

THE VOICE

Vol 29 Issue 20 2021-05-21

Minds We Meet

Interviewing Students Like You!

Four Tips for 2021 Graduates

Making your Mark in a Post-Covid World

I Quit Biting My Nails

You Can Too

Plus:

Homemade is Better: Crispy Parm Chicken

Women of Interest: Doris Lessing

and much more!



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LETTERS TO THE EDITOR



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

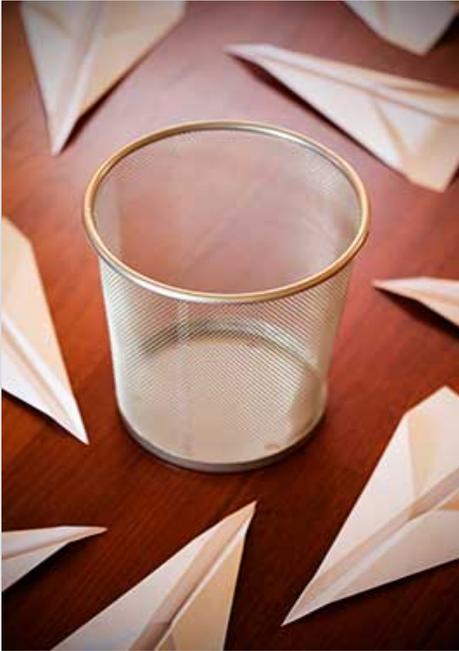
Hey! Did you know the Voice Magazine has a [Facebook page](#)?

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

Editorial

Not to be Pessimistic

Karl Low



Here in Alberta, Premier Kenney's laid out an ambitious schedule for a nearly full re-opening; one that just happens to coincide nicely with the timing of the Stampede. If all goes to plan, the Alberta should be pretty much wide open just a week or so before the doors to the Stampede open.

And honestly, I think it might be okay. Goodness knows Premier Kenney's late and half-hearted reactions don't give me much of a precedent to avoid being pessimistic about these things, but by putting vaccination targets clearly in the plan for when re-opening can happen, this plan might actually work out. It also provides impetus for Albertans to overcome their vaccine hesitancy, as the currently unstated alternative is that things remain locked down much longer over the summer months.

As with anything, there are some reasons for concern, people with only a single dose, the only vaccine metric being used, are apparently still quite vulnerable to the new Indian variant of COVID-19, and the full re-opening has no requirement for hospital occupancy to be going down, or even remaining level. So it could be that we open up in July for Stampede even as variant driven cases start driving the hospitalization rate back up, leading to yet again another lockdown in August—potentially with the knowledge that we enabled it to spread to other parts of the world through the Stampede Tourism.

But I'm trying not to be pessimistic. Maybe everything will be just fine. The University of Alberta is already coming up with a rapid testing procedure for the Indian variant. And who knows how many people are going to want to travel to Calgary during COVID-19 anyway. It seems odd to be equating "just fine" with "nobody shows up for the party" but that's the world we're in these days.

In the meantime, this week, we have a return of "Minds We Meet" where we're interviewing student Dustin Karpovich, a fiction writer and "huge gamer" who's into survival horror games, and one more name to go on my list for when I eventually try to create the Gaming AU Student Society—or GAUSS. It's been in a back corner of my mind for years, and I've got a few students identified to approach about it. After all, AU isn't a good venue for traditional college teams, but gaming is getting more and more popular, and I expect COVID-19 will only give it a bigger boost in the near future. If this sounds like a good idea to you, get in touch with me at voice@voicemagazine.org, who knows, a few more people might be all the impetus I need to actually do something.

Also, I want to remind you that we do have a free email subscription list, when I let you know when the magazine has been fully release each week. If you're not on it already, it might be time to consider subscribing as there just might be a subscribers only contest in it in the near future. Just something I heard somewhere.

Plus, don't forget our usual selection of advice, scholarships, events, recipes, course reviews 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'.

MINDS

WE

MEET



Who are your fellow students? It can feel like you are all alone in your studies, but across the nation, around the globe, students like you are also pursuing their AU education, and The Voice Magazine wants to bring their stories to you. If you would like to be featured next, do not hesitate to get in touch!

The Voice Magazine recently had the chance to chat with Dustin Karpovich from Red Deer, Alberta, the Treaty 7 territory of the Blackfoot Confederacy (the Siksika, Piikani, and Kainai First Nations), the Tsuut'ina First Nation, the Îyâxe Nakoda (the Chiniki, Bearspaw, and Wesley First Nations), as well as the Métis Nation of Alberta (Region 3).

Born in Stony Plain and raised in Camrose, current Red Deer resident Dustin previously obtained a diploma in Media Studies and Professional Communication program from Red Deer College. He is currently enrolled at AU's Bachelor of Professional

Arts in Communication Studies. Dustin stated, "I would like to work in the publishing industry of some form or another. Writing skills are a huge part in communication programs, but not only that, one needs to know how to market books and press releases. English majors can do a lot, but I feel that in communications, I can move further."

When he is not studying, Dustin is "a huge gamer." He continued, "I love survival horror games like A Plague's Tale: Innocence (which I keep dying in), and Resident Evil games. I also play role-playing games as well like Fire Emblem and Final Fantasy. One of my biggest hobbies is writing stories where I focus on queer protagonists in all sorts of genres. I plan on including people with disabilities as protagonists, too. And of course, having a social life. I do like to talk, which hopefully gives off that vibe."

In addition, Dustin is currently reading "Paragon Hotel by Lyndsay Faye, a historical fiction book based in 1920s Portland." He is "also reading The Body Knows the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van Der Kolk." He continued, "As for TV, I am just watching Sabrina: The Teenage Witch that I bought on DVD. I remember watching it as a kid, so I thought I would rekindle that memory."

Dustin's teachers have had the greatest influence on his desire to learn. "They were always excited whenever I told them about what I was writing, which helped me continue my writing journey and my education."

As for his experience with online learning? "The thing I dislike about it is that I don't get to socialize with my fellow peers like I do in the classroom. Might be a good thing as I do get

distracted easily, but still. I also find I learn faster and quicker with the annoying part of waiting for a response from instructors as one would generally get an answer if in a classroom. My instructors at Red Deer College were quick to respond to any of my email queries. Online learning also teaches one to be organized, and it can be difficult when one has many other things going on in their lives, so it definitely tests a person.”

