

# THE VOICE

Vol 28 Issue 19 2020-05-08

**Victoria Day Sex & Morals**  
Investigating Debauchery & Prudery

**Renouncing the Ordinary**  
No More Netflix n' Chill

**Beats from the Basement**  
2Pac

*Plus:*  
*Healthy Snacking during a Pandemic*  
*AUSU Annual Members' Meeting*  
*and much more!*



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# LETTERS TO THE EDITOR



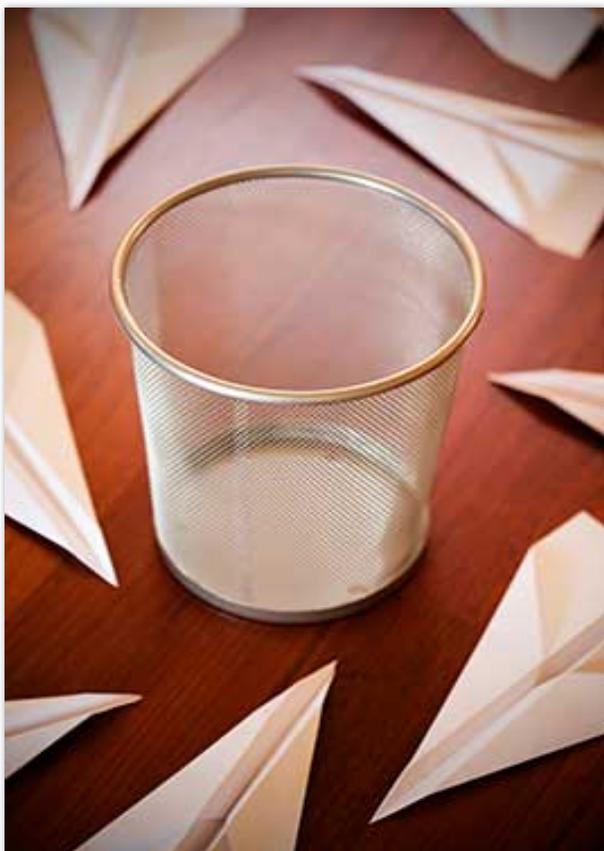
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## Editorial

### The Point of the Isolated Long Weekend

Karl Low



The typical Victoria day long weekend, for most people, often involves some form of getting outdoors, to celebrate with nature and other people, whether that's in the crowds at the gardening stores as Canadians get ready for planting and growing season, or out to the campground to enjoy the warm spring with friends and family.

This won't be that weekend. Many, who are still getting used to the model of working from home will find that it's hard to think of a long-weekend when you don't go into work on the Monday as much different from any other weekend when you can't go into work on the Monday. If you're an AU student, you probably already get the idea that a long weekend is usually just another weekend but with more people on the street. After all, when you don't have a set schedule for work, you don't really think about setting up a schedule for not-work. This weekend will be one of the first that many in the newly home-officed labour market will suddenly understand what that idea really means.

That in turn often leads people to wondering what the actual point of a holiday is. For instance, what does the recently passed May Day signify? Natalia Iwanek, perhaps inspired by the Fly on the Wall's look at the modern meaning of May Day, explores the history and significance of it in this issue.

As for Victoria Day, our feature article this week explores why we celebrate it, as the Fly on the Wall looks at Victoria day and some of the context and history about the Queen this day is named after, including what we now consider to be the Victorian Era, and how that context can serve to deepen our understanding of what we're doing here at AU—especially if we find ourselves continuing to study over this Victoria Day holiday.

Also this week, we're featuring a Beats from the Basement, where Milica looks at 2Pac's greatest hits. This one is a bit out of left field for me, as I've never been a fan of rap music, whether from 2Pac's era or more modern incarnations of it. However, after reading her review, I have to admit it's got my curiosity up. Perhaps it will do the same for you.

Also this week, we've got a recap of what happened during the Annual Member's Meeting for AUSU, and a brief summation of the [Annual Report](#) now available on AUSU's site.

But that's not all, we've also got advice on everything from how to eat healthy during the pandemic, creative writing, studying, workplace issues, plus scholarships, course reviews, recipes, events, news and more!

Enjoy the read!

A handwritten signature in black ink that reads "Karl". The signature is fluid and cursive, with a long, sweeping tail on the letter "l".



## Victoria Day Sex and Morals Investigating Debauchery and Prudery With Michel Foucault

Jason Sullivan



Alth Adults though we be, and increasingly learned ones, we remain susceptible to the hubris our narrow mindsets invariably bring. So, when pondering Alexandrina Victoria's 201<sup>st</sup> birthday and the kicktail long weekend in May that bears her name, we run the risk of oversimplifying the era of her Imperial regime. England was at the height of her powers and, even as the planet kowtowed to her flag, there at home were manifesting new forms of cultural expression to the shock and horror of traditionalists.

Here are a few quotes where the Queen made her views clear regarding the social changes of her time:

“Were women to ‘unsex’ themselves by claiming equality with men, they would become the most hateful, heathen, and disgusting of beings and would surely perish without male protection.”

And of course, maybe the most famous sexual prescription of all time:

“Just close your eyes-and think of England.”

Shifting times led to shifting counter-measures. Suddenly weirdos, bohemians, and outcasts seemed to present and existential threat to society. These did not begin in the 1800s, but perhaps reached a zenith during what Michel Foucault called “the great confiscation of sexual ethics by family morality” (Foucault, 89). This roundup involved “efforts to reinstate the rites of courtly love and...attempts to create a sentimental solidarity or complicity” in the face of ascendant “bourgeois morality” (Foucault, 83). In other words: the times they were a-changin’ and lascivious licentiousness that had previously been tolerated now came increasingly under scrutiny.

### Well-Adjusted: An Industrial Landscape of the Mind

Remember, how we feel individually is more than our private concern. Sentiments and tastes always have and always will be socially enforced; only when our feelings clash with the majority do we notice the external and coercive strictures that govern our sensibilities. Rule one in the social sciences is to know that our sentiments are in part a construction of the times we inhabit. I’d wager that few of us at AU have a picture of a Queen on our walls but perhaps we keep her morality hidden deep in our hearts.

Anyway, more concerned with finances and business than trifles such as poetry and languid lie-ins after a starry night of tumbles in the English countryside, the ascendant bourgeoisie was interested in encouraging conformity that maximized productivity and a stable home-life. (Foucault, 89). This flew in the face of the first stirrings of modern feminist impulse that had emerged in the 19<sup>th</sup> Century after Mary Wollstonecraft published her famous *Vindication of the Rights of Women* in 1792.

Throughout Victoria's reign, traditional rural family settings were breaking apart as labour moved to the factories of the city. Mores of the past seemed to be sifting away like flour through a mill. Family values appeared to be under attack. The industrial revolution had incited a cultural shift that many feared was corrupting the morals of the youth (a charge levelled at Socrates in his time and hipsters throughout the past century). Questioning tradition came with risks. As Michel Foucault succinctly summarized: "To attack the family was to flirt with the world of unreason" (Foucault, 91). The label of madness came to be affixed to deviant sexual behaviour as well as to personality traits such as being a young lady deemed by her family to be "incorrigible" (Foucault, 81). Floggings and imprisonment were the result and, wrote Foucault, this was the advent of our modern era that seeks to repress deviant sentiments and actions even as these change with the seasons of time. Prior to this, village fools, travelling minstrels and local wing-nuts were accepted as part of daily life. In the Victorian era it now appeared necessary to classify and demarcate the normal from the abnormal, the sane from the insane. It's the infancy of this world that we often associate with Victorian society.

Mental health industries emerged alongside factories of the industrial revolution. An Empire, after all, is about the mind as much as about the goods. But evening was a blind spot for Victorians; perhaps it's no coincidence that the phrase 'the sun never sets on the British Empire' is associated with the combination of industrial power and social conservatism. Foucault notes that after the 14<sup>th</sup> Century Renaissance there was slowly emerging a new consensus whereby "this power of repression...at bottom is not an illustration of the arbitrary nature of despotism, but rather of the newly rigorous character of the demands of family" (Foucault, 90). What previously remained private, such as illicit affairs and kinky liaisons, came into the limelight as a new moral police state mentality that we now think of, although it began earlier, as Victorian society.

