic minds.

The Mad Brilliance of Passion: AU Studies as Joyous Delirium

Being passionate about our studies may seem odd to others in our life. Our studiousness might even appear as weird as the mating displays of some birds. Michel Foucault, expert on the mental world, noted: "Sauvages sketched out the fundamental role played by passion, transforming it into a more obstinate, invariant cause of madness, the form that somehow seemed most deserved: 'The wandering of our spirit is the result of giving in blindly to our desires, and of not knowing how to refrain from giving free reign to our passions or moderate them'" (Foucault 225). What seems to us like pleasurable studies can to others appear a bit obsessive; who chooses to study on a sunny spring day!? However, we do have to find good school-work-life balance.

Such are the pitfalls of AU distance education. We inhabit a unique, but splendid, isolation. We aren't at AU to be understood by others so much as to learn and grow ourselves. We are the garden we make of our life and AU provides the fertilizer. With regard to being misunderstood

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

Online MBA Info Session

Wed, Mar 27, 10:00 to 11:00 am MDT

Online

Hosted by AU Faculty of Business

business.athabascau.ca/event-details/online-mba-executives-information-session-2019-mar27/

Register online at above link

Business Undergrad Info Session

Thurs, Mar 28, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business

business.athabascau.ca/event-details/business-undergraduate-information-session-12/

Register online at above link

Reimagining the Things We Want: New Practices in Digital Television; Reconciling Indigenous/Settler Economies; & the Neurosciences of Literacy

Fri, Mar 29, 2:00 to 4:00 pm MDT

Athabasca University, Peace Hills Trust Tower,
12th floor, 10011 - 109 Street, Edmonton AB

In person and online

Hosted by AU FHSS

fhss.athabascau.ca/news-feed/2019-03-13.php

No pre-registration necessary; access online streaming info at above link

All events are free unless otherwise specified

about our passionate desire for our coursework, Foucault concludes that “what is really targeted through that denunciation is the radical line between the phenomena of madness and the very possibility of passion” (Foucault, 225). We might seem a bit crazy to be writing essays all the time but to each their own. As AU students we're fortunate to find something we enjoy learning about; if everyone understood our studies the same as us maybe they'd cast aside their own hobbies and projects and sign up for distance education. In any case, where creativity lives so does a certain madness; the colourful desire to create is as boundless as Spring blooms.

Growing New Tendrils of Our AU Story

Spring, inchoate with unlimited potential especially in these weeks where it hasn't fully appeared, is a reminder of fresh starts. We can rewrite our academic narrative just as the natural world is re-growing itself. The psychoanalytic figure Jacques Lacan, famous for noting that a certain *lack* underpins our consciousness, thus urging us to discover means of expressing our creative power, described how we function well when we identify our own personal story as a story as of discovering personal truths. Lacan wrote of the psychoanalytic process of self-expression known as anamnesis: “Let us be categorical, in psychoanalytic anamnesis it is not a question of reality, but of truth, because the effect of full speech is to reorder past contingencies by giving them the meaning of necessities to come, such as they are constituted by the small amount of liberty in which the subject makes them present” (Lacan in Derrida, 108, *Ecrits*, 1966, p. 256). Spring abounds with potential for us to reinvent our academic journey; it's our story to write, after all.

Peter Singer, a noted animal rights philosopher, stated likewise in this vein that “to desire something is to wish to possess it and thus not to destroy it—but also transform it into something that is yours, and thus strip it of its foreignness” (Singer in Christensen, online). Learning embodies this desire for unity with the object of our knowledge. We spring forth in our development as we take in new knowledge and we rewrite our story in a way that makes our course material personal.

Spring, then, is an idea containing the seed of our growth. As Athabasca students, we lead ourselves down a delightful path of passionate explanation along with fellow students in grouped study courses and helpful tutors in each AU offering. If we are fortunate, we find others of our ilk along the way with whom to share the blossoming of our mental realms then all the better. We might even meet new aspects of our self in others! With spring, the history of our studies begins anew; I clean off my desk and symbolic start a new version of academic self. Spring is an opportunity for growth so let's dive right in with open eyes.