If he were the new president of AU, Dustin would be “the new Oprah of free tuition.” He joked, “If only, I know. I know.” As for pet peeves? “When my friends don’t respond to my texts within a week. Once a month I usually send out check-in texts to my peeps to make sure they are doing okay in their lives. I do get slightly annoyed when they don’t respond, but I do assume they are just busy bees. Buzz! Buzz, yo!”

If he could have lunch with a famous person, past or present, Dustin chose actor Chris Evans. He explained, “I’ve had a crush on him since I was a teenager, and it made sense to me when I came out. You know, he was the Human Torch in Fantastic Four, so I was definitely ‘flaming on.’ And that lunch would be, “Him, obviously. Haha! Just kidding. I don’t know. I really like food. I am now contemplating what to have for food for the rest of the day. I do love pizza, or sushi, or fresh baked cheese bread. I don’t know why I’m craving that. I do like cheese. You know what, I’ll figure it out when that day comes.”

As for his proudest moment? “Ooh! Definitely when I first got published. I published two flash fiction stories in two anthologies. That was a great achievement that I’m very proud of. I can’t wait to get my first novel published. To arms, pen and paper warriors! Hoo ha!”

And the one thing that distinguishes him from other people? “Apparently people know when I’m nearby with my laugh, especially in the library. They will be like, ‘Oh, Dusty’s here.’ So, I guess being outgoing helps out in that area. I have a very large family. Like a good-sized army. At my last reunion, there were over 300 relatives there, and one of my aunts told me, ‘Oh, Dusty. That’s nothing. One of our other reunions, we had over 800.’”

Best of luck Dustin!

Natalia Iwanek is currently completing her Bachelor of Arts in English at AU and is also a freelance editor and writer. She can be contacted at <https://www.nataliawanekeediting.com>



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

Amnesty International, which was founded following a May 28, 1961 article in *The Observer* called, "[The Forgotten Prisoners](#)," celebrates its 60th anniversary this year. May 28 is [Amnesty International Day](#).

Killing to control. Alessandra Palmer implores action to stop the 5000 so-called honour killings that take place annually. "What is so heart rending is that we get to see that Du'a is alive and trying to protect her body as best she can from these men; men who probably watched her grow up and maybe grew up with her."

[In the Name of Honour](#), October 5, 2007.

First learn, then act. Kimberley Sanders relates how attending a panel discussion on ending violence against women and girls opened her eyes and her mind. "There comes a time in our lives when we are confronted by someone who challenges our personal and political ideologies, forcing us to question how and what we 'know' to be true..." [Take Action](#), June 11, 2010.

I Quit Biting My Nails Here's How You Can Too

Jessica Young



CI have been biting my nails for as long as I can remember. It's a terrible habit, but one that I could never quite seem to kick. I have quit many things in my lifetime, including smoking cigarettes, but biting my nails has without a doubt been the most difficult. If I'm trying to stop doing something, my favourite method is to go "cold-turkey" and completely remove the temptation—but for obvious reasons, completely removing the temptation of my nails is tricky. To make matters worse, most of the time I don't even notice that I'm doing it until the damage has already been done. I tend to bite my nails subconsciously while I'm reading or studying, especially if I'm feeling stressed out.

Maybe you're a chronic nail-biter since childhood, or maybe it's a new habit you've picked up during the boredom and uncertainty of the pandemic, but if you're anything like me, you're desperate to stop. Here are some tips that worked for me.

Invest in an Anti-Bite Nail Polish

I used Vitry Anti-Bite Nail Varnish that I got from Shoppers Drug Mart. It tastes *so bad*, but for our purposes that is a very good thing. Using the nail polish made it impossible to bite my nails subconsciously. The polish also gives your nails a glossy finish and helps to repair them.

Ask Someone to Keep You Accountable

I asked a few people (including my kids) to say something if they noticed me biting my nails. Feeling like I had no sneak around if I wanted to bite my nails forced me to think about if I really needed to do it. I was also motivated by the desire to show my kids that we can do anything we set our minds to.

Distract Yourself

One of the most difficult aspects for me was feeling like I had nothing to do with my hands or mouth while completing idle tasks, like studying or watching a movie. I found myself wanting to snack a lot more than normal just to keep myself busy. Chewing gum, playing with my hair, squeezing a stress ball, or simply keeping my hands clasped together were helpful for me.

Self-Care

Anyone who knows me knows that I love bougie self-care. I love taking luxurious bubble baths, my multi-step skin care routine, face masks, giving myself pedicures, etc., so I decided to extend this to my fingernails. I bought these pretty glass nail files from Amazon, cuticle oil, and hand cream. Now every night I have made it part of my routine to file my nails, apply cuticle oil, and massage in cream. I also take this time to admire my new nails and acknowledge all the hard work I have put into breaking this habit.

Don't Get Discouraged

Most importantly—don't get discouraged! It's okay to mess up. In fact, you should probably accept that it's going to happen at least once. Quitting a bad habit is hard, so you need to give yourself some credit. Just keep trying until you succeed. You got this!

Jessica is completing her Bachelor of Human Resources and Labour Relations degree while pursuing her passion for writing and drinking coffee.



Four Tips for 2021 Graduates

Xine Xu



So, you might have just recently finished your courses and are waiting for that prestigious piece of paper that shows you've worked hard to get where you are academically. However, graduating during the pandemic is also scary. As the 2020 graduates can relate to, the pandemic has changed many aspects of our lives from personal to academic to professional. Entering the working world can be intimidating in and of itself, but, with the layered burden of the new working from home (WFH) environment to the larger macroeconomic changes, it's no wonder that many 2021 graduates are concerned. AU graduates may be better equipped to handle a lot of these stressors, however what are some tips to help put you in the right mindset while you prepare for the start of your professional career.

Be Flexible to Change

Even prior to the COVID pandemic, a fresh graduate can find it intimidating to navigate their own career path. Without a laid-out curriculum for life, we might fear the uncertainty that comes with the working world. However, in the current climate, it becomes even more important to put aside traditional ideas of work. Sometimes, the work we envisioned might not look the same post-pandemic. Our education helps set a foundation for the transferable skills we'll need, such as time-management, written and verbal communication, problem-solving, and critical thinking that can be used in any job, anywhere.