### **Corsets and Kumquats**

Foucault particularly noted that, even during the counter-cultural heyday of the 1960s and 1970s, Victorian assumptions about what defined rebellion and conformity held sway. Even as tropes to be countered, the ghost of Victoria loomed large over fields of hippies with flowers in their hair. Likewise, movies such as *One Flew Over the Cuckoo's Nest* encapsulated this incredulity towards oppression of difference that mental health as an industry came to signify. Foucault further his view of an emerging mental health apparatus alive and well in our time, with particular emphasis on the oppression of alternative behaviours, thought patterns, and lifestyles, in these choice quotes:

"The image of the imperial prude is emblazoned on our restrained, mute, and hypocritical sexuality."

"Is sex hidden from us...kept under a bushel...? On the contrary, it shines forth."

"Power is everywhere; not because it embraces everything, but because it comes from everywhere."

"We demand that sex speak...the deeply buried truth...about ourselves."

Perhaps, as labour became separated from daily life in shifts at a factory rather than toil outside one's farmhouse, the division of sex and love came to appear as a contestable terrain.

### **Not A Cushy Job**

I feel for Queen Victoria, though. Born in Germany and expected by birth to rule a foreign country (not unlike hereditary indigenous chiefs of our day) while bearing a dozen children, she then lost the love of her life, Albert, far too soon. I feel for Her Majesty, too, as one feels for someone whose context supersedes how we see her humanity. Much of her time echoes our own,

I'd argue, and some of her statements remind us that the stirrings of women's liberation, sexual revolution, and plain old pragmatism toward the proletariat were already in the air. Foucault noted that leading up to Victoria's time "the new relations that were beginning to emerge between free thinking and the system of the passions" meant that all too often sexual digression from the norm expressed a corollary to intellectual creativity (Foucault, 82).

Invariably these non-conformist sentiments and actions were labelled as madness. Likewise, in an act befitting the moralization about identity prevalent in our day, those who suffered from real debilitation were lumped in with those whose sexuality or personality did not jive with present expectations for well-adjusted behaviour. The moralizing impetus for this belief was expressed by a "Maximilian in the 1495 Diet of Worms" who lumped all maladies social and medical as "sent by God to punish mankind. Such suffering was of universal value, and in no way a sentence meted out for any particular act" (Foucault, 83). In other words, all of society had to bear discomfort and, so to speak, think of England regarding their undesirable circumstances.

### **The Fantasy of Hyppocrates**

In every instance, perhaps now as much as in Victoria's time, "this 'therapeutic' demonstrates a rich tapestry of fantasy, and above all a profound complicity between medicine and morality" (Foucault, 85). Here we're wise to recall that in academia and practice our education can easily serve to churn up our pre-existing predilections and give them a glossy patina, a veneer of credulity. We must beware that our cultural inheritance can rear up and bias our minds even as we fill them with learning. Happily, at AU, our tutors by and large check their egos at the door and apply themselves in a way that helps our learning more than their pet interests. But if Victoria's time, the time of the Oscar Wilde trials where homosexuality came to be seen as a public menace rather than a decadent frivolity reserved for the artful classes, deviance of all stripes came to be seen as everyone's business. Token weirdos were becoming an endangered species as their pariah status came to be labelled as a form of pathology. This had political undertones, then as now, based on the reasoned assumption that well-adjusted personalities would conform and labour better while not asking too many tricky questions.

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

### **General Q & A about AU**

May 20, time t.b.a.

Online

Hosted by AU

[www.athabascau.ca/online-learning/how-au-works/open-house/](http://www.athabascau.ca/online-learning/how-au-works/open-house/)

Register through above link

### **AUSU Council Meeting**

Wed, May 20, 6:30 to 8:00 pm MDT

Teleconference

Hosted by AUSU

[www.ausu.org/event/may-council-meeting-6/](http://www.ausu.org/event/may-council-meeting-6/)

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

### **MBA for Executives**

Thur, May 21, 10:00 to 11:00 am MDT

Online

Hosted by AU Faculty of Business

[news.athabascau.ca/events/mba-for-executives-webinar-20200521](http://news.athabascau.ca/events/mba-for-executives-webinar-20200521)

Register through above link

### **The Grad Lounge**

Fri, May 22, 1:00 to 2:00 pm MDT

Online via Microsoft Teams

Hosted by AU Faculty of Graduate Studies

[news.athabascau.ca/events/the-grad-lounge-may-22](http://news.athabascau.ca/events/the-grad-lounge-may-22)

No pre-registration necessary; access through above link

*All events are free unless otherwise noted.*

Victoria herself stated, “Beware of artists, they mix with all classes of society and are therefore most dangerous”

Artists ironically speak of common humanity, as a global sisterhood and brotherhood, more consistently throughout history than any grouping. This sense of being outside, or more properly *above* like an eagle or spy drone, lends an air of fartiness and untruth to their proceedings. At times. Yet despite their pretences, artists are too often the canaries in the cultural coal mine. This fact Victoria clearly understood. Yet we at AU are firmly rooted in the real world as our education propels us forward; we receive the best of academia in a context that keeps us rooted in the reality of Canadiana.

### **Twin Goals in the Womb of Social Observance**

What we see, between Victoria and Foucault, is a concern with two sides of the same tracing paper; Her Majesty’s goal was social stability while Foucault’s interest was in how operations of repression functioned. Both individuals saw the mental world as a contested terrain from which they remained somewhat aloof. Is this possible though? As AU students we seem to be absorbing new information like cells in a state of perpetual osmosis; yet what membrane separates us from the outside world? Perhaps we are always-already contained by the ideologies in which we swim and which, like the air we breathe, appear to us invisible.

Louis Althusser addressed this possibility and its corollary conclusion: that we can never truly step outside the hegemonic ideological bounds of our context, "What thus seems to take place outside ideology (to be precise, in the street), in reality takes place in ideology. That is why those who are in ideology believe themselves to be by definition outside ideology; one of the effects of ideology is the practical denegation of the ideological character of ideology by ideology: ideology never says, 'I am ideological.' It is necessary to be outside ideology, ie. in scientific knowledge, to be able to say: I am in ideology (a quite exceptional case) or (the general case): I was in ideology. As is well known, the accusation of being in ideology only applies to others, never to oneself." (Althusser, p. 119.)

Whatever our thoughts about our times, our circumstances, and our education, we’re wisely informed to consider that even our certainties are in bed with the epistemic bounds of the ideologies of our times. So to celebrate the advent of the camping season (with apologies to rightfully aggrieved Albertans if this goes to press and camping restrictions are still not lifted in your province), I leave you with this tenderloin quote from the Monarch (and Empress of India) who ruled the largest empire the planet has ever known (at least prior to globalization making us all one big...something): “Give my people plenty of beer, good beer, and cheap beer, and you will have no revolution among them.” ([https://www.azquotes.com/author/15079-Queen\\_Victoria](https://www.azquotes.com/author/15079-Queen_Victoria)).

May we all at AU have a wonderful May-24 (Even though it’s on May 18 this year), 2020!

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*Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.*



## Porkpie Hat Renouncing the Ordinary—No More Netflix n’ Chill

Darjeeling Jones



I realized, many years ago, that it would probably not be a good thing if I had access to unlimited funds. I would end up shortening my life with endless high-cholesterol prawn cocktails, crate-upon-crate of bubbly, and trays filled with umbrella drinks, all cruising above the Azores in a bespoke art deco zeppelin, complete with wood-grain control panel and leopard-skin upholstery. Essentially, if unfettered by bourgeois financial constraints, I have the self-destructive abandon of an early jazz musician, the tendency towards extravagance of a surrealist poet, and the megalomania of a Bond villain. So, regularly quitting jobs and spending money as soon as I chance upon it is really a sort of wellness strategy for me, a way of keeping myself from harm.