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Unusual Ways to get the Most from your Education

Tara Panrucker



Most students know they should study hard, read all required course material, and do their best to get the most out of their expensive educations. However, sticking with the predictable can lead to a general malaise and boredom with course work. Beyond the usual studying and reading responsibilities, it's beneficial to practice other unique methods of squeezing the most juice out of your studies.

Apply Critical Thinking and Filtering

Critical thinking will take you beyond a basic education, while filtering out unnecessary or frivolous information

can make you more efficient in completing your schoolwork. In practicing critical thinking you open your mind to new perspectives on the human experience—mind broadening—to say the least. In filtering out unnecessary information while note-taking, you learn how to speed through reading material, comprehend key points quickly, and grasp the concepts and reasoning behind them.

Attend Lectures and Presentations

Avoid limiting yourself to what is available strictly through your online university. Search and discover informative YouTube channels and Lynda.com for supplementary educational courses. You may find valuable short courses, from ten minutes long and up, in addition to lectures on subjects you're presently studying. Now, you've just added useful material to your course load. The sky is the limit!

Enroll in a Course you Wouldn't Normally Take

Classes that teach excellent life skills include psychology, sociology, and management, and these will further benefit your understanding of so many other things, like understanding people's motivations. Subjects like these bring much more insight and value to anything else you may be pursuing.

Find a Fresh Study Space

While the obvious benefits of an online education are sitting at home and not having to drive or take public transit to a bricks and mortar school, there are definite drawbacks. For instance, working from home has the obstacles of TV, friends, and family to distract a student from getting anything done. Finding a corner coffee shop or renting a shared office space may provide the disciplined or stimulating atmosphere you weren't even aware you'd been craving for studying.

Practice Your Networking Skills

Think you're safe hiding behind your computer at home, learning in a solitary bubble? Think again! Start emailing, messaging, phoning, and texting everyone from your tutor to your fellow students and gain new friends, new awareness, and answers to your burning learning questions. Add everyone to your social media accounts—you never know where these connections may lead

on your future career path. This includes your professors and tutors. I had a favourite professor from college that I later ran into doing his book signing in a local bookstore and now have a signed copy that I cherish. Include all alumni and faculty to expand your circle of connections.

Save All Your Notes and Course Materials

This may be a difficult task to follow for fellow pruners like myself, but a cinch for natural hoarders. You never know when you might need to reference important reading material and helpful notes you wrote. Keep it all at hand and you'll never be at a loss in your future career role.

Getting the most out of your education doesn't have to be mundane reading and research 24/7. Use your imagination and creativity to make it that much more rewarding (and fun) for the long haul—and relish the positive impact for life.

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



The Fit Student

Don't Break Your Beautiful Bones

Marie Well



Your bones look beautiful. Bones, like diamonds, are everyone's best friend. So, don't break 'em.

A loved one of mine has osteoarthritis. But many of us, especially older women, get osteoporosis. Osteoporosis “occurs when the bones are broken down faster than they are built up” (Hinish, location 1551 of 2297, 68%). My loved one does heavy fitness, so his bones break down at hyper speed. It's kind of like how muscles work: you tear down muscles when weightlifting and build them up bigger while you rest. Thus, I aim to build up my loved one's bones faster than they tear down.

To do this, I aim to get my loved one enzymes, probiotics, and juiced veggies (or greens powders). Plus, I'll add salmon and kale to his diet.

Here are tips to stop you from breaking your beautiful bones:

Eat tons of fruits and veggies

“if we get very few fruits and vegetables in the diet then we will not meet the body's potassium needs. Several studies have already demonstrated the importance of a high fruit and vegetable diet on risk of osteoporosis” (Hinish, location 1788 of 2297, 2%). Also, “the DASH Intervention Study has demonstrated that eating 9-10 fruits and vegetables can significantly decrease urinary calcium loss” (Hinish, location 1803 of 2297, 78%). Nowadays, I eat four fruits and six or more vegetables a day. But if you can't gobble that many, “it makes sense to use a green food powder on a daily basis to help meet the body's needs” (Hinish, location 1817 of 2297, 79%).

Eat Kale for bone healthy vitamin K1.