Never Stop Learning

One of my favorite things about AU is the ability to take your learning anywhere. Many AU students have been working for years before upgrading their credentials or picking up a new set of skills from pure interest. Learning doesn't just apply to formal education but can be through educational Youtube videos or even taking a course online. The post-pandemic era might require different skills than the ones we're used to. For example, a new addition to many firms' departments is a digital marketing and media roles that have ramped up during the lockdown.

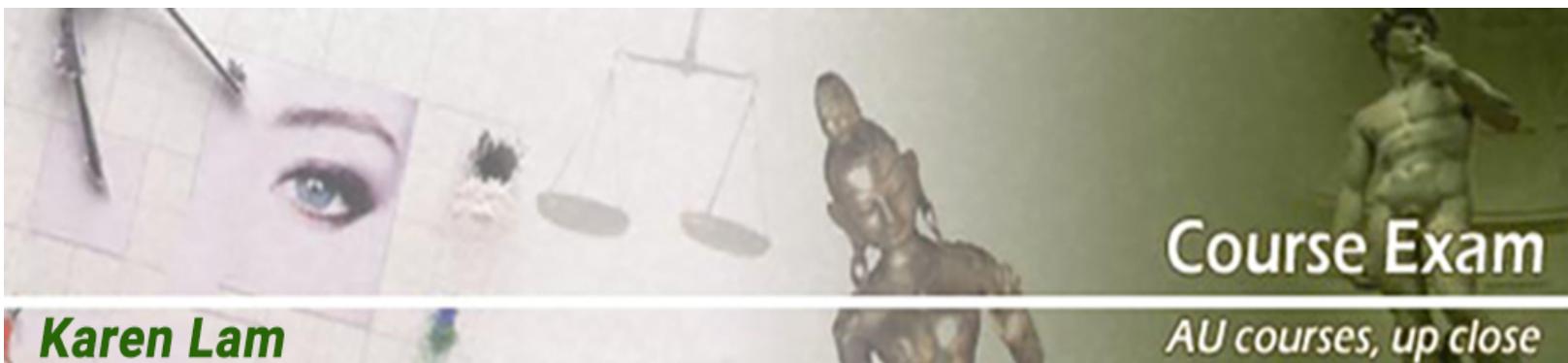
Don't Underestimate Yourself

One of the challenges new graduates face is the confidence to make firm decisions and to “prove our value” to the hiring firm. Perhaps the label of “junior associate” or “entry-level position” has affected our self-esteem or discouraged our assertiveness. However, never doubt that you can’t provide value or be an important force in the firm you work for, even as a new graduate. Take the opportunity to speak up and advocate for yourself if you feel underrepresented or that your opinions are being glossed over. Practicing self-assertiveness in the workplace means looking after yourself and your own interests.

Find the Right People to Coach You

In the academic environment, it’s easy to find a professor, mentor, or peer to bounce ideas off. As a new graduate, we might not always have the right support mechanisms to help us reach our goals. Moreover, whose advice can we trust and who has our best interests at heart? One way to help improve your own networks and grow professionally is to find someone, be it a senior colleague, a boss, a trusted friend or a professional you found on LinkedIn to help answer your questions. Getting advice is important. But getting advice from the right people is even more so.

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



Course Exam

ANTH 275 (Faces of Culture: An Introduction to Cultural Anthropology)

If you have a course that you would like to see a Course Exam article written for or you recently took a course that you would like to recommend to other AU students, please feel free to reach out with the course name and number, and any questions or feedback you may have. We'll be happy to write about it in our next Course Exam article.

ANTH 275 is three-credit junior level introductory course in cultural anthropology that “focuses on the cross-cultural study of human diversity. Study topics include patterns of social organization, the family, economics, politics, religion, the arts, and language.” The course has no pre-requisites and is available for challenge.

Who Should Take This Course and Why

For this course, we had the opportunity to interview Tom and Jessica, who are both currently teachers in Nunavut. When we asked Tom why he enrolled in the course and who he would recommend it to he stated, “I’m enrolled in this course out of interest for learning about different cultures and how Western society has had a predominately negative effect on the world. I would recommend this course to anybody who has a natural curiosity to learn about different cultures and societies around the globe.”

Karen Lam

AU courses, up close

Jessica stated her reason for enrolling in the course is because “it is a very dense course which would be considered a survey: it covers everything from archaeology to ecological anthropology. The main focus is on cultural studies that involve research on cultural practices and beliefs. You will get an idea of particular societies that have been studied by cultural anthropologists, and it helps to gain a better understanding of how people think and feel. I would recommend it to students who are adventurous and love to learn about other cultures. It is useful to be informed and keep an open mind on differences that people don't usually understand.”

Course, Assignments, Quizzes, Midterm and Final Exam Details

The course consists of eight units such as the Study of Human Ecology, Personality/Identity/Kinship, Social Groups and Stratification, Economics and Politics, Communication and Expressive Culture along with Worldview: Religion and Healing Systems.

There are three quizzes over the phone, each worth 5%. The telephone quizzes will require students to answer questions on definitions, ethnographic profiles, and case studies from online journals. There are also three assignments in this course, with the first one being a short essay worth 15%, the second one is a journal worth 20% and the last one is an annotated bibliography worth 20%. One of the assignments will require students to answer three essay-based questions that require 750 words each. There is an online midterm and final exam each worth 15%. The midterm consists of multiple-choice questions, short answer questions and three essay questions. The final exam is a 50 multiple choice questions and three short answer essay questions.

How to Be Successful in the Course

Tips from Course Coordinator – Dr. Janelle Baker

Dr. Janelle Marie Baker is the Course Coordinator for ANTH 275 with Theresa Ferguson and Lois Johnston as course tutors. Dr. Baker is an environmental anthropologist and ethnobiologist who collaborates with First Nations communities in Alberta to monitor safety and security of bush (wild) foods. Dr. Baker has mixed settler and Metis ancestry on her mother's side.