That said, I do have an enormous aversion to the ordinary and the tepid. I absolutely refuse to compliantly submit myself to the quotidian. And yet, sometimes it can sneak up on you. Especially in this time of mass communication, it's so easy to be hypnotized by mundanity, isn't it? Here's a prime example for me: the endless deluge of electronic entertainment at our fingertips. All my life, which has been a fairly long one to date (I'll be turning 60 next year), I've managed to avoid watching very much television at all. In fairness, this was fairly easy, because for most of my life nearly everything on TV was absolute crap. Sure, there was the occasional gem, like Columbo, Taxi, Hill Street Blues, etc. but finding something good to watch on the idiot box was akin to plucking the occasional ruby out of a raw sewage pipe. Over the course of the last ten or fifteen years, though, that seems to have all changed. Now, there is a bewildering selection of pretty high-quality entertainment available on an increasing number of streaming services.

Perhaps this is a good thing, but it doesn't feel like it to me. Here's the problem: it's still just sitting in front of a screen. It's enervating, depressing, and addicting. Binge watching, even when it's good stuff, leaves me feeling lessened, rather than enriched. Is it the same for you? I want to feel that my life is a rich adventure, even if just in very small and modest ways. I love films, but going to a movie theatre is not the same thing as watching one at home, in the same way that carefully selecting a record album and attentively listening to it all the way through is not equivalent to clicking a "soft indie rock" music stream on Spotify. Listening to music with intentionality feels like an adventure to me. So does reading a book, baking bread, beachcombing, writing a poem, planting flowers, roller skating, building a bookcase, attending a symphony, sharing a pot of tea, and kayaking on a lake under a blanket of stars. In my experience, all of these things, and ten thousand more ordinary / exotic pursuits have the benefit of leaving me feeling filled up, energized, and alive, in a way that scrolling through "Just Added" lists and social media feeds never has, and never could.

So, I have made a commitment to myself: no more than an hour of screen time per day, other than work. I've only been at it for eight days now, but I've managed to stick with it so far. It's truly felt like a sort of renewal for me. I feel like I'm taking more control of my life, spending more time doing the things that bring me real pleasure, rather than numbness and distraction. If anybody else is up for the challenge, I would so love to hear from you about it. All the best, my friends.



## Beats from the Basement

### 2Pac

Milica Markovic



**Artist:** 2Pac

**Album:** Greatest Hits

As is the case with country, rap music seems to be either greatly adored or abhorred despite its evident popularity in Canada, not to mention the likes of Drake enjoying international success.

I'll admit that I was once unfair to the genre. Like many people, especially those who are considerably older, I chalked it up to obnoxious vocals, annoyingly simplistic beats, and the same-old anthems about the gangster lifestyle, which, when I think about it, is actually romanticized in much of today's library.

It's no mystery, then, that the late Tupac Shakur, or "2Pac", who was known for pushing boundaries in conscious lyricism while also

painting a portrait of oppressive behaviours toward and within minority communities, is considered one of the most influential rappers of all time.

Listening to *Greatest Hits* made me realize what can be done with freeform expression. 2Pac didn't just tell one story per song; he could go from supporting women in toxic relationships to neglected children in about five minutes. I can't recall a moment when the sombre themes ever feel glossed over or like an afterthought.

"Changes" is exemplary of that, covering racism toward African-Americans in police brutality, the drug war, and the cycle of poverty, as well as what life was really like in segregated neighbourhoods. Featured artist Talent recorded parts of the sampled song "The Way It Is" by Bruce Hornsby and the Range for the chorus; his singing coupled with the piano makes it all the sadder.

2Pac also showcased a sense of spirituality in "Unconditional Love", a song about the very concept in families or relationships, and how loved ones are there for one another as they struggle to improve their livelihoods. I like the feminine energy in the backing chants and the gentler tempo, but I'm mixed on his vocals. On the one hand, I appreciate that he rapped how he felt, but I nevertheless would've liked to hear a softer voice to match the song's tone.

Of course, I can't talk about 2Pac without bringing up "California Love", the track practically made for action movies and sporting events. 2Pac had never shied away from revealing his thoughts at any given time, so his fun party jams such as this come across as authentic and not obligatory commercial singles. Such a simple sample of the late Joe Cocker's "Woman to Woman" turns into the smoothest blend of subtones, syncopated rhythm, and harmonies with Dr. Dre and the late Roger Troutman.

Even when his songs were fluff, 2Pac still managed to produce fresh content by incorporating g-funk, which is no small feat for a genre that tends to be limited musically. The sounds of R&B,

soul, jazz, and new jack swing help balance out the focus on his raps and make for a relaxing listen. Having so many guest singers on the album also reduces the monotony.

What stands out to me the most, however, is the pain in his own voice he had probably tried to hide with force. That's how you know the messages he conveyed to the world meant everything to him. As difficult as it is for me to write, I have to wonder if he would've made the same impact had he not experienced the things he did at such a young age.

In his short life, 2Pac's advocacy had been commended, though his criminal history had simultaneously subjected him to controversy. However, you can't deny his torch as a musician that continues to be carried by many talented rappers, including Nas, M.I.A, and Eminem, all of whom are no strangers to political statements in their music.

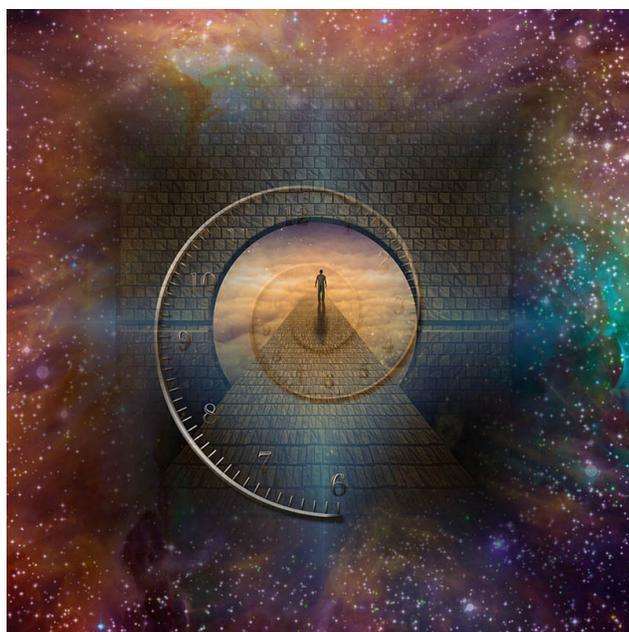
*Milica Markovic is a Toronto AU student enrolled in the MA-IS program with a BA in criminology and political science.*



## The Creative Spark

### How to Improve Your Description Writing

Marie Well



You can have a lot of fun with descriptions. Bounce a light off a muscle. Glisten the lips and eyes with white sparkling light. Open a door to the scent of polished oak.

You can do all this and more with your descriptions. And if you want to write with flare, descriptions add flavor. Here's four tips on how to boost your knack for description writing:

#### **Description writing tip #1: Embrace the king of senses: the sense of smell.**

In fiction-writing and in life, “of all the senses, smell has the strongest psychological effect” (3%).

In fiction writing, according to author Rayne Hall, “a single sentence about smells can reveal more about a place than several paragraphs of visual descriptions. This is useful if you aim to keep your descriptions

short. For example, the hero enters a home for old people. The place smelled of boiled cabbage, urine and disinfectant” (3%).

As another example of smells, consider this: “The fridge odor of sour dill weed masked the scent of rotted carrots and baking soda. His first-time juicing trial failed.”

Or try this, “The thick hallway aroma of cinnamon, maple, and baked apples courted the passerby.”

(Psychology class said smell ranks as the top sense involved in the taste of food. Our noses matter.)

Also, some people imagine the scents of deceased loved ones, reassuring the survivor that the lost loved one is near. Reminders of the deceased one can include smells of a particular cologne, a specific kitchen baking scent, or a scent of a unique cigar.

Author Rayne Hall says, “The best place to insert a sentence about smells is immediately after the point-of-view (PoV) character has arrived at a new location. That’s when humans are most aware of smells, so it feels right if you mention them” (4%).