Kale tastes chewy and fibrous. The part of the plant in the ground (the stem) has the most nutrition. Kale will build your bones and feed your bacteria so they can produce K2 for best bone health. “Vitamin K2, which is produced by the intestinal bacteria from vitamin K1, is the active form of K and considered the most effective form for enhancing the growth and development of bones” (Hinich, location 1700 of 2297, 74%).

Avoid coffee but drink water to protect your bones.

One McDonald’s cashier said she drank a glass of water a day and walked her dog. I thought wow. But now that my McDonald’s days are over, I drink lots of water and exercise seven hours a week.

Eat lots of omega-3 fatty acids.

“Omega-3 fatty acids are very important for maintaining bone structure. Foods such as cold-water fish, sardines, nuts and seeds contain good levels of polyunsaturated fatty acids” (Hinich, location 1414 of 2297, 62%). My loved one began eating salmon every second day for bone health. Plus, he eats flaxseed every morning.

Avoid soda, sugar, and refined carbs.

“The more soda you drink, the lower your blood calcium levels Refined carbohydrates and sugar cause a significant loss of calcium from the body. Try to limit these products such as white bread, pasta, white rice, cakes, candy, sugar, etc” (Hinich, location 1401 of 2297, 61%). I saw a documentary on sugar where an itty-bitty girl had five teeth removed, all because of soda. If she had drunk water or herbal teas, her teeth would be intact and her bones healthier.

Eat probiotics to build your bones.

“If you choose to get your vitamin K through the consumption of vegetables, then you must be especially vigilant at protecting the bacteria that reside in your gut” (Hinich, location 1730 of 2297, 79%). I put out a low-hanging bird feeder at my loved one’s grave. Three days later the bird seeds were gone, and countless rabbit pellets covered the plot. I brought home the birdfeeder to clean it despite website warnings against bringing feeders indoors. But I figured I’d get some healthy bunny bacteria. Bacteria from the animals and the soil can create a diversity of bacteria in our bellies. And diverse bacteria may aid in bone health. Sound gross? Well then, ahem, maybe don’t cite me.

But what if you can’t afford probiotic and enzyme pills? Then seek out natural sources of enzymes such as pineapple and natural sources of probiotics such as sour cabbage or kefir milk. If you love yogurt, you’ll guzzle the kefir.

Lastly, today’s fad is to stay clear of dairy when it comes to bone health. The argument goes that humans were not meant to drink from cows. Other arguments say milk yields adverse health effects (see *The China Study* by Colin Campbell). So, if you feel milk shy, then try milk substitutes and vegetable sources of calcium. But be sure to get vitamin D from both sunshine and supplements.

Now don’t break those beautiful bones. You’ll have the last laugh if your funny bone stays intact. And instead of enrolling in wheelchair yoga, you’ll be howling as you ski the alps.

References

Hinich, Raymond, Pharm D. CPT. (2015). *The Osteoporosis Diet: The Complete Guide to Nutritional Supplements & Exercise to Reverse Bone Loss Without Drugs*. E-book.



The Study Dude Hone a Super High IQ

Marie Well



Would you like to take the MCAT? Become an MD? Well, “the MCAT (Medical College Admission Test) is the big test for premeds. It’s taken late in the course of college” (p. 21 of 243, 13%). And Dr. Peter Rogers spells out how he made the grade. Whatever program you do, ace it with the doc’s tips on how to hone a super high IQ.

Learn to kiss academic butt.

I told a friend about the value of relationships in grad studies: “Butt kissing is a useful skill in life. There ought to be a class called, ‘butt kissing 101’” (Rogers, p. 24 of 243, 14%). I didn’t get along with my supervisor. Bad news. She’s the Dean. “Colleges, medical schools and hospitals will any day of the week take a likable person with minimal qualifications over a highly qualified person that they don’t like” (Rogers, p. 25 of 243, 14%). I should’ve read Dale Carnegie’s book about *How to Win Friends and Influence People* ().

Take options that advance your degree.

Take undergrad classes as closely aligned to the med classes as possible. “The reason so many students did better than me was because they had already taken these classes. In college they had majored in real, premed biology that emphasized humans It’s a big advantage to have seen the material before” (Rogers, p. 27 of 243, 15%). Similarly, in grad studies, only sign up for classes that advance your thesis—and use those classes to write parts of your thesis. For instance, sign up for a methodology class, and write about the exact method you plan to implement in your thesis.