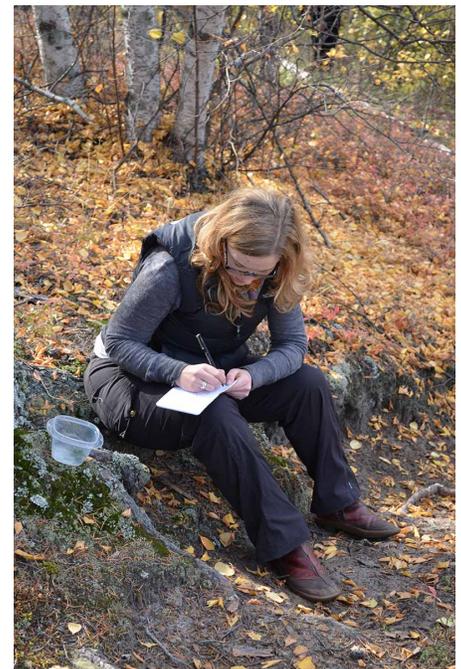
Dr. Baker noted that “Intro courses like this one are deigned to give you a broad introduction to the important concepts of an entire field, so it's important to do the readings and watch the films - to immerse yourself in a new way of thinking.”

Tips from Course Tutor – Theresa Ferguson

Theresa Ferguson is one of the course tutors of the course and her advice for students is to utilize the anthropology tips document that she sends out to students at the beginning of registration and keep it handy!

Student Tips

When we asked Tom and Jessica, the above mentioned teachers in Nunavut, for their tips for the course, Jessica stated, “It requires a lot of dedication to read and prepare for exams. I would recommend between 11 to 12 hours of study per week: whether it is for assignments, quizzes, or exams. Read and follow the study guides found in the textbook as it can be useful. There is no need to rush through this course. If you need an extension, then apply for it.” Jessica also mentioned her experience with her tutor was very positive, “The tutor is extremely patient and provides help and feedback to students that seek it. She is very approachable and helpful.”



Tom suggested his tips for the course is, "Apply for extensions. There is a lot of reading in this course." Tom also have a positive experience with the tutor and stated, "Our tutor is very clear on explaining esoteric concepts."

Thank you very much to Dr. Baker, Theresa, Tom and Jessica for their contributions to the article!

Questions?

If you have any further questions regarding the course, please do not hesitate to contact the Course Coordinator at janelleb@athabasca.ca. Happy studying!

Karen's taking her Computing Science degree at AU, learning French and Korean, and is into K-pop, SF, and politics



Women of Interest

Doris Lessing

Barb Godin



Doris May Lessing was the oldest person to receive the Nobel Peace Prize in Literature. At age 88 Lessing was the oldest Nobel Laureate and only the eleventh woman to be awarded the Nobel Peace Prize for Literature in the Swedish Academy's 106 year history.

Doris May Lessing was born in Iran on October 22, 1919, where she lived until 1925. Her British born parents moved the family to Zimbabwe and purchased 1000 acres of bush, spending the next few years farming, mostly maize, before moving the family to London, England. Lessing left school at the age of 13 and was self-educated until leaving home and working as a nursemaid at age 15. At this time she also began selling short stories to magazines.

During Lessing's lifetime she published more than 50 novels. Her most significant work was "The Golden Notebook" published in 1962. Lessing wrote two novels under a pseudonym, with the intention of proving how difficult it was for a new author to get published. These novels were initially rejected by Lessing's UK publisher but later accepted by a US publisher.

In 1937 Lessing married her first husband and had two children; however the marriage ended in 1940. Lessing moved out of the family home, leaving the children with their father. A few years later Lessing made the following statement about leaving her children:

"For a long time I felt I had done a very brave thing. There is nothing more boring for an intelligent woman than to spend endless amounts of time with small children. I felt I wasn't the best person to bring them up. I would have ended up an alcoholic or a frustrated intellectual like my mother."

Her second marriage was also brief, and produced one son. Lessing did not marry again, but had a brief love affair with RAF serviceman John Whitehorse.

Lessing campaigned against nuclear arms and was an active opponent of apartheid, leading to her being banned from South Africa and Rhodesia (Zimbabwe) for many years. She had been a member of the communist party, but following the Soviet invasion of Hungary, she left the party. During a 1980's interview with The New York Times Lessing voiced her resistance to Soviet action in Afghanistan. Lessing was outspoken in her views on feminism, communism, and science fiction. In 2015 it became public that British intelligence agencies had Lessing under surveillance for at least 20 years, due to her associations with communism and anti-racist activism. A five-volume secret file on Lessing was made public and placed in the National Archives.

Doris May Lessing's literary career was far-reaching and controversial. Her book "The Golden Notebook" as described in [The Guardian.com/books](https://www.theguardian.com/books)

"Lessing's radical exploration of communism, female liberation, motherhood and mental breakdown was hailed as the 'feminist bible' and reviled as 'castrating'."

A few of the many awards Lessing received throughout her life include the Somerset Maugham Award, 1954, Australian State Prize for European Literature 1981, Palermo Prize 1987, James Tait Black Memorial Prize for biography 1995, David Cohen Prize 2001, Nobel Prize in Literature 2007 and the Order of Mapungubwe: category II Gold 2008. These awards came from [Doris Lessing's many books](#).

She died on November 17, 2013 at the age of 94, following complications from a stroke. She was predeceased by both of her sons and survived by her daughter, who lives in South Africa.

Additional information about this unique woman can be found at the following sites:

<https://www.theguardian.com/books/2013/nov/17/doris-lessing>

<http://www.dorislessing.org/>



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: OYF Memorial Scholarship

Sponsored by: Canada's Outstanding Young Farmers Program

Deadline: June 30, 2021

Potential payout: \$1000

Eligibility restriction: Applicants must be Canadian students pursuing post secondary education leading to a diploma or degree in agriculture.

What's required: A completed and mailed application form, including a one-page essay outlining why you are passionate about agriculture in Canada, along with two letters of reference and a current academic transcript.

Tips: Read the [How to Apply](#) section carefully for information about reference letter requirements.

Where to get info: www.oyfcanada.com/language/en/nominations-criteria/scholarship/



Fly on the Wall Pride in the Fall, Part II

Jason Sullivan



Less Hokey-Pokey, More Hocquenghem!

“There is no subdivision of desire into homosexuality and heterosexuality”, claimed queer theorist Guy Hocquenghem (49). By this view, gayness does not represent a repressed minority within the hegemonic pantheon of tough men with trucks and despicable “no fat chicks” bumper stickers because, ironically, desire *itself* is queer. Everything else is, well, just an old ball and chain. (Has anyone in Alberta seen a stainless steel vulva hanging from the back of a monster truck the way some men have stainless steel testicle decorations on their rig? I’ve yet to hear of one, although my rainbow comrades out there all seem to dig the idea!)