For instance, consider horror story scents. I sometimes listen to true scary stories on the Web. The narrator recites stories about delivering pizzas to shady customers. Upon entry inside the customers' homes, the narrator often mentions a ‘smell of death.’

According to Rayne Hall, “thriller and horror readers appreciate being taken to places where odours are as foul as the villain’s deeds, but romance readers want a pleasant experience, so treat them to lovely scents” (4%).

As an example of romantic scents, consider this: “He finished his last push-up, his body a sweet blend of gentle cologne and freshly mowed grass.” A whiff of him would melt most any heart, I’d say.

Touch up your story with the smells your readers desire.

### **Description writing tip #2: Noises innovate your story world.**

Author Rayne Hall states, “You can insert a sentence about background noises in any part of the scene where it makes sense. It works especially well in these situations: ....

- To emphasise an exciting moment.
- To further raise the suspense in a suspenseful situation, insert a sentence about background noises the moment the reader holds her breath.
- When the setting is dark (for example, at night) sprinkle sounds throughout the scene” (7%).

Here is my attempt at nighttime sounds:

The alley swallowed the remaining swash of moonlight. Jacky heard a scraping echo from the far stretch. A squirrel? Jacky bristled and took a weak-kneed step forward. “Hello?” The wind seethed. Jacky stepped up her pace. A low cackle whispered behind Jacky, and an icy finger scraped her neck. Her ears screamed into high drums, and she bolted.

Okay, so back alleys at night are so cliché, but did the sounds add to the suspense? You’d be better of writing your scene with a setting of an abandoned mine shaft or of a ship at high tide at midnight. These settings boost the excitement factor and give the sounds more pizzazz.

Listen to sounds around you. They give rise to emotions, and emotions can shift their meaning. Emotions can also cause us to cue into sounds that reflect the way we feel.

For instance, “A faint siren gripped her heart as she waited for his return. What if he got hit by a car? What if he was drinking? What if he was still angry? She started to sob. The water heater moaned gratingly in the corner. She was doing it all wrong.”

Noises make scary scenes erupt with tension.

### **Description writing tip #3: Look for interesting lights and shadows.**

Rayne Hall says, “To convey the atmosphere of a place, insert a sentence about where the light comes from, its colour and quality. By phrasing this sentence creatively, you can evoke any kind

of atmosphere you want: creepy, gritty, romantic, optimistic, depressed, aggressive, gentle, dire” (11%).

I like to sit in the park, close my eyes, and send love to my dearest ones. While I do this, I focus on the light hitting my closed eyelids. Once, the sun sparkled upon my inner eyelid a black and red checkerboard that had random red colored squares. The red squares would shift and shimmer like friendly stars.

Perhaps my most exciting moment with lights occurred when Mom gave me a crystal key chain. When the light shone mid-afternoon in just the right way, hundreds of little rainbows reflected off the crystal, decorating most every square of my room. I felt like I did when I was a young girl, and I watched fireflies glowing around a nighttime tree that grew money instead of leaves. At least, Papa told me the tree grew money. I believed him.

If you describe lights in a way that adds your emotions, more power to you. For instance, if you're writing romance, you could say the light peeked through the open curtain, its syrupy arms stretching sweetly onto the pillow.

But there's another side to light: shadows.

Rayne Hall says, “Shadows are great, too, especially if you want to create suspense, foreboding or uncertainty. In outdoors scenes, you can also use them to indicate the time of the day. Do they flicker, lengthen, shorten, shrink, reach, spread, dance?” (12%).

When writing descriptions, light and shadows will point you in the right direction.

#### **Final words: Don't go overboard with descriptions.**

Rayne Hall suggests, “One sentence is usually enough, but if you aim for a lush descriptive writing style, you can write a whole paragraph” (12%).

Blend your descriptions with the heart of your characters. The world will curl up to a cup of hot, steamy cocoa, sparkling with froth, ready to enter your imaginary world.

#### *References*

Hall, Rayne. (2014). *Writing Vivid Settings*. E-book.



**Course Exam**

*AU courses, up close*

**Brittany Daigle**

#### **Course Exam**

**Brittany Daigle**

ADMN 100 (Introductory Quantitative Skills for Business) is a three-credit introductory business and administrative studies course that was designed to build skills that will help students succeed in the online learning environment in all key business areas. It's designed for students who want to upgrade their quantitative skills to the level required to enter a typical degree program in business or economics. In addition to a review of basic arithmetic, statistics, and algebra, students

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will become familiar with the mathematics of business, management, finance, and investment. ADMN 100 also includes an introduction to the basics of accounting.

This course has no prerequisites. ADMN 100 is recommended as an entry level university course designed to develop business math skills to prepare students planning to pursue a business program. It is not available for challenge.

Introductory Quantitative Skills for Business is made up of ten lessons and ten quizzes (one for each lesson) weighing ten percent each. The ten lessons within this course cover several different topics, including a review of arithmetic, review of basic algebra, linear systems, simple interest, compound interest, accounting, annuities, and much more. To receive credit for ADMN 100, students must complete one online quiz for each of the ten lessons in the course. The course composite grade (the average of the grades you achieve on all ten quizzes) must be at least a “D” or fifty percent. ADMN 100 has no final exam.

Students should note that the textbook for this course is an electronic e-textbook. A print version of the e-textbook may be available for purchase from the publisher through a direct-to-student link provided on the course website. This is a custom publication, so there may be significant delays in receiving the book after you order it. Because it is a custom publication, acquiring the textbook on your own may not be possible. Furthermore, a Texas Instruments BA II Plus calculator is included in your course package.

Ryan Miller is currently enrolled in Athabasca University’s Bachelor of Management program and has taken ADMN 100. He enrolled into AU in December of 2018 and is almost half done. He explains that he enjoys AU for many reasons, stating “I have access to my studies anywhere, I can write online exams from the comfort of my home anytime. It is super flexible with me, being as busy as I am working full-time and involved with my family.”

When asked to explain ADMN 100 to students, Ryan explains that “This course is great for students that do not have very strong math skills or have forgotten all their math from the past. This course is also great to boost your GPA. I am pretty strong at math so I did not find it super difficult. The course covers all types of math anywhere from algebra, linear equations, and accounting. ADMN 100 is a great math refresher for everyone it will help you when you have to do statistics or finance courses.”

As for the structure of the course, he states that “This course consists of ten units with a quiz at the end of the chapters. There is no midterm examination of final examination attached to this course. Each quiz is worth ten percent towards your final mark. 10 units and 10 quizzes total.”

When asked if he would recommend this course to other students, Ryan states “This course was easy in my opinion. All business students should take this course.”

As for any tips or tricks to completing ADMN 100, he explains “If you have a week or two of free time. you could complete this course very quick. There is no need to book any exams, which is really convenient!”

Ryan did not feel that communications with his tutor was needed for this course, as all of “the quizzes for this course were marked automatically by the computer.”

Whether ADMN 100 is a degree or program requirement of yours, the topics discussed above are of interest to you, or you feel that this course would be a good refresher, this course will have you learning a lot of interesting material surrounding introductory quantitative skills for business.

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



## In Support of Labour International Workers' Day

Natalia Iwanek



On May 1, 2020, Amazon, Target, Trader Joe's, Instacart, and Whole Foods workers proceeded with their planned general strike over COVID-19 working conditions, calling in sick or walking out during lunch break, with calls for support and boycotts from consumers. Citing unsafe working conditions, inadequate personal protective equipment, and close working quarters, workers called for increased hazard pay, closure of stores with confirmed cases, as well as paid sick leave.

COVID-19 has revealed that those deemed essential in our society—warehouse workers, grocery store workers, cleaners, meatpackers, delivery drivers, migrant agricultural workers—are often also the most marginalized, namely black, indigenous, people of color (BIPOC); women; youth; and undocumented individuals. Many are part-time or gig workers, whose hallmarks include low wages,

shift work, and no benefits.