Hone your social skills.

Doctors with great bedside manners end up with more clients. One dentist had a reputation for being the finest in dental surgery. But he had cutting sarcasm and made jokes about accidentally slicing patients’ gums. He made me so fearful under his drill that I got up, bib on, and left the dentist chair. He was an A student but with an F for social skills. Dr. Rogers says, “A lot of persons who were C student level, academic performers in medical school, have A level social and financial intelligence and end up owning their own medical clinics or imaging centers. Then the A student doctors like me, go work for them” (p. 28 of 243, 15%). Dr. Rogers even goes on to say, “I am the poster child for high academic skills but low social skills and financial skills” (p. 30 of 243, 16%).

You can achieve top grades, even if you lack the skills.

You couldn’t have a desire if you weren’t capable of its achievement, says motivation speaker Earl Nightingale. But “this means you are going to constantly go thru those phases of being a beginner, making embarrassing, beginner mistakes and improving as you go along” (Rogers, p. 30 of 243, 16%). A Buddhist article says when you no longer feel the pain, then you’ve arrived.

Boost your IQ to maximum performance.

Dr. Rogers says, “It has been proven that studying can lead to dramatic improvement on IQ tests Here’s another little secret. The tests are often intentionally designed to have ‘too many’

questions. This is done to make the tests more difficult on purpose It's a test of speed at problem solving" (p. 31 of 243, 16%).

So, how does Dr. Rogers help you get a super high IQ to speed through tough exams? Through seven IQ boosters. Let's scour them.

IQ booster #1: Eat healthy.

Food can boost our IQ. I eat walnuts, salmon, blueberries, and flaxseed for brain health. "If we eat a healthy diet, our IQ will go up a couple of points If you eat better foods, your brain health will have better raw materials out of which to make neurons. Healthy neurons conduct action potentials faster so that you can think faster" (Rogers, p. 31 of 243, 17%).

IQ booster #2: Exercise.

Dr. Rogers says, "Now if we exercise, [our IQ] goes up a little more ... because of improved brain glycogen ... more mitochondria ... better blood supply ... production of new neurons ... improved attention" (p. 31 of 243, 17%). I can attest to how exercise makes us smarter. Since training almost daily, I have the stamina to read and study. Before training, some days I felt so sick, I couldn't read a page.

IQ booster #3: Get good sleep.

Who doesn't love to sleep? "Now if improve our sleep, [our IQ goes up more] because of improved memory consolidation and attention" (Rogers, p. 31 of 243, 17%).

IQ booster #4: Enroll in classes with top-notch textbooks.

Our IQ goes up again, "if we study from the best textbook and practice questions book" (Rogers, p. 31 of 243, 17%). Research your textbooks before going into a course. Make sure the language is clear and easy to understand and the book comes with fully worked-out solutions (for classes like math and chemistry).

IQ booster #5: Pick the best profs.

Our IQ goes up even higher "if we have a good teacher" (Rogers, p. 31 of 243, 17%). A good teacher can take you from an F student to a PhD. Seriously.

IQ booster #6: I mean, pick the *very* best profs.

Our IQ spikes again "If we have a great teacher" (Rogers, p. 31 of 243, 17%). I found the top-rated instructors, and I enrolled in their classes the first day online registration became available.

IQ booster #7: Study nonstop.

But add all this up, and our IQ goes through the roof if we also "study every day and manage our time well" (Rogers, p. 32 of 243, 18%). The best formula I found for studying and breaks involves studying for thirty-minutes straight and then taking a five-minute break. During the undergrad, I studied all the time, thirty minutes straight with fifteen-minute breaks. But I could've tightened those fifteen-minute breaks to five minutes and added another class to my workload.

So, that's some tips from the doctor. If you try his IQ boosters, your brain power will boom. Forget the chicken soup, you're onto acing your program.

References

Rogers, Peter, MD. (August, 2014). *Straight A at Stanford and on to Harvard Teenager Version: How to Become a Great Student*. E-book.