Being accepted by the broader society is a triumph not only for every stripe of gay people but for the broader queering of life itself; that is, queer as a verb connoting identity and desire itself. After all, there’s more to life than being normal, and every flourishing curtsy that upends stereotypical behaviour is part and parcel of a revolution toward straitjackets of tradition.

Hocquenghem’s writing suggests that identity is inseparable from consumerism in that we are each expected to constantly reinvent ourselves just enough to continue buying goods and services, while maintaining in the background a mythical unified self, like a unicorn, that imparts an overarching egoistic identity. “Capitalist society manufactures homosexuals just as it produces proletarians, constantly defining its own limits: homosexuality is a manufactured product of the normal world” (50). Homophobia is the problem of the dominant culture; “nobody will ever eliminate the polyvocality of desire” no matter how accepted identities are, oppression will always seek to limit their expanses to that which receives the blessing of normality (51). There’s a reason that TD Bank is the top sponsor at Kelowna’s Pride Festival; like all gatherings in our society, the implied core meaning of being is crass commerce as well as cultural communion. Thus, “homosexuality exists and does not exist, at one and the same time: indeed, its very mode of existence questions again and again the certainty of existence” (53).

Pride Club Remembrances: What Does it Mean to Belong?

During my years in the Okanagan College Pride Club, which we gleefully founded in 2008 as part a protest against Stepford Wife adulthood so implicit in our Valley’s regime of normality, it became clear that, besides overt reasons of community that folks of assorted rainbow tendencies and proclivities naturally felt as they desired a safe space to abide, there were also deeper questions about the meaning of identity in general. Core among our discursive debates in the Club were questions of queerness and essence. What does it mean to belong and to challenge authority? Certainly, some gay people are born that way while the lives of others embody a conscious choice and still others arrive at their identity by good old fashioned falling in love.

Questions of normality depend upon who you ask. As the crucial 90’s queercore band Team Dresch said, there’s more to being queer and having pride than simply being allowed to get married and go shopping. Both of those are nice rights but there’s more at stake in terms of cultural change. From on stage a quarter century ago, Team Dresch stated that “sexual freedom is what we sing about a lot because it’s something that we need...it’s not like we want to grow up

and be lesbians, like all the straight people, and have houses in the suburbs and get married ... I think marriage should be disbanded, fuck marriage! I think marriage should just be this family ... I don't like mainstream gay culture commodifying our sexuality. It makes it more difficult for everyone .. just shut the fuck up and let's have a little sex!"

The Big Fall And What Actually Matters

Living in the Fall of civilization, as it seems to some—complete with hyperbole and conspiracy theorists each allowing adherents to acquire, consumer-style, a sense of belonging within the monolithic void of our culture; with ever cheaper junk from China; ever-pricier cookie cutter education exerting an ever-tighter vice on our pocketbooks; and with evermore obsessive concerns about the economic outcome from our education—Kelowna's pride seems a beacon of hope this autumn.

We at AU are, after all, not only back in school to better our life chances, our careers, and even our marriage prospects, but also to acquire deeper and more subliminal habits and virtues to add to the being of our identity. We become distance students that we may more fully and truly embody who we are. In a small way our cloistered realm of individualized education parallels the way that Pride has flourished this century as a sanctioned public event; where people of what was once known as alternate lifestyles can, with joy and love in their hearts, happily flaunt their perceived essence.

We do have to believe in ourselves to succeed at whatever matters most in our lives. So let's be proud that, in our Canada, we can increasingly be whomever we are—or choose to be, and specifically remember to say with pride that we are AU students. There's no AU Auroras (not a bad sports team name, right?) to cheer for and maybe that's because we have to be our own best ambassadors, cheerleaders, and champions of our academic virtues. With simultaneous pride and humility, of course.

The Spectrum is All of Us!

There are no colours left out of nature's spectrum and there is no rainbow that does not involve the sunlight that sustains us all. As Jean-Paul Sartre put it when examining psychiatric treatment of homosexuals, "the homosexual must remain an object, a flower, an insect, a dweller of ancient Sodom or the planet Uranus, an automaton that hops about in the limelight, anything you like except my fellow man, except my image, except myself. For a choice must be made: if every man is all of man, this black sheep must only be a pebble or must be *me*" (Sartre in Hocquenghem, 52).

One is reminded of Nirvana's 1993 cover of the Terry Jacks song "Seasons in the Sun" in which the protagonist laments a lost friend who was "the black sheep of the family". Perhaps we must allow our inner black sheep, our inner difference from others, to flourish if at AU we are to fully embrace our scholarly identities, distant from normal universities though they be. After all, we are all learners in the school of life (and hard knocks) and in that same way, as we appreciate Pride as part of a new emerging *Canadiana*, we are all at some level as unique, weird, and queer as the day is long!

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The Struggling Student Rants I'd Rather be Crying in my Lamborghini Than on a Bus.

Angela Pappas

Or Would I?



I recently listened to a podcast episode between Adam Grant, an organizational psychologist, and Malcolm Gladwell, a Canadian journalist and author. Adam and Malcolm both have a knack for calling each other out, as well as calling a spade a spade. This wasn't their first podcast rodeo, however, what stuck with me in this episode was that Adam accused Malcolm of contradicting himself. Specifically, he pointed out the obvious contradictions between his two works, *Blink: The Power of Thinking Without Thinking* (2005) and the more recent *David and Goliath: Underdogs, Misfits, and the Art of Battling Giants* (2013). Malcolm, utterly undisturbed by this, didn't argue—if anything he concurred, explaining there is nothing wrong with contradicting yourself. It

shows you've evolved. That right there, struck a chord with me, because, when I try to explain the value of money I sometimes feel like an absolute hypocrite.

Past debates surrounding the words, “money doesn't bring happiness” have been the start of multiple relationship re-evaluations for me. Claiming that money doesn't bring happiness, to me, implies that poverty does [bring happiness]. Additionally, what I often have a hard time explaining—predominantly to those who refuse to listen to another point of view—is that while I don't claim money, alone, is what will bring happiness, it is one of the most important tools in our belt, if not the key ingredient to life's recipe. However, it is simply that: a tool.

Many in our idealistic society claim that money is the least of what matters when compared to other characteristics and values, such as health, family, friendships, and the freedom of choice. And I agree; these are important matters—more important than many other issues and current events. I have found myself second-guessing my life choices many times this past year and trying to stop myself from faking my own death and moving to a deserted island; after all, I would be wholeheartedly stress-free eating fish and coconuts rather than worrying about how the stock market is doing and whether we will be able to retire on time.