Significantly, the date chosen for the strike, May 1, is widely known as May Day or International Worker's Day. Although also associated with European pagan festivals, for many May Day is a reminder of Chicago's Haymarket Massacre – a symbol for the international struggle for workers' rights. On May 4, 1886, clashes between police and labour protesters left many injured and dead, a continuation of a strike that had begun one day earlier, with calls for an eight-hour workday from the McCormick Harvesting Machine Company.

In 1889, the Second International officially designated May 1 to support workers. Unlike the First International (1864), a federation of worker's groups, influenced by the ideologies of Karl Marx, Mikhail Bakunin, Auguste Blaqui, and Pierre-Joseph Proudhon, the Second International was a federation of socialist parties and trade unions only. Founded in 1889 in Paris, by 1912 the Second International represented all the socialist and social democratic parties in Canada, the US, Europe, and Japan. Over time, May 1 became particularly significant in Eastern European and former Soviet bloc countries, with organizers like Rosa Luxemburg attracting international attention. Although large scale celebrations declined after the fall of the USSR, May Day continues to be celebrated worldwide.

Throughout the years, the labour movement's unionism and activism can be credited for many rights and protections currently enshrined in laws. These include minimum wage, a forty-hour work week, outlawed child labour (Zinn 403), and time and a half for overtime. Union workers tend to make more than their non-union counterparts, often with health coverage and pensions. However, these rights came at a high cost.

After the destruction from WWI, people from around the world began to increasingly challenge institutions such as imperialism and Western capitalism (Ortiz 128). Although many workers movements took place in Europe, both Canada and the United States have a long labour movement history as well.

On March 25, 1872, the Toronto Typographical Union engaged in strike action after its demands for a nine-hour workday and shorter work week were ignored. When a parade in support of the strike was held, George Brown, editor of the Toronto Globe pursued legal action, since union activity was illegal under Canadian law. On June 4, 1872, after public protest, the Trade Unions Act legalized unions. In subsequent years, memorial parades were organized, until the Canadian government recognized September 1 (Labour Day) as an official national holiday. Other highlights from Canadian labour history include Ontario's 1914 Workmen's Compensation Act, which introduced Canada's first state social insurance plan and 1972's Saskatchewan Occupational Health Act. The Health Act, the first of its kind in North America, gave workers the right to be aware of hazards and dangers in the workplace, the right to participate in health and safety issues through a workplace committee, as well as the right to refuse unsafe work.

In the US, labour organization was undermined over the years, as employers hired private militias and armed detectives to break union campaigns, often with the support of various governments. However, workers continued to organize, mass strike, boycott, and destroy property. Examples include the Great Upheaval and the abovementioned Haymarket Massacre (Ortiz 118). The Great Upheaval, or the Great Railroad Strike of 1877, was a series of country-wide strikes protesting the poorly paid and dangerous railroad work. Over 100,000 railroad workers participated, however, in the end, unions continued to be broken and wages were cut.

Similarly, in the Appalachian Region, coal companies opposed organized labour and often suppressed union agitation. In 1921, in one of the US' most significant labour uprisings, the United Mine Workers (UMWA) rallied in Charleston, West Virginia (Catte 44-46), eventually leading to the Blair Mountain Uprising in nearby Logan County. Founded in 1890, the UMWA advocated for the safe working conditions and fair pay of coal miners. Also involved in the struggle for coal miners' rights, was one of the famed leaders of the US labour movement, Mother Jones, or Mary Harris Jones. In 1898, Jones became one of the founders of the Social Democratic party, as well as the International Workers of the World (IWW) in 1905.

In addition to problems with employers themselves, divisions in the working class often occurred as well, as workers often received different pay according to race and gender, with many mainly white-dominated unions adhering to these principles. The roots of these struggles can be traced back to the founding of the United States itself, with an economic system largely based on slave labour. Fears of Southern economic collapse, as well as Northern to a lesser extent, were seen during the brief period after the Civil War known as Reconstruction 1865-1877, which extended citizenship and protection to all born in the US. As a result, years of Jim Crow segregation, voter suppression, and lynching ensued. Unjust laws and lack of economic opportunities contributed to the Great Migration of Black Americans north, beginning during WWI and ending in the 1970s (Wilkerson 272).

In the north, white workers, including recently arrived Europeans, aligned with whiteness, often sided with employers and unions barring non-whites from membership as they competed for already scarce jobs. This kept BIPOC wages low and restricted the type of work that was available (Wilkerson 271-272), forcing them to work for less than whites in agriculture, mining, transportation, construction, and railroad. In particular, many agricultural workers were fired, deported, and had their land expropriated when trying to organize. In the South, with its legacy of forced labour, vagrancy laws were enacted to supply workers. Anti-Mexican, -African Americas, and -Native American-sentiment was apparent in the South, while anti-Chinese sentiment existed in California (Ortiz 120-126). The race riots of the 1910s and 1920s and

repatriations of Mexicans during the 1930s were seen as a way to stop organizers from unionizing, as well as expropriate property (Ortiz 130-132).

Over the years, many “riots were often carried out by disaffected whites against groups perceived as threats to their survival” (Wilkerson 273). Sadly, these conflicts “pitted two groups that had more in common with each other than either of them realized. Both sides were made up of rural and small-town people who had traveled far in search of the American Dream, both relegated to the worst jobs by industrialists who pitted one group against the other. Each side was struggling to raise its families in a cold, fast, alien place far from their homelands and looked down upon by the earlier, more sophisticated arrivals” (Wilkerson 273).

The labour movement also struggled during the years of anti-communist sentiment or the “Red Scare,” at first following the 1917 Bolshevik Revolution and later during the 1940s and 1950s Cold War years. US attorney general A. Mitchell Palmer’s infamous “Palmer raids,” based on the Espionage Act of 1917 and the Sedition Act of 1918, led to persecution of those considered radical and left wing, including unions. During McCarthyism, the second wave of the Red Scare, Wisconsin Senator Joseph McCarthy and the House Un-American Activities Committee, led hearings and investigations into suspected communist espionage and infiltration.

In more recent history, one of the labour movement’s most famous slogans, *iSi se puede!* (Yes, we can!) stems from the California National Farm Workers Association (NFWA), cofounded by Cesar Chavez and Dolores Huerta in 1962, to organize migrant Latinx American farmworkers. In 1966, the NFWA merged with American Federation of Labor–Congress of Industrial Organizations (AFL-CIO), creating United Farm Workers Organizing Committee. In 1965, Chavez and Huerta led a five-year strike by California grape pickers, leading to a nationwide boycott of grapes. On July 29, 1970, these 30,000 grape workers signed union contracts (Ortiz 155). Other actions included bargaining by lettuce growers, table-grape growers, and others. In 1971, the organization became the United Farm Workers (UFW). In 1975, the Agricultural Labor Relations Act passed, the first to recognize the right for California’s farmworkers to bargain collectively.

Most recently on May 1, 2006, Latinx workers led *El Gran Paro Estadiounidense* (the Great American Strike), “the largest general strike in the history of the Americas” (Ortiz 163). Meat packing plants, garment manufacturers, trucking, food services, and port transportation shut down in what was deemed, “A Day without Immigrants” (Ortiz 173). The strike was in response to the passage of bill HR 4437, which tightened border controls, criminalized illegal immigrants, and disallowed those already in the US a path to citizenship, among other restrictions.

For AU students who would like to learn more about the history of the labour movement, the Labour Studies Major offers various courses, such as (LBST) 332 Women and Unions, (HIST) 336 History of Canadian Labour, and (LBST)335 Global Labour History.

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## Healthy Snacking Habits during a Pandemic

Xin Xu



As a significant portion of the population spends more time indoors amid the viral pandemic, we are also snacking more in our time at home. I often find myself hoarding multitudes of snacks to help pass the time without regard for the calorie intake or the unhealthy ingredients in these snacks. How do we strike the balance between guilt-free snacking during this difficult time? How do we avoid coming out of the pandemic in a worse physical state than when we started? There's a couple of things we can do to create healthier snacking habits.