Dear
Barb

Barbara Godin

Marital Business

Dear Barb:

My wife and I have been together for seven years, married for four them. I have always got along great with my in-laws. My wife and her mother are very close and talk daily and that has never been a problem until recently. We're having some money problems right now and it's leading to other problems and we're arguing a lot. One day I overheard my wife talking to her mother on the phone and she was telling her about our problems. I did not think that was right and I mentioned it to Carolyn. She freaked on me and said it's none of my business what she talks to her mom about. I think it is my business if she is talking about me. I asked her not to tell her mother about our problems and that I would prefer to keep them between us. She would not agree and is barely talking to me now. Am I being unreasonable in asking her to keep our marital issues private? Thanks, Matt.

Hi Matt:

I do not think you are being unreasonable in asking your wife to keep your marital issues between you and her. If she continues to complain about you to her mother, the relationship between you and your mother-in-law will change. Her view of you will be influenced by what her daughter tells her and even when you guys solve your problems and everything is good between you, her mother will remember all the things that her daughter told her. You need to be open with your wife and tell her this

makes you feel uncomfortable around her mother, knowing that she is aware of intimate details of your marriage. Also, since her mother-in-law is only hearing one side of the story, her view will be biased. If your wife doesn't understand, ask her if she is alright with you telling details of your marital problems to your parents. This may help her to understand how you feel. On the other hand, are you being open to communicating with your wife about the problems in the marriage? If you are not, that may be why she is seeking support outside of the marriage. Perhaps marital counseling would help you both with opening the lines of communication, as communication is a skill that doesn't always come naturally; sometimes it has to be learned. A very good book on the subject is "[The 5 Love Languages: How to Express Heartfelt Commitment to Your Mate](#)" by Gary Chapman. In the book Chapman says that each person has their own way to express love, and if we learn what it is that our mate requires, we can have a more fulfilling intimate relationship.

Thanks for your letter Matt.

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.



Poet Maeve In Memory

Wanda Waterman



*In loving memory of the precious lives lost at the
Al Noor Mosque and the Linwood Islamic Centre
in Christchurch, New Zealand on March 15, 2019*



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IMPORTANT DATES

- **Mar 29:** [Deadline to apply for course extension for May](#)
- **Apr 10:** [Deadline to register in a course starting May 1](#)
- **Apr 10:** [AUSU Council Meeting](#)
- **Apr 15:** [May degree requirements deadline](#)
- **Apr 30:** [Deadline to apply for course extension for June](#)
- **May 9:** [AUSU Council Meeting](#)
- **May 10:** [Deadline to register in a course starting Jun 1](#)

AUSU Awards & Bursaries

Applications are now being accepted for AUSU's May Awards cycle! Each of these awards and bursaries are worth \$1000 each. Applications are easy to fill out online.

Academic Achievement Awards: For students who have achieved academic excellence.

AUSU Bursaries: For students in financial need and/or with exceptional circumstances.

Balanced Student Awards: For students who balance multiple commitments in addition to studies.

Returning Student Awards: For students who have returned to studies after a long break.

Student Volunteer Awards: For students who contribute to their community.

#Igo2AU Awards: Open to all undergraduate students to celebrate diversity at AU.

Find out more or apply online [here](#).

Deadline: May 1, 2019 at Midnight MT

Note: We also have numerous year-round bursaries available that members can apply for anytime!

Awards & Bursaries

APPLY NOW

Deadline May 1



AUSU's Annual Report

AUSU's Annual Report for 2017/2018 is now online!

The report includes some great information and pictures from the 2017/2018 fiscal year, including:

- Reports from your AUSU executive team
- Advocacy efforts made on behalf of students
- Services, communications, and resources for members
- Audited financials for the 2017/2018 fiscal year

It also highlights some of AUSU's goals for 2018/2019.

View AUSU's Annual Report online [here](#).



March 2019 Executive Blog

This month's blog is a year-in-review from your AUSU VP Finance and Administration, Natasha Donahue. It offers some great insight about what the first year of a students' union executive is like and discusses some of what your AUSU executive team does to represent AU undergraduates!

View the March executive blog online [here](#).



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