And then I come to my senses. What I will always point out is that money is what creates and backs up all of these causes. It is the funding, or the R&D, behind the health, the family, the friendships, and the freedom to be. Is money, in fact, evil, or is it well-intentioned? Is it anything but what we want it to be?

More money isn't going to improve your mindset; if you're a glass-half-empty person—with or without money—you'll be a miserable bastard regardless. Buying more stuff won't bring more joy into our lives. We have all come across plenty of people with nice clothes or nice cars who are still the definition of wretched. If anything, plenty of folks use shopping as an escape rather than dealing with what makes them unhappy—also labelled as *shopping therapy*. On the flipside, buying “stuff” truthfully brings more joy—when that “stuff” includes food, clothing, and other necessities for your children or your family and loved ones. So, I will, once again, point out that the pursuit of happiness without money is impossible. I understand it's a hard pill to swallow, but money has an impact on happiness, no question about it! Wattles (1910) explained it best:

Whatever may be said in praise of poverty, the fact remains that it is not possible to live a really complete or successful life unless one is rich. No man can rise to his greatest possible height in talent or soul development unless he has plenty of money; for to unfold the soul and to develop talent he must have many things to use, and he cannot have these things unless he has money to buy them with. (p.7)

Plain English: I'm not going to Harvard anytime soon, if I don't have the eighty grand to back that up. While moral codes surrounding finances vary from culture to culture, it's no secret that wealthier societies tend to have better health care mechanisms (although that would be ambiguous and up for debate and personal preference), cleaner environments, and other conveniences that improve their citizens' quality of life. Aspiring for wealth or better living circumstances shouldn't label one as an ethical egoist without examining all the facts.

The aspiration of wealth is usually for the pursuit of everyone's happiness, for the good of all comrades. Meeler (2008) explains how money brings about happiness because "[it] is a general device that can be used to get the specific things that make us happy. As a result, money is valuable for what it can get you. (p. 55). In other words, there are things that only money is able to help us with. Money buys time and experiences, which can make us happy.

But Kahneman et al suggest that the wealth-happiness correlation is an illusion. "When someone reflects on how additional income would change subjective well-being, they are probably tempted to think about spending more time in leisurely pursuits ... but in reality they should think of spending a lot more time working ..." (2006, p. 1910). I disagree. Many may think of the 'additional income' factor as achievable through a higher-paying job within an organization, which entails added responsibilities. On the other hand, perhaps they see it as an entrepreneurial venture with added headaches. Yet, there are other roads to wealth; we just have to persevere in our search for them.

I'm not saying that filling out surveys or investing five grand in the next get-rich-quick-scheme is a good idea. I'm saying be creative and persevere. Just be careful not to be duped.

When we don't make enough to support our families we're forced into accepting jobs to be able to pay the bills; many of us even have to get a second job, resulting in less time spent with our

AU-thentic Events Upcoming AU Related Events

Bannock and a Movie June Edition: Two Spirit Stories

Jun 1 to Jun 30

Online

Hosted by AU Nukskahtowin

www.athabascau.ca/indigenous/bannock-and-a-movie/index.html

Access through above link.

MBA Application Webinar

Tues, Jun 1, 10:00 to 11:00 am MDT

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/online-mba-application-webinar-20210601/

RSVP through above link.

Digital Body Language: Collaborate Faster and Further, Together

Thur, Jun 3, 10:00 am to 12:00 pm MDT

Online, On-demand

Hosted by AU

news.athabascau.ca/events/digital-body-language-collaborate-faster-and-further-together/

Register through above link.

BComm/CPA Info Session

Thur, Jun 3, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/bcomm-cpa-information-session-20210603/

RSVP through above link.

The Grad Lounge

Fri, Jun 4, 5:00 to 6:00 pm MDT

Online via Microsoft Teams

Hosted by AU Faculty of Graduate Studies

fgs.athabascau.ca/news/events/index.php

No pre-registration necessary; access through above link.

All events are free unless otherwise noted.

loved ones. Someone with plenty of money, on the other hand, is able to work at just one job, or has the luxury of being able to take time off to go on a drawn-out vacation, or spend more time with their loved ones. When you have more money at your disposal, you decide what you spend it on, whether that be vacations, concerts, shopping trips, or on people we love. On this note, when we have more disposable income, we can share more through giving. After all, it's true that we're not going to the grave with it, isn't it? I see no other purpose in making money than to be able to share it. Whether that's sharing it with others you know, or others across the planet, whom, frankly, you couldn't give a damn about but who still form part of the human race. At the end of the day, not all of us want to be Rothschilds.

For some, being labelled "wealthy" purely entails having enough tucked away for a major—or minor—emergency; having a steady stream of income to pay for all your bills until you pass away; or having the roof over your head paid off and being in perfect health to enjoy that roof without worrying whether your RRSPs will be sufficient, or your bank decides not to refinance your mortgage. Ultimately, wealth is measured by the beholder, but money is the yardstick.

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Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Paying the proctor. A query about when to pay ProctorU its fees (when scheduling), also produces a reminder that payment is in U.S. Funds. A separate thread confirms that webcams are mandatory when using ProctorU.

reddit

Trouble with the neighbours/neighbors. A gripe about Moodle's use of American English reveals strong opinions—for, against, and completely indifferent.

Twitter

@austudentsunion tweets: "Want to get involved? Have ideas about engaging with @athabascau students? Wanting committee or governance experience? Then don't miss out on this leadership opportunity with AUSU! Deadline to apply is JUNE 2. For details visit <https://bit.ly/2S8Livk> #Hiring #AthaU #cdnpse."



Homemade Is Better Crispy Parmesan Chicken Thighs

Chef Corey



I've been super busy the last few weeks with several tasks around our house. I was pushing to finish the previous semester, and then we started a reno to our bathroom at the start of May; the only full-sized bathroom in our house, I might add. So my mind has been somewhat occupied for the last little while, which lead to the break from my articles for a couple of issues. But, rest assured, as soon as our bathroom is finished, I'm back at it in full swing.