**Eat three meals a day on time:** Part of healthy snacking starts with having a balanced diet. I find that staying at home for online classes affected my eating schedule dramatically. As a result, I was snacking at times when I should have eaten dinner or prepared breakfast instead. When our bodies are craving energy, we might reach for foods that don't satisfy the macronutrients like protein, fats and carbohydrates. When I did revert to having three meals a day with adequate hours apart, I felt my energy resurge and I was able to keep my snacking to only twice a day between meals.



**Go nuts:** nuts are an amazing add to my snacking collection. While eating simple carbs like potato chips or cinnamon rolls, I find myself falling into a sugary coma after the endeavor. Dried nuts however help me stay awake and focused. Particularly a mix of different salted pecans, pistachios and walnuts have been my snacking staple for the last two weeks. Don't be afraid to also add them to your baking recipes or even breakfast oatmeal for an extra crunchy texture.

**Snack thoughtfully:** I find that the simple act of bringing my snack to where I work or entertain has the potential for snacking to go out of hand. Especially when snacks nowadays are engineered so that the snacker finishes the entire package. Thoughtlessly rummaging through a chip bag could mean finishing the entire party pack in a single day. To pace your snacking adventures, try taking a break from the screen or other activity and snack in a certain area. This way by



dissociating the activity with snacking, you might find that your snack stash also lasts you a lot longer.

**Take out the portion you'd like to eat:** One of my personal bad habits was eating snacks from the original packaging. It's so convenient and simple what's not to love right? Without portion control, snacking freely can undo some of the workouts and balanced eating streak. The smarter way to snack would be to take a handful of popcorn and reseal the bag or weigh out the amount you'd like to snack. That way you can also create variety in your snacking without committing to one category of snacks. For example, nowadays I enjoy taking out a single mandarin orange and grabbing a handful of my flaming hot cheetos.

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



## Council Connection

### Annual Member's Meeting – May 7, 2020

**Natalia Iwanek**



This year's AUSU Annual Members' Meeting took place on Thursday, May 7, 2020 from 5:00 to 5:30 pm MT.

All Councillors were in attendance, with the exceptions of Councillors Darcie Fleming and Kathryn Hadden. Also in attendance were *The Voice's* Managing Editor Karl Low, Meeting Reporter Natalia Iwanek, as well as students Mitch and Mark.

President Natasha Donahue began the meeting with the Land Acknowledgement, followed by introductions by new Council and observers.

Natasha discussed the Annual Report, which provided a "year at glance." She revealed that this year's AU student demographics, with a majority from Alberta and Ontario, has been a trend for some time. Stating that "this fiscal year was really great," Natasha mentioned

the success of AUSU's Open Mic Podcast, former AUSU President Brandon Simmons' "Message from the President," last year's Council Retreat, as well as the Executive Retreat, which allowed members "to look at the year ahead and team build."

Next, Natasha described AUSU's participation in the recent federal election. The "Get Out the Vote" campaign with the Canadian Alliance of Student Associations (CASA) was a success, with students from every province voting. The Report revealed that 1,500 AU students pledged to vote during the election, the highest engagement to date.

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Natasha spoke briefly about the joint advocacy effort with other Canadian student unions on behalf of Ontario students, which the report called “monumental in getting changes made to the Student Choice Initiative.”

Along with CASA, AUSU had brought the needs of distance students to the Canadian government. The report mentioned meetings with MPs and Senators, House of Commons and Senate Finance Committee presentations, and the creation of a grace-free period for student loans.

Additionally, this past year, AUSU was able to expand the awards and bursary program, with the report revealing an additional \$4,600 funds added this year. In total, AUSU awarded \$65,645 to members.

Other recent changes include LinkedIn Learning, which is now available free to AUSU members, replacing Lynda.com. Students can sign up to access 10,000+ online courses taught by industry professionals.

Natasha also briefly mentioned that AUSU developed a new logo and website, as well 60,982 visits made to *The Voice* website over the past year. In addition, the report revealed that the AU app was used 45,922 times.

Highlights of the report included AUSU advocacy on behalf of Indigenous students, as AUSU attended the inaugural CASA Indigenous conference to address barriers faced by Indigenous people. Results included the facilitation of policy developments for an inclusive post-secondary system, as well as dialogue with AU regarding the creation of an Indigenous Student Circle.

Additional highlights of the report included a review of AU’s unconventional demographics. AU receives 38,000 unique undergraduate students annually, with an average of 26,000 being members during any given month. The average age of AUSU members is 30.9, with 65% women, 68% caring for dependents, 73% working, and 66% who are the first in the family to earn a degree.

Executive Director Jodi Campbell stated that AUSU started the year with a balanced budget and got great deal done, including many new projects. He stated, “AUSU is financially healthy,” noting that enrollment spiked unexpectedly for AU, which meant a corresponding increase in revenue for AUSU. Jodi also mentioned that the audit process, which took place in the fall and was approved in January, went well. 2019 was a clean audit.

Natasha briefly discussed bylaw changes, including those making Council eligibility requirements more flexible for students. Previously students were required to be enrolled in courses for 2/3 of the year, or eight months with four months off, as well as maintaining a minimum GPA. The changes now stipulate that Council members must not be on academic probation.

The Report also revealed plans for this upcoming year, which include the launch of a new student bursary, more AUSU Open Mic Podcasts and YouTube videos, increased tuition advocacy, increased Indigenous student support advocacy, as well as improved career services for members.

With no questions posed during the Question and Answer period, the meeting concluded at 5:32 MT. The next AUSU monthly meeting will tentatively take place on May 20, 2020 at 6:30 pm MT. As AUSU members, AU students are encourage to attend council meetings via teleconference. Details can be found on the [AUSU website](#).

*Natalia Iwanek is currently completing her Bachelor of Arts in English at Athabasca University and isalso a freelance editor and writer. She can be contacted at <https://www.nataliaiwanekediting.com>.*



## The Study Dude

### Twelve Traits of Highly Successful Students

Marie Well



Have you ever noticed we're all missing a piece when it comes to success? The overachiever may lack close friendships. Or the overachiever with friends may wind up chronically ill. Or the genius may put in next-to-no study time and fall miserably behind.

We've all got weaknesses. The key is to overcome them. That's what movie heroes aim to do. And that's what highly successful students do.

With that said, here are the 12 traits of highly successful students, as listed in a book by professors Kaarina Määttä and Satu Uusiautti called *The Psychology of Study Success in Universities*:

#### **Trait 1: "Self-confidence and self-respect:**

I will survive, and I can do it" (32%).

One thing I love about today is that I can discount all of yesterday's failures. I simply wash away any feeling of inadequacy and move forward,

stronger.

I believe we can train our minds to focus on only goodness. We can do this by replacing thoughts of negativity with the opposite thought. A Navy Seal video says never let a negative thought complete itself.

By training our minds (by vigilantly guarding against negativity), we stand to gain self-respect. And self-respect brightens any future.

#### **Trait 2: "The decision to start studies and to continue them:**

I roll up my sleeves and start working" (32%).

A Navy Seal video said persistence beats motivation any day. Motivation is fleeting; persistence is steady. I read that studying a little every day works better than studying a lot a couple times a week. The best bet, though, is to study a lot every day.

If you've got persistence, you've nailed academic success.

#### **Trait 3: "Appreciation of the privilege of being able to study:**

I am granted with the privilege to study a master's degree" (33%).

I've noticed some students boast about their studies. Rightfully so! Education helps us grow intellectually and emotionally.

Academic pride tastes sweetest when we've come from underprivileged backgrounds. No matter our background, appreciation helps us plow through hardships.

Appreciate your privilege and go far academically.

#### **Trait 4: "Courage:**

I enter the new world with a positive and open-minded curiosity" (33%).

Curious people end up at universities. The more curiosity we bring to our studies, the more we'll enjoy what we learn and the less stressed we'll be.

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And psychology books suggest courage is a great stress-buster.

**Trait 5: "Patience:**

I tolerate it that sometimes studies go on easily, sometimes they tangle, and there is no free ride to a master's degree" (33%).

The less we fight the grind, the more we can endure. After all, around every brick wall awaits a ray of sunshine.

**Trait 6: "Enthusiasm:**

I can do something new and significant" (33%).