This week I decided I'd try my hand at a breaded chicken recipe. I was searching for something quick to eat one night, and it happened to be a day when our bathroom work was light, and I could concentrate on getting something done. I had some thawing chicken thighs in the fridge, and I was looking for breadcrumbs but only

found some saltine crackers. I threw them into my food processor and chopped them into the consistency of breadcrumbs. I decided on the crackers thinking that crackers are crunchy and make an excellent coating. Next, I added some spices, heated up my oven, then got a frying pan with half an inch of oil in it. I set up a dredging station and browned the chicken coating. Once browned, I finished them in the oven and removed them at 175F. A five-minute rest later, they were done!

I hope you enjoy making this recipe, and I hope I'm done with my reno soon!

Crispy Parmesan Chicken Thighs

Ingredients:

- 12 chicken thighs
- 30 unsalted saltine crackers – ground to crumbs
- ½ Kosher salt
- ¼ tsp ground black pepper
- ½ tsp parsley
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp paprika
- ¼ tsp cumin
- ¼ tsp mustard powder
- 2 TBSP powdered parmesan cheese (use ¼ cup if you have real parmesan)
- 4 eggs
- 1 cup flour



**Directions:**

- 1) Heat your oven to 425F.
- 2) Get a large frying pan out, fill it with a ½” of canola oil, and heat the burner over medium-high heat.
- 3) Add the breadcrumbs, spices, and parmesan to a medium mixing bowl.
- 4) Break the eggs into another medium mixing bowl.
- 5) Add the flour to a third mixing bowl.
- 6) Dredge the thighs in the flour, then the eggs, then the breadcrumbs.
- 7) Place the thighs, one at a time, into the frying pan and brown on the top and bottom.
- 8) Once brown, remove the chicken to a baking sheet that is lined with parchment paper. The parchment paper helps the chicken not stick to the baking sheet.
- 9) Bake in the oven until an internal temperature of 175F (this might take about 20 minutes depending on your oven, but I highly recommend a digital probe thermometer.
- 10) Allow the chicken to rest for 5 minutes before serving!
- 11) Enjoy!



Five Ways to Expect Nothing but Give Our All

Marie Well



Life is best lived when we expect nothing from it, but we give it our all. The same goes for our relationships, our studies, our work, our health, and anything else uplifting.

Even if we are exhausted, lacking energy, or on the brink of death, give the gifts of smiles, energy, and laughter. Controlling our effort is important. And it takes constant vigilance. Part of the Buddhist eightfold path is to exert the right effort. Giving the right effort requires we give our all, expecting nothing in return.

Here are five ways to expect nothing, but give everything:

Study with joy. When we study, for optimal results, we should sit up straight, feel charged, and work with smiles and laughter. The moment tension arises, laugh it off, puff out our chests in joy and pride, widen our eyes with anticipation, and hit the books. Try to

make our posture one of someone who is excited about studies. When we perform these little rituals, we develop the mindset for joyous success, never defeated by a bad grade.

Work with reward-bearing effort. When I worked in a record store, perhaps before you were born, I gave my work everything. I longed to one day gain a managerial position. So, I said hello to every customer, worked the shifts no-one wanted, and pushed myself to work nonstop. I then came down with a severe disability, no longer able to work until years of rehabilitation. But the work ethic would return to me later in life. Thus, every investment made in today's work ethic carries over tomorrow.

Love with all you've got, expecting nothing in return. That means never complaining, arguing, criticizing, using sarcasm, or teasing. Giving our all means giving nothing but love, even when mistreated in return. Giving our all means hosting not a single unkind thought toward a single soul. Giving our all means we become pure love, which I believe is the underlying, deep-rooted aim of every living being, whether we know it or not.

Die with joy. One friend of mine, on her death bed, smiled away, never complained, and instead queried everybody on their birthdays and anniversaries. Turns out, she gathered this information to time her passing, ensuring she was alive for everyone's special day. Best of all, before she died, she started having dreams of heaven and the "wee people." After her passing, I read in a near death experience book that visitations from the "wee people" are common to many near death experiencing people. Truly a role model, she gave dying her all.

Make our thoughts purely uplifting. Ensure our thoughts are always positive, for us and for everyone else. This means seeing the best in every person and every event. This means pushing out any thought that doesn't bring us joy, replacing those thoughts with love, wonder, and empathy. But most of all, keep our thoughts pure by expecting nothing but giving our all.





Dear
Barb

Barbara Godin

Cringe Distance

Dear Barb:

I have this really great friend and we have lots of fun together. He is a very sarcastic guy and at times he has crossed the line and offended people. I mostly don't get offended but just laugh along with him. Recently a mutual friend asked me if Mike's sense of humor ever gets on my nerves? I said not really, but now I'm wondering if I should be bothered by some of his remarks. At times he does make racial comments or make fun of how someone looks or their weight, but he never does this in front of anyone except close friends. We all just ignore him or laugh along. Do you think I should say something to Mike, or just ignore it? Looking for advice - Shawn.

Hi Shawn:

Interesting dilemma. I don't think it's good practice to make fun of a certain race or someone's weight or how they look, even if it is just with close friends. It would be very easy to slip and say something when other people are around, people who would not find this behaviour funny. Racial slurs and such should not be in your mind at any time, even just for fun. The world is in chaos and has been throughout history, partly because of racial discrimination. So I think you should say something to your friend about his comments, but do it in private and choose your words carefully. Thanks for your email Shawn.

Dear Barb:

My girlfriend and I have been dating for two years. We are both getting ready to go to university and we applied to the same schools. It seems my girlfriend got into a College that is 10 hours away, while I got into one close to home. She is seriously considering going. I told her if she goes our relationship is over. She says I am being selfish and that I should be more supportive of her decisions. I don't agree with her, I am trying to keep us together, from my point of view long distance relationships do not work. Do you think I'm being selfish? Thanks, Tyler.

Hey Tyler:

It seems you did not discuss the possibility of this occurring when you applied to these universities and colleges. Long distance relationship can, and often do, work, it depends on the mindset of the couple. If you are both committed to each other and see this as a temporary situation, then there would not be a problem. You can keep in touch through social media, although not the same as face to face, it has become the way many relationships are surviving throughout this pandemic. On the other hand, if you believe long distance relationships do not work, then there is a good chance you will be right, as you will see problems where there may not be any. I think you need to take a step back and consider all your options, if you want this relationship to survive, your best choice is to support your girlfriend's plans for her future. Best of luck Tyler.

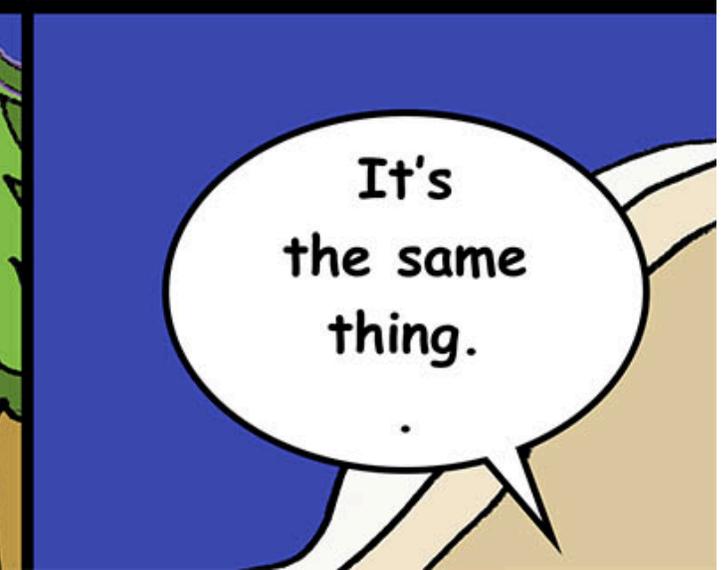
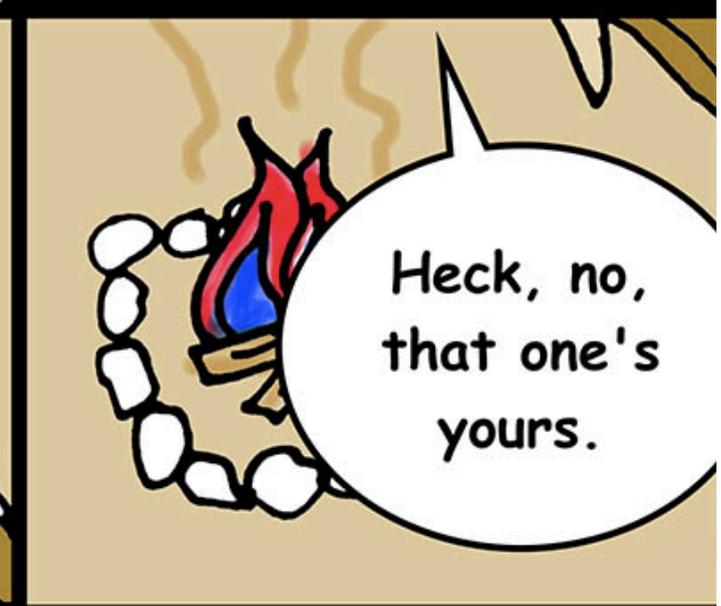
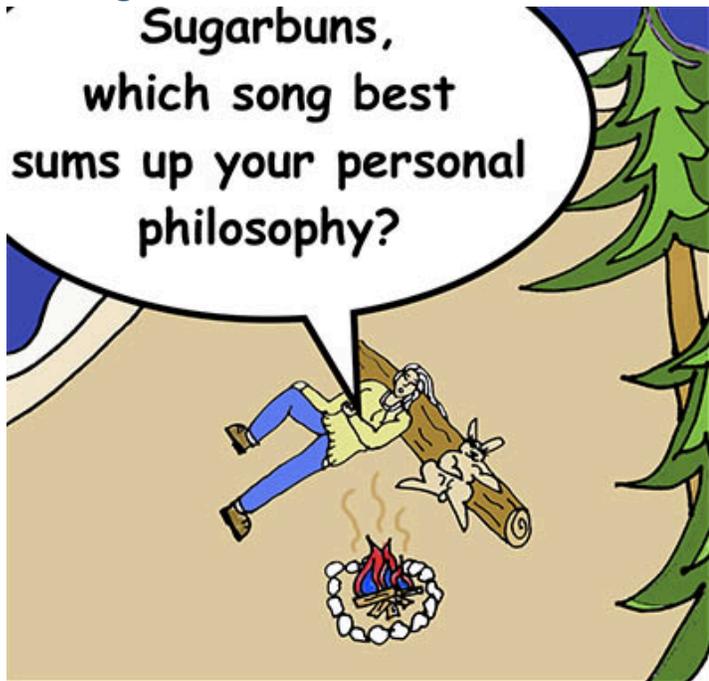
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Poet Maeve

The Songs that Define Us

Wanda Waterman



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IMPORTANT DATES

- June 8: [AUSU By-Election nomination deadline](#)
- June 10: [AUSU By-Election campaign starts](#)
- June 10: [AUSUnights Virtual Student Social](#)
- June 11: [Virtual Convocation 2021](#)

STUDENT COUNCIL BY-ELECTION

GET INVOLVED
MAKE A
DIFFERENCE.



NOMINATIONS OPEN

Join the team in the upcoming [AUSU Student Council by-election](#) and make a difference with fellow students! Nominations are open to fill six seats, with the election in late June 2021.

Why Serve on Student Council?

It's a student leadership opportunity you don't want to miss! AUSU councillors represent AU undergrads and advocate on their behalf. Get involved, build experience, and represent your peers as part of an [amazing team!](#)

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Engage in topics such as ProctorU, AUSU services, AUSU communications channels, contests, and other new initiatives important to AU students!

To join AUSU's MEC Committee, **email your resume and a brief summary of why you are interested** to Duncan Wojtaszek at governance@ausu.org.

You must be a current AUSU member to apply.

Deadline: June 2, 2021.



Food insecurity continues to be an issue for post-secondary students so AUSU has launched a new [Virtual Food Assistance Program](#) for our members to turn to during challenging times.

AU undergraduate students who are in need can fill out [the application](#) to be placed in our random draw for one of five monthly food vouchers worth \$50 CAD.



[Episode 44: AUSU's Social Media Hits Warp Speed](#)

A chat with Tim Hanson, AUSU's Social Media Coordinator, about his experiences as an AU student, what it is like running all of AUSU's social media accounts, and his love of Star Trek.

Starring: AUSU Social Media Coordinator Tim Hanson, Executive Director Jodi Campbell, and Governance and Advocacy Coordinator Duncan Wojtaszek.

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

Also available for free on Spotify, Apple Podcasts, Google Podcasts, & Pocket Casts (search "AUSU Podcast").

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