To keep up our enthusiasm, we could study for thirty minutes, then enjoy a ten-minute break. For instance, I watch ten-minute graphic design tutorials for breaks. If I study for 45-minutes straight, my enthusiasm wanes, so I keep my study time to thirty.

You might find your enthusiasm stays high for a full hour. Whatever works for you is best.

You'll go furthest with enthusiasm.

**Trait 7: "Tolerance of insecurity and criticism:**

Nothing great can be achieved easily. Uncertainty and even disappointments are part of study processes that aim at great achievements" (33%).

Criticism offers the best growth opportunities. In relationships, criticisms we get from loved ones help us know what hot buttons not to push. In studies, criticisms help us hone an edge and better our weaknesses.

Growth comes from criticisms.

**Trait 8: "Good reading and writing skills:**

I develop as a writer by writing and as a reader by reading" (34%).

If you think you don't have the skills for top grades, consider this: When I enrolled in English 30, my mentor said I could barely spell my name. And I read maybe two books the prior decade. Luckily, my English teacher assigned a grammar book. The book shot my final grade to the top of that class. If I can do it, what many more moons might you leap?

Bone up on reading and writing—and score!

**Trait 9: "Normalizing overwhelming expectations:**

Learning new is based on the previously learned" (34%).

A wise soul says a person is never caught up with studies. But the more effort we give, the better we adapt. And the more effort we give, the better foundation we carve for higher-level courses.

Overwhelmed is our new normal.

**Trait 10: "Good scheduling:**

I set numeric goals and a plan of progress to my studies" (34%).

The first task for any course is to skim the scope of the material, just to get a sense of what's expected. The next step is to spend time revisiting the course outline. After that, it's wise to divide the total time you have by the number of units, allowing for weeks to prep for the final exam.

I've learned to start on an assignment day one it's been assigned.

Scheduling makes our year.

**Trait 11: "Taking care of one's well-being:**

I enjoy what life offers. Student life should include hobbies and relaxing free time that support coping with studies..." (34%).

Exercise offers a great booster of well-being, but so do meditation and spiritual time. A blend of all three brings a wonderful stress-buster. Oh, savor these mental releases, whether it's time in a church, mosque, or temple, or in a gym.

Treat your body and mind better than you treat your prized possessions.

**Trait 12: "Good social relationships:**

I take care of my family relationships and friendships" (34%).

I met a woman who gained a ton of weight. "I'm married. I don't have to work at it anymore," she said. She honed the wrong mindset. I've learned we need to put in as much effort into our relationships as we give a full-time job or full-time studies. At the very least, muster up nothing but unconditional love, no matter what our loved ones say or do.

And if we don't have much time for loved ones, at least make those moments together shine with positivity.

If we've got a smile, we've got the grounds for great relationships.

Those twelve traits of student success exist in all of us. Lure them out, one-by-one, and, oh my goodness, you could nail a PhD.

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## Homemade is Better Spaghetti and Meatballs

**Chef Corey** 



Happy belated Mother's Day to all of you Mother's out there.

I realize its after the fact in saying this, but I made sure to remember to honour my wife, albeit some of it last minute. As a chef I used to work would say, "typical male."

For Mother's Day we made sure that my wife got her favorite meals. Egg's Benedict for breakfast and Spaghetti & Meatballs for dinner. I realized that one of our favorite meals in our house is Spaghetti and Meatballs, something we don't have very often. There is something comforting about this meal. A bit like when your parent would make chicken noodle soup for when you weren't feeling well, or tomato soup and grilled cheese for days when its cool and a little overcast.

One of the best parts about making Spaghetti & Meatballs is the smell that fills the house while you're making it. The tomato sauce cooking for hours over medium low heat fills your home with an unforgettable fragrance! It really brings back memories of my youth, memories I'm hoping our kids have when they are grown with families of their own. On the rare occasion we even make our own pasta. It is incredible easy to make; it takes some patience, but it's easy.

One of the best parts of this meal is the side dishes. Garlic bread and Caesar Salad, a nice glass of red wine. I recently pointed out to my kids that Caesar salad isn't Italian as most of us think. It wasn't invented in Rome and named after any of the Caesars, it was invented in Mexico, by an Italian immigrant who lived in San Diego. Caesar Cardini was a restaurateur who owned a few restaurants around San Diego, but bought a hotel in Tijuana, Mexico. After a particularly busy July 4<sup>th</sup> he had run out of food. Using what he had on hand in the kitchen at the time he invented the now famous salad. It originally didn't contain anchovies, but, instead, he used Worcestershire sauce to get the anchovy taste. Next time you're at a dinner party, perhaps a few months from now, you can keep that little tidbit under your hat!

Now, on to the main course: spaghetti and meatballs! First, we make the sauce, it needs to cook for a while, but if you're in a hurry and need a 20 minute meal you can speed this recipe up. This is one of those things that always tastes better the next day too. You'll also notice that I don't do much with my meatballs. Salt, pepper, a little garlic and onion powder. You can also substitute the dried herbs for fresh if you like, but you'll want to decrease your amounts. When I substitute in a recipe and I'm not sure how much to cut it down by, I visit a great website called [foodsubs.com](http://foodsubs.com).

This is meant to be an easy recipe but have all your ingredients for the sauce ready to go because it will advance quite quickly. After the sauce is started you can wait until it is hot or take several hours over low heat to cook it. Either way you will reward your efforts and taste buds!

## Spaghetti & Meatballs – Chef Corey

### Tomato sauce

#### Ingredients

1 onion – diced  
1 head of garlic – sliced  
1 tablespoon Olive oil  
½ Cup of your favorite red wine (if you won't drink it, do not put it in your food)  
2 cans of whole tomatoes – diced with seeds removed  
1 can of tomato paste  
1 tablespoon dried oregano  
2 tsp dried basil  
2 tsp dried rosemary  
2 tsp dried parsley  
1 tsp dried thyme  
2 Bay leaves  
2 tsp Kosher salt  
2 tsp ground black pepper

#### Directions:

- 1) First, grab a larger pot, but do *not* turn on the stove yet.
- 2) Dice your onions, slice your garlic, and add them to the pot along with the olive oil and 1 tsp of salt.
- 3) Open your cans of tomatoes and tomato paste. Drain the whole tomatoes over a bowl in a colander, cut them in half, remove the seeds, then dice and set aside. You're going to use the tomato water as well, so keep it.
- 4) Mix all your herbs, but the salt, pepper, or bay leaves, and set aside.
- 5) Measure out the red wine if you're going to use it. This is optional but does add flavor.
- 6) Place the pot with the oil, onions, and garlic over medium high heat. Cook until the onions and garlic just start to brown.
- 7) Turn the heat to maximum and add in the red wine. Stir until the wine is almost gone, then add in the herbs and another teaspoon of salt.

- 8) Add in the tomato juice and bring it to a boil.
- 9) Add the tomatoes and the paste. Stir until the paste is absorbed, meaning you will not be able to see the lumps of it.
- 10) Bring the sauce to a boil, then add the pepper and bay leaves. Turn the heat down to medium-low and cover.
- 11) If you're taking the quick sauce approach, then let it simmer for at least 20 minutes. Otherwise, stir it every half hour for 2 - 3 hours.
- 12) You can now remove the bay leaves and either serve it as is or use an immersion or regular blender to blend everything.
- 13) Taste it. If you're happy with the level of salt, then serve. If the acid is overpowering, stir in 1 tsp of baking soda. The baking soda will react with the acid in the sauce and neutralize it.
- 14) Mic drop your wooden spoon like a boss!

## Meatballs

### Ingredients:

- 2 pounds of ground beef
- 2 tsp kosher salt
- 2 tsp black pepper
- 1 Tablespoon garlic powder
- 2 tsp Onion powder

### Directions

- 1) Heat a frying pan large enough to hold all your meatballs over high heat, add 1 tablespoon of olive oil.
- 2) Mix everything in a bowl.
- 3) Form into balls and sear in the pan. Turn them only when they move easily. If you must use force, they don't want to move. It's ok, turn your heat to medium and test them every minute or so.
- 4) Once they are browned, transfer them to your tomato sauce or place them into a 350F oven and cook until they reach 160F.

## Spaghetti

### Ingredients:

- 1 package of your favorite pasta
- 2 tablespoons kosher salt
- 4 cups of water

### Directions

- 1) Add the pasta to a large pot, fill up the pot about halfway and add the salt.
- 2) Put on a burner over high heat.
- 3) Bring to a boil, boil for 3 minutes then pull out one noodle and taste it. It should have some resistance to a bite, but very little. That is known as al dente. If it still requires a bite of effort to chew it's not ready. Despite what you have been told as you grew up, pasta doesn't need to be added to boiling water, unless it's fresh. I've been cooking noodles this way for about 2 years now and there is no difference. In fact, it's almost faster and easier to get it right.
- 4) Drain your pasta, but do not rinse it. Serve it immediately by adding as many meatballs as you'd like, and pour on the sauce! Buon appetite! Saluti!!

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

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



#### **AthaU Facebook Group**

Jack shares concerns that more course texts are changing to e-texts; this spurs quite a bit of input from other students, the student union, and AU itself. New student Shelby asks for guidance navigating her first course and many students pitch in to point the way. Kimberly is experiencing problems accessing e-materials through the library website; turns out there was a tech glitch being worked on.

Other posts include course prerequisites, two kinds of cookies, snail-mail exams, DegreeWorks, graduate programs, requesting course extensions, and financial aid.

#### **Twitter**

@austudentsunion tweets: "Want a great way to get connected to your fellow #AthabascaU students? Get the AUSU Mobile app, make an account, and join the campus chat! It's also a great way to find resources and services available to you. <http://athabasca.ca/campusapp.com>."

@AU\_Press tweets: "We are so excited to be publishing a lecture from the one and only Steven Heighton, @AthabascaU's 2020 writer-in-residence. Cover design by @KisscutDesign. Coming September 2020. [aupress.ca/books/120297-virtues-of-disillusionment-the/](http://aupress.ca/books/120297-virtues-of-disillusionment-the/)."

#### **Youtube**

AU posts the one-minute A message from the President: National Nursing Week.

## Scholarship of the Week

### Digging up scholarship treasure for AU students.

**Scholarship name:** Global Lift Equipment Scholarship

**Sponsored by:** Global Lift Equipment

**Deadline:** June 15, 2020

**Potential payout:** \$500

**Eligibility restriction:** Applicants must be residents of Canada or the U.S., be currently attending or planning on attending a post-secondary institution in Canada or the U.S. in the fall of 2020, and have a GPA of 2.5 or greater.

**What's required:** A completed online application form, along with a short story of up to 2000 words, in which the main character is a piece of used equipment in Global Lift's inventory.

**Tips:** Read the short story requirements on the application form carefully.

**Where to get info:**

[www.usedforkliftcalifornia.com/used\\_inventory/77814/used\\_hyundai\\_forklifts\\_inventory\\_california.php](http://www.usedforkliftcalifornia.com/used_inventory/77814/used_hyundai_forklifts_inventory_california.php)





Dear  
Barb

Barbara Godin

## The State of the Neighbourhood

Dear Barb:

*I moved into a new home about four months ago, just before the coronavirus and I really cannot stand my neighbors! They have five kids, who are all at home, running the streets yelling and fighting with each other. At times they knock on my door and I know it is them so I don't answer the door, but they continue knocking and eventually stop when I don't answer. I can hear their parents fighting all the time. They have a huge dog, it's friendly enough, but he likes to poop in our yard probably because their yard looks like a junk yard. For some reason I didn't notice this before we moved in. Now with isolating I can't talk to them about their dog unless I happen to see them outside.*

*This is so stressful, my husband and I have considered moving, but we just purchased the house and would end up losing money, if we could even sell it at this time. I didn't notice the kids and dogs running the streets, and didn't hear the fighting until the self isolation. I don't know what to do. I don't want to cause problems, because we do have to live next door to them. Do you have any suggestions on how we could handle this situation? Thanks, Sarah.*

Hi Sarah:

These are difficult times for everyone and I'm not trying to make excuses, but it's got to be hard to be stuck at home 24/7 with five kids! There has been documentation in the media

stating that couples being stuck at home together with their children leads to an increase in stress and arguing. When you add financial difficulties and lack of family support, the situation can quickly escalate.

Communication is the best way to deal with these situations, but it's not so easy to do while self isolating. The parents may be so consumed with their own problems that they are neglecting to see what is going on with their out of control children. Would it be a possibility that you could obtain their phone number and have a conversation about the children and the dogs? That may be a place to start. As well, you could write a note to let them know what's going on. Make sure you approach the subject in a friendly manner. How they react, will indicate what your next move will be. Unfortunately, there is not a lot you can do right now. There are online sites that provide a place to vent, which may ease a bit of the stress you are feeling.

When the isolation is lifted there are more aggressive things you can do such as file a complaint with your local police department, but before doing that, you might want to speak with other neighbors to see if this is a common thread for this family, or maybe just a result of the stress of COVID-19. Good luck Sarah, sorry I couldn't be more helpful.

*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  
The One that Done Me Wrong

Wanda Waterman



The information on this page is provided by the AU Students' Union. The Voice does not create this content. Contact AUSU at [services@ausu.org](mailto:services@ausu.org) with any questions about this article.

## IMPORTANT DATES

- **May 20:** [AUSU Public Council Meeting](#)
- **May 30:** [Deadline to apply for course extension for June](#)  
- *Note: deadline exceptions may apply. See [AU website](#).*
- **Jun 10:** [Deadline to register in a course starting Jul 1](#)
- **Jun 15:** [Jul degree requirements deadline](#)
- **Jun 17:** [AUSU Public Council Meeting](#)

## New AUSU Open Mic Podcast Episode

In our latest AUSU Open Mic Podcast episode, our new AUSU student execs share their experiences coming to Athabasca University, why they chose AU, and why they took the leap to join AUSU council and serve as executive councillors. We also learn what their favourite course is, what their favourite tv show is, and where they would love to travel next. [Listen to Natasha, Stacey, and Monique share their lives as AU students.](#)

**Starring:** *AUSU President Natasha Donahue, VP External & Student Affairs Stacey Hutchings, VP Finance & Administration Monique Durette, and Executive Director Jodi Campbell.*

Check out all [AUSU Open Mic episodes online here](#).

Also available on [Spotify](#), [Apple Podcasts](#), [Google Podcasts](#), and [Pocket Casts](#) (search "AUSU Podcast").



## COVID-19 Support for AU Students

Check out our latest video with updates on supports for students across Canada.



## Canada Emergency Student Benefit

The Government of Canada is providing a [Canada Emergency Student Benefit \(CESB\)](#), and applications open up May 15!

The CESB will provide financial support to recent graduates and post-secondary students who are unable to work or find employment due to COVID-19, or are not earning over \$1000, and who are not eligible for either the Canada Emergency Response Benefit (CERB) or Employment Insurance (EI).

The benefit will provide:

- **\$1,250 every four weeks** for eligible students/recent graduates, or
- **\$2,000 every four weeks** for eligible students/recent graduates with disabilities or those with children or other dependents.

The CESB is available from May 10 until August 29, 2020. Applications will be accepted until September 30, 2020.

Applications for the CESB will open Friday, May 15, 2020. To get ready to apply, the Canada Revenue Agency encourages eligible students to take three important steps:

- **Step 1:** Register a profile with the CRA. If you have never filed an income tax return with the CRA, you may not have a profile. Call 1-800-959-8281 to activate your SIN with the CRA.
- **Step 2:** Register for [My Account](#) as this is the fastest and easiest way to apply for the benefit.
- **Step 3:** Enroll for [Direct Deposit](#) with the CRA through My Account or your financial institution to get your CESB within 3 days of applying. Alternatively, you must ensure your mailing information is up-to-date in My Account to receive a cheque by mail within 10 business days.

Find more information on the [CESB website here](#).

## Canada Emergency Student Benefit

Apply Starting May 15



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# CLASSIFIEDS

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

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## THE VOICE

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